

ARMED FORCES DISPATCH

San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985

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SIXTY-SECOND YEAR NO. 23
THURSDAY, SEPTEMBER 22, 2022

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Air Show Information

Schedule of events, FAQs, Blue Angels pilot pictures and biographic briefs, Fat Albert, photos, more!

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Local News



Hospital ship *Mercy* team concludes Pacific Partnership in Solomon Islands.

See page 7

Veterans News

Military funeral, flyover honors twin brothers from 3 wars.

See page 11

Things to do around town

Pumpkin fields, Poway Rodeo, San Diego Haunts, Oktoberfest celebrations, San Diego Restaurant Week.

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Miramar Air Show
SEPTEMBER 23-25

1943 1957 1962 2006 2012

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Public invited to the return of the MCAS Miramar Air Show

MARINE CORPS AIR STATION MIRAMAR - The commanding officer of Marine Corps Air Station Miramar, Col. Thomas M. Bedell, and the commanding general of the 3rd Marine Aircraft Wing, Maj. Gen. Bradford J. Gering, invite the San Diego community and aviation enthusiasts to the 2022 MCAS Miramar Air Show, Sept. 23-25.

The theme of this year's air show is "Marines: Fight, Evolve, Win." and is a direct reflection of the Commandant of the Marine Corps Force Design 2030 program and the technical innova-

tions the service is undertaking to remain the 21st century's force in readiness.

"It's been almost three years since MCAS Miramar was able to open its doors to our neighbors and share in our love of aviation, and I am extremely excited to be able to do so once again. We are proud to call America's Finest City home and bring back one of the world's most anticipated aviation exhibitions", said Bedell.

See page 3 of the Dispatch for the latest posted schedule.

Guests can count on seeing the Marine Corps' F-35B demonstration, the unique Marine Air-Ground Task Force demonstration, the Air Force's F-22 Raptor Demonstration Team, Aaron Fitzgerald flying the Red Bull Helicopter, a 5G Technology Expo and much more.

The air show is free to the public and upgraded seating options are on sale. For ticket information please visit the Miramar Air Show website at miramarairshow.com.

Note: There are currently no COVID-19 protocols posted.



Marine Corps Lt. Col. Courtney O'Brien, left, and Lt. Col. Michael O'Brien, right, laugh together on a KC-130J Super Hercules on MCAS Miramar, Sept. 13. The two married Marines took command of their squadrons on the same day. US Marine Corps photo by Lance Cpl. Courtney A. Robertson

Team O'Brien: Husband & wife assume squadron command on same day

by Lance Cpl. Courtney Robertson, 3rd Marine Aircraft Wing

The effortless three-pointers left him in awe. Then-midshipman Michael O'Brien watched the ball sail through the air before swishing perfectly into the net on the Naval Academy basketball court. He fell in love.

Courtney Davidson made shot after shot. The Hanover, Penn., native was earning her legacy as the highest all-time scorer on the Naval Academy women's basketball team.

Almost 20 years later, Lt. Col. Michael O'Brien and Lt. Col. Courtney O'Brien each took command of their own squadrons within 3rd Marine Aircraft Wing on the same day, Sept. 9, 2022, with 17 years of marriage under their belts and two children by their side.

Courtney "Britney" O'Brien has taken the helm as the commanding officer of Marine Aerial Refueler Transport Squadron (VMGR) 352, Marine Aircraft Group 11. A short jog down the flightline, Marine Fighter Attack Squadron (VMFA) 314 is now commanded by none other than her husband, Michael "Snooki" O'Brien.

The two Marine leaders have celebrated many successes throughout their careers, both personal and professional.

Courtney, who relieved Lt. Col. Michael A. Blejski of a successful command, has served in multiple combat deployments including Operation Enduring Freedom. Her long list of accomplishments include her roles in doctrine development, becoming a Weapons and Tactics Instructor, serving as a liaison to NATO, and now taking over as the first female to command VMGR-352.

see O'Brien, page 8

Remember & Honor

September 25, 2022, our nation recognizes the sacrifice that all Gold Star Family members make when an immediate family member dies in service to the nation. The Department of Defense presents spouses, parents, and children of service members killed in the line of duty with a Gold Star Service Flag and a Gold Star lapel pin.

The History

The term Gold Star Families is a modern term that originally stemmed from the Service Flag; first flown in World War I. The Service Flag includes a blue star for every immediate family member serving in the United States Armed Forces during a time of conflict. If this family member died, the blue star was replaced with a gold star.

According to The Congressional Act 36 U.S.C. 179-182 of 1967: "The Secretary of Defense is authorized and directed to approve a design for a service flag, which flag may be displayed in a window of the place of residence of persons who are members of the immediate family of a person serving in the armed forces of the United States during any period of war or hostilities in which the Armed Forces of the United States may be engaged."

Gold Star family members have been recognized since 1936 when the last Sunday of September was deemed Gold Star Mother's Day. Today, the designation applies to all immediate family members.



Meet your 2022 Miramar Air Show Blue Angels pilots



Capt Brian C. Kesselring, USN
#1 | Flight Leader
Commanding Officer

Captain Brian C. Kesselring is a native of Fargo, North Dakota. He graduated from Concordia College, MN, where he earned a Bachelor of Arts undergraduate degree with majors in Physics, Mathematics, and Business while also competing in basketball and track & field. Upon graduation, Brian attended Officer Candidate School in Pensacola, Florida, where he earned his commission as an Ensign in the U.S. Navy in March 2001.

Brian joined the Blue Angels in September 2019. He has accumulated more than 4,600 flight hours and has 812 carrier-arrested landings. His decorations include the Meritorious Service Medal, six Strike/Flight Air Medals, three Navy and Marine Corps Commendation Medals, two Navy and Marine Corps Achievement Medals, and various personal, unit and service awards.



Lt. Cmdr. Chris Kapuschansky, USN
#2 | Right Wing

Lieutenant Commander Christopher Kapuschansky was born in Brockton, Mass. and in 2002 moved to Yorktown, Virginia where he graduated from York High School in 2007. After graduation, he attended Valley Forge Military College in Wayne, Pennsylvania for one year prior to attending the U.S. Naval Academy in Annapolis, Md. He graduated from the Naval Academy with a Bachelor of Science in Oceanography in 2012 and earned his commission in the U.S. Navy.

Christopher joined the Blue Angels in September 2021 and has accumulated more than 1450 flight hours and over 303 carrier arrested landings. His decorations include a Navy and Marine Corps Achievement Medal, and various other unit and personal awards.



Lt. Scott Goossens, USN
#3 | Left Wing

Lieutenant Scott Goossens, born in New York, New York, and raised in San Francisco, California, graduated from St. Ignatius College Preparatory in 2006. He attended George Washington University in Washington, D.C., where he graduated with a Bachelor of Arts in Political Science in 2010. Following college, he worked in Washington, D.C. in national security and defense policy until 2013, when he joined the Navy and earned his commission through Officer Candidate School in Newport, Rhode Island.

Scott joined the Blue Angels in September 2021. He has accumulated more than 1,600 flight hours and has 348 carrier arrested landings. His decorations include the Navy and Marine Corps Achievement Medal and various personal and unit awards.



Maj. Frank Zastoupil, USMC
#4 | Slot

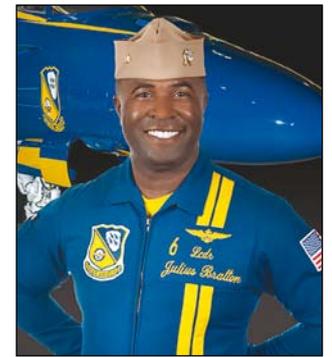
Major Frank Zastoupil is a native of Kingwood, Texas and graduated from Kingwood High School in 2005. He attended Texas A&M University and graduated with a Bachelor of Science in Psychology in 2009. Frank earned his commission as a Second Lieutenant in the USMC through the Platoon Leaders Course in 2009 and reported to The Basic School (TBS) at Marine Corps Base (MCB) Quantico, Virginia to complete training. Following TBS, Frank was assigned to the Center for Advanced Operational Culture Learning (CAOCL) for Russian language and culture training. Frank joined the Blue Angels in September 2019. He has accumulated more than 1,700 flight hours across four different tactical platforms, has ten carrier arrested landings and 90 shipboard vertical landings. His decorations include three Strike Flight Air Medals, one Navy and Marine Corps Commendation Medal, and various personal and unit awards.



Lt. Cmdr. Cary Rickoff, USN
#5 | Lead Solo

Lieutenant Commander Cary Rickoff is a native of Atlanta, Georgia, and graduated from Riverwood High School in 2005, where he lettered in baseball. He attended Duke University in Durham, North Carolina, graduated with a Bachelor of Arts in Biological Anthropology and Anatomy in 2009, and earned his commission as an Ensign in the U.S. Navy.

Cary joined the Blue Angels in September 2018. He has accumulated more than 2,100 flight hours and over 180 carrier arrested landings. His decorations include a Strike Flight Air Medal, three Navy and Marine Corps Achievement Medals, and various other unit and personal awards.



