

# ARMED FORCES DISPATCH



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**Keel Check - Shipyard personnel examine USS Arlington's keel at a dry dock in Norfolk, Va., recently. Arlington is undergoing scheduled maintenance and upgrades to increase warfighting capabilities and capacity. U.S. Navy photo by Lt. Cmdr. Nathaniel Bendickson**

## Senate confirms 3 defense leaders

The Senate has confirmed the appointment of three military leaders to positions within the Defense Department.

On Sept. 20, the Senate voted to confirm Air Force Gen. CQ Brown, Jr., to be chairman of the Joint Chiefs of Staff. The Senate then voted to confirm Gen. Randy A. George as Army chief of staff and Gen. Eric M. Smith as Marine Corps commandant.

"I want to congratulate Gen. Charles Q. Brown, Jr. on his confirmation as our nation's next chairman of the Joint Chiefs of Staff," Secretary of Defense Lloyd J. Austin III said following the confirmation vote. "He will be a tremendous leader of our joint force, and I look forward to working with him in his new capacity."

Since August 2020, Brown had served as Air Force chief of staff. In his new role, he will replace outgoing Chairman of the Joint Chiefs of Staff Army Gen. Mark A. Milley, who retires at the end of this month. Brown will be sworn in later this month.



## Hispanic Heritage Month underway

Each year, Americans observe National Hispanic Heritage Month from Sept. 15 to Oct. 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

This year's theme is: "Unidos: Inclusivity for a Stronger Nation."

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402.

The day of Sept. 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on Sept. 16 and Sept. 18, respectively. Also, Columbus Day or Día de la Raza, which is Oct. 12, falls within this 30-day period.

Hispanic Americans have been integral to the prosperity of the U.S. Their contributions to the nation are immeasurable, and they embody the best of American values. The Hispanic-American community has left an indelible mark on the U.S. culture and economy.

## KEEL LAID FOR AMPHIBIOUS ASSAULT SHIP USS FALLUJAH

by Fatima Bahtic

The keel laying and authentication ceremony for future amphibious assault ship USS Fallujah (LHA 9) was held at the Huntington Ingalls Industries Pascagoula shipyard Sept. 20.

Future USS Fallujah is the

fourth ship of the America-class of amphibious assault ships, built to facilitate forward presence and power projection.

LHA 9 is the second Flight I ship of the class, with a reincorporated well deck to increase operational flexibility while

maximizing the aviation capability inherent to Flight 0 ships.

Designed to support the Marine Corps tenets of Operational Maneuver from the Sea and Ship to Objective Maneuver, America-class ships are capable of rapid combat power buildup ashore.

The America-class accommodates the Marine Corps' Air Combat Element including F-35B Joint Strike Fighter and MV-22 Osprey, essential to maintaining power projection, air superiority, and theater logistics.

The ship will commemorate the First and Second Battles of Fallujah during the Iraq War.

HII's Pascagoula shipyard is also currently in production on future USS Bougainville (LHA 8) and amphibious transport

dock ships, future USS Richard M. McCool, Jr., USS Harrisburg and USS Pittsburgh.

The shipyard is also under contract for fourteen Flight III Arleigh Burke-class destroyers awarded as part of the FY18-27 multiyear procurement.

The ship will include medical facilities incorporating full operating suites and triage capabilities.

"Ingalls is honored to mark this important milestone with our shipbuilders and so many of our critical partners here today," said Ingalls Shipbuilding President Kari Wilkinson. "Whether representing namesake, customer, community or shipyard, today's keel event demonstrates the unique connection we have to one another through this industry and through our respective devotion to service."



**Welding of initials on keel plate of future USS Fallujah. Photo by Luis Solis**

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**See pages 10-12**

# Mom delivers baby in car as unrelated retirement ceremony begins at NMCS

by Petty Officer 3rd Class  
Raphael McCoy

Naval Medical Center San Diego  
Rosealynn Seeley, newborn daughter to Chief Mass Communications Specialist Alexandra Seeley, Trainer, Afloat Training Group, San Diego, was born in the hospital's patient drop-off area and was soon assisted by hospital staff.

"Rosealynn Ariel Seeley made her grand entrance on Aug 31, and we are so in love," said Seeley. "The birthing story was beyond what I could imagine."

Upon early morning evaluation from Naval Medical Center

San Diego (NMCS) staff, Seeley was sent home with expectations to return once in active labor.

"The patient was evaluated at NMCS in the early stages of contractions and was sent home with instructions to return to the hospital once she was in active labor for admission," said Capt. Laurie Chavez, NMCS Nursing Services Director. "That afternoon, her labor became more intense, and they returned to the hospital."

It became a race against time as expecting mother and close family and friends rushed back

to the hospital to deliver the newborn.

"No later than I arrived at my home I hit active labor so my husband, Lt. j.g. Joseph Seeley, drove my friend and I as fast as he could back to the hospital," said Seeley. "We didn't get back in time, so my friend did her best to comfort me as I delivered my own baby in the passenger's side of the car in the patient drop-off area of the hospital."

Once in the parking lot Chavez rushed to Seeley's aid providing quick and effective patient care, making sure the mother and newborn were healthy.

"I rushed to help the couple and assess the baby's condition," said Chavez. "The friend assisted by grabbing a dry blanket which I used to dry and stimulate the baby. The baby girl was crying and in great condition, as well as the mother who had just given birth in the car. A friend and partner were at mom's side helping with the newborn. They both helped tend to the mother and baby that were still connected by the umbilical cord."

Soon after Capt. Elizabeth Adriano, NMCS's commander, arrived on the scene followed by the NICU staff, Labor and Delivery staff, and numerous critical care and emergency personnel to provide support and comfort.

"To greet me, was the Com-



**Rosealynn Seeley, newborn daughter to Chief Mass Communications Specialist Alexandra Seeley, a trainer with Afloat Training Group, San Diego, was born in the hospital's patient drop-off area and was soon assisted by hospital staff. Seeley poses in her first environmental photo with her proud parents. U.S. Navy photo**

manding Officer of NMCS, a female obstetrician, who rushed to the door to inspect the newborn, along with many high-ranking Naval officers and other personnel of whom were attending a retirement ceremony a few meters from where I gave birth," said Seeley. "It felt nice to know that the baby was okay and someone was there to be sure of that. She acted quickly to assist with getting us taken care of, I'm so glad she was there to help."

NMCS staff swiftly took control moving the new mother and child inside as applause and

cheers erupted from NMCS Sailors and Staff who happened to be attending the retirement ceremony.

"The team quickly took over and cut the baby's cord, assessed the mother and baby, and transferred the family into the hospital to continue caring for mom and baby," said Chavez. "The mother and baby were discharged home several days later."

While a surprise turn of events for Rosealynn's first day, the Seeleys and all of NMCS welcome her with love and

excitement.

"It's not every day you get a round of applause after giving birth," said Seeley. "This was beyond what I could have imagined, and I'm still in shock, but Rosealynn and I are healthy and happy. Welcome to Earth, Rosealynn."

The mission of NMCS is to prepare service members to deploy in support of operational forces, deliver high quality health care services and shape the future of military medicine through education, training and research.



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## U.S., South Korean navies hunt submarines during joint training aimed at North Korea

by David Choi  
Stars and Stripes

SEOUL, South Korea - Nine U.S. and South Korean navy vessels began three days of live-fire and antisubmarine exercises that began Sept. 25 in the Sea of Japan, or East Sea, according to the South Korean military.

The maritime warfare exercise answers North Korean threats, including the regime's failed satellite launch on Aug. 24 and the unveiling of a new submarine on Sept. 6, the Ministry of National Defense said in a news release.

"These drills serve as momentum so that the [South Korea] and U.S. naval forces can effectively deter and respond to North Korea's advancing nuclear and missile threats ..." South Korean Rear Adm. Kim Inho said in the release.

U.S. ships participating in the training include cruiser USS *Robert Smalls* and destroyer USS *Shoup*, according to the release. South Korean destroyers in the exercise include the ROKS *Yulgok Yi I*, which is equipped with the Aegis missile-defense system, and

the ROKS *Dae Jo-yeong*.

Two unnamed South Korean submarines and two maritime patrol aircraft from both countries



**Cruiser USS *Robert Smalls* steams in the Philippine Sea, June 3, 2023. U.S. Navy photo by Ryre Arciaga**

are also participating in the exercise, the release said.

A South Korean navy headquarters officer declined by phone to identify the South Korean submarines and the remaining three vessels in the exercise, citing operational security concerns.

South Korean officials regularly

speak to the media on the customary condition of anonymity.

North Korea failed to launch what it claimed was a spy satellite

in August, the country's second attempt since May. The rocket lost thrust during flight and fell into the Yellow Sea, according to the state-run Korean Central News Agency.

