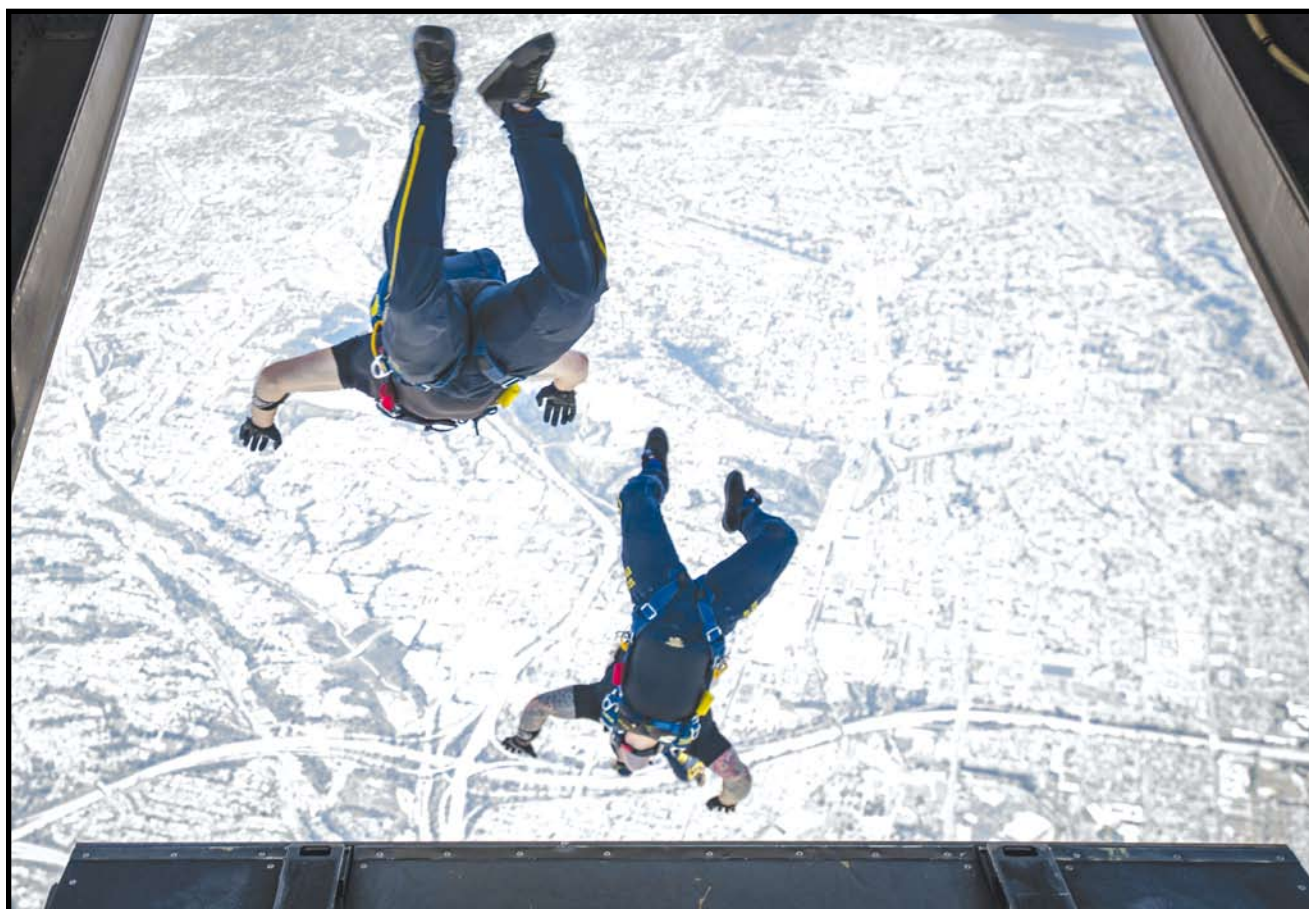


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LEAP FROGS The Navy Parachute Team, the "Leap Frogs," fly in Fleet Logistics Multi-Mission Squadron (VRM) 30's CMV-22B Osprey to conduct a parachute demonstration during the San Diego Padres' Salute to the Navy, Aug. 25, 2024. U.S. Navy photo by MC1 Keenan Daniels

DOD will provide homeland with support during presidential campaigns

by C. Todd Lopez, DOD News

The Defense Department has approved a request by the Department of Homeland Security to provide assistance to the Secret Service for the presidential and vice-presidential candidates during the 2024 campaigns through Inauguration Day 2025, the deputy pentagon press secretary said Aug. 29.

"The secretary of defense approved the request and directed the commander of U.S. Northern Command to plan and provide and execute increased support to the United States Secret Service at various locations across the United States during the 2024 election campaigns," Sabrina Singh said during a briefing Aug. 29 at the Pentagon.

According to Singh, the department's support will continue throughout the campaigns, the elections and the inauguration on Jan. 20, 2025.

The department has a long history of providing support to the Secret Service when asked to assist.

"The Department of Defense has supported Secret Service protective activities for the sitting president and vice president since Congress passed the Presidential Protection Assistance Act of 1976," said Anthony Guglielmi, chief of communications for the Secret Service. "As has been the case for many years, the U.S. Secret Service relies on federal, state and local partners to assist with protective operations."

The Secret Service, Guglielmi said, has recently bolstered its protective operations in order to ensure higher levels of safety and security for those it protects.

"As part of this effort, the Department of Defense is providing the U.S. Secret Service with additional assistance including logistics, transportation and communications, through the 2024 campaign season," Guglielmi said. "The U.S. Secret Service appreciates the invaluable commitment of our military partners and their continued support."

2 Marines are safe after assault by protesters in Turkey

by Alison Bath, Stars and Stripes

Two U.S. Marines from an amphibious assault ship visiting a city in western Turkey are safe after they were assaulted Sept. 1 by a group of protesters who have attacked American military personnel in previous years. Turkish authorities said they detained 15 members of the Youth Union of Turkey, also known as TGB, in the physical assault of the service members in the city of Izmir, the *Associated Press* reported Monday, citing the Turkish news agency Anadolu. The attack happened while the Marines were on liberty, Cmdr. Timothy Gorman, a spokesman for U.S. Naval Forces Europe-Africa, said in a statement Monday. "The two Marines were aided by other Marines in the area and were subsequently taken to a local hospital for evaluation as a precaution but were not injured and have returned to USS *Wasp*," Gorman said.

Austin meets with Ukrainian counterpart

by Joseph Clark, DOD News

Secretary of Defense Lloyd J. Austin III underscored the United States' enduring commitment to supporting Ukraine as he met with Ukrainian Defense Minister Rustem Umerov at the Pentagon Aug. 30. Austin condemned Russia's assault on Ukraine's critical civilian infrastructure earlier this week and said the U.S. will continue to lead allies and partners in delivering key capabilities to help Ukraine defend itself. "Let me be clear, it is never acceptable to target civilians, and Ukraine's resilience will help it prevail over Putin's aggression and atrocities," he said. Austin added that Ukrainian forces have continued to remain steadfast.