Lt. Cmdr. Julius Bratton, USN
#6 Opposing Solo

Lieutenant Commander Julius Bratton is a native of Woodlawn, Tennessee and graduated from Northwest High School in 2007, where he lettered in football and track & field. He attended the United States Naval Academy in Annapolis, Maryland, graduated with a Bachelor of Science in Oceanography in 2011, and was commissioned as an Ensign in the United States Navy.

Julius joined the Blue Angels in September 2019. He has accumulated more than 2,000 flight hours and has 207 carrier arrested landings. His decorations include a Strike Flight Air Medal, three Navy and Marine Corps Achievement Medals, and various other unit and personal awards.





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Miramar Air Show 2022 military performers

U.S. NAVY BLUE ANGELS

The U.S. Navy Flight Demonstration Squadron, better known as the Blue Angels, has been the indisputable "star of the show" since the 1940s. Flying F/A-18 Hornets painted in Navy Blue and Gold since 1986, these masters of the sky demonstrate aerial excellence in the Navy's top piston and jet aircraft. The Blue Angels and their traveling companion, the Marine Corps C-130 named "Fat Albert" delight the crowds.



U.S. ARMY GOLDEN KNIGHTS

Cutting away a parachute on purpose. Passing a baton at 120 mph. Flying the American flag at 12,000 feet. Landing dead center on the target. The Golden Knights have been holding audiences in the palm of their hands all over the world with their feats of aerial acrobatics. Now in their 55th year of entertaining crowds with their amazing aerial skills, the men and women of the Golden Knights continue to show why they are considered the world's best parachute team.

U.S. NAVY LEAP FROGS

The U.S. Navy Parachute Team is a fifteen-man team comprised entirely of U.S. Navy SEAL and SWCC commandos. Each member comes to the team for a three year tour from one of the two Navy Special Warfare Groups located on the east and west coasts. On completion of the tour, members return to operational units. The parachute team began in 1969 when the Navy SEALs and Frogmen volunteered to perform at weekend air shows. The team was officially commissioned as the U.S. Navy Parachute Team "Leap Frogs" in 1974 by the Chief of Naval Operations and assigned the mission of demonstrating Navy excellence throughout the United States. The Leap Frogs support Navy recruiting efforts and promote the Naval Special Warfare community to the American public.

USMC F-35B Lightning Demo

Designed to operate from austere bases and a range of AVIATION-capable ships with its short takeoff/vertical landing capability, the F-35B can also takeoff and land conventionally from longer runways on major bases. F-35B aircraft have been delivered to the U.S. Marines and the United Kingdom whose forces are training together at the Integrated Training Center at Eglin Air Force Base. STOVL aircraft are also stationed at the first operational F-35 base, Marine Corps Air Station Yuma, Ariz., and are completing flight test at Naval Air Station Patuxent River, MD. The Italian Air Force will also operate the B-variant.

Marine Air-Ground Task Force (MAGTF) Demo

The Marine Air-Ground Task Force Demonstration displays the coordinated use of close air support, armor, artillery and infantry forces. Hornets and Harriers provide cover for Marine Corps paratroopers as helicopters bring in platoons of riflemen. C-130's provide aerial re-fueling overhead while M1-A1 tanks and LAV's support the ground offensive. Spectacular special effects simulate air-to-ground explosions.

USAF F-22 Raptor Demo w/ P-51 Heritage Flight

The F-22 Raptor is a fifth-generation fighter incorporating fourth-generation stealth technology, radical maneuvering capabilities, the ability to fly at supersonic speed without afterburners and unprecedented pilot situational awareness, making it the most dominant and advanced air superiority fighter in the world. The legendary P-51 Mustang dominated the skies over Western Europe after it was introduced in

World War II. The single-seat aircraft had a maximum speed of 437 miles per hour and could escort heavy bombers deep into the heart of Germany. The P-51 and the pilots that flew them were crucial to turning the tide of war in the Allies' favor.

USAF U-2 Dragon Lady

The U-2S Dragon Lady is an agile and reliable high-altitude intelligence, surveillance and reconnaissance (ISR) aircraft that flies 24/7/365 to ensure global security with unparalleled performance.

USAF C-17 West Coast Demo

The C-17 Globemaster III is the most flexible cargo aircraft to enter the airlift force. The C-17 is capable of rapid strategic delivery of troops and all types of cargo to main operating bases or directly to forward bases in the deployment area. The aircraft can perform tactical airlift and airdrop missions and can transport litters and ambulatory patients during aeromedical evacuations. The inherent flexibility and performance of the C-17 force improve the ability of the total airlift system to fulfill the worldwide air mobility requirements of the United States.

3D MAW BAND

The Third Marine Aircraft Wing Band was established for service during World War II. Soon after WWII ended, the band was deactivated and its members were sent to serve in Marine units in China and at Marine Corps Air Station Ewa, Hawaii. In 1952, the Third Marine Aircraft Wing Band was officially reactivated at Marine Corps Air Station Miami, Florida in support of the Korean conflict. In 1957, while the Third Marine Aircraft Wing relocated to Marine Corps Air Station El Toro in California, the band remained in Miami and was assigned to Marine Air Group (MAG) 31. Later, the musicians attached to MAG-31 were integrated into the Air Fleet Pacific Band, in Marine Corps Air Station El Toro, California. It was at this time that the band received the title of Third Marine Aircraft Wing Band. The Third Marine Aircraft Wing remained at El Toro until 1997, when Naval Air Station Miramar was converted to Marine Corps Air Station Miramar, California. From 1997 through 1999, all units relocated from Marine Corps Air Station El Toro to Marine Corps Air Station Miramar as part of the base realignment process. The band reported to its current location at MCAS Miramar in January 1999.

MCAS Miramar Air Show Schedule Fri.-Sun. • Sept. 23-25

- 8:00 am: Gates open to the public
 - 9:30am: Jon Melby/Precision Exotics I Race the Runway Experience
 - 9:48am: Kent Pietsch Interstate Cadet (Trucktop)
 - 10am: USAF C-17 West Coast Demo Team
 - 10:16am: Opening Ceremonies|USA Golden Knights/USN Leap Frogs
 - 11:03am: USMC F-35B Aerobatic Demo
 - 11:23am: Kent Pietsch (Deadstick)
 - 11:31am: USAF U-2 Dragon Lady (Friday Only)
 - 11:45am: Redbull Air Force|Kirby Chambliss Edge 540/Aaron Fitzgerald Redbull BO-105 Helo/Wingsuit Flyers
 - 12:12pm: Vicky Benzing 450 Stearman
 - 12:26pm: Mike Goulian Extra 330
 - 12:40pm: Hot Streak Jet Truck II / Mike Goulian Race
 - 12:48pm: Kent Pietsch (Comedy)
 - 12:58 pm: USA Golden Knights & USN Leap Frogs
 - 1:15 pm: MAGTF | Marine Air Ground Task Force
 - 2:04 pm: USAF F-22 Raptor Demo w/P-51D Heritage Flight
 - 2:36 pm: Rob Holland Aerobatics MXS-RH
 - 2:50 pm: Hot Streak Jet Truck II/Rob Holland Race (Sat&Sun only)
 - 2:58 pm: USN Blue Angels and Fat Albert
 - 4:13 pm: End of Aerial Demonstrations
- NOTE: Times are approximate and subject to change.*



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Miramar Air Show

----- Blue Angels FAQs -----

What is the mission of the Blue Angels? The mission of the U.S. Navy Flight Demonstration Squadron is to showcase the teamwork and professionalism of the United States Navy and Marine Corps by inspiring a culture of excellence and service to country through flight demonstrations and community outreach.

Who authorized establishment of the Blue Angels? The Chief of Naval Operations, Admiral Chester W. Nimitz, ordered the establishment of the team on April 24, 1946.

Where did the name "Blue Angels" originate? The name was picked by the original team when they were planning a show in New York in 1946. One of them came across the name of the city's famous Blue Angel nightclub in the New Yorker Magazine.

On average, how many people view the Blue Angels each year? About 11 million spectators view the squadron during air shows each year. Additionally, the Blue Angels visit more than 50,000 people a show season (March-November) during school and hospital visits.

What are the basic requirements for becoming a Blue Angel demonstration pilot? Each applicant must be a career-oriented, carrier-qualified, active-

duty Navy or Marine Corps pilot. **How many Blue Angels demonstration pilots have there been?** To date, there have been over 260 demonstration pilots and 37 Flight Leaders/Commanding Officers.

Do the Blue Angels pilots go through the Navy Fighter Weapons School (TOPGUN)? Some current and former Blue Angels pilots have gone through TOPGUN; however, it is not a prerequisite.

How do you determine where to hold an air show? Each July, the Department of Defense receives hundreds of requests to hold air shows featuring the Navy Blue Angels. After the Department of Defense screens requests for basic eligibility, requests are forwarded to the Blue Angels' Commanding Officer. The squadron reviews each air show request, considering input from the Chief of Naval Information and Navy Recruiting Command. In September, the Blue Angels' Events Coordinator, along with Navy and Department of Defense officials, meet at a scheduling conference for final considerations and approval.

How does someone become a Blue Angel demonstration pilot? Navy and Marine Corps pilots meeting the basic requirements submit an application

directly to the team via the Applications Officer. Applicants visit the squadron at scheduled show sites early in the show season to observe the team firsthand. Finalists are selected mid-season and interviewed at the Blue Angels' squadron in Pensacola, Florida. The new pilots and support officers are selected by unanimous vote. The Chief of Naval Air Training selects the Flight Leader/Commanding Officer.