The communist regime also unveiled a new "tactical nuclear attack" submarine, one reportedly capable of carrying nuclear

weapons, on Sept. 6, one of many projects North Korea is developing to boost its underwater arsenal, KCNA reported Sept. 8.

The diesel-powered submarine, a modified Cold War-era vessel, was obtained from China in the 1970s, according to Reuters news agency on Sept. 8. It quoted South Korean military sources saying the North may be exaggerating the sub's capabilities.

North Korea has launched nine ballistic missiles from submarines since 2015, according to an online analysis from the Washington, D.C.-based non-profit security firm Nuclear Threat Initiative.

The most-recent naval drill is the second this month. U.S., South Korean and Canadian warships trained together in the Yellow Sea on Sept. 14. Amphibious assault ship USS *America*, South Korean guided-missile frigate ROKS *Seoul* and Canadian frigate HMCS *Vancouver* conducted tactical maneuvers and helicopter operations "to deal with North Korea's threats," the Ministry of National Defense said in a news release on Sept. 15.

### HEADLINES NEWS

#### Army

- Army picks four to build robotic combat vehicle prototypes
- U.S. Soldiers in S. Korea investigated for smuggling synthetic marijuana
- Army Soldier should've returned to Earth months ago; instead, he broke a NASA record

#### Navy

- Navy launches board to help services leverage new science and tech
- Navy brings unmanned vessels to Japan to bolster fleet integration

#### Marine Corps

- The Corps finally gets an official top Marine leader
- 911 call reveals bizarre circumstances of F-35 ejection

#### Air Force

- Biden taps Melissa Dalton for Air Force's No. 2 civilian post
- KC-135 tanker autopilot now safer to use in flight, Air Force says

#### Space Force

- Space Force pauses commercial strategy to flesh out plans
- True Anomaly gets \$17 million Space Force contract for space domain awareness software

#### Coast Guard

- U.S., Vietnam coast guard cooperation grows tighter after Biden visit
- He was investigated for sexting a student at the Coast Guard Academy. He's now a college president.

#### Your Military

- Inside the delicate art of maintaining America's aging nuclear weapons
- 800 additional active-duty troops to deploy to U.S.-Mexico border as migrant crossings increase
- Black teens learn to fly and aim for careers in aviation in the footsteps of Tuskegee Airmen
- F-35 fighter jets 'mission capable' only 55 percent of the time, watchdog report finds
- As government takes first steps toward settling Camp Lejeune claims, it's a long road for many victims

#### Veterans

- Total of overdue VA disability claims balloons to almost 300,000
- 1 in 3 PACT Act claims have received a 0 percent disability rating, prompting a VA review

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**Army Pfc. Jessica Kwiatkowski, left, earns the Guard, Tomb of the Unknown Soldier Identification Badge during a ceremony at Arlington National Cemetery last month. Arlington National Cemetery photo by Elizabeth Fraser**

# First tomb badge awarded to female infantry Soldier

by Kevin M. Hymel

Arlington National Cemetery Historian Army Pfc. Henry Newstrom made history on Sept. 18 when she became the first woman infantry soldier to earn the Guard, Tomb of the Unknown Soldier Identification Badge. Other women have earned the badge, but they have come from other career fields. Tomb Guards who earn the badge also earn the distinction of being referred to as Sentinels.

Kwiatkowski stood at attention next to Spc. Gavin Glover, who also earned his badge, in

the chapel of Arlington National Cemetery's Memorial Amphitheater as 1st Lt. Henry Newstrom, the commander of the Guard, congratulated them on becoming sentinels.

"You are now fully vested members of a small team that the nation trusts to do its most important ceremonial mission," he told a crowd of about 30 people.

To earn the badge, Soldiers must complete five phases of testing and demonstrate a high degree of proficiency in general Army and Tomb Guard knowl-

edge. They also must maintain the meticulous appearance of the uniforms worn by Tomb Guards while on duty; master the various guard changes and ceremonies conducted at the Tomb; and demonstrate verbal and written knowledge of over 12 different poems and 200 Arlington National Cemetery gravesites.

At the ceremony, Kwiatkowski's and Glover's fathers pinned the badges on the right breast pockets of their uniforms. Lt. Col. Peter Vangiel, the commander of the 4th Battalion, 3rd Infantry Regiment, known as "The Old Guard," explained the importance of the Tomb Guards.

"More people come to see the Tomb Guards, more people see them on television, more people walk through here every day than most other Army formations put together," he said. "They have incredible influence."

Kwiatkowski, who gained the public's attention when a video of her guarding the Tomb during a severe thunderstorm went viral, remained humble about her pioneering achievement.

"I'm honestly just another Tomb Guard," she said. When

asked about her life after going viral, she mentioned that Army leaders had given her a lot of support, explaining, "They tell me congratulations and keep doing the mission."

Glover appreciates the rarity of his badge. "Both my parents, who are retired Army officers, have never met somebody with one," he said. The hardest part of earning his badge, he said, was the upkeep of his various uniforms.

Both the new sentinels' parents were proud of their achievement. Kwiatkowski's mother, Lynne, brought tissues for the emotional event. "When she does something, she does it 110 percent," she said. "That's always been her since she came into this world." When asked about his daughter guarding the Tomb in the storm, Kwiatkowski's father, Jason, said, "That's just how she is; she's always tried to attack the hardest thing possible."

Glover's father Jim, a retired Army major, beamed with pride at his son's achievement. "It's been amazing watching his progress through the testing process and reaching these standards," he said. "I know it's going to serve him well in the Army."

**Where are our ships at sea**

These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of Sept. 25, 2023, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.

**Ships Underway**  
**Total Battle Force**  
 295 (USS 236, USNS 59)  
**Deployed**  
 98 (USS 66, USNS 32)  
**Underway**  
 69 (42 Deployed, 27 Local)  
**Ships Deployed by Fleet**  
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 3rd Fleet - 2  
 4th Fleet - 2  
 5th Fleet - 14  
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 7th Fleet - 58  
 Total - 98

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# Career and Education

## DOD focuses on talent pipeline, career paths to attract AI pros

by Joseph Clark

Pentagon officials are focusing on ways to attract artificial intelligence experts as the Defense Department plots its course for leveraging the transformational technology to enable warfighters.

Margaret Palmieri, deputy chief digital and artificial intelligence officer, indicated on Wednesday that her office is taking targeted action to attract those with a passion for data analytics and artificial intelligence to apply their skills in service to their country.

“We know that DOD offers an incredible mission set for those who are interested in this field, and we want to attract people to the department to strengthen our efforts,” she said.

Palmieri previewed specific steps that the Chief Digital and Artificial Intelligence Office is taking to attract the right talent during the National Defense Industrial Association’s Emerging Technologies for Defense conference in Washington.

Among them is the recent addition of approximately 10 new work roles within the DOD’s

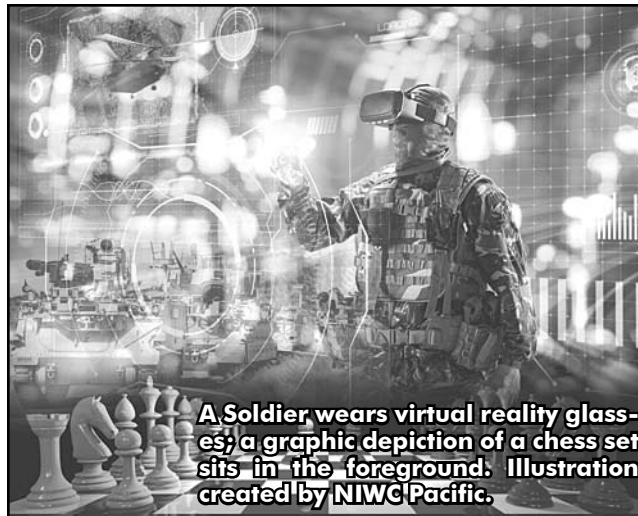
cyber workforce framework that will better align critical skill sets with data and AI roles within the department.

“This is huge, because if you’re an individual inside of DOD who has a knack for data analytics and AI, or a passion for it, there’s no position coded specifically for you,” she said. “You have to look for a financial management position where you can apply those in the financial arena, or you have to look for a computer science position that has you working in a specific mission area or on a specific technology.”

Palmieri noted that by identifying specific roles that require data and AI expertise, the DOD will be able ensure the opportunities are more visible to those both inside and outside of the department.

The CDAO is also working to provide a defined career path and network for AI professionals in DOD and improving the department’s pipeline for tapping into new talent.

“We know that this field requires constant refresh and learning, and industry and academia are on the cutting edge



A Soldier wears virtual reality glasses; a graphic depiction of a chess set sits in the foreground. Illustration created by NIWC Pacific.

of that learning,” she said. “We want to make it easier for people to come into government, serve some time, go back out into industry, learn something else come back in if they want to.”

