

# ARMED FORCES DISPATCH



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Serving active duty and retired military personnel, veterans and civil service employees

SIXTY-THIRD YEAR NO. 20  
OCTOBER 6, 2023



**Leading the Pack: A Marine Corps drill instructor leads a platoon in warmup exercises before a motivational run at Marine Corps Recruit Depot San Diego, Sept. 21, 2023. U.S. Marine Corps photo by Cpl. Elliott Flood-Johnson**

## Biden signs 45-day funding bill to keep government open

WASHINGTON - The Senate passed a last-minute spending bill Sept. 30 averting a government shutdown that would have triggered a calamitous domino effect on the American public and economy.

The Senate voted to pass the continuing resolution three hours before a 12:01 a.m. shutdown of the federal government would have taken effect. The measure was signed into law by President Joe Biden.

The bill allows the government to stay open for 45 days, giving the House and Senate more time to finish their funding legislation.

In his statement on the passage of a continuing resolution, Secretary of Defense Lloyd J. Austin III said he welcomed congressional action to avert an unnecessary and destructive government shutdown that would have had a "profound impact on the lives of our troops and civilians who work and sacrifice to defend this country every day."

"But I also urge Congress to live up to America's commitment to provide urgently-needed assistance to the people of Ukraine as they fight to defend their own country against the forces of tyranny. America must live up to its word and continue to lead.

Finally, I urge Congress to get back to regular order on appropriations. We need on-time appropriations in order to advance our National Defense strategy and position our military to meet the complex challenges of this century. I will continue to work with members of Congress to do what is necessary to defend this nation, our values and our interests.

The *U.S. Naval Institute* reports that the last-second funding measure that will fund the government until mid-November secures \$621 million to ensure the start of construction for the second Columbia-class nuclear ballistic missile submarine.

The 71-page temporary spending bill included a provision for the start of future USS Wisconsin (SSBN-827) to keep the Navy's number one acquisition priority on track.spending measure.

## OCTOBER: LIST OF MONTHLONG OBSERVANCES

- |   |   |  |   |
|---|---|--|---|
| Nat'l Breast Cancer Awareness Month       | World Hunger Awareness Month                | Nat'l Dyslexia Awareness Month           | Agent Orange Awareness Month                |
| Nat'l Dessert Month                       | Antidepressant Death Awareness Month        | Nat'l Down Syndrome Awareness Month      | Bat Appreciation Month                      |
| Nat'l Cookie Month                        | Eye Injury Prevention Month                 | Adopt a Shelter Dog Month                | Co-op Awareness Month                       |
| Nat'l Pizza Month                         | Fair Trade Month                            | Adopt-A-Dog Month                        | Creole Heritage Month                       |
| Nat'l Domestic Violence Awareness Month   | Nat'l AIDS Awareness Month                  | Arachtober                               | Mental Illness Awareness                    |
| Nat'l Women's Small Business Month        | Nat'l Animal Safety and Protection Month    | Black Speculative Fiction                | Nat'l Learning and Development              |
| Nat'l Pork Month                          | Nat'l Cybersecurity Awareness               | Children's Magazine Month                | TeenTober                                   |
| LGBT History Month                        | Nat'l Kitchen and Bath                      | Employee Ownership Month                 | Nat'l Bake and Decorate                     |
| Children's Health Month                   | Nat'l Cookbook Month                        | Fire Prevention Month                    | Vegetarian Awareness                        |
| Nat'l Bullying Prevention Awareness Month | Nat'l Caramel Month                         | Nat'l Celiac Disease Awareness           | Nat'l Sausage Month                         |
| Nat'l Physical Therapy                    | Drawloween                                  | American Cheese Month                    | Eat Better, Eat Together                    |
| Nat'l Campus Sustainability               | Int'l Dinosaur Month                        | Dysautonomia Awareness                   | Spinach Lovers Month                        |
| Nat'l Seafood Month                       | Nat'l Chili Month                           | Clergy Appreciation Month                | Nat'l Pickled Peppers Month                 |
| Nat'l Pasta Month                         | Diversity Awareness Month                   | Global ADHD Awareness                    | Nat'l Applejack Month                       |
| Country Music Month                       | Vaccine-Injury Awareness                    | Nat'l High School Activities             | Caffeine Addiction Recovery                 |
| Head Start Awareness                      | Nat'l Community Planning                    | Filipino American History                | HCU Awareness Month                         |
| Nat'l Crime Prevention                    | Nat'l Dental Hygiene Month                  | Youth Justice Action Month               | Dwarfism Awareness Month                    |
| Health Literacy Month                     | American Pharmacists                        | Nat'l Audiology Awareness                | Eczema Awareness Month                      |
| Nat'l Arts and Humanities                 | Nat'l Disability Employment Awareness Month | Nat'l Sensory Processing Awareness Month | Global Niemann-Pick Disease Awareness Month |
| Urban October                             | Workplace Politics Awareness                | Nat'l Orthodontic Health                 | Disease Awareness Month                     |
| Farm to School Month                      | Nat'l Pretzel Month                         | World MRSA Awareness                     | Indoor Air Quality Month                    |
| Tackling Hunger Month                     |   | Int'l Strategic Planning                 | Int'l Longevity Month                       |
|   |   |  | Int'l Walk to School Month                  |
|   |   |  | Progtober                                   |

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### Essex completes dry docking

SAN DIEGO - Amphibious assault ship *Essex* undocked from the Pride of California Dry Dock here Sept. 8. *Essex* underwent a 12-month maintenance period to upgrade and refurbish many key systems aboard. "While no Sailor prefers to be in the dry dock over salty breezes at sea, it is apparent that the crew here has used their time well," said Rear Adm. Randall Peck, commander of Expeditionary Strike Group 3. "The ship is looking fantastic and I'm excited to see this crew get back to sea in the near term."

### Future USS Jack Lucas sails away

PASCAGOULA, Miss. - The Navy's newest guided-missile destroyer, future USS Jack H. Lucas (DDG 125), sailed away from the Ingalls shipyard, Sept. 26. "Sail away of the first Flight III Arleigh Burke-class guided-missile destroyer is a historical event for the program," said Capt. Seth Miller, DDG 51 program manager. USS Jack H. Lucas will be commissioned Oct. 7 at a ceremony in Tampa, Fla., before sailing to homeport in San Diego.

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**See pages 10-12**



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## Filipino Heritage Month celebrated with movie highlighting Navy, Filipino Mafia

*The original 2009 Congressional resolution that designated October as Filipino American History Month reads: “Whereas Filipino-American servicemen and servicewomen have a long-standing history of serving in the Armed Forces, from the Civil War to the Iraq and Afghanistan conflicts, including the 250,000 Filipinos who fought under the United States flag during World War II to protect and defend the United States”*



SAN DIEGO -- As Filipino American Heritage Month swept across the nation in September, a captivating feature film emerged, inviting audiences to celebrate not only the rich cultural tapestry but also the unwavering spirit within the U.S. Navy and the enigmatic ‘Filipino Mafia.’

“The Master Chief,” a creation born from the vision of none other than Manny Pacquiao’s Almighty Zeus and the talented writer, director, and actor, Chris Soriano, is poised to captivate audiences with its gripping narrative.

This cinematic masterpiece introduces us to the world of a young Filipino sailor who enlists in the U.S. Navy, driven by dreams of a brighter future. Yet, the voyage is far from ordinary, as he is confronted with the stark reality of

racial tension aboard the ship.

While the term ‘Filipino Mafia’ may carry a negative implication, all Navy sailors speak of it in a positive light. Its roots can be traced back to the strong camaraderie among Filipinos, who support their fellow sailors in resourceful ways.

Chris Soriano, the creative force behind “The Master Chief,” crafted this film not merely as a military action/drama, but as a tribute to the resilience and unspoken bonds that characterize the Filipino experience. As Soriano aptly puts it, “We wanted to create a movie that shows how sailors work together in tough problems like racism and bullying.”