What happens if a Blue Angel demonstration pilot is ill or hurt? Safety is paramount for every demonstration. Each pilot is responsible for good health and safety; however, the Blue Angels Flight Surgeon will medically disqualify a pilot if one should become ill or injured. Should the Flight Leader/Commanding Officer be grounded for medical purposes, the demonstration will be canceled.

Why don't the Blue Angels maintain a spare pilot? With the number of practice hours required to safely fly a demonstration, a spare pilot could not be utilized effectively. Each pilot must complete 120 training flights during winter training in order to perform a public demonstration safely. The teamwork required for the high-speed, low-altitude flying in the tight Blue Angel formation takes hundreds

of hours to develop. A substitute pilot wouldn't have enough time in the formation to do this safely.

Why don't the pilots wear G-suits? G-suits are designed with air bladders (pockets) that inflate and deflate to keep a pilot's blood from pooling in the pilots' legs while executing sharp, unpredicted combat maneuvers. Unlike combat flying, the Blue Angels demonstration pilots know the maneuvers they will fly prior to execution, so each pilot knows when one will be experiencing heavy gravitational forces. Anticipating the changes in gravitational forces allows the Blue Angels demonstration pilots to combat G-forces with muscle contractions. Additionally, G-suits would detrimentally impact flight safety. The Boeing F/A-18's control stick is mounted between the pilot's legs. The Blue Angels have a spring tensioned with 40 pounds of pressure installed on the control stick that gives the pilot a "false feel." This allows the pilot minimal room for uncommanded movement. The pilots rest their right arms on their thighs for support and stability while flying. Therefore, inflating and deflating air bladders in a G-suit would interrupt this support and stability, causing uncommanded aircraft movement.

How many Blue Angels have made flag rank? 19 former Blue Angels have made flag rank.

Have any Blue Angels be-

come astronauts? CDR Chuck Brady, Flight Surgeon, 1989-90.

How is the enlisted, support and maintenance team selected? Each applicant is selected from a pool of applicants that can fill upcoming job vacancies. The team accepts applications from all aviation and support ratings. All applicants are interviewed and spend five days with the team either in Pensacola or at a show site. Exceptions to the above are made for applicants who are on deployment or overseas.

How long is a Blue Angel tour of duty? Officers on the team generally serve two to three years, while the enlisted personnel serve three to four years. Each member, both officers and enlisted, return to the fleet after completing a tour with the Blue Angels.

How many Marines serve in the squadron? The exact number of Marines serving within the squadron varies from year to year. Currently, there are Marines working within the Fat Albert Maintenance, Power Plants, Avionics, Quality Assurance, and Airframes departments.

How many women are in the team? There are currently 25 women serving on the team. This number represents the U.S. Navy fleet average of 20% female manning.

How do team members deal with the time away from home? Individuals are made aware that they will be away from home a lot before they volunteer for duty with the team, and are selected based on their ability to cope with not only family separation, but with a strenuous practice and show schedule.

Do the Blue Angels get extra pay? No. Each member of the squadron volunteers for duty with the Blue Angels. Due to extreme competition at all levels, each individual feels especially honored to be associated with the team.

What is considered minimum visibility for a Blue Angel performance?

To be able to perform, the Blue Angels must have at least three nautical miles of visibility horizontally from centerpoint, and a minimum cloud ceiling of 1,500 feet, which the FAA can waive to

1,000 feet. At these minimums, the Blue Angels can perform a limited number of maneuvers in what is called a "flat" show. When the ceiling is at least 4,500 feet and visibility at least three nautical miles, a "low" show can be performed, which includes some rolling maneuvers. With a minimum ceiling of 8,000 feet and visibility of three nautical miles, the Blue Angels can perform their "high" show, which includes all the maneuvers.

What is the closest distance that the jets fly to each other? The closest the diamond will fly to each other is 18 inches during the Diamond 360 maneuver.

What are the lowest and highest maneuver heights performed during an air show? This varies due to weather conditions. The highest is the vertical roll, performed by the Opposing Solo (up to 15,000 feet) and the lowest is the Sneak Pass (as low as 50 feet) performed by the Lead Solo.

What is the most demanding maneuver performed? All maneuvers are demanding, both mentally and physically, and reflect the daily challenges met by fleet Navy and Marine Corps aviators.

What are the fastest and slowest speeds flown during an air show? The fastest speed is about 700 mph (just under Mach 1; Sneak Pass) and the slowest speed is about 120 mph (indicated speed; Section High Alpha), both flown by the solo pilots during the show.

How many jets are in the squadron? The number of jets varies at any given time, but the average is 11.

What are the major differences between the fleet model and the Blue Angel F/A-18? The Blue Angel F/A-18s have the nose cannon removed, a smoke-oil tank installed and a spring installed on the stick which applies pressure for better formation and inverted flying. Otherwise, the aircraft that the squadron flies are the same as those in the fleet. Each Blue Angel aircraft is capable of being returned to combat duty aboard an aircraft carrier within 72 hours.

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Pastor: Rev. Steven Duescher

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Miramar Air Show

Are Blue Angels' aircraft carrier capable? All of the Blue Angels' jets are carrier-capable and can be made combat ready in about 72 hours. The squadron's C-130 ("Fat Albert") is manned by an all-Marine Corps crew and was not designed for carrier operations.

How much does an F/A-18 cost? The basic acquisition price of a single F/A-18 Super Hornet is approximately \$67.4 million. The cost of additional weapons-related equipment varies according to the configuration, and the use of each aircraft can significantly increase the total price.

What is the top speed and rate of climb of an F/A-18? The F/A-18 can reach speeds just under Mach 2, almost twice the speed of sound or about 1,400 mph. The maximum rate of climb of the F/A-18 is 30,000 feet per minute.

What is the weight of an F/A-18? A F/A-18 Super Hornet weighs about 32,100 pounds, empty of all ordnance and aircrew. A F/A-18 Super Hornet weighs about 32,100 pounds, empty of all ordnance and aircrew.

How far can the F/A-18 fly on a full load of fuel or with external fuel tanks? The F/A-18 can travel approximately 1,000 miles on a full load of fuel without external tanks. Adding the external tanks extends the range to approximately 1,200 miles.

How do you produce the smoke, and why do you use it? The smoke is produced by pumping biodegradable, paraffin-based oil directly into the exhaust

nozzles of the aircraft, where the oil is instantly vaporized into smoke. The smoke provides a traceable path for spectators to follow, so they can see the flight profile that has been flown. It also enhances safety of flight by providing a valuable means by which the solo pilots can see each other during opposing maneuvers and conditions of lowered visibility or haze. The smoke poses no hazard to the environment.

Why is the C-130 called "Fat Albert?" "Fat Albert" is a nickname given to the plane by Marine Corps Blue Angel pilots in the 1970s because of its size and shape. It is a reference to the popular children's cartoon of the same era.

What does "JATO" stand for? "JATO" stands for Jet-Assisted Take-Off. JATO was used by the Lockheed-Martin C-130 to take off from short runways and gain high altitude in a short period of time, as required in combat situations. The first Blue Angels JATO performance took place at NAS Pensacola in November 1975. Eight solid fuel JATO rocket bottles, each producing 1,000 pounds of thrust, helped propel Fat Albert skyward and captivated millions of spectators each year.

Why doesn't Fat Albert use JATO anymore? JATO bottles were produced in the Vietnam era. The last known stockpiles of JATO bottles were expended during the Blue Angels' 2009 show season. The last JATO performance for Fat Albert was at the NAS Pensacola Air Show in November 2009.



The U.S. Navy flight demonstration team, the Blue Angels, C-130J logistics support aircraft, affectionately known as "Fat Albert." U.S. Navy photo by MC1 Chris Williamson

How much fuel does Fat Albert hold? Fat Albert holds 43,450 pounds of fuel.

What is the normal cruising speed and shaft horsepower per motor of Fat Albert? Fat Albert's cruising speed is 400 MPH (350TAS/average ground speed depends on the winds) and has 4,700 HP per engine.

PERMITTED ITEMS

- Be prepared to show photo identification. Non U.S. Citizens – official passport required (no photos).
- You may carry keys, makeup, feminine products, comb, phone, wallet, credit cards, etc. in your pockets if you choose not to put them in a clear bag or clutch.
- One large clear bag per person is allowed.
- Either a one-gallon Ziploc style bag, or commercially purchased clear bag – plus a small clutch for personal items.
- Easily searched large PVC vinyl clear bags.
- Folding/beach chairs, seat cushions with pockets, zippers, compartments, or covers are not permitted; clear seat cushions and seat pads without pockets, zippers, compartments, or covers are permitted.
- While coolers/ice chests are NOT permitted, an exception will be made for medically necessary items after proper inspection at a specified lane at each gate.
- Snacks and water bottles are permitted; however, food, drinks, beer, wine will be available for purchase.
- Wagons (i.e. radio flyers) and strollers.
- FRS/GMRS radios, VHF band and other scanners. Transmitters/transceivers are NOT permitted.
- Service animals.
- Laptop computers/iPads must be in clear bag, no laptop bags/briefcase bags will be permitted
- Binoculars/cameras.

