

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619-280-2985
 Serving active duty and retired military personnel, veterans and civil service employees

SIXTY-THIRD YEAR NO. 16
 SEPTEMBER 7, 2023



ATTENTION ON DECK: Sailors form ranks before the arrival of their commanding officer for an all hands call on the flight deck of aircraft carrier USS Abraham Lincoln Aug. 31, 2023. Abraham Lincoln is moored pierside at Naval Air Station North Island. U.S. Navy photo by MC2 Ian Thomas

Future S.D.-based ship to be commissioned

SAN DIEGO -Future USS Jack H. Lucas (DDG 125) will join the active fleet on Oct. 7, with a commissioning ceremony in Tampa, Fla. DDG 125 will be the Navy's first Flight III destroyer with notable technological upgrades. The Flight III upgrades are centered on the



AN/SPY-6(V)1 Air and Missile Defense Radar and incorporates upgrades to the electrical power and cooling capacity.

The ship's name was selected on Sept. 17, 2016, by then Secretary of the Navy Ray Mabus to serve as a constant reminder to the immense impact actions taken by any one Sailor or Marine can truly have.

DDG 125 is named for Pfc. Jack Lucas, who served in the Marines during World War II, earning the Medal of Honor for his heroism at Iwo Jima, when he was just 17 years old. He's the youngest Marine, and the youngest serviceman in World War II, to be awarded the United States' highest military decoration for valor. In 1961, he returned to military service as a captain in the Army and trained younger troops headed for Vietnam. Lucas passed away on June 5, 2008, in Hattiesburg, Miss.

USS LAKE CHAMPLAIN DECOMMISSIONS AFTER 35 YEARS OF DISTINGUISHED SERVICE

by Julie Ann Ripley

SAN DIEGO – Ticonderoga-class guided-missile cruiser USS Lake Champlain (CG 57), the 11th ship of its class, was recognized for more than 35 years of naval service during

a decommissioning ceremony here Sept. 1.

During the ceremony guest speaker Vice Adm. (Ret.) Thomas H. Copeman III wished the current crew fair winds and fol-

lowing seas as they bid farewell to their ship. Copeman was a former Lake Champlain XO and the 17th commander, Naval Surface Forces.

“Behind me is a machine of wondrous complexity and capability. It is truly a marvel of modern technology dedicated to decisive combat operations at sea,” said Copeman. “The fact that she is sitting here, still mission capable is a tribute to the surface Navy and all the people tasked to support the surface fleet. It is those Sailors who have literally given the primes of their lives to the United States Navy keeping this machine in fighting shape that we are really here to pay tribute to.”

The former commander concluded, “Without all these dedicated Sailors, officers and

enlisted, the ship behind us would have been nothing but a monument to technology. For 35 years it was the home for thousands of Sailors.”

Lake Champlain's Commanding Officer, Capt. Steven M. Foley, reflected on the service of his crew and those who came before.

“It truly has been my honor and privilege to have served as Lake Champlain's 19th and final commanding officer,” said Foley. “I served before on this fine warship as a chief and senior chief and was also selected as an officer. CHAMP built a reputation on the waterfront for bringing out the best in her Sailors, just like she did in me. To all the CHAMP Warriors - past and present – Fighting 57 will see Lake Champlain, page 2



The crew of cruiser USS Lake Champlain disembark the ship during a decommissioning ceremony. U.S. Navy photo by MC2 Stevin C. Atkins

Note from the publisher: New issues of the Dispatch weekly on line on Thursdays as we switch to twice a month in print

Great news for trees! With prices ever increasing, and more readers getting their news on line, we are switching our print issues to twice a month and staying online with weekly issues. We will have fresh print issues out on the bases and in the community on the 1st and 16th of each month. We will be posting new issues weekly on line in our downloadable pdf format right here at www.afdispatch.com (see weekly links on the right side below the ads) and we are also viewable for the page turners in our audience on issuu.com/armedforcesdispatchnewspaper (click link under the rolled up newspaper at the top right of our home page). It's a win-win – saving trees, saving money, reducing our carbon footprint while serving our readers the news they want and helping our advertisers reach the military market. Thank you to our advertisers who support our military readers! We're still kicking it in our 63rd year in San Diego!

American B-2 stealth bomber lands in Norway for first time

(Stars and Stripes) An American B-2 Spirit made a historic pit stop in Norway last week, marking the first landing of the stealth bomber in the Scandinavian country, the Air Force said. On Aug. 29, the plane arrived at Orland Air Base for hot pit refueling, a procedure that minimizes the jet's time on the ground and allows it to quickly gas up without shutting down its engines before relaunching. “This clever technique extends our reach, establishing temporary operational hubs at strategically chosen and even unpredictable locations,” Gen. James Hecker, commander of U.S. Air Forces in Europe and Air Forces Africa, said in a statement Aug. 30.

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Veterans News
 Navy veteran turns 100, reflects on World War II service.
 See pages 2 & 5

Base Movie Schedule
 The Equalizer 3, Teenage Mutant Ninja Turtles: Mutant Mayhem, The Last Voyage of the Demeter
 See page 10

Navy veteran turns 100, reflects on World War II service

by Heather Mongilio

USNI News • www.usni.org

GREENWICH, Conn. – On Thanksgiving morning, 1942, six women boarded a New York train bound for Bremerton, Wash. They were young with a patriotic drive that led them to enlist in the Navy during the height of World War II.

At Bremerton, the women would serve as IBM programmers, punching paper cards that would be fed into the computational machines to crunch the numbers the Navy needed for everything from gun trajectories to mass logistics.

Most of the women have since passed, but the legacy of their service is now kept alive by Winona Mullis.

Mullis turned 100 this past week, nearly 81 years since she boarded the Bremerton-bound train. As a Specialist I 3rd Class, Mullis served in the Navy for 26 months and 26 days as a member of the Women Accepted for Volunteer Emergency Service (WAVES).

Mullis says her memory is spotty, but she recalls the day the president came to visit her shop as if it had happened last week. She especially can remember the food. It was bad.

Recently, she looked at a picture of herself in her Navy uniform with long, auburn hair coiffed into a bun and asked if



Winona Mullis on Sept. 1, 2023. USNI News photo

she carried any resemblance to the young woman. Mullis' hair is gray now and kept in a short bob. Her smile and eyes still match her photo.

Mullis was a freshman in college at Indiana State Teachers College when the Japanese bombed Pearl Harbor, and the United States officially entered World War II. Rumors of war colored her senior year of high school. Now it was here.

When Mullis returned home for summer break, typists and stenographers were in demand. Mullis grew up in Seward, Pa., a small town about an hour from Pittsburgh. The town was so small that Mullis traveled to Johnstown, Pa., to attend high school. She followed her sister almost 200 miles away to Bal-

timore, Md., where there were more jobs available.

Baltimore, where Mullis worked for the Social Security Administration, was a patriotic city, she said. Shipyards up and down the Patapsco River helped the war efforts, and sailors were a constant presence on the streets of Charm City. Mullis had cousins in other services but it was the look of the sharp blue skirts and jackets of the Navy uniform that convinced Mullis to join the sea service. She was never particularly good at swimming – it was the only class she failed in college – but when she enlisted in the WAVES, that was not a requirement, she said.

She asked her parents' permission, she said. They were none too happy about their daughter leaving home, but they ultimately agreed.

