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SIXTY-FIFTH YEAR NO. 17
SEPTEMBER 8, 2025


MANNY & ANDY Yeoman 2nd Class Andrew Gluhm, assigned to dock landing ship *USS Germantown*, receives a signed baseball and meets Manny Machado of the San Diego Padres as part of the pregame ceremony between the Padres and the L.A. Dodgers, Aug. 24, 2025. U.S. Navy photo by MCSN Ivan A. Garcia

DEDICATED NAVY CHIEF EARNS PHD, SETS STANDARD FOR SERVICE AND SCHOLARSHIP

by Lt. Andrew Serafico
 FALLON, Nev. - In a remarkable achievement, Chief Logistics Specialist Nathaniel Whitten, a 20-year Navy veteran

and Navy Reservist has earned his Doctor of Philosophy (PhD) in history, becoming one of the few Navy chiefs to attain this distinguished honor. Adding

to the significance of his accomplishment, Whitten is also a Training and Administration of the Reserve (TAR) Sailor, dedicating his career to supporting and training the Navy's Reserve forces.

Whitten's pursuit of his PhD over five years, while meticulously balancing demanding naval duties with rigorous doctoral-level research, exemplifies his discipline, perseverance, and lifelong commitment to learning.

Whitten's dedication to service stems from a deep-rooted family history of military involvement. "My family has a long history of service, and I couldn't imagine myself doing anything else," he said.

Enlisting in 2001, he initially

served as an aviation maintenance administrationman during his active-duty service, followed by a transition to the Navy Reserve in 2005 as an intelligence specialist. He later returned to the Reserve component a second time, ultimately becoming a logistics specialist.

Throughout his career, he served in diverse roles, including deployments to Iraq and Afghanistan with Joint Special Operations Command (JSOC). He has earned awards for leadership and mentorship, including the Navy Commendation Medal, the Navy Achievement Medal, and the Combat Action Ribbon for his service in Afghanistan.

As a TAR Sailor in the Navy Reserve, Whitten has adeptly balanced service with academic

see **Whitten, page 2**



Chief Logistics Specialist Nathaniel Whitten, engages with Sailors after a Sailor 360 session, sharing his expertise and experience to mentor and develop the next generation of naval leaders. U.S. Navy photo by Lt. Andrew Serafico

Hegseth calls for anti-drone task force

by Matthew Olay, DOD News

Defense Secretary Pete Hegseth announced Aug. 28 that he has directed Army Secretary Daniel P. Driscoll to formally establish a joint, interagency task force to counter hostile unmanned aerial systems, commonly referred to as drones.

"Our job here at the Pentagon — when you think about it — is to prepare for the threats of the future and build a force to match them, and defeat them, and outpace them," Hegseth said via a video message released to the public.

"And there's no doubt that the threats we face today from hostile drones grow by the day," he said.

Noting that hostile UASs are being operated overseas and at our borders while seeking to harm U.S. warfighters, bases and even the sovereignty of the national airspace, Hegseth said the new task force — Joint Interagency Task Force 401 — will be a unified team that will seek to bring together the best talent from multiple government agencies to counter UAS threats and restore control of the skies.

"It's called counter-UAS — counter-unmanned aerial systems — and America will be the best at it," Hegseth said.

Although the secretary did not comment on the estimated length of time before the task force will be operational, he did say the Pentagon is currently moving quickly to cut through bureaucracy and consolidate resources, so as to empower it with "the utmost authority to outpace our adversaries."

He added that DOD is working to deliver real solutions and ensure American airspace remains secure at home, abroad and anywhere troops are stationed.

"They deserve to be defended by the best," Hegseth said.

He added that the new task force will put the right tools in the hands of warfighters so they can defend the sovereignty of American airspace and "send a clear message" that the United States will "never be outmatched."

"Because, make no mistake, under this administration — and President [Donald J.] Trump's leadership — we're going to out-innovate, we're going to lead and we will win," Hegseth said.

Aerial firefighting aircraft repositioned to Idaho, stats for Colorado, Wyoming

PETERSON SPACE FORCE BASE, Colo. - A C-130 Hercules from the Air Force Reserve's 302nd Airlift Wing repositioned to Idaho Aug. 25 to continue support for western wildfires. The wing has been providing aerial firefighting support in Colorado and Wyoming since early August. In support of the National Interagency Fire Center, the Hercules equipped with the U.S. Forest Service-owned Modular Airborne Fire Fighting Systems, repositioned to Boise, Idaho. The C-130H, callsign MAFFS 5, along with aircrews and ground personnel are operating from the tanker base located in Boise in support of critical ground firefighting crews. The 302nd AW's MAFFS 5 flew 32 sorties resulting in 78,927 gallons or 707,975.5 pounds of fire retardant dropped in Colorado and Wyoming Aug. 9-24.

U.S., Panamanian forces participate in pilot jungle training course

U.S. Marines assigned to the 2nd Battalion, 2nd Marine Regiment, recently conducted a pilot jungle survival orientation course alongside Panamanian security forces at Aeronaval Base Cristóbal Colón, Panama. The combined training program, developed in partnership with Panama's military and the U.S. Army's Jungle Operations Training Center, focused on survival skills, tactical combat care and patrol tactics in challenging jungle terrain. Medical personnel assigned to Joint Task Force Bravo provided vital support with HH-60 Black Hawk helicopters and medical evacuation training as part of the course. The exercise strengthened bilateral military cooperation and regional security capabilities while fostering interoperability between U.S. and Panamanian forces.

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EUCOM commander discusses NATO spending, Ukraine assistance

by David Vergun, DOD News

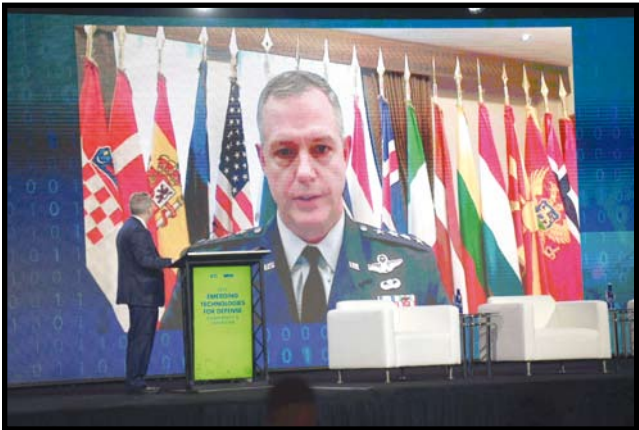
The commitment that all 32 NATO nations spend 5 percent of gross domestic product on their militaries is going to make a big difference, said Air Force Gen. Alexis Grynkeiwich, supreme allied commander Europe and commander of U.S. European Command, who spoke virtually Aug. 28 from Mons, Belgium, to the National Defense Industrial Association in Washington.