“All of our retirement systems and processes inside of government are set up to do this,” she said. “We just have to take advantage of it, and we have to gain the muscle memory so that we can do it faster and better and at scale.”

Palmieri said talent is a key component of the CDAO’s strategy for delivering AI capabilities

to the warfighter. Such expertise paves the way for emerging technology to offer potentially game-changing capabilities that will enable leaders to make the best decisions in defending the homeland, deterring aggression and prevailing in conflict when needed.

“Through the CDAO’s mission of accelerating DOD’s adoption of AI from the boardroom to the battlefield, we’re on a path to deliver decision advantage to DOD leaders and service members in a way they’ve really never experienced before,” she said.

## Pilot program delivers free maternity uniforms for eligible Soldiers

by Christopher Hurd, Army News Service

WASHINGTON - The Army Maternity Uniform Pilot Program, also known as “Rent the Camo,” provides eligible female Soldiers stationed in the continental United States with free maternity uniforms.

The pilot program is available to officers and enlisted service members in all three components of the Army.

“This program is going to help give [Soldiers] the one-stop shop they need,” said Maj. Irma Richards, Army Logistics, troop support. “By streamlining the process to where they only have one person to deal with, which is the MUPP representative, that eliminates the back and forth a female Soldier has going to several locations to obtain her uniforms.”

In June 2020, Congress passed the “Rent the Camo: Access to Maternity Wear Act,” which directed each military service to establish a pilot program for issuing and recovering maternity uniforms to pregnant service members.

The Army started their program in October 2022 with two active-duty installations and the Maryland Army National Guard before expanding to all installations in the continental U.S. in May. Pilot participation is not available overseas at this time.

The initiative is volunteer based. Once a member reports a pregnancy to their unit, the command may offer the opportunity to use the program. Then the Soldier works with her installation representative for direct online ordering.

The Army also incorporated new developmental items into the pilot; the Army physical fitness uniform – maternity, the tan maternity T-shirt, and the nursing T-shirt. These items are only available in limited quantities.

Each member receives five maternity T-shirts and three sets of the operational camouflage pattern maternity uniform. Pilot uniforms are delivered directly to the service member and will be kept during the duration of the pregnancy. The uniforms will be retained by the service member for up to 15 months from the time they are received.

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## Recipients honored for commitment to service members, families

by David Vergun  
DOD News

The Defense Department's Spirit of Hope Award was awarded to six people and a nonprofit organization dedicated to helping military families during a Pentagon ceremony recently.

The award is presented annually to recipients who epitomize the values of comedian Bob Hope: duty, honor, courage, loyalty, commitment, integrity and selfless dedication. Recipients are nominated and selected by each of the military services.

Hope entertained troops from World War II through Operation Desert Shield.

The awardees are also expected to have contributed time, talent and resources that benefit service members and their families.

Acting Undersecretary of Defense for Personnel and Readiness Ashish S. Vazirani said Hope was always dedicated to supporting the nation's military. He often insisted on traveling to the front lines, even occasionally placing himself in harm's way.

Hope wanted to put on a va-

riety show of comedy, singing and dancing to those far from the comforts of home, always bringing the same level of energy and enthusiasm to every performance, Vazirani said.

His shows provided a moment of levity in an otherwise dark and challenging time. These performances served as a distraction from the misery of war, bringing service members a pleasant reminder of home while they were deployed in distant lands and seas, Vazirani said.

Hope was also a frequent visitor of wounded service members, as well as veterans in hospitals, he said. "These values of Bob Hope in service to the warfighter are also embodied by the recipients we are paying tribute to today."

### The awardees

**Office of the Secretary of Defense recipient:** Walter E. Penk, a clinical and research psychologist, now retired after 60 years with the Department of Veterans Affairs. Penk improved the treatment of wounded and injured veterans and changed the nation's outlook about the critical role of post-service employment as service members transition into civilian life.

**Air Force recipient:** Senior Master Sgt. Christina S. Schwarztrauber, first sergeant with the 78th Security Forces Squadron at Robins Air Force Base, Ga., for outstanding leadership and care. Schwarztrauber's efforts were vital to the health, welfare, and success of military and civilian personnel and directly impacted 24,000 personnel.

**Army recipient:** Brenda L. Seubert, administrative officer with the 838th Transportation Battalion, Kaiserslautern, Germany, for contributing an extraordinary amount of time in the service of the Kaiserslautern military community. Seubert volunteered in after-school programs for the last 25 years and assisting Ukrainian refugees living in Poland during her Thanksgiving break in November 2022.

**Coast Guard recipient:** Leroy "Roy" Vander Putten, a trustee emeritus for the Coast Guard Foundation, for founding and funding Enlisted Education Grants and Spouse Education Grants. Putten and his wife funded a Christmas party for Station Lake Worth Inlet, Fla., providing gifts for the children of the unit.

**Marine Corps recipient:** Capt. Jergen D. Campbell with the

Marine Aircraft Group 12 at Marine Corps Air Station Iwakuni, Japan, for efforts in suicide prevention, morale-building events, resiliency outreach events and speaking engagements. Campbell's efforts that benefited the mental and physical well-being of service members, veterans and their families.

**Navy recipient:** Anthony Allen Teravainen, on behalf of Support the Enlisted Project (STEP), San Diego, for supporting the Enlisted Project. Teravainen also devoting time to the social, welfare and morale needs of junior, active-duty, enlisted service members, as well as recently separated enlisted veterans and their families in Southern California and Washington state.

**Space Force recipient:** Maj. Nathaniel J. Lee, chief of training requirements, Headquarters Space Training and Readiness Command in Colorado Springs, for commitment to Gold Star families through work with the Tragedy Assistance Program for Survivors. Lee served as a group leader and legacy mentor at children's camps, leading 23 military mentors and over 100 survivors in bonding, grief work, and art therapy activities.

## Women of the Workforce team leads collaboration, community outreach

SAN DIEGO — What compels busy people to take on more work than is asked of them? Who would log off from work at 4 p.m., grab a trash bag, and pick up litter from a two-mile stretch of the beach? Many people at Naval Information Warfare Center (NIWC) Pacific, it turns out, earlier this summer. Before that, many attended a Walk/Run/Jog Event in May to celebrate Mental Health Awareness Month. And before that, in March, some of those volunteers collected contributions to a donation drive for local community service organizations in honor of Women's History Month. At least 20 people, including a steering committee and department representatives, regularly contribute their time to leading NIWC Pacific's Women of the Workforce (WoW), a special interest group built on a grassroots ambition of the workforce to organize around a sense of social responsibility. Continue reading at <https://www.navy.mil/Press-Office/News-Stories/Article/3517365/>.

## SMWDC hosts industry partners for outbrief

SAN DIEGO - Members of the Naval Surface and Mine Warfighting Development Center (SMWDC) engaged with several key industry leaders Sept. 13, to discuss surface warfare tactical priorities identified in the inaugural Surface Requirements Group (SURFRG) cycle. The primary function of SURFRG is to align fleet, program office, and resource sponsor efforts to provide technical and tactical solution recommendations and divestment opportunities on near-term and future tactical weapons, sensors, and combat system capabilities to better enable the systems development process. The SURFRG injects the expertise of surface Warfare Tactics Instructors (WTIs) and other tactical experts into the acquisitions and systems development process. The group identifies and prioritizes the Force's tactical needs as near, medium, or long-term, and establishes a structure and holistic approach to advocate for resourcing of solutions and divestment opportunities with various industry partners. Continue reading at <https://www.dvidshub.net/news/453466/>.



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# NAVAL BASE SAN DIEGO KICKS OFF 2023 ARMED FORCES GOLF



The first stand alone U.S. Coast Guard golf team, shown here. This year marks the 75th anniversary of Armed Forces Golf. This year, Naval Base San Diego hosts the championship at the Admiral Baker Golf Course. DoD photo by Steven Dinote

by Steven Dinote  
U.S. Armed Forces Sports

Under cool cloudy skies, Naval Base San Diego Commanding Officer Captain Robert Heely welcomed teams from the Army, Marine Corps, Navy, Air Force (with Space Force players), and Coast Guard to the Admiral Baker Golf Course Sept. 21.

It's the 75th Anniversary of Armed Forces Golf, the longest running Armed Forces Sports since the program's inception in 1948.

Heely welcomed the U.S. Coast Guard to the championship, marking the first time Coast Guard fielded their stand alone team at Armed Forces. In the past, Coast Guard combined with the U.S. Navy team.

Teeing off first were the women's division. Defending champ, Air Force Lt. Col. Linda Jeffery of Maxwell AFB, Ala., topped the leaderboard shooting 72.

Army Capt. Melanie De Leon of Fort Cavazos, Texas, and Marine Corps Capt. Margaret Gross of MCB Camp Lejeune, N.C., both drove in a score of 73, just one above par.