<https://www.defense.gov/News/News-Stories/Article/Article/3891442/austin-meets-with-ukrainian-counterpart/>

USS RICHARD M. MCCOOL, JR., COMMISSIONED IN PENSACOLA

On Sept. 7, the Navy commissioned an amphibious transport dock ship named after a hero during World War II.

(LPD 29), which was docked in NAS Pensacola for its commissioning.

"Fight as a unit, not as individuals" is the motto hung in the galley of newly-commissioned USS *Richard M. McCool Jr.*,

The quote was coined by the ship's namesake, Capt. Richard M. McCool, Jr., a real-life Navy hero and Medal of Honor recipient best known for his

leadership during the Battle of Okinawa, whose actions kept his ship from exploding after being attacked by kamikaze aircraft. Despite suffering from shrapnel wounds and painful burns, he led efforts to battle a blazing fire on his ship and rescue injured sailors. LPD 29 will be the first of its name.

"We really preach his legacy every day," said the ship's commanding officer, Capt. Jeff Baker, during the ship's recent Tiger Cruise.

Richard M. McCool Jr., is co-sponsored by Shana McCool and Kate Oja, granddaughters of the ship's namesake. As the co-sponsors, McCool and Oja led the time-honored Navy tradition of giving the order during the ceremony to "man our ship and bring her to life."

At the moment, the commissioning pennant was hoisted and *Richard M. McCool Jr.*, became a proud ship of the fleet.

McCool is the Navy's 13th San Antonio-class amphibious transport dock ship.

Amphibious transport docks are used to transport and land Marines, their equipment, and supplies by embarked Landing Craft Air Cushion (LCAC) or conventional landing craft and amphibious assault vehicles (AAV) augmented by helicopters or vertical take-off and landing aircraft (MV 22).

These ships support amphibious assault, special operations, or expeditionary warfare missions and serve as secondary aviation platforms for amphibious operations.



USS *Richard M. McCool, Jr.*, (LPD 29) arrives at NAS Pensacola, Fla., Aug. 30. DoD photo by EJ Hersom

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7 U.S. troops hurt in a raid with Iraqi forces that left 15 suspected militants dead

STARS AND STRIPES - The United States military and Iraq launched a joint raid targeting suspected Islamic State group militants in United Arab Emirates's western desert that killed at least 15 people and left seven American troops hurt, officials said Aug. 31.

For years after dislodging the militants from their self-declared caliphate across Iraq and Syria, U.S. forces have fought the Islamic State group, though the casualties from this raid were higher than in previous ones.

The U.S. military's Central Command said the militants were armed with "numerous weapons, grenades, and explosive 'suicide' belts" during the raid Aug. 29, which Iraqi forces said happened in the country's Anbar Desert.

"This operation targeted ISIS leaders to disrupt and degrade ISIS' ability to plan, organize, and conduct attacks against Iraqi civilians, as well as U.S. citizens, allies, and partners throughout the region and beyond," Central Command said, using an acronym for the militant group. "Iraqi Security Forces continue to further exploit the locations raided."

It added: "There is no indication of civilian casualties."

An Iraqi military statement said "airstrikes targeted the hideouts, followed by an airborne operation." "Among the dead were key ISIS leaders," Iraq's military said, without identifying them. "All hideouts, weapons and logistical support were destroyed, explosive belts were safely detonated and important documents, identification papers and communication devices were seized."

A U.S. defense official, speaking on condition of anonymity to discuss details of the operation yet to be made public, told *The Associated Press* that five American troops were wounded in the raid, while two others suffered injuries from falls during the operation. One who suffered a fall was transported out of the region, while one of the wounded was evacuated for further treatment, the official said.

"All personnel are in stable condition," the official said.

It wasn't immediately clear why it took two days for the U.S. to acknowledge it took part in the raid. Iraq did not say the U.S. took part in the operation when initially announcing it, as politicians debate the future of having American troops in the country. There are approximately 2,500 U.S. troops in Iraq.

Since the U.S. toppled dictator Saddam Hussein with its 2003 invasion of Iraq, the country has struggled to balance relations between America and neighboring Iran.

Keel laid for future USS William Charette

BATH, Maine - The keel for future USS William Charette (DDG 130), an Arleigh Burke-class guided-missile destroyer, was laid during a ceremony on Aug. 29 at General Dynamic Bath Iron Works.

The ship is named in honor of Master Chief Hospital Corpsman William R. Charette, a veteran who was awarded the Medal of Honor for his heroic acts during the Korean War, while assigned to Company F, 2nd Battalion, 7th Marines, 1st Marine Division in Panmunjom Corridor (DMZ), Korea.

Rear Adm. Darin K. Via, surgeon general of the Navy and chief, Bureau of Medicine and Surgery (BUMED), presided over the ceremony on behalf of the Secretary of the Navy Carlos Del Toro.

"All of us in Navy Medicine are immensely proud to have a warship named after one of our own. We understand that it is one of the greatest honors you can receive in the Navy. Future USS William Charette will not only be a symbol of American strength but also a testament to the courage and dedication of Navy corpsmen," said Rear Adm. Darin Via. "To have a ship named after a Navy corpsman is to hold to the maxim of 'Corpsman Up!' and embodies the ethos of courage, fidelity, and service before self."

A keel laying ceremony represents the joining together of the ship's modular components at the land level. During the ceremony, the keel is authenticated when the welder etches the initials of the keel honorees into the keel plate. The authentication was confirmed by Via, on behalf of the namesake's children, Margaret Ann Charette Henderson, Kati Charette Donovan, Laura Charette Bennett, Michael R. Charette, and the late William A. Charette.

The namesake's daughters are the ship's co-sponsors. BUMED Force Master Chief Patrick Paul (PaP) Mangaran, director of the Hospital Corps and leader of the Navy Medicine's enlisted force, also read a statement on behalf of the Charette family.

"The future USS William Charette will be a welcomed addition to the fleet and another player on the field to provide the Navy with the most advanced warfighting capability" said Capt. Seth Miller, DDG 51 Class program manager, Program Executive Office (PEO) Ships.

"This ship honors the legacy of the late William Charette and his heroism during the Korean War. We are honored to have his daughters as sponsors and for the entire family to celebrate this significant milestone."

Navy's first contracted robotics warfare specialist

PHOENIX - Future Sailor Karla Torres-Casillas became the Navy's first contracted Robotics Warfare (RW) Specialist after enlisting in the Navy at Military Entrance Processing Station (MEPS) Phoenix, Aug. 27.

The RW rating became available for active duty contracts on Aug. 27.

