

# ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch

[www.armedforcesdispatch.com](http://www.armedforcesdispatch.com)

619.280.2985

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

SIXTY-FIFTH YEAR NO. 16

SEPTEMBER 1-15, 2025



**TEAM WATERWORKS** Marines with Martial Arts Instructor Course 106-25 do buddy pushups as part of the culminating event at Camp Pendleton Aug. 21, 2025. The MAI course is a physically and mentally demanding three-week training cycle designed to strengthen the mental and moral resiliency of Marines through tough realistic training, enabling Marines to train their respective units. U.S. Marine Corps photo by Lance Cpl. Ruby Centeno

## EXPEDITION REVEALS 13 SHIPWRECKS FROM WWII BATTLES OFF GUADALCANAL

by Clifford Davis

Naval History and Heritage Command  
HONIARA, Solomon Island - A multinational expedition led by the Ocean Exploration Trust aboard the Exploration Vessel (E/V) Nautilus has completed a groundbreaking archaeological survey of more than a dozen World War II era shipwrecks in Iron Bottom Sound earlier this month.

During the 22 day mission, which included the visual identification of multiple historically

significant vessels, the team surveyed 13 wreck sites, including four ships documented for the first time. Among the newly identified wrecks are the bow of heavy cruiser USS New Orleans (CA 32) and the Imperial Japanese destroyer Teruzuki, both lost during intense naval battles in the Guadalcanal campaign.

Other vessels surveyed in high resolution include: USS Vincennes (CA 44), USS Astoria (CA 34), USS Quincy (CA 39),

USS Northampton (CA 26), USS Laffey (DD 459), USS DeHaven (DD 469), USS Preston (DD 379), USS Walke (DD 416), HMAS Canberra (D33), Imperial Japanese Navy destroyer Yudachi, and an unidentified landing barge.

“It was wonderful to return to Iron Bottom Sound, where we discovered Japanese, Australian, and American warships over 34 years ago,” said Dr. Robert Ballard, president of Ocean Exploration Trust. “This expedition was special, allowing us to film these sites in a manner not possible back then, as well as document other ships, while at the same time sharing our work live to the entire world.”

The surveys were conducted using advanced underwater robotic systems, including remotely operated vehicles deployed from Nautilus, and an

uncrewed surface vehicle, DriX, operated remotely from a shore-based station in Honiara. The DriX system, developed by the University of New Hampshire, mapped over 1,000 square kilometers of seafloor, producing the highest-resolution maps of Iron Bottom Sound to date and identifying dozens of potential targets.

“The use of our uncrewed vessel allowed a tremendous increase in exploration efficiency as we were able to continuously map and identify potential targets while the Nautilus was deploying its ROVs,” said Dr. Larry Mayer, Director, Center for Coastal and Ocean Mapping at the University of New Hampshire.

Find this story at <https://www.navy.mil/Press-Office/News-Stories/display-news/Article/4272152/>.



USS New Orleans, shown here in English waters, June 1934. Photo courtesy of U.S. Naval History and Heritage Command

## ‘Let’s keep our kids safe - every day every window’

by Scott Sutherland, Staff writer

The commander of Navy Installations Command recently issued a message to the Navy community regarding window safety and fall prevention, on the heels of recent events that resulted in two injuries and three deaths of military children falling from second-story windows.

Two of the deaths occurred this summer in military housing at Naval Base San Diego.

Vice Adm. C.S. Gray, commander of NIC, emphasized that window safety is a critical concern for military families, one that can sometimes be overlooked.

“Recently, our community has been deeply affected by several heartbreaking events: two injuries and three deaths of military children resulting from falls from second-story windows. These incidents serve as a stark reminder of the potential dangers our children face, even in familiar environments,” said Gray.

“We can take for granted the threats present in our homes, such as stairs, under-sink chemicals, bathtubs, and windows. In light of these recent events, we are initiating an intensified awareness and prevention campaign to better protect our children.”

According to an Aug. 22 report in *Stars and Stripes*, in San Diego in July, a 1-year-old child died after falling from a second-story window in public-private military housing. In June, a 5-year-old died after falling from a second-story window in public-private military housing.

In a Facebook post on Navy Life Naval Base San Diego, “kids and open windows don’t mix. Even a short fall can lead to serious injuries - and it happens more often than you’d think. Windows are one of the top five hazards in the home.”

If you live in Southwest Region privatized housing, your housing provider is currently installing safety devices throughout the neighborhoods. The online post states that “nothing beats keeping a close eye on little ones. Active supervision is still the best way to prevent accidents.

As stated by Navy Life NBSD, “let’s keep our kids safe - every day, every window.”

For tips and more information issued by Navy Life Southwest,

## Another drug seizure at sea by Coast Guard, Navy: 1,296 pounds of cocaine

by MC1 Brandon Roberson

A U.S. Coast Guard Law Enforcement Detachment (LEDET), embarked aboard t destroyer USS *Sampson*, interdicted a suspected drug smuggling vessel and seized approximately 1,296 pounds of cocaine in international waters Aug. 11. *Sampson*, operating in a known drug trafficking corridor, identified a suspicious vessel exhibiting telltale indicators of smuggling, including excessive fuel barrels and packaged cargo visible on deck. Upon receiving authorization, the ship launched a Navy MH-60R Sea Hawk helicopter from Helicopter Maritime Strike Squadron (HSM) 49 “Scorpions”, as well as a rigid-hull inflatable boat (RHIB) to intercept. The suspect vessel attempted to flee and began jettisoning packages overboard. After warning shots failed to compel compliance, the helicopter crew, under Coast Guard direction, employed disabling fire, successfully halting the vessel without injury. Two boarding teams, including members from LEDET 105, conducted a non-compliant boarding and recovered 12 bales of suspected narcotics. Field tests confirmed the presence of cocaine, and two individuals were taken into custody.

See photo on page 8

PRSR STD  
ECRWS  
U.S. POSTAGE  
PAID  
EDDM RETAIL

Local  
Postal Customer

**Read the Dispatch online weekly**  
New issues posted weekly online in a downloadable pdf format at [www.afdispatch.com](http://www.afdispatch.com).

**Your FREE  
weekly paper**  
**Take one!**



Courtesy photo

Navy Petty Officer 2nd Class Alexis Gloster, shown above on the deck of a ship June 5, and below as a cheerleader during NFL's Jacksonville Jaguars first preseason game against the Pittsburgh Steelers, Aug. 9, in Jacksonville. Bottom photo by Chad Cushing/Jacksonville Jaguars



# Navy reservist achieves dream of becoming an NFL cheerleader

by Tyler Grimes  
Naval Supply Systems Command  
Fleet Logistics Center Jacksonville

As the NFL prepares to launch another exciting season, one Navy Reserve Sailor is preparing for her own big debut.

Navy Petty Officer 2nd Class Alexis Gloster, a logistics specialist assigned to Naval Supply Systems Command Fleet Logistics Center Jacksonville, Fla., will step onto the sidelines this year as one of the newest members of the Jacksonville Jaguars cheerleading squad.

For Gloster, the accomplishment represents the fulfillment of a lifelong dream — one she has worked toward while balancing the demands of military service.

“After serving five years on active duty, I wanted the flexibility to pursue other dreams while still serving my country,” said Gloster, who has now served a total of nine years in the Navy. “The Navy Reserve has given me the best of both worlds — remaining part of something bigger than myself while continuing to grow personally and professionally.”

One of those dreams was professional cheerleading.

“I’ve loved performing and cheerleading for as long as I can remember,” she said. “Becoming an NFL cheerleader was a way to share that passion on a huge stage while also making a positive impact in the community.”

Earlier this year, the Fort Lauderdale native auditioned for the Jaguars cheer squad. The process was rigorous, stretching across multiple rounds and lasting two weeks.

“We had to learn and perform choreography under pressure, “

[She] is one of our unit’s hard-chargers and also serves as our command fitness leader,” Dubé said. “She is humble about her achievements as I was unaware of her selection as a professional cheerleader. We’re looking forward to seeing her lead the games’ crowds with her vibrant smile and energy.”

“It’s bigger than the field — it’s about inspiring others, representing an incredible organization and connecting with people in meaningful ways,” she said. “I feel so proud to wear both uniforms, the Navy’s and the Jaguars’. They represent two very different worlds, but both

set a good example for other Navy reservists to pursue their dreams.

“[She] is one of our unit’s hard-chargers and also serves as our command fitness leader,” Dubé said. “She is humble about her achievements as I was unaware of her selection as a professional cheerleader. We’re looking forward to seeing her lead the games’ crowds with her vibrant smile and energy.”

As she looks ahead to her first season as an NFL cheerleader while continuing to serve in the Navy, Gloster hopes her story will motivate others to keep reaching for their goals.

“I hope my story shows others that you don’t have to choose just one dream — you can chase them all,” she said.

Navy Capt. Roger Dubé

are built on teamwork, dedication and heart.”

Capt. Roger Dubé, Navy Reserve NAVSUP FLC Jacksonville commanding officer, said Gloster’s role as a professional cheerleader could help with the Navy’s recruiting efforts and

complete an interview and stand out among more than 300 candidates,” she recalled. “It really pushed me to be the best version of myself every single day. When I was selected, it made the moment even more special. It was intense but so rewarding.”

Now, with the NFL preseason underway, Gloster is focused on balancing her Navy Reserve duties with the commitments of cheerleading on a national stage.

“It’s definitely a balancing act, but the discipline and time management I’ve learned in the Navy help me stay on top of both,” she said. “When you love what you’re doing in both worlds, it makes the hard work worth it.”

For Gloster, her role with the Jaguars is about more than performing in front of thousands of fans on Sundays.



## CAREER AND EDUCATION FAIR

THU., SEPT. 18 • 10AM-1PM

JERRY COLEMAN CENTER  
MCRD SAN DIEGO

**About this event** This event is open to all authorized patrons with access to MCRD San Diego. Plan to attend and meet face-to-face with education and employment representatives. •Bring plenty of resumes, •dress for success, •bring your college and joint services transcripts.ortunity Drawings  
**Education Office:** [john.goodson@usmc.mil](mailto:john.goodson@usmc.mil); **Career Services:** [connie.vasquez@usmc.mil](mailto:connie.vasquez@usmc.mil)

## MONTHLY OBSERVANCES FOR AUGUST: CATFISH, PEACH, GOLF

Family Meals Month  
Nat'l Sandwich Month  
Nat'l Breastfeeding Month  
Nat'l Crayon Collection  
Nat'l Peach Month  
Indie August  
Nat'l Panini Month  
Nat'l Back To School  
Kids Eat Right Month  
Get Ready for Kindergarten  
MedicAlert Awareness  
Black Business Month  
Nat'l Clown Month

Nat'l Romance Awareness  
Nat'l Immunization Awareness  
Children's Eye Health and Safety Month  
Nat'l Family Fun Month  
Nat'l Catfish Month  
Nat'l Brownies At Brunch  
Nat'l Goat Cheese Month  
Nat'l Eye Exam Month  
American Artist Appreciation  
Arrr-gust: Int'l Pirate Month  
Nat'l Golf Month  
Get Acquainted with Kiwifruit

Shop Online for Groceries  
Nudist History Month  
Black August  
Nat'l Win With Civility Month  
Washington Wine Month  
Int'l Cult Awareness Month  
Nat'l Water Quality Month  
Motorsports Awareness  
Read A Romance Month  
Rawgust  
Spinal Muscular Atrophy Awareness Month  
Drawing August