“My job, I think, is going to be to hold nations to account, to be their conscience, if you will, so that that 5 percent gets spent in the right places,” he said, adding that each nation’s military spending will be based on its capability needs.

The 5 percent includes spending 3.5 percent on “hard” military defense. The other 1.5 percent can be spent on other elements that support defense, such as logistics and infrastructure improvements, the general said.

A lot of that spending will also benefit civilians, including those in defense industrial bases, Grynkeiwich added.

Nations in NATO are seeking digital transformation that ties



Air Force Gen. Alexis Grynkeiwich, supreme allied commander Europe and commander of U.S. European Command, speaks virtually from Mons, Belgium, to the National Defense Industrial Association in Washington, Aug. 28, 2025. Grynkeiwich spoke about the importance of NATO nations increased military spending. DoD photo by David Vergun

everyone together, ensuring each has command and control systems in place with a common operating picture, a common intelligence picture, and all the pathways in which data flows, he said.

The Eucom commander said international companies are figuring out how to plug into the Ukrainian industrial base in a mutually beneficial way. The requirements each company has to support are validated

by Eucom and a NATO working group.

Besides the requirements, decisions are made about what items should be sourced from what countries, Grynkeiwich said.

One of the important capabilities for Ukraine is drones, he added. A drone might work one day and not work the next because of interference from Russia.

At the brigade level, industry partners are helping Ukraine rapidly innovate and change drone parameters to make them effective again, he said, adding that artificial intelligence also helps in that regard.

That level of autonomous drone capability is everywhere in Ukraine, Grynkeiwich said, noting that unmanned aerial systems are the future of warfare, but manned aircraft will always have a place on the battlefield.



- Army**
•Army’s autonomy ‘characteristics of need’ guidance ‘basically complete,’ official says
- Navy**
•USS *New Orleans* leaves Okinawa for Sasebo on its own power
•Keel authenticated for future USS *Wisconsin*
•CNO Caudle wants to ‘make good’ on AUKUS sub agreement
- Marine Corps**
•Marines extend Reaper deployment at Okinawa air base, Japanese officials say
- Air Force**
•First flight tests begin for Air Force’s drone wingmen
•These are the funeral honors the Air Force says it will extend to Ashli Babbitt
•New Sentinel ICBM silos, B-21’s next milestone flight on USAF radar
•Air Force officials say they’re poised to solve the longstanding ‘Valley of Death’
•B-52 radar upgrade flight testing expected to finally begin soon
•Air Force Academy cancels lecture after discovering speaker disparaged Trump
(The Gazette (Colorado Springs, Colo.)) Air Force Academy officials have canceled an upcoming annual lecture after discovering the speaker’s online history of disparaging President Donald Trump, prompting serious concern from the donor who supports the series.
- Space Force**
•Geost to supply two optical payloads for US Space Force geostationary missions
- Coast Guard**
•Coast Guard awards contract for waterfront homeport improvements in Sitka, Alaska

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Pentagon halts Chinese coders affecting DoD cloud systems

Defense Secretary Pete Hegseth said the Pentagon has halted a decade-old Microsoft program that has allowed Chinese coders, remotely supervised by U.S. contractors, to work on sensitive DOD cloud systems.

In a digital video address to the public posted yesterday, the secretary said DOD was made aware of the “digital escorts” program last month and that the program has exposed the Defense Department to unacceptable risk — despite being designed to comply with government contracting rules.

“If you’re thinking ‘America first,’ and common sense, this doesn’t pass either of those tests,” Hegseth said, adding that he initiated an immediate review of the program upon

learning of it. “I want to report our initial findings. ... The use of Chinese nationals to service Department of Defense cloud environments? It’s over,” he said.

Additionally, Hegseth said DOD has issued a formal letter of concern to Microsoft, documenting a breach of trust, and that DOD is requiring a third-party audit of the digital escorts program to pore over the code and submissions made by Chinese nationals.

The audit will be free of charge to U.S. taxpayers, he said.

The secretary also said he’s tasking DOD experts with a separate investigation to determine whether any digital escort employees have negatively impacted the coding of DOD cloud systems, and that all Defense Department software vendors must now identify and terminate any Chinese involvement with DOD cloud systems.

“It blows my mind that I’m even saying these things ... that

we ever allowed it to happen,” Hegseth said of DOD’s use of the digital escorts program, adding that the Pentagon is now vigorously working to course correct, and that the department expects its vendors to put U.S. national security ahead of profit maximization.

“I’m committed, like is, to ensuring that our national security networks are secure,” Hegseth said.

“Again, it’s ‘America first,’ and it’s common sense.”

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

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 from second-story windows. Two of the deaths occurred this summer on 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 a report 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, refer to navylifesw.com/window-safety.



STEADFAST SENTINEL U.S. Soldiers with the South Carolina Army National Guard patrol Dupont metro station in Washington D.C., Aug. 25, 2025. About 2,000 National Guard members are supporting the D.C. Safe and Beautiful mission providing critical support to the D.C. Metropolitan Police Department in ensuring the safety of all who live, work and visit the District. U.S. Air National Guard photo by Staff Sgt. Natalie Filzen



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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
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.



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Career and Education

Patriot Medic 25 tests Reserve medical readiness in large-scale combat operations

by Tech. Sgt. Sean Evans
Air Force Reserve Command

ROBINS AIR FORCE BASE, Ga. - Patriot Medic 2025 took place in early August at Fort McCoy, Wisconsin, and Grissom Air Reserve Base, Indiana.

The multi-national exercise, led by the Air Force Reserve, included more than 9,000 personnel from all U.S. military services and international partners including Australian, British and Canadian forces.

Patriot Medic is the Air Force Reserve's premier medical readiness training event. It provides immediate medical certifications for service members and fosters long term capability development. The exercise helps prepare participants for future conflicts where they could face mass casualties across varied terrain.

Maj. Gen. John Bartrum was the senior trainer for Patriot Medic 25. He is also the mobilization assistant to the Air and Space Force surgeon general where he directs Air Force Medical Service operations.

