

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985
 Serving active duty and retired military personnel, veterans and civil service employees

SIXTY-THIRD YEAR NO. 43
 APRIL 1-15, 2024



8 SECONDS Lakeside Rodeo returns for another go-round Thursday, April 25 through Sunday, April 28. Bring the family and enjoy the sport that arose out of the working practices of cattle herding in Spain and Mexico, expanding throughout the Americas and to other nations. Pictured is JC Mortensen riding Western Rodeo's Red Wagon and having some rodeo fun at Lakeside Rodeo Arena last year. Buy your tickets at www.LakesideRodeo.com. Courtesy of Kaus photos.

Lakeside Rodeo returns for 60th anniversary

Are you ready to rodeo? El Capitan Stadium Association is proud to present So Cal's premier PRCA rodeo. That's right! The Lakeside Rodeo returns for its 60th anniversary on Thursday, April 25 through Sunday April 28.

Each performance of the rodeo features:

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- Breakaway Roping
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- Barrel Racing
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- Stick Horse Racing - A Lakeside Rodeo Original Event

Performances are Thursday,

April 25, 7:30 p.m.; Friday, April 26, 7:30 p.m. (gates open at 6 p.m.); Saturday, April 27, 7:30 p.m. (gates open at 6 p.m.); and Sunday, April 28, 1 p.m. (gates open at noon)

The Rodeo Ticket Booth is open for onsite ticket sales at the Lakeside Rodeo Grounds, 12584 Maplevue St. in Lakeside 1-3 p.m. Monday through Friday and Saturdays from 11 a.m.-4:30 p.m. (hours subject to change). See the rodeo web site for online ticket purchase at www.lakesiderodeo.com.

All performances are reserved seating. Tickets are ONLY available through our web site or box office. Do not purchase tickets from any other site or resellers! Google maps link is not correct

and is also a scam! call (619) 561-4331. Please leave
 For tickets and information detailed message.



U.S. reflects on sacrifice, service during National Medal of Honor Day

(Stars and Stripes) The nation paused to remember the more than 3,500 Medal of Honor recipients for National Medal of Honor Day on Monday.

March 25 is designated as National Medal of Honor Day. The annual day, first observed in 1991, "provides an opportunity for Medal of Honor Recipients and the public alike to pause and reflect on the importance of service and sacrifice," according to the Congressional Medal of Honor Society.

The date holds special significance, as the first Medal of Honor was presented to Army Pvt. Jacob Parrott on that day in 1863. Five other members of Andrews' Raiders - a group of soldiers who carried out a plan by civilian scout and spy James J. Andrews to destroy the Western and Atlantic Railroad and cut off supplies and reinforcements to the Confederate Army - also would receive the Medal of Honor that day.



Read more at: <https://www.stripes.com/veterans/2024-03-25-national-medal-honor-day-13428424.html>.

Medal of Honor recipients visit Arlington National Cemetery for an Armed Forces full honors wreath-laying ceremony on March 25 in honor of National Medal of Honor Day. Elizabeth Fraser/Arlington National Cemetery



The terms Gold Star family, Gold Star Spouses, and Gold Star Wives traditionally refer to the surviving loved ones of military members who lost their lives in the line of duty. Gold Star Spouses Day was created to honor these loved ones.

Gold Star Spouses day will be observed on Friday, April 5, 2024.

As with many things in American culture, it can take time for our institutions to catch up with society, which is why over time the word "wives" in the name of the remembrance has been replaced by the word "spouses" many use the terms Gold Star Wives Day and Gold Star Spouses Day interchangeably.

Refer to <https://www.goldstarwives.org/>

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SAILORS CAN LIVE IN RV PARKS FULL TIME THANKS TO NAVY POLICY CHANGE

by Kelly Agee, Stars and Stripes

Active-duty Sailors and their families may now spend their entire tours at some Navy bases living in RV parks, according to a recent policy change.



Navy families enjoy Navy RV parks for recreation and leisure travel, but may also choose that option for up to a year while waiting for base housing to become available during a change of duty station, Destiny Sibert, a spokeswoman for Navy Installations Command Headquarters, told *Stars and Stripes* via e-mail March 22.

The new policy, which took effect March 8, also permits active-duty members and their families to stay in an RV park for the duration of their tours of duty, based on space availability, without having to request an extension.

"This policy change is one more initiative among many that we hope will reduce stressors that come with a military lifestyle by providing active-duty families more flexibility and make it easier to enjoy their Navy Morale, Welfare and Recreation Program benefits," Sibert said.

Previously, Navy MWR RV parks required visitors to renew their reservations every 30 days. The new policy permits them to extend another 180 days if space is available. After that, patrons may extend their existing reservation up to one year from their arrival date, pending availability and with approval from the installation commander.

The 30-day limit promotes "fair and equitable opportunity for leisure travel," while the new, extended-stay policy supports active-duty members and their families who prefer to stay in

Navy RV parks long-term. One of those long-term RV dwellers is Chief Petty Officer Wes Alexander, stationed at Naval Base Ventura County, Port Hueneme. He's been living in a 400-square-foot RV with his wife and three children.

"We decided to RV full time because the housing market here is insane," Alexander told *Stars and Stripes* via Facebook Messenger on March 19. "Even though we're 2 hours from Los Angeles the home rent prices are usually above BAH (Basic Housing Allowance) levels."

Alexander, of Murfreesboro, Tenn., plans to live in the 42-foot, two-bedroom RV with two full baths until he retires in 2027.

"There are many pros (of the new policy) for full time families like us, because moving is a major hassle," he said. "It takes about 4-6 hours to move about 10 miles to the next base plus about 2 days prior we start the cleaning and packing process. Being stationary makes it feel more at home and is less stressful."

see RV, next page

Morale, Welfare and Recreation's waterfront Pelican Roost RV Park at Naval Station Mayport, Fla. U.S. Navy



Army

- How Soldiers and survivors recalled deadly 1994 Fort Bragg air crash
- Fort Carson adjusts weekend meal prep after record demand amid Army-wide efforts to overhaul process of feeding Soldiers
- Ft. Liberty Soldier charged with rape of 13-year-old girl at Asheboro park
- Army tried to speed up debut of new Stryker, but instead caused delay

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- Navy making Aegis updates, training changes based on Houthi attacks
- Famed battleship USS New Jersey floating down Delaware River to Philadelphia for maintenance
- Gold anchors signal high retention aboard aircraft carrier USS *Ronald Reagan*
- Bremerton-based Sailor charged with murder for shooting strangers in Pioneer Square
- Sailors can live in RV parks full time thanks to Navy policy change

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- Marine wargames offer a look at the future — and fuel dissent

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- Beale AFB picked to host new battle management squadron
- One general's quest to vibe check Air Force culture
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- Farewell, Warthog: A-10 demo team announces its last season

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- Space Force installs mission analysis team at Fort Meade to assess adding component to Cyber Command

Veterans

- VA sets record for disability benefits delivered to women vets

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To meet security challenges, DOD makes investments in strategic forces

by C. Todd Lopez
DOD News

The Defense Department is making investments in strategic force capabilities in the fiscal 2025 budget in order to meet the security challenges posed by competitors, such as nuclear-capable China and Russia, as well as Iran and North Korea, a DOD official said.