"I came here not sure of what job I wanted or qualified for," said Torres-Casillas. "I got so happy when I received the news that I got the job. I am going to be the first member of my family to serve in the military. My parents sacrificed a lot to provide our family with a better quality of life and I owe it to them to do well with this amazing opportunity the Navy is giving me. My family moved to San Diego from Mexico when I was young. It was really hard to move and leave behind my uncles, aunts, cousins, and friends. I can't even imagine how hard it was for my parents. That is why I want to make them proud and show them that it was worth the sacrifice."

Damage Controlmen 1st Class Kreig Newton, assigned to Navy Talent Acquisition Group (NTAG) Phoenix and the senior classifier for MEPS Phoenix, led Torres-Casillas in the history-making enlistment. During the job-picking process, he realized that Torres-Casillas was fully qualified for the newly available RW rating.

"I was surprised when I saw that RW was available as of today," said Newton. "I called headquarters to confirm RW and then realized she was qualified based on her [ASVAB] line scores. I mentioned the job to her and she was super excited. I will never forget the look on her face after I told her she was going to be the first contracted female Robotics [Warfare] Specialist."

"Petty Officer Newton was amazing," said Torres-Casillas. "He asked me a lot of questions about my interests. Then he told me about Robotics [Warfare] Specialist. It sounded perfect to me. It is a little overwhelming to be first but I am ready for the challenge."

Torres-Casillas, now a Delayed Entry Program Future Sailor, will continue to work with her recruiter Aviation Boatswain's Mate 2nd Class Tremaine Smith, assigned to NTAG Phoenix, Navy Recruiting Station Desert Sky.

Smith is no longer just a recruiter to Torres-Casillas; he is her first Navy mentor, and his new job is to help her get ready for the next step in her Navy career: boot camp. Torres-Casillas is expected to depart Phoenix for the Navy's boot camp in Great Lakes, Illinois in January 2025.

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"Congratulations to my fellow dragon swimmers at NAS North Island Aquatics!"

Navy fires commander of destroyer now in Middle East to counter attacks from Iran-backed militants

by Gary Warner, Stars and Stripes

The Navy on Aug. 30 fired the commander of a guided-missile destroyer that is part of an aircraft carrier strike group deployed in the Middle East to counter attacks on shipping lanes in the Persian Gulf by Iran-backed Houthi rebels in Yemen.

Cmdr. Cameron Yaste was relieved of his duties as commanding officer of USS *John S. McCain*, an Arleigh Burke-class destroyer now operating in the Gulf of Oman.

Rear Adm. Christopher Alexander, commander of USS *Theodore Roosevelt* Carrier Strike Group, took the action citing a “loss of confidence to command the guided-missile destroyer.”

“Loss of confidence” is a vague phrase often used throughout the U.S. military to describe the removal of a commanding officer from his or her post without providing a clear explanation. The causes for past removals of Navy commanders for “lack of confidence” have ranged from ineffective leadership, mistreatment of crew members, and poor behavior off duty, such as drinking with subordinates or a “driving under the influence” arrest.

Alexander announced Capt. Allison Christy, deputy commodore of Destroyer Squadron 21, has temporarily assumed command of the destroyer.

“There is no impact on the ship’s mission or schedule due to the relief,” the Navy said in a statement.

Yaste assumed command of *John S. McCain* in October 2023. The Navy said he will return to Naval Station Everett, Wash., to take up temporary administrative duties.

Yaste was photographed earlier this year firing an M-4 rifle, which some service members pointed out had the optical site mounted backward.

Marine corporal receives Navy Cross 55 years after heroic actions

by Sgt. Ethan Crow
Headquarters Marine Corps

WASHINGTON, D.C. - Cpl. Daniel L. Heller, a Marine Corps Vietnam War veteran, received the Navy Cross for his actions on Feb. 13, 1969, during Operation Dewey Canyon in the Vietnam War.

Gen. Eric M. Smith, commandant of the Marine Corps, presented the award at Marine Barracks Washington.

Heller initially received a Navy Achievement Medal (with Valor device) for his actions during that chaotic February afternoon.

After an official review of his actions, and the resulting impact it had on mission accomplishment, his Navy Achievement Medal (with Valor device) was upgraded to a Navy Cross, the second highest award for valor in combat.

“It’s not often we get the opportunity to correct an oversight nearly 60 years old - and to honor a Marine who so exemplifies the courage and commitment that define our Corps,” said Smith. “Corporal Daniel Heller’s ac-

tions on Feb. 13, 1969, were extraordinary. And it’s time we give them the recognition they deserve.”

While on patrol during Operation Dewey Canyon, a North Vietnamese Army ambush attempted to push the Marines of

Gen. Eric M. Smith,, commandant of the Marine Corps, shakes hands with Cpl. Daniel L. Heller, a Marine Corps Vietnam veteran, during his Navy Cross award ceremony at Marine Barracks Washington, D.C., Wednesday, Aug. 28. U.S. Marine Corps photo by Sgt. Ethan Crow



3rd squad, 3rd platoon from their position. While many Marines played a pivotal role in repelling the ambush, one Marine, Cpl. Daniel L. Heller, set himself apart with his heroic actions, leadership and valor.

Heller repeatedly put himself in harm’s way; not for his own glory but for the love he had for his brothers to his left and right. Despite being wounded in the initial attack, Heller rallied his Marines and maneuvered his squad into a flanking position

to suppress the ambush. After employing his Marines, Heller pushed himself into an onslaught of enemy fire to rescue two gravely wounded Marines.

Once he rescued the injured Marines and moved them to an aid station, Heller denied medi-

“I didn’t do it for a Navy Cross, hell I had never even heard of a Navy Cross,” said Heller while holding back tears during remarks to the audience.

“I appreciate everyone here. It’s been a long - long winding road, but here I am. I just want to say how thankful I am, Semper Fi, and how ‘bout them Jarheads!”

Heller repeatedly thanked those in attendance, his family, and the Marines at the ceremony for their support.

The Marine Corps continues to review previous medals and awards for Marines past and present regarding their actions in the face of danger to ensure appropriate recognition is given.

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Pacific Angel 24-1 successfully completed

by Senior Master Sgt. DeAndre Curtiss

PORT MORESBY, Papua - Personnel from the U.S. Air Force, Royal Australian Air Force, French Navy and Papua New Guinea Defence Force marked the successful completion of bilateral training and increased cooperation during Pacific Angel 24-1 closing ceremony here Aug. 30.

Pacific Angel was a five-day field training exercise and subject matter expert exchange. During the exercise, PNGDF personnel received training and exchanged knowledge with U.S. Air Force, Royal Australian Air Force and French Navy subject

matter experts on areas such as aircraft maintenance, adverse terrain survival and swift water personnel recovery.

"This is the first time we had PNGDF participate with U.S. aircraft, which goes a long way to building the capability for them to fly more complex military operations like humanitarian assistance and disaster response," said U.S. Air Force Col. Todd Larson, Pacific Air Forces director of strategy and plans. "My biggest takeaway from this exercise is the variety of uniforms present, like that old saying goes, 'you don't want to be exchanging business cards when disaster strikes', so these

connections are great and should stand the test of time."