Filmed against the backdrop of San Diego and Navy ships, this cinematic journey is set to

hit the silver screen in Theaters Nationwide on November 10th, in perfect alignment with Veteran’s Day.

### About ‘The Master Chief’

“The Master Chief” is a riveting cinematic experience that explores the challenges and triumphs of a young Filipino sailor in the U.S. Navy. This film not only pays homage to Filipino Heritage Month but also underscores the strength of bonds forged in the crucible of adversity. Through its captivating narrative, it shines a spotlight on the unspoken heroes of the Navy and the enduring legacy of the ‘Filipino Mafia.’

The Master Chief Social Channels: Instagram: [@themasterchiefmovie](https://www.instagram.com/themasterchiefmovie)

The Master Chief Movie Trailer: <https://youtu.be/laexkdEaUhw>

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## Milley defends democracy in farewell speech as Joint Chiefs chairman, says oath to the Constitution

by Doug G. Ware  
Stars and Stripes

WASHINGTON—Army Gen. Mark Milley on Sept. 29 sought to remind Americans on his final day as chairman of the Joint Chiefs of Staff that the U.S. military exists to defend democracy and not to serve a “wannabe dictator.”

“Today is not about anyone up here on this stage,” Milley said during his retirement ceremony at Joint Base Myer-Henderson Hall, located just west of the Pentagon and Arlington National Cemetery. “It’s not about us. It’s about something much larger than us. It’s about democracy. It’s about our republic.”

Milley, who was appointed by former President Donald Trump as chairman of the Joint Chiefs in 2018, formally turned over his duties on Friday to Air Force Gen. Charles “CQ” Brown, who also attended the ceremony along with President Joe Biden and Vice President Kamala Harris and Defense Secretary Lloyd Austin.

Milley at times sounded fiery

during his speech, particularly when he said the military’s top responsibility is to preserve and defend the Constitution. A week ago, Trump condemned Milley in a social media post for contacting the Chinese in late 2020 and early 2021 to assure them that war was not imminent. Milley’s calls were driven by his concerns over Trump’s ability as commander and chief.

A recent book by Bob Woodward and Robert Costa said Milley had reached out to Beijing because he was seriously concerned about Trump’s actions in the wake of his defeat to Biden in 2020 and feared he could start a war with China. In his social post, Trump wrote the act was so “egregious” that “punishment would have been DEATH” in “times gone by.”

“We don’t take an oath to a country. We don’t take an oath to a tribe. We don’t take an oath to a religion. We don’t take an oath to a king or a queen or a tyrant or a dictator. And we don’t take an oath to a wannabe dictator,” Milley said in his speech, an apparent swipe at Trump, who is a 2024 Republican presidential

candidate. “We don’t take an oath to an individual. We take an oath to the Constitution.”

Milley criticized Trump’s post and said the attack led him to take safety precautions to protect himself and his family.

Milley, 65, graduated from Princeton University before he joined the Army in 1980, but he was later named an honorary member of the class of that year at the U.S. Military Academy at West Point, N.Y. In the following four decades, he held a number of commands, including Army chief of staff, U.S. Army Forces Command, III Corps, the 10th Mountain Division and 2nd Brigade Combat Team. He actively served in U.S. military campaigns in Iraq, Afghanistan, Bosnia and Panama and earned numerous medals, including the Bronze Star and Legion of Merit.

“We, the United States military, will always be true to those who came before us. We will never, under any circumstances, turn our back on our duty,” Milley said. “We will never turn our back on the Constitution. That is

our North Star, that is who we are and that is why we fight.”

For a time, it wasn’t known whether Brown would be able to assume his new post by Friday’s ceremony due to the ongoing block on hundreds of military promotions in the Senate by Sen. Tommy Tuberville, R-Ala. Since February, Tuberville has been blocking the upper chamber from confirming large groups of military nominations and promotions due to his opposition to a Pentagon policy that reimburses service members who travel to another state to receive reproductive care, including abortions.

Tuberville can block mass voice vote confirmations, though he cannot unilaterally block the Senate from confirming nominees one by one. Last week, Senate Democratic leader Charles Schumer forced a vote on Brown, who was confirmed by a vote of 83-11. Tuberville was one of the 11 Republicans who voted against him.

“I’m truly pleased that the United States Senate recently confirmed Gen. Brown as our  
see **Milley, page 4**

### Army

•Sergeant’s car crash heroics earn him Soldier of the Year nod

•What’s next for the American Soldier who ran into North Korea?

•Lessons from Ukraine: U.S. Army using conflict in Europe to prepare Soldiers for the next war

•Schofield lockdown lifted, suspect arrested on Molokai

### Navy

•Del Toro says Disruptive Capabilities Office to solve Navy challenges

•Navy issues written reprimands for Red Hill fuel spill

### Marine Corps

•Gen Z Marine lays out some ideas for fixing military recruitment

•Marine Corps leaders struggle with how to train female infantry officers amid worries about standards

•L.A. County deputy faces possible charges in off-duty traffic deaths of two Marines

•They weren’t drafted, they wanted to. Montford Point Marine awarded Congressional Gold Medal

### Air Force

•Air Force will review thousands of discharges related to traumatic brain injury, PTSD following legal settlement

•Minihan: These ‘magic’ Airmen need more SOF-like capabilities

•Air Force Museum goes ‘steampunk’ in newest traveling exhibit

### Space Force

•Space Force could be the service branch hurt most by a government shutdown, experts say

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**A video screen grab shows the change of command ceremony for retiring Army Gen. Mark Milley, chairman of the Joint Chiefs of Staff, front right, and incoming chairman Air Force Gen. "CQ" Brown, front left. Between them are from left: Vice President Kamala Harris, President Joe Biden and Defense Secretary Lloyd Austin. The ceremony took place at Joint Base Myer-Henderson, Va., on Sept. 29. Photo courtesy of Defense Department**

## Milley

continued from page 3

next chairman," Austin said at Friday's ceremony. "But 367 of our outstanding general and flag officers are now grappling with the uncertainty of a blanket hold. So, I urge the Senate to swiftly confirm all of our distinguished military nominees."

Biden also called out the block.

"It's thoroughly, totally unacceptable that more than 300 other highly qualified officers are still in limbo. I've been here a long time. I've never seen anything like this. It's outrageous, and it must stop," he said. "It's a drag on our

force. It impacts everything from readiness to morale to retention, and it's an insult to the officers' years of dedicated service. Our troops deserve so much better."

With Milley's retirement, Brown became the first Air Force general to serve as chairman of the Joint Chiefs since 2005. At Friday's ceremony, Milley called Brown "a man of character and integrity."

"When I became Air Force chief of staff three years ago, I expressed the need to accelerate change. My conviction has not wavered," Brown said after he was sworn in Friday. "The journey of change must continue to strengthen our national security."

# U.S. official says allies acting together to deter China

by Jim Garamone

DOD News

U.S. defense officials are encouraged by the way allies and partners are increasingly acting together to counter Chinese attempts to claim vast areas of the South China Sea and to deter China from military action in the region, said Lindsey Ford, deputy assistant secretary of defense for South and Southeast Asia.

Ford testified, recently, before the House Foreign Affairs Committee about China's efforts to expand its military and law enforcement presence in the South China Sea.

She told the panel that Chinese forces have launched a campaign of harassment against the legitimate economic activities of other claimants in the area. Chinese forces also interfere with ships and aircraft from other states looking to exercise navigational rights and freedoms under international law.

"Close collaboration with our allies and partners is foundational to sustaining and strengthening deterrence in the Indo-Pacific region, including in the South China Sea," Ford said. "We cannot confront complex and interconnected challenges alone, and the South China Sea is no exception."

Over the past 10 years, China has increased "the scope, the scale and the pace of its ap-

proach to assert control over the entirety of the South China Sea," she said.