PROHIBITED ITEMS

- Bags, purses, totes, backpacks, and other types of baggage other than bags conforming to the Clear Bag Policy will not be permitted.
- Weapons of any kind (regardless of permit) to include but not limited to: firearms, knives (including pocket knives and multi-tools), replica or toy weapons, pepper spray, mace, stun guns, and martial arts weapons.
- Outside alcoholic beverages.
- Ice chests or coolers that are not medically required.
- Pets, other than service animals.
- Glass containers.
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Army

- Family airs new video, alleges foul play after Soldier dies overseas
- Fatal shooting of Fort Bragg paratrooper under investigation
- Army tempers foreign badge crackdown, apologizes amid review
- Mold is consuming Fort Stewart's barracks as a pattern emerges across the Army



Navy

- Fighting Fitz recently wrapped up its first post-collision deployment
- Navy commander promoted in the same shoes he was issued as a seaman recruit 26 years ago
- Navy pegs methylene chlorine spike at Hickam Officers' Club as 'isolated plumbing issue'
- Testing finds PFOS, PFOA in excessive levels at US Navy base in Japan

Marine Corps

- A new nonprofit honors Marine killed at Kabul's Abbey Gate
- What is G/ATOR, the Marine Corps' premiere air surveillance radar?
- Marine Corps boss says war in Ukraine validates his vision for service's future

Air Force

- KC-46 tankers refuel jets tasked with combat ops for the first time
- Air Force squadron commander arrested for alleged child sexual abuse
- After 5 full-throttle years, Kessel Run is settling in for the long haul

Space Force

- Could a floating desalination buoy provide water to Vandenberg Space Force Base?

Navy veteran abducted in Afghanistan swapped for convicted drug lord

by J.P. Lawrence
Stars and Stripes

An American Navy veteran captured in Afghanistan two years ago has been freed in exchange for an Afghan man who was imprisoned by the U.S., a senior Biden administration official said Sept. 19.

Mark Frerichs, a former Navy diver abducted in Kabul in 2020, was exchanged Monday for Bashir Noorzai, an early supporter of the Taliban who was imprisoned stemming from a conviction for smuggling \$50 million worth of heroin.

"In order to bring home a U.S. citizen and reunite him with his family, the President made the difficult decision to grant clemency to Haji Bashir Noorzai after he spent 17 years in U.S. Government custody," said the official, who wasn't authorized to speak on the record, in an e-mail to *Stars and Stripes*.

Biden made the decision to give clemency to Noorzai in June after deciding his release would not impact the drug trade in Afghanistan or increase risk to American lives, based in part on Noorzai's advanced age and many years spent in prison, said another senior Biden administra-

tion official who was not authorized to speak on the record.

"Bringing the negotiations that led to Mark's freedom to a successful resolution required difficult decisions, which I did not take lightly," Biden said in a statement Monday, adding he spoke to Frerichs' family about the release.

The U.S. had offered up to \$5 million for information about Frerichs' disappearance. He had been living in Afghanistan since approximately 2010 and worked as an engineer on construction projects in the country, the State Department said in 2020.

Taliban officials announced the exchange at a news conference Monday and published a video of Noorzai arriving at the Kabul airport.

A jury found Noorzai guilty of heroin importation into New York and distribution conspiracy charges in 2008, leading to a sentence of life in prison, a Justice Department report said.

Some Taliban officials claimed

Noorzai had been held at the U.S. detention facility at Guantanamo Bay in Cuba, according to an Associated Press report.

But Noorzai was never detained at Guantanamo Bay,



Mark Frerichs poses in Iraq in this undated photo. Twitter

a U.S. official told *Stars and Stripes*, who added that he was arrested in America and tried within the U.S. justice system.

Noorzai is considered one of the closest figures to the founder of the Taliban movement, Mullah Mohammad Omar, Afghanistan's *Tolo News* reported Monday.

The Taliban-appointed foreign minister, Amir Khan Muttaqi, spoke at the press conference alongside Noorzai and welcomed the exchange, saying it marked the start of a "new era" in U.S.-Taliban relations, the AP reported. Washington has not

recognized the Taliban government and has frozen billions of dollars in assets formerly held by the U.S.-backed government of Afghanistan.

Frerichs, of Lombard, Ill., pleaded for his release in a video released by *The New Yorker* magazine this summer. In the video, which marked the first time Frerichs was seen since his abduction, he says it was filmed last November.

At the time, the FBI declined to comment on the video's authenticity, but a sister of Frerichs, Charlene Cakora, issued a statement thanking the Taliban for releasing the video and describing it as "public confirmation of our family's long-held belief that he is alive after more than two years in captivity," according to the AP report.

U.S. officials have said the Haqqani Network, a Taliban-affiliated group known for killing hundreds of American troops, likely abducted Frerichs.

Sirajuddin Haqqani, leader of the group, is now the acting interior minister of Afghanistan after the collapse of the U.S.-backed government last year.

Hospital ship *Mercy* team concludes Pacific Partnership in Solomon Islands

by Leslie Hull-Ryde

SOLOMON ISLANDS - The Solomon Islands-Pacific Partnership 2022 team wrapped up two weeks of collaboration across several lines of effort during a closing ceremony on board USNS *Mercy* Sept. 10.

Now in its 17th year, Pacific Partnership is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific. This year, hospital ship *Mercy* serves as the PP22 mission platform.

While this year's mission marked *Mercy's* inaugural visit to Solomon Islands, Pacific Partnership 2022 returned to the Solomon Islands late August, continuing to build on a foundation established during the previous four PP missions here.

"It's great to bring Pacific Partnership back to Solomon Islands and continue to deepen these friendships and partnerships we hold so dear," said Capt. Hank Kim, Pacific Partnership 2022 mission commander.



Pacific Partnership 2022 leadership, Solomon Island leaders, and members of the international diplomatic corps in the Solomon Islands are shown here during the PP22 Solomon Islands closing ceremony aboard hospital ship *Mercy*. US Navy photo by MC2 Jacob Weitzel

Pacific Partnership is a unifying mission that fosters enduring friendship and cooperation among many nations. This year's mission in the Solomon Islands includes participants from the host nation, the United States, Japan and Australia.

"This collaborative effort amongst our partners and hosts is what this mission is all about," Kim said. "As we learn from each other and grow as professionals, we enhance our collective ability to respond to

any disaster we may face. As the Pacific Partnership motto goes, 'we are preparing in calm to respond in crisis'."

PP22 events are coordinated with the host nation and are planned based on the requirements and requests of the Solomon Islands. Engagements in Honiara and beyond included medical care and exchanges, engineering projects, discussions on humanitarian assistance and disaster relief, and community outreach events,

including band concerts and sporting events.

During the mission stop, the PP22 team conducted more than 5,800 medical engagements, including more than 4,500 dental procedures, distributing more than 1,000 eyeglasses, and performing more than 50 surgeries; more

than 80 consultations with local pet owners; a humanitarian assistance and disaster relief workshop that included the Solomon Islands National Disaster Management Office and other first responders; 16 band concerts; and four engineering projects. In addition to events in Honiara and Guadalcanal Province, Pacific Partnership

activities, to include medical knowledge exchanges, took place in Gizo and Malaita.

In addition to Solomon Islands, this year's Pacific Partnership mission included stops in Vietnam, Palau, the Philippines and engineering engagements in Fiji and Papua New Guinea.

MILITARY SAN DIEGO PHOTO ALBUM



(top, left) VATURANGNA, Solomon Islands (Sept. 8, 2022) - Hospitalman Ashley Houston conducts dental examination on local child at Francis Primary School during Pacific Partnership 2022. US Navy photo by MC3 Raphael McCorey



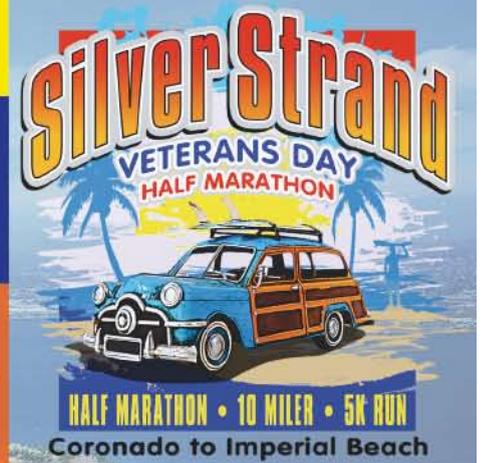
(top, right) CAMP PENDLETON (Sept. 15, 2022) 1st Sgt. Luigi Morillas with Headquarters and Support Battalion here presents the colors during the 80th annual Evening Colors Ceremony at the Santa Margarita Ranch House. The ceremony was held to commemorate the official dedication of Camp Pendleton, which took place in September 1942. The base was named after Maj. Gen. Joseph H. Pendleton, who had long advocated for a West Coast training base to be established. US Marine Corps photo by Lance Cpl. Nataly Espitia

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Littoral combat ship *Jackson* concludes Fiji port call

USS *Jackson* littoral combat ship Gold crew completed a port visit to Suva, Fiji, Sept. 15.

Adm. Samuel Paparo, commander, Pacific Fleet, visited the ship in Fiji and hosted a reception aboard *Jackson* for local



civilian and military leaders.