Primarily a search and rescue-centered exercise, Pacific Angel 24-1 focused on establishing PNGDF aeromedical evacuation capability and provided an opportunity to improve combined readiness and interoperability between the U.S., RAAF and Papua New Guinea. It allowed for the exchange of techniques related to emergency response triage and care, casualty evacuation, infectious disease control, engineering programs, airfield operations and repairs.

During the closing ceremony, PNGDF Col. Bruno Malau,

PNGDF chief of staff to deputy commander, briefed on this year's exercise accomplishments and stated that the exercise demonstrated remarkable dedication to the nations' partnership.

"I would like to congratulate you all on a successful exercise, this week we took a small but significant step in the right direction to improve the government's ability to provide effective search and rescue capabilities," Malau said. "This exercise ensured interoperability, Papua New Guinea's growing military partnership with the U. S. and Australia and strengthened our commitment to the promotion of peace and stability in the Indo-Pacific region."



Army

- Army's blunt trauma tests on pigs, cadavers may aid body armor designs
- When 'Duty' called, the U.S. Army answered
- Army launches cognitive screening to track new Soldiers' brain health

Navy

- 'Range of options' ready for South China Sea aggression: U.S. admiral
- Navy rescues two Iranian mariners in distress, US military says
- U.S. carrier drought in Western Pacific is telling but no security threat, expert says

Marine Corps

- Command of III MEF's logistics arm changes hands on Okinawa
- Marine commandant's new planning guidance emphasizes C2 investments
- Vietnam Marine vet awarded Navy Cross 55 years after saving Marines while wounded

Air Force

- Where's the beef? Air Force cadets recently battled meat shortage
- Air Force wants to expand enlisted Airmen exchanges with Australia
- Air Force celebrates 70 years of the C-130 Hercules while preparing for its next phase
- Fired Florida deputy freed on bond in fatal shooting of Black airman
- New Tinker Air Force Base motto immediately lampooned by Airmen, veterans
- New reports: Two Osprey mishaps in one week
- Third Airman found dead during 'difficult summer' at Air Force base in South Korea

Space Force

- Air Force greenlights baseline for new NRO-Space Force satellites to track ground targets

National Guard

- At least 17 Guardsmen have died while on Texas border mission

September 2024 monthly observances

AKC Responsible Dog Ownership
All American Breakfast
Attendance Awareness
Attention Deficit
Hyperactivity Disorder Month
Atrial Fibrillation Month
Baby Safety Month
Backpack Safety America
Be Kind To Editors & Writers
Blood Cancer Awareness
Bourbon Heritage Month
Children's Good Manners
Childhood Cancer Awareness Month
Cholesterol Education Month
Classical Music Month
College Savings Month
Craniofacial Acceptance

Eat Chicken Month
Fall Hat Month
Global Pulmonary Fibrosis Awareness Month
Go Wild for California Wild Rice Month
Great American Low-Cholesterol, Low-fat Pizza Bake
Gynecology Cancer Awareness
Happy Healthy Cat Month
Histiocytosis Awareness
Hunger Action Month
Hydrocephalus Awareness
Intergeneration Month
Int'l Guide Dogs Month Link
Int'l People Skills Month
Int'l Self-Awareness Month
International Speak Out Int'l

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Int'l Square Dancing Month
Int'l Women's Friendship
ITP Awareness Month
Library Card Sign-up Month
Leukemia and Lymphoma Awareness Month
Mesothelioma Awareness
Mold Awareness Month
Nat'l Alcohol & Drug Addiction Recovery Month
Nat'l Americana Month
Nat'l Bake & Decorate Month
Nat'l Be A Food Hero
Nat'l Campus Safety Awareness Month
Nat'l Cheese Month
Nat'l Chicken Month

Nat'l Child Awareness Month
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Nat'l Coupon Month
Nat'l Disease Literacy Month
Nat'l DNA, Geonomics & Stem Cell Education Month
Nat'l Food Safety Education
Nat'l Family Meals Month
Nat'l Fruit and Veggies
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'Bend in the curve': Navy recruiting efforts see significant results following years of loosened requirements, missed goals

by Caitlyn Burchett
Stars and Stripes

Navy officials said Aug. 28 that they are seeing significant results in recruiting after years of loosening requirements to combat missed enlistment goals, putting the service on track to boost its force by more than 40,000 sailors by the year's end.

"I am very proud to announce the Navy has had its best stretch of recruiting results since 2020," Rear Adm. James Waters, commander of Navy Recruiting Command, told reporters.

More than 36,700 individuals have joined the Navy since October 2023, with about 4,000 new recruits committing to the sea service each month. The Navy is on schedule to meet its goal of 40,600 recruits for fiscal 2024, though the service won't be able to put them all through bootcamp before the fiscal year ends Sept. 30.

"I have got one bootcamp," said Rear Adm. Jeffrey Czerewko, commander of Naval Education and Training Command in Pensacola, Fla.

The service set its recruiting goal of active-duty Sailors for fiscal 2024 to attempt to make up for shortfalls of years prior. In 2022 and 2023, the Navy only contracted 22,000 and 30,000 Sailors, respectively. Those same years, the Navy also emptied its delayed-entry pool, a program that allows people to sign up for the armed forces up to one year before they start basic training.

"But the real 'what' behind the bend in the curve for Navy recruiting is multifaceted," Waters said.

Waters ticked off several factors that he said contributed to the recruiting surge, such as making it easier to join the Navy, focusing on meeting recruiter needs, and removing barriers or friction that hindered enlistment efforts.

The Navy felt pressured to loosen requirements, including accepting recruits with lower test scores and bringing in recruits who didn't have high school diplomas or a GED diploma or certificate. The loosened requirements allowed the service



Graduating Sailors during a Navy Recruit Training Command's review at Great Lakes, Ill., on Jul. 25, 2024. More than 40,000 recruits train annually at the service's only boot camp. U.S. Navy photo by Christopher M. O'Grady

to accept up to 20 percent of prospective Sailors who receive a category 4 score — the second-lowest score level — on an entrance test that measures cognitive ability. The military has traditionally accepted very low numbers of category 4 scorers, and candidates with category 5 scores are ineligible to serve.

Vice Adm. Rick Cheeseman told *The Associated Press* that roughly 17 percent of its recruits this year are category 4.

Many of those Sailors, the rear admirals said, are then put through the Future Sailor Preparatory Course, modeled after one set up two years ago by the Army, which has been successful. The Navy began its program in April 2023 and so far about 2,900 recruits have taken the academic course and at least 1,850 have completed it.

"We are helping these human beings move on to the next level and showing them what

the Navy has to offer them," Czerewko said.

The Navy also has achieved almost 100 percent staffing of its recruiter billets, which Waters described as his No. 1 priority.

"Their job is to prospect, build trust-based relationships and close," he said.

Much of those conversations focus on what the Navy experience could be like for individuals on a case-by-case basis, Waters said.