The Chinese military has constructed a number of military outposts on occupied and reclaimed features in the Spratly Islands and steadily equipped these outposts with an increasing array of advanced military capabilities, Ford said.

"The [Chinese military] has sharply increased coercive and risky operational behavior in the air and at sea, threatening lawfully operating American, allied and partner forces," she said. "This includes sinking Vietnamese fishing vessels, using military aircraft to harass Malaysian offshore energy exploration, flying within 20 feet of U.S. military aircraft and deploying water cannons and military grade lasers to block and target Philippine resupply boats headed toward Second Thomas Shoal."

This is extremely dangerous and increases the risks of miscalculation as incidents occur. Many nations are concerned with these Chinese provocations. "Over the past year, we've seen an unprecedented number of states enhance efforts to support rule of law in the South China Sea, which is a very encouraging development," Ford said.

She listed some of the steps allies and partners are taking. Earlier this week, the Philip-

ines removed a floating barrier installed by the Chinese Coast Guard near Scarborough Shoal. "In the face of [Chinese] threats and intimidation, we've seen Indonesia, Malaysia and Vietnam continue to expand their offshore energy exploration efforts and challenge [Chinese] encroachment," she said.

**Partners across the region and beyond have condemned the Chinese behavior in the South China Sea. These include Australia, Japan, Canada, the United Kingdom and the European Union. "All protested the aggressive [Chinese] maneuvers that we saw against the Philippines at the Second Thomas Shoal," she said.**

The deputy assistant secretary also noted that Japanese and South Korean leaders at the recent Camp David Summit hosted by President Joe Biden "strongly condemned the PRC's aggressive behavior in the South China Sea."

The leaders of the G-7 came out against the militarization of the South China Sea and called on the Chinese to uphold the principles of the Law of the Sea.

"While our allies and partners have taken great steps to stand up for our shared vision, DOD is also taking an increasingly proactive approach to counter [Chinese] coercion," she said. "A key element of this approach is building

asymmetric advantages for our allies and partners."

The United States has allocated \$475 million and capabilities that enable Southeast Asian partners to sense, share and contribute to regional maritime security. This includes funding emerging technologies that will bring greater capabilities to our allies and partners. "Beyond the investments we're making in ally and partner capabilities, we've enhanced the complexity of our military operations in and around the South China Sea to ensure deterrence is strong," she said.

She noted the United States conducted a multi-carrier, multi-domain exercise in the region earlier this year and that thousands of U.S. service members participated in Excise Super Garuda Shield in Indonesia and the Balikatan Exercise with the Philippines.

"We are diversifying U.S. force posture to remain prepared for any crisis or contingency that includes regular rotational deployments of U.S. P-8 [aircraft] and littoral combat ships with Singapore, and in the Philippines recently agreeing to four new enhanced defense cooperation sites that U.S. forces will have access to," Ford said.

Moving ahead, the United States is supporting "multi-lateral and 'mini-lateral' coalitions of allies and partners supporting network security architecture of like-minded nations," she said.

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## Best and brightest: Office of Naval Research's 2024 Young Investigators

by Warren Duffie Jr.  
Office of Naval Research

The Office of Naval Research (ONR) recently recognized awardees of the 2024 Young Investigator Program (YIP).

Twenty-four recipients will share nearly \$18 million in funding to conduct innovative scientific research that will benefit science and technology for the Department of the Navy.

"In order for ONR to support the Sailors and Marines we have the privilege of serving with innovation and scientific and technological excellence, we must identify and attract the brightest scientists and engineers from around the nation," said Chief of Naval Research Rear Adm. Kurt Rothenhaus.

"The Young Investigator Program is critical to that goal, and I am honored to announce the recipients for 2024."

The ONR YIP is a highly competitive program that attracts outstanding early-career academics in science, technology, engineering and math-

ematics (STEM) to propose innovative solutions to Navy and Marine Corps warfighter challenges. Prior academic accomplishments and potential for significant scientific breakthroughs are key elements of the evaluation criteria.

### CAMP PENDLETON (Sept. 28, 2023)

Mellisa Matthews, left, spouse of Chris Matthews, right, a federal police officer, speaks to Marines with 11th Marine Regiment, 1st Marine Division, on the consequences of driving under the influence during a class here. The Marines welcomed the Matthews family, who shared their story of being hit by a drunk driver to bring awareness to the consequences of driving under the influence. Chris is a retired Marine and native of Lawrenceville, Ga. U.S. Marine Corps photo by Lance Cpl. Logan Courtright



The 2024 YIP awardees were chosen from more than 220 applicants — all of whom are college and university tenure-track or equivalent faculty and obtained a Ph.D. on or after Jan. 1, 2016.

Awardees represent 20 academic institutions in 16 states, supporting a broad range of naval-relevant research topics, including quantum information, artificial intelligence, autonomous operations, sensors and sensing, power systems, robotics, high-temperature

thermal management and hypersonics.

The YIP awards support postdoctoral and graduate student stipends and scholarships, the acquisition of laboratory equipment, and other expenses critical to the planned research. Typical grants are \$750,000 over a three-year period.

Established in 1985, the ONR YIP is one of the nation's oldest and most selective basic-research, early-career awards in science and technology. Its

purpose is to fund tenure-track academic researchers, or equivalent, whose scientific pursuits show outstanding promise for supporting the Department of Defense, while also promoting their professional development.

View the list of 2024 Office of Naval Research Young Investigator awardees at <https://www.nre.navy.mil/2024-young-investigators>.



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## USS Louisiana proves readiness of unmatched strategic weapons system

by April Crew-Kelly, Navy Strategic Systems Programs Public Affairs

SAN DIEGO - The Navy's Strategic Systems Programs conducted a scheduled, missile test flight of an unarmed life-extended Trident II (D5LE) missile from USS Louisiana (SSBN-743), an Ohio-class ballistic missile submarine, on the Western Test Range off the coast here Sept. 27.

This test marks 191 successful missile launches of the Trident II (D5 & D5LE) strategic weapon system (SWS) missile since it began operations in 1989. Trident II missile remains unmatched in its reliability.

"I'm immensely proud of the government-industry team," said Vice Adm. Johnny Wolfe, Jr., Director of Strategic Systems Programs. "The completion of DASO-32 marks an historic milestone in the life of the Trident II D5 weapons system, and provides the SSP team with a tangible reminder of the great responsibility before us - sustain this unmatched weapons system while developing the next generation strategic weapons system to ensure our nation's sea-based strategic deterrence capability through 2084."

This was part of a Demonstration and Shake-down Operation, designated DASO-32. DASO-32 is the last DASO conducted by an Ohio-class SSBN coming out of Engineering Refuel Overhaul (ERO). The primary objective of a DASO is to evaluate and demonstrate the readiness of the SSBN's strategic weapon system and crew before operational deployment following the submarine's midlife refueling overhaul or as part of new construction.

An unarmed Trident II D5LE missile launches from submarine *Louisiana*, marking a Demonstration and Shakedown Operation-32 (DASO-32). U.S. Navy photo by MC3 Kevin Tang



The Trident II is a highly accurate and reliable weapon system that's been actively deployed on Ohio-class SSBNs since its introduction to operational deployment on USS *Tennessee* in 1990. It's the deployed system for the re-

maining service life of Ohio-class and U.K. Vanguard-class SSBNs, and is the initial load-out for the U.S. Columbia-class and U.K. Dreadnought-class SSBNs.

Test launches are conducted on a recurring basis to evalu-

ate and ensure the continued reliability and accuracy of the strategic weapon system. Each test provides valuable information about our strategic weapon systems, thus contributing to assurance in our capabilities.

Flight test missiles are n't

armed. Safety of the public and the crew conducting the mission is paramount. Today's launch was conducted from sea, the missile flew over the sea, and landed in the sea. At no time did the missile fly over land.