Mullis arrived on Sept. 26, 1942, in New York. The 19-year-old was a strong typist – 75 words per minute – and during basic training, Mullis was selected to be an IBM programmer.

While her job was ashore, Mullis had to go through basic Navy training like any sailor. She learned to march at the WAVES basic training site at Hunter College in the Bronx. She studied ship terminology, see Mullis, page 5

Lake Champlain continued from page 1

be eternally grateful and proud of your hard work, dedication, and commitment to excellence! As we bid farewell, we thank all those that stood the watch and give special thanks to the family and friends for their continued love and support over three and half decades. CHAMP may be gone, but the memories we shared and the legacy we made will live forever in our hearts."

Selected for the limited duty officer program while both were assigned to *Lake Champlain*, Foley credits Copeman's guidance throughout his career for the opportunity to serve as the ship's final skipper.

Lake Champlain never changed homeports from San Diego.

Lake Champlain's rich deployment history spans three and a half decades. With its first deployment beginning in 1989, the ship completed 17 major deployments. In 1990 the ship responded to an SOS from the Chinese cargo ship M/V Huazhu which was in distress and taking on water.

Upon arrival, *Lake Champlain* and four other ships joined other merchant vessels in the search but could find no sign of the stricken ship or its crew. In heavy seas and with the weather

worsening through the day, they searched for the crew.

Eventually, USNS *Navasota* (T-A0 1061) spotted logs and survivors clinging to debris. In ten-to-twelve-foot seas and darkening, overcast skies, the helicopter flight crews and rescue swimmers battled the elements and the added danger of *Huazhu's* adrift cargo to pull survivors out of the frigid waters in the Northern Philippine seas. One of *Lake Champlain's* petty officers spotted a survivor among a drift of logs that were being buffeted by the heavy seas. Disregarding his own personal safety, he jumped into the rough waters and pulled the man out. He was later awarded the Navy and Marine Corps Medal. In worsening weather conditions and his body trapped in a particularly large drift of debris, only the *Huazhu's* captain wasn't recovered.

In all, 14 survivors were rescued and five bodies were recovered. Taken on board *Lake Champlain* for transport to Subic Bay, P.I., the ship's two-person medical department treated the men. Two were severely injured and received immediate and intensive care that would later be credited with saving their lives. The rescued crewmen waved as they went ashore and the ship's crew lining the rails waved back.

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DoD remembers Afghan vets, details disaster aid, announces unidentified aerial phenomena site

by Jim Garamone

DOD leaders marked the second anniversary of the end of the war in Afghanistan Aug. 31, praising the valor, patriotism and courage of those who fought there and remembering those troops who died in the 20-year war.

“ My thoughts today are with all of the brave Americans who answered the call to duty after al-Qaida’s terrorists attacked America — including the Pentagon itself — on September 11, 2001. ... We bow our heads today in memory of the 2,461 U.S. service members who never made it home, including the 13 courageous troops taken from us in the attack at Abbey Gate in the final hours of the war. We also remember the hundreds of service members from allied and partner countries who lost their lives during this 20-year war. ”

- Secretary of Defense Lloyd J. Austin III

Secretary of Defense Lloyd J. Austin II said in a statement that the nation also honors the more than 20,000 Americans who were injured waging war in Afghanistan, including many

who still bear wounds that are not visible.

Austin said the war is over, but America’s gratitude to those who served “is unending.”

Pentagon Press Secretary Air Force Brig. Gen. Pat Ryder said DOD continues to learn lessons from America’s longest war. Ryder, speaking at a press conference today, said DOD is “an organization that learns from all of our operations — to include those in Afghanistan.”

Those lessons are learned in professional military education or in new tactics, techniques and procedures that service members learned the hard way in combat. The lessons are also learned in personal experience,” Ryder said. “In my own experience, having served in Iraq, having served in Afghanistan in support of Operation Enduring Freedom, every time you engage in those type of operations, you’re going to learn things which you subsequently apply.”

Service members continue to apply those lessons daily. “Ultimately, this is a learning organization,” he said. “As a result, what you see is a U.S. military that comes out of 20 years of



Marines with the 24th Marine Expeditionary Unit process evacuees as they go through the Evacuation Control Center at Hamid Karzai International Airport, Kabul, Afghanistan, Aug. 28, 2021. U.S. Marine Corps photo by Staff Sgt. Victor Mancilla

war in Iraq and Afghanistan, that truly makes this the most combat capable, most credible military the world has ever known for that very reason: because you

have so many combat veterans in our ranks.”

Ryder also briefed reporters on continuing efforts to aid the

people of Maui and those hurt by Hurricane Idalia.

DOD assets continue to work closely with FEMA and Hawai-

ian officials to support the coordinated response to the Maui wildfires. “Joint Task Force 5-0 continues search and recovery continued, **next page**

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2 Sailors face negligent homicide charge in overdose death of third Sailor during Navy training

by Rose L. Thayer
Stars and Stripes

Two recent graduates of the Navy's basic training have been charged with negligent homicide and each face a court-martial over allegations that they provided a lethal dose of fentanyl to a fellow sailor at Naval Station Great Lakes, Ill., and moved the body instead of calling for help, according to court records.

Seaman Brandon R. Ledesma and Seaman Recruit Caleb J. Taper are each charged with negligent homicide, manslaughter, obstruction of justice and distributing and using illegal drugs in connection to the 2021 overdose death at the Navy's boot camp in Illinois, according to court records.

At the time of the death on Nov. 6, 2021, Ledesma and Taper were assigned to Naval Station Great Lakes and awaiting orders to attend Naval Submarine School in Groton, Conn., according to Katie Hewett, spokeswoman for Navy

Region Mid-Atlantic.

The charges come as overdose deaths in the military from fentanyl have increased steeply in the past five years. The drug was involved in 88 percent of military overdose deaths in 2021, according to DoD data provided to Congress earlier this year. Five years earlier, fentanyl was only involved in 36 percent of overdose deaths.

Fentanyl, an approved pain medication being produced and sold illegally, killed nearly 70,000 Americans in 2021, according to the National Safety Council, a nonprofit safety advocacy group that tracks preventable deaths and injuries.

The Navy saw the number of Sailors who died from an illicit drug overdose rise from 11 in 2017 to 17 deaths in 2021, according to the Defense Department, which made the data available in February after members of Congress requested it.

Ledesma and Taper are accused of providing another Sailor with fentanyl, according to court documents. The three sailors were all in training together and lived in the same barracks building, Hewett said. She declined to offer further information on the victim, whose name was redacted from the charge sheets.

When the Sailor collapsed, Ledesma and Taper didn't call emergency services. Instead, they moved the Sailor from one location to a bed within the same building because they feared criminal charges, according to the charge sheets.

The location where the incident occurred was redacted from the charge sheets.

The court documents also accuse the two men of distributing, using and introducing to the base illegal drugs, including fentanyl, LSD, cocaine and delta-9. Ledesma's drug charges stretch from March 2021 to August 2022, while Taper's are spread across a

nine-month period from October 2021 to July 2022.

Ledesma, who was at a temporary holding unit in Great Lakes at Naval Service Training Command, had a pretrial hearing Aug. 31 and his court-martial is scheduled for Sept. 25, Hewett said. Additional charges against him are conspiracy, violation of a lawful general order, false official statement and involuntary manslaughter. He's also charged with larceny for stealing more than \$500 worth of video games, clothing and hygiene items from a base store Feb. 7, according to his charge sheet.