John Plumb, the assistant secretary of defense for space policy, on March 21, told lawmakers at the House Armed Services Committee that the FY 2025 budget request includes investments to modernize the nuclear triad. This includes land, air and sea-based nuclear capabilities and investments to ensure continued access to space and defense against missile threats.

“We have competitors who **RV**

continued from page 2

The Navy’s Recreational Lodging Program operates 46 sites with more than 2,530 RV spaces. Navy RV parks average about 46,000 reservations per year, amounting to more than 550,000 in total and an overall occupancy rate of 62 percent, Sibert said.

are modernizing and diversifying and expanding their nuclear arsenals,” Plumb said. “They are also rapidly fielding space and counter-space capabilities and developing and fielding advanced missiles in ... greater numbers and greater diversity.”

Plumb told lawmakers that DOD, within the president’s budget request, has asked for \$49.2 billion to modernize the department’s nuclear triad. In-

“All of these capabilities - nuclear, space and missile defense - remain central to our ability to deter and also central to our ability to prevail in conflict if deterrence fails.”

John Plumb, the assistant secretary of defense for space policy

cluded in the request are investments for the Columbia-class ballistic missile submarine, the B-21 bomber and the Sentinel system, which is a modernization for the ground-based portion of the nuclear triad.

Also in the FY 2025 budget request, Plumb said, is \$33.7 billion for space capabilities and \$28.4 billion for missile defeat and defense.

“Across each of these portfolios, we’re investing not only in capabilities but in our network of allies and partners, both of

whom provide advantages that our adversaries or potential adversaries, like Russia and China, can never hope to match,” Plumb said. “All of these capabilities — nuclear, space and missile defense — remain central to our ability to deter and also central to our ability to prevail in conflict if deterrence fails.”

Air Force Gen. Anthony Cotton, commander of U.S. Strategic Command, also reminded

lawmakers that the U.S. is confronted by two nuclear peers: China and Russia, and that threat is compounded by missile developments in North Korea and the nuclear ambitions of Iran. With this threat, he said, it’s imperative that the U.S. press

DOD identifies Navy casualty

The Department of Defense announced March 23 the death of one Sailor who was supporting operations in the Red Sea.

Aviation Machinist Mate 2nd Class Oriola Michael Aregbesola, 34, of Miramar, Fla., died March 20, 2024, as a result of a non-combat related incident. The incident is under investigation.

Aregbesola was assigned to USS *Mason* deployed to the U.S. 5th Fleet area of operations, as part of the *Dwight D. Eisenhower* Carrier Strike Group.

on with modernization of the nuclear triad.

“It’s absolutely critical we continue at speed with modernization of our nuclear triad,” he said. “This includes the land-based [intercontinental ballistic missiles], the B-21, the B-52J, the Columbia-class submarine, the nuclear sea-launched cruise missile, the long-range standoff weapon and numerous related systems.”

Also a focus, he said, is updating and modernizing the antiquated nuclear command, control and communications system, also called NC3.

“The most important message I want to deliver is this: While modernization will continue to be the priority, Stratcom and its component forces are ready to deter our adversaries and respond decisively should deterrence fail,” Cotton told lawmakers.

Space Force Gen. Stephen N. Whiting, commander of U.S. Space Command, said the command has a moral responsibility to ensure space capabilities remain available to the joint force, the nation and allies.

“The U.S. military services are sized with the assumption of always having access to space,” Whiting said. “And this is why U.S. Space Command must protect and defend our critical space systems to ensure they are available in the face of the growing threats now arrayed against us.”

Part of that responsibility,

Whiting said, involves expanding the existing U.S. competitive advantage by leveraging assets of the interagency, the joint force and U.S. allies and partners. Also an asset, he said, is the U.S. space industry.

“I think one of our nation’s principal advantages is our commercial space industry,” he said. “It is moving at incredible speed with innovation, and it is outpacing commercial industry from the rest of the world. And so today, we partner with those companies in a number of ways.”

<https://www.defense.gov/News/News-Stories/Article/Article/3716595/>

Armed Forces Dispatch

published by Western States Weeklies, Inc.

2604 B-280 El Camino Real, Carlsbad, CA 92008

619-280-2985 • E-mail: editor@navydispatch.com

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The Dispatch is published online weekly on Thursdays, and in print on the 1st & 16th of each month by Western States Weeklies, Inc., as a commercial, free-enterprise newspaper. The editorial objective of the Dispatch is to promote support for a strong military presence. Contents of the Armed Forces Dispatch are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, the U.S. Navy or U.S. Marine Corps. The opinions and views of writers whose materials appear herein are those of the writers and not the publishers. Appearance of advertising does not constitute endorsement by the Department of Defense or any other DOD component, this newspaper, or Western States Weeklies, Inc. Subscription cost is \$75/year.

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Portsmouth Naval Shipyard celebrates EPA superfund site delisting

KITTERY, ME - In an historic milestone, after nearly 30 years of extensive remediation, the Environmental Protection Agency (EPA) deleted Portsmouth Naval Shipyard (PNSY) from the National Priorities List (NPL), more commonly known as the Superfund Site list.

"Congratulations to the incredible team at Portsmouth Naval Shipyard for an accomplishment that was decades in the making," said Meredith

Berger, assistant secretary of the Navy for Energy, Installations, and the Environment. "Every day, this team comes to work and makes environmental stewardship a core part of their mission. All their hard work has brought impactful results, and I know they'll continue to keep their focus on protecting the environment in support of the mission."

Berger was the keynote speaker at the shipyard cel-

ebration. "This is an incredible success story of Navy, EPA and Maine working together to protect the health and safety of the community and the environment," she said.

"The Navy, the State, community advocates and shipyard employees were among the most effective team our EPA staff worked with in 28 years," said EPA Region 1 Administrator David Cash. "Congratulations to everyone for their dedication in protecting public health and ensuring surrounding ecosystems of the Portsmouth Naval Shipyard are preserved for future generations."

"Our environmental program has been meeting the unique challenge of sustained, proactive environmental restoration and cultural resources management of America's oldest continuously operating naval shipyard," said Shipyard Commander Capt. Michael Oberdorf; "The success we celebrate today shows our commitment to environmental stewardship, our Seacoast neighbors, and supports the shipyard's critical mission."

