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OCTOBER 23, 2026



FITNESS 101 Army 1st Sgt. Matthew Smith demonstrates a pushup for Flint Hills Christian School students at Fort Riley, Kan., Oct. 14, 2026. The demonstration was arranged through the War Department Starbase program, which provides students with a greater understanding of military service. U.S. Army photo by Spc. Malik Waddy-Fiffee

WARRIOR FOUNDATION VOWS TO BE A 'HAND-UP, NOT A HAND-OUT'

by Scott Sutherland
Staff writer

Quality of life and health care for troops returning from battle have drastically improved over the years. There's government assistance, and then there's assistance from the private sector.

tions and a strong volunteer program, San Diego's Warrior Foundation Freedom Station has been at the forefront for 24 years helping and assisting the local military community during times of physical and mental crisis.

rior Foundation that you may not see with other wounded warrior charities are their three local Freedom Stations, which are recovery transition hubs and housing facilities that provide injured warriors all they need to return to civilian life - time, guidance and resources.

"All three properties are located near Naval Medical Center San Diego," said Susan Duffy, WFFS spokesperson. "Residents pay reduced rent while learning financial responsibility and building the skills they need for independent living."

WFFS serves four primary groups of warriors - the seriously ill and injured soon to be medically retired, those suffering from post-traumatic stress and/or traumatic brain injury, those undergoing physical or occupational therapy, and warriors who have been medically retired

and remain in the community

One of the group's success stories is Anthony Pone, an Army veteran who is a Freedom Station resident. According to Warrior Foundation's website, he's an 'above-the-knee' right leg amputee, resulting from a vehicle accident. At 6' 9-1/2", Pone used his basketball experience when he participated in the 2013 National Veteran Warrior Games and met the Wolfpack Wheelchair team from San Diego, a team largely funded by Warrior Foundation Freedom Station.

"Being at Freedom Station taught me that anything is possible and anything can happen. But you have to try," he said in an online interview.

He continues to help with fundraisers and community

see **Warriors**, page 4



Anthony Pone (front, center) with the Warrior Foundation team. Photo courtesy of Susan Duffy

DOT, DoW, DHS join forces to protect southern border airspace

The U.S. Department of Transportation, Department of War and Department of Homeland Security announced Oct. 16 a new, coordinated effort to strengthen airspace security along the southern U.S. border through a temporary flight restriction for drones. The TFR will bar any unauthorized drone activity up to 400 feet above ground level and extend one nautical mile north of the U.S.-Mexico border.

The move builds on the Trump Administration's successful efforts to secure the southern border and defend the homeland from national security threats — including illicit cartel activity. The new measure will reduce risks to ongoing border security operations, protect federal personnel, facilities and the Homeland, and enhance enforcement against those who violate the restrictions.

"President Trump promised to secure the Southern Border, and he did. Now we're doubling down on that promise by protecting our skies from cartel drone threats and other illicit activities," said U.S. Transportation Secretary Sean P. Duffy. **"I appreciate the close collaboration with our partners at DHS and DoW as we work together to defend our airspace and keep the American people safe."**

"The United States government will maintain 100% operational control of our border: land, air, and sea," said Secretary of War Pete Hegseth. "For too long, cartels have taken advantage of gaps along our southern border. Thanks to President Donald J. Trump, those days are over. By restricting unauthorized drone activity, we are giving commanders greater awareness, greater decision space, and more options to defend the Homeland. Equipped with cutting-edge technology — including Directed Energy Weapons — our warfighters will shoot down any cartel drone that threatens America's sovereignty."

"DHS will not stop building on the historic progress made to secure the southern border," said Secretary of Homeland Security Markwayne Mullin. "This action will help counter cartel drone threats, protect our personnel, and strengthen security in the airspace above the border. President Trump promised to secure the border, and we are delivering on that promise through continued action and strong partnership with Department of Transportation and the Department of War."

Department of War announces research security mitigation results from academic institutions

The Department of War announced Oct. 19 the completion of its initial research security audits of 30 universities. All 30 universities have fully mitigated identified relationships with foreign entities of concern included on the most recent NDAA Section 1286 list, published in July 2026. Overall, the audits resulted in more than 80 termination-related actions across the 30 universities. These actions included the termination of relationships with entities on the NDAA Section 1286 list, as well as precautionary terminations involving entities not specifically identified on the list. While the Department worked collaboratively with all 30 universities, several went above and beyond by quickly terminating problematic relationships with entities on the NDAA Section 1286 list and implementing significant mitigation measures to safeguard research. These institutions include:

Oklahoma State University
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Navy establishes Seabee Training and Evaluation Unit (STEU) 1 to drive Pacific Force readiness

by Petty Officer 1st Class Matthew Dickinson

Naval Construction Group ONE
The Navy officially commissioned Seabee Training and Evaluation Unit (STEU) 1 during a ceremony on board Naval Base Ventura County, Port Hueneme, Oct. 16.