Happiness Happens Month  
Nat'l Truancy Prevention  
Nat'l Psoriasis Awareness  
Int'l Autoinflammatory Awareness Month  
Eat Dessert First Month  
Action August  
Nat'l Cowgirl Month  
Nat'l Neurosurgery Outreach  
Int'l Humanitarian Law  
American Adventures Month  
Digital Nomad Month  
Tree Check Month

Rye Month  
Nat'l Gastroparesis Awareness  
Stevens Johnson Syndrome Awareness Month  
Int'l EFT Tapping Month  
Int'l Peace Month  
Nat'l Apprenticeship Month  
Celery, Fennel and Cactus  
Mushroom and Onion Month  
Summer Sun Safety Month  
Aicardi Syndrome Awareness  
Amblyopia Awareness  
World Stress Management

Boomers Making a Difference  
Bystander Awareness  
Learn Japanese Month  
Nat'l Minority Donor Awareness Month  
Nat'l Parks Month  
Nat'l Political Affiliation  
Discrimination Awareness  
Nat'l Road Victim Month  
Nat'l Traffic Awareness  
Pedestrian Safety Month  
Straight Pride Month  
What Will Be Your Legacy

# MAIN AUTO REPAIR

"ALL WORK GUARANTEED"

FREE ESTIMATES - Serving Military for Over 25 years

**BRAKE SERVICE SPECIAL**  
from **\$140**  
Per Axle, Parts & Labor included.  
Most Cars  
Standard Brake Packages

**A/C Service**  
**\$95**

**Body Work and Paint**

**CLUTCH**  
**\$319**  
Most Cars. Parts & Labor included.  
Includes: Pressure plate and disc. Adjustment,  
New throw out bearing, Pilot bearing,  
Inspect flywheel

**TIMING BELT SPECIAL**  
from **\$199**  
Most Cars. Parts & Labor included

**CV JOINT AXLE**  
from **\$220**  
Most Cars. Parts & Labor included

**FUEL INJECTION SERVICE**  
from **\$89**  
Most Cars. Parts & Labor included

**3714 Main Street, San Diego • 619-238-4385**



**SoCalTruck.com**  
ACCESSORIES & EQUIPMENT  
**10460 Mission Gorge Rd.  
Santee, CA 92071**  
**619-749-0742**  
**Work Smarter, Play Harder!**



- Truck Bed Covers • Camper Shells
- Side Steps • Truck Racks
- Tool Boxes • Fuel Tanks
- Carpet Kits • Tow Hitches

## MILITARY DISCOUNT

Get \$25 off \$300 or more with this ad



## Spray on Bedliners

DOD CIVILIANS  
CAN VOLUNTEER  
FOR DETAILS TO  
SOUTHERN BORDER

by C. Todd Lopez, DOD News

Defense Department civilians can now apply for details of up to six months with the Department of Homeland Security to help support President Donald J. Trump’s priority of securing the southern border. DOD civilians were notified of the opportunity via e-mail Aug. 20. Civilians who would like to contribute to the southern border mission can do so by applying at the USAJOBS website. Following that action, DHS will review applications and initiate coordination with an employee’s organization to get approval for a detail to U.S. Immigration and Customs Enforcement, U.S. Customs and Border Protection or the Federal Emergency Management Agency.



**Soldiers in a Customs and Border Protection vehicle survey the border at Mount Cristo Ray, Sunland Park, N.M., Feb. 20, 2025. U.S. Army photo by Capt. Bailey Buhler**

Already, nearly 500 DOD civilians have signed up to participate and bring their skill sets to the border security and immigration enforcement mission at the participating DHS agencies. Michael A. Cogar, the deputy assistant defense secretary for

civilian personnel policy, said he hopes even more will volunteer to participate in the program.

“I hope that we can get as many [general schedule] civilians as possible to volunteer for this critical mission,” Cogar said.

Participating in a detail to the participating DHS agencies requires supervisor approval, but Cogar encourages supervisors across the department to work hard to find ways to make it possible for their employees to volunteer.

“I would ask the supervisors to take a hard look at what they can and can’t accomplish with their employees,” he said. “This mission is truly critical, not just for DHS, not just for DOD, but for the entire country. Any see **Volunteers, page 4**



**Army**

- Army’s future autonomous launcher could fill Typhon’s ‘large’ shoes
- Army looking to inject more cyber capabilities into formations at the division level
- Army to develop new modular, interoperable EW kit amid Army Transformation Initiative
- Why Is the Army chopping away at its chopper fleet?
- Army reactivates intelligence company with Korean War lineage

**Navy**

- New details on status of USS *New Orleans* after fire
- Navy moves to buy autonomous maritime drones from Saronic via \$392M OTA
- Navy fighter pilots need to gain trust in pilotless wingmen by actually flying with them
- Suspect in Ingalls Shipbuilding shooting arrested, 1 dead
- Gym upgrades at NSA Souda Bay give Sailors cutting-edge training facility
- Amphibious warships join U.S. destroyers nearing Venezuela amid crackdown on cartels

**Air Force**

- F-16s intercept Russian spy planes near Alaska two days in a row
- Air Force seeks fivefold funding hike for mobile base defense tech
- Selfridge is getting new fighter jets. Will the base be ready?
- Air Force investigates deaths of multiple airmen amid summer safety concerns

**Space Force**

- Amentum to modernize launch operations through \$4B Space Force contract
- Space Force sets new dress and appearance rules for guardians
- Pentagon launches secretive X-37B space plane for new mission
- Space Force launches X-37B carrying quantum and comms experiments

Kemi A.  
MBA  
Yuma, AZ



10 MBA  
SPECIALIZATIONS,  
EACH ABOUT \$10K

FOR ELIGIBLE  
MILITARY  
STUDENTS

SUCCEED AGAIN

The affordable online Master of Business Administration (MBA) at University of Maryland Global Campus (UMGC) lets you study while you serve and tailor your program toward the career you want.

- An accredited MBA that eligible servicemembers & their spouses & dependent children can earn in as few as 16 months for about \$10K
- Specializations in cybersecurity technology, data analytics, finance, HR management, marketing, project management & more
- No-cost lifetime career services
- Online & hybrid courses available

MBA CLASSES START SEPTEMBER 17.  
UMGC.EDU | 619-550-1537



UNIVERSITY OF  
MARYLAND  
GLOBAL CAMPUS  
AT YOUR SERVICE SINCE 1947

NAVY INSTALLS 34TH CHIEF OF NAVAL OPERATIONS

Navy Adm. Daryl Caudle assumed the duties as the 34th chief of naval operations during an assumption of office ceremony, attended by over 300 Defense Department senior leaders, distinguished guests and families at the Washington Navy Yard Aug. 25 in Washington.

The CNO is a member of the Joint Chiefs of Staff and serves as an advisor to the president, the National Security Council, the Homeland Security Council and the defense secretary and is responsible for the command, utilization of resources and operating efficiency of worldwide naval forces and shore activities.

“As I step into the role as your 34th chief of naval operations, I do so with great pride, immense gratitude and an absolute focus on the mission ahead,” Caudle said in a video to the fleet, released before the ceremony.

During the ceremony, he further discussed his priorities, including Sailors, operational readiness and fleet modernization.

“The Sailor will be front and center in my vision throughout my tenure as CNO — hands down, no exception,” Caudle said. “To ensure that they are ready to fight and win decisively — today, tomorrow and well

into the future — we will view everything we do we through an operational lens focused on three priorities: the foundry, the fleet and the way we fight.”

Secretary of the Navy John Phelan acted as the presiding officer and keynote speaker of the ceremony, highlighting the importance of the Navy and the prioritization of future ship-building development.

“Admiral Caudle, ‘the honey badger,’ is the right man for the job,” Phelan said. “He has a reputation for challenging the status quo, demanding results and refusing to accept excuses. I look forward to seeing that relentlessness pursuit of excellence and persistence pervade the halls of the Pentagon.”

Caudle emphasized his gratitude to his family, especially his wife, Donna Caudle, for their steadfast support throughout his 40-year career.

“Your influence is woven into the very fabric of my being, into every decision I’ve ever made,” Caudle said. “From the moment we met, you’ve been the bedrock of my life. You’re the anchor that has kept me grounded, especially in the sometimes-turbulent seas of this profession.”



(top) Secretary of the Navy John Phelan administers the oath of office to Navy Adm. Daryl Caudle during an assumption of office ceremony at the Washington Navy Yard in Washington, Aug. 25. (below) Caudle delivers remarks. U.S. Navy photos by Petty Officer 1st Class Joe Cardona Gonzalez and Petty Officer 1st Class Vanessa White



Volunteers

continued from page 3

individual, any one person, can have a force multiplying effect for those DHS agents, allowing them to focus on what they do best, while we can provide that technical support that they need to be on target, on mission and out there every day focused on the safety of our nation.”

According to Cogar, all appropriated fund DOD civilian employees in good standing, who have served with their current agency for more than 90 days and who are not on a probationary period, are eligible to volunteer for the detail.

Those assignments will be mostly in border states and require travel, though other duty locations are currently being identified by participating agencies, he said.

The DHS agencies, Cogar said, are looking to tap into some of the skill sets that DOD civilians possess to help them with operations at the southern border and with internal immigration enforcement.

“Department civilians are technical experts across multiple fields, and they are waiting to be called to support this absolutely critical and necessary mission,” he said.

Included among those skills, Cogar said, are those related to, among other things, transportation security, data input and anal-

ysis, targeting and intelligence analysis, firearms, corrections, detention and prisoner processing, linguistics, case processing and human resources.

While on detail, he said, DOD civilians will be involved with data entry, operational planning support, processing and throughput logistics, and logistical support. Law enforcement functions will not be among the roles performed.

Right now, the agreement between DOD and DHS lasts until Sept. 30, 2026, and DOD civilians can be detailed up to 180 days. During their time on detail to the participating agencies, they will continue to receive the same pay and benefits they earn during their regular DOD jobs.

While with the participating agencies, they will also be eligible for overtime and premium pay. But DOD civilians who choose to participate in the detail will get more than just regular pay and benefits — they will be able to enhance their careers, Cogar said.

“This is an opportunity for them to receive additional training,” he said. “They’re going to get professional development and cross-functional expertise. They’re learning how to work with partner agencies. The experience gained from working in a multi-agency cross-country operation could be considered on their next performance evaluation.”

**El Indio**  
Mexican Restaurant and Catering  
Family Owned & Operated Since 1940  
**Best Mexican Food in San Diego**  
Free Parking! 10% Military Discount  
3695 India Street • www.elindiosandiego.com • 619-299-0333  
Open Daily 9am - 8pm

**USS Midway**  
MUSEUM  
The USS Midway Museum is currently recruiting for docents, air craft restoration, ship restoration and safety volunteers. These assignments are a regular commitment of at least 6 months.  
Visit this page of our website to watch fun videos about our different teams and participants:  
<https://www.midway.org/give-join/volunteers/volunteer-opportunities/>

**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](mailto:editor@navydispatch.com)  
Editor.....Scott Sutherland  
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.