Maine Department of Environmental Protection Commissioner Melanie Loyzim spoke to the teamwork necessary to successfully execute environmental restoration work on a 200-year-old, active military installation.

"This could not have been accomplished without the extraordinary collaboration between the Navy, EPA, DEP, NOAA, Tetra-Tech consultants, and most importantly the Restoration Advisory Board and local residents," said Loyzim. "It is this kind of collaboration amongst agencies and with local community members that makes Superfund site work a success."

Though unable to attend the ceremony in person, Maine and New Hampshire congressional delegations sent representatives to support this achievement.

"The successful cleanup of Portsmouth Naval Shipyard is the result of 30 years of collaboration between the state and federal government," said Senator Susan Collins. "It is great news that the shipyard is no longer considered a Superfund site, and as a longtime

supporter of the Superfund program, I am pleased to see those investments paying off."

"Portsmouth Naval Shipyard plays an important role in our national defense-supporting our shipbuilding priorities and providing good-paying jobs to many Maine people," said Senator Angus King.

"The recent news that PNSY is being removed from EPA's Superfund list is an encouraging step to know that their efforts to address the toxic threats on its grounds have made a difference. While there is still work to be done, and regular reviews will continue, this EPA decision is a welcome acknowledgement of their hard work thus far."

Fired Navy SEAL CO arrested for DWI and didn't initially tell command

by Geoff Ziezulewicz

A Navy SEAL commodore was relieved of command of Naval Special Warfare Group 8 March 20, after being charged with a DWI in January and not reporting it to superiors until last week, according to Virginia court records and a defense official with knowledge of the case.

Capt. Richard A. Zaszewski was arrested by police on Jan. 19 and charged with misdemeanor DWI, according to court records.

Online records only indicate that he was arrested in Virginia, but the case was filed in Virginia Beach General District Court.

And while he did not initially report the alleged infraction to his bosses, Zaszewski self-reported the incident last week, which led to his relief, according to a defense official who spoke on the condition of anonymity to discuss personnel matters.

Court records show it was Zaszewski's first offense, and that his blood alcohol content was between 0.15 percent and 0.2 percent, above the legal limit of .08 percent.

He was released on his own recognizance the same day of his arrest, according to court records.

He took command of the unit in August 2022, and was scheduled to hand over the reins of command this summer, according to the defense official.

The Navy has not initiated its own investigation into Zaszewski, and the defense official said it remains unclear as of Wednesday whether he would face discipline within the military system.

The next hearing in his case is scheduled for May 15, according to court records.

| Total Battle Force | Deployed | Underway |
|----------------------------------|--------------------------------|--------------------------------------|
| 293 (USS 233, USNS 60) | 97 (USS 65, USNS 32) | 62 (43 Deployed, 19 Local) |



ART GALLERY



ARCTIC AIRCRAFT | Personnel from the Arctic Submarine Lab survey a potential location to build Ice Camp Whale during Operation Ice Camp 2024, late last month. The camp is a three-week operation that allows the Navy to assess its operational readiness in the Arctic, increase experience in the region, advance understanding of the Arctic environment and continue to develop relationships with other services, allies and partner organizations. U.S. Navy photo by Mike De Mello



PUP PATROL | Air Force Senior Airman Gracia Bolainez and military working dog Azur run an obstacle course during training at Beale Air Force Base, Calif., Feb. 29, 2024. U.S. Air Force photo by Senior Airman Alexis Pentzer

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Senior enlisted leaders push expansion of basic needs allowance to help address food insecurity in military

By Svetlana Shkolnikova
Stars and Stripes

WASHINGTON - Senior enlisted leaders threw their support behind a proposal to widen military family eligibility for a basic needs allowance on Wednesday, urging lawmakers to approve the measure to help lessen food insecurity.

The Defense Department in its fiscal 2025 budget request is asking Congress to expand the pool of troops that qualify for the monthly allowance by raising the household income cutoff from 150 percent of federal poverty guidelines to 200 percent.

Few service members and mostly only those with large families are taking advantage of the stipend in its present form, which became law in 2021, senior leaders told members of the House Appropriations Committee on March 20. Troops must have at least one dependent to be eligible.

In the Army, only 16 people are receiving the allowance, according to Sgt. Maj. Michael Weimer. One of them, an E-4 rank that lives at Washington's

Joint Base Lewis-McChord, had to have nine dependents to qualify for the supplemental.

"I had to have my team do the calculation on the whiteboard for me to truly understand between federal poverty guidelines and gross household income, and I felt like I needed an accounting degree to truly understand how to get soldiers to take advantage," Weimer said.

Raising the income ceiling would mean that a family of eight would need to make under about \$105,000 to qualify for the stipend instead of the current threshold of about \$80,000. An average allowance today is more than \$1,000 per month.

Pentagon officials said the eligibility expansion would cost \$245 million and help decrease service member reliance on the Supplemental Nutrition Assistance Program, formerly known as the food stamp program.

Nearly 26 percent of active-duty troops are considered to be food insecure, meaning they skip or cut meals or go hungry instead of eating, according to a 2023 study by the Rand Corp. think

tank that examined 2018 data.

It is unclear if a larger group of candidates for the basic needs allowance will have the impact the Pentagon intends. A recent survey by the nonprofit organization Blue Star Families found that the allowance is having a limited effect so far on alleviating hunger.

"Our limited, but novel, data shows that this new policy may not yet efficiently target food insecure military families, though this may change as more families become aware of the program," the survey states. "Many families who could benefit are unaware of the program."

Chief Master Sgt. John Benitivegna of the Space Force said it was "unacceptable" for a military family to not have enough food on the table. But he said educating families, specifically young enlisted members, about budgeting and healthy eating was also an important part of addressing food insecurity.

Continue reading at <https://www.stripes.com/theaters/us/2024-03-20/food-insecurity-military-needs-allowance-13376662.html>.

DOD develops STEM talent pool through scholarships, internships

from Defense.gov

The most sophisticated weapons systems, computers and other technology are important to ensuring the U.S. military keeps its competitive edge. But also important is the talent pool — both military and civilian — that helps develop that technology and keeps it running.

Heidi Shyu, the undersecretary of defense for research and engineering, said DOD, like many businesses in the private sector, struggles to attract talent to fill science, technology, engineering and mathematics roles and has tools in place to help develop and recruit more STEM talent.

"If you look at the number of STEM students that we have, we're short nationally," Shyu said March 21 at the Reagan Institute's National Security Innovation Base Summit in Washington. "It's not just within DOD that we have a problem. Companies are also short of a talent base that we can draw from. We're competing for the same pool of talent."

One tool to increase STEM talent, Shyu said, is DOD's Science, Mathematics and Research for Transforma-

tion Scholarship Program, or SMART Scholarship.