Another key component to meeting recruiting goals, the rear admirals said, has been reducing the time it takes to make medical waiver decisions. Medical waivers can be given to candidates who might not meet established physical qualifications but might be able to serve without posing a danger to themselves or the

Navy's mission. In 2021, the process could take about 23 days. Now, the service can approve or deny a medical waiver within three days.

"Friction is being removed from the system. The impact on the psychology of the organization, in my opinion, and the morale increase of being able to see the fruits of your labors, as [Waters] talked, within zero to three days instead of months, has energized that organization," Czerewko said.

More than 1,100 new recruits will be put through boot camp each week through the fiscal year's end.

"We are focused now on normalizing the behavior so that we are steady into [fiscal 2025] and can ship across the year at a more steady rate than what we saw in '24," Waters said.



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FLEET WEEK SAN DIEGO ANNOUNCES SCHEDULE FOR 2024

Fleet Week San Diego schedule of events will run from Nov. 1-11, 2024. A variety of events will be available to the public on Broadway Pier from Nov. 8-11. The only Fleet Week event scheduled outside the November time frame is the Active Duty Golf Tournament which will be held on Sept. 20 at the Sycuan Golf resort.

SAN DIEGO - The San Diego Fleet Week Foundation has scheduled 10 separate events during the 23rd Annual Fleet Week San Diego Celebration that honors and thanks the men and women of the Navy, Marine Corps, and Coast Guard.

In addition to ship tours and military displays, this year's schedule includes special 'STEM themed' tours for San Diego area students, a military family day, the SDSU Fleet Football Classic, Veterans Day boat parade, and a post-parade concert. Other events planned include an MRE Cooking Contest, a luncheon event at the San Diego Zoo and a Breakfast event aboard USS Midway Museum.

Unscheduled events are an athletic competition between active-duty Sailors, Marines, Coastguardsmen and San Diego First responders, and a series of performances by Navy and Marine Corps Bands at various locations in San Diego. The complete schedule follows:

Enlisted Recognition Luncheon, Nov. 1, San Diego Zoo
 Military/Veterans Appreciation Concert, Nov. 1, Balboa Park
 Student STEM Days, Nov. 6-8, Broadway Pier
 Fleet Week SDMAC Breakfast, Nov. 6, Midway Museum
 Ship Tours/Military Displays, Nov. 8-11, Broadway Pier
 SDSU Fleet Week Football Classic (Aztecs vs. New Mexico), Nov. 8, Snapdragon Stadium
 Military Family Day, Nov. 10, Broadway Pier
 MRE Cooking Contest, Nov. 10, Broadway Pier
 Veterans Day Boat Parade, Nov. 11, San Diego Bay
 Post Parade Concert, Nov. 11, Broadway Pier

All events at Broadway Pier are free and open to the public, as is the Military/Veterans Appreciation Concert at the Spreckels Pavilion in Balboa Park. Student Stem Days are restricted to students, teachers and school officials.



Lease agreement reached for San Onofre State Beach

by 1st Lt. Jorin Hollenbeak and Capt. James Sartain
 Camp Pendleton

SAN ONOFRE - Officials for California State Parks, California's Department of General Services, the U.S. Navy and Camp Pendleton recently announced a new 25-year lease agreement for San Onofre State Beach and San Mateo Campground.

The beach in San Diego County is renowned for its world-class surf breaks and diverse outdoor recreation opportunities, attracting nearly 2.5 million visitors each year. The agreement, which marks the culmination of years of complex negotiations between California and its federal partners, ensures visitors will continue to enjoy uninterrupted access to the beach while preserving its natural resources and recreational opportunities for current and future generations.

CSP has operated San Onofre State Beach since 1971, under an agreement with the Navy for use of a portion of Camp Pendleton. That agreement was set to expire Aug. 31, 2024.

"San Onofre State Beach is a gem within our State Parks system, a beloved beach with world-class surf breaks," said California Natural Resources Secretary Wade Crowfoot.

"We're very glad that this new lease with the Navy ensures that the State Beach continues for everyone's enjoyment in decades to come. We're thankful to the Navy and Marine Corps for their close partnership making this possible and are proud to support Camp Pendleton and military installations across California as they advance our vital national defense mission."

"For the Department of the Navy, our defense communities are critical to our success, and the State of California is a great partner," said Assistant Secretary of the Navy for Energy, Installations, & Environment Meredith Berger.

"I'm proud of the effort that our teams put in to find a way forward on a place we both value: San Onofre beach. Our agreement is a testament to the incredible partnership between the Marines and the San Onofre community."

"The renewal of the lease represents our continued commitment to our community and to the preservation of natural beauty and cultural heritage of the region," said Brig. Gen. Nick I. Brown, commanding general of Marine Corps Installations West - Camp Pendleton.

<https://www.parks.ca.gov/NewsRelease/1301>

USS San Diego departs for Japan

Amphibious transport dock ship USS *San Diego* left San Diego, Aug. 14, for Sasebo, Japan, to join the Forward-Deployed Naval Forces-Japan. This is a permanent change of station for the crew and family members.

San Diego replaces USS *Green Bay*, also a San Antonio-class amphibious transport dock ship, which has been forward deployed to Sasebo for a decade. *Green Bay* will return to the U.S. at its new homeport of San Diego.

"USS *San Diego* was prepared for this move," said Capt. David Walton, *San Diego* commanding officer. "Being forward deployed will be very rewarding for the crew and families. We appreciate all the support and fond memories of the City of San Diego, but it's time for the city's namesake USS San Diego to lead the charge. America is counting on us to deter aggression, defend our national security interests, and preserve our way of life."

Roosevelt deployment extended in Middle East, US to keep 2 carrier strike groups in the region

The Middle East deployment of aircraft carrier USS *Theodore Roosevelt* was recently extended following a weekend of Israel and the Lebanese militant group Hezbollah trading heavy fire, the Pentagon said.

"Given the tensions in the Middle East and given our commitment to continue to support Israel's defense and deter potential aggression, the secretary did order an extension of *Theodore Roosevelt* carrier strike group," said Air Force Maj. Gen. Pat Ryder, the top Pentagon spokesman.

Roosevelt and its strike group will remain in the Middle East, joining USS *Abraham Lincoln* and its escorts. The announcement marks the second time the U.S. has positioned two carrier strike groups in the region.

Defense Secretary Lloyd Austin said that the two strike groups would be postured in the region. Ryder declined to say if the decision came before or after tensions between Israel and Hezbollah came to a head Saturday.

It is unclear how long *Roosevelt*, which has already been deployed for eight months, will be extended, with neither Austin nor Ryder indicating a timeline for the extension. Historically, carrier deployments have been extended in 30-day increments.

"We will do everything we can to ensure we can meet our national security commitments, while also at the same time managing the finite resources that we do have around the world," Ryder said.