STEU 1, which was administratively established May 1, 2026, by the Chief of Naval Operations, serves as the premier training and evaluation authority for all Pacific Fleet Naval Construction Force commands organized under Naval Construction Group 1.

The stand-up of STEU 1 represents a strategic realignment under Navy Force Design to optimize readiness, formalize pre-deployment qualifications and preserve critical expeditionary engineering billets across the Pacific theater.

Capt. Andrew Litteral, commodore, NCG 1, served as the presiding officer and emphasized the strategic importance of the new command.

“In today’s contested global security environment, readiness is our strongest deterrent and our decisive edge if deterrence fails,” Litteral said. “When our Seabee Battalions and Underwater Construction Teams deploy downrange, they cannot afford a

learning curve. They operate in austere, distributed, and expeditionary environments where the margins for error are nonexistent. That is precisely why STEU 1 is standing up today.”

Lt. Cmdr. Gerard Ramoutar read his official orders and formally assumed command as the commanding officer of STEU 1. The unit’s newly designed colors, featuring heraldry designed by Seabee Master Chief Ryan Sweet, were officially unfurled, followed by the setting of the command’s first official watch.

“Today marks a pivotal milestone for our Pacific Seabees,” Ramoutar said upon assuming command. “Our mandate is clear: build and sustain combat-ready units of action that can execute expeditionary logistics, airfield damage repair and tactical defense under the most demanding conditions. STEU 1 stands ready to deliver that training and ensure our forces are certified to win.”

Under its approved mission, STEU 1 develops and delivers advanced combat and technical skill sets to NCF units, validating their capabilities throughout the Optimized Fleet Response Plan cycle prior to deployment across the Indo-Pacific area of operations.

VX-31 Dust Devils usher in new skipper

by Deidre Patin, Naval Air Warfare Center Weapons Division
The roar of a ceremonial fly-over shook the desert sky Oct. 8, kicking off a long-standing naval aviation tradition as Air Test and Evaluation Squadron (VX) 31 held its change of command in China Lake.

More than 200 people filled the hangar to witness the milestone. The crowd brought together active-duty service members, civilian scientists and engineers, command leadership, former battle buddies and families, all to welcome aboard Cmdr. James “Two Times” Licata as he relieved Lt. Col. Timothy “Little Buddy” Burchett as commanding officer.

A large American flag hung from the rafters, serving as a silent, powerful reminder of the vital mission of Naval Air Warfare Center Weapons Division: deliver integrated and interoperable warfighting capabilities through cutting-edge research, development, test, evaluation, and sustainment to provide the warfighter the decisive advantage.

At the heart of that mission are the VX-31 Dust Devils. The squadron tests manned and unmanned aircraft alongside advanced weapons systems to ensure American warfighters dominate current and future conflicts. Relinquishing command,

Burchett reflected on moving the squadron into its new airfield home and modernizing facilities for future flight testers.

Under his leadership, the Dust Devils flew their final AV-8B Harrier flight in September 2025. “Being a Dust Devil means you are part of a team that is always there for each other, a team that gets things done, no matter how hard the challenge is,” said Burchett.

Burchett praised his personnel for their round-the-clock grit, recalling how teams camped out with sleeping bags to deliver a critical capability in two weeks. “We continue to make a difference, especially when things don’t work the way they should,” Burchett said. “They pulled out all the stops.”

Burchett will remain at NAWC China Lake as OIC of the Marine Aviation Detachment until retiring in August 2027.

Licata brings more than 1,800 flight hours and 150 carrier arrested landings. “In my mind, this event is a celebration of our past, present and future as a team. This is about amazing people doing amazing work. The fingerprints of this team are on every major capability that is being delivered to our national defense.”