In 2023, DOD handed out 468 SMART scholarships for undergraduate, graduate and doctoral



studies across 24 academic disciplines critical to national security and DOD's future.

For each year of school DOD funds, recipients are obligated to do one year of work for the department. "We're trying to increase the number of SMART Scholarship that we have," Shyu said. "In the ... last 2 1/2 years, we have awarded 1,400 STEM scholarships, and the STEM scholarships help the students. It's a fee for service. I pay for four years of college; you owe me four years of time within the DOD laboratory."

One scholarship recipient, Shyu said, benefitted from the SMART Scholarship when DOD paid for his master's

degree and doctorate.

"Now, he is doing underwater sonar research at the Naval Underwater Warfare Center," she said. "This is the power of having the SMART Scholarship so we can grow our talent pool."

Recently, Shyu visited a handful of universities in Texas to meet with leaders to talk about challenges facing students as they pursue educations in STEM fields.

"I really gained a much better understanding when talking to the professors, the deans, the presidents and the chancellors," she said.

Shyu said she told those she met with about an internship that is part of the SMART Scholarship undergraduate program. She said she learned that some students might not be able to participate in that internship because they're needed at home to help their families due to financial hardships.

Read more at <https://www.defense.gov/News/News-Stories/Article/Article/3714069>.

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Coast Guard Sector San Diego welcomes recruit from Rwanda

by Petty Officer 1st Class Adam Stanton
Coast Guard District 11

SAN DIEGO - For most Coast Guard personnel, a conflict zone in sub-Saharan Africa feels a world away. But for one new recruit, it became the reason for him landing in the Coast Guard, stationed at Sector San Diego.

Petty Officer 3rd Class Josue Longo arrived in San Diego in February after completing his training at the CG base in Virginia. Longo was just 13 years old when his family left Rwanda for the United States. His parents escaped what ranks among the worst genocides in modern times, where a minority of Tutsis, traditionally considered "elite," were massacred by the Hutu majority.

"My dad saw the plane carrying the President blow up and go down in flames," Longo said.

That was the catalyst on April 6, 1994, that began with multiple assassinations of political figures, and for the next 100 days, extremists within the Hutu-led government slaughtered thousands of Tutsi men, women and children.

Accounts differ on the exact number of fatalities, but conservative estimates start at nearly a half million, with an equal number of women subject to violent sexual assault. Historians still debate whether or not the genocide was planned out well in advance of the assassinations.

Longo's family escaped into Congo where they remained until it was safe to return to their home in Rwanda.

"Back in school and in the community, the war was not discussed in detail, and we were fed a biased version of events," Longo recalls. "It wasn't until I



Petty Officer 3rd Class Josue Longo at Sector San Diego. U.S. Coast Guard photo by Petty Officer 1st Class Adam Stanton

visited a museum that paid tribute to the victims that I learned the truth."

In 2017, Longo's family immigrated to the United States, leaving several relatives behind. Longo said that his mother dreams of returning to her home-

land someday. Josue, on the other hand, sees his future with the U.S. Coast Guard where he is currently an Electrician's Mate. "There is so much more opportunity in America," he says. "I see myself not only completing my 4-year commitment, but going for the full twenty."

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INSTRUCTOR PREP
Marine Corps drill instructors prepare to observe recruits during the Table 1 course of fire at Marine Corps Base Camp Pendleton March 19, 2024. The Table 1 course of fire is designed to introduce recruits to the fundamentals of marksmanship and rifle safety. U.S Marine Corps photo by Cpl. Sarah M. Grawcock

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Transaction Service Center San Diego changes command

by Lt.Cmdr. John Stevens

MyNavy Career Center
NAVAL BASE SAN DIEGO
- Cmdr. Tommy Wright relinquished command of Transaction Service Center (TSC) San Diego to Cmdr. Emily Bingham in a ceremony March 22.

Wright, a career human resources officer from Charleston, S.C., had commanded TSC San Diego since August 2022.

“We had a mountain ahead of us when I arrived,” said Wright. “We scaled it ahead of intended

pace, achieved DOD standards, and are continuing our pursuit of the best HR service delivery possible to our Sailors.”

Under Wright’s command, TSC San Diego consolidated seven legacy personnel sup-

port detachments spanning the west coast and Hawaii into one TSC and three regional support centers as part of the Navy’s human resources enterprise transformation. TSC San Diego processes gains, losses, and military pay transactions for more than 112,000 Sailors at more than 2,300 units spread over about 2 million square miles west of the Mississippi River, Hawaii, and Alaska.

Wright’s team achieved Defense Department transactional standards – 30 days for pay, four days for gains, and one day for losses – in December 2022. Today, TSC San Diego averages less than three days for pay, less than two days for gains, and one day for losses.

Bingham, a career human resources officer, reports to TSC San Diego from the Naval War College, Newport, R.I.

“I’m thrilled to have the opportunity to lead this amazing team,” said Bingham. “TSC San Diego has earned a stellar reputation for reliability, accuracy, and integrity in handling sensitive personnel and pay data. Sailors and their families always come first.”

Wright’s next assignment is Headquarters, U.S. European Command, Stuttgart, Germany.

“I can’t give enough thanks to

the phenomenal team at TSC San Diego,” said Wright. “This tour has been the most challenging and most rewarding tour of my career thus far. None of TSC San Diego’s success would be possible without the dedication and hard work of every Sailor, civilian and contractor.”

TSC San Diego is one of six HR Centers of Excellence in the MyNavy Career Center enterprise. Each specializes in a major transaction type to streamline service delivery. TSC

San Diego oversees three RSCs – San Diego; Everett, Wash.; and Pearl Harbor, Hawaii – responsible for training command pay and personnel administrators, and supporting command triads in their regions.

“MNCC’s mission is to deliver modern hire-to-rotate HR services through 24/7 customer service to Sailors, veterans, and their families. Through Sailor feedback, MNCC strives to provide more resources and accurate resolutions.”

PHOTO GALLERY



SOLO SWIM
Personnel aboard the Bold Horizon recover a launched large displacement unmanned undersea vehicle during Integrated Battle Problem in San Diego Bay, March 5, 2024. The Pacific Fleet experiment uses multidomain employment of unmanned systems to create fleet warfighting advantages. U.S. Navy photo by Ian Delossantos

STINGER STANCE

Marine Corps Pfc. Marc Larade fires an FIM-92 Stinger during a live-fire exercise as part of a service level training exercise at Marine Corps-Air Ground Combat Center Twentynine Palms, Calif., March 5, 2024. U.S. Marine Corps photo by Lance Cpl. Richard PerezGarcia



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MARINES DRIVE INNOVATION, COLLABORATION ABOARD CAMP PENDLETON FOR ARMY'S PC-C4



Story by Johannes Schmidt
Marine Corps Systems Command

CAMP PENDLETON - In response to the 2018 National Defense Strategy's warning that peer adversaries are actively challenging the established global order, the Marine Corps initiated a monumental transition from its conventional land-based operations toward a concentrated emphasis on naval expeditionary capabilities—particularly within contested littoral regions.