Taper is charged with larceny and fleeing arrest from an on-base store for stealing more than \$150 worth of video games and a teeth-whitening pen Feb. 8, according to his charge sheet. He was detained Aug. 31 in the Lake County Sheriff's Office because the Navy does not maintain a brig in the Great Lakes area, Hewett said.

assist in the restoration of critical services," he said.

The storm tracked into Georgia and South Carolina and its effects were felt up the East Coast. Ryder said the North Carolina National Guard has activated 128 guardsmen and positioned them and 51 high-water vehicles and other resources at armories.

The South Carolina National Guard also has nearly 100 guardsmen on duty supporting hurricane recovery operations in that state. U.S. Northern Command is providing FEMA a federal staging area at Maxwell Air Force Base, Alabama, and has deployed a defense coordinating officer to FEMA in Tallahassee, Florida.

"DOD will remain in close coordination with FEMA, state

officials and other supporting agencies as the cleanup and recovery operations continue to develop," the general said.

Finally, Ryder noted the department is launching a website on the all-domain anomaly resolution office to provide the public with information concerning the office and its efforts to understand and resolve unidentified anomalous phenomena.

This website will provide information including videos and photos on unidentified aerial phenomena "as they are declassified and approved for public release," Ryder said. "The website's other content includes reporting trends and a section of frequently asked questions, as well as links to official reports, transcripts, news releases and other resources that the public may find useful."



Top 5

- Soldiers, Marines from Kabul evac awarded Presidential Unit Citation
- Marine camouflage uniform shortage won't be fixed until summer 2024
- After delays, Army secretary signs 'Brandon Act' policy on self-referrals for mental health evaluations
- Why 'JADC2?' needs yet another 'C,' according to Pentagon officials
- Troops: Check new 'use it or lose it' rules to avoid forfeiting leave
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 - Army engineers float South Korean tanks during 'wet gap' drill near DMZ
 - Army brigades in Indiana prepare to train partner forces around the globe
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- Marine Corps**
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 - Air Force eyes more mental health initiatives as suicides continue
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 - Kendall: USAF 'not as ready as we need to be' for China challenge
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 - Governor activates Massachusetts National Guard to help with migrant crisis
- Your Military**
 - For Maui vets, troops, future unclear after Lahaina fires
 - U.S., Indonesia and 5 other nations hold war drills amid China concerns
 - After Hurricane Idalia, military bases return to normal and National Guard gets to work
 - U.S. military calls for end of fighting in east Syria
- Veterans**
 - World War II veteran posthumously receives the Distinguished Flying Cross and Air Medal awards
 - God would help us, and he did: Texas veteran, 103, recalls 18 days on lifeboat

DoD

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activities with Hawaii National Guard teams, the FBI and the Defense POW-MIA Accounting Agency," Ryder said. The Hawaii National Guard also continues providing 24-hour support to local law enforcement."

The 25th Infantry Division has provided trucks, water tanks and water purification specialists to the effort in Maui. Also helping with this mission is the Pacific Fleets Navy Environmental Preventative Medicine Unit Six. "As we move forward, the Department of Defense will continue to support the people of Hawaii during this very challenging time," he said.

Ryder turned to the military effort to help Americans in the

southeastern part of the country. "Hurricane Idalia made landfall yesterday in the Big Bend area of the Florida panhandle as a category 3 hurricane with maximum sustained winds of 125 miles an hour and record-breaking storm surges," he said. "That was the strongest hurricane to strike Florida's Big Bend region in more than 125 years."

He noted the Florida National Guard is fully activated and the Joint Task Force-Florida is at full operational capacity working under the direction of the Florida Division of Emergency Management. "Joint Task Force Florida has in position 5,344 guardsmen, 2,400 high-water vehicles, 14 Army National Guard helicopters, 23 watercrafts and Red Horse heavy construction teams around the state to provide responsive, sustained support to reduce suffering and

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Mullis

continued from page 2

and once the women arrived at Bremerton, they would go on different ships so they could learn how each functioned. She remembers seeing ships coming with battle damage, some with holes due to torpedoes, she said.

An IBM machinist came out to Bremerton to teach the women how to use punch cards, a system where they would type out a line of code using a machine that would physically punch holes into a card so it could be read by a sorting machine, Mullis remembered.

Each day, Mullis would be handed a program that needed to be punched out. She would use the punching machine to type out the lines of code onto cards before sorting them and wiring them.

The Navy's discipline came

VA national cemeteries hold National Day of Service events marking anniversary of 9/11

The VA announced Aug. 31 more than 60 VA national cemeteries will host National Day of Service events Sept. 11. These events will honor the veterans, service members, law enforcement personnel, firefighters, and other first responders who



Winona Mullis holds a photo of herself in the Navy. USNI News photo

easy to Mullis.

Growing up, Mullis' parents were strict, she said, and she was obedient. Life in the Navy was not much of an adjustment, except when it came to her hair. Mullis recalled getting disciplined multiple times because her hair would brush her collar, even when she wore it up or had it cut.

served and sacrificed for the nation Sept. 11, 2001, and in the 22 years since.

All are welcome to participate in these events, where volunteers will clean headstones and participate in other beautification activities at national cemeteries.

Mullis also recalled when President Franklin Delano Roosevelt came to visit the Bremerton naval station. At the time, his polio was not public. When the curtain opened, he was at a podium, standing, gripping either side to support himself, she said.

When the war ended, some of the Bremerton ladies left, but

Locally, national cemeteries at Miramar and Riverside will participate. "We encourage all Americans to join us to volunteer and pay tribute to our nation's heroes," said Under Secretary for Memorial Affairs Matt Quinn.

Mullis and another one of the original six stayed on through March to close up, she said.

After the war, Mullis went back to college and became a teacher. She ultimately ended up in the Detroit area before moving to Greenwich, Conn., about an hour north from where she boarded her train to start her naval career. She's been a resident of the city for 22 years. She's been an active community member, serving with Republican committees and teaching English to those learning it as a second language.

Greenwich First Selectman Fred Camillo designated Aug. 31 as Winona Mullis Day to honor the Navy veteran's legacy. On Sept. 2, at First Presbyterian Church in Greenwich, friends, family and members of the community gathered to celebrate as she starts her next century.

The New York Council of the Navy League presented her with a challenge coin and certificate, while local sea cadets presented the colors in front of Mullis.

She inspires everyone, her daughter, Samantha Mullis, said during a toast to her mother. She was a teacher, a volunteer and a sailor.

Now, Mullis is a centenarian, a veteran and a memory keeper.

Encourage unity and wave the flag Sept. 12

On Tuesday, September 12, 2023, between 9-10 am ET, national nonprofit Wreaths Across America (WAA) is calling for the nation to join them in flag-waving to remind all Americans of the feeling we had – the pride in country, the unity and patriotism – which was expressed on the days following 9/11/01. The event will be hosted LIVE on WAA's official Facebook page and broadcast over Wreaths Across America Radio. The broadcasts will include interviews and stories from volunteers, supporters, Gold Star families, veterans, first responders and members of the next generation.