**Places of Worship**

<p><b>Apostolic Faith - Door of Hope Christian Church</b> "A place of HEALING, HAPPINESS, &amp; MIRACLES!" Rays Of Hope Sunday Morning Glory Prayer 9:30am Sunday Morning Worship Celebration 10:15am 2420 52nd Street, San Diego 92105 "Wherever there is GOD there is HOPE!" Join Us! Visit <a href="http://www.hopeformesd.org">www.hopeformesd.org</a> or Call 619.414.8251</p>	<p><b>Christ Community Church</b> "Helping people love God, find community and make a difference" Sunday services at 8:45am and 10:30am Children's ministry for all kids. Life groups for teens and adults. 9535 Kearny Villa Rd. Mira Mesa, 92126. Just off I-15 and Miramar Rd. More Info: <a href="http://www.gotoChrist.com">www.gotoChrist.com</a></p>	<p><b>Mesa View Baptist Church</b> Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.) <i>Seeking Sinners; Saving Souls, Strengthening Saints</i> Sunday School at 8:45am • Morning Worship at 10am Wednesday Night Bible Study 7pm 13230 Pomerado Rd., Poway • 858-485-6110 • <a href="http://www.mesaview.org">www.mesaview.org</a></p>
<p><b>Bayview Church</b> Attract...Assimilate...Activate Terry W. Brooks, Sr. Pastor 6134 Pastor Timothy J. Winters St., San Diego, 92114 • (619) 262-8384 Sunday Worship Services 7:30am, 9:15am, 11:15am Studies In Christian Living (formerly Sunday School) Tues &amp; Thurs online only 6pm (contact Church for sign up). In person Saturday 9am &amp; 10am <a href="http://www.bayviewwbc.org">www.bayviewwbc.org</a> info@bayviewwbc.org</p>	<p><b>First Baptist Church of Coronado</b> "Reach Up, Reach Out, Reach Our World" Jim W. Baize, Pastor <a href="http://www.fbcoronado.com">www.fbcoronado.com</a> Sunday Adult Bible Study 8:45am, Sunday Worship Service 10am Meeting in person and online on YouTube or Facebook FB: First Baptist Church of Coronado email: <a href="mailto:secretary@fbcoronado.com">secretary@fbcoronado.com</a> 445 C Ave., Coronado, CA 92118 (619) 435-6588</p>	<p><b>Southwest Baptist Church</b> "To know Christ and to make Him known" Welcome All   Retired Military/Chaplain as Pastors Sunday Bible Study: 9:30am   Sunday Worship Service: 11am Wednesday Prayer Service: 7pm 2295 Leon Avenue, San Diego, CA 92154   Phone: (619) 423-2477 Email: <a href="mailto:pastor@swbcsd.org">pastor@swbcsd.org</a>   <a href="http://www.swbcsd.org">www.swbcsd.org</a></p>
<p><b>Bethany Lutheran Church</b> Lutheran Church - Missouri Synod 2051 Sunset Cliffs Blvd., Ocean Beach 92107 (Parking lot off the Alley - North of the building) Worship 11am Sundays Bible Class, Wednesdays 10am (619)222-7291 Office@BethanyLutheranOB.org</p>	<p><b>Immanuel Oceanside, LCMS</b> Connecting people to what Jesus has done, is doing, and will do. 9:30am Worship service 11am Bible class, Youth, Children's Ministry 1900 S. Nevada St, Oceanside, 92054 <a href="http://immanueloceanside.com">immanueloceanside.com</a> - (760) 458-6570</p>	<p><b>St. Luke's Lutheran Church</b> 5150 Wilson Ave., La Mesa, CA 91942 Phone: (619) 463-6633 website: <a href="http://www.st-lukes-la-mesa.org">www.st-lukes-la-mesa.org</a> Worship: 9am Pastor: Mark Menacher, PhD. We thank you for your service!</p>

Place your ad in our 'Places of Worship' directory....as low as \$15 per week!

# Career and Education

## Army's new cyber advisor sets tone for priorities

by Joe Lacdan  
Army News Service

WASHINGTON - Bringing innovative technologies to Soldiers and incorporating next generation software and capabilities will be among the priorities of the Army's new top cyber strategist.

Brandon Pugh outlined his duties as the Principal Cyber Advisor to the Secretary of the Army during a discussion in Augusta, Ga., Aug. 18.

Pugh, a Rutgers Law School graduate, not only boasts the cybersecurity experience and education to advise service leaders but Pugh, an officer in the Army reserve, can relate to the Soldiers his leadership will influence, having served as a paratrooper, international law officer and now as a national security law professor while in uniform.

Pugh was a non-resident fellow at the U.S. Military Academy and served as legislative counsel at the New Jersey General Assembly Minority Office, managing policy and legislation related to cybersecurity.

Pugh became the third person to be named PCA after President Donald Trump nominated him June 16, becoming the first political appointee to the role.

Pugh said that bolstering the Army's cyber capabilities and cybersecurity aligns with the service's continuous transformation priorities, where the service will leverage the latest technologies to keep pace with adversaries.

"I truly believe in the direction the Army is going," Pugh said. "The Army's continuous transformation is really a unique window in transforming the Army overall to the current battlefield, as well as where the future one is. And I think cyber is a key part of that."

Pugh said his goals for Army cyber include pushing AI capabilities to the warfighter and fulfilling the president's priority of defending the homeland. He said national defense can be achieved by bolstering the service's cyber offensive and defensive capabilities.

"Transformation is really delivering capabilities to the warfighter in a quick speed. That's just not a buzzword. How do I interpret that for our office?" he said. "It's really looking at the nexus of AI and



**Brandon Pugh, right, Principal Cyber Advisor to the Secretary of the Army, meets with academia and industry at TechNet Augusta 2025 to build public-private partnerships to modernize the force. U.S. Army courtesy photo**

cyber. ARCYBER is doing a great job under [ ... Army Cyber Command Science Advisor and Chief Analytics Officer Mark A. "AI" Mollenkopf's] leadership, but I think that's the direction we need to go in."

Mr. Brandon Pugh, right, Principal Cyber Advisor to the Secretary of the Army, meets with academia and industry at TechNet Augusta 2025 to build public-private partnerships to modernize the force.

Pugh will lead his office from the Pentagon and collaborate with Leonel Garciga, the Army's Chief Information Officer, and other senior leaders. Pugh's council comes at a critical time as Secretary of Defense Pete Hegseth identified cyber among the Army's top areas to invest.

This fall, Army Cyber Command, based at Fort Gordon, Georgia, will form the first of its three Theater Information Advantage Detachments, which will focus on U.S. adversaries in the realm of cyber information. Pugh visited Fort Gordon, Georgia, in late July including meeting with Army cyber capability developers at the 11th Cyber Battalion.

Pugh said that further incorporating the National Guard and

his fellow reservists into ARCYBER and broader cyber efforts will be among his priorities. He said that many members of the guard and Army Reserve boast skills in the areas of cyber and technology that could benefit the Army's cyber capabilities.

The Army established its Cyber Direct Commissioning Program, or CDCP, for those who possess key experience in the cyber field or education to be appointed to the Army's Cyber Corps in the ranks of lieutenant to colonel.

"I see this as a total Army. We need our active-duty Soldiers, but we also need our Reservists and our Guardsmen, and I'll add civilians on top of that," Pugh said. "I think we see awesome examples of the Guard and Reserve being utilized."

Pugh added that Guardsmen work in local communities where they can contribute to critical infrastructure defense.

"Some of these Reserve and Guardsmen have incredible skill sets. They're in C-suite (top cyber strategy) positions sometimes in their civilian world [positions]. To make sure we're leveraging them, I think is key."



**FAREWELL, AXEL** Air Force Staff Sgt. Trey Nelson, a 30th Security Forces Squadron military dog handler, poses with his military working dog, Axel, at Spangdahlem Air Base, Germany, Sept. 10, 2023. Axel retired from service as an MWD July 25, 2025, from the 52nd Security Forces Squadron, at Spangdahlem Air Base, Germany, after an impressive career spanning more than 60,000 working hours, including 50,000 hours dedicated to explosive detection. Nelson, Axel's seventh handler, sees Axel's retirement as not just a time for rest, but an opportunity for Axel to enjoy the peace in retirement. U.S. Air Force photo by Senior Airman Kevin Hernandez

<https://www.navylifesw.com/housing>



**San Diego Outreach**  
**Neil Ash Airport Center**  
**San Diego MEPS Center**  
**Camp Pendleton**



## Become a USO Volunteer

Volunteers are our greatest asset and the backbone of the USO. Whether helping a soldier with a connecting flight, distributing a Care Package, serving snacks with a smile, providing local information, or "welcoming home" troops from deployment, volunteers are vital to the success of the USO's mission. While the duties of a volunteer may vary, the goal is always the same – to improve the quality of life of service members, boost their morale, and serve as the link between service members and the American people.

**Ready to apply to be a USO San Diego volunteer?**

Visit <https://volunteers.uso.org/>

Once you navigate to the web page, scroll down to and look at the right side of the page to find information about volunteering.

## Camp Pendleton USO Programs Include:

**USO Transitions:** <https://www.uso.org/programs/uso-pathfinder-transition-program>

Want to be better prepared for future success before transitioning from the military? Are you a military spouse looking for new opportunities? The USO Pathfinder® Transition Program extends the USO experience to active duty, Reserve, National Guard and military spouses by offering professional development services throughout the duration of military service as well as in preparation for life post-military.

**MilSpouse Connect:** Monthly events bringing military spouses together to connect and thrive.

**Craft & Coffee:** USO Camp Pendleton provides creative outlets for adults and children to create fun, whimsical or serious works of art through a variety of mediums. Signs up happen online and are usually advertised through the USO Camp Pendleton Facebook page.

**Command Support:** USO is here to support! We often help support command events across Camp Pendleton such as Family days and Morale Days. Commands can request support in a number of different ways, from outdoor games, a kids craft, or even our mobile photo booth. We also can help provide small refreshments. To request support, please email our Center Operations and Programs Manager, Crystal Gates at [cgates@uso.org](mailto:cgates@uso.org). All requests must be submitted within 30 days and although we try our best, not all requests can be granted.

<https://california.uso.org/>

**Navy Child and Youth Programs (CYP) is Hiring**

### Employee Discounts

- ▶ 50% Off Child Care for Your First Child, 20% Multi-child Discount
- ▶ \$17.39-\$21.52/Hour with up to \$2,250 in First-year Incentives



Make a Difference. Build a Career.

Apply online: [www.NavyCYP.org/careers](http://www.NavyCYP.org/careers)

NAVY CYP

## Fleet Readiness Center Southwest revolutionizes engine repair

by Michael A Furlano  
Fleet Readiness Center Southwest

In the world of military aviation and maritime power, every second counts and nowhere is that truer than at Fleet Readiness Center Southwest (FRCSW), where employees understand that maintaining Navy and Marine Corps aircraft and their associated components is critical to mission success. FRCSW is taking a giant leap forward by replacing decades-old, inefficient technology that dramatically boosts productivity, precision, and overall readiness.

The most recent example of this modernization effort is the introduction of the High Speed Blade Tip Grinder, a revolutionary machine that is transforming the repair process for the LM2500 engine, a vital powerplant that drives many Navy ships. The typical cost of this grinder ranges from \$2,869.99 to \$4,275.99.

Elliot Kadota, an industrial engineer at FRCSW, has been a key player in this breakthrough. Industrial engineers like Elliot work hand-in-hand with artisans on the shop floor,

providing technical oversight and engineering solutions that optimize the repair process.

The team's focus has been the LM2500's High Pressure Turbine (HPT) rotor, one of two critical rotors in the engine.