This pivot - encapsulated in Force Design - has led to a comprehensive strategic overhaul of the world's premier fighting force. So far, this has resulted in the creation of a more agile and technologically sophisticated Corps, capable of operating effectively in contested, littoral environments - with an emphasis on fostering unmatched interoperability with allied and joint force partners.

This 21st-century force in readiness - which emphasizes rigorous testing, wargaming, and experimentation of developed concepts - has been on full display throughout the Army's Project Convergence Capstone 4 (PC-C4), which was held across various locations, including Camp Pendleton, from Feb. 23-March 20.

"PC-C4 is a waypoint along the service's campaign of experimentation. What was different with this experiment was an increase in scale and complexity, all while propelling rapid advancements in technology alongside combined and joint forces," said Col. Mike Carroll, director of the Marine Corps Warfighting Lab's Experiment Division. "We're committed to capturing the lessons observed and excited for future opportunities to experiment by, with, and through the Fleet Marine Force. Our focus remains squarely on addressing the pacing threat, increasing interoperability, and ensuring the warfighter's needs are at the forefront of our efforts."

PC-C4, a landmark joint and multinational military experiment hosted by the Army's Future's Command, is dedicated to advancing and integrating cutting-edge defense capabilities to bolster the effectiveness of joint and allied forces - specifically focusing on experimenting with advanced air and missile defense systems and leveraging sensor capabilities from drones and manned aircraft for more effective force protection and targeting.

Throughout the course of PC-C4, the Corps demonstrated its strategic foresight and technological prowess by showcasing groundbreaking advancements in the development of littoral maneuver capabilities to sustain stand-in forces. These experiments, conducted during the alongside joint force and international partners, are integral to achieving the targets outlined in force design and enhance the U.S. and its allies' and partners' readiness, especially when considering the challenges posed by contested logistics.

Furthermore, the Corps has helped advance the Department of Defense's combined joint all-domain command-and-control initiative, or CJADC2, efforts by actively contributing to the creation of temporal dominance in contested environments. Through initiatives like Project DYNAMIS and the deployment of Family of Integrated Targeting Cells, or FITC, the Marine Corps has enhanced communication and sensor capabilities, facilitating the integration of fires and the closing of kill webs within the combined/joint force structure.

The Stern Landing Vessel, a modified oil-rig industry off-shore support vessel, prepares to drop its ramp onto the beach in order to load cargo as part of Project Convergence Capstone 4, Feb. 22, 2024 at the Del Mar Boat Basin, Camp Pendleton. U.S. Marine Corps photo by Cpl. Trent Henry

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The Marine Corps' efforts related to the campaign of learning were evident recently at the Del Mar Boat Basin here. There, the Marine Corps Warfighting Lab worked through two use cases as part of PC-C4, one covering integrated fires and one covering contested logistics.

Both supported experimentation in creating a multi-domain corridor, wherein combined and joint kinetic and non-kinetic effects create a temporal superiority in all domains to enable littoral maneuver and sustainment.

The multi-domain corridor increases the survivability of the stand-in force by allowing for movement of forces and supplies for a period of time through specific littoral regions.

MCWL continued testing with the experimental 254- SLV—a capability poised to significantly enhance warfighter lethality and survivability along the global littorals through its capabilities as a maneuver, mobility and sustainment platform and as one interim solution until the forthcoming Navy Medium Landing Ship, or LSM, makes its way through the acquisition process.

This initial week-long testing event was designed to inform operational concepts and future requirements for the LSM. Aligned with Force Design's strategic emphasis on distributed operations, this cutting-edge landing craft is set to extend the Corps' strategic reach and reinforce its presence in maritime environments critical to safeguarding American and allied

interests worldwide.

The testing will ultimately allow the acquisition community to assess the vessel's actual capabilities, an important step in determining future fielding requirements.

The LSM, as currently envisioned, signifies a crucial advancement in the Corps' strategic return to global littoral operations, enabling the transportation of Marines, vehicles, and various other forms of sustainment from ship to shore within contested environments.

Continue reading this story at <https://www.marines.mil/News/News-Display/Article/3712753/marines-drive-innovation-collaboration-aboard-camp-pendleton-for-armys-pc-c4/>.

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COTTON CARRIER at the 2024 NHRA Winternationals drag races

volunteers; and MY safety as a press photographer.

Auto racing is an extremely dangerous form of motorsports. If a car were to hurtle towards me at high speed, by the time that I realized that I was in danger of being struck, I would not have enough time to move myself and my gear out of the way, to safety.

I have first-hand experience with that. In the early 1970s I volunteered as a course worker for a weekend of amateur club racing at Edmonton International Speedway. I was standing near a track marshals' station during a sportscar race. Suddenly I saw an approaching car overshoot a turn and it was heading directly towards me, and I could not get out of its way quickly enough! Luckily it came to a stop before it reached me, or I would not be writing this to you today.

The driver of the racecar that could have hit me would not only have suffered the physical consequences of hitting me, but also of hitting my camera gear, which is where Cotton Carrier comes in.

Press photo rules typically stipulate what gear may and may not accompany press photographers while they are shooting. Generally speaking, tripods are out, as are selfie sticks. The photo vest number must be visible, at least from behind. Furthermore, getting to the areas where you intend to take pictures sometimes involves walking on uneven terrain, climbing stairs, squeezing between concrete walls and chain link fencing, and so forth. The bot-

tom line is that you need to be self-contained with all of your gear.

I use two Canon professional cameras to cover auto racing — one with a long zoom and the other with a short, wide zoom lens. Both of these are heavy, and the lenses are both long. Furthermore, I require pretty quick access to both of them.

To do this, for several years I've been using a COTTON CARRIER camera carrying system consisting of their CCS G3 Grey Harness for two cameras, which has one attachment point on the chest, which I used for a camera with a long lens; and a side holster, which I used for a camera with a shorter, 24-240mm lens. However, my new Canon RF 24-105mm F/2.8 lens is much longer and heavier, so for that I removed the side holster and attached it to a more secure, padded waist belt. Since I attach the camera/lens combos using the lens feet and not the camera bodies, I also use a "Gimbal-Style Tripod Adapter Plate" for each. That is how I shot the 2024 NHRA Winternationals at Pomona. They ended early on March 24th, due to rain and a rare hail storm. FYI, a "Lens Bucket" can also be fastened to the waist belt to carry batteries, memory cards and 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. Copyright © 2024 by Jan Wagner – AutoMatters & More #832

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

My husband Francis, like me, has struggled with his weight all his life. When he was a kid, his mother shopped for his clothes in the "husky" section. And during his 28 years of active duty Navy service, he stressed when it was time to be weighed and measured for fitness tests.