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Hiring our heroes - County of San Diego

The County of San Diego is committed to honoring veterans and their service. The Department of Human Resources aims to provide veterans with the resources and tools necessary to maximize their employment opportunities, and to assist veterans with their transition into civilian life by applying the valuable skills, knowledge and training acquired in service to positions and career paths available within the County of San Diego. San Diego County recognizes the contributions and sacrifices made by veterans. We are committed to integrity, teamwork, inclusion and excellence in all we do. The County of San Diego employs over 16,000 employees. The County Board of Supervisors support former and active military personnel through a system of comprehensive outreach programs. Learn more at <https://www.sandiegocounty.gov/content/sdc/hr/VeteransResources.html>.

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by MC2 Vance Hand
Commander, LCS Squadron One

SAN DIEGO - Independence-variant littoral combat ship USS *Canberra* (LCS 30) returned to its homeport in San Diego, Aug. 29.

Canberra departed its homeport of Naval Base San Diego to conduct the first Navy ceremonial commissioning in Australia on June 13, visiting American Samoa and the Pacific Island Nation of Fiji prior to its arrival in Sydney for commissioning. *Canberra* commissioned at the Royal Australian Navy's Fleet Base East in Sydney, July 22.

"*Canberra's* transit to and from Sydney afforded the crew time to connect with other Indo-Pacific allies, partners, and friends," said Capt. Marc Crawford, commo-

dore of Littoral Combat Ship Squadron ONE. "We are excited to welcome the ship and her crews back to San Diego, ready to support forward-presence, maritime security, sea control and deterrence missions around the globe."

Canberra was the first U.S. warship commissioned in an al-



USS Canberra: From Sydney to San Diego

USS *Canberra* returns to homeport San Diego, Aug. 29. U.S. Navy photo by MC1 Vance Hand

lied country, as well as the first foreign military entity granted Freedom of Entry to a foreign city in Australia. Granting Freedom of Entry is an honor bestowed by a municipality upon a valued member of the community, or upon a visiting celebrity or dignitary.

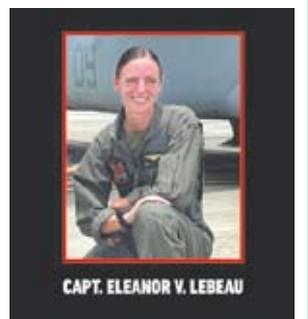
After arrival, *Canberra* Sail-

ors participated in sporting events, shared meals, and exchanged ship tours with the crew of HMAS *Canberra*. The crew participated in community relations events, such as a beach cleanup with the Taronga Zoo.

"This historic commissioning strengthened the camaraderie between the U.S. and Australia

and also the crews of HMAS *Canberra* and USS *Canberra* as they both took part, side by side, in the ceremony," said Cmdr. Will Ashley, *Canberra* Blue's skipper.

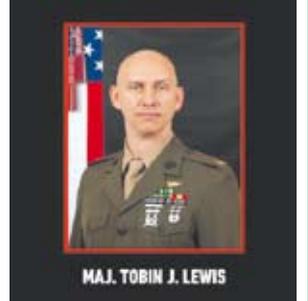
View the video of *Canberra's* return at <https://www.dvidshub.net/video/895385/uss-canberra-lcs-30-returns-homeport-san-diego>.



CAPT. ELEANOR V. LEBEAU



CPL. SPENCER R. COLLART



MAJ. TOBIN J. LEWIS

CAMP PENDLETON - We offer our deepest condolences to the families and friends of the Marines who died in the MV-22B Osprey crash on Melville Island, north of Darwin, Northern Territory, Australia, on Aug. 27, 2023. The names of the deceased are: Cpl. Spencer R. Collart, 21, of Arlington, Va. MV-22B Osprey crew chief; Capt. Eleanor V. LeBeau, 29, of Belleville, Ill. MV-22B Osprey pilot; and Maj. Tobin J. Lewis, 37, of Jefferson, Colo. Executive Officer of VMM-363.

The cause of the crash remains under investigation.

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AUG 26	SEPT 2	SEPT 9
SEPT 22	OCT 21	NOV 4
		NOV 25

IN COOPERATION WITH SDMAC FOUNDATION

Fleet Readiness Center's STEM in action

by Janina Lamoglia, Fleet Readiness Center Southwest

STEM, which is an integration of four disciplines – science, technology, engineering, and mathematics - encourages critical thinking, creativity, and collaboration in the educational and professional world. Its objective is to provide innovative solutions to real-world problems and it plays a crucial role in the advancement of medicine, environmental sustainability, technology, and other fields. The increasing need for skills and knowledge related to STEM is relative to the growing advancement in technology in modern industries.



(top) FRCSW STEM Outreach Program hosts a booth at the National Naval Officer's Association STEM day on the flight line at Naval Air Station North Island. Over 700 participants explored the world of science, technology, engineering, and mathematics. (bottom) Outreach program hosting a facility tour for high school students interested in pursuing a career in STEM. Photos By Janina Lamoglia

When Fleet Readiness Center Southwest (FRCSW) STEM ambassadors visit local communities, their goal is to utilize the STEM outreach program to inspire and create valuable opportunities to learn for both students and educators. The program also tries to empower both the students and FRCSW employees by fostering meaningful connections between Naval STEM efforts and the upcoming generation.

Emily Escalante, former FRCSW aerospace engineer and now a passionate recruitment and training coordinator, oversees the command's STEM outreach program. Inspired to have a career as a mechanical engineer during her first exposure to STEM in high school, Escalante later took on internships during her years at San Diego State University. While STEM outreach was always a part of her collateral duty, she knew one day she would pursue it as her career.

"I see STEM as such a valuable and integral part of helping students who don't know the opportunities that STEM can open up. I came from a family where no one was in STEM. I was always STEM oriented growing up, but didn't have a role model to look up towards," Escalante said.

As someone that was inspired by science and technology, Escalante's enthusiasm for the program is certainly felt by students attending facility tours and other events hosted by the outreach program. Facility tours at FRCSW demonstrate what the students are learning in their classrooms and how it is applied on the job. It also gives students an opportunity to connect with hiring managers and opens up the possibility of working an internship in the outreach program.

FRCSW also has a longstanding partnership with the SDSU Mathematics, Engineering, and Science Achievement (MESA) Program. Follow Fleet Readiness Center Southwest at <https://www.facebook.com/FRCSW/>.

Photo gallery



SAN DIEGO (Aug. 31, 2023) Command Master Chief LaToyna Grace of amphibious assault carrier *Tripoli* (LHA 7), center left, and Sailors from the ship's diversity team, cut a cake during a Women's Equality Day. U.S. Navy photo by MC3 Olivia Rucker

MARINE CORPS MOUNTAIN WARFARE TRAINING CENTER, Bridgeport (Aug. 30, 2023) A Marine assigned to the Camp Pendleton-based 1st Marine Logistics Group readies a grounding rod to attach to a Georgia Army National Guard CH-47 Chinook prior to hook up here. U.S. Army National Guard photo by Sgt. 1st Class R.J. Lannom, Jr.



SAN DIEGO (Aug. 25, 2023) Fireman Nathan Stuart leads the hose team during a fire drill aboard amphibious assault ship *Makin Island* at Naval Base San Diego. Sailors participate in fire drills in order to demonstrate proper hose handling, personnel accountability and shipboard firefighting capability. U.S. Navy photo by MCSN Dominic Delahunt

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Research on Coast Guard icebreaker to enhance arctic readiness

Editor's note: Read this story in its entirety at <https://www.navy.mil/Press-Office/News-Stories/Article/3510666/nps-research-on-coast-guard-icebreaker-to-enhance-arctic-readiness/>.