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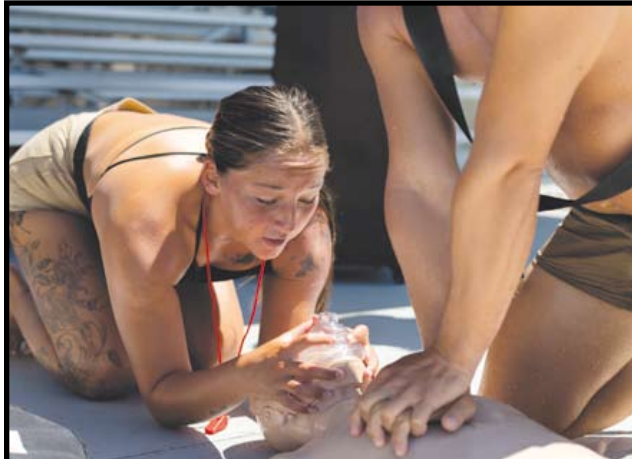
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SAN DIEGO (Aug. 28, 2024) Lt.j.g. Jatin Khona, navigator aboard USS *John P. Murtha*, describes daily life underway to Deputy Secretary of State for Management & Resources Richard Verma and Rep. Scott Peters during a ship tour here.

U.S. Navy photo by MC2 Joshua Samoluk



MCAS MIRAMAR (Aug. 29, 2024) Marine Corps Lance Cpl. Aubriana Guerrero, an administrative specialist, participates in American Red Cross training during a Marine Corps Instructor of Water Survival course here. The course certifies Marines to conduct annual swim quals and develop water survival programs for their units.

U.S. Marine Corps photo by Lance Cpl. Nicole Stuart



SAN DIEGO (Aug. 29, 2024) Capt. Matthew Thomas (second from left), commanding officer of aircraft carrier *Carl Vinson*, Marilyn Cohen, a member of the USO Board of Governors, and Gary Cole, regional president, United States Organization (USO) West Region, cut a ribbon signifying the opening of the USO Center Afloat aboard the ship. *Vinson* is currently pierside in its homeport of San Diego. U.S. Navy photo by MC2 Elizabeth Grubbs



MCRD, San Diego (July 25, 2024) Marine Corps recruits with Lima Company, 3rd Recruit Training Battalion, conduct an obstacle course after a 2k introduction hike here. During training, recruits conduct a series of progressively longer hikes to physically and mentally condition them to create combat readiness for any necessary future operations as the world's force in readiness. U.S. Marine Corps photo by Cpl. Sarah M. Grawcock



SAN DIEGO (Aug. 29, 2024) Rear Adm. Seiko Okano, commander, Naval Information Warfare Systems Command, salutes the sideboys during the Tactical Networks Program Office (PMW 160) change of command ceremony. Capt. Nicole Nigro assumes the program manager for PMW 160 from Capt. Catherine Boehme. U.S. Navy photo by Ramon Go

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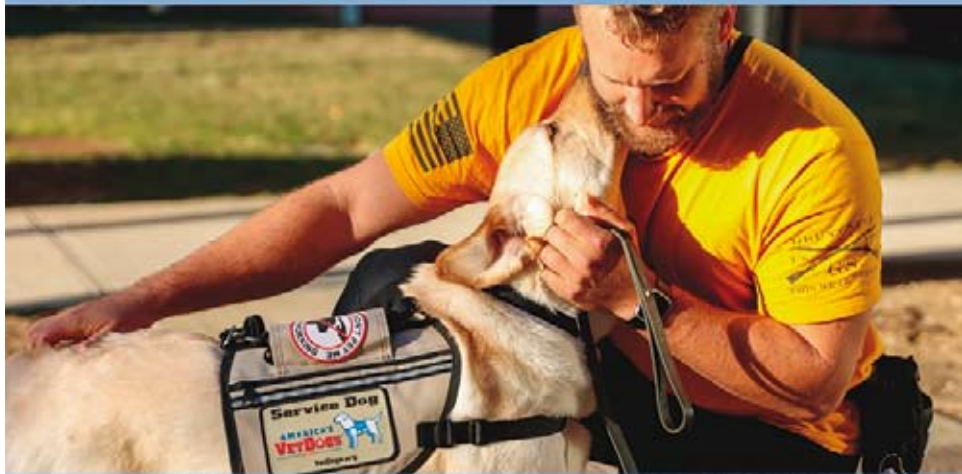
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Single blood test predicts 30-year cardiovascular disease risks for women

EDITOR'S NOTE: Read this story in its entirety at <https://www.nih.gov/news-events/news-releases/single-blood-test-predicts-30-year-cardiovascular-disease-risks-women>.

Research supported by the National Institutes of Health (NIH) has found that measuring two types of fat in the bloodstream along with C-reactive protein (CRP), a marker of inflammation, can predict a woman's risk for cardiovascular disease decades later.

These findings, presented as late-breaking research at the European Society of Cardiology Congress 2024, were published in the New England Journal of Medicine.

"We can't treat what we don't measure, and we hope these findings move the field closer to identifying even earlier ways to detect and prevent heart disease," said Paul M. Ridker, M.D., a study author and the director of the Center for Cardiovascular Disease Prevention at Brigham and Women's Hospital, Boston.

For the study, investigators collected blood samples and medical information from 27,939 health care providers living in the United States who participated in the Women's Health Study. Women, who started the study between 1992-1995 at an average age of 55, were followed for 30 years. During this period, 3,662 study participants experienced a heart attack,

stroke, surgery to restore circulation, or a cardiovascular-related death. Researchers assessed how high-sensitivity CRP, along with low-density lipoprotein (LDL) cholesterol and lipoprotein(a), or Lp(a), a lipid partly made of LDL, singularly and collectively predicted these events.

Participants were grouped into five categories - ranging from those with the highest to lowest levels - to measure each of the three markers. Researchers found that women with the highest levels of LDL cholesterol had a 36 percent increased associated risk for heart disease compared to those with the lowest levels. Those with the highest levels of Lp(a) had a 33 percent increased associated risk, and those with the highest levels of CRP had a 70 percent increased associated risk.

When all three measures - LDL cholesterol, Lp(a), and CRP - were assessed together, participants with the highest levels had more than a 1.5-times increased associated risk for stroke and more than a three-times increased associated risk for coronary heart disease compared to women with the lowest levels.

The researchers note that while only women were assessed in this study, they would expect to find similar results in men.

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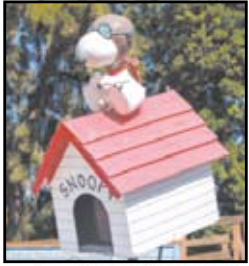
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Knott's Berry Farm improves the theme park experience in so many ways

AutoMatters™ & More



by Jan Wagner

There is a saying that goes something like this: "you can't teach an old dog new tricks." Well, if you expand that saying to include mice, the famous old dog (Snoopy) at Knott's Berry Farm could teach a famous old mouse at that other Anaheim theme park a thing or two about providing a truly exceptional guest experience.

What especially sets Knott's apart from that other theme park is its immersive, interactive experience and authenticity.