Thanks to fasting, extreme exercise, sauna visits on the eve of tests, and mastering the art of sucking in his gut while bulging his neck, he never failed a test.

He had a few close calls, like during his year-long deployment to Djibouti, when he worked 14-hour days indoors, out of the searing African heat. By the ninth month of his deployment, he'd gained 20 pounds on chow hall food. His commanding officer told him, "You're too good to screw up your career. Lose some weight." He took that advice to heart.

But today, the Navy's recruiting and retention numbers are so abysmal, it's reducing or eliminating standards as it faces major force reductions. All the while, experts predict that war with China over Taiwan is imminent. Although the other branches have managed to stay ahead of the Navy's recent deficits, they've also implemented changes to combat recruiting and retention challenges.

Why is it so hard to recruit and retain citizens to serve our country? Are young people in America less

Could Ozempic be new weapon in U.S.'s military arsenal?

patriotic? Do they think they can make more money in a civilian job? Are current military men and women more likely to leave for financial reasons?

Technically, the answer to all those questions is "Yes." However, another factor has impacted military recruiting and retention even more — The American obesity crisis.

In the 1960s, only about 13 percent of Americans were considered obese, but in 2023, that figure is 43 percent. Childhood obesity has also tripled, and morbid obesity rates have grown tenfold. When you add in Americans with a BMI over 25, 74 percent of our population is currently considered overweight.

Findings in a 2023 white paper, "Combating Military Obesity: Stigma's Persistent Impact on Operational Readiness," indicate that 68 percent of active duty military are overweight or obese — double from ten years ago. This problem "is the leading disqualifier of military applicants and a primary contributor to in-service injuries and medical discharges."

The paper recommended increased "awareness, diagnosis and treatment of obesity as a chronic disease across the armed services" and an aggressive, consistent approach to handling the crisis, to include referrals to obesity and bariatric physicians.

The military has tried to combat recruiting issues by enrolling potential enlistees in fitness programs. The Army's new Future Soldier Preparatory Course and the Navy's Future Sailor Preparatory Course are promising.

However, other initiatives garnered

widespread criticism. In 2017, the Navy cancelled pending discharges for 48,000 sailors who failed fitness tests. Despite receiving flak, the Navy did it again in 2023. And this year, the Navy will allow recruits without high school degrees to sign up, if they score at least 50 out of 99 on the Armed Forces Qualification Test. If overweight and obesity are the top disqualifiers, one would think that weight loss drugs would be considered before signing up recruits without basic education credentials.

In 2018, the Defense Health Agency approved the use of weight loss drugs such as phentermine, liraglutide and orlistat in the military, and Tricare agreed to cover the cost for beneficiaries meeting qualifications. Eventually, Wegovy, Ozempic, Mounjaro and Zepbound were added. According to a 2024 study conducted at the Uniformed Services University of Health Sciences, the prevalence of weight loss medication use in the military between 2018 and 2023 has skyrocketed from 1 to 104 per 100,000 service members. However, soldiers and sailors remain largely unaware that they might qualify for pharmacological treatments for weight loss.

Here's an idea: take the \$1.5 billion cost of military obesity and invest it in Ozempic supplies. Ramp up obesity identification and treatment within the ranks, and launch new military ad campaigns offering Ozempic treatment for qualified recruits.

I can see it now. Army: "Be all you can be, just a little lighter." Navy: "Forged by the sea, controlled by the scale." Marines: "The few, the proud, the fit." Air Force: "Aim high, but weigh low."

Veterans News

With pandemic restrictions eased, CalVet Homes are eager to rebuild volunteer ranks

by Jeff Jardine
CalVet

Arlene Kepplin loved volunteering so much at the Veterans Home of California-Yountville that she did so for more than two decades.

Her remarkable span began in 1998; she kept going strong until the pandemic in 2020 severely limited all volunteerism at Yountville - and at all other seven veterans homes. The majority of Kepplin's volunteerism was at the Memorial Chapel, located on the Yountville campus: she played the piano during services and assisted the chaplain in organizing church services and events.

Kepplin gave roughly 1,000 hours each year to the veteran community she loved so much. This is the equivalent to 125 eight-hour days and nearly 2,750 days during the 22-plus years she volunteered.

In 2017, she became the 23rd individual inducted into Yountville Veterans Home Hall of Fame. She continued her volunteer work at the Home until just two years before she died at 96

in November 2023.

"Her favorite service was to play gospel songs for the Memory Care Unit," her obituary in the Napa Valley Register read.

CalVet pays tribute to Kepplin for all that she did and for all whom she inspired to volunteer as well.

In the coming months, CalVet Connect will share stories of some of the 300 or so people currently volunteering their time, talents, and energies at our Veterans Homes.

You'll read about the joy and gratification they receive from helping the veterans and their spouses, and the friendships they develop. You'll learn what compels them to serve and perhaps you'll consider volunteering as well.

"Our volunteers improve the lives of the veterans and their spouses each day," Yountville Administrator Lisa Peake said.

"The residents and staff ap-

preciate and cherish what they bring to our Home. They are part of the fabric of this campus. We welcome and honor their dedication. They make the Yountville Home a better place, as I'm sure they do at all of CalVet's Veterans Homes," Peake said.

All volunteers are vetted through fingerprinting, tuberculosis testing, and go through an orientation course when they sign on. They can help in a wide variety of ways throughout a Home.

This is the first in a series of stories about volunteers in our Veterans Homes—volunteers serving veterans. For more information on the Homes, and to volunteer at a specific Home, visit www.calvet.ca.gov/calvet-programs/veteran-homes for contact information. Ask for the volunteer coordinator.

The Veterans Homes of California system of care offers affordable long-term care to older and disabled veterans as well as their eligible spouses and domestic partners. With

eight facilities across the state, the services offered range from assisted living programs with minimal support to 24-hour skilled nursing care for veterans with significant clinical needs including memory care.

CalVet staff are uniquely capable of serving the needs of our veterans and provide an environment that honors their service to the country. The Veterans Homes are nationally recognized for the premier care and services they provide to California's veterans.

Would you like the opportunity to serve veterans in your work? Join the CalVet team! We are dedicated to ensuring that veterans from every era, along with their families, receive the state and federal benefits and services they have earned and deserve due to their selfless and honorable military service. At CalVet, we prioritize serving veterans and their families with dignity, compassion, and a commitment to helping them achieve the highest quality of life.