MONTEREY - During a seven-week Arctic transit aboard Coast Guard icebreaker USCGC *Healy* (WAGB 20), researchers from the Naval Postgraduate School (NPS) will study the impact of the extreme environment on crew performance and potential mitigations, as well as advanced Additive Manufacturing (AM) technologies in adverse sea conditions.

The studies, which commenced with *Healy's* departure from Kodiak, Alaska on Aug. 26, will be led by principal investigator Dr. Nita Shattuck,

a professor in the NPS Operations Research (OR) department. Shattuck's research leverages her years of studying crew performance for the Navy – work which has led to significant changes in policy for shipboard watch bills to maximize cognitive and physical readiness and safety at sea.

"Operations at extreme latitudes are incredibly challenging for crewmembers of both Coast Guard and U.S. Navy ships," said Shattuck. "The conditions faced by Coast Guardsmen on *Healy* make it especially difficult to achieve healthy sleep. Icebreaking and isolation pose additional risks."

The journey will be north of the Arctic Circle for much of the scheduled voyage, and will

conclude in Tromsø, Norway later this fall. Shattuck will be accompanied by the Defense Innovation Unit's Chief Medical Officer, Navy Cmdr. Niels Olson. DIU supplied much of the technology being used in the study, and Olson is the lead medical advisor for the project, also helping with data collection, analysis, and reporting. In addition, NPS' Consortium for Additive Manufacturing Research and Education installed an Amos01 3D printer instrumented with a data acquisition system to measure at sea conditions for analyzing print quality and ship movement, which also supports Shattuck's research.

According to Shattuck, conditions expected during *Healy's* transit through the Arctic include near-constant daylight, numer-

ous time zone changes, extreme cold, and a punishing physical environment. As operations in the Arctic increase, Navy ships will experience similar challenges, and the lessons learned from this research are expected



to translate to naval applications in future ship designs and concepts of operation.

Homeported in Seattle, Wash., *Healy* is the largest vessel in the Coast Guard and the United States' most technologically-advanced icebreaker. *Healy* also serves as a research platform, and several other researchers

will be on the trans-polar voyage. Shalane Regan is the Chief Research Engineer for USCG Research and Development Center and aboard *Healy* as chief scientist, overseeing several research efforts while underway.

"We have nearly 20 research projects on board ranging from Arctic environmental studies to tests of novel international search and rescue technologies, supported by researchers with equally diverse backgrounds and expertise," said Regan. "It's great to have NPS aboard, and Dr. Shattuck's research is unique in that it is the only project working with *Healy's* crew to understand the direct impacts of the Arctic environment on crew performance, and how changes to daily routines and technologies can enhance overall effective-

ness and safety. This research is deeply relevant to the U.S. Coast Guard as we work to ensure our crews can operate at their peak performance and sharpen our competitive edge."

To study the effects of these conditions on a ship's crew at sea, Shattuck and her team will collect physiological data from *Healy's* crew members. Using innovative wearable technology, they will continuously monitor physiological processes such as sleep, heart rate, heart rate variability, respiration, oxygen saturation, and skin temperature. Study participants indicate that the rings are an improvement over wrist-worn wearables. The team will also use other sensors to monitor ambient light, noise levels, motion, and vibration aboard the ship.

Fall Family Festival

October 20-21, 4-8 p.m., Naval Base Point Loma Community Recreation Center

Ghouls and goblins of all ages can enjoy the Pumpkin Patch Swim, Costume Run/Walk, Trick or Treat Trail, and more. If you're feeling brave, venture into The Haunt...if you dare! This curiosity-themed attraction is sure to test even the toughest adults, and is recommended for ages 13+.

Friday, Oct. 20
 Dinner Options Available for Purchase: Bldg. 546 | 4-6:30 p.m.
Pumpkin Patch Swim: NBPL Pool, Bldg. 2 | 4-5 p.m.
The Haunt: NBPL Community Recreation Center, Bldg. 546 | 4-8 p.m.

Saturday, Oct. 21
 Dinner Options Available for Purchase: Community Recreation Center, Bldg. 546 | 4-6:30 p.m.
Costume Run: Smuggler's Cove, Pavilion D | Registration, 4 pm | Run/Walk, 5 p.m.
Trick or Treat Trail: Community Recreation Center, Bldg. 546, Parking Lot | 4-8 p.m.
The Haunt: Community Recreation Center, Bldg. 546 | 4-8 p.m.

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2023 NFL season, college football, and more on AFN

The Defense Media Activity (DMA) and the American Forces Network (AFN) invites its overseas audiences to enjoy the National Football League's 2023 football season. AFN will provide live game coverage through the playoffs and Super Bowl LVIII.

With the generous support of the National Football League (NFL), AFN will air full coverage of the NFL's regular and post-season games across its military network from Europe to the Pacific.

The 2023 NFL regular season kicks off Thursday, Sept. 7, at 8:20 p.m., ET. Each NFL season begins with a Thursday night matchup that features the previous year's Super Bowl champion. The Kansas City Chiefs are the defending Super Bowl LVII champions and will host the Detroit Lions. AFN will broadcast the game both live and through video-on-demand on the AFN Now mobile app.

Week 1 of the NFL schedule will also see the San Francisco 49ers play the Pittsburgh Steelers on Sunday, Sept. 10. The week concludes with a Monday, Sept. 11 matchup between the Buffalo Bills and New York Jets.

The NFL's 18-week, 272-game regular-season concludes on Sunday, January 7. AFN will provide live coverage of the season's playoff and championship games.

AFN is also excited to broadcast the 154th season of NCAA football. The regular college football season began August 26, and ends December 9. AFN will carry much of the college football action live and as video-on-demand.

In addition to NFL and NCAA football, this fall AFN will also offer overseas military audiences a wide range of sports programming, to include top-ranked Boxing, WWE, and the US Open tennis championships, along with many other sporting events.

This fall AFN provides even more viewing options with its video-on-demand television streaming service, AFN Now. The new streaming service is popular with military personnel and families for its flexibility and convenience. Many stateside sporting events air live overseas in the middle of the night, and AFN Now enables the troops overseas to stream sporting events on their schedule.

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Panning for gold

When I heard the dog whine at sunrise, I hoped it was just a dream. I'd woken up at 2:30 a.m. when I heard retching near our bed. Several obnoxious "ups" later, he'd regurgitated a scrunchie he'd gobbled up days ago. I hadn't anticipated a middle-of-the-night biological waste clean-up and wasn't ready to face the day.

My Navy-retiree husband usually handled the morning dog walks, but he'd just started a new job requiring him to commute to Connecticut every week. During my 24 years as a Navy wife, I'd become accustomed to adjusting my schedule to absorb extra home responsibilities while he was away.

However, this first day alone wasn't off to a very good start.

Baggy-eyed, I dressed while our six-month-old yellow lab, Gilligan, licked my knees. It annoyed me that his goofy grin and eternal optimism seemed to say, "C'mon, Mom! There's a big beautiful world out there! Let's go see!" when all I could think was, "It's too humid outside, I'm already exhausted, and I need caffeine."

While brewing coffee in the kitchen, the refrigerator began to beep and flash lights. Included in the purchase of our home, our fancy kitchen appliances' digital panels were terrifying. I was more accustomed to the basic appliances that came with military housing.