"The reason for USS *Jackson*'s visit here is our bilateral relationship and partnership with Fiji that goes back many decades to World War II. For all of us,

we are finally coming out of this terrible pandemic and it gives an opportunity for dear friends and equal partners to join together to ensure a free and open Indo Pacific," said Paparo.

Fiji Minister for Fisheries Semi Koroiavesau welcomed *Jackson*'s visit, saying it helps towards strengthening maritime security and bilateral relations between Fiji and the United States.

Cmdr. Michael Winslow, *Jackson* Gold commanding officer, welcomed aboard the distinguished guests, including President of the Republic of Fiji Ratu Wiliame Katonivere.

"We're extremely happy to be here in Fiji, and I thank

everyone in the city of Suva for the warm welcome. I am reminded of the importance of relationships that we maintain and the teamwork it takes to accomplish missions at all levels," said Winslow.

In addition to hosting a reception, *Jackson* Gold crew participated in local community engagement activities while in port. Sailors volunteered at a local retirement home, where they conducted beautification and gardening projects, and played a soccer game with Republic of Fiji Navy Sailors.

Jackson is underway supporting Oceania Maritime Security Initiative (OMSI), a Secretary of Defense initiative that improves maritime security and maritime domain awareness by enabling Coast Guard law enforcement personnel to conduct maritime law enforcement operations from Navy assets to enforce the Western and Central Pacific Fisheries Commission Convention and suppress illicit activities.

LCS are fast, agile, mission-focused platforms designed to operate in near-shore environments, winning against 21st-century coastal threats. LCS are capable of supporting forward presence, maritime security, sea control, and deterrence missions around the globe.

O'Brien

continued from page 1

"I am so happy to be back in this environment," said Courtney, during her change of command ceremony while pointing at the formation of Marines. "This is what it is all about."

Courtney's passion is leading Marines and flying aircraft – big aircraft. In fact, that's why she pilots the KC-130J Super Hercules.

"At first, I chose this platform because I wanted to fly the biggest thing the Marine Corps had," said Courtney, reflecting on her desire to pilot the KC-130J Super Hercules. "Within this platform, there are always ways to improve, and the teamwork that comes from a junior Marine, to a Master Gunnery Sergeant, and then up to me is an aspect I really enjoy being a part of."

Down the flightline, Michael leads the Marine Corps' first operational F-35C Lightning II squadron, which he took over from Lt. Col. Brendan M. Walsh, who successfully led the squadron on its first deployment aboard a Navy aircraft carrier. Michael's assumption of command marks another achievement in a high-speed career.

Michael has served in two combat deployments, graduated from the Navy Strike Fighter Tactics Instructor program (TOPGUN), and became an F-35C Lightning II pilot before becoming an instructor. After taking command, he summed up his motivations with one word: "winning."

"I am a jet pilot because I like to win," said Michael, a native of Philadelphia. "I am extremely competitive. Jet pilots are aggressive and hyper-focused. When I am up there in the air, the only thing my team

and I have to think about is winning. Everything else is a dynamic mental aspect of communicating with the other pilots in the most accurate way without talking."

The O'Briens reflected on their different experiences and preferences. Michael explained that his wife is always there to remind him of the rules and regulations, while she adds that he supports her by encouraging her to be more extroverted and assertive with communication.

"While I got all my aggressiveness out of me on the basketball court, he still has plenty to give out in the air," Courtney said before laughing.

The O'Briens differences in personality complements their relationship. The couple credits one another for their professional successes and careers as well as the strength of their 17-year marriage. Achieving a balance between two active duty careers and family can be challenging. However, Courtney says there is a way, and it starts with leadership.

"I think we, as leadership, don't do a good enough job prioritizing family," Courtney said. "I realized while going through it all, there is always a way to get things done and to still have a flexible approach. And that includes leadership. They need to be flexible and support their Marines just as a Marine needs to be flexible to do his or her job."

The couple admits to having ups and downs in their relationship as they worked to find balance in supporting each other and their careers. Operational commitments and long work hours added a level of stress. However, the couple learned that communication was key.

"Back before we had our com-

munication down, one of our biggest friction points was figuring out whose job took priority," Michael said. "When we realized the importance of communication, it wasn't a big fight. It's more of communicating whose mission takes precedence and what makes most sense for the family and the job."

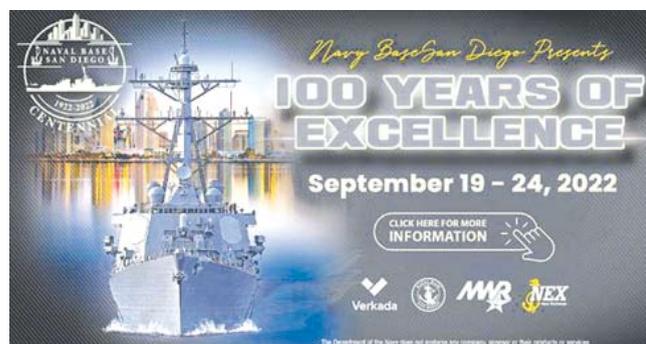
The two agreed that without both putting effort into "making it work," their family would have been greatly lacking the consistency and stability it needs. They explained that programs for families across military bases, and the ability to overcome and adapt to adversity immensely helped them.

"Contrary to popular belief, the Marine Corps does not want cookie cutter," Michael said. "If something needs to get done, go outside the box and get it done. The Marine Corps wants you to contribute your individual talents and ideas, especially if it helps you succeed."

Courtney agreed with her husband, adding, "your success is the Marine Corps' success."

The O'Briens explained that being transparent with family and leadership is key to a successful marriage and career in the Marine Corps. The growing pains of starting and nurturing a family while maintaining a prestigious career is a challenging endeavor that seems unreachable at moments.

With support from fellow Marines, leadership, loved ones, and the institutional support at units and installations, being a high-performing Marine and a husband, wife, mother, or father is within reach. It requires hard work, understanding and sacrifice, but the reward is being the best you, for your family and the Corps.



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SAN DIEGO (Spt. 15, 2022) - Vice Adm. Roy Kitchener, commander, Naval Surface Force, Pacific Fleet, tours guided-missile destroyer USS Stockdale. During the tour, Kitchener evaluated Stockdale's current state of readiness and met with Sailors. US Navy photo by MC2 Stevin C. Atkins



CORONADO (Sept. 14, 2022) - Global Distance Support Center customer service representative Denise Crave consults with Petty Officer First Class Villavacua on stock control items aboard aircraft carrier Carl Vinson. US Navy photo by Tristan Pavlik

SAN DIEGO (Sept 14, 2022) - Rear Adm. Wayne Baze, center, commander of Expeditionary Strike Group 3, delivers remarks to the crew and families of littoral combat ship USS Coronado (LCS 4) during a decommissioning ceremony. Coronado has been a test and training ship, and was key in developing the operational concepts foundational to the current configuration and deployment of today's LCS fleet. The LCS remain fast, agile, and networked surface combatants, designed to operate in near-shore environments, capable of open-ocean tasking and winning against 21st-century coastal threats. US Navy photo by MC2 Vance Hand



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Commandant says innovative Marines key to battlefield success

by David Vergun

The Marine Corps is blessed to have leaders at all levels who are creative and adept at taking the initiative, Gen. David H. Berger, its commandant, said Sept. 15 in a speech at Defense One's virtual State of Defense.

"Small-unit leaders who are well trained, who have the experience and maturity to make decisions and empowered to make decisions in lieu of detailed guidance powerful, even when outnumbered even when up against formations that are two, three, four times as big. ... This is the bread and butter of the Marine Corps," he said.

When Marines are given latitude to make decisions without detailed guidance, they will prove to be innovative, he said. "The ones who can adapt faster have a huge advantage. That's agility of the mind, which we press into Marine leaders all the time," he said.

It's not a big surprise that many Ukrainian tactical leaders trained with U.S. Marines and have taken the initiative, even when facing larger battlefield formations, he mentioned.

Berger said innovative Marines who take the initiative with very

little guidance are especially important on a battlefield where Marine



Lance Cpl. Nicholas D. Hettinga holds a 3D printed, unmanned aircraft system at Camp Lejeune. US Marine Corps photo by Cpl. John A. Hamilton Jr.

formations will be small, disbursed and could be facing large numbers of well-equipped peer adversaries.

To meet the current and future threat, the Marine Corps is doing a lot of experimentation, not just in the laboratory, but by Marines in the field.

The commandant referred to this as "a perpetual sort of campaign of learning, nonstop experimenting, trying new concepts, new formations, new equipment, new ways of training."

Feedback from the Marines in the field on new gear or systems is incredibly important, he said.

Ten years ago, it might have taken five years to develop something. Now, Marines in the field can successfully test things in as little as two weeks and they can even come up with new uses or solutions for that gear that the designers never even thought of, he said.

In the future, unmanned air, ground, sea and undersea vehicles teamed with manned vehicles will be increasingly important for such things as intelligence gathering, weapons platforms, delivery of supplies and even medevac missions, he said.

Young Marines are completely comfortable operating with these new, unmanned platforms, he added. "But the question is, are senior leaders comfortable with that?"



Serving America's Military Families

Operation Homefront's Military Child of the Year nominations open

Submissions are open for the 2023 Military Child of the Year award, the nation's premier recognition of the outstanding achievements of the nation's military children. Submissions will close on Dec. 4, 2022.