Air Force women lead the team competition with a combined score of 147, followed by Army closely in second with 148.

Marines scored 163 for third, followed by Coast Guard (179) and Navy (188).

On the men's side, Marine Capt. Nicholas Brediger of Charlottesville, Va., tied the course record shooting seven under (65) to lead day one. Air Force men lead the team competition scoring 362 and closely followed by the Marines with 365.

Navy trails in third place with 376, with Army (378) in fourth

and Coast Guard (403) in fifth.

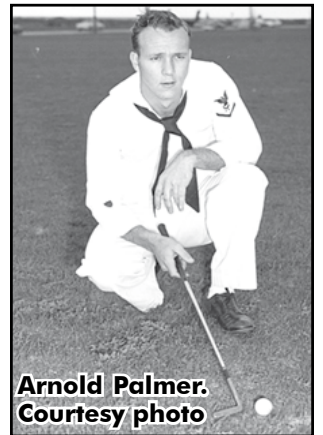
At the conclusion of the Armed Forces Championship, the top six men and top three women will be selected to represent the U.S. at the Conseil International du Sport Militaire (CISM) World Military Golf Championship also hosted by Naval Base San Diego from Oct. 1-8.

This championship will feature teams from 16 other nations for the 14th edition of the CISM Championship.

## HISTORY: Top golfers from the military

Golf has been the go-to leisure sport for veterans for centuries. However, some veteran players honed their skills well enough to turn professional when their military commitments were over.

Arnold Palmer won weekend



Arnold Palmer. Courtesy photo

1968 U.S. Open and the following year Orville Moody, who had surrendered his 14-year Army career only a year earlier, won the championship.

Career infantry officer Earl Woods didn't begin playing golf until the age of 42, in his last year of service.

When his son Eldrick was old enough to play golf at



tournaments while serving three years in the Coast Guard. Lee Trevino hit untold thousands of golf balls during his four-year turn in the Marines before going on to win 29 PGA tournaments and six majors. Trevino won the

about the age of three, he began playing at the Seal Beach Navy Golf Course in Cypress, Calif. Young Eldrick shot a 48 that year when he was just three years old and his scores have come down ever since.

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# Surface Force leaders gather to discuss the future of surface warfare at SNA

by Karli Yeager  
Commander, NSP/Pacific Fleet

SAN DIEGO – Leaders from across the Navy and defense industry gathered to discuss the future of naval surface warfare at the fourth annual Surface Navy Association (SNA) West Coast Waterfront Symposium aboard Naval Base San Diego, Sept. 13-14.

The theme of the professional development event was “Ready Today, Preparing for Tomorrow,” which transitioned well from the focus of the SNA National Symposium held in January, which was “Getting Ready: Sharpening Our Competitive Edge.”

Rear Adm. Yvette, Davids, acting commander, Naval Surface Forces, delivered the keynote remarks on SNA’s theme. She emphasized the importance of warfighting readiness and maintaining a strong, connected, and innovative Surface Force.

“We are serving in a decisive decade and we need to be ready,” said Rear Adm. Davids. “We need to have these conversations about readiness and how we strengthen our warfighting culture. Our readiness for the fight relies on sound



Rear Adm. Yvette M. Davids, Acting Commander, Naval Surface Force, U.S. Pacific Fleet, talks with crewmembers aboard USS Lenah Sutcliffe Higbee (DDG 123) during a Surface Warfare Flag Officer Training Symposium ship tour. U.S. Navy photo by MC2 Stevin C. Atkins

strategy, and our strategy is the Competitive Edge.”

Force Master Chief Greg Carlson, Commander, Naval Surface Force, U.S. Pacific Fleet spoke on a panel about Warfighting Culture and Chief Petty Officer perspectives, emphasizing the Surface Force is defined by experience, grit, and tenacity, and the integral role of chiefs to ensure the Navy is ready to fight and win.

Expanding on the readiness,

Carlson noted the importance of Sailor wellness initiatives and the proximity of mental health and counseling services in locations near the waterfront.

“The entire goal of our mental health portfolio is how to invest in prevention to reduce the crisis, and we aim to always have our mental health facilities as close to the waterfront as possible,” said Carlson.

Panels during the two day

event highlighted how the Surface Force is continuing to improve maintenance practices with industry partners, the challenges and opportunities with fleet training, focus on the future fight, and operational perspectives from junior officers. Vice Adm. Gene Black, Deputy Chief of Naval Operations for Operations, Plans, and Strategy (N3N5) delivered the keynote closing remarks emphasizing readiness and technological innovation within the Surface Force.

## PHOTO GALLERY



Sept. 19, 2023

USS BOXER, at sea - Fire Controlman 2nd Class Lucas M. Ribeiro uses a sound-powered phone during a live-fire exercise on the fan tail aboard Boxer. U.S. Navy photo by MC2 Connor Burns



Sept. 20, 2023

NAS NORTH ISLAND - Cmdr. James Light, commanding officer of Fleet Logistics Support Squadron 30, boards a C-2A Greyhound prior to VRC-30's final take-off from here in a Greyhound. VRC-30 began flying the C-2A Greyhound in 1981 and continued to use the aircraft for carrier onboard delivery (COD) to transport passengers, equipment, gear and supplies around the fleet for 42 years. U.S. Navy photo by MC2 Keenan Daniels

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# CFC: Official workplace giving campaign for Federal employees and retirees

## WELCOME TO THE CFC

The Combined Federal Campaign is the official workplace giving campaign for Federal employees and retirees.

Every year, we come together to raise money and volunteer for our favorite charities, spreading happiness around the world one gift at a time. Since its inception,

this Federal tradition has raised nearly \$8.7 billion for charities and people in need, making it one of the largest and most successful workplace giving campaigns in the world.

New to the CFC? Give it a try -- just \$5 per paycheck to your favorite charity makes a big difference.

## WHY GIVE THROUGH THE CFC?

We know there are a lot of giving options out there. Here are four great reasons to give through the CFC:

- Give through payroll deduction for a greater impact over time.
- Give to multiple charities and pledge volunteer hours in one place.
- Give for greater impact – the world is a better place when we give together.
- GIVE HAPPY! Studies show that when you give happiness, you get happy too.

## Who Can Give

The CFC is the official workplace giving campaign for Federal employees and retirees. President Kennedy formalized the CFC with an Executive Order in 1961. The campaign streamlined workplace fundraising and introduced payroll deduction. Since its inception, the CFC has raised nearly \$8.7

billion for charities and people in need, making it one of the largest and most successful workplace giving campaigns in the world. We invite the following audiences, wherever you are, to join us and make a difference in your local community, across the nation, and around the world.

- Federal employees
- New hires
- Federal retirees

## How to Give

Through the CFC, Federal employees can make charitable donations and pledge volunteer hours to charities you care about. Join the thousands of Federal employees and retirees who donate through payroll deduction and GIVE HAPPY year-round.

The CFC offers four ways to give:

- Online Giving System: Click the Donate button at the top of the page to get started.
- Paper Pledge Form: Download a pledge form and get instructions on how to fill it out and submit it.
- Text-to-Donate
- CFC Giving App

As a Federal employee, you can also pledge volunteer hours to charities that accept them. Scroll down to learn more about

each of these options.

Note: To make an anonymous donation, do not complete the optional "Information Release" section.

## Retiree Resources

After your years of public service, Federal retirees like you may want to continue giving back to their community, country, and people around the world. The great news is, you can continue to make a positive impact by giving through your annuity. Whether you are returning or pledging for the first time, participation in the CFC is a great way to extend that spirit of service. In fact, Federal and military retirees contributed more than \$4.2 million in 2022, making up 6% of overall donations.

## Planning to Retire?

Are you planning to retire from the Federal government this year? Here's what happens to your CFC pledge:

- Existing recurring pledge: If you have an existing CFC Online Giving System account and pledged via credit/debit card or bank account, you don't have to do anything. Great news, your pledge will continue for the rest of the calendar year!

• Existing payroll deduction: If you pledged via payroll deduction, log in to your CFC Online Giving System account and change your profile status to "retiree" and your pledge source to "annuity."

• No existing pledge: No problem! If you would like to make a pledge, click the Donate button at the top of this page. Create your CFC Online Giving System account and pledge via annuity deduction, credit/debit card, or bank account. Even \$5 per month can make a big difference to your favorite charity.

## How the CFC Works - for Retirees

Here's how the CFC works for current Federal retirees:

1. Choose your cause. The CFC allows members of the Federal community, including retirees, to support causes you care about. Whether it is finding cures for diseases, supporting military families, or promoting equality for all, the CFC has vetted charities for any cause you want to support. You can even give to multiple charities with one pledge.