## October events

**Military & First Responders Softball Tournament**  
**Oct. 10 -24, 2023**  
**Event Times: TBD**  
**Location:**  
**Naval Base San Diego**

**Open to active duty military and first responder teams. If you'd like to enter a team, please contact your base athletic office.**

**Boot Camp Challenge Public Event**  
**Oct. 21, 2023**  
**6:30 a.m. - 12 p.m.**  
**MCRD San Diego**

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# U.S. and Chile: Strengthening ties, celebrating independence

by Petty Officer 2nd Class Aaron Smith

SAN DIEGO - Chilean Sailors assigned to the submarine CS Carrera (SS 22) hosted a Chilean Independence Day ceremony with Commander, Submarine Squadron (CSS) 11 on board Naval Base Point Loma Sept. 18.

Every year, Chile traditionally observes Fiestas Patrias, marking when the first Chilean government declared independence from Spain, Sept. 18, 1810.

Through demonstrations of

their culture by their music and food, the Carrera crew shared their celebration with the U.S. Navy service members. Since the Carrera's arrival at NBPL, Ensign Cristobal Lerdón, a Chilean submariner, noticed many similarities between the two navies.

"It's always the respect, being almost the same, that we treat people in a good way," said Lerdón. "It's important for both our countries and the relationships, but we understand each other. Our families we left behind understand the importance and how

we deploy to other countries, and all of us share that experience."

Observing this celebration together helped the U.S. and Chilean navies strengthen ties of friendship and trust.

"It was a pleasure today to celebrate the Chilean Independence Day with our partners on the Chilean submarine Carrera," said Capt. Kenneth Douglas, commander, CSS-11. "The partnership between the United States and Chile goes back many decades. It was an honor to be able to host them today and par-

# I MEF announces Marine Rotational Force - Southeast Asia deployment

by Capt. Larry Boyd  
11th Marine Expeditionary Unit  
Marine Rotational Force - Southeast Asia began its second rotational deployment on Sept. 26 with a team of Marines and Sailors participating in exercise Sama Sama in the Republic of the Philippines.

The force is also slated to conduct a series of back-to-back exercises and security coopera-

tion engagements with important regional Allies and partners in Southeast Asia, including the Philippine Marine Corps, the Royal Malaysian Navy, and the Indonesian Marine Corps. This rotation will continue through mid-December and marks a significant step towards implementing Marine Corps Force Design 2030 concepts for the efficient force deployment and sustainment of U.S. Marine forces in

the vast Indo-Pacific region.

MRF-SEA serves as a flexible deployment option for joint force commanders to advance maritime security objectives in close partnership with regional Allies and partners. While MRF-SEA is operating in the Indo-Pacific region, the command and control is performed from the West Coast, offering access to a wide array of resources, encompassing military personnel, equipment, and support services.

"Leading Marine Rotational Force - Southeast Asia while shoulder-to-shoulder with our partners, inside their respective command posts, provides a remarkable and dynamic vantage point," said Col. M. Thomas Siverts, commanding officer, MRF-SEA 23. "We are enabling operations that span the vast expanse of the Indo-Pacific region, demonstrating our adaptability in pursuit of our mission. This unique setup emphasizes our commitment to shared security objectives and enhances our collaboration with Allies and partners in a rapidly changing environment."

To follow this story, go to <https://www.marines.mil/News/News-Display/Article/3544916/i-mef-announces-marine-rotational-force-darwin-southeast-asia-deployment/>.

ticipate in their celebration."

Carrera's presence at NBPL is part of the Diesel-Electric Submarine Initiative (DESI). The DESI program, established in 2001 by U.S. Fleet Forces Command, partners with South American submarine-operating navies as they participate in fleet readiness exercises.

"While Carrera is participating in DESI during their deployment to San Diego and will participate in numerous multi-unit exercises over the next two

months, it is also important for our Chilean friends to experience the sights and sounds San Diego has to offer," said Douglas.

Carrera is scheduled to participate in numerous events in support of DESI during their time in San Diego.



Sailors assigned to Chilean Navy submarine CS Carrera (SS 22) sing during a Chilean Independence Day ceremony held on board Naval Base Point Loma Sept. 18. U.S. Navy photo by MC2 Aaron T. Smith

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# Marine Corps deactivates historic F/A-18 training squadron



**M**CAS MIRAMAR - The 3rd Marine Aircraft Wing deactivated Marine Fighter Attack Training Squadron (VMFAT) 101, a historic F/A-18 Hornet training squadron here Sept. 29.

Since 1969, instructor pilots of the VMFAT-101 "Sharpshooters" have qualified combat aviators and sent them to operational squadrons worldwide.

The squadron commemorated the event by "flying the barn," launching 18 aircraft in a single flight. More than 300 Marines, Sailors, veterans, family members and community supporters then gathered for a sundown ceremony to commemorate the squadron's history and contributions to Marine Corps readiness.

"Pilots come to VMFAT-101, cut their teeth, and are transformed into aviation warriors," said Col. William J. Mitchell, commanding officer of Marine Aircraft Group 11, 3rd MAW.

Since October 2019, VMFAT-101 has trained Navy and Marine Corps aviators as the only remaining F/A-18 Hornet Fleet Replacement Squadron in the Department of the Navy.

"Thousands of aircrew have passed through the halls of VMFAT-101—fighter pilots, fighter radar intercept officers, fighter weapon systems officers, and it's bigger than that," said Brig. Gen. Robert B. Brodie, Assistant Wing Commander of 3rd MAW. "This squadron has trained more maintenance Marines than any

other in the Marine Corps. It's a holistic approach to ensure we are ready to fight and win."

The training mission of VMFAT-101 will transfer to Marine Fighter Attack Squadron (VMFA) 323, a 3rd MAW operational squadron at MCAS Miramar. As outlined in the 2022 Marine Corps Aviation Plan, the Hornet will continue to operate and provide combat capability until its complete transition to the F-35 Lightning II in 2030.

Brodie is an F/A-18 pilot and

served as commanding officer of VMFAT-101 from 2011 to 2013. He and Lt. Col. Ryan J. Franzen, the final commanding officer of VMFAT-101, were joined by ten former VMFAT-101 commanding officers and two spouses representing their late husbands.

"We're standing on the shoulders of giants," said Franzen. "You helped shape the 'Sharpshooter' legacy."

VMFAT-101 was commissioned at Marine Corps Air

Station El Toro, Calif., on Jan. 3, 1969, as part of the Marine Combat Crew Readiness Training Group 10, 3rd Marine Aircraft Wing.

The squadron trained Naval aviators and Naval flight officers in the employment of the McDonnell Douglas F-4 Phantom II. VMFAT-101 flew its first training sortie on Feb. 20, 1969, and completed its first class of fighter aircrew by August of that year.



**SAN DIEGO (Sept. 28, 2023)** Marine Corps Capt. Peter Lindsey, a pilot with Marine Fighter Attack Training Squadron, participates in a search and rescue exercise off the coast here. Marines, Sailors and Coast Guardsmen executed a joint search and rescue drill to improve interservice coordination and validate procedures for real world search and rescue operations. U.S. Marine Corps photo by Lance Cpl. Jennifer Sanchez



**SAN FRANCISCO (Oct. 1, 2023)** Marines and Sailors aboard USS John P. Murtha (LPD 26) man the rails as part of San Francisco Fleet Week 2023. SFFW is an opportunity for the American public to meet their Navy, Marine Corps and Coast Guard teams and experience America's sea services. U.S. Marine Corps photo by Cpl. Trent A. Henry



**PACIFIC OCEAN (Sept. 12, 2023)** Air Force personnel, training with the 68th Rescue Squadron, rescue a simulated casualty during the Combat Leader Course off the coast of California. The Airman at the top of the cliff directed the other student in the safest way to lift the casualty over the edge. U.S. Air Force photo by Airman 1st Class Devlin Bishop

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OCTOBER 6, 2023 [www.armedforresdispatch.com](http://www.armedforresdispatch.com) 9

# Wags of wellness: Dogs enlisted in Navy effort to improve Sailors' mental health

by Alison Bath

Stars and Stripes

NAPLES, Italy - Once nearly as common in the Navy as sailors, dogs are poised to make a comeback as the service strives to broaden its approach to mental health.