I planned my first visit to Knott's Berry Farm in decades to coincide with Founder's Day — in which Knott's western-themed Ghost Town was filled with fun interactions between Knott's visitors and lots of role-playing townsfolk dressed in period-appropriate western costumes, as described in the Calico Gazette daily newspaper (remember when that other them park had daily newspapers?). This included a dramatic bank robbery attempt, an impromptu trial and a massive hoedown, where the park guests were invited to join in and dance, and many did,

Ghost Town is not a heavily scaled-down recreation of the wild west. It has many authentic relics of its bygone era accumulated by Knott's many years ago, complete with a full-size working railroad, a stagecoach that gives rides, historical buildings and assorted,

museum-quality memorabilia (many on display in the Ghost Town's museum).

Through widespread, dynamic cosplay, within the western-themed frontier area of the park, Knott's really brings the experience to life for park guests, thoroughly involving them in the western frontier environment whereas, for the most part (perhaps for cost-savings?) that other theme park does not.

Instead they've shuttered many of their favorite, talent-heavy recreations based-upon their array of intellectual property. Instead, the other park is heavily into staging pop-up photo ops, where guests line up to pose for photos taken with the characters, as their handlers keep everyone else at a distance.

There are also other important differences. Admission to that other theme park has gotten very expensive, and it keeps going up and up to stratospheric heights. My current annual pass to that theme park cost \$1,599. It will expire on Oct. 15 unless I renew it at the current price of \$1,649 — if that is still the price when my one-month in advance renewal window opens. Crowds at that other theme park there are frequently massive, so long waits in line significantly reduce park guests' time available to enjoy the park's popular attractions.

Even this most basic of Knott's annual passes has NO BLACKOUT DATES, whereas every level of their annual passes has blackout dates — some many more so than others. Furthermore, advance reservations are required for passholders, which further limits when the passes may be used, precluding the possibility of visiting spontaneously, without planning in advance.

Knott's regular pass, which is valid for the rest of 2024 and

all of 2025 only cost \$99 during their summertime sale (otherwise it is still an extremely budget-friendly \$105, and provides for visits for the rest of 2024 and UNLIMITED visits in 2025. Renewals are just \$99).

I added some options to that: general parking for an additional \$90 for the same period, plus \$145 for All Season Dining (for up to two entrees per visit with at least a four-hour gap in-between, for a wide variety of meals at many locations throughout Knott's) — also every day — for the rest of 2024 plus all of 2025. At the other park, there are no dining plan add-ons for the annual passes — just discounts.

With Knott's prepaid parking option, you will not have to pay again to park, whereas at that other theme park, only their most expensive annual pass category includes parking. The other passes just offer a discounted daily parking rate, which can really add up.

At the other park, there are many extra-cost experiences — for which they close all of a significant part of the park to mere annual passholders. At Knott's most of the fun, special entertainment (excluding Knott's Scary Farm) is not hidden behind a paywall.

Other great SoCal theme park options to consider, which are also much more budget-friendly than that other theme park in Anaheim, are Universal Studios Hollywood and SeaWorld San Diego.

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

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The fix is in

The Meat & Potatoes of Life



by Lisa Smith Molinari

Our our 18-month-old yellow lab, Gilligan, has been bumbling around wearing a plastic cone on account of having had neuter surgery on Monday. Gilly is the third of the Molinari family dogs, so this isn't our first rodeo. Gilly's predecessors, first Dinghy and then Moby, were neutered, too, and each dog spent their post-operative weeks moping around in a "cone of shame."

Gilly, a goofball, seems oblivious to the loss of his manhood marbles, and is therefore coping quite well. A keenly intelligent poodle-mix, Dinghy's masculinity wasn't fazed by his sudden lack of testosterone — in fact, he became known for his critter hunting prowess and dog park domination. However, to our middle dog, Moby, a sweet simpleton with a one-track mind for tennis balls, neutering surgery was a shocking betrayal.

We were living on base that winter, when I told my friends they wouldn't be seeing Moby for a while. When I explained why, the men collectively cringed and hitched their knees together.

First thing Monday morning, Moby loped out our front door into the crisp morning air just like always, his stout wagging tail on one end and a big

sloppy smile on the other. I opened the minivan's door, and Moby hopped right in, probably expecting me to drive him to the beach to chase balls and eat dead fish.

But instead, we drove twenty-five minutes northward to the veterinary clinic. Once parked, I opened the door to let Moby out.

"Hey Lil' Buddy! C'mon, this is gonna be fun!"

Moby was a blockhead, but even he knew something was up. He was hesitant to emerge, wondering why I'd left the tennis balls in the car. When I tugged at his leash, he pulled back, causing all his neck flub to bunch up around his face.

Finally, Moby noticed that the air outside the minivan was a veritable cornucopia of intriguing odors, so he jumped out to investigate years' worth of animal pheromones, territorial markings, and nervous involuntary spillage in that parking lot. On my way to the clinic door, the leash stopped with a jolt while Moby sniffed, then licked, then marked tufts of dead grass peeking through cracks in the asphalt.

In the waiting room, Moby wasn't sure if he should hide or jump for joy. On one hand, there were lots of fun-looking dogs and people in there, and even one small hissy thing that made a peculiar yowling sound. But on the other hand, there were unfamiliar smells in that waiting room, like medicine ... disinfectant ... and fear.

Before Moby's blockhead could figure it all out, the veterinarian's assistant led him away. I watched his

tail wag as he looked up at her, probably thinking she was taking him to chase balls.

Oh, the irony.

Several hours later, Moby was back in the minivan, stunned at having been robbed of his virility and wondering why there was a ridiculous cone around his head.

The physical pain in his nether regions was a mere annoyance compared to the humiliation of the cone. It soon became the bane of his existence. He knocked over lamps and spilled his water. Worst of all, it got in the way of chasing balls.

At the end of the week, when Moby had reluctantly accepted that he'd be wearing that blasted cone for the rest of his life, it suddenly cracked and fell off while he was rolling in the snow. Moby stared at the cone a moment, not sure if he should be sad at losing another appendage or happy to be rid of it. Instinct took over, and Moby pounced onto the cone, grabbing and shaking it with all his might.

Killing the cone restored Moby's faith in his lingering masculinity, and as he trotted back to the house with his head held high, I could almost hear him say, "Nothing will ever get between me and my balls again."

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CLASSIFIED ADS

SOCIAL SECURITY MATTERS

Does Congress pay Into Social Security?

Dear Rusty: I've been told that members of Congress do not have Social Security deducted from their pay; Additionally, that their retirement dollars come from the Social Security Administration purse even if they only serve as a member of Congress for a short number of terms. Also, if this is true, are there other individuals that enjoy these advantages?