2. Make your pledge. GIVE HAPPY by donating from your annuity, credit/debit card

see **CFC, page 11**

## GIVE HAPPY



## Combined Federal Campaign gives you the chance to 'Be the Face of Change'

Giving through the CFC has never been easier with this Online Giving System and the CFC Mobile App. You can make a one-time donation or a recurring gift. You can contribute by convenient payroll deduction, and you can even donate your time through volunteer hours supporting your favorite cause.

Your generosity is more important now than ever as we overcome challenges from the pandemic, poverty, and so much more. Online Giving System - Open

The CFC's Online Giving System is open! Giving online via payroll deduction is by far the most popular way to pledge. The online system is safe, secure, has all the giving options, is environmentally friendly, and makes it easy to renew your pledge year-over-year.

Access the system at <https://cfcgiving.opm.gov/welcome>.

## --- COMBINED FEDERAL CAMPAIGN ---



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# USS *Bunker Hill* (Sept. 20, 1986- Sept. 22, 2023)



Crew of *Bunker Hill*, at attention, during the ship's decommissioning ceremony. U.S. Navy photo by MC2 Claire M. DuBois

by Julie Ann Ripley  
SAN DIEGO - USS *Bunker Hill* (CG 52), the 11th ship of the Ticonderoga class guided-missile

cruiser, recognized more than 37 years of naval service during a decommissioning ceremony here Sept. 22.

Guest speaker, *Bunker Hill's* second commanding officer, Vice Adm. (Ret.) Rodney Rempt wished the current crew fair winds and following seas as they bid farewell to their ship.

*Bunker Hill's* final commanding officer, Capt. Jason Rogers reflected on the service of his crew and those who came before. "With great pride, I acknowledge the dedication and valor of the Sailors who served aboard this ship for the past 37 years," said Rogers.

For a detailed history of the ship, visit <https://www.cpf.navy.mil/Newsroom/News/Article/3535737/>.

**CFC**  
continued from page 10  
card, or bank transfer. It adds up to so much happiness when we give together. Giving online allows you to easily renew your pledge each year.

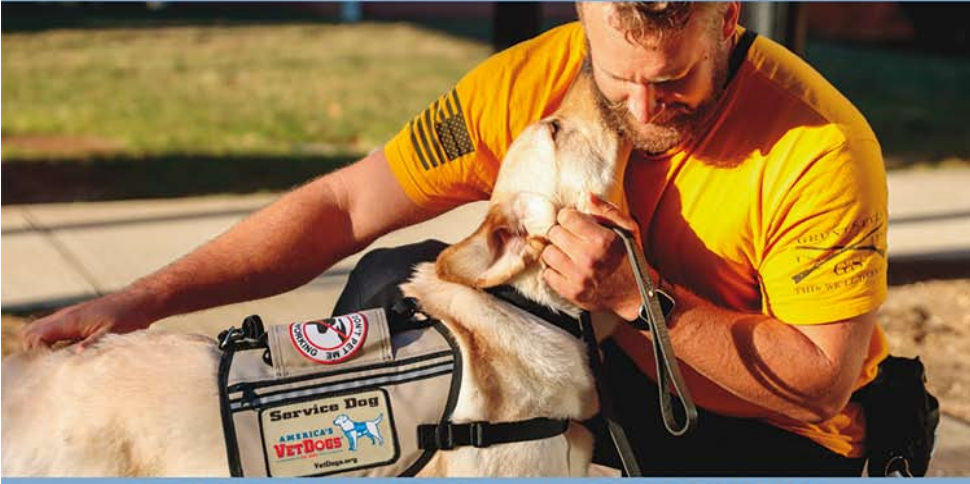
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## COMBINED FEDERAL CAMPAIGN

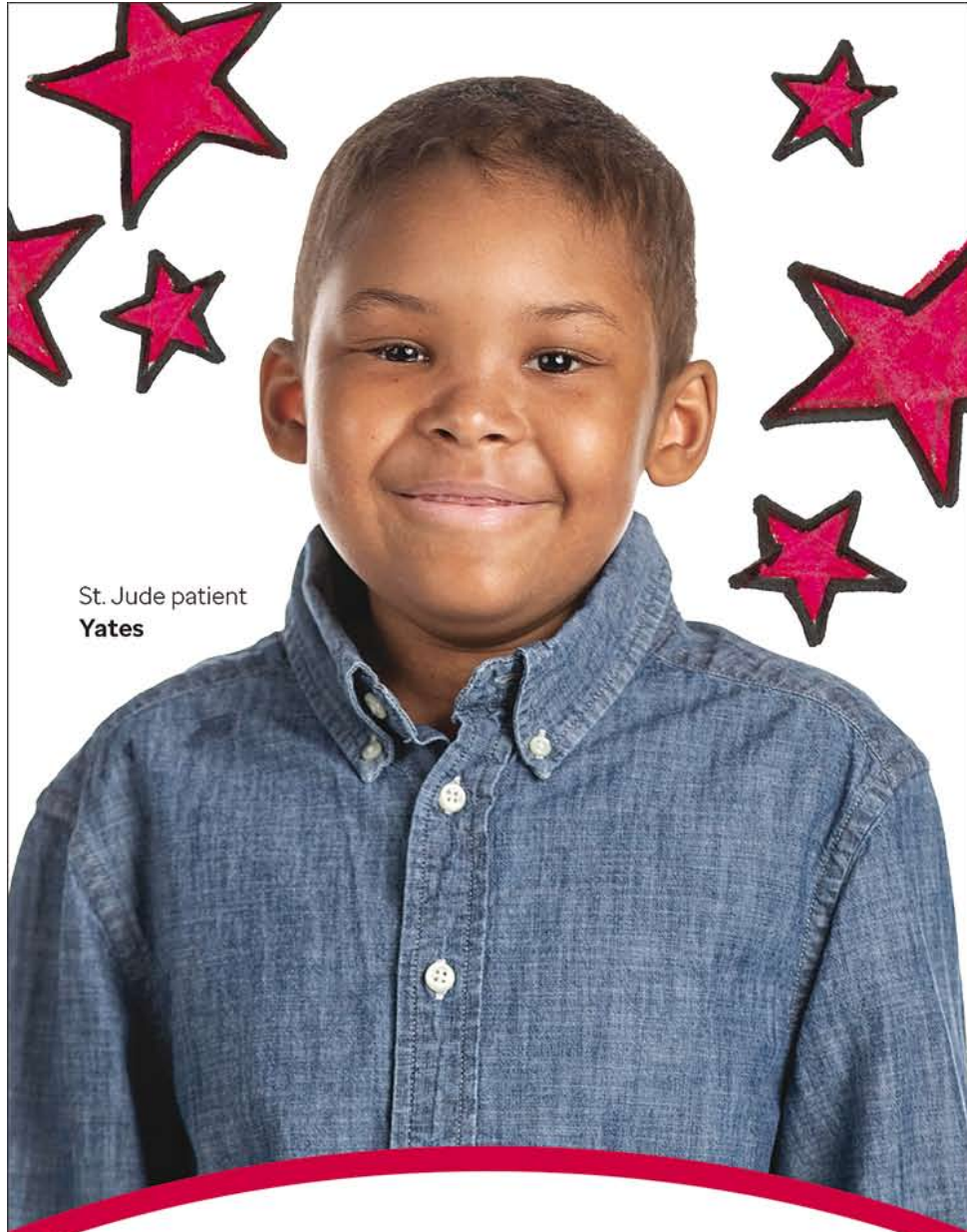


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Art inspired by St. Jude patient Amber

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# Pet dogs to the rescue! Furry friends can help human health

**NATIONAL INSTITUTES OF HEALTH** - Dogs share our homes and environments. They grow up with us and grow old with us. And as they age, dogs tend to get many of the same health problems that we do—conditions like obesity, heart problems, cancer, and mental decline. Most of the genes found in dogs are also found in humans.

Because we share so much, it's not surprising that health-related discoveries in people can lead to better medical care for dogs. Likewise, studies of dog biology can lead to better understanding and treatments for people.

That's why NIH supports large-scale projects that aim to learn how aging, genes, and other factors affect the health and biology of dogs. Scientists partner with dog owners who share detailed information about their pets. The researchers analyze the massive amount of data they've gathered. Then they share their data and findings with other scientists to enable even more discoveries.

"Working with the general public has been one of our most productive and fruitful collaborations," says NIH's Dr. Elaine Ostrander, who led the launch of NIH's Dog Genome Project



raise the risk for an aggressive blood cancer that's common in a certain dog breed. The findings might lead to improved treatments for both dogs and people with the disease.

Ostrander's studies often focus on purebred dogs. Since the dogs' parents and ancestry are well-known, it's easier to tease out the activities and functions of specific genes.

more than 20 years ago. The project aims to learn how small changes in genes can lead to the many behaviors, body shapes, and diseases seen in different types of dogs.