I pressed the "Mute Sounds" button on the refrigerator's panel, and the beeping stopped. Just like I'd done countless times with my car's "check engine" light, I decided to ignore the beeps and hope they'd go away.

Gilligan's latest trick was running from me when I put his leash on. He wanted to go on a walk, but something in his ditzzy lab brain thought it was hilarious to dart away every time I got close enough to get the harness over his head.

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Ten minutes and three dog biscuits later, we were finally ready for our walk. I plugged in my ear pods, tapped the "play" button on my latest Audible true crime book, and began our trek down Friendship Street, with the retractable leash handle in one hand, and my travel mug in the other.

"Gilly, no!" I yelled when he went after a rabbit, causing me to knock travel mug into my front tooth while taking a sip. Down the next street, he left a deposit on someone's lawn that I bagged up and carried in the same hand holding the leash. Half a block later, he darted under a tree to grab ground apples, causing me to spill coffee down the front of my shirt.

This infuriating, yanking, zig-zagging routine went on for almost three miles, when Gilligan stopped to make another deposit in a tall patch of weeds. My shoulder tendinitis was acting up, my nerves were shot, and I wondered, "How am I going to do

this every morning?"

Just then, I noticed an elaborate spider's web clinging doggedly to an overgrown vine in the hazy morning light. It bobbed gently with the movement of the branches, sagging gracefully from the weight of dew droplets like Victorian draperies. Despite the forces acting upon it, the web remained completely unbroken, perfect in shape and symmetry.

In the park, we encountered an elderly man tossing a ball to his Australian Shepherd. Tired of fumbling with the leash, my travel mug, and two filled dog-do bags, I stopped to let Gilly play off leash. At one point during our idle chit-chat, the old man asked my age. "Fifty-seven," I admitted.

You look pretty good for an old broad," he replied nonchalantly.

Back at home, Gilligan fell fast asleep on his kitchen dog bed, fully satisfied with his morning. Listening to his tranquil snore, I contemplated the start of my first day alone. Arguably, it had been terrible — lacking adequate sleep and fraught with nothing but inconveniences. But on the other hand, my morning included tiny bright spots, small flashes of light, shiny nuggets of pure gold upon which I could opt to focus.

That afternoon, I shared the photo of the beautiful spider's web on social media, and I laughed with a friend about the back-handed compliment I'd received at the park.

All things considered, it had been a good morning after all.

Bella Cielo 2023, Ferrari F1, Spectrum & Disney

The thrilling Formula One Italian Grand Prix at Monza on the Labor Day long weekend brought Ferrari to top-of-mind for me and, for sure, to the legions of loyal tifosi (Ferrari F1 fans) around the world. That event reminded me that I am long overdue for showing you my photos of the spectacular Bella Cielo 2023 car show, presented by the San Diego Ferrari Owners Club at the picturesque Cielo Village in Rancho Santa Fe in Southern California.



by Jan Wagner

While you are enjoying these pictures, let's talk about watching that incredible race. Did you watch it? I did, but it was far from an easy thing to do.

I almost missed the entire race weekend, thanks to an infuriating dispute between Spectrum — my cable TV provider (AKA Charter Communications) and Disney — the parent company of ESPN, ABC, FX, Lifetime, A&E, History and the Disney Channel. Formula One TV coverage in my area is exclusively on the ESPN channels — both on cable TV and streaming (I pay for both, as well as Disney+, Paramount+ and Peacock, to make sure that I do not miss anything) but, as of late last week, instead of recording and watching the Formula One Italian Grand Prix practice sessions, qualifying and the race, my DVRs just recorded full screens of text. This was all that was on ESPN on Spectrum today:

"The Walt Disney Company, the owner of this channel, has removed their programming from Spectrum. We apologize for the inconvenience and are continuing to negotiate in good faith in order to reach a fair agreement on behalf of our customers."

"We offered Disney a fair deal, and yet they continue to demand an excessive increase. In 2021, Disney pulled their programming from YouTube TV customers. Then Disney pulled from Dish and Sling customers in 2022. And now, right as football season kicks off, they're pulling programming from you, Spectrum Customers."

"The impact to customers is consistent with past practices from Disney, no matter who you get your service from. Disney also wants to limit our ability to provide greater customer choice in programming packages forcing you to take and pay for channels you may not want."

"Spectrum is fighting to keep costs down while protecting and maximizing customer choice. The rising cost of programming is the single greatest factor in higher cable TV prices. We are fighting hard to hold the line against increased programming rates that Disney continues to demand."

"We understand this is an inconvenience and hope to return this programming soon while reaching an agreement that is fair to our customers. We appreciate your loyalty and look forward to continuing to serve you."

"To voice your concerns, go to [DisneyESPNFairDeal.com](https://www.disneyespnfairdeal.com) or scan the code."

Watching my favorite programming on TV is expensive. Furthermore, I just splurged on a new 83-inch TV. However, the Hollywood disputes with the writers and actors, and now the dispute between Disney and Spectrum, are having a huge negative impact on programming going

forward. Nevertheless, I was determined to somehow watch the Formula One Italian Grand Prix weekend. First, I phoned and waited on hold forever for Spectrum's billing department, to try to get my bill adjusted, since I am receiving reduced programming. My efforts resulted in getting a whopping \$15 bill credit.

Then I did a Google search for providers that still had access to the ESPN channels. I found several. Of these, Sling TV (<https://www.sling.com>) had the best offer — half price, although for one month only. For a one-month trial price of \$20 plus taxes, I subscribed to their Orange package. That gave me 32 channels, including ESPN, ESPN2 and ESPN3. I used that to watch the racing. If you're on Spectrum too, that is what I recommend you do.

Hopefully these disputes will all be resolved by the end of September, but I am not optimistic.

To learn more about the annual Ferrari car show at Cielo, check out my previous coverage of this event by searching for "Ferraris at Cielo" and "Ferraris and Phil Hill" in the search bar at the middle of the AutoMatters.net Home Page, and visit: <https://www.focsandiego.com/event/bella-cielo-fifth-annual-car-show-lunch/>

To explore a wide variety of content dating back to 2002, with the most photos and the latest text, visit "AutoMatters & More" at <https://automatters.net>. Search by title or topic in the Search Bar in the middle of the Home Page, or click on the blue 'years' boxes and browse.

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24 Hr onsite security, next to Pantoja Park, walkable to Downtown, Little Italy, Seaport Village, Gaslamp

3 miles to Airport

Close to all major freeways: I-5, I-163, I-94

20 min. to major bases

NO PETS • \$3600/Mo.

619.269.6979

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IMPERIAL BEACH – 2BR/1BA. Single family home. Above shared garage, 1 car gar. w/d h/ups, sml yard. \$2695/mo. Call/text 619-994-7418

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AVAILABLE NOW!!!

1, 2 or 3 BR's Apartments, Townhouse & Houses

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1062 Palm Ave., Imperial Beach

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NAT'L CITY - Studio, full kitch, full bath, priv entrance, no smoking/no drugs. 1 person only. \$1650/mo. Incl util. No pets. 619-573-5000.

RENTALS HOUSES

CHULA VISTA – ATTN: GOLFERS!! Borders SD Country Club. LARGE 3BR/2BA, 2 car gar, large serene yard. \$3K/mo. 619-871-6775.