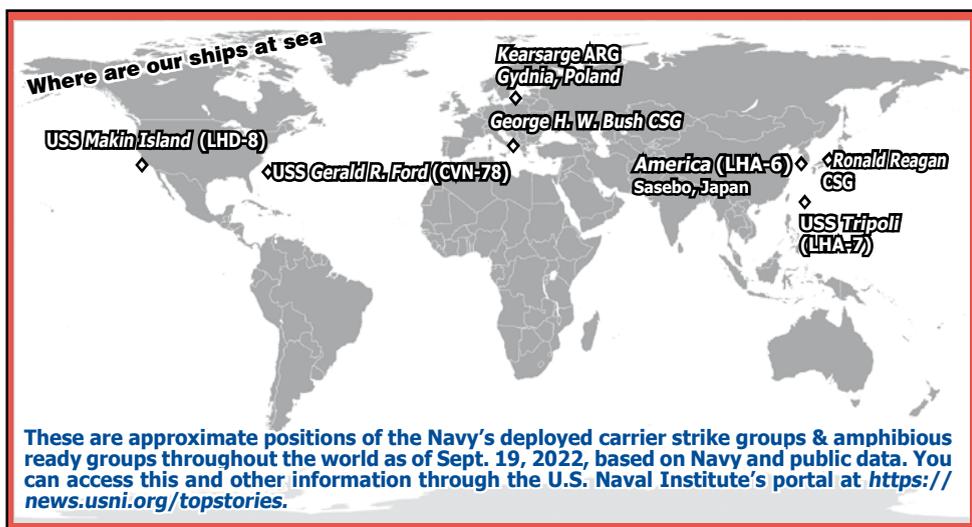
Now in its 15th year, the Military Child of the Year award reflects the positive impact that these impressive young people have made on their military families, their schools, and their communities.

The annual awards recognize outstanding young people ages 13 to 18. Recipients will represent a branch of the armed forces - Army, Marine Corps, Navy, Air Force, Coast Guard, National Guard, and Space Force - for their scholarship, volunteerism, leadership, extracurricular involvement, and other criteria while facing the challenges of military family life.

All Military Child of the Year award recipients will be flown with a parent or guardian to Washington, D.C., to be recognized at the April 2023 gala, during which senior leaders of each branch of service will present the awards. They also receive \$10,000 each, a laptop computer, and other donated gifts.

Last year's winners:

- David Lee, 2022 Innovation Award Recipient
- Army-David Lee
- Air Force-Anna Cummins
- Army-Elena Ashburn
- Coast Guard-Kathryn Alonso
- Marine Corps-Sophia Jordan
- National Guard-Andrew Stone
- Navy-Mitchell Matella
- Space Force-Grant Benson



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Military funeral, flyover honors twin brothers from 3 wars

The Air Force demonstration team the "Thunderbirds" performed a double missing man formation flyover as part of the funeral service for Air Force Maj. Gen. Cuthbert Pattillo and Lt. Gen. Charles Pattillo in Section 60 of Arlington National Cemetery Sept. 14.

The twin brothers Pattillo enlisted in the Air Force in November 1942. During World War II, both flew with the Eighth Air Force's 352nd Fighter Group, protecting bombers and attacking ground targets. Cuthbert Pattillo flew 135 combat missions before being shot down and captured by the Germans. He remained a POW until the end of the war.

Both were released from active duty following World War II but were later recalled in early 1948, serving with the 31st Fighter Group. Later, both served with the 36th Tactical Wing at Furstenfeldbruck Air Base in Germany. While in Europe, both helped form and flew in the Air Forces in Europe-NATO aerial demonstration team, the "Skyblazers."

Later, the brothers went to



Luke Air Force Base, Ariz., as gunnery instructors. Together, they were instrumental in forming the "Thunderbirds," the first Air Force official aerial demonstration team. Maj. Gen. Pattillo flew right wing and Lt. Gen. Pattillo flew left wing in the original 1953 team.

Both generals continued their long careers through the Air Force, serving through the Korean and Vietnam Wars. Maj. Gen. Pattillo retired in 1980 and Lt. Gen. Pattillo retired in 1981.

Maj. Gen. Pattillo's son, Robert Pattillo, and Lt. Gen. Pattillo's daughter, Deborah Jones, received the U.S. flags from the funeral services. Joyce

Air Force ceremonial formality during funeral honors for Maj. Gen. Cuthbert Pattillo and Lt. Gen. Charles Pattillo. Photo by Elizabeth Fraser

Pattillo, Maj. Gen. Pattillo's wife, and Bobbie Pattillo, Lt. Gen. Pattillo's wife, were also interred during this service.



Air Force celebrates 75 years of flying solo in the wild blue yonder

by Jeff Jardine, MyCalVet
The Air Force became its own branch of the U.S. military after President Truman signed the National Security Act on September 18, 1947.

Aviation had been part of the U.S. military since the Civil War, and allies relied on aircraft throughout both world wars. The Navy and Marine Corps recognized the value of military aircraft as early as 1911, and the first plane took off from a ship that year. But, the American aviation industry developed slowly.

Known in its infancy as the Air Service of the American Expeditionary Force during World War I, units provided tactical support to the Army and were under its direction. British, French, and German planes mostly dominated the

unfriendly skies over Europe in the so-called "War to End All Wars."

In 1920, the Navy converted a ship into USS Langley, its first carrier, and changed the designs to USS Saratoga and USS Lexington from battle cruisers to carriers before both were commissioned in 1927. Meanwhile, the Army Air Corps began to build its military might as well.

As America prepared for its inevitable entry into World War II, the Army Air Corps gained greater autonomy and independence from the Army, and on June 20, 1941, it became the U.S. Army Air Forces.

When the war ended, Generals Dwight D. Eisenhower and Carl Spaatz began the process of formally separating the USAAF from the Army, including the Strategic Air Command, the Air Defense Command, the

Tactical Air Command, the Air Transport Command, the Air Training Command (re-designated Army Air Forces Training Command), the Air University, and the Air Force



Center. (Trivia: Among the Strategic Air Command bases, Castle Air Force Base in Merced County was home to the 93rd Bomb Wing until 1994 and was featured in the 1955 film "Strategic Air Command" starring James Stewart.)

Today, the Air Force staffs 750 bases worldwide, with more than 320,000 active air personnel, 69,200 reserves, 106,700 Air National Guard members, and employs roughly 200,000 civilians. The branch has nearly 5,400 manned aircraft and 405 intercontinental ballistic missiles.

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THINGS TO DO AROUND TOWN

Miramar Air Show, Fri-Sun, Sept 23-25. miramarairshow.com

Poway Rodeo, Fri-Sat, Sept 23-24. Poway Valley Riders Association Arena. www.powayrodeo.com

Haunted Hotel, Scream Zone, Haunted Trail, Sept 23-Oct 31. www.SanDiegoHaunts.com

Guided Nature Walk from Kumeyaay Lake Campground. Sat, Sept 24, 8:30-10:30am. Free. mtrp.org

Guided Nature Walk, Sat, Sept 24, 9:30-11am. Free. mtrp.org

Birding Basics Class, Sat, Sept 24, 1-2:30pm. Free. Visitor Center classroom A, masks req. mtrp.org

Mission Bayfest, Sat, Sept 24, 5pm. Dirty Heads, Thievery Corporation, Tribal Seeds. Mariner's Point, SD.

ArtWalk Carlsbad, Sat-Sun, Sept 24-25. Free. Art, food, drink, entertainment. museumofmakingmusic.org

Adams Avenue Street Fair, Sat-Sun, Sept 24-25, 10am. Free 2 day music festival, carnival, vendors. adamsavenuestreetfair.com

13th Annual San Diego Spirits Festival, Sat-Sun, Sept 24-25. Port Pavilion Broadway Pier. www.sandiego Spirits Festival.com

Pacific Islander Festival. Sat-Sun, Sept 24-25. Noon. Ski Beach, Ingraham St and Vacation Island Rd, San Diego, 92109

SD Int'l Dragon Boat Race. Sat-Sun, Sept 24-25, 8-4. Free. Mission Bay Resort. sddb.org

CRSSD Festival. Sat-Sun, Sept 24-25, noon. Music! Waterfront Park, downtown SD. crssdfest.com

Hot Wheels Monster Trucks Live, Sat-Sun Sept 24-25. Pechanga Arena, 3500 Sports Arena Blvd.

Solento Surf Festival-Surfing Competition, Sun, Sept 25, 7:30am-5pm. Free-\$20. Beach event free.& open to public. Takes place at La Paloma Theatre & Cardiff State Beach (Seaside), 2504 S. Coast hwy 101, Solana Beach.

Free Moderately Strenuous Guided Hike. Age 18+. Free. 8-11am. 2.5mph pace. Elfin Forest Rec Reserve, 8833 Harmony Grove Rd.