"We have to be ready to operate in a world of constrained resources," Bartrum said. "The exercise conditions Reserve Airmen for high stress operations. We build resiliency in peacetime so that we can respond and perform effectively in any environment."

More than 100 Tactical Combat Casualty Care trainers and evaluators participated in the exercise and trained new trainers and other servicemembers at the event. This helped some participants complete required deployment cycle TCCC Level 2 training certifications. Trainers also certified new training cadre that returned to their units with the ability to train more Airmen.

"The enhancement [to the exercise] came from realism and stresses induced on our medics," said Col. Ramil Codina, command surgeon for Air Force Reserve Command. "We prepare our medics as we fight in the field with combined forces operators."

Codina also shared how the exercise validated the Reserve's immediate readiness capabilities and supported the AFRC priorities Ready Now! and Transforming for the Future.

"The 'Ready Now' piece is measured by our ability to provide long-term care and evacuate our patients in the field with current technologies," Codina said.

The exercise included contested terrain scenarios where Army forces moved equipment across hundreds of thousands of acres at Fort McCoy. Other



Air Force Reserve Master Sgt. Brandon Fitch (left) and 1st Lt. Erin Patinella, a medical technician and clinical nurse, with the 932nd Aeromedical Staging Squadron, rush to a simulated field casualty during Exercise Patriot Medic 25. U.S. Air Force photo by Tech. Sgt. Noah J. Tancer

teams also replicated real combat conditions and flew patients between multiple locations and medics exchanged patients between Army, Navy, and Air Force personnel.

"Trauma physicians from the Army, Navy and allied medical forces all perform medicine in a similar fashion," Codina said. "Our Air Force Reserve medics who are trained in tactical combat casualty care were able to pass those skills onto our joint and allied partners."

Capt. April Pulver, chief nurse

with the 920th Aerospace Medicine Squadron at Langley Air Force Base, also participated in the exercise. "When you're deployed, Reserve Airmen come from various units and stations, and you need to learn how to work as a team," Pulver said. "I very much learned how to be a part of one team at Patriot Medic 25."

Patriot Medic 25 demonstrated the Reserve's unique value in providing experienced medical support globally. "The reason we do this every year is readiness," Bartrum said. "We are ready now, anytime, anywhere."



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

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Carrier Strike Group 15 welcomes Kubu as its new boss

by Petty Officer 1st Class Brandon Roberson, Commander, Carrier Strike Group 15

POINT LOMA - Carrier Strike Group Fifteen (CSG-15) held a change of command ceremony at U.S. 3rd Fleet headquarters, Aug. 28.

Rear Adm. Justin A. Kubu, a native of Anderson, S.C., relieved Rear Adm. Kevin M. Kennedy, a native of Gloucester, N.J., to become the 79th commander since CSG-15's establishment in 1930. Vice Adm. John Wade, commander, U.S. 3rd Fleet, presided over the ceremony.

Throughout his tour leading CSG-15, Kennedy demonstrated strategic leadership and operational excellence in training and preparing U.S. Pacific Fleet naval forces for global deployment. His tenure was marked by the effective oversight and readiness generation of multiple carrier strike groups, expeditionary strike groups, amphibious ready groups, and independent deployers.

"When I assumed command of CSG-15 in April 2024, we faced an evolving strategic landscape that demanded innovation, excellence, and unwavering commitment to warfighting readiness," said Kennedy. "What this incredible team delivered exceeded every expectation and has set the gold standard for naval training across the Pacific Fleet."

In his remarks, Kennedy recognized the hard work and dedication of the CSG-15 staff.

"To my outstanding staff and the men and women of [Tactical Training Group, Pacific], [Expeditionary Warfare Training Group Pacific], and CSG-15: you are the architects of transformation.

"Together, we didn't just conduct training—we revolutionized it. Through your dedication and expertise, we designed and executed some of the most complex, integrated, multi-domain exercises our Navy has ever seen."

Wade spoke to real-world operations and Kennedy's leadership in CSG-15 that enabled the success of Naval forces in such operations.



Rear Adm. Justin A. Kubu, commander, Carrier Strike Group 15, renders honors to Vice Adm. John Wade, commander, 3rd Fleet (C3F), and Rear Adm. Kevin M. Kennedy, former CSG-15 commander, during a change of command ceremony Aug. 28. U.S. Navy photo by Petty Officer 1st Class Brandon Roberson

"The forces the CSG-15 enterprise has trained and certified have not only deterred aggression; they have also responded brilliantly when our nation called," he said. "Enabling these accomplishments of course takes leadership, and that's exactly what Kevin Kennedy provided as the commander."

NHRC summer research interns show great promise as future force standouts

by John Marciano
Naval Health Research Center

Naval Health Research Center is a partner with the Naval Research Enterprise Internship Program, and they offer a naval internship program that places college and university students pursuing Science, Technology, Engineering, and Mathematics careers in Navy laboratories across the country, providing students mentorship and real-world research experience.

Eligible students are selected based on academic achievement, personal statements, and their research interests. Upon selection, students are placed at one of 52 Navy labs for a 10-week internship work experience that includes a monetary stipend.

This summer, NHRC is home to six interns working alongside biomedical engineers, microbiologists, neuroscientists, physiologists, and medical surgeons. The NHRC research staff mentoring the interns made sure they got access and real hands-on experiences.

Jenica Earl, a graduate student from the University of South Carolina studying kinesiology,

was paired with Rebecca McClintock, a research physiologist in the Warfighter Performance Department's Thermal Team, where she went on board a Navy ship to assist the team with real world data collection.

Jenica's primary project involved collecting, analyzing, and presenting data on a continuous chest compression device tested during medical drills aboard USS *Abraham Lincoln* at NAS North Island. She analyzed performance metrics such as compression rate and depth and produced visual summaries of the results.

"Her work is helping inform future research proposals and may contribute to broader Navy efforts to enhance shipboard emergency medical care and cardiac arrest outcomes," said McClintock.

Jenica also participated in bi-weekly journal club presentations to enhance her scientific knowledge and presentation skills.

Shreya Singh, an undergraduate in cognitive science at UCLA, also worked in NHRC's Warfighter Laboratory with Se-

nior Neuroscientist, Dr. Wiemen Zheng, where she worked on a project exploring AI and machine learning models to decode visual images from EEG signal datasets collected at NHRC.