Her team has collected DNA samples from tens of thousands of dogs. They've identified dog genes that helped to shed light on many human disorders. A recent study found genetic factors that

Another large study - called the Dog Aging Project - seeks to enroll all types of dogs. These include mixed breed and purebred pets of every age.

"The more dogs we have, the better," says project co-director Dr. Daniel Promislow of the University of Washington. "More dogs will give us more data and more power to ask more questions."

The Dog Aging Project aims to follow pet dogs over 10 years or more. It will track how genes, diet, exercise, and the environment affect health and aging. "If we can understand what affects health in dogs, that will be good for the dogs and good for the owners who love their dogs," Promislow says.

One recent study found that active older dogs are less likely to have dementia than inactive dogs. Another found that dogs living in environments with less opportunities to socialize with people and other animals often had worse health outcomes. "These are interesting relationships, but it's important to note that we don't yet know what is causing what," Promislow says.

Studying dogs over time could help to pinpoint potential causes. This may lead to a better understanding of why activity and social relationships can also affect human health.

"The dog research community as a whole is really committed to collaboration. And we openly share our data," said Ostrander.

In the long run, this type of cooperative approach will help to improve both dog and human health.

## Enrolling dogs in research

NIH supports several research projects that study pet dogs, including:

- The Dog Genome Project. Ongoing studies involve many types of pet dogs, with a preference for purebred dogs.
- The Dog Aging Project. (link is external) This study will follow tens of thousands of pet dogs over years.
- NIH's Comparative Oncology Program. If a dog has been diagnosed with cancer, consider enrolling them in a clinical trial to test potential cancer treatments.

## Fleet Science Center solar eclipse viewing party offers safe viewing, hands-on activities

On Saturday, Oct. 14, a solar eclipse will be visible in San Diego, and the Fleet Science Center is hosting a viewing party, outside the Fleet, in front of the iconic Bea Evenson Fountain.

The event is free and begins at 8 a.m. The Fleet will provide complimentary NASA 3-D eclipse glasses so everyone can watch the wonder of this cosmic event safely.

An annular solar eclipse occurs when the Moon passes between the Sun and Earth while the Moon is at its farthest point from the Earth, according to NASA. The result is that the Moon appears smaller than the Sun and does not completely cover it, creating a spectacular "ring of fire effect." San Diegans' experience will be a partial eclipse.

The eclipse will begin at 8:09 a.m. as the Moon appears to touch the Sun's edge. The climax, when the Moon is closest to the center of the Sun, will be visible from San Diego at 9:26 a.m. Viewers will see the most exciting moments between 8:45 and 9:45 a.m., with the eclipse concluding at 10:52 a.m., as the Moon leaves the Sun's edge. The Fleet's resident astronomer, Lisa Will, Ph.D., along with additional local astronomy and eclipse experts, will be on hand to answer questions and converse.

Please note: Special equipment is needed to observe the eclipse. IT IS NOT SAFE TO LOOK DIRECTLY AT THE SUN DURING A PARTIAL SOLAR ECLIPSE! Looking directly at the eclipse can cause permanent eye damage.

## --- COMBINED FEDERAL CAMPAIGN ---

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The Meat & Potatoes  
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by  
Lisa  
Smith  
Molinari

## The dieting-stress paradox -or- Why Little Debbies are to blame

moved a lot, and Patti's civilian family settled in Pittsburg, but we always kept in touch. As mature adults, we could finally see how ridiculous we'd been when we were teenagers. We'd learned that a woman's weight fluctuates throughout her life, and there was no reason to stress about it.

However, the weight on my doctor's scale that morning had been alarming — a record-breaking number for me, and my blood pressure reading told me that it was worth worrying about.

During a recent catch up call, Patti and I had discussed our efforts to lose excess middle-aged weight. Patti had been somewhat successful, but I'd failed miserably. Ironically, the stress of needing to diet made me want to eat more and my urges were negatively influencing Patti.

"A hoagie sounds really good. I'm starving!" Patti texted in reply.

"Hoagies...with kettle cooked chips on the side ... and loads of mayo," I texted, and my mouth watered.

"Yaaasssss," Patti replied. I had to pull us both out of the abyss before I derailed Patti's diet.

"For real," I texted, "I'm not having a hoagie, but when I think of dieting, I immediately crave what I shouldn't have."

Later at home, I wondered if dieting-anxiety-induced-eating was a thing, so I googled it. Apparently, it is not. However, general "stress eating" is widely recognized in articles such as "11 Foods to Eat When You're Totally Stressed," and "7 Foods You Should Actually Stress

Eat," and "11 Foods You Should Never Eat When You're Stressed (and 11 others to go ahead and indulge in)." I'm not sure why the topic warranted so many elevens, but clearly, it's common for people to eat when anxious.

Unfortunately for me, raw cookie dough, french fries, ice cream, nachos, alcoholic beverages, and hoagies slathered in mayo with a side of kettle cooked potato chips are definitely NOT advised. Rather, experts recommend grabbing edamame with a squeeze of lemon, greek yogurt with berries, green tea, oatmeal with chia, or grilled asparagus when anxious.

Seriously? Who does that? When stressed, I'd grab a handful of stiff mini marshmallows from the back of the pantry before any vegetable. The only yogurt I'd crave would be frozen, and topped with a diced king-sized Snickers Bar. Before I'd even sniff edamame, I'd search under the couch cushions for a few stray peanuts.

That night, I texted Patti a photo of two pieces of pizza and a pumpkin cupcake piled with cream cheese frosting, along with, "My dinner. There's no hope ..."

"My day wasn't much better," she texted back, and we made each other feel better by exchanging personal failures as we'd done for the last 43 years.

"Maybe I'll get salmonella and loose weight fast," I wrote, while looking at an expired carton of egg whites in my fridge.

"There ya go!" my best friend replied, never forgetting to offer words of encouragement.

**AutoMatters™ & More**  
by Jan Wagner



About this time of year, local car shows here in Southern California tend to be winding down after the summer and the major auto show season is about to begin. Today's coverage will be about the fantastic Wavecrest Woodies car show this past weekend in Encinitas, but before I get to that, I would like to give you a preview of the first of the major auto shows that I will be covering this auto show season.

According to the official press release, "The HYPERLINK "https://www.autoshowoc.com/" OC Auto Show returns to the Anaheim Convention Center (October 5-8, 2023). This is the place to check out the latest 2024-model vehicles in a non-selling environment, talk to product specialists, inspect engines, and even going for a spin. Guests will have the opportunity to learn about hybrids, plug-in hybrids, EVs, fuel cell vehicles and traditional gas engines, helping them choose what best suits their needs. The auto show will feature several concept and all-new vehicles including the Honda Prologue, Lexus GT, Grand Wagoneer Overland Concept, Nissan Ariya Surf Wagon Concept, Ford Mustang Dark Horse, Chevrolet Corvette E-Ray, Toyota Grand Highlander, and more. Additionally, professional drivers will take passengers on a thrilling interactive adventure along an off-road test track at Camp Jeep®."

## Wavecrest Woodies car show

This is always a popular auto show. For more information, visit: HYPERLINK "https://www.autoshowoc.com" https://www.autoshowoc.com.

Now back to the Wavecrest Woodies car show. The two days leading up to this car show were heavily overcast. It rained lightly on Friday. Through that I covered the press preview day and then the first of three days of the MCAS Miramar AirShow 2023 — America's Air Show, presented by the United States Marine Corps. (I have thousands of photos of that show, the best of which I will share with you at a later date).

The weather on Saturday, the only day of the car show, was beautiful. It was located in a large parking lot overlooking Moonlight Beach and the Pacific Ocean, in Encinitas. Mere words cannot do these woodies justice. I photographed many of them for you to see.

In addition to the many rows of woodies on display in the show, from time to time we also go to enjoy watching them drive along the neighboring residential streets, and down to a cul-de-sac where proud owners were photographing their rides against the backdrop of the Pacific Ocean.

Further down below, the beach was full of people enjoying their Saturday. In the water, some were catching waves.

Wavecrest Woodies is an annual event in Encinitas, and people come from all over to enjoy it. This year it began with a classic car show in downtown Encinitas on Thursday afternoon and evening. That was followed by a meet-and-greet at the event hotel on Friday evening. Following Saturday's

big car show, was the Wavecrest Dinner, Raffle and Auction, but one of the best parts of the event took place on Sunday morning: the Woodies Cruise, from Encinitas City Hall to Oceanside on Historic Pacific Coast Highway 101 (approximately 25 miles). With the ocean in the background, the photo opportunities are endless. I've covered the Woodies Cruise in past years, but this year I wanted to take advantage of the gorgeous weather to cover the final day of the MCAS Miramar AirShow. I did. Now I have thousands of photos to sort through, to find the best ones to show you of the headliner U.S. Navy Blue Angels: the exciting MAGTF demo (Marine Air-Ground Task Force) complete with military flyovers, massive explosions, Marines rappelling from helicopters, infantry platoons moving in on their objective, armored vehicles and more; plus numerous other amazing performers.