*Thank you in advance for your service as a Social Security Advisor.
Signed: Concerned Senior*

Dear Concerned Senior: I'm afraid this is one of those "urban legend" kind of rumors that just seems to keep popping up, especially when the issues surrounding Social Security's financial problems come up. In addition to being untrue, it often is used to display the public's animosity toward elected officials and the feeling that Congress—and other elected officials—are above the fray, so to speak, and therefore not affected by the implications of Social Security's looming insolvency problem.

Here's the reality. Since January 1, 1984, all members of Congress, the President and Vice President, Federal judges, and most political appointees, are covered under the Social Security program. The rumor that these elected officials do not pay Social Security tax most likely is attributable to the fact that from 1920 to 1983, they were participants in the Civil Service Retirement System – CSRS – the federal retirement plan federal workers used even before the Social Security Act was passed. CSRS provided a pension for federal employees, so they were exempted from contributing to or collecting from the new Social Security program.

In 1987, then, the federal government officially changed over to FERS – the Federal Employee Retirement System – and all employees hired from that point forward are now covered under FERS. There are multiple parts to FERS, and one of them is mandatory FICA contributions. So, all federal employees—including members of Congress—are subject to the 6.2% FICA tax, are eligible for Social Security retirement benefits, and are governed by the multitude of rules and regulations associated with Social Security. But other than standard SS benefits which they may normally be entitled, no Social Security funds are used to supplement Congressional retirement.

In other words, the rumor that Congress didn't pay into Social Security was actually true prior to 1984, but today it is a misstatement of fact. And the federal employee retirement plans (both the prior CSRS plan and the current FERS plan) are totally independent of Social Security and do not negatively affect program solvency.

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

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Johnson, Kyle	A2T1	Moss, Obadiah Enoch	22A7
Jones, Marcus L.	19A5	Unauthorized	26A1
Mader, Arno	38B2	Unauthorized	B6T1
Mailman, Jakob A.	C9T1		

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Dussault, Paul	A5T4
Unauthorized	B4T1

Include pets, animals in your disaster plan

By Yvette Urrea Moe, County of San Diego

Ahead of peak wildfire season, County Animal Services is offering pet preparedness information to the public and is working with community volunteers who can assist in the event of an emergency.

County experts suggest you prepare your family by making a plan to evacuate and gathering food and other supplies. The same can be done with family pets, even livestock. Planning is key to emergency preparedness for all.

The County Emergency and Animal Services departments recommend that you prepare and practice a disaster plan with all of your family members and assemble emergency supplies ahead of time. Household pet necessities include a supply of food and water, a crate or carrier, leash, medicines, copy of current veterinary records, and several recent photographs of your furry, feathered or scaly friend.

If you have to evacuate your home during an emergency, do not leave your pets. You may not

be able to return to your home or animal enclosure for an extended period. In addition, structural damage to your home or animal enclosure may allow your pet to escape or to permit other animals or the natural elements to enter and hurt your pet.

Be prepared to quickly evacuate with your pets. If an evacuation seems possible, do it earlier rather than later. Do not wait until the last minute.

Animal Services has emergency preparedness recommendations for livestock owners. Moving horses and other large animals takes time and practice.

Make sure your pet is wearing a collar with identification and an emergency contact. Having an ID on your animals may help reunite you if you are separated. Another safeguard is microchipping in case your pet loses its collar. Microchipping is available at the Animal Services' shelters.

With these simple preparation steps, your entire family can be ready for the unexpected, including wildfires, earthquakes, flooding or other emergencies.

Mayo Clinic: How to talk with someone grieving a suicide loss

by Mayo Clinic staff

Editors note: September is National Suicide Prevention Month

In 2021, suicide was the 11th leading cause of death in the U.S., claiming the lives of more than 48,000 people - nearly double the number of homicides. People of all ages, ethnicities and backgrounds choose to end their own lives. That means that people of all ages, ethnicities and backgrounds may be affected by suicide.

When learning that a loved one, friend, neighbor, work colleague or child has lost someone to suicide, you want to support them. Your first thought might be, "What do I say?"

Supporting someone grieving a suicide loss can be uncomfortable and even a bit scary. The support you provide is crucial to helping them navigate this tragedy, and it's essential to their mental health. Be aware that those who have lost someone to suicide are at a higher risk of dying from suicide, as well.

How to start the conversation about suicide

People who have lost a loved

one to suicide may consider themselves a survivor. They may be experiencing a complex range of feelings from grief to anger, shame and fear. Being present and showing you care — without judgment — plays a vital role in supporting them.

When talking with the survivor, show you still remember their loved one. Use the person's name, share memories and maybe even photos of time spent together. Talking openly about the person can help remove the stigma of their death. Sometimes, all you need to do is listen.

The survivor may ask unanswerable questions, such as, "I don't understand how this happened," or "How could they do this to me?" Validate those thoughts and acknowledge that neither of you has the answers. Provide support with statements such as, "This is very hard for you, and I'm sorry that I don't have any answers."

Maintaining connection after loss

Often, a survivor hears most from their circles of family and friends shortly after the death,

but then the connections taper off. The survivor's emotions and feelings haven't tapered off. That's why keeping in touch is so important.

Holidays, anniversaries, birthdays and other milestone events can be particularly difficult for survivors because they conjure up intense memories and emotions about their loved ones. Check in with survivors around these times. A "thinking of you" card, email or text may be all they need to know you're there for them. They may also ask for space, and that's OK too.

Also, remember to include the survivor in activities. If you've frequently met for coffee, extend the invitation again. If they enjoy the theater, ask if they'd like to go to a show with you. If the answer is "no," accept it and don't push, but don't give up on them. The time will come when they say, "Yes."

Be aware of suicide warning signs

Because survivors are at greater risk of dying from suicide, pay attention to them. Listen to what they're saying and what they're not saying. And although it's



Photo courtesy of Mayo Clinic

uncomfortable for you — without judging them or minimizing their feelings — gently ask if they're having thoughts of suicide themselves.

Here are some questions to consider:

Do you feel you have no hope for the future?

Do you feel you'd be better off dead?

Do you feel your loved ones would be better off without you?

Do you think you might try to hurt yourself today?

Have you had thoughts of suicide?

Have you been thinking of killing yourself?

Have you thought of ways you might hurt yourself?

What would you do to end your life?

to ask a few questions can help the survivor feel supported and less alone, isolated and hopeless.

If you're concerned for the survivor, here are some warning signs to watch for:

Acting anxious, agitated or behaving recklessly

Increasing use of alcohol or drugs

Looking for a way to kill themselves like searching online

or buying a gun
Showing rage or talking about seeking revenge

Sleeping too little or too much
Talking about being a burden to others

Talking about feeling hopeless or having no reason to live

Talking about feeling trapped or in unbearable pain

Talking about wanting to die or to kill themselves

Withdrawing or isolating themselves

If you see these signs and are with the survivor, call 988, the national suicide and crisis line, a local crisis center or take them to the nearest emergency department.

Everyone plays a role in suicide prevention. Stay connected with a survivor, listen to them, be aware of risks and warning signs, and don't hesitate to offer help when needed.

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