As a combined research and clinical NREIP intern working at NHRC this summer, Andrew Nelles, a biology undergraduate from Vanderbilt University, Drew was paired with NHRC's deputy director of the Military Population Health directorate, and surgical oncologist, Cmdr. Diego Vicente.

Drew observed the care of oncology patients across the multidisciplinary spectrum within the new Cancer Program at Naval Medical Center San Diego's Cancer Oncology Center of Excellence, and worked alongside Vicente, both in clinic and the operating room. He was able to see how patients with tumors were diagnosed, evaluated with imaging and biopsies, and managed with integrated multidisciplinary care incorporating genetics, medical oncology, radiation oncology, and surgical oncology.

"Drew learned how oncology patients were carefully considered for operative management, and then witness surgery in the operating room. I can't imagine a better immersive experience into helping him make a career decision working at the highest level of medical care the Navy has to offer," said Vicente.

"Consistent with the Navy Surgeon General's priorities of Recruit and Retain Navy Medicine Shipmates, our research staff have done an outstanding job mentoring this group of interns, and in a short time, have shaped enthusiastic, innovative future force research warriors that will help modernize Naval power. We look forward to our continued partnership with the NREIP program," said Cmdr. Ken Fan, executive officer, NHRC.

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Abraham Lincoln CSG returns from ‘Northern Edge’



by Ensign Hallie Atengco
USS *Abraham Lincoln* (CVN 72)
NORTH PACIFIC OCEAN
- The 5,000 Sailors and Marines of the USS *Abraham Lincoln* Carrier Strike Group wrapped up participation in the U.S. Indo-Pacific Command-led joint force

exercise Northern Edge 2025 from the North Pacific Ocean, Aug. 25,
Over the course of nine days, from the Gulf of Alaska out through the Aleutian Island chain, in the air, on land, and at

sea, the ABECSSG demonstrated the full power and capability of a Navy carrier strike group. ABECSSG completed a variety of exercise events across multiple domains, leveraging the unique capacity a CSG brings to the joint force.
Flagship *Abraham Lincoln*, with the embarked CSG-3 staff, served as the command and control hub for the strike group, directing operations across a multi-dimensional battlespace hundreds of nautical miles wide. The ship hosted Adm. Christopher Grady, vice chairman of the Joint Chiefs of Staff; Senators Lisa Murkowski and Dan

Sullivan, and other military and civilian leaders from across Alaska and the U.S. government, reaffirming the strategic importance of aircraft carriers in signaling U.S. resolve and operational reach.
“I am incredibly proud of the *Abraham Lincoln* crew and their performance throughout Northern Edge,” said Capt. Daniel Keeler, commander of *Abraham Lincoln*. “This has been a demanding but incredibly rewarding opportunity. Operating in Alaska alongside the joint force and our Canadian allies, we displayed not only our ship’s unique capabilities as

the flagship of the world’s most powerful carrier strike group, but also the dedication, technical acumen, and strength of Lincoln Nation.”
Sailing alongside *Abraham Lincoln* were three Arleigh Burke-class guided-missile destroyers, fulfilling a variety of roles over the course of the exercise. Complicated scenarios at sea demanded professionalism, skill, and expertise from these crews. They performed admirably, sustaining maritime superiority in an integrated maritime domain.
“Northern Edge offered an

invaluable opportunity for our ships and crews to refine the full spectrum of surface warfare in a challenging and geographically strategic location,” said Capt. Allison Christy, commanding officer, Destroyer Squadron (DESRON) 21. “Our destroyers demonstrated the readiness, lethality, and teamwork required to fight and win as part of a carrier strike group, alongside our counterparts across the joint force.”
For news from CSG-3, visit <http://www.dvidshub.net/unit/CSG3> and www.facebook.com/CarrierStrikeGroup-Three.

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IT'S A WIN Sailors assigned to amphibious assault ship **USS Essex** are shown here after competing in a cornhole tournament hosted by **Morale, Welfare and Recreation** in the hangar bay, **Aug. 27, 2025**. **Essex** is conducting a maintenance period to upgrade and refurbish many key systems aboard. **U.S. Navy photo by MCSN Aaron J. Rolle**



DRONE DUTY Marine Corps Cpl. Daniela Chiacorres, a combat videographer with Marine Corps Installations East, retrieves a drone during the Training and Leadership Development Summit 2025 at Camp Pendleton Aug. 26, 2025. **U.S. Marine Corps photo by Lance Cpl. Jeslianne A. Torres**



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From scrutiny to success: How NAVSUP FLC San Diego proved its strength under audit pressure

by **Frank Valdez**
NAVSUP FLC San Diego

When the inventory team at Naval Supply Systems Command Fleet Logistics Center San Diego (NAVSUP FLCSD) received notice that a stringent EY audit was about to happen, they didn't flinch.

Led by Regional Inventory Accuracy Officer (RIO) Zenaida Bronder, her team and NAVSUP FLCSD over-the-horizon (OTH) site teams met the challenge with preparation, professionalism, and a quiet confidence rooted in their day-to-day discipline. What followed was a comprehensive audit that tested their systems, their processes, and their people—and ultimately validated their excellence with a 100 percent accuracy rate among every site audited: Naval Air Weapons Station China Lake, and Naval Air Stations Fallon, Lemoore, and North Island.

"We were pretty confident going into it," Bronder recalls. "We had worked hard to ensure everything was in place, and I had a lot of trust in my team. Still, we knew it would be intense."

Despite the audit's non-routine nature, the team's approach was straightforward: stay ready so you don't have to get ready. This success was less about last-minute scrambling and more about the discipline and continuous improvement they practiced throughout the year.

"We've worked diligently over the last couple of years not just to follow the process, but to understand it truly," she says. "Everyone on the team knows their role. Everyone is engaged. That made a huge difference."

The OTH sites prepared for the pending audit by refining their business practices, making it easier for employees to track and identify items on their shelves, and applying lessons learned from other organizations to their operations.

"We instituted a series of internal checks to verify inventory status and also re-labeled over 1,200 National Item Identification Numbers (NIIN) to make them easily identifiable. We devoted a lot of extra work and overtime to getting to a good place for inspection," said Cmdr. Jason Marks, Site Director at NAS Lemoore.