There is so much to see and do here in Southern California. Next up, I am trying to finalize arrangements to cover this weekend's Pacific Airshow Huntington Beach. In this air show the planes fly over the Pacific Ocean, while thousands of spectators watch from the beach below. It will feature the U.S. Air Force Thunderbirds, the Canadian Forces Snowbirds, the F-22 Raptor Demonstration Team, the Lyon Air Museum and much more.

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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OTAY MESA - 3340 Del Sol Blvd, Sat Oct 7, 8am-noon. OCEAN BLUFFS Annual Bazaar. Community effort - over 260 homes participating. Jewelry, Housewares, Tools, Collectibles, Medical Equipment, Small Appliances, Christmas Items, and more!

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7	6	8	7	9	6	8	7	9	0
0	1	2	3	4	5	6	7	8	9
8	7	6	5	4	3	2	1	0	9
6	5	4	3	2	1	0	9	8	7
0	9	8	7	6	5	4	3	2	1
9	8	7	6	5	4	3	2	1	0
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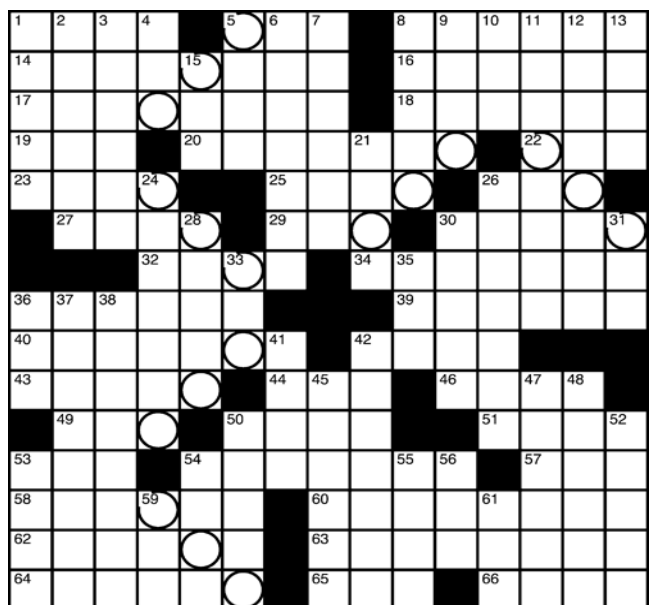
## CROSSWORD PUZZLE

### Across

- Queens stadium namesake
- Elevated vantage point for Wile E. Coyote
- Sister of Sasha
- Many a gamer
- Oodles
- Freezes
- Red River city
- Fronded plant
- Exit in a hurry
- Oodles, with "a"
- They, in Calais
- Drawn from diverse sources
- Hound for payment
- Words of urgency
- Partners
- TV component?
- He hit his 600th homer exactly three years after his 500th
- Medical suffix
- Caesar's next-to-last words
- "Take a hike!"
- Intro suggesting uncertainty
- Way off
- Be decided by
- Sot's woe
- Caesar's last day, e.g.
- act
- Summers in Bordeaux
- Pre-road trip detail ... and a hint to what certain parts of three long answers were doing as you solved them
- Make certain
- Island in Micronesia
- Big name in digital imaging
- Jovial
- Modern address letters
- "Got it"

### Down

- DOJ bureau
- Shipwreck site
- "Want to know the culprit? I'll tell you!"
- Many an MIT alum
- Ralph Ellison's "Invisible \_\_\_"
- "Livin' Thing" rock gp.
- Cold dessert
- Stick on
- Central dividing point
- Here, in Juarez
- Albanian money
- Tristan's love
- Filmmaker with a distinctive style
- One before a king?
- "It's \_\_\_ the other"
- Try to strike
- Old Peruvian
- Old TV component
- \_\_\_ Miz"
- Wile E. Coyote collectible
- Surfing tool
- Bridal shop array
- Source of some tadpoles
- "Okay to come out yet?"
- Norms: Abbr.
- Asian holiday
- 42 Competition
- Strip of gear, as a ship
- Econ. yardstick
- Environmentalist's prefix
- Principle
- Cruelty named for a marquis
- Ultimatum phrase
- "Just stop, okay?!"
- Production
- World Cup soccer org.
- Omit a part of, perhaps
- Asian takeout option
- Mdse. category
- Angkor \_\_\_: Cambodian temple
- Trickster
- Encl. with a řžsumž



## MOVIES AT THE BASES

Schedules subject to change. Check for updates on line at: <https://sandiego.navalivew.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, October 6  
6pm My Big Fat Greek Wedding 3 pg13  
Saturday, October 7  
3pm My Big Fat Greek Wedding 3 pg13  
6:30pm The Nun II (R)  
Sunday, October 8  
12pm Blue Beetle (PG-13)  
3pm My Big Fat Greek Wedding 3 pg13

### Lowry Theater - NASNI, 619-545-8479

Bldg. 650  
Outside food and beverage are NOT permitted. Debit/credit cards only.  
Sunday - October 1  
1:00 PM The Hill pg  
3:30 PM Last Voyage of the Demeter r  
Friday - October 6  
6:00 PM The Nun II r  
Saturday - October 7  
1:00 PM The Hill pg  
3:30pm My Big Fat Greek Wedding 3  
6:00 PM The Nun II r  
Sunday - October 8  
1:00 PM Blue Beetle pg13  
3:30 PM The Nun II r

### Pendleton Theater and Training Center

Bldg 1330 Main Side (Across from Mainside Center)  
Saturday, October 7  
1:30pm My Big Fat Greek Wedding 3 (PG13)  
4:30pm The Nun 2 (R)

### Naval Base Theater - NBSB, 619-556-5568, Bldg. 71

3465 Senn Rd.  
No outside food, concessions available.  
Sunday - October 1  
1:00 PM The Hill pg  
3:40 PM Last Voyage of the Demeter r  
Thursday - October 5  
6:00 PM The Hill pg  
Friday - October 6  
6:30 PM The Nun II r  
Saturday - October 7  
3:40pm My Big Fat Greek Wedding 3 pg13  
6:00 PM The Nun II r  
Sunday - October 8  
1pm My Big Fat Greek Wedding 3 pg13  
3:00 PM The Nun II r  
Thursday - October 12  
6:30 PM The Nun II r

## SOCIAL SECURITY MATTERS

### Nonagenarian war veteran asks about extra credit for his service

*Dear Rusty: I'm turning 95 this year and am caretaker for my wife in our 70th year of marriage. I served before 1968 (1951-53) during the Korean War. How do the "special extra credits for military service" work for me? Is it retro-active? My wife, who only worked a short time, gets half of my Social Security so would it affect hers, too?*

*Signed: Korean War Veteran*

**Dear War Veteran:** First, I want to express my gratitude for your wartime service to our country and I also applaud your 70 years of marriage. Thank you, and congratulations!

Regarding the "special extra credit" for military service, Social Security FICA taxes weren't withheld from military pay prior to 1957 so you didn't pay Social Security payroll taxes (FICA) from your military earnings during the years you served. As a result, Social Security would have no record of your military earnings during those 1951-1953 service years. But when you claimed Social Security later in life they would have asked if you served in the military and given you "special extra credit" in the form of presumed earnings for your service years. They likely would have asked for a copy of your DD-214 and would have added \$160 to your earnings record for each active duty month during those 1951-1953 years. Note they do not give you an extra amount of Social Security; rather, for benefit computation purposes, they reflect your earnings for those years a bit higher than are shown in your earnings record (which would likely show zero for your service years). For example, if you served 12 months active duty in 1952, when your Social Security benefit was calculated they would consider your 1952 earnings as \$1,920 (\$160 x 12), instead of the zero shown in your record because you didn't actually pay FICA tax on your military pay. But whether those extra earnings credits would have any effect on your Social Security benefit is a separate item.

Assuming you had earnings from regular employment over your lifetime and paid into Social Security from those non-military earnings, you became eligible for Social Security benefits from earnings outside of your military service. If you worked and earned a decent salary for at least 35 years, then those special extra credits for your military service years would have no effect on your Social Security benefit. If you had less than 35 years of regular non-military employment, then those extra earnings added for your military service years counted and provided you with a slightly higher Social Security benefit when you claimed.

However, even if you worked for over 35 years outside of the military and the extra credits didn't matter for your Social Security benefit, your service to our country did, indeed, matter a great deal. From one veteran to another, thank you again for your service to our country.