San Diego Restaurant Week Sept 25-Oct 2. sandiegorestaurantweek.com

La Mesa Oktoberfest. Sept 30-Oct 2. Live music, Biergarten games, craft fair, dachshund races, kinder karnival! www.lamesaoktoberfest.org

Oktoberfest in El Cajon. Sept 30, Oct 1&2, Oct 7-9. Biergarten, oompah band, German food, kids zone! www.OktoberfestElCajon.com

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MOVIES AT THE BASES

Movies & times subject to change. * Indicates last showing
Visit navydispatch.com/entertainment_03movies.htm to find your base theatre information

Naval Base Theater - NBSD, 619-556-5568, Bldg. 71 3465 Senn Rd.

FREE entry to the first 300 customers (per showing), no outside food, concessions will be available.

Thursday, September 22

6pm Beast r

Friday, September 23

6pm Three Thousand Years of Longing r

Saturday, September 24

3:40pm Beast r

5:50pm Three Thousand Years of Longing r

Sunday, September 25

2pm Easter Sunday pg13

4:10pm Three Thousand Years of Longing r

For updates check <https://sandiego.navylifefsw.com/movies/>

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, Sept 17

1:30pm DC League of Super-Pets (PG)

Bob Hope Theater 577-4143

MCAS Miramar Bldg 2242

Fri-Sun, Sept 23-25

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Friday, September 23

6pm Three Thousand Years of Longing r

Saturday, September 24

3pm Beast r

6:10pm Three Thousand Years of Longing

Sunday, September 25

1pm Easter Sunday pg13

3:30pm 3,000 Years of Longing r

Updates: sandiego.navylifefsw.com

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Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDs

Friday, September 23

5pm The Bob's Burgers Movie pg13

Saturday, September 24,

11am The Bad Guys pg

Monday, September 26

5pm Mr. Malcol'm's List pg

Tuesday, September 27

11am Sonic the Hedgehog 2 pg

5pm Godzilla vs. Kong pg13

Wednesday, September 28

5pm Downton Abbey: A New Era g

Thursday - September 29

11am Finding Dory pg

6:pm Doctor Strange Multiverse of Madness pg13

CROSSWORD PUZZLE

Across

1 Bear's home

5 Actress Winslet or Hudson

9 Clever tactic

13 Pig Latin negative

15 Spoken

16 Levitate

17 Accompanying dishes, like 56-Across

19 "Kapow!"

20 Air pressure meas.

21 College head

22 Actress Lively of "Green Lantern"

23 Athenian now a citizen in Athens, Georgia, say

27 Hillock

28 J, F or K, in "JFK": Abbr.

29 Fancy farewells

30 Spraying gently, as plants

35 Crush consistently in competition

36 Did a stable job

37 Long of "Boiler Room"

38 Expecting a baby, quaintly

41 Capture

43 Mayberry youngster

44 Secret stash

45 "... nothing more"

50 Tablets with preloaded FaceTime

51 Skin care additive

52 Decisive boxing victories

55 Bonkers

56 Circular fried food ... and what's in the circled letters

59 Again

60 Tea and coffee servers

61 Treat with disdain

62 Fronded office greenery

63 Assign stars to

64 Sheepish animals?

Down

1 Issue for a speech coach, perhaps

2 x, y or z, in geometry

3 Like one saying "Well, I never!"

4 Singer Carly ___ Jepsen

5 George Eastman's camera

6 Bowl game venue

7 Gravel driveway alternative

8 Golf great Ernie

9 Massive awareness campaign, for short

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

I scurried through the commissary doors and out of the rain, grabbing the last small cart in the vestibule. I preferred the smaller, more maneuverable carts, but as my luck would have it, this one had a wheel that screeched every fourth rotation like a cornered rat. Muttering discontentedly to myself, I dug in my purse for my grocery list, which I found torn and crumpled at the bottom. It was one of those days.

My temperamental bladder urged me to stop at the ladies room before beginning my lonely sojourn through the commissary aisles. At the mirrors, I noted that my hair was protesting the humidity by imitating a dirty, wet mop. I tried to 'zshuzsh' it with a brush from my purse, which only made it frizzy.

Retrieving my squeaky cart, I resolved to complete the task at hand, but in the produce section, the bananas were too ripe, the avocados were too hard, and I couldn't for the life of me figure out which end of the bags opened.

I moved on to the meat coolers against the back wall, where cellophane-wrapped beef, pork, and poultry parts lay out on display. Seeing slabs of oozing red steak and swollen mounds of hamburger

One day at the commissary...

meat reminded me of the painful throb in my gut. Retrieving a pen from my purse, I scribbled, "feminine products" on the bottom of my grocery list.

Somewhere in the snack food aisle, I realized I was ravenous. Someone had thoughtfully left a coupon for Pringles on the shelf, which compelled me to throw two cans into my cart. Oreo Thins are so tasty, I recalled while reaching for a bag, especially with ice cream which I reminded myself to pick up when I got to the freezer section.

Crampy and squeaking, my reject cart and I wheeled our way through the next few aisles, scratching items off the crumpled list, and impulsively adding hormone-induced extras such as frozen pizza bites, Peanut M&Ms, and a half-pound block of cheese.

Aisle six contained many necessary goods for a woman of my age. I stooped low to retrieve a humongous canister of orange-flavored fiber laxative powder. A few feet further, I scanned the bottles of pain relievers, finally selecting maximum strength capsules that would target my womanly symptoms. And finally, I stood before the colorful display of feminine products. Just as I selected a large box that would meet my absorbency needs, it happened.

"Hey Lisa! How've you been?"

Shaken from my shopping trance, my eyes darted toward the source of the masculine voice

calling my name. "Oh, hey Jerry!" I said to my husband's former co-worker with a startled tremble that gave a guilty impression. "I'm just fine ... uh, how are you these days? I heard you got married, hu?"

As we exchanged the kind of idle chit-chat that one does at the commissary, Jerry's eyes naturally glanced at the shelves beside us, at the large box in my hands, and down into my cart at an array of products and food stuffs that told my personal and very private story. Although he had stumbled into this innocent interaction unknowingly, I could see that he felt as awkward as I did.

I resisted the impulse to run and hide behind a nearby display of shoe inserts, and quickly brought the conversation to a friendly conclusion. "It's been great to see you, Jerry. You and Francis really need to catch up!"

Breathing a sigh of relief, I shoved my misfit cart, which now seemed to be whimpering, forward, determined to snag my last few items and get the hell outta there. However, our mutual suffering continued when Jerry and I ran into each other again in front of the dog food, at the deli, and in the check out line, where I was forced to reveal my embarrassing items again on the conveyor belt for the world to inspect and judge.

Teetering precariously on the threshold of hell, I overtopped the bagger, snatched a can of Pringles for the car ride home, and careened out of the parking lot as fast as the base speed limit would allow.

AutoMatters™ & More by Jan Wagner



Billed as "The Ultimate Disney Fan Event," and usually celebrated every two years, D23 EXPO was completely SOLD OUT well in advance of its return, for three wonderful days, to the Anaheim Convention Center, near Disneyland — for the first time since the Pandemic derailed much of life as we had known it before. D23 EXPO was the biggest, most spectacular celebration of all things Disney — in the world! Of course, now Disney has grown to include MARVEL, STAR WARS (Lucasfilm), Pixar, National Geographic and more, including Avatar (20th Century Studios). D23 EXPO also kicked off Disney100, celebrating 100 years of treasured Disney storytelling.

A plethora of presentations were held in ballrooms throughout the Anaheim Convention Center, the largest of those being the enormous Hall D23. Just as it was truly impossible to attend even a small fraction of those, it would be equally impossible to tell you about them here. Their names begin to tell the story so, rather than try and fail miserably to do more, in this short space I will list many of their names and share with you some of my thousands of photos of this three-day event.

No doubt many of these presentations would have been on your wish list to see, as they were on mine. There truly was something for everyone — some of which featured large, live, song-and-dance numbers. However, between waiting in long lines and competing with the massive crowds, I only

D23 EXPO – What was there and why you really should go next time

saw a few.

If you did not join us there this year, the sheer enormity of this list will convince you to get your tickets early for the next D23 EXPO. Here they are: Disney Legends Awards Ceremony; Studio Showcase Day 1, celebrating the magic of Disney and Pixar; The Simpsons; Disney & Marvel Games Showcase; D23 EXPO Masquerade; Inside Look at the Society of Explorers and Adventurers; Disney For Scores Podcast Live, celebrating MARVEL music; Who is Honored with a Window on Main Street, U.S.A.?; A Very '90s Afternoon Special with the "All-New" Mickey Mouse Club; Disney Legends in Conversation; Walt's Plane: Taking Flight Through Disney History; Inside The Orville; Traceback Celebrating the People of Walt Disney Animation Studios; National Geographic's Superhero Women of STEM; Behind The Scenes: ABC's Beauty and the Beast: 30th Celebration; Studio Showcase, Day 2: MARVEL Studios, Lucasfilm and 20th Century Studios (Avatar); Disney's Epic Entertainment Showcase: The Musical: The Extravaganza; Magic in the Air: 30 years of The Muppet Christmas Carol; A Celebration of Disney's Encanto; The Making of Disney100: The Exhibition; Bob's Burgers; MARVEL COMICS: Celebrating 60 Years of the Amazing Spider-Man; Sneak Peek at Zootopia+ from Walt Disney Animation Studios; A Peek Behind the Curtain at Walt Disney Imagineering's Illusions and Special Effects Developments Lab; Uncovering Treasures from the Marty Sklar Archives; A Century of Storytelling at Walt Disney Animation Studios; Cautionary Tales with the Disney Villains: The Imagination of Ridley Pearson; Building Walt's Florida Project;

Walt Disney World from Dream to Reality; Women in Disney Fashion; It's a Small World: Celebrating the Art of Disney Parks; A Boundless Future: Disney Parks, Experiences and Products; Disney Princess — The Concert, Live at D23 EXPO; Walt Disney Imagineering: 70 Years of Making the Impossible Possible; Conversations with Disney Character Voices; Disney Original Documentary's Sneak Peek of Mickey: The Story of a Mouse; Back to the Grid: 40 Years of TRON: 100 years of Treasures from the Walt Disney Animation Research Library; Dancing with The Stars 31st Season Celebration; Nat Geo & Disney: 100 Years of Exploring the World Through Storytelling; An Animated Conversation: Celebrating 90 Years of Goofy; The Main Street Electrical Parade—50 Years of Nighttime Magic & Imagination; The Disney Parks: Through the Decades: A Disney Ambassador Perspective; Memories of Walt Disney World: Framing A portrait of 50 Magical Years; and, finally, 100 Years of Hollywood Magic: A Disney Tour of the UCLA Film & Television Archive.