The LM2500 engine's High Pressure Compressor (HPC) compresses air entering the engine, which then mixes with fuel and combusts to generate power. The High Pressure Turbine (HPT), located downstream of the HPC, converts this energy to drive the compressor and ultimately propels Navy vessels.

Over time the HPT blades in an LM2500 engine experience wear, corrosion, and thermal damage, which can cause surface imperfections and dimensional changes thus requiring installation of new blades. These new blades must be grinded to meet necessary clearances and ensure the blades have optimal efficiency, balance, and durability.

Traditionally, grinding the HPT rotor blades was a labor-intensive, time-consuming endeavor.

Using equipment that had been in service for over 20 years, artisans would spend up to 80 hours grinding the blades to precise specifications.

Enter the new High Speed Blade Tip Grinder (HSBTG), supplied by REFORM. This

vent blade movement during grinding.

The HSBTG operates at an astonishing 1000 RPM, compared to the 5 RPM of its predecessor, the Mark III, thus the new grinder dramatically reduces turnaround times. The

grinder performs a deburring step to remove any residual rough edges, ensuring blades meet the highest engineering standards.

The machine is also equipped with a virtual rotor system, allowing FRCSW personnel to input detailed blade profiles and grind specifications. This ensures the grinder performs every step (measurement, rough grind, brushing, final grind, and deburring) precisely and consistently without human intervention.

The results have been impressive. The grinder reduces HPT rotor turnaround from the previously stated 80 hours to just 3 hours, a staggering 97 percent reduction. This rapid processing allows artisans to focus on other critical repair tasks, significantly enhancing overall productivity at the command.

Recently, the team completed two HPT rotors in a single day for the first time ever, clearing backlogs and restoring engine readiness. The old machine, now serving as a backup, frequently broke down, halting production. The new grinder boasts higher reli-

ability, minimizing downtime and risk.

Looking ahead, FRCSW is expanding this success to the more complex High Pressure Compressor (HPC) rotors, which feature 16 stages of blades and traditionally took over a month to grind on the old equipment. The new grinder is expected to cut that time to just 8 hours, effectively transforming a 30-day task into a single workday.

Embracing this state-of-the-art equipment, FRCSW is not only improving repair turnaround times but also raising the quality and precision of essential engine components. This leap in capability directly supports the Navy's and Marine Corps' operational readiness, ensuring their aircraft remain mission-capable when called upon.

FRCSW stands as a model of innovation and efficiency within military maintenance commands. The work done at the command exemplifies how smart engineering and modern technology can revitalize legacy programs and secure the future of naval aviation in support of the President's national defense strategy.



FRCSW is taking a giant leap forward by replacing decades-old, inefficient equipment with cutting-edge technology that dramatically boosts productivity, precision, and overall readiness. Photo by Michael A Furlano/Fleet Readiness Center Southwest

advanced machine performs grinding and laser measuring simultaneously, automatically stopping at the precise moment the blade meets quality standards. It also eliminates the need for shims, which the old machine required to pre-

machine's larger envelope allows it to encompass entire blades vice just a portion of each blade at a time, as was the process for the older unit's smaller envelope. This increases throughput and ensures a superior finish. The

### GET CONFIDENTIAL ADDICTION HELP NOW!

Are you struggling with drugs or alcohol but afraid of getting in trouble?

Active duty service members in San Diego can now seek treatment without involving their command.\*

Confidential Recovery is in-network with TRICARE. Family members aged 18+ on the plan are also eligible. Private\* outpatient drug and alcohol treatment is available in Mission Valley.

**CALL US AT (619)452-1200-FELLOW VETS ARE STANDING BY.**  
*Support is Covered, Private, and Easier.*

**CONFIDENTIAL RECOVERY**  
www.confidentialrecovery.com

\*We will not share information with your command per HIPAA and Title 42 CFR, but TRICARE has records of services billed (if not the medical record). Records could be accessible for a special duty screening, medical board, or security clearance check.

### Veterans Helping Veterans

DO YOU HAVE Medicare but your needs have changed?  
**ARE YOU TURNING 65?**  
Are you TRICARE or a Veteran using VA Benefits?  
**ARE YOU A SENIOR?**  
Do you have Medicare Part A & B?

**YES! Then you are ELIGIBLE up to Additional \$249/mo. added to your S.S.**  
**Dental \$5.80/mo • Dental Benefit \$2200/year**  
**Vince Parra • 619-763-2425**  
SERVING ALL OF CA. • CA LIC: 0M89123

**Do You Need Homecare, Palliative Care or Hospice Care?**  
Services At Little or No Cost?  
Does a Loved One Have Alzheimers or Dementia?

### LIKE US ON FACEBOOK

A THOROUGHLY MODERN WAY TO KEEP UP WITH YOUR COMMUNITY THROUGH THE ARMED FORCES DISPATCH.

GET THE LATEST NEWS, PHOTOS AND ADVERTISING SPECIALS.

**DISPATCH**

Armed Forces Dispatch Newspaper

### Dare to wear. Burn to express!!

### Shop here for the best festival wear.

**DÉJÀ VU LOVE BOUTIQUE**

**2130 Industrial Ct., Vista, CA 92081**  
**866-711-0425**  
Shop online at [www.dejavuloveboutique.com](http://www.dejavuloveboutique.com)  
Hours: 10am-10pm 7 Days a Week

**Military Discount 20% Off**  
With valid military ID. Some restrictions may apply. Not valid on any sale items. Not valid with other offers or prior purchases. Exp. 9/16/25

# Navy brings first-ever Navy Week to Eugene in celebration of 250 years of maritime excellence

by Lt. j.g. Josh Keim  
Navy Office of Community Outreach  
The Navy proudly announces Navy Week in Eugene, Ore., taking place Oct. 25 to Nov. 1, 2025. As part of a nationwide outreach effort, Eugene Navy Week will bring 50-75 Sailors to engage directly with the community through a week-long series of performances, educational events and service projects.

This year's Navy Weeks hold special significance as they coincide with the U.S. Navy's 250th birthday, a historic milestone celebrating a quarter-millennium of maritime excellence, national security and global leadership.

"We're excited to bring your Navy to Eugene for the very first time," said Cmdr. Julie Holland, Navy Office of Community Outreach director.  
"While our technology is unmatched, it's our Sailors, the people you'll meet throughout Navy Week, whose character, skill, and dedication make America's Navy the most capable in the world. Eugene residents will see firsthand the pride and professionalism that continue a tradition of decisive power from seabed to space."  
Although Oregon has wel-

comed Navy Weeks in other cities before, this marks Eugene's debut as a host.  
The 2025 event will showcase an extraordinary lineup of performances, demonstrations, and community engagements designed to inspire, educate, and strengthen the bond between the Navy and the people of Eugene:  
•Senior Navy Leaders: Meet and hear from senior Navy



officials, including those with local ties to Eugene.  
•Namesake Sailors: Meet the men and women serving aboard Navy ships and submarines that carry names honoring Oregon and its communities.  
•Navy Band Northwest: Enjoy live musical performances and masterclasses led by talented Navy musicians.

•Naval History and Heritage Command: Explore the rich connection between Oregon and the Navy through interactive presentations and educational programs.  
•Navy Ceremonial Guard: Witness the precision and professionalism of one of the Navy's most elite units, showcasing time-honored traditions that embody the pride and heritage of naval service.  
•Plus, many more Sailors serving across the Fleet representing a wide range of naval capabilities.

Navy Weeks bring the Navy to regions without a major naval presence, fostering connections and showcasing how the Navy's mission ensures the security, prosperity and freedom of our nation. The Navy Week program has visited over 100 U.S. markets since the program's inception in 2005.  
For more details on Eugene Navy Week, visit <https://outreach.navy.mil/navy-weeks/> or contact Lt. j.g. Josh Keim at (901) 232-4451 or via e-mail at [joshua.a.keim@us.navy.mil](mailto:joshua.a.keim@us.navy.mil). Follow Navy Outreach on social media @NavyOutreach on Facebook, Instagram, YouTube and LinkedIn and connect using #NavyWeek.

**Where All Your Pipe Dreams Come True!**  
[www.edhansonmuffler.com](http://www.edhansonmuffler.com)

**ED HANSON'S**  
MUFFLER SERVICE

**FREE INSPECTION**

**10% Off MILITARY DISCOUNT**  
(up to \$50 for active & retired) with valid ID.

**3916 N. Barcelona**  
SPRING VALLEY, 91977

\*Factory \*Custom\*Repairs  
\*Complete Replacements  
**(619) 698-7030**

**VETERAN**  
COMPENSATION SERVICES

**VETERANS WITH LESS THAN 100% VA RATING WE CAN HELP YOU!**

- ✓ Risk-Free Consultation
- ✓ Experts in VA Documentation
- ✓ Veteran Friendly Doctors
- ✓ Over 95% Success Rate
- ✓ Thousands of Veterans Served
- ✓ Experienced A+ Rated with BBB

**www.VeteranComp.com**

**SEPT 26 - NOV 1**

**The Haunted Trail** Balboa park

**HAUNTED TRAIL.NET**

**When You Shop You're Supporting Veterans**

**1000's of Items EVERYDAY!**

**AMVETS Thrift Store Locations**

Fresno	Oceanside
Long Beach	San Diego



**The Coast Guard Law Enforcement Detachment and Sailors aboard destroyer USS Sampson intercept contraband while conducting maritime intercepts diction operations in the Eastern Pacific, August 11. U.S. Navy photo by MC2 Sheryssa Dodard**



**CAMP PENDLETON (Aug. 21, 2025) Marine Corps Lt. Gen. Michael S. Cederholm, middle, outgoing commanding general of I Marine Expeditionary Force, and Lt. Gen. Christian F. Wortman, right, incoming commanding general of I MEF, render honors during a pass and review at the I MEF change of command ceremony here. Cederholm relinquished command of I MEF to Wortman, signifying the transfer of command and responsibility of I MEF. I MEF provides combatant commanders a globally responsive, expeditionary, and fully scalable Marine Air-Ground Task Force, capable of generating, deploying, and employing ready forces and formations for crisis response, forward presence, major combat operations, and campaigns. U.S. Marine Corps photo by Cpl. Mary R. Jenni**

**Warrior Maintenance:**  
Improve your well-being and reduce health risk factors

MARINE Family  
Family Advocacy Program  
MC&CS

**Get started here:**  
<https://pendleton.usmc-mccs.org/>



## USS Tulsa Gold crew conducts change of command

by Lt.Cmdr. Ryan Martinez-Slattery  
Commander, LCS Squadron 1

SAN DIEGO - Cmdr. Samuel A. Moffett was relieved by Cmdr. Blake M. Wanier as commanding officer of Independence-variant littoral combat ship USS *Tulsa* (LCS 16) Gold crew during a change of command ceremony held at the naval base here Aug. 22. Capt. Jose Roman, commodore, Littoral Combat Ship Squadron One, was the presiding officer and Capt. (Ret.) Douglas Meagher was the guest speaker at the ceremony attended by dignitaries and family of the commanding officers and crew.

During Moffett's time in command of *Tulsa* Gold, he led *Tulsa* through a 13-month ship repair availability in Portland, Ore., and embarked with his crew on USS *Jackson* (LCS 6), USS *Mobile* (LCS 26), and USS *Kansas City* (LCS 22), enabling complex underway training for his crew and operational support to the Fleet.