CORONADO – 3BR/2.5BA, large family rm and/or 4th BR. Inclds gardener/water. \$5950/mo. Avail now. Willis Allen Craig Clark 619-990-0220.

VEHICLES FOR SALE

2018 FREIGHTLINER CASCADIA – Semi truck, automatic, sleeper. 375,000 miles. \$80,000. 619-776-1001

SOCIAL SECURITY MATTERS

I'm 64. When should I claim my Social Security?

Dear Rusty: I am 64 years old and still working full time. My question is - when should I start my Social Security? I would like to start it in January 2024 and go part time at work, but would I be losing much Social Security by not waiting until full retirement age?

Signed: Trying to Plan Ahead

Dear Trying, to Plan: You are smart to evaluate the impact of claiming your Social Security (SS) benefits early. First, be aware that your full retirement age (FRA) for Social Security purposes is 66 years and 8 months, and that is when you get 100% of the SS benefit you've earned from a lifetime of working.

It appears you already know that if you start benefits before your FRA, you'll be subject to Social Security's "earnings test" which limits how much you can earn from working before they take away some of your benefits. But if you go part time at work you can mitigate the earnings test and claim your benefits early - just understand that your payment will be permanently reduced by doing so.

If you claim your benefits to start in January 2024, you'll be taking your Social Security about 18 months early, which means that instead of 100% of your FRA entitlement you'll get about 90% (a reduction of 10%). The earnings test will still apply, and we don't yet know what the 2024 earnings limit will be, but it will be something more than the 2023 limit of \$21,240. If your 2024 earnings exceed the annual limit, SS will take away \$1 in benefits for every \$2 you are over the limit. They "take away" benefits by withholding future payments until they recover what you owe for exceeding the limit. If you work part time and don't exceed the 2024 annual earnings limit, there will be no penalty and you will get every month's SS payment. If you find you will exceed the annual 2024 earnings limit, you can call Social Security and inform them of that and by how much, and they will suspend your benefits for the number of months necessary to avoid overpaying you. If you don't inform them and you exceed the annual 2024 limit, they will catch up in 2025 when they get your 2024 earnings info from the IRS and issue an Overpayment Notice requiring you to pay back the amount owed (half of what you exceeded the 2024 annual limit by). As you likely know, the earnings test no longer applies after you reach your full retirement age.

So, the decision on when to claim your Social Security benefit is yours to make, and you are smart to consider your work plans - but should also consider your life expectancy and marital status. If you are married and eventually die before your lower earning spouse, your spouse's benefit as your survivor will be based on your benefit amount at the time of your death. Thus, your age when you claim your benefit may also affect your spouse's benefit as your survivor; the longer you wait (up to age 70) the more your spouse's survivor benefit would be. And if you enjoy at least average longevity, which is about 84 for a man your current age, then by waiting until your FRA or later to claim you'll not only get a higher monthly payment but also get more in cumulative lifetime benefits. If, however, your financial circumstances are such that you need the SS money sooner, then claiming earlier may be the right decision, provided you don't substantially exceed the annual earnings limit prior to reaching your full retirement age. I hope the above provides what you need to make an informed decision.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

Check for updates on line at
<https://sandiego.navylifefsw.com/> select movies from dropdown menu on left
<https://miramar.usmc-mccs.org/dining-entertainment/movies>
<https://pendleton.usmc-mccs.org/dining-entertainment/theater>

Bob Hope Theater 577-4143

MCAS Miramar Bldg 2242

Friday, Sept 8
6pm The Last Voyage of the Demeter (R)

Saturday, September 9
3pm Barbie (PG-13)

6:30pm The Equalizer 3 (R)

Sunday, September 10
12pm Teenage Mutant Ninja Turtles: Mutant Mayhem (PG)

3pm Gran Turismo (PG-13)

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 7
6pm Teenage Mutant Ninja Turtles: Mutant Mayhem pg

8:30pm Meg 2: The Trench pg13

Friday - September 8
6pm The Last Voyage of the Demeter r

Saturday - September 9
3:10pm Teenage Mutant Ninja Turtles: Mutant Mayhem pg

6pm The Equalizer 3 r

Sunday - September 10
1pm Barbie pg13

3:20pm Gran Turismo pg13

Wednesday - September 13
6:30pm The Last Voyage of the Demeter r

Thursday - September 14
5:50pm Teenage Mutant Ninja Turtles: Mutant Mayhem pg

8:20pm Haunted Mansion pg13

Saturday - September 16
6pm Advance Screening of Expend4bles (ADVANCE SCREENING

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

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

PRICE INCREASE: Effective August 12, a \$1 increase on ticket prices for all groups except children 5 and under. Concession prices also increased

Saturday, September 9
1:30pm Barbie (PG13)

Saturday, September 16
FREE ADVANCED SCREENING

2pm *Expend4bles (R)

Saturday, September 23
1:30pm Teenage Mutant Ninja Turtles: Mutant Mayhem (PG)

Saturday, September 30
1:30pm Blue Beetle (PG13)

Lowry Theater - NASNI,

619-545-8479

Bldg. 650

Outside food and beverage are NOT permitted. Debit/credit cards only.

Friday, September 8
6pm The Last Voyage of the Demeter r

Saturday - September 9
1pm Barbie pg13

3:30pm The Equalizer 3 r

6pm Oppenheimer r

Sunday - September 10
1pm Teenage Mutant Ninja Turtles: Mutant Mayhem pg

3:30pm Gran Turismo pg13

Friday - September 15
6pm Blue Beetle pg13

Saturday - September 16
1pm Blue Beetle pg13

6pm Expend4bles (ADVANCE SCREENING) r

Sunday - September 17
1pm Blue Beetle pg13

4pm The Last Voyage of the Demeter r

Updates: navylifefsw.com

What are you reading?

Publisher's Weekly best seller lists... Title and author. Read the top 10 at <https://www.publisher-sweekly.com/>

Top Overall

1. Safe and Sound: A Renter-Friendly Guide to Home Repair, Mercury Stardust
2. Fourth Wing, Rebecca Yarros
3. Tom Lake, Ann Patchett
4. The Four Agreements, Don Miguel Ruiz
5. Too Late: Definitive Edition, Colleen Hoover

Top Romance

1. It Ends with Us, Colleen Hoover
2. It Starts with Us, Colleen Hoover,
3. Icebreaker, Hannah Grace
4. Twisted Love, Ana Huang
5. Happy Place, Emily Henry

Top Mystery

1. The Collector, Daniel Silva
2. Going Rogue: Rise and Shine

Twenty-Nine, Janet Evanovich
3. The Secret History, Donna Tartt

4. Desert Star, Michael Connelly

5. The Maid, Nita Prose

Top Fantasy

1. Fourth Wing, Rebecca Yarros
2. A Court of Thorns and Roses, Sarah J Maas
3. A Court of Mist and Fury, Sarah J Maas
4. A Court of Wings and Ruin, Sarah J Maas
5. A Court of Silver Flames, Sarah J Maas,

Top Science Fiction

1. Light Bringer: A Red Rising Novel, Pierce Brown
2. This Is How You Lose the Time War, Amal El-Mohtar, Max Gladstone
3. Project Hail Mary, Andy Weir
4. Shift: Book Two of the Silo Series, Hugh Howey
5. Dust: Book Three of the Silo Series, Hugh Howey

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www.afdispatch.com

Friends Don't make Friends
Wait in Hot Cars!