"Our audit preparation for the split plant has consistently presented more challenges compared to the single-use plants. We lever-

aged lessons learned from the East Coast plants, where others had faced similar issues, to develop a better approach," said Mr. John Davitz, Deputy Site Director at NAWS China Lake. "We sent one of our employees to NAS North Island to observe their process improvements firsthand, and he brought back recommendations that we implemented, which helped streamline our efforts."

Finally, we coached teams on how to respond to the auditors, ensuring their answers were proactive, helpful, and mission-oriented, fostering a collaborative approach.

The team was well-prepared for the interviews, knowing to answer only what's asked, remaining composed, and being open to saying, "Let me check and get back to you." This approach was better than giving a rushed or incorrect response, and it reassured the team's confidence and competence.

Preparation wasn't just procedural—it was also psychological. The team was trained to stay calm and factual in the face of tough questions, even when they didn't have all the answers right away, and to act quickly. This ability was impressive and instilled confidence in the team's capabilities.

"The biggest challenge we faced was having to pivot or replan as new information became available from sites that underwent the inspection before us," said Lt. J.g. Belen Castillo, NAS Fallon Site Director.

With the OTH sites confidently ready, the audit teams descended upon NAVSUP FLCSD, first at NAS North Island, then to NAS Fallon, and finishing up with NAS Lemoore and NAWS China Lake. The team worked diligently with the OTH and RIO teams onsite to meticulously work through the audit process. However, the process didn't come without its real-world challenges, including the critical and ongoing mission of supporting the warfighter.

"A key challenge was that operations were ongoing, requiring the inventory team to work alongside them while staying ahead of constant obstacles to track all moving parts accurately," said Steven Essex, Deputy Site Director at NAS North Island.

The audit team found no significant discrepancies and even commended the inventory section for

its organization and clarity. But for Bronder, the passing grade wasn't the real reward—the validation of her team's effort was.

"They deserved to hear that they're doing things right. Sometimes in logistics, you can feel like you're in the background. But this proved that our work matters—and that we're doing it well."

Reflecting on the experience, Bronder says the audit was as much a morale boost as it was a technical check.

"It was stressful, yes, but it also reminded us why we do what we do. The Navy relies on accuracy. Mission success depends on it. And we're proud to be a part of that."

Now, with the audit in the rear-view mirror, the team isn't slowing down. If anything, Bronder says, they're more motivated than ever.

"Passing the audit doesn't mean we relax. It means we raise the bar even more. This audit set

the standard—and we're ready to exceed it."

Castillo agrees. She said they have permanently incorporated new labeling as part of their operations and have updated the associated information, so they don't have to add it later. "We train the way we fight," said Castillo.

"I couldn't be prouder of everyone involved; from the NAVSUP FLC San Diego Regional Inventory Accuracy Team to the over-the-horizon sites," said Capt. Josh Hill, NAVSUP FLC San Diego Commanding Officer. "This was a true team effort from top to bottom."

The success of NAVSUP FLCSD's inventory team during the EY audit wasn't the result of a single sprint—it was the outcome of a sustained, deliberate commitment to excellence. Their achievement stands as a powerful example of how discipline, teamwork, and proactive leadership can turn scrutiny into a showcase of strength.

Coast Guard, Navy seize nearly 1,300 pounds of cocaine in Eastern Pacific

by **MC1 Brandon Roberson**

A Coast Guard Law Enforcement Detachment (LEDET), embarked aboard destroyer *USS Sampson*, interdicted a suspected drug smuggling vessel and seized approximately 1,296 pounds of cocaine in international waters late last month.

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.

Wanier assumes command of *Tulsa* Gold Crew

by **Lt.Cmdr. Ryan Martinez-Slaterry**

SAN DIEGO – Cmdr. Samuel A. Moffett was relieved by Cmdr. Blake M. Wanier as commanding officer of littoral combat ship *USS Tulsa* (LCS 16) Gold crew at Naval Base San Diego, 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 crew, 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."

"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."



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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

I sensed it as soon as I walked into the bathroom — I was being watched. Two (or was it six?) eyes peered at me from a dank, dark corner. With a trembling hand I fumbled for the light switch. Flick! I gasped in horror at the sight of the voyeur hiding in my shower.

Anyone who's ever had the displeasure of seeing a "house-centipede" understands why the experience strikes terror in humans. This particular arthropod is only about an inch and a half in length, but it has 30 unusually long legs and antenna, which doubles its apparent size and enables the critter to dart across floors and up walls at a speed of 1.3 feet per second.

Despite their blood-curdling appearance, house-centipedes are actually beneficial houseguests, because their diet consists entirely of other bugs — spiders, bedbugs, termites, silverfish, ants and cockroaches. However, last week in my pink bathroom, I stomped on the poor thing, blinded by fear. Even more petrifying, the maimed bug survived, prompting me to stomp more until severed legs were twitching on the shower floor as if in retreat.

This experience revived old memories of unwanted pests in my past. There was the California

Pestered by pests

Legless Lizard that I found sunning itself on our base house living room floor, four feet from the blanket upon which lay my infant son. It was as surprised to see me as I was it, and gladly exited the sliding glass doors to escape my frantic screams and broom swats.

While stationed in England, I learned that the "Incey-Wincey Spider" is not so incey-wincey after all, when a "giant house spider" hopped a ride on my fleece jacket. I'd put the coat on to walk to the Londis convenience store to buy chocolate one evening, not realizing that the huge arachnid was hanging on my chest. "I see you've got a friend there," the store clerk said while bagging my Cadbury. My chocolate craving dissipated as I flicked the hairy beast to the floor. The clerk and I watched as it walked out the door, and across the road.

A few months later, I was washing dishes in our kitchen sink, when I sensed movement in my peripheral vision. Soon enough, a mouse appeared, casually strolling along the countertop. Without an inkling of fear, he approached the sink and climbed up onto the windowsill where a chicken wishbone was drying.

I swear, before walking off with the wishbone as casually as he'd arrived, he glanced back and tipped his head, as if to say, "Cheerio!"

The same way southerners sugar-coat disgust with phrases like, "Well, I do declare" and "Bless your heart," the "Palmetto Bug" is

what southerners call the American Cockroach. These highly-evolved omnivorous scavengers aren't only in New York City sewers. During a tour of duty in Norfolk, Virginia, a three-inch roach appeared on the guest bedroom wall of our suburban Dutch Colonial. Of course, this happened at the most inopportune moment: when my sister-in-law came for a visit. At least the nasty critter had a sense of humor.