Oliver, a golden retriever, and Morgan, a mixed breed, are among several dogs that now regularly staff USO centers overseas as part of the organization's canine therapy program, the Navy announced in July.

The two dogs made their debut earlier in the summer at Naval Air Station Sigonella on the Italian island of Sicily.

Six American Red Cross-certified therapy dogs joined the center at Naval Support Activity Naples in September as part of the same program, implementation of which will vary by base.

There are plans to expand to other locations, such as Naval Station Rota in Spain, USO officials said in September.

They join Sage, a yellow Labrador retriever who deployed on USS *Gerald R. Ford* in April as part of a pilot program, according to the Navy. The carrier has

been on patrol in the U.S. Naval Forces Europe-Africa/U.S. 6th Fleet area of operations.

"Deploying support dogs such as Sage on ships is another measure the Navy is testing out in its efforts to provide a holistic and well-rounded selection of mental health resources for sailors," a Navy spokesperson said in September.

Sage is the only support dog deployed on a Navy ship, but more could be on the way pending evaluation of the program, the spokesperson said. Chaplains, psychologists and counselors also are on board to help sailors, the spokesperson added.

The Navy has been grappling with an increase in sailor suicides since 2006, according to data on its website.

In 2022, 70 active-duty sailors died by suicide, a rate of 20.1 per 100,000, preliminary data show. By way of comparison, 32 active-duty sailors killed themselves in 2006, putting the rate of Navy suicides at 9.1 per 100,000 the lowest in the last 17 years, according to the data.

Since then, the rate mostly has climbed, reaching 22.1 in 2019,

when 74 active-duty sailors died by suicide, according to the data.

As of August, suicide has claimed the lives of 41 active-duty sailors this year, according to the Navy. The rise in suicides is not limited to the Navy, however.

From Jan. 1 to March 31, 94 active-duty service members across the armed forces killed themselves, according to a Defense Department report released in July. That is up 25 percent from the same period in 2022, according to the report.

The Army had the highest increase, with 12 more suicides in the first three months of this year compared with the same time last year, the report stated. The Navy's number stayed the same.

At NSA Naples' Capodichino site Thursday, a steady stream of sailors stepped into the USO to visit with Bentley, a 10-year-old English bulldog who goes by the nickname Gordo.

Most appeared to come in solely to visit with the dog, picking up a snack or drink while they were there.

"(Dogs) make you feel like



**Petty Officer 3rd Class Julia Walden, left, and Seaman Mckade Kerr pet Bentley, a therapy dog who visits the USO center at Naval Support Activity Naples in Italy on Thursdays as part of the organization's canine therapy program. Their visit came on Sept. 28. Photo courtesy of Stars and Stripes**

you're not alone," said Petty Officer 3rd Class Julia Walden, who left her dog back in the U.S. but acquired two while living in Italy. "They give you something to look forward to."

Petting or playing with a dog relieves stress, eases homesickness or distracts people from problems, said Margaret McCullough, the USO Sigonella center manager.

She told the story of a female sailor who recently spent time with the dogs in Sigonella and broke down in tears. The emo-

tion surprised the sailor, who said she'd been going through some personal issues, McCullough said.

The power of animals for therapy is "undeniable when you see those reactions," said McCullough, who is Morgan's owner.

As it turns out, dogs have a long history of providing that type of comfort, companionship and sense of normalcy to sailors, said Gordon Calhoun, a historian and curator with the National Museum of the U.S. Navy.

For much of the service's history, canines were brought aboard ship by sailors, who also took their cats, goats and other farm animals along for yearslong voyages, Calhoun said.

More exotic creatures such as bears, wallabies and jaguars also were known to be aboard, Calhoun said.

By World War II, most animals on ships were dogs or cats, but that changed when the Navy turned its attention to pride and professionalism initiatives, he said.

"Attitudes changed about it and you saw less and less of them coming into today," Calhoun said.

Dogs typically aren't allowed on ships except during in-port visits from organizations such as Mutts with a Mission, the Navy spokesperson said.

Dogs chosen to be therapy canines must meet a variety of criteria, including comfort level in social situations, USO officials said.

The connection between sailors and animals endures, which speaks to the more human side of naval history, Calhoun said.

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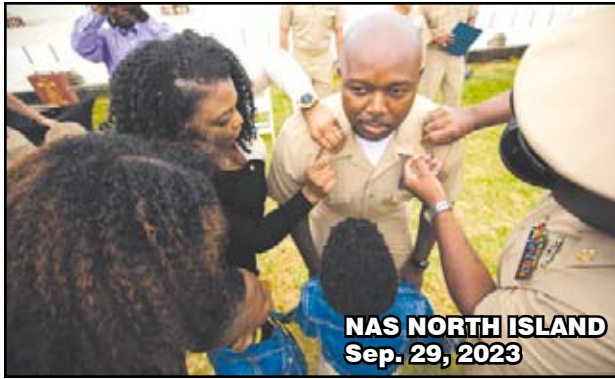


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**NAS NORTH ISLAND**  
Sep. 29, 2023

Chief Aviation Ordinance Lamar Gayman receives his anchors from his wife Elizabeth; sons Bryson and Caleb; daughter Lakiya, and Senior Chief Petty Officer Kieth McBride. U.S. Navy photo by MC2 Jordan Jennings

Rear Adm. Randall Peck, right, commander of Expeditionary Strike Group 3, presents Capt. John Kiefaber, CO of amphibious assault ship *Tripoli*, with the 2022 Adm. James H. Flatley Memorial Award. U.S. Navy photo by MC3 Olivia Rucker



**SAN DIEGO**  
Sept. 28, 2023



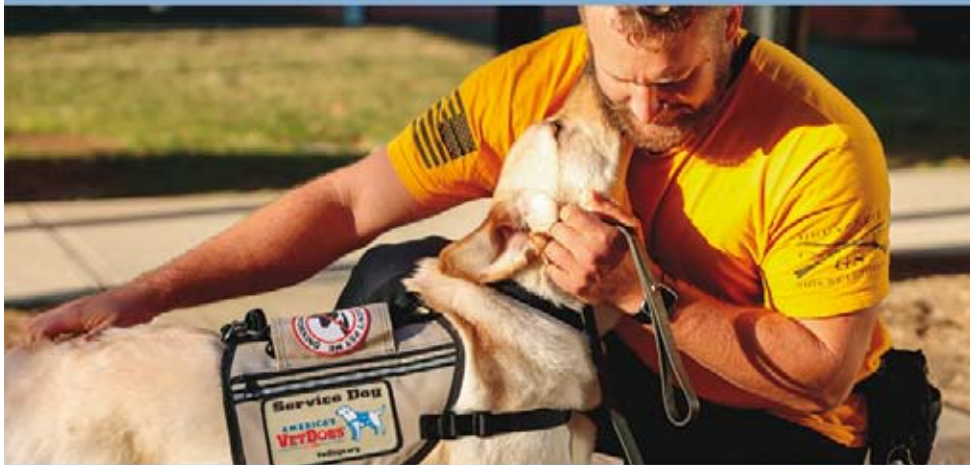
**CAMP PENDLETON**  
Sept. 19, 2023.