"Always one to get the job done, Sam led his crew through five embarks on training hulls of opportunity working through every arduous phase, and performed admirably with professionalism and zeal," said Meagher, who previously served as commodore of Littoral Combat Ship Squadron One. "Sam, congratulations on a highly successful command tour. I will forever be in your debt for your exceptional performance."

During the ceremony, Roman awarded Moffett the Meritorious Service Medal for his superior accomplishments.

"The ship is always important, but it is the Sailors that really matter," said Moffett. "Take care of the crew and the mission will follow. That principle guided every decision I made while in command."

Moffett, a native of League City, Tex., graduated from Texas A&M University with a degree in economics and holds a Master of Arts in National Security Affairs from the Naval Post-



**A Navy color guard presents the colors during a change of command ceremony for the Gold crew of USS *Tulsa* littoral combat ship Gold crew held at Naval Base San Diego, Aug. 22. U.S. Navy photo by MC2 Kassandra Alanis**

graduate School. Wanier, having previously served as executive officer of the *Tulsa* Gold crew, is a native of Sacramento, Calif., and graduated from the United States Naval Academy with a degree in mathematics.

"Under Sam's leadership, *Tulsa* and its crew achieved exceptional operational milestones," said Roman. "I have every confidence that Blake will continue Sam's proud legacy and lead this crew to even greater successes in the future."

*Tulsa* is homeported here as a part of Littoral Combat Ship

Squadron One. Littoral combat ships are fast, optimally manned, mission-tailored surface combatants that operate in near-shore and open-ocean environments, winning against 21st-century threats. LCS integrate with joint, combined, manned and unmanned teams to support forward-presence, maritime security, sea control, and deterrence missions around the globe.

For more news from Commander, Littoral Combat Ship Squadron One, visit <https://www.surfpac.navy.mil/comlcsron1/> or follow on Facebook at <https://www.facebook.com/COMLCSRONONE/>.

## New facility at SNI doubles target launch capacity

by Kimberly Brown  
Naval Air Warfare Center Weapons Division leaders, joined by Naval Surface Warfare Center - Port Hueneme Division, Naval Facilities Engineering Systems Command, and Naval Base Ventura County leaders, cut the ribbon Aug. 20 on a new facility at San Nicolas Island that doubles the command's capacity for launching supersonic targets on the Point Mugu Sea Range.

The ground-launched GQM-163A Supersonic Sea Skimming Target is capable of maneuvering to simulate current threats facing the fleet and is a critical test and training asset for the Navy. NAWCWD's Threat/Target Systems Department operates two launchers on SNI that together can launch four targets simultaneously, allowing sailors to train



and qualify against multiple incoming threats – a more realistic scenario than single launches.

That more complex training is especially critical given the escalating tensions abroad.

"The threat environment is changing every day, and we must change and grow with it," said Rear Adm. Keith Hash, NAWCWD commander. "Being able to present multiple, realistic threats is critical to ensure we deliver our warfighters a decisive advantage so they can deter aggression and, if necessary, win in conflict and return home safely."

"For the past two years, our surface Navy has been taking the fight, taking the shots, on the other side of the world," said Capt. Anthony Holmes, commanding officer for NSWC-PHD. "Our warfighters are being

asked to fight and use their ships and weapons in ways they never thought they would."

The new facility, a high explosive magazine, paired with a recently completed missile assembly building, allows NAWCWD to build and store eight GQM-163 targets every eight weeks, doubling the previous capacity of four targets. The Coyote, as the target is called, is nearly 20 feet in length, 30 with its booster attached. That extended size necessitated a much larger storage facility than previously existed at SNI.

"We started this project in 2016 when PEO (IWS) came to us looking to do 30-plus launches a year. At the time, our assembly buildings could only build two each – so a maximum of four," said Kevin Gross, TTSD director. "We began what became known as MILCON P-

586 for both facilities, but due to funding it was split into two phases. The increase in capacity and capability with this project was only possible because of the funding and support from OPNAV N94."

The first facility completed was a Missile Assembly Building in December 2022. That allowed more targets to be assembled on site, but storing so many targets was still an issue until the HEM was completed in June 2025 and obtained its final explosives safety certification Aug. 13.

The HEM's ability to store up to 10 assembled targets and boosters significantly reduces the timeline for conducting final tests and acceptance prior to launches. The team can conduct two quad launches in a 24-hour period with two back-up targets ready to launch into the Point Mugu Sea Range, the Department of Defense's largest and most extensively instrumented overwater test range.

"The Range is so valuable to the Surface Navy and the Navy writ large. Threats are getting more complex, and the expanded capabilities this new facility brings are critical to ensuring our Sailors are ready to face them" said Capt. Anthony Holmes, NSWC-PHD commanding officer.

Naval Base Ventura County, encompassing Point Mugu, Port Hueneme, and SNI, also hosts three warfare centers including NAWCWD and NSWC-PHD.

## Come Pitch With Us!

Southern California Horseshoe Pitchers Association (SCHPA), a charter of the National Horseshoe Pitchers Association (NHPA), has clubs all over the southern half of California. These clubs all have first class horseshoe courts built to official specifications.

- Organized tournaments most weekends year around
- All skill levels and ages welcome. When you enter a tournament, you will be seeded with other players with similar skill levels for fair, enjoyable and friendly competition.
- Local clubs located at Balboa Park, Carlsbad, Encinitas, Ramona
- For info visit <https://socalhorseshoes.weebly.com/>
- Join today and we'll see you at the pits!



**NHPA**  
National Horseshoe Pitchers Association  
"Come Pitch with Us!"





The Goodguys 24th Meguiar's Del Mar Nationals, presented by Fitech Fuel Injection, was hosted on a beautiful Southern California weekend, on the spacious grounds of the Del Mar Fairgrounds. Billed as "America's Favorite Car Show," the Goodguys Rod & Custom Association events are car shows and a whole lot more.

Lowriders are a cultural mainstay of the Southern California automotive scene, and they were well represented at this Goodguys show with a special indoor display inside an exhibit hall.

Inside the O'Brien and Crosby exhibit halls were the Meguiar's West Coast D'Elegance contenders, and special suede and chrome displays.

Throughout the Fairgrounds — outside and inside the exhibit halls, vendors sold all sorts of cool merchandise and food items.

Cars are, of course, more than cool things to look at and admire. They are also to drive, and many were indeed driven hard, in the Goodguys Autocross Racing Series event, featuring the "Duel in Del Mar Shootout. Hot rods, trick trucks and muscle cars competed on a timed road course. One-by-one they took to the autocross course and negotiated the tight turns delineated by pylons. It was amazing watching cars like a classic, vintage Cadillac mixing it up with cars that are more typically associated with high performance driving. The pen-

## AutoMatters & More: Goodguys Meguiar's Del Mar Nationals 2025

alty for hitting a cone was time added to the run.

What would any major car show be without a swap meet? At the Goodguys Swap Meet & Cars 4 Sale Corral, there were hundreds of hard-to-find treasures on sale — from the smallest car parts to full automobiles, as well as memorabilia, vintage bicycles and more.

There was a model and pedal car display, with vintage miniatures, inside the Mission Tower.

The all-new Auto World Family Zone had diecast racing, cornhole, Connect 4, autocross Jr. and more, including a free kids' model make and take.

The Goodguys show also had valuable product giveaways.

Saturday featured specialty parking areas, where each participant received a custom dash plaque. Categories included the Builders' Choice Top Ten Awards — "Going for Top Awards of the Event? This area is for you," Homebuilt Heaven — "Did you build it Yourself? Park here for Recognition," Tri-Five Chevys — "All '55, '56 & '57 Chevys Welcome," Mighty Muscle — "Factory correct or modified — Show your Muscle here," "Ya Gotta Drive Em'! — "Did you drive over 300 miles to get here? Drivers wanted," Deuce Doins — "Make Henry Ford proud, show off your '32 here," Trick Truck Corral — "All Trucks are Welcome!," Camaro Corral — "All Camaros Welcome!," Air Cooled Corral — "All Air Cooled Cars Welcome!," Corvette Corral — "Calling all Corvettes!," Got Wood — "Got Wood? Park here!"

and Next Generation — "30 Years or Younger? Park here!"

Sunday featured "All American Sunday," which welcomed all years of American made or powered cars and truck all day long. The action continued at the Goodguys Autocross Racing Series, where all vehicles 2000 and newer competed on the timed road course. The last competition was an eight-car shootout.

There was live nostalgia entertainment in the Del Mar Paddock.

The Goodguys 24th Meguiar's Del Mar Nationals culminated with the awards program, in front of the Goodguys Entertainment/Awards Stage presented by CPP. The cars drove up, were announced and each received one of over 100 awards. Last to be presented was the Goodguys 2025 Meguiar's West Coast D'Elegance Top 12 winner.

As always, after the show was over, it was fun watching the cars drive away.

To learn more about the Goodguys Rod & Custom Association, including dates and locations of other Goodguys events, visit <https://goodguys.com>.

*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 © 2025 by Jan Wagner – AutoMatters & More #896

## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

"You remind me of Lucille Ball," a military friend once said, chuckling after I told a funny story. The iconic 1960s television character with a fiery ginger updo and crinolined polka-dotted dresses looked nothing like me, but we shared the same exaggerated facial expressions. As a fan of all things throwback, I took the comparison as a generous compliment.

A lifelong class clown, I related to Lucy's humorous antics. However, Lucy had something I coveted but couldn't have. She slept in a twin bed.

This scene detail seems insignificant, but Lucy was always so darned bright-eyed and bushy-tailed, while I groped through my days in a perpetually drowsy fog. Despite her ditzy disposition, she knew better than to snuggle up to snoring Desi. When it was time to get her forty winks, Lucy snoozed soundly, all the way across the room.

I, on the other hand, lay each night right beside my husband, Francis, praying that I might squeeze in five meager hours of shuteye over the racket of his rattling airways.

During our first decade of marriage, bedtime was tolerable because Francis' snore wasn't the decibel equivalent of a gas-powered buzzsaw. Instead, it fluctuated from mild wheezing to mattress-vibrating rumbling, and every buzz, snuffle and gasp in between.

## I love Lucy, and her twin bed

Some evenings, Francis' slackened sinuses projected nothing more than a steady nose whistle punctuated by soft snorts, and I was able to sleep using a strategic combination of earplugs, elbowing and whispering, "Honey, turn on your side!" But other nights, his snoring was relentless, waking me often and turning my mornings into a scene from "Dawn of the Living Dead."

Furthermore, when Francis partook in scotch and cigars with our base neighbors around our fire-pit, his snoring was so loud that I'd grab my pillows and retreat to the silence of our living room couch.

During the second decade of marriage, Francis' snoring got worse. Researching online, I read a Finnish study concluding that women suffering from chronic sleep deprivation have significantly impaired ability to maintain peak cognitive performance. I found articles with headlines such as "For snoring spouses, separate beds may save marriage," "More couples getting 'sleep divorces'," and "When happily ever after means separate beds." I wondered if twin beds might be good for our relationship.

However, I couldn't realistically suggest twin beds to Francis. On mornings when I'd retreated to the couch, he'd tsk at me as if I'd betrayed him. He never believed his snoring was bad, and thought I was being ridiculous.

Lucy and Desi got away with it, but today, sleeping in separate beds implies that something's wrong in the marriage. As much as I secretly loved having our bed to myself when Francis was deployed or on TDY, I just wasn't willing to suggest separate sleeping berths.