The most terrifying pest invasion happened here in Rhode Island just after my husband's military retirement from the Navy. The house we bought was old and drafty, with a staircase going up three flights. One summer night, a month after we moved in, my daughters and I thought we saw something — maybe a moth? — flying up the stairwell. At the tippy top of the stairs we saw the culprit, a bat, huddled against a picture frame on the wall.

Being the brave mom, I concocted a plan to save my daughters from vampirous attack. With my girls a safe distance behind me, I threw a bath towel over the bat, intending to release it outside. However, a rush of heebie-jeebies hit me without warning. Suddenly, I dropped the towel and screamed, releasing the bat. I ran for the stairs, knocking my daughters, who recorded the embarrassing scene on their iPhones, out of the way to save myself.

I may have narrowly survived these infestations, but the fact remains. Pests will forever bug me.

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AutoMatters™ & More



by Jan Wagner

No matter which makes and models of cell phones you may use, the one thing that we all need to do on a more or less daily basis is recharge their smallish on-board batteries. I, perhaps like many of you, am constantly on the lookout for the ideal recharging solution. With that in mind, this week I will be reviewing a product that was sent to me by Scosche - billed on their website as "The No. 1 Mount Brand in USA and Canada."

Scosche's product categories include mounts, charging, cables, Bluetooth, automotive and car audio. Today, I'll review their "MagicMount Base Pro 3-In-1 Magnetic Wireless Charging Stand with Removable Power Bank."

Three-in-one charging solutions are ideal for those of us who need to charge our Apple watches and our cell phones. One 3-in-1 device conveniently charges both. In case you are wondering, they are called 3-in-1 devices because they can charge up to three devices—typically a single cell phone, earbuds and a watch, even if the specific model can only charge two at once. Got it? Good!

I like an all-in-one solution because it alleviates some of the clutter on my countertop. My cell phone and charger all get charged in the same place, which is convenient. Until these products arrived for me to review, I had been using a very

Scosche MagicMount wireless charging stand

small, folding device with similar functionality. Its small size makes it ideally suited for me to take with me when I travel, so this larger Scosche 3-in-1 charger would replace it for use in my home. Furthermore, this Scosche charger includes a light that illuminates under the base, and a portable, 5,000 mAh MagSafe power bank battery that easily drops into a dedicated charger on the base.

Included is a MagicRing Adapter for wireless charging-enabled Android phones.

Not included with the Scosche "MagicMount Base Pro 3-In-1 Magnetic Wireless Charging Stand with Removable Power Bank" is a small, round, "Magnetic Fast Charger to USB-C" device. You will need one of those if you want to charge your Apple watch with this product. If you have an Apple watch, you already have one of those to recharge it. Simply insert its round charging disk into the round watch holder frame, and plug the other end of the cord into the base.

Provide power to the Scosche "MagicMount Base Pro 3-In-1 Magnetic Wireless Charging Stand with Removable Power Bank" by plugging in the included AC adapter's five-foot cord. Then, magnetically attach an Apple watch to your charging disk, and magnetically attach your cell phone to the larger disc on the end of the adjustable chrome arm.

Touch anywhere on the stand's chrome arm to turn the nightlight that surrounds the base on or off, and to control the nightlight's brightness.

There are lights on the 5,000 mAh MagSafe power bank battery

to indicate its level of charge.

So, how well does the Scosche "MagicMount Base Pro 3-In-1 Magnetic Wireless Charging Stand with Removable Power Bank" work? As expected, it is simple and convenient. It also looks attractive as it displays my Apple watch and iPhone on my counter top.

However, there is a problem. While using the Scosche "MagicMount Base Pro 3-In-1 Magnetic Wireless Charging Stand with Removable Power Bank" in order to write my review of it, I discovered that the base has difficulty charging my iPhone (14 ProMax) when my cell phone is in its protective MagSafe case (UAG/Urban Armor Gear "Monarch Pro Series") (25 foot drop protection, 5-layer, traction grip, armor frame, wireless charging compatible) case. The case's box includes this statement: "BUILT-IN MAGNET FOR MAGSAFE."). When I removed my cell phone from that case, it charged quickly, as it did before in my older 3-in-1 folding charger.

I phoned Scosche tech support and described my situation. They told me that since not all MagSafe cases are the same, it's possible that some may not work well with this charger. You should keep this possibility in mind if attempting to charge with your cell phone in a MagSafe case.

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Veterans News

WWII hero honored at U.S. Open tennis championships

by David Vergun, DOD News |

The U.S. Tennis Association hosted the 2025 Lt. Joe Hunt Military Appreciation Day Aug. 30 at Arthur Ashe Stadium, in Queens, N.Y.

This U.S. Open tennis tournament event is dedicated to honoring and recognizing members of the U.S. military, named in honor of Hunt, the only U.S. Open champion to die in service to his country.

More than a tennis player, Hunt was the U.S. Nationals champion, an NCAA champion, a Naval Academy graduate and a Navy football star. Like so many of his generation, he put aside his personal achievement to answer his nation's call, said Rear Adm. Michael Boyle, director of the Navy staff.

After the Japanese attack on Pearl Harbor on Dec. 7, 1941, Hunt "traded aces on the court for the challenge of becoming an ace in the sky, earning his wings of gold as a naval aviator," he said.

This year marks 80 years since his sacrifice, and it also marks



The U.S. Army Old Guard Fife and Drum Corps performs at the U.S. Open Tennis Championships during the Lt. Joe Hunt military appreciation ceremony. U.S. Navy photo by Musician 1st Class Anastasia Bonotto

a historic milestone: the 250th birthday of the United States, Navy, Marine Corps and Army, Boyle noted.

"Our sacred duty is to fight with toughness, tenacity and integrity to defend this nation. That is what 250 years of service means," he added.

Joe Hunt, grand-nephew of Lt. Joe Hunt, said, "The military has a code which says we shall never forget, and that is what this day is very much about. To those of you who wear and have worn

the uniform, we will not forget your service.

"We truly appreciate your sacrifice and the sacrifice of your families, and we will never forget you," he added.

The events included an oath of enlistment ceremony, military family engagements and performances by the Old Guard Fife and Drum Corps, as well as the Navy Sea Chanters.

Hunt won the 1943 U.S. Open

Tennis Championships in New York City while on leave from the Navy in early September of that year.