Outside Temp (F)	Vehicle Temperature	
	10mins	30mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

09.11

CLIMB TO REMEMBER CPO SELECTEE CHALLENGE

Friday, September 8

8 AM Start Time | 7:30 AM Check In

Naval Base San Diego Pacific Beacon

Pay Tribute to the Lives Lost on 9-11 with our Fed Fire Team

FREE T-SHIRT

FirstCommand MMB

navylifefsw.com

Copayments, cost-shares, and other TRICARE costs you should know

by TRICARE Communications

FALLS CHURCH, Va. – When it comes to health care costs, “copayment,” “cost-share,” and “deductible” are terms you might hear a lot. But what do these terms mean, and how might they affect you?

Copayments, cost-shares, and annual deductibles are types of out-of-pocket costs you may pay to get covered health services and prescription drugs.

A **copayment** is a fixed dollar amount you pay for a health care service or drug.

A **cost-share** is the percentage of the total cost of a health care service or drug that you pay. Cost-shares typically apply when you use a TRICARE-authorized non-network provider or a non-network pharmacy and you’ve met your annual deductible.

An **annual deductible** is the amount you pay for health services and drugs each calendar year before cost-sharing starts.

Your copayments, cost-shares, and annual deductible depend on a few factors:

- Your TRICARE plan
- Your beneficiary category
- Your beneficiary group
- The type of service you get
- Who provides the service

“Knowing how these factors affect what you’ll pay can help you choose the most cost-effective option for getting care,” said Shane



Pham, program analyst with TRICARE Health Plan’s Policy and Programs Section at the Defense Health Agency. “And if you’re eligible to enroll in or change your health plan during TRICARE Open Season or after a Qualifying Life Event, understanding costs can help you choose the best plan for your needs.”

Generally, you’ll have lower out-of-pocket costs when:

- You follow your plan’s rules for getting care.
- You see a TRICARE network provider instead of a non-network provider when you get civilian care.

Read on to learn more about your plan’s copayments, cost-shares, and deductible and how out-of-pocket costs work for prescriptions.

TRICARE Prime options

Active duty service members (ADSMs) don’t pay copayments and cost-shares for covered health services. Neither do active duty

family members and transitional survivors enrolled in a TRICARE Prime option.

Retirees, their family members, and all others enrolled in TRICARE Prime pay copayments for covered health care visits.

TRICARE Prime plans don’t have annual deductibles. But if you use the point-of-service (POS) option, you’ll have an annual POS deductible. The POS option refers to nonemergency care you get without a referral. When you use this option, you’ll pay the full cost of care until you meet your POS deductible, as outlined in the TRICARE Costs and Fees Fact Sheet. After that, you’ll pay 50% of the TRICARE-allowable charge when you use the POS option.

TRICARE Select and TRICARE premium-based plans

You have an annual deductible if you’re enrolled in any of these plans:

- TRICARE Select
- TRICARE Select Overseas

- TRICARE Reserve Select
- TRICARE Retired Reserve
- TRICARE Young Adult Select
- Continued Health Care Benefit Program

If you’re enrolled in one of these plans, copayments and cost-shares are based on the type of provider you see:

- When you see a TRICARE-authorized network provider, you’ll pay a copayment.
- If you see a TRICARE-authorized non-network provider, you’ll pay a cost-share after you meet your annual deductible.

TRICARE For Life

If you have TRICARE For Life, you have a TRICARE deductible and cost-shares if you get services not covered by Medicare. To learn more, check out “Have TRICARE For Life Costs Questions? Find Answers Here.”

TRICARE Pharmacy Program

Copayments and cost-shares for prescription drugs are based on who you are and where you fill your prescription. ADSMs pay nothing out of pocket for prescription drugs. All other beneficiary types pay copayments for drugs from TRICARE Pharmacy Home Delivery and TRICARE retail network pharmacies. There are no copayments for prescriptions filled at military pharmacies.

If you get a prescription from a non-network pharmacy, you’ll

pay the full cost of the drug up front. Then you can file a claim for reimbursement. Applicable copayments, cost-shares, and deductibles may apply.

How to find out-of-pocket costs

Copayments, cost-shares, and deductibles are subject to change each plan year. To find costs for the current year, check the Compare

Costs tool, <https://tricare.mil/comparecosts>, and the TRICARE Costs and Fees Fact Sheet.

To learn more about out-of-pocket costs, go to TRICARE Cost Terms, <https://www.tricare.mil/Costs/Cost-Terms>. And if you have questions, reach out to your TRICARE regional contractor, <https://www.tricare.mil/About/Partners>.

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Don't worry about your healthcare

TRICARE FOR LIFE CLASS
PREPARING YOU FOR RETIREMENT

Thursday September 21st, 2023
Located in the Galley Meeting Room
(South side of NHCP)
From 0900-1100
30 Seats available

Please register by calling 760-725-1262 or
email richard.j.nevarez.civ@health.mil

Everyone is welcome to attend!

Are you 65 and older or are you under 64 but are planning on filing for SSI Disability? Do you know your health benefits might change? Join us to learn more!

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www.facebook.com/NavalHospitalCampPendleton

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- Operation Little Learners: Preschool
- Operation Hero: After School Enrichment
- Summer Camp
- Operation Kid Comfort: Personalized Quilts
- Project Liberty Call: Giveaways
- TEAP (Temporary Emergency Assistance Program)
- School of Infantry Recreation Center: Single Marine Support
- Volunteer Opportunities

SPECIAL EVENTS

- Father Daughter and Mother Son Dances
- Ball Gown Giveaway
- Santa’s Workshop and Secret SANTA
- Neighborhood Exchange - Food and Diaper Distribution



PENDLETON PANTRY:

Thank you for your interest in donating to our food pantry! Below is a list of items we are looking for:

- Laundry Detergent
- Feminine Hygiene Products
- Household Disinfectant
- Baby wipes
- Baby formula: Enfamil or Similac, 12 oz
- Glass Jar Pasta Sauce
- Apple Juice
- Condiments
- Cereal
- Spices
- Rice
- Canned tuna
- Jelly
- Chicken Broth
- Soup



The Pendleton Pantry ensures military families have everything they need to make ends meet and have homes running smoothly.

Questions? Email Lisi Carranza at ecarranza@asymca.org



Your Local USO Wants You!

Volunteers are our greatest asset and the backbone of the USO. Whether helping a Sailor or Marine with a connecting flight, distributing a Care Package, serving snacks with a smile, providing local information, or “welcoming home” ships and troops from deployment, volunteers are vital to the success of the USO’s mission.

While the duties of a volunteer may vary, the goal is always the same – to improve the quality of life of service members, boost their morale, and serve as the link between service members and the American people.

Ready to apply to be a USO San Diego volunteer?

Visit www.USOVolunteer.org.

- Navigate to the webpage and click on “Volunteer at a USO Center”
- Next click “Continental United States.”
- Then select “California”
- Finally, select the USO San Diego center nearest to you!

Positions may be available around San Diego county at:

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Camp Pendleton USO Center
San Diego MEPS Center
Special Events



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Thursday, Sept. 7 • 5-7pm
at

Veterans Association of North County

1617 Mission Ave, Oceanside, CA 92058

Join us for an informative seminar with light appetizers!

For more information or to RSVP, please call

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