Marines with 2nd Battalion, 11th Marine Regiment, 1st Marine Division, teach service members and civilians about utilizing A light-weight 155 mm howitzer during Fall Firing Exercise 23. Fall FIREX is a regimental-level exercise designed to allow multiple batteries to train together in order to increase readiness, efficiency and lethality. U.S. Marine Corps photo by Lance Cpl. Keegan Jones

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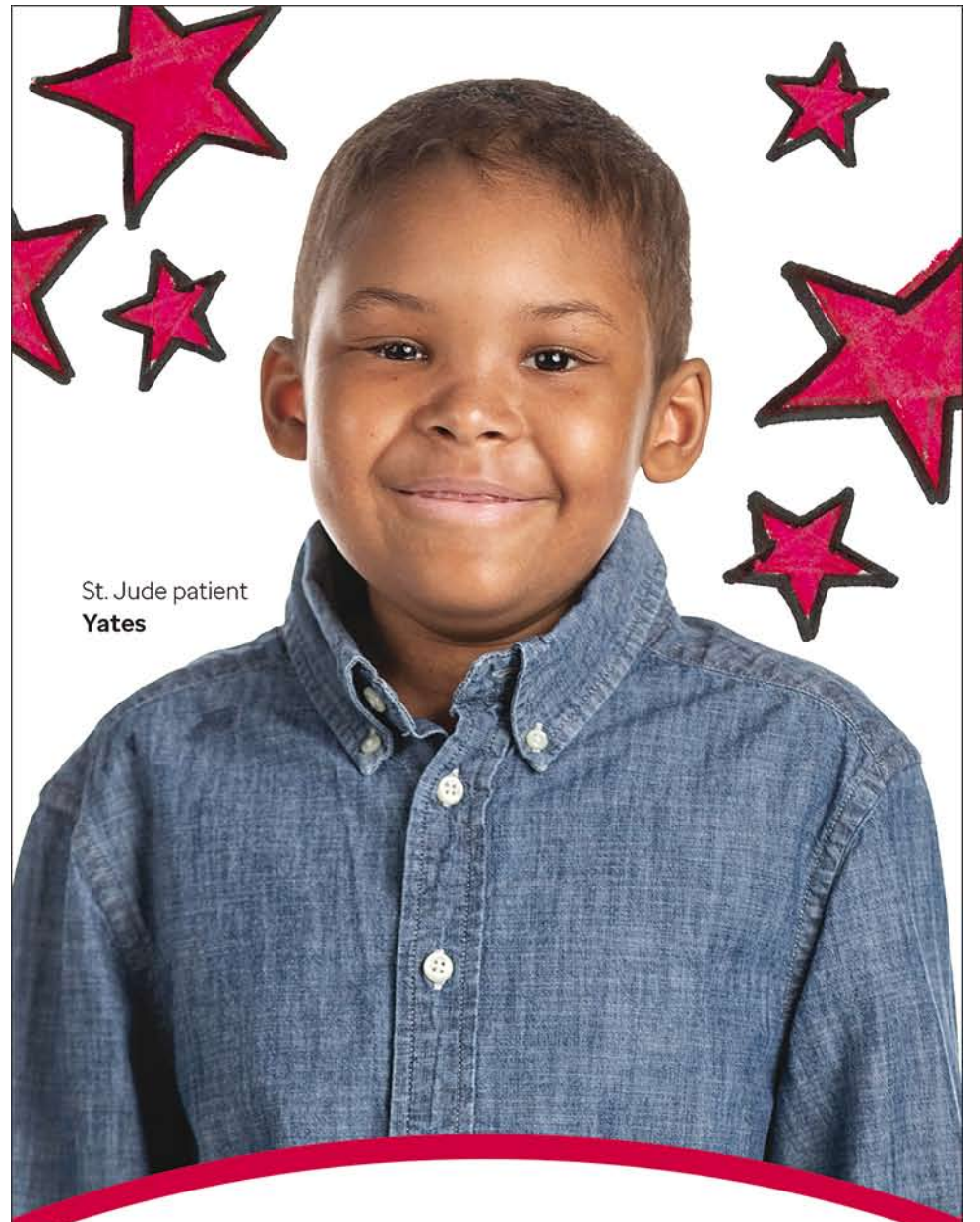


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farmers markets around San Diego County, visit the San Diego County Farm Bureau website at <http://www.sdfarmbureau.org/farmers-market/>. Days and times are subject to change. Please email us any corrections: [editor@](mailto:editor@)

*navydispatch.com Subject: Farmers Market Correx*

## Coronado Certified Farmers Market

Tuesday: 2:30pm-6pm  
Coronado Ferry Landing, 1201 First St at B Ave, Coronado, CA 92118

## Downtown / Gaslamp Quarter City Heights Certified Farmers Market

Saturday: 9am-1pm  
On Wightman St from Fairmount Ave to 43rd St, San Diego, CA 92105

## Gaslamp Artisan Market

Saturday & Sunday: 11am-4pm  
Fifth Ave from Island Ave to J St. and Island Ave from Fourth Ave to Fifth Ave, San Diego, CA 92101

## Little Italy Mercato Certified Farmers Market

Saturday: 8am-2pm  
501 W Date St from Kettner Blvd to Front St, San Diego, CA 92101

## Tuna Harbor Dockside Market

Saturday: 8am-1pm  
598 Harbor Ln - Fish Harbor Pier (near Tuna Harbor), San Diego, CA 92101

## Hillcrest / Uptown Hillcrest Certified Farmers Market

Sunday: 9am-2pm  
3960 Normal St from Lincoln Ave to University Ave, San Diego, CA 92103

## North Park Thursday Certified Farmers Market

Thursday: 3pm-7:30pm

2900 North Park Way from 30th St to Granada Ave, San Diego, CA 92104

## La Jolla La Jolla Open Aire Market

Sunday: 9am-1pm  
7300 Block of Girard Ave at Genter St, La Jolla, CA 92037

## Mission Bay and Beaches Ocean Beach Certified Farmers Market

Wednesday: 4pm-8pm  
4900 Newport Ave from Cable St to Bacon St, San Diego, CA 92107

## Pacific Beach Tuesday Certified Farmers Market

Saturday: 8am-12pm  
4150 Mission Blvd from Reed St to Pacific Beach Blvd, PB, CA 92109

## Pacific Beach Tuesday Certified Farmers Market

Tuesday: 2pm-7pm  
4500 Bayard St. from Garnet Ave to Hornblend St San Diego, CA 92109

## Mission Valley and Old Town Kearny Mesa Certified Farmers Market

Saturday: 10:30am-2:30pm  
Service Road from Lightwave Ave to Spectrum Center Blvd, San Diego, CA 92123

## South Bay Chula Vista - Otay Ranch Certified Farmers Market

Tuesday: 4pm-8pm  
2015 Birch Rd. and Eastlake Blvd. Chula Vista, CA 91915

**Farmers Market**  
Friday: 2pm-7pm (April - Sept.)  
Friday: 2pm-6pm (Oct - March)  
Imperial Beach Pier Plaza, 10 Evergreen Ave, Imperial Beach, CA 91932

**South Bay Certified Farmers Market**  
Wednesday: 3-7pm  
4475 Bonita Rd. Bonita, CA 91902

## East County Borrego Springs Certified Farmers Market

Friday: 7am-Noon  
(October - April, closed May - September)

Christmas Circle, 700 Palm Canyon Dr and Borrego Springs Rd Borrego Springs, CA 92004

## La Mesa Village Certified Farmers Market

Friday: 3pm-7pm  
La Mesa Blvd from Palm Ave and Allison Ave, La Mesa, CA 91942

## Santee Certified Farmers Market

Wednesday: 3pm-7pm (March - October)  
Wednesday: 2:30pm-6:30pm (November - February)

9600 Carlton Hills Blvd and Mast Blvd, Santee, CA 92071

## Santa Ysabel Certified Farmers Market

Sunday: Noon-4pm  
21887 Washington St at Hwy 78 and Hwy 79. Santa Ysabel, CA

**Carlsbad State Street Certified Farmers Market**  
Wednesday: 3pm-7pm (March-Oct)

Wednesday: 3pm-6pm (Nov-Feb)  
2900 State St from Carlsbad Village Dr to Grand Ave, Carlsbad, CA 92008