Can you imagine the sheer logistics of just staging all of this — and much more?! The highlights of D23 EXPO for me were the presentations that I somehow managed to enjoy in Hall D23, spectacular exhibits, shopping, art, giveaways, music and the many enthusiastic, costumed fans.

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit AutoMatters.com and AutoMatters.net. On the Home Page, search by title or topic, or click on the blue 'years' boxes.

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Air Force secretary reverses cuts in special duty pay

by Kyle Alvarez
Stars and Stripes

The Air Force will not cut special duty assignment pay after all, reversing a decision that would have slashed as much as \$450 a month from some paychecks, the service's top civilian said.

Air Force Secretary Frank Kendall announced the reversal Monday in a wide-ranging speech at the Air Force Association's annual Air, Space and Cyber Conference in Maryland.

He said the planned cuts were "out of sync with the rapid changes in our economy," according to an Air Force statement issued the same day.

He cited the pandemic and the ongoing Russia-Ukraine war as economic stressors. The reductions had been slated to take effect Oct. 1.

The cuts would have affected airmen in over 30 fields, ranging

from combat controllers to recruiters. Their pay was to be reduced by between \$75 and \$450 a month depending on their job.

The change in tone comes as many service members are speaking up about the economic hardships facing them. Air Force leaders were openly discussing the impact of the planned pay cuts, which were announced Sept. 2.

"It's tough to look at the airmen and say, 'Yes, we have tough economic times, but I'm going to cut your pay anyway,'" Air Force Vice Chief of Staff Gen. David Allvin said the day before the announcement, as quoted by Air & Space Forces magazine.

Kendall added that the service wants to ensure that basic housing allowance keeps pace with costs, which have skyrocketed in many markets because demand for housing is far outstripping supply.

Army leaders implement measures to bolster recruiting

by Joe Lacadan
Army News Service

Following reports that the Army may fall short of its recruiting goals, the service's top officer said the branch remains steadfast in its commitment to reaching its end strength targets but will continue to seek candidates that meet its rigorous qualifications.

"We're not going to lower standards," Army Chief of Staff Gen. James C. McConville said recently during an online discussion at the Defense One State of the Army Conference.

In August, the Army reported that it had recruited only 52 percent of its fiscal year end strength projection and could potentially fall short of the mark by 15,000, due to recruiting shortfalls.

"We are certainly concerned," McConville said.

Only about 23 percent of Americans meet enlistment qualifications, down from 29

percent in recent years.

He said the challenges of learning under pandemic conditions may have impacted the test results. McConville said that fewer youth have participated in sports in recent years and fitness levels may also have been affected.

The general said that typically two thirds of all prospective recruits pass the Armed Services Vocational Aptitude Battery Test which is required to enlist, and currently only one third have passed.

In August, the service introduced its Future Soldier Preparatory Course at Fort Jackson, South Carolina, to help potential recruits meet the academic and physical standards required to enlist. The 90-day pilot program features training focused on achieving required body fat composition and necessary academics before recruits enter basic combat training.

"We want to help them meet the standards of the United States Army," McConville said.

To better retain its top talent, the Army introduced ServiceNow, a cloud-based, digital platform that automates and connects processes to improve Soldiers' quality of life. Army leaders believe the program, along with the Army's new human resource system, Integrated Personnel and Pay System-Army will help upgrade work environments to personalize Soldier experiences.

<https://www.army.mil/article/260123/>

Ships Underway
Total Battle Force: 299 (USS 241, USNS 58)
Deployed ships: 106 (USS 70, USNS 36)
Non-deployed ships: 71 (Deployed 49, Local 22)
Ships Deployed by Fleet
2nd Fleet, 0: 3rd Fleet, 1: 4th Fleet, 6: 5th Fleet, 11
6th Fleet, 28: 7th Fleet, 58: Total 104

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KLDL Inc. DBA Aerial Industries is a small-business locally owned enterprise in San Diego, California formed in 1994 by Dave Adams, a General Contractor, and two retired Navy Chiefs.

Aerial Industries was granted a GSA 03 FAC maintenance contract in 2009 allowing them to take on several construction projects throughout all the military bases in San Diego County. During this time contracting

officers were asking for help procuring products for safety equipment, tools, and tactical gear. Upon doing this they found it was beneficial to have a DLA Fed-Mall contract which they applied for and received and have built a substantial company and service.

We deliver what we promise, and we always look for ways to improve the quality of our services. We employ highly skilled and motivated workers who know this very niche industry.

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NATIONAL SUICIDE PREVENTION AWARENESS

Suicide Prevention Resources

Reach Out For Support

The Department of Defense (DoD) takes the issue of suicide very seriously and is actively working to reduce the number of suicides. To learn more about suicide and how to prevent it take a look at the resources available to you.

Defense Suicide Prevention Office

The Defense Suicide Prevention Office oversees all strategic development, implementation, centralization, standardization, communication and evaluation of DoD suicide and risk reduction programs, policies and surveillance activities.

Service Branch Programs

- <http://www.af.mil/suicideprevention.aspx> (U.S. Air Force)
- <http://www.armyg1.army.mil/hr/suicide/default.asp> (U.S. Army)
- http://www.nationalguard.mil/features/suicide_prevention/ (U.S. National Guard)
- <http://www.usmc-mccs.org/services/support/suicide-prevention/> (U.S. Marine Corps)
- http://www.public.navy.mil/bupers-npc/support/21st_century_sailor/suicide_prevention/Pages/default.aspx (U.S. Navy)
- <https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Suicide-Prevention-Program/> (U.S. Coast Guard)
- http://www.mentalhealth.va.gov/suicide_prevention/ (Department of Veterans Affairs)

SUICIDE PREVENTION RESOURCES

September is Suicide Prevention Month

Study finds 37% greater veteran suicide rate than reported by VA

by Nancy Montgomery
Stars and Stripes

An exhaustive study four years in the making has found nearly a 40% higher rate of veteran suicides than that reported by the Department of Veterans Affairs.

The study's interim report, based on service records from the Defense Department and death records from eight states, examined suicides and "self-injury mortality" — or deaths classified as accidental or undetermined — in people aged 18 to 64 from 2014 to 2018.

America's Warrior Partnership, a suicide prevention group, contracted with the University of Alabama and partnered with Duke University to gather state-provided death data and coordinate with the DOD to corroborate military affiliation. It was funded by the Bristol Myers Squibb Foundation.

The study identified a 37% greater suicide rate than reported by the VA. That was because "Operation Deep Dive," as the study is called, worked to get specificity of the decedent's demographics, military experience and death details.

The VA, by contrast, gets its suicide numbers reported by the

county authorities where the death occurred. The study found that method failed to identify veterans about 18% of the time.

"It's not the VA's fault. The issue is the counties," said Jim Lorraine,

an Air Force veteran and president of America's Warrior Partnership.

Read full story at <https://www.stripes.com/veterans/2022-09-17/veteran-suicide-rate-study-7363791.html>

Calls to suicide prevention hotline increase by 45% with 988 number

According to USA Today, "The rollout of 988 as the new National Suicide Prevention Lifeline may have saved over 150,000 more lives in one month than it would have before the transition, according to data released last week. The initiative has been in the works for years but the Substance Abuse and Mental Health Services Administration finally launched the new number on July 16, replacing the old 10-digit number, 1-800-273-8255.

"In a statement last week, the Department of Health and Human Services released data showing a 45% increase in overall volume last month compared to August 2021, representing 152,000 more contacts that include calls, chats and texts. The agency also reported a significant reduction in response times, plunging from 2.5 minutes to 42 seconds.

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Previously Deployed Personnel Needed for Study

VA/DoD sponsored research project is looking for Veterans and Service Members who have been deployed to participate in a study on the long-term effects of mild traumatic brain injuries.

We are looking for those both *with* and *without* mTBI exposure.

Participants may be compensated for their time.

To learn more, please contact our study team at:
(858)552-8585 ext. 6375, 2608 or 8759.

More information can be found at: www.limbic-cenc.org

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IRB Approval Date: 09/02/2022

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