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Saturday - April 6
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Sunday, April 7
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 3:00 PM - Kung Fu Panda 4 (PG)



SOCIAL SECURITY MATTERS

Veteran uncertain about Social Security and healthcare coverage

Dear Rusty: I'm not sure what I should sign up for in terms of Social Security. I am 64 and I am still employed full time and intend to stay employed until age 70. I am retired from the Navy and receive military retirement payments, and have military TriCare, as well as medical, dental, eye and life insurance through my employer. I don't want to lose benefits, but I also don't want to take Social Security until it reaches the maximum at age 70 (I think that is correct?). I will turn 65 in 4 months. Can you advise me? Signed: Uncertain Veteran

Dear Uncertain Veteran: First of all, thank you for your service to our country. From what you've shared, and since you're still working full time, not claiming Social Security yet is a smart decision. If you were born in 1959 your full retirement age (FRA) is 66 years and 10 months and, if you claim SS before your full retirement age, you'll be subject to Social Security's earning test which would likely make you ineligible to receive SS benefits at this time.

The 2024 earnings limit (limit changes yearly) when collecting Social Security early is \$22,320 and, if that is exceeded, Social Security will take away \$1 in benefits for every \$2 over the limit (half of what you exceed the limit by). If you significantly exceed the limit, SS will declare you temporarily ineligible to collect SS benefits until you either reach your FRA or earn less. The earnings test no longer applies after you reach your FRA. So, if you're now employed full time and plan to stay so until age 70, and you expect at least average longevity (about 84 for someone your current age), delaying until age 70 to claim Social Security is how to get your maximum Social Security benefit.

As for your healthcare coverage as a veteran: TriCare requires you to enroll in Medicare Part A (inpatient hospitalization coverage) and Part B (coverage for outpatient services) at age 65, but you do not need to take Social Security when you enroll in Medicare. You must, however, enroll in Medicare at age 65 or you will lose your TriCare (military) healthcare coverage. You could choose to delay enrolling in Medicare at 65 because you have "creditable" employer coverage, but if you do so you will lose your current TriCare coverage and need to rely solely on your employer healthcare plan. In that case, you would still be able to enroll in both Medicare and TriCare-for-Life without penalty prior to your employer coverage ending and have coverage under both programs thereafter. I suggest you contact TriCare directly at 1-866-773-0404 to discuss your personal TriCare coverage after age 65. You can also go to www.TriCare4U.com.

Whenever you enroll, Medicare will be the primary payer of your healthcare costs and TriCare will be the secondary payor. Your vision, dental, and prescription drug coverage would be through TriCare (Medicare does not cover those services) or acquired separately. Just remember, you must be enrolled in Medicare Part A and Part B to have TriCare-for-Life coverage after age 65.

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Newspaper delivery driver for news racks, stands, countertops, etc, in south San Diego area 2x a month - no door to door. You need a clean driving record, dependable car w/insurance, base access. Great job for military retiree or military spouse for some extra \$\$\$. 619-280-2985. Please leave name, area of San Diego you live in, call back number 619-280-2985

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The Veterans Museum at Balboa Park. The Veterans Museum and Memorial Center is a museum located in historic Balboa Park of San Diego, California. Founded in 1989, it is dedicated to create, maintain, and operate an institution to honor and perpetuate the memories of all men and women who have served in the Armed Forces of the United States of America.

Active duty military, Museum Member, Children under 12: Free
 Veterans/Seniors: \$4 • Adults: \$5 • Student ID: \$2
 2115 Park Blvd, San Diego (Balboa Park) • (619) 239-2300
<http://www.veteranmuseum.org/>
 Hours: Call for current hours (619) 239-2300

MCRD Command Museum & Historical Society. Museum focusing on Marine Corps history from the 19th century to today is also a research library. <https://www.mcrdmuseum.org/>

Free admission • The Pass and ID Center may issue day passes to visitors who wish to visit the museum and do not possess military ID-call (619) 524-4200 for information on base access.
 1600 Hochmuth Ave, San Diego, 92140 • (619) 524-4426
 Hours: Mon 8am-3pm, Tue-Fri 8-4; Family day 8-5:45; Sat 10:30-5, • Closed Sunday

Marine Corps Mechanized Museum Camp Pendleton. Managed under the auspices of Camp Pendleton's Museum Division Office, the collection of over 50 vehicles ranges from World War I to the first Gulf War. It includes Patton tanks, armored wheeled and tracked vehicles, trucks, jeeps and amphibious vehicles. When coming aboard Camp Pendleton, please ensure that you have a valid photo ID for every vehicle occupant along with current registration and proof of insurance. <https://www.themech.org/>
 24194 Vandegrift Blvd, Oceanside, CA 92058. (760) 725-5758
 Mon-Thur 8am-4pm, Fri 8am-1pm, Closed Saturday & Sunday

USS Midway Museum. The USS Midway Museum is a maritime museum located in downtown San Diego at Navy Pier. The museum consists of the aircraft carrier Midway. The ship houses an extensive collection of aircraft, many of which were built in So Cal.

FREE-Children 5 & under, Active Duty military including reservists (w/valid ID). Adult \$34 (ages 13+). Youth \$24 (ages 4-12). Veterans (w/ID) \$24*Must show ID at entrance.

Armed Forces Dispatch • (619) 280-2985
 Published by Western States Weeklies, Inc.
 2604 B-280 El Camino Real, Carlsbad, CA 92008
 E-mail: editor@navydispatch.com

ROY'S SUDOKU

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Friends don't make friends wait in hot cars!

When the outside temp is 90° your car heats up to 109° in 15 minutes and 124° in 30 minutes.
 @cocotheadventurepup

NMRTC San Diego DEFY team receives length of service award

by MC2 Celia Martin
Naval Medical Center San Diego
 The Drug Education for Youth (DEFY) Team at Navy Readiness and Training Command San Diego was awarded a Length of Service award Jan. 25, 2024 during a Train the Trainer event in Millington, Tennessee, to highlight and acknowledge three years of continuously running a DEFY program.

DEFY is a Department of Defense program that's free for DoD affiliated youth ages 9 through 17. The mission of the program is to educate, mentor, improve resiliency and strength as well as to build healthy drug-free lifestyles.

Hospital Corpsman 2nd Class George Taylor became involved in the program at his previous command as the healthcare supervisor and is now operating as the DEFY Lead Program Coordinator for NMRTC San Diego.

"I love serving and being part of the community," said Taylor. "I love everything that DEFY stands for. Serving the youth, serving tomorrow and the future, I enjoy being around kids as a mentor and I enjoy helping them make good decisions."

The Length of Service award is one of the first milestones for a command DEFY program and is awarded after three years of successful program operations.

"Receiving this award means a lot to our team," said Taylor. "It means a lot that we're being recognized for the work and heart we put into this program and hopefully we'll be able to continue it for many years to come."