## Del Mar Certified Farmers Market

Saturday: Noon-4pm  
Civic Center, 1050 Camino Del Mar, Del Mar, CA 92014

## Leucadia Certified Farmers Market

Sunday: 10am-2pm  
Paul Ecke Elementary, 185 Union St, Encinitas, CA 92024

## Oceanside Certified Farmers Market

Thursday: 9am-1pm  
Pier View Way and Coast Hwy 101, Oceanside, CA 92054

## Rancho Santa Fe Certified Farmers Market

Sunday: 9:30am-2pm  
Del Rayo Village Center. 16079 San Dieguito Rd, Rancho Santa Fe, CA 92091

## Solana Beach Certified Farmers Market

Sunday: Noon-4pm  
444 South Cedros Ave, Solana Beach, CA 92075

## North Inland Escondido Certified Farmers Market

Tuesday: 2:30-7pm (Oct- May)  
Tuesday: 2:30-7pm (June-Sept)  
200 East Grand Ave from N Juniper St and S Kalmia St, Escondido, 92025 **continued on page 14**



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## --- COMBINED FEDERAL CAMPAIGN ---

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## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

## Why are we still falling back into darkness?

winter morning memories will be triggered once again. I've always hated saying good-bye to Daylight Savings Time, the period between March and November when we set clocks back an hour to maximize daylight.

The idea of setting clocks forward during part of the year was first satirized by Benjamin Franklin in a Journal of Paris essay in 1784, in which he claimed to have been accidentally awakened at six in the morning, and was surprised to "discover" that the sun shone at that hour. Franklin proposed setting church bells and cannons off every morning at sunrise to show Parisians his discovery. "An immense sum! that the city of Paris might save every year, by the economy of using sunshine instead of candles."

In the U.S., DST was adopted in 1918 during World War I to conserve energy resources, but over the years, individual states (and other countries who'd enacted similar policies) have questioned the continued use of time changes. I'm with Ben. I don't want to "fall back" this November into darkness. I'd rather live in the sun, and plenty of others agree with me.

In recent years, there have been efforts in the US to do away with our twice-yearly clock changes. Some states have enacted legislation to adopt permanent DST, and others have advocated to eliminate DST. Regardless of which side jurisdictions land, there seems to be a growing consensus that changing the time disrupts sleep, inconveniences farmers, and possibly increases incidences of

suicide, accidents, criminal activity, stroke and heart attack.

State legislatures have considered approximately 550 bills to make DST permanent, and nineteen states have conditionally enacted such laws. Only two states, Hawaii and Arizona, have never recognized DST, using an old loophole in the Uniform Time Act of 1966 to remain on Standard Time year round, arguing it's healthier and saves air conditioning costs.

If so many states want permanent DST, and polls show that 48 percent of Americans want it over 29 percent who want permanent Standard Time, then why do we still have to set our clocks back on November 5th this year? Because the feds won't allow states to adopt permanent DST until it says so. Senator Marco Rubio's 2022 Sunshine Protection Act aims to federally permit states to adopt permanent DST, but the House of Representatives can't seem to agree on it.

Thankfully, I don't have to rise every winter morning at o-dark-thirty to ride my bike to swim practice anymore. I no longer wake before sunrise to pack three school lunches like I did for fifteen years at multiple duty stations. As an empty nester and "mature" retired military spouse, I can lallygag until the sun peeks over the horizon, unless our dog awakens me before dawn.

So regardless of the laws, the clocks can be damned. I choose to follow the sun, where ever and whenever it faithfully appears, shining its cheerful, uplifting rays of light.

Those were cold, dark winter mornings during second semester of my freshman year in college, when my alarm woke me at 5:00 am for morning swim team practices. I'd miraculously made the team as the only walk-on, and we'd begun two-a-day practices, swimming seven miles worth of yardage a day.

Even though I was only 18 and in the best cardiovascular shape of my life, I dragged my weary bones out of the top bunk when that evil alarm rang every morning as if I was a decrepit octogenarian using a walker and an oxygen tank. Bundled in a winter parka, I'd fumble with the frozen chain lock securing the cheap ten-speed bike my grandfather had provided to the rack outside my dorm, so that I could ride across the dark campus's icy sidewalks to the natatorium.

During those lonely winter sojourns in 1985, the complete lack of sunlight relegated me to a dark, frozen corner of Hell. Light did not surface during winters in Ohio until I was back on my bike after morning practice, pedaling furiously to make my eight-o'clock class, my wet, chlorinated hair frozen into icicle dreadlocks.

This Nov. 5, when we set the clocks back an hour, those traumatic

AutoMatters™ & More



by Jan Wagner

## 2023 MCAS Miramar AirShow - Americas air show

"The F-35B is the world's first short-takeoff, vertical landing, or 'STOVL,' 5th generation fighter." At the air show, its performance was dramatically demonstrated in both conventional and STOVL modes of flight.

The Marine Corps MV-22 is a tiltrotor aircraft. "With its engine nacelles and rotors in vertical position, the MV-22 Osprey can take off, land and hover like a helicopter. When airborne, the engine nacelles can be rotated, thus converting the V-22 to a turboprop fixed-wing aircraft capable of high-speed and high-altitude flight." Each of its two powerful Rolls-Royce engines are rated at 6,150 shp. It can carry 24 combat troops, or up to 20,000 pounds of cargo.

MCAS Miramar is "sustained by over 10,000 Marines, Sailors, and their families. Miramar, spanning across 23,000 acres, serves as the powerhouse and support hub for the warfighters and aircraft that form the 'Hammer of the Marine Expeditionary Force.'"

As we learned from the informative, 100-page Miramar AirShow program, the aerial performance schedule included military and civilian performers: Kent Pietsch Comedy and Deadstick, USAF U-2 Dragon Lady, Vicky Benzing 450 Stearman, Hot Streak Jet Truck versus Vicky Benzing Race, SOCOM Para-Commandos, USMC MV-22 demo, USMC F-35B Lightning II demo, Warbirds Over Miramar, C-17 Globemaster demo, Red Bull Air Force, USAF F-16 Viper demo with P-51D Mustang Heritage Flight, Marine Air-Ground Task Force demo (MAGTF), Mike Goulian High Performance Aerobatics, Hot Streak Jet Truck versus Mike Goulian Race and the U.S. Navy Blue Angels with Fat Albert.

We observed the capabilities of the MV-22 Osprey in a highlight of the air show: the spectacular Marine Air-Ground Task Force simulated combat assault. A Joint Strike Force of F/A-18 'Hornets' and F-35B Lightning aircraft assessed and softened up their target, complete with massive explosions on the ground. Massive Super Stallion helicopters lifted and carried heavy equipment. Marines rappelled from helicopters and were joined by additional combat troops to conduct an assault.

Civilian performers included the Red Bull Air Force, thrilling us with amazing acrobatic maneuvers (loops, rolls and dramatic dives) in a specially engineered acrobatic helicopter.

There were numerous static (ground) displays of military hardware, including many aircraft, vehicles, weapons systems and more.

Located inside a large hangar was the Innovation and Tech Expo, with

exhibits that demonstrated "the ever-strengthening relationships between the Marine Corps and (its) industry and academic partners as (they) explore the emerging technologies and capabilities of next generation conflicts." Exhibit themes included energy, data sciences, communication, emerging technology, unmanned systems and STEM.

At the Precision Exotics Experience, where spectators could experience high-powered exotic automobiles on a road course.

The finale of each day's air show was a thrilling performance of the U.S. Navy Blue Angels F/A-18 Super Hornet flight demonstration team, with "Fat Albert"—the Blue Angels' C-130 support aircraft. The event program features several pages filled with information about the Blue Angels. Navy and Marine Corps jet pilots with an aircraft carrier qualification and a minimum of 1,250 total jet flight-hours are eligible for positions flying jets Number 2 through 7. The Events Coordinator, Number 8, is a Naval Flight Officer or Naval Aviator who has finished their first tour. The team consists of 138 world-class, active-duty Sailors and Marines, representing more than 800,000 active-duty, reserve, and civilian men and women currently serving worldwide in the Navy and Marine Corps. Since 1946, the Blue Angels have performed for nearly 600 million fans. The hope is that tomorrow's leaders will be encouraged and motivated by what they see in the performance, and all the men and women that make up the Blue Angels.