He is the only man in history to win the U.S. national boys' (then 15-and-under), juniors' (18-and-under), collegiate and U.S. men's singles titles.

Hunt also played football at the Naval Academy, winning a game ball in the 1941 Army-Navy game after beating Army 14-6 in Philadelphia, Nov. 29, 1941. Eight days later, the Japanese bombed Pearl Harbor, Hawaii.

Due to wartime needs, Hunt's class graduated early on Dec. 19, 1941, instead of in the spring of 1942. Upon graduation, he was assigned to destroyer USS Rathburne, an antisubmarine warfare training ship homeported in San Diego.

At the end of September 1943, Hunt was assigned to destroyer USS Kearny, which escorted a merchant convoy to Casablanca, Morocco. However, he wanted to fly and was eager for combat duty, according to his grand-nephew Joe Hunt, a Seattle

attorney who was named for his great uncle.

Hunt requested a transfer to aviation, and it was granted. His training began at Naval Air Station Dallas on Dec. 30, 1943. In May 1944, he received advanced aviation training at Naval Air Station Pensacola, Fla. He wanted to defend his tennis title that year, but his leave request was denied.

On Feb. 2, 1945, Hunt's F6F Hellcat fighter aircraft crashed into the Atlantic Ocean east of

Daytona Beach, Fla., during a training flight. Hunt and his aircraft were never recovered.

Hunt left behind a wife, Jacque Virgil Hunt, whom he married in 1942.

Hunt was inducted into the International Tennis Hall of Fame in Newport, R.I., in 1966.

On Sept. 1, 2014, Hunt was honored on center court at Arthur Ashe Stadium during the U.S. Open, an event he won 71 years earlier.

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SOCIAL SECURITY MATTERS

Can my husband work part time and collect Social Security?

Dear Rusty: I am writing to you on behalf of my husband. His intentions
are to go part time as of January 1, 2026, working 30 hours a week and take
Social Security benefits as supplemental income. How can we determine what
his Social Security benefit would be with him still working part time? He will be
63 and 7 months old next January and has not yet applied for benefits. We look
forward to hearing from someone very soon.

Signed: Anxious for Information

Dear Anxious: If he claims Social Security at age 63 and 7 months, your
husband's benefit will be about 78% of what it would be if he waited until
age 67 to claim. And, since your husband will not yet have reached his SS
full retirement age (FRA), he will be subject to Social Security's Annual
Earning Test (AET), which limits how much he can earn while working and
collecting early Social Security retirement benefits. The amount he can earn
without paying a penalty changes yearly but, for reference, the earnings limit
for 2025 is \$23,400 per year. If his work earnings exceed the annual limit,
Social Security will take away some of his benefits. Using the 2025 limit as
an example, if your husband's annual 2025 earnings were \$40,000, then he
would owe about \$8,300 (half of the amount he exceeded the limit by). Social
Security would withhold his monthly benefits for enough months to recover
what he owes for exceeding the earnings limit (how many months they with-
hold would be determined by his monthly SS benefit amount).

FYI, the earnings test lasts until your husband reaches his full retirement
age (his FRA is age 67), but in the year he attains his FRA the penalty for
exceeding the limit is less - \$1 for every \$3 over the limit - and the limit is
much higher. The annual earnings test no longer applies once your husband
reaches his FRA.

When your husband applies for his SS retirement benefit, Social Security
will ask about his work plans and how much he expects to earn each year.
Based upon that information, if he expects to exceed the annual limit they
will pay his benefits for some months of the year (depending on his projected
earnings) and withhold his benefits for the remaining months. They will also
monitor his annual earnings as reported to the IRS and make any appropriate
benefit adjustment afterwards.

If SS benefits are withheld because your husband exceeded the annual earn-
ings limit, when he reaches his full retirement age (67), Social Security will
give him time-credit for all month's that benefits were withheld. Essentially,
they will advance his actual claim date by the number of months benefits were
withheld, which will make his monthly benefit higher at his FRA. The higher
amount he receives after reaching his FRA will help him recover some of the
money withheld as a result of exceeding the earnings limit before his FRA.

Please note that it is always best to inform Social Security up front if your
husband plans to work and earn (even part time) prior to reaching his FRA.
The IRS will provide the SSA with your husband's earnings information,
and SSA will (if his projected earnings weren't disclosed when he applied)
issue an Overpayment Notice if he earns more than allowed. He will then
be required to repay SS everything owed, or have his benefits withheld until
Social Security recovers what he owes.

One final point: by claiming his benefits in January 2026, your husband's
monthly amount will be reduced by about 22% (from the amount he would
get at his FRA of 67). Claiming early (before FRA) always results in a benefit
reduction, whereas waiting longer than FRA to claim always results in a higher
monthly amount (maximum benefit is reached at age 70).

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
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website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvis-sor@amacfoundation.org. About The 2.4 million member Association of Mature American

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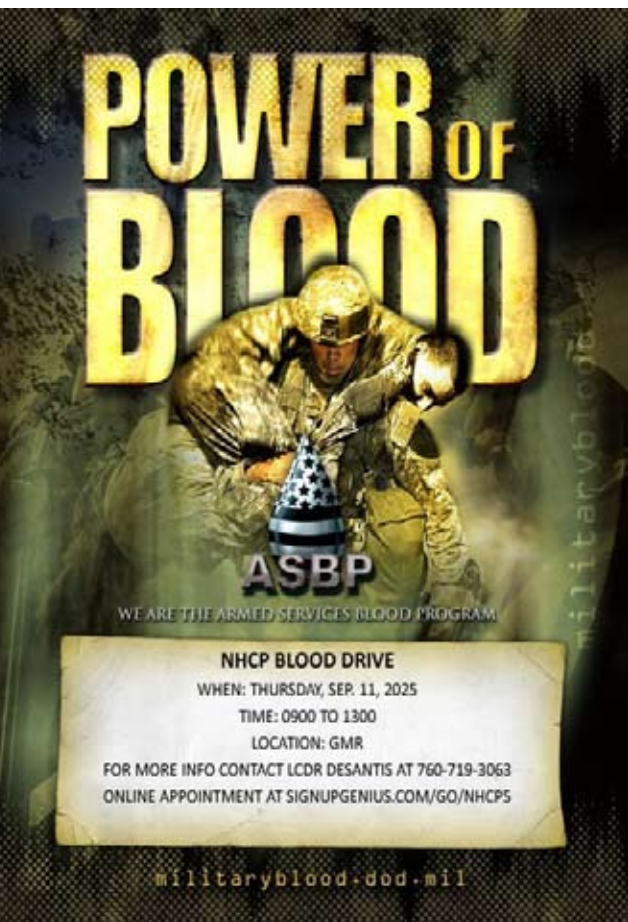


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Managing menopause: Navigating a challenging transition

newsinhealth.nih.gov

Hot flashes. Trouble sleeping. Sudden changes in mood. Problems with your bladder. Pain during sex. These are all common but uncomfortable symptoms of the transition to menopause.