It wasn't until Francis retired from the Navy, and we went on a family getaway to Vermont, that I was vindicated.

We reserved an open cabin room with a cozy fireplace where we slept with our three children. At breakfast the morning after our first night, our groggy youngest, Lilly, shared snippets of an overnight video she took on her iPhone.

The blurry, time-stamped footage showed teenaged Lilly illuminated under her covers, thumbing captions, "12:42 AM I can't sleep cuz Dad's snoring!" "2:26 AM Mom tried to make him stop, but nothing works!" "3:10 AM [Lilly softly weeping]."

In the background, we heard shockingly loud grinding coming from deep within Francis' respiratory tract, as if a meaty drill bit gnashed against his larynx, or a jackhammer battered his sinuses with each thundering inhale.

"That's not me, is it?" Francis asked incredulously.

A few months later, Francis was diagnosed with Sleep Apnea and outfitted with a C-Pap. Arguably, snoozing in twin beds is more romantic than sleeping with a partner who has surgical tubing extending from his nostrils. But after decades of applying copious amounts concealer to the bags under my eyes, I was relieved that I could finally sleep through the night.

Looking back, I'm glad we solved our problem without resorting to twin beds like Lucy. It may have taken us twenty years, but love is definitely worth losing a little sleep over.

## Veterans News

# Medal of Honor spotlight: Army Sgt. William Seay

by Katie Lange, DOD News

Army Sgt. William Wayne Seay risked his life numerous times to save his comrades as their convoy was ambushed during an important mission in the Vietnam War. He didn't survive the firefight to tell his story, but his selfless actions led to a posthumous Medal of Honor.

Seay was born Oct. 24, 1948, in Brewton, Ala., to Pauline and William Seay. He had an older sister named Sarah.

Known to everyone as Billy, Seay loved fishing and the outdoors, which led him to join the Boy Scouts. He spent a large chunk of his childhood in Brewton before his family moved to Pensacola, Fla., in 1964.

Shortly after his freshman year of high school, Seay dropped out to join the newly created Job Corps, a Labor Department program that offered free education and vocational training to people as young as 16. He worked for the Job Corps in Montana and Texas, earning his GED along the way.

By 1967, when he was still 17, Seay came home to visit and told his family that he was going to join the Army. According to a 2021 interview with his sister in the

Andalusia Star News newspaper out of Andalusia, Ala., they tried to talk him out of it, but he enlisted anyway. He even had a portion of his pay sent home to his mother every month.

After basic training, Seay was stationed in Fort Collins, Colo., before deploying to Vietnam in October 1967 as a driver assigned to 48th Transportation Group.

On Aug. 25, 1968, Seay was part of an 81-truck convoy on a critical resupply mission from Long Binh to Tay Ninh in South Vietnam. The convoy was supported by eight Military Police gun jeeps, but poor visibility and low cloud ceilings due to the rainy season meant support from the air would be unlikely.

As the convoy passed through the village of Ap Nhi, it was ambushed by a reinforced battalion of well-concealed enemy soldiers. The first 30 trucks escaped their grasp; however, the enemy set fires near the front and the rear of the convoy, trapping the trucks in between. Soon, they were being attacked by intense rocket, machine gun and automatic weapons fire.

When Seay's truck was forced to stop, he immediately jumped out and took a defensive position

behind the wheels of a vehicle loaded with highly explosive ammunition. As the enemy got to within 30 feet of the road, Seay opened fire, killing two insurgents. He then took out a sniper whom he'd spotted in a tree about one-half mile in front of him.

When an enemy grenade landed under a nearby ammunition trailer, Seay didn't hesitate to run out, grab it and throw it back — a bold move that killed four more enemy soldiers and saved several of his nearby comrades. When another grenade landed about 10 feet from him, he again left his cover, grabbed the explosive device and threw it back.

On the way back to his position that time, Seay was seriously wounded in his right wrist, but he refused to quit the fight and instead continued to encourage and direct his fellow soldiers.

When Seay moved to the relative cover of a shallow ditch, he noticed three enemy soldiers who had crept into their position and were about to open fire on his comrades. Despite not having the use of his right hand and being weak from blood loss, Seay stood up and used his remaining hand to fire his rifle, killing all three combatants and saving the men around him.

Soon after, Seay was hit in the head by a sniper's bullet and died instantly. He was less than two months from completing his deployment.

For making the ultimate sacrifice and saving numerous soldiers, the young sergeant received a posthumous Medal of Honor. His mother accepted the award on his behalf from President Richard M. Nixon during a White House ceremony on April 7, 1970.

Seay is buried in Weaver Cemetery in his hometown.

Seay's heroics have not been forgotten. Numerous gathering places have been named in his honor over the years, including military parade fields, tugboats and barracks, as well as a shopping mall and a portion of a highway near his hometown. In June 1998, the Navy christened cargo ship USNS *Seay* in his honor. In 2009, U.S. Transportation Command named its auditorium on Scott Air Force Base, Illinois, after him.

*This article is part of a weekly series called "Medal of Honor Monday," in which DoD highlights one of the more than 3,500 Medal of Honor recipients who have received the U.S. military's highest medal for valor.*



**President Richard M. Nixon presents a Medal of Honor for Army Sgt. William W. Seay to his mother, Pauline Rebich, during a White House ceremony, April 7, 1970. Photo courtesy of Richard M. Nixon Presidential Library**

### VA Disability Claim Denied?

*Know Your Rights and Don't Take "No" for an Answer!*

Don't Risk a Permanent Denial and Lose Back Pay

*Call the Professional Advocates Today!*

Claims Agents Have over 80% Success Rate on Appeals

No Fees Unless You Win - Free Consultation!

## 800-921-0310

[www.VetDisabilityAid.com](http://www.VetDisabilityAid.com)

# CLASSIFIED ADS

## ARMED FORCES DISPATCH CLASSIFIEDS

To place your ad,  
please call our  
Classified Advertising  
Department  
at (619) 280-2985.

### CATERING

We can cater your event with the  
'Best Mexican food in San Diego!'  
Military Discount. El Indio 619-299-0333

Advertise your goods & services to the  
assured-income military community in  
The Dispatch Classifieds  
619-280-2985



### REAL ESTATE LOANS

**21st Century Lending**  
Jarvis Gandy – Consultant  
Call or text: 858-883-9114  
VA Loans, New Purchase, Refinance,  
Helocs. Buy or Sell,  
Investment Properties 858-883-9114

### RENTALS APARTMENTS

**CHULA VISTA** – 1BR/1BA fully furnished,  
near Orange Ave. Gated entrance. No smok-  
ing/drugs/pets. \$1495/mo. utilities included.  
619-646-1412.

### AVAILABLE NOW!!!

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

## MOVE-IN SPECIAL! LEADINGHAM REALTY

1062 Palm Ave., Imperial Beach  
619-424-8600

**LA JOLLA** – 1BR/1BA, fireplace, all appli-  
ances incld, W/D in unit, nice for 1 or couple,  
private covered prkg. No pets, no smkg. 5 min  
from frwy 5. \$2800/mo. 858-270-7571.

**SAN DIEGO** – New construction, never lived in.  
TWO 1BR/1BA units. Stnls steel, granite, AC,  
solar. Under mile to 32nd St Base. \$2400/mo,  
renter pays all utilities. Adriana 619-921-1010.

### RENTALS CONDO

**SCRIPPS RANCH** – 2BR/1BA, 914sf \$2700/  
mo. W/D in unit. Fireplace, balcony, commu-  
nity pool, parking. Water/trash paid. EZ ac-  
cess to I-15. Now Available, 760-517-6316.

### RENTALS HOUSE

**IMPERIAL BEACH** – 3BR/2BA, 2 car gar,  
4 blks to beach, appl's avail. No smoking.  
Water/trash paid. \$3350/mo. 619-403-2146

**NATIONAL CITY** – 2BR/2BA fully fur-  
nished, Washer & Dryer included, gym.  
Minutes from 32nd St. & downtown. No  
smoking/drugs/pets. \$2385/mo. 619-646-  
1412.

### RENTALS TOWNHOUSE

**HILLCREST** – 3BR/1.5BA, unfurn, with  
private fenced yard, newly remodeled, AC  
\$3900/mo. 619-992-9927.

6	8	2	4	9	1	7	9
1	8	9	2	6	8	7	9
9	7	2	1	9	8	2	6
2	9	1	9	8	7	2	6
8	2	7	9	6	8	9	2
8	9	6	2	2	1	9	8
2	6	8	8	9	2	7	9
9	1	9	6	7	2	2	8
4	2	8	8	1	9	6	9

### THRIFT STORE

## AMVETS NEW STORE NOW OPEN IN OCEANSIDE

40,000 clothing items &  
10,000 miscellaneous  
items on our floor daily!

1527-A Mission Ave., Oceanside  
Just east of I-5  
(760) 286-8880  
Open 7 days a week 9am-7pm  
Sales support veterans & their families

### WANTED TO BUY

**TOP CASH PAID**  
Records, CD's, cassettes, DVD's, VHS.  
I pick up. 858-382-7396.

## HOT ASPHALT!

Air Temp	Asphalt Temp
77°	125°
86°	135°
87°	143°

At 125° skin destruction can oc-  
cur in just 60 seconds. Always  
check the asphalt prior to al-  
lowing your pet to walk on it.

**Paws will get burned.**

TIP: If it's too hot for your bare  
feet it is too hot for theirs!



## MOVIES AT THE BASES

**MOVIE SCHEDULES ARE SUBJECT TO CHANGE SO  
PLEASE CHECK THE WEB SITE DAY-OF TO MAKE SURE  
THE TITLE AND TIME ARE STILL CORRECT...**

<https://sandiego.navylifefsw.com/> select movies at dropdown menu on left

<https://miramar.usmc-mccs.org/dining-entertainment/movies>

<https://pendleton.usmc-mccs.org/dining-entertainment/theater>

### NBSD and Lowry Theater Policy

- Outside food and beverage are NOT permitted: Sales from the snack bar support the movie program.

- These Theaters are cashless facilities. Debit and credit cards accepted only.

### Premium Offerings

- Audiovisual assistive equip-ment available to customers at the front counter.

- Handicap seats and child boost-er seats are available.

### Movie Rating System

G – General audiences ALL ages admitted.



PG – Parental guidance sug-  
gested some material may not be  
suitable for children.

PG-13 – Parents strongly cau-  
tioned some material may be inap-  
propriate for children under 13.

R – Restricted under 17 requires  
accompanying parent or adult  
guardian.

NC-17 – No one 17 or under  
admitted.