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## Food to reduce bloating

*DEAR MAYO CLINIC: My doctor recommended that I add more fruits and vegetables to my diet. I have slowly increased my intake over the past two months, but lately I have begun to experience increased gas and bloating. Are there certain foods to avoid to limit abdominal distress? How can I embrace a more healthful diet but banish the discomfort?*

**ANSWER:** Congratulations on working to embrace a more nutritious diet. Incorporating more fruits and vegetables, which provide valuable fiber, is a step in the right direction to help manage cholesterol, blood pressure, blood sugar and overall weight. However, if you are not used to consuming fiber-rich foods in your diet, you will want to do so slowly to avoid bloating and abdominal pain.

The amount of fiber each person needs is based on age. Generally, men aged 50 and younger should aim for 38 grams of fiber daily, whereas women of this age would target 25 grams daily. As we age, fiber intake recommendations decrease. Men aged 51 and older should aim for 30 grams of fiber daily; women should aim for 21 grams daily.

Also, be mindful that certain foods — and drinks — can trigger excess digestive discomfort. Consider avoiding some common offenders and you can continue on your path to a more nutritious lifestyle.

### Fruits with high fructose content

Many people avoid fruit because fruit has sugar, including fructose and sorbitol, which can cause inflammation and gas. But fruit contains fiber, which is important for a healthy diet, and beneficial vitamins and minerals. Avoid fruits that are high in fructose, such as apples, pears and watermelon. Instead, choose bananas, oranges, cantaloupe and darker-hued fruit — such as blackberries, blueberries and strawberries — which contain valuable antioxidants.

### Beans and lentils

Though beans and lentils are excellent sources of protein and fiber, these foods also contain complex sugars called oligosaccharides, which cause bloating and gas as they pass through the digestive system. To reduce the amount of sugar, always rinse canned beans and ensure they are thoroughly cooked. Cooking beans until they are very soft helps to decrease gas production.

Alternative, easier-to-digest options that won't cause as much bloating include tofu, tempeh or quinoa.

### Cruciferous vegetables

Broccoli, cauliflower, brussels sprouts and cabbage are among the most challenging to digest due to their complex fibers, which tend to ferment in the gut, causing gas and bloating. Alternative nutrient-rich foods that are easier on the gut include dark leafy greens like kale, spinach and Swiss chard.

### Onions and garlic

Many allium family varieties, including red and yellow onions and garlic, can be difficult to digest. This is because they contain something called fructan, which can ferment in the gut and cause nausea, bloating, gas and diarrhea. To reduce sensitivity, cook the vegetables well or soak in water for at least 15 minutes if eating them raw. You may also consider using powdered versions — although some people may still have sensitivity. To enhance flavor in your dishes, look to alternatives such as celery, fennel, shallots or chives. You can also add other spices and herbs such as basil, ginger and oregano to add depth to your meals without the fear of digestive issues.

With some adjustments, you can ease the bloating and discomfort you currently experience. Additional tips include:

- Eat smaller meals, more frequently. Instead of eating large meals, eat smaller portions more frequently throughout the day. This approach can help your digestive system process food more efficiently, reducing the chances of bloating.
- Eat slowly. Taking time to chew your food thoroughly can help ensure that food is properly broken down in your mouth, which aids digestion and reduces the strain on your stomach. This also helps you to avoid overeating, which can put unnecessary pressure on your digestive system and cause more bloating.
- Stay hydrated. Ensure you drink enough water daily to support healthy digestion. Being properly hydrated helps move food smoothly through your digestive tract.
- Avoid carbonated beverages. Soda and other carbonated beverages introduce excess air into the digestive system, which leads to more bloating and gas. Instead, drink still or flat water or try peppermint, chamomile or ginger tea after meals, which can help promote digestion and soothe your gut.
- Keep a food journal. As you adjust your diet, consider tracking what you eat and how you feel afterward in a food journal. This practice can help you identify specific trigger foods and let you make further adjustments for your comfort.

Hopefully, by incorporating small changes, you can continue enjoying your new diet without unpleasant side effects. Fiber has many benefits, including improved gut health over time. However, if you find that you still experience bloating, gas or other abdominal discomfort, talk with your primary healthcare specialist. He or she can rule out food allergies or other conditions.

— Dr. Christine Nguyen, Family Medicine, Mayo Clinic, Jacksonville, Florida

# ChatGPT plays doctor with 72% success

Ryan Heath, author of *Axios AI+*

As AI capabilities advance in complex medical scenarios that doctors face on a daily basis, the technology remains controversial in medical communities.

The big picture: Doctors are grappling with questions about what counts as an acceptable success rate for AI-supported diagnosis and whether AI's reliability under controlled research conditions will hold up in the real world.

Driving the news: A new study from Mass General Brigham researchers testing ChatGPT's performance on textbook-drawn case studies found the AI bot achieved 72% accuracy in overall clinical decision making, ranging from identifying possible diagnoses to making final diagnoses and care decisions.

Why it matters: AI could ultimately improve both the efficiency and the accuracy of diagnosis as healthcare in the U.S. gets more expensive and complicated as individuals live longer, and the overall population ages.

While America is home to

many of the best physicians and hospitals in the world, in 2021, the U.S. spent around 18% of GDP on health care, nearly twice as much as the average advanced economy.

Details: The Mass General Brigham study is among the first to assess the capacity of large language models across the full scope of clinical care, rather than a single task.

The study "comprehensively assesses decision support via ChatGPT from the very beginning of working with a patient through the entire care scenario" including post-diagnosis care management, the report's co-author Marc Succi, executive director at Mass General Brigham's innovation incubator, told *Axios*.

ChatGPT got the final diagnosis right 77% of the time. But in cases requiring "differential diagnosis" — an understanding of all the possible conditions a given set of symptoms might indicate — the bot's success rate dropped to 60%.

A second study across 171 hospitals in the U.S. and the

Netherlands found that a machine learning model called ELDER-ICU succeeded at identifying the illness severity of older adults admitted to intensive care units, meaning it "can assist clinicians in identification of geriatric ICU patients who need greater or earlier attention."

Be smart: While AI has outperformed medical professionals in some specific tasks, such as cancer detection from medical imaging, many studies of the possible medical uses of AI have yet to translate into real world practice, and some critics argue that AI studies aren't grounded in real clinical needs.

Of note: AI tests in a research setting come with no risk of malpractice lawsuits, unlike humans operating alone or with the assistance of AI in real clinical settings.

What they're saying: Succi, while encouraged by the Mass General Brigham study, told *Axios* there's more work to do to "bridge the gap from a useful machine learning model to actual use in clinical practice."

The value of AI assistance to doctors is clearest "in the early

stages of patient care when little presenting information (is available) and a list of possible diagnoses is needed," Succi said.

"Large language models need to be improved in differential diagnosis before they're ready for prime time," Succi said, adding that researchers should also look at how to apply AI to hospital tasks that do not require final diagnosis, such as emergency room triage.

Succi said that ChatGPT is starting to exhibit the capabilities of a newly graduated doctor. But since there are "no real benchmarks" for success rates among doctors at different levels of seniority, he added, judging whether AI is adding value to a doctor's work will remain complicated.

What's next: To allow ChatGPT or comparable AI models to be deployed in hospitals, Succi said that more benchmark research and regulatory guidance is needed, and diagnostic success rates need to rise to between 80% and 90%.

*Axios gets you smarter, faster with news & information that matters. Read <https://www.axios.com/2023/08/29/chatgpt-medical-diagnosis-study>*



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