Menopause isn't a disease or disorder. It's a normal part of a woman's life. Menopause marks the end of menstrual cycles and fertility. Even though it's a natural process, the transition to menopause can be difficult for some women.

Researchers have been working to better understand menopause. Today, women have more options than ever before to help them feel healthy during and after this midlife transition.

Starting the Transition

The ovaries contain all of the eggs at birth they will ever contain. The menstrual cycle controls the monthly release of eggs until menopause. The menopausal transition starts when this process changes and production of hormones like estrogen begins to decline. Most women start this transition (also called perimenopause) in their late 40s. But it can happen earlier or later.

During this time, women may experience certain symptoms, such as changes in their periods and hot flashes. If a woman hasn't had a period in 12 months, she can say she's entered menopause. But for many women this transition is less clear.

"Around one in eight women enter menopause because of a medical



intervention, like having their ovaries removed surgically," says Dr. Sarah Temkin, a women's health expert at NIH. If this happens, they enter menopause suddenly, with no transition. The bothersome symptoms that they experience are often more significant than if they had entered menopause naturally.

If you haven't had a period in a year, blood tests can verify that you've reached menopause. But no test can confirm when you've begun the transition into menopause. If you have symptoms, your doctor may order tests to rule out health conditions.

The menopausal transition usually lasts around seven years. But it can be shorter or longer. Women who don't want to get pregnant should still use birth control for at least 12 months after their last period.

Cooling Hot Flashes Down

Many women experience only mild symptoms during perimenopause. For others, symptoms are severe and can interfere with work and life. The most common are called

vasomotor symptoms. These include hot flashes and night sweats (see the Wise Choices box).

"A lot of symptoms can be interrelated," says Dr. Andrea LaCroix, a menopause researcher at the University of California, San Diego. "If you

have hot flashes, they might interfere with your sleep. Then once you get sleep deprived, you don't feel so good overall."

If you have mild hot flashes, you may be able to manage them with lifestyle changes. These include dressing in layers that can be removed, carrying a portable fan, and avoiding alcohol and caffeine.

Women with severe symptoms now have several drug options to consider. Some women can safely use menopausal hormone therapy, or MHT. Two decades ago, hormone therapy for women in the menopausal transition fell out of favor. Doctors had concerns about the risk of breast cancer, heart disease, stroke, and blood clots from hormone therapy. These concerns were based on a large study that tested hormone therapy to prevent chronic disease in older women. The study showed higher chronic disease risk for some women taking MHT.

More recent studies have confirmed these findings but also found that healthy, younger women who

use MHT don't have the same increased risk as older women. Talk with your health care provider about the potential risks and benefits if you're considering MHT.

Some women can't use hormone therapy because of certain personal risk factors. Others may not want to use it. "But there are other treatment choices," says LaCroix.

LaCroix and others have found that an antidepressant called escitalopram can reduce the number and intensity of hot flashes for some women. Recently, a new drug called fezolinetant was approved by the U.S. Food and Drug Administration for treating hot flashes. It works by acting on part of the brain that regulates temperature.

"All of these treatments have been found to be helpful, so women have choices," LaCroix says.

Tackling Other Symptoms

Many women struggle with sleep during the menopausal transition. Studies have found that a type of talk therapy called cognitive behavioral therapy, or CBT, can help women with sleep problems during this time of their lives.

Physical activity, yoga, and mindfulness can also help women feel better, stronger, and more in control of their reactions to many symptoms, LaCroix explains, even though these strategies likely do not directly impact the number or severity of hot flashes.

Some women experience sexual

problems during their transition. These can include vaginal dryness, painful sex, and reduced desire. Others have heavy or irregular bleeding, Temkin explains. Many of these problems have treatments women can try. But women often don't know about these options, she says.

"There's a huge amount of stigma about women talking about their reproductive health," Temkin says.

"Women sometimes feel, going through the menopausal transition, that they're in it alone," agrees Dr. Chhanda Dutta, an aging expert at NIH. "And while women experience this transition in very different ways, they need to be aware that they're not alone."

NIH-funded researchers created a website to help women better understand their experiences. It's called

MyMenoplan.org. It has tools to help you track symptoms and compare potential treatments.

Health in Midlife and Beyond

Lifestyle changes can help you stay healthy during and after midlife. The risks for some health problems go up after menopause. These include heart problems, bone weakness, and diabetes. Whether this is due to menopause or the overall aging process isn't clear.

"But the advice is the same as for all through our lives," Dutta says. "Focus on good nutrition. Get good sleep. Manage your stress levels. Be physically active."

Such lifestyle changes can help reduce some menopausal symptoms and boost overall health, Dutta says. This can help women feel as healthy as possible from day to day.

Transitioning into menopause?

Perimenopause symptoms can be different for everyone and include:

- Changes in your period. Periods happening very close together or farther apart than usual; heavy bleeding or spotting; periods that last for more than a week.
- Hot flashes. A sudden feeling of heat in the upper part or all of your body.
- Night sweats. Hot flashes that happen during sleep.
- Sleep problems. Trouble falling asleep or staying asleep.
- Bladder issues. Sudden urges to urinate, or urine leaking during exercise, sneezing, or laughing.
- Changes in vaginal health and sexuality. Vaginal dryness; discomfort or pain during sex; changes in sexual desire.
- Mood changes. Feeling moody or more irritable; feelings of anxiety or depression.
- Changes in body composition. Muscle loss or fat gain; skin can become thinner; joints and muscles may feel stiff or achy.

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

Hillcrest / Uptown

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

North Park Thursday Certified Farmers Market

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

La Jolla

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

Mission Bay and

Beaches

Ocean Beach Certified Farmers Market
Wednesday: 4pm-8pm
4900 Newport Ave from Cable St to Bacon St, San Diego, CA 92107
Pacific Beach 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





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