## ROY'S SUDOKU

	6			3			
8						1	5
	5		7	6		9	
				2	9		
7		5					8
		2	4				
	2			5	1		4
6	4				7		1
			6			8	

Read our weekly issues on line at  
[afdispatch.com](http://afdispatch.com)

## CROSSWORD PUZZLE

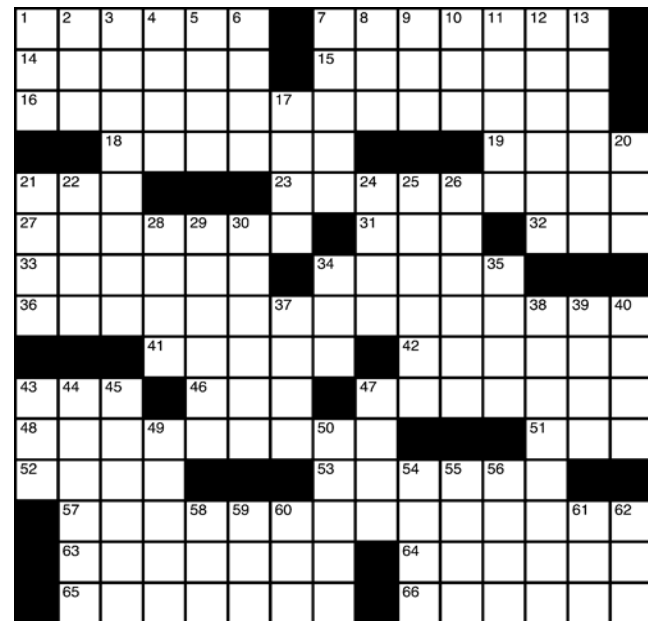
### Across

1 Supplies food  
7 Lord with a namesake  
sports trophy  
14 Showy bloom  
15 "The Miser" playwright  
16 Levi's alternatives in  
the bargain bin?  
18 Rial spenders  
19 Ascended  
21 Humdinger  
23 Bright red semi?  
27 Song heard in the film  
"Marley & Me"  
31 Sign of success  
32 Sign of success  
33 Arte who co-owns  
MLB's Angels  
34 Prayer \_\_\_\_  
36 Dog collar for obedi-  
ence school?  
42 Steamed cantina dish  
43 I in Innsbruck  
46 Mogadishu is its cap.  
47 Getty of "The Golden  
Girls"  
48 Kibbles 'n Bits?  
51 Petition  
52 Relaxation  
53 Smarts  
57 Inept patsy on water

### Down

63 Captain Marvel, for  
one  
64 Walking on air  
65 Taken in  
66 Parlor pieces  
1 Govt. agency in many  
2020 headlines  
2 Spa emanation  
3 Title Marx Brothers  
setting  
4 Jack of "Rio Lobo"  
5 Gifford's "Live" suc-  
cessor  
6 Like logs  
7 Huge hit  
8 Passel  
9 Niger neighbor: Abbr.  
10 Nothing  
11 Suspicious  
12 E on a scoreboard  
13 Private aye  
17 Often-steamed serving  
20 It may be inflated  
21 Ceremonial display  
22 "\_\_\_\_ out?"  
24 First name in dare-  
deviltry  
25 Takes the bait, say  
26 Software subsidiary of

IBM since 2019  
28 Peace Nobelst Walesa  
29 Focused, jobwise  
30 Entirely without  
34 Outlaw  
35 To a degree  
37 Villa-studded Italian  
lake  
38 Greek city known for  
olives  
39 Building additions  
40 Strongly suggest, with  
"of"  
43 Bar staple  
44 Onomatopoeic dance  
45 Quieted  
47 Touch up, perhaps  
49 Surgeon's opening?  
50 Dominated in competi-  
tion  
54 Threw off  
55 Where to find a hero  
56 Norse patron  
58 Unruly head of hair  
59 Trading place  
60 Tchaikovsky's Sym-  
phony No. 5 \_\_\_\_ minor  
61 First "Jeopardy!" guest  
host after Alex  
62 Harris and a horse



## BUSINESS & SERVICE DIRECTORY

### CATERING

#### EL INDIO

Mexican Restaurant and Catering  
Open Daily 9am-8pm • Free Parking!  
10% Military Discount  
3695 India Street • Downtown San Diego  
619-299-0333  
Family Owned & Operated Since 1940  
[www.ElIndioSanDiego.com](http://www.ElIndioSanDiego.com)

### DOG TRAINING

The Dog Wizard Coronado  
619 419-0160

**15% OFF**  
All Training Programs  
for active and retired military  
WHEN YOU'RE BUSY SERVING YOUR COUNTRY,  
WE ARE HERE TO SERVE YOU.



### YOUR AD HERE

**ADVERTISE YOUR  
BUSINESS  
TO ACTIVE DUTY AND  
RETIRED MILITARY,  
VETERANS &  
THEIR FAMILIES**

### SOCIAL GROUPS

#### HORSESHOE CLUB

Southern California Horseshoe  
Pitchers Association (SCHPA)  
Welcomes all levels of pitchers!  
Balboa Park • Ramona • Encinitas  
Find out more & be part of the fun  
<https://socialhorseshoes.weebly.com/>

#### MARINE CORPS LEAGUE

Camp J.H. Pendleton O'side Det 21  
760-271-7369  
Meeting monthly, 3rd Thursday @ 6pm  
Veterans Association of North County  
1617 Mission Ave. Oceanside 92058

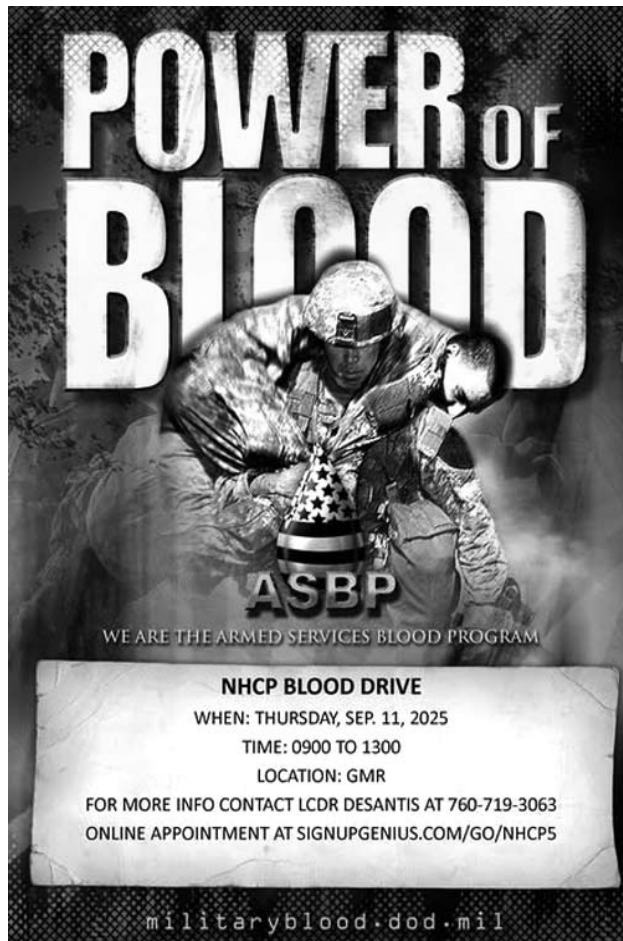
### THRIFT STORES

## AMVETS NEW STORE NOW OPEN IN OCEANSIDE

40,000 clothing items &  
10,000 miscellaneous  
items on our floor daily!

1527-A Mission Ave., Oceanside  
Just east of I-5  
(760) 286-8880  
Open 7 days a week 9am-7pm  
Sales support veterans & their families

Roll up your sleeve:  
Blood drive coming to  
Camp Pendleton Sept. 11



Support the Armed Services Blood Program! Thurs-  
day, Sept. 11, 2025, from 9 a.m. to 1 p.m. in the Na-  
val Hospital Camp Pendleton Galley Meeting Room  
on the 1st Floor. Open to anyone with base access to  
Marine Corps Base Camp Pendleton. Block your ap-  
pointment at <https://www.signupgenius.com/GO/NHCP5#/>



Brave virtual mental health helps all service members get therapy

by Janet A. Aker, Defense Health Agency Communications

[Editor's note: This article discusses mental health and resources that can help. The 988 National Suicide and Crisis Lifeline is just a call or text away. You can reach them by calling and pressing "1" or texting 838255. There's also a dedicated Veterans Crisis Line and Military Crisis Line, which you can access by chatting online at https://www.veteranscrisisline.net/get-help-now/military-crisis-line/

If you're overseas, start by chatting online to find the best phone option for your location. For Spanish speakers, press "2" to get support.]

The Defense Health Agency's Behavioral Health Resources and Virtual Experience, or BRAVE, is helping our patients around the world get quicker access to mental health resources. BRAVE augments local mental health services with video teleconferencing at facilities where mental health services may be in short supply.

BRAVE is primarily for active duty service members—and overseas, it's available to adult active duty family members. The program is embedded at 84 locations in the U.S., Europe, and Indo-Pacific region, spanning 11 time zones.

BRAVE offers services like medication management, psychotherapy, and mental health evaluations to patients who need

less intensive care and monitoring. This allows local mental health providers to focus on patients with more acute needs, shortening wait times and improving services.

The DHA Virtual Medical Center in San Antonio, Texas, administers BRAVE. According to Patrick Brady, the BRAVE program director, BRAVE offers a lifeline to service members when local services are stretched thin. "BRAVE allows us to help patients build skills and tools to improve their mental health and well-being when those services otherwise wouldn't be available," said Brady. "We're providing support where we might be the only behavioral provider at that time."

BRAVE services focus on brief interventions, with all providers trained in evidence-based approaches. The team consists of medication management prescribers and therapists, including psychologists and licensed clinical social workers. Therapy sessions usually occur once a week for 12 to 17 sessions, according to Melanee Barnard, a BRAVE health system specialist at the DHA Virtual Medical Center.

Patients don't have to be at the clinic to use BRAVE. Barnard said "85% of BRAVE appointments" occur with patients outside the clinic, which makes access easier, and can put patients at ease. "Meeting from their home or other location helps them feel secure and private," she said.

Real-life impact: Misawa

BRAVE augments local mental health services with video teleconferencing at facilities where mental health services may be in short supply.

Air Base, Japan

Misawa Air Base in northern Japan, with 5,200 active duty service members, launched BRAVE in August 2023. U.S. Air Force Maj. Kimberly Lane is the mental health flight commander for the 35th Operational Medical Readiness Squadron at Misawa. "BRAVE is an invaluable resource for Misawa due to constant manning constraints because of our isolated location, PCS's [permanent change of station], and deployments," said Lane. "BRAVE has let us provide care to a remote, isolated U.S. Army unit, slashing wait times from 32 to five days" for first appointments, she added.

Remote BRAVE services also make care more appealing for some at Misawa, Lane said. Some clinic staff find that their close working relationships with mental health providers make them reluctant to seek care locally. "Many clients like the anonymity BRAVE provides," she said.

Looking ahead

According to Brady, BRAVE

makes a significant impact on the patients who use it, the facilities where it's offered, and the whole DHA. Benefits include quicker care, lower costs, reduced stigma, and better patient engagement.

The DHA plans for BRAVE to be available worldwide by the end of 2025. DHA is also looking to make BRAVE services available to more patients, including more active duty family members. DHA also plans to add adolescent mental health and medication management services.

Since the launch of BRAVE on Nov. 5, 2022, the program has

facilitated about 60,000 virtual therapy sessions.

BRAVE practitioners are some of the program's biggest promoters. "We need to make sure that everyone understands the value of BRAVE and how it can support our service members," Barnard said.

Service members are also using the tools they've learned through the BRAVE program to help others. Barnard said she's heard of BRAVE patients saying: "Hey, battle buddy, I'm getting into the trench with you because I've been there."

She added, "I encourage leadership and providers to continue promoting BRAVE as a frontline option for those facing barriers to in-person care."

Be BRAVE and seek help

The MHS Mental Health Hub (https://health.mil/Military-Health-Topics/Mental-Health) can help you find a list of resources for immediate assistance or appointments. Service members and beneficiaries can find more help on the DHA.mil suicide prevention and mental health webpage (https://www.dha.mil/About-DHA/Employee-Hub/Suicide-Prevention-Resources).