DEFY provides a setting to build peer groups and deliver a curriculum in a unique way to provide education on positive and healthy lifestyle choices.

"We meet one Saturday a month," said Taylor. "We start out with a lesson from the curriculum that we teach here at Naval Medical Center San Diego and then we go out in town to do a fun group activity such as going bowling or to the aquarium."

Hospital Corpsman 2nd Class Denis Adusah, the healthcare supervisor for NMRTC San Diego's DEFY program, said the kids involved seem to really enjoy it and benefit from the program and often want to come back for consecutive years.

"It really shows that this is a good program and it really helps the kids," said Adusah. "They tell us, their mentors, about everything they learned and how they benefited from it."

"We develop bonds with the kids in the program," added Taylor. "A lot of them are the kids of our co-workers and our colleagues. We look forward to seeing them and hearing about their day or how they're doing on their sports team. They could be anywhere else on a Saturday, but they enjoy hanging out with us and we enjoy hanging out with them."

The DEFY program at NMRTC San Diego has three more months of activities scheduled for the current group and has begun preparations for the upcoming annual week-long summer camp. They are always accepting applications for more mentors and youth attendees.

"I just really want to get the word out about this program and get more people involved," Taylor said. "It's a free program for the kids and it really impacts them in a positive way."

The mission of NMCS D 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 D employs more than 5,000 active-duty military personnel, civilians, and contractors in southern California to provide patients with world-class care anytime, anywhere. Anchored in Excellence, Committed to Health.

Photo at right: U.S. Navy Sailors from Navy Medicine Readiness and Training Command San Diego's Drug Education for Youth Program pose for a group photo with youth attendees during a summer camp at Indian Hills Camp in Jamul, Calif., summer 2023. NMRTC San Diego's mission is to prepare service members to deploy in support of operational



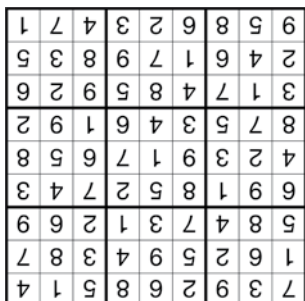
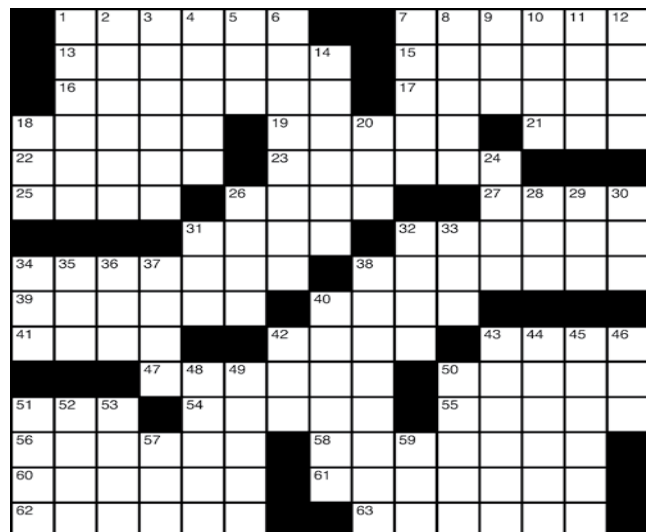
forces, deliver high quality healthcare services and shape the future of military medicine through education, training and research. NMRTC San Diego employs more than 5,000 active-duty military personnel, civilians and contractors in Southern California to provide patients with world-class care anytime, anywhere. U.S. Navy courtesy photo.



U.S. Navy Capt. Elizabeth Adriano, Navy Medicine Readiness and Training Command's Commander, right, presented Lt. Victoria Medved, left, with a Junior Officer of the Quarter, 4th Quarter, FY2023 certificate during an award presentation at NMRTC San Diego, March 12, 2024. NMRTC San Diego's mission is to prepare service members to deploy in support of operational forces, deliver high quality healthcare services and shape the future of military medicine through education, training and research. NMRTC San Diego employs more than 6,000 active duty military personnel, civilians and contractors in Southern California to provide patients with world-class care anytime, anywhere. U.S. Navy photo by MC2 Celia Martin.

CROSSWORD PUZZLE

- Across**
- 1 Adopted gradually, with "in"
 - 7 Sandpiper family birds
 - 13 One of two sound recommendations for a light sleeper?
 - 15 Shunned one
 - 16 African Queen, for one
 - 17 "Don't doubt my abilities!"
 - 18 January temps, often
 - 19 Do lunch?
 - 21 London's ___ Gardens
 - 22 Longtime senator Thurmond
 - 23 Battery parts
 - 25 History
 - 26 Short on manners
 - 27 Fraternal order
 - 31 Coil in a garden
 - 32 Prepares for takeoff
 - 34 Extravagant
 - 38 Lot
 - 39 Buttonhole
 - 40 Function
 - 41 Campus figure
 - 42 Storytelling singer Guthrie
 - 43 Declared
 - 47 Like some ornate doorways
 - 50 Fixes tears
 - 51 Firepit residue
 - 54 Speak publicly
 - 55 Advice from colleagues, say
 - 56 With 58-Across, savory base for a canapZ ... and the function of a black square in four puzzle rows?
 - 58 See 56-Across
 - 60 Afternoon service
 - 61 One held for ransom
 - 62 Force (upon)
 - 63 Allowed paid use of
- Down**
- 1 Pre-euro coin
 - 2 Critics who can't be pleased
 - 3 Childish denial
 - 4 Jerk, e.g.
 - 5 West ___: upscale store
 - 6 Sufficient grounds for action, in law
 - 7 Used bugs, perhaps
 - 8 Shell material
 - 9 Rollover acronym
 - 10 ___ lady: gin and grenadine cocktail
 - 11 Fluency
 - 12 Make an appearance
 - 14 Starbucks size
 - 18 Baking powder amt.
 - 20 Sock part
 - 24 Hot message
 - 26 Beat decisively
 - 28 Lucy of "Kill Bill"
 - 29 Tennis great Rosewall
 - 30 Orlando-to-Miami dir.
 - 31 Main bases: Abbr.
 - 32 Deere rival
 - 33 Ararat craft
 - 34 Shoddy
 - 35 Top player
 - 36 TV pioneer
 - 37 Actress Chaplin
 - 38 Utter nonsense
 - 40 Deplorable sort
 - 42 "Eureka!"
 - 43 Some decafs
 - 44 Lanvin scent since 1927
 - 45 Accustomed (to)
 - 46 Summer hrs.
 - 48 Blush wines
 - 49 Minos' kingdom
 - 50 Formal decrees
 - 51 When Lear disowns Cordelia
 - 52 Young passenger on the 33-Down
 - 53 Rattletrap
 - 57 Spanish "that"
 - 59 Enzyme suffix



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