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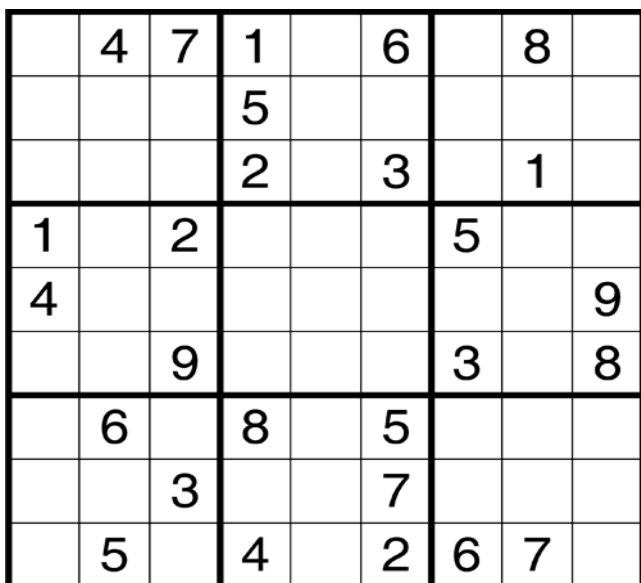
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## Art Glass Guild announces Annual Fall Show and Sale at Spanish Village Art Center, Balboa Park

The Art Glass Guild will host their free 2023 Fall Patio Show and Sale on October 14 & 15, 10am-5pm. This show is the largest Art Glass show in Southern California and showcases art created by local San Diego Glass Artists. Techniques on display include blown, fused, torch, stained, cast, etched and mosaic. There will be entertainment including demonstrations featuring torch-work with glass. Spanish Village Art Center, 1770 Village Place, Balboa Park.

## ROY'S SUDOKU



# Expeditionary Navy Medicine featured at America's Air Show is resounding success

**Courtesy Story**  
**Naval Medical Center San Diego**  
 Navy Medicine's critical capability of expeditionary medicine and its ability to stabilize and save the warfighter was on full display with a mobile medical tent filled with cutting-edge medical simulation equipment during Marine Corps Air Station Miramar's 'America's Airshow,' Sept. 22-24.



**Lt. Tiffany F. Bradley (L), Naval Medical Center San Diego's Staff Education and Training assistant department head and assistant diversity officer, showcases an advanced high-fidelity simulation mannequin at Marine Corps Air Station Miramar's 'America's Airshow.' Navy Medicine's critical capability of expeditionary medicine and its ability to stabilize and save the warfighter was on full display with a mobile medical tent filled with cutting-edge medical simulation equipment during the airshow weekend.**

With a steady stream of airshow spectators flowing through the tent, the interactive STEM display instilled interest in military medicine to many and demonstrated to the American tax-paying public that they can rest assured that if and when needed, military medicine will be there in an expeditionary capacity to initiate the process of critical health care for the warfighter.

"When the public attends military airshows, they typically don't think of military medicine, much less expeditionary medicine," said Cmdr. George H. Sterns, Navy Medicine Readiness Training Unit, Marine Corps Recruit Depot San Diego and Navy Medicine Readiness Training Command San Diego, Miramar Detachment, officer in charge. "However, MCAS Miramar offered us the opportunity to set up a mobile medical tent filled with advanced high-fidelity simulation mannequins that can portray several medical situations, from respiratory issues to organ failure, internal bleeding to amputations."

America's Airshow has a component known as The Innovation and Tech Expo that 'highlights the emerging technologies that the US Marine Corps is exploring and adopting as it looks towards the battlefields of tomorrow.'

"Our presence at the airshow was an opportunity to present to the public that when it comes

to military medical capabilities, we can proudly stand side-by-side with our military aviation teammates and demonstrate that we are committed to evolving in order to meet the needs of our warfighters," said Lt. Tiffany F. Bradley, Naval Medical Center San Diego's Staff Education and Training assistant department head and assistant diversity officer.

Bradley goes on to emphasize that the needs of the warfighter are meant to be met wherever they may need medical services.

"Taking care of the warfighter is among one of the key reasons that we exist. We also take care of military families and retirees. However, at this airshow it is a fitting opportunity to reassure the public that while the Marines conduct their Marine Air Ground Task Force demonstration [which enables Marines to deliver rapid, powerful, and sustainable response on a global scale], we too are demonstrating what we are capable of in the

Battalion none of this would have been possible.

"We are humbled by the interest from the public as we could never have imagined just how many turned out to visit our tent," added Sterns.

The mission of NMCS is to prepare service members to deploy in support of operational forces, deliver high quality health care services, and shape the future of military medicine through education, training, and research. NMCS employs more than 6,000 active-duty military personnel, civilians and contractors in southern California to provide patients with world-class care anytime, anywhere.



**Hospital Corpsman 2nd Class Gregory Yhap, Naval Expeditionary Medical Training Institute Advance X-Ray technologist, instructs an airshow spectator how to intubate during Marine Corps Air Station Miramar's 'America's Airshow.'**

## You can save a life by donating blood

Every two seconds, someone in the U.S. needs blood. It could be because of surgery or cancer treatments. Or maybe they have a blood disorder or have lost a lot of blood. Whatever the reason, there's always a need for donated blood. Even a single donation can save lives. Blood gives us energy by bringing oxygen and nutrients to the body's cells. It also carries waste

products to the liver and kidneys for removal. Blood contains different types of cells and other components. Just two drops of blood can include millions of red blood cells, which carry oxygen and carbon dioxide. Blood also includes white blood cells (which fight disease), platelets (which help form blood clots), and plasma (the liquid portion of blood). Blood has a short shelf life, so

blood donations are always needed. Platelets can only be stored for five to seven days, and red blood cells for up to 42 days. Blood donation is safe and simple. It usually takes only about an hour of your time. But only 3% of Americans give blood each year. You can donate blood if you're in good health & are at least 16 or 17 years old (depending on where you live).

event any of the Marines were to sustain injury in the battlefield," explained Bradley.

Sterns acknowledged that without the collaboration and support of the Naval Expeditionary Medical Training Institute, Navy Talent Acquisition Group Southwest, and the 1st Medical

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**NMRTC Camp Pendleton held a POW/MIA Recognition Day ceremony last month at the hospital's POW/MIA Memorial. The guest speaker was retired Army 1st Sgt. Ken Lepore, a veteran of the Vietnam Conflict, Operation Desert Storm, and Operation Enduring Freedom. In her closing remarks, Capt. Jenny Burkett, Commander of NMRTC CP, challenged the audience to "remember these service members and their families, not just today, but every day."**



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For more information, visit your local military ticket office or call (619) 767-6000 to find a location near you.

### 2023 AZTEC FOOTBALL HOME SCHEDULE

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

IN COOPERATION WITH SDMAC FOUNDATION

## FLEET WEEK SAN DIEGO

### MILITARY AND VETERANS ART EXHIBIT

#### CALL FOR ENTRIES

**The Fleet Week Veterans Art Exhibit 2023**  
 We invite active duty, reservists, veterans, and military spouses to submit their artwork for review and selection into the exhibit, with all mediums of art.  
 The Exhibit will be presented from November 8 through November 12. Entries must be submitted online by October 15.  
 This event takes place at:  
**MUSEUM OF CONTEMPORARY ART SAN DIEGO**  
**Museum of Contemporary Art**  
**1100 Kettner Blvd., San Diego, CA 92101**

**SUBMIT YOUR ART!**  
 SCAN THIS QR CODE FOR INFO ON THIS EVENT AND HOW TO PARTICIPATE

Please direct any questions to:  
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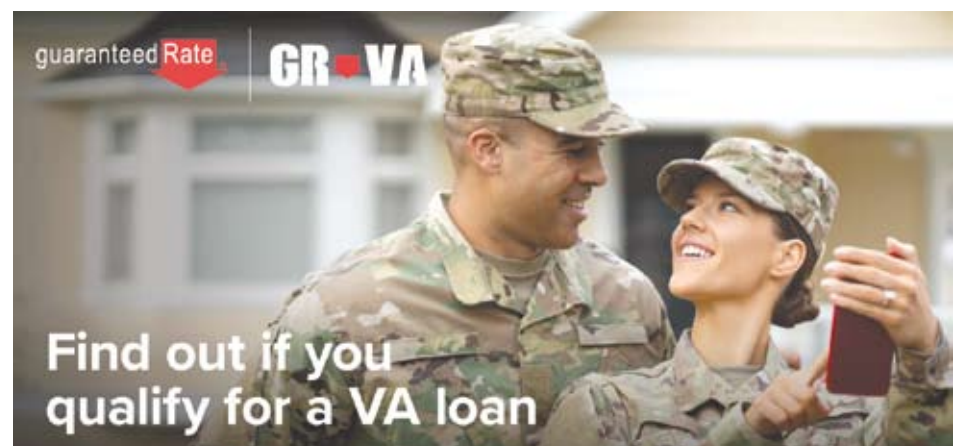
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## A dedicated team of VA loan experts

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