Happy Birthday Navy Dental Corps: NMCS's dental team held a cake cutting ceremony to celebrate the 113th anniversary of the Navy Dental Corps, August 22. Sticking with tradition, the cake was cut by the oldest and youngest Sailors and NMCS's Commander, Capt. Elizabeth Adriano, was on hand to deliver remarks highlighting the importance of the Dental Corps to NMCS's mission. Happy birthday and here's to many more!

Enjoy the outdoors, support local farmers at one of the county's farmer's markets

At daily San Diego farmers markets in neighborhoods throughout the county, you can sample fresh-from-the-farm produce from regional farmers and tasty treats from local artisans.

For more information about farmers markets around San Diego County, visit the San Diego County Farm Bureau website at http://www.sdfarmbureau.org/farmers-market/. Days and times are subject to change. Please email us any corrections: editor@navydispatch.com Subject: Farmers Market Correx

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

Downtown / Gaslamp Quarter City Heights Certified Farmers Market Saturday: 9am-1pm On Wightman St from Fairmount Ave to 43rd St, San Diego, CA 92105

Gaslamp Artisan Market Saturday & Sunday: 11am-4pm Fifth Ave from Island Ave to J St. and Island Ave from Fourth Ave to Fifth Ave, San Diego, CA 92101 Little Italy Mercato Certified

Farmers Market Saturday: 8am-2pm 501 W Date St from Kettner Blvd to Front St, San Diego, CA 92101 Tuna Harbor Docksides Market Saturday: 8am-1pm 598 Harbor Ln - Fish Harbor Pier (near Tuna Harbor), San Diego, CA 92101

Hillcrest / Uptown Hillcrest Certified Farmers Market Sunday: 9am-2pm 3960 Normal St from Lincoln Ave to University Ave, San Diego, CA 92103

North Park Thursday Certified Farmers Market Thursday: 3pm-7:30pm 2900 North Park Way from 30th St to Granada Ave, San Diego, CA 92104

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

Mission Bay and Beaches Ocean Beach Certified Farmers Market Wednesday: 4pm-8pm 4900 Newport Ave from Cable St to Bacon St, San Diego, CA 92107 Pacific Beach Certified Farmers Market Saturday: 8am-12pm 4150 Mission Blvd from Reed St to

Pacific Beach Blvd, PB, CA 92109 Pacific Beach Tuesday Certified Farmers Market Tuesday: 2pm-7pm 4500 Bayard St. from Garnet Ave to Hornblend St San Diego, CA 92109

Mission Valley and Old Town Kearny Mesa Certified Farmers Market Saturday: 10:30am-2:30pm Service Road from Lightwave Ave to Spectrum Center Blvd, San Diego, CA 92123

South Bay Chula Vista - Otay Ranch Certified Farmers Market Tuesday: 4pm-8pm 2015 Birch Rd. and Eastlake Blvd. Chula Vista, CA 91915

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

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

East County Borrego Springs Certified

Farmers Market Friday: 7am-Noon (October - April, closed May - September) Christmas Circle, 700 Palm Canyon Dr and Borrego Springs Rd Borrego Springs, CA 92004 La Mesa Village Certified Farmers Market Friday: 3pm-7pm La Mesa Blvd from Palm Ave and Allison Ave, La Mesa, CA 91942 Santee Certified Farmers Market Wednesday: 3pm-7pm (March - October) Wednesday: 2:30pm-6:30pm (November - February) 9600 Carlton Hills Blvd and Mast Blvd, Santee, CA 92071 Santa Ysabel Certified Farmers Market Sunday: Noon-4pm 21887 Washington St at Hwy 78 and Hwy 79. Santa Ysabel, CA 92070

North Coastal Carlsbad State Street Certified Farmers Market Wednesday: 3pm-7pm (March-Oct) Wednesday: 3pm-6pm (Nov-Feb) 2900 State St from Carlsbad Village Dr to Grand Ave, Carlsbad, CA 92008 Del Mar Certified Farmers Market Saturday: Noon-4pm

Civic Center, 1050 Camino Del Mar, Del Mar, CA 92014 Leucadia Certified Farmers Market Sunday: 10am-2pm Paul Ecke Elementary, 185 Union St, Encinitas, CA 92024 Oceanside Certified Farmers Market Thursday: 9am-1pm Pier View Way and Coast Hwy 101, Oceanside, CA 92054 Rancho Santa Fe Certified Farmers Market Sunday: 9:30am-2pm Del Rayo Village Center. 16079 San Dieguito Rd, Rancho Santa Fe, CA 92091 Solana Beach Certified Farmers Market Sunday: Noon-4pm 444 South Cedros Ave, Solana Beach, CA 92075

North Inland Escondido Certified Farmers Market Tuesday: 2:30-7pm (Oct- May) Tuesday: 2:30-7pm (June-Sept) 200 East Grand Ave from N Juniper St and S Kalmia St, Escondido, CA 92025 Fallbrook Main Avenue Certified Farmers Market Saturday: 9:30am-2pm 100 S Main Ave from Hawthorne and Fig, Fallbrook, CA 92028 Mira Mesa Certified Farmers Market Tuesday: 3pm-7pm (February - October) Opens 2nd Tues in Feb.

Tuesday: 3pm-6pm (Nov-Dec, closed in January) Mira Mesa High School, 10510 Reagan Rd. San Diego, CA 92126 North San Diego (Sikes Adobe) Certified Farmers Market Sunday: 10:30am-3:30pm Sikes Adobe Historic Farmstead, 12655 Sunset Dr, Escondido, CA 92025 Poway Certified Farmers Market Saturday: 8am-1pm 14134 Midland Rd at Temple St Poway, CA 92064 Rancho Bernardo Certified Farmers Market & Specialties Friday: 9am-1pm Bernardo Winery, 13330 Paseo Del Verano Norte, San Diego, CA 92128 San Marcos Certified Farmers Market Tuesday: 3pm-7pm 250 North City Dr. (between Campus Dr. and Redel Rd.), San Marcos, CA 92078 Vista Certified Farmers Market Saturday: 8am-Noon County Courthouse, 355 South Melrose Dr (south of Hacienda), Vista, CA 92081





## A Hero's Welcome In Chula Vista

# Citrus Bay

CHULA VISTA

You impact our lives in profound ways, let us help open the door to a new home so we can impact yours. CalWest expresses gratitude to active and veteran military by offering a "welcome home" \$1,500 credit\* on your new home at Citrus Bay in Chula Vista, helping you find a beautiful home with the same dedication you provide our communities.

### Perfectly Positioned For Military Life

Primely located near multiple military installations, Citrus Bay offers the convenience and community you deserve with exclusive access to a private community pool and Rec Center. CalWest is offering a 4.99% fixed interest rate on VA home loans for qualifying purchasers\*\*.

**NOW OPEN & SELLING FROM THE MID \$500,000S**

CalWest    



CALIFORNIA WEST COMMUNITIES LLC ("CALWEST") RESERVES THE RIGHT TO ALTER PRICES, PRODUCTS, DESIGNS, SPECIFICATIONS AND ALL OTHER INFORMATION PROVIDED HEREIN WITHOUT PRIOR NOTICE OR OBLIGATION. ALL INFORMATION SUBJECT TO CHANGE. CALDRE #1520580

\*"WELCOME HOME" CREDIT TO BE APPLIED TOWARDS OPTIONS OR FLOORING PURCHASED THROUGH THE BUILDER'S DESIGN CENTER AND CANNOT BE COMBINED WITH ANY OTHER OFFERS, SALES INCENTIVES OR PROMOTIONS. PLEASE SEE SALES YOUR SALES REPRESENTATIVE FOR DETAILS.

CALWEST RESERVES THE RIGHT TO EXTEND THE "WELCOME HOME CREDIT" OR ANY OTHER OFFER OR PROMOTION IN CONNECTION THEREWITH TO ANY HOMESITE WITHIN CITRUS BAY OR MAY TERMINATE OR MODIFY THE TERMS OF THE "WELCOME HOME CREDIT" OR ANY OTHER OFFER OR PROMOTION IN CONNECTION THEREWITH AT ANY TIME FROM TIME TO TIME WITHOUT NOTICE. NOTHING STATED HEREIN CONSTITUTES ANY COMMITMENT TO ENTER INTO ANY AGREEMENT FOR THE PURCHASE AND SALE OF ANY REAL PROPERTY INTEREST.

\*\*THE BUYDOWN FUNDS MAY COME FROM THE SELLER OR ANOTHER INTERESTED THIRD PARTY AND IS SUBJECT TO INTERESTED PARTY CONTRIBUTION LIMITATIONS. ASSUMES A 30-YEAR FIXED RATE OF 4.99%. CALWEST IS NOT A LENDER AND WILL DIRECT POTENTIAL BUYERS TO OUR THIRD-PARTY LENDER, PACIFIC SUN MORTGAGE FOR ELIGIBILITY REQUIREMENTS AND RATE LOCK GUARANTEE TERMS AND CONDITIONS. INTEREST RATES ARE SUBJECT TO CHANGE AND MAY NOT BE AVAILABLE AT TIME OF LOAN COMMITMENT OR CLOSING AND ARE PROVIDED FOR GENERAL PROMOTIONAL AND EXAMPLE PURPOSES ONLY. ALL LOANS ARE SUBJECT TO VA GUIDELINES, LOAN REQUIREMENTS, AND ANY OTHER APPLICABLE FEDERAL LAW OR REGULATION AND THE APPLICABLE LENDER'S APPROVAL BASED ON SUCH LENDER'S LENDING POLICIES AND UNDERWRITING GUIDELINES LOANS TERMS AND CONDITIONS. CALWEST HAS NO CONTROL OVER CREDIT APPROVAL OR THE TERMS OF ANY OFFER TO LEND BY PACIFIC SUN MORTGAGE OR ANY LENDER. BUYER MUST QUALIFY FOR FINANCING WITHOUT REGARD TO ANY SALES INCENTIVE OR PROMOTION DESCRIBED HEREIN. OTHER RESTRICTIONS AND CONDITIONS WILL APPLY. CALWEST AND ITS AFFILIATES MAKE NO REPRESENTATION, WARRANTY OR GUARANTEE OF ANY TYPE THAT ANY PROSPECTIVE BUYER WILL QUALIFY FOR ANY LOAN PRODUCTS OFFERED BY ANY LENDER. ANY PROSPECTIVE BUYER SHALL NOT BE OBLIGATED TO USE PACIFIC SUN MORTGAGE COMPANY TO OBTAIN FINANCING IN CONNECTION WITH ANY PURCHASE WITHIN CITRUS BAY. NOTHING CONTAINED HEREIN SHALL BE DEEMED CONSTITUTE ANY REPRESENTATION, WARRANTY OR COMMITMENT TO MAKE A LOAN OR ENTER INTO ANY AGREEMENT OR UNDERSTANDING OR TO EXTEND ANY FINANCIAL INCENTIVE

### Summer Move-Ins Available

**The Towns:** 2-Story Motor Court Townhomes

**The Courts:** 3-Story Attached Courtyard Residences

**[CitrusBay@CalWestLiving.com](mailto:CitrusBay@CalWestLiving.com) | 442.287.2379**

SCAN TO  
LEARN MORE