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Top 5

- Routine testosterone screening of US troops may require extensive follow-on care, study finds
- Execution of Nidal Hasan will not be livestreamed, Trump says
- U.S. Army to address parents' blocked access to teen medical records
- Pentagon seeks expertise to develop brain injury assessment standards
- Ukrainian officials blame Pentagon for withholding life-saving intel from Kyiv

Your Military

- Pentagon schools drop annual flu vaccine requirement for students
- U.S. 'economic supremacy' key in the Western Hemisphere, top US Army general says
- Military service members to square off against AI in 'Mindgame' tournament

Army

- 'Who doesn't want to be first?' Best Squad, NCO and Soldier named at AUSA
- Expanded dining options popular among Soldiers, U.S. Army officials say

Navy

- Navy civilianizes six former flag Billets, reduces six to captains

Defense Industry

- Army to stand up second expeditionary cyber battalion in coming months
- Honeywell Aerospace's counter-drone software unites data from multiple sensors into one
- France to go it alone on next-gen combat aircraft after FCAS collapse
- Kratos combat drone completes first Euro flight, advances turbojet engine production
- 'Revolutionary': Bell touts MV-75 Cheyenne II as combat game changer

Navy demonstrates successful drone ship landing without GPS

by Naval Air Warfare Center
Aircraft Division Visual Information

The Naval Air Warfare Center Aircraft Division proved an unmanned system can navigate missions and land aboard Navy ships without GPS or pilot control during recent testing.

"In contested areas where satellites and communications are jammed, autonomy gives significant advantage to our sailors," said Rear Adm. Todd Evans, NAWCAD commander. "Breakthroughs like this help us scale unmanned capability fast and affordably across a distributed fleet."

The flight demonstration showed that a tactical drone could fly mission tasks and execute recoveries on a pitching vessel at sea — even when satellite navigation is jammed or unavailable — using its own commercial-standard cameras, motion sensors and electronics.

"In a high-end maritime conflict, GPS is the first operational link an adversary attempts to sever," said Peter Arslanian, NAWCAD aerospace engineer.

"By developing a modular adaptable system and putting it directly onto a [unmanned

aerial system], we expand where and how the fleet can deploy unmanned systems with a simple software upgrade rather than expensive modifications to space-constrained ships."

Traditional unmanned aircraft landings rely on multimillion-dollar radar systems, flight deck recovery gear and ship modifications that can take months to install.

NAWCAD's approach replaces that hardware by pairing an unmanned system's mission sensors such as cameras with advanced guidance, navigation and control software developed by the warfare center's maritime autonomous lab.

In flight, the aircraft uses its camera to recognize a ship's shape and visual cues to guide its flight path like a human pilot, while its guidance and control algorithms predict the ship's deck movements in real time, so the aircraft can touch down smoothly.

The software works with nearly any UAS computer hardware and can support unmanned systems of all sizes,



An unmanned aerial system maneuvers over a scale model of a Navy yard patrol craft inside an indoor flight-testing facility at the Naval Air Warfare Center Aircraft Division in Patuxent River, Md., Oct. 14. U.S. Navy photo by Chuck Regner

With initial flight demonstrations complete, the software is ready for operational testing on fleet platforms. NAWCAD plans to adapt the technology to larger unmanned systems, including tactical resupply drones, and is working with program offices to transition the capability into acquisition pipelines.

NAWCAD employs military, civilian and contractor personnel to operate test ranges, laboratories, and aircraft in support of test, evaluation, research, development and sustainment for all Navy and Marine Corps aviation platforms.

Based in Patuxent River, Md., NAWCAD also has major sites in St. Inigoes, Md., Lakehurst, N.J., and Orlando, Fla.

from small tactical quadcopters to large, combat-class aircraft.

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Warriors continued from page 1

events. “There’s no way I can pay back for everything they’ve done, but I can pay it forward.”

WFFS got its roots from a random act of kindness in 2004. What started as a visit to a Navy hospital by a Navy wife and mother, led to a fund raiser that netted \$68,000 with help from a local AM radio station.

On that day at the hospital, Sandy Lehmkuhler met four Marines who were severely injured by IED explosives during combat. Upon learning that the Marines needed special electric razors to accommodate their injuries, she struck a partnership with then-KMFB 760 AM to raise the money.

“That simple act of compassion sparked the beginning of Warrior Foundation Freedom Station, and its mission to do more for ill and injured Warriors,” said Duffy. “Since then, the Foundation has grown to provide transitional housing, mentorship, wellness programs, outdoor therapy, career guidance, and adaptive sports opportunities, helping Warriors build fulfilling lives beyond service.”

With their ever-expanding volunteer program, WFFS volunteers

“assist with events, activities, community outreach, facility projects, meals, our programs, and other needs that directly benefit our Warriors and residents,” said Duffy.

WFFS has three events in November - Home for the Holidays Give-A-Thon on the 5th; Gift Packing Day on the 14th; and Deck the Halls at Naval Medical



Warrior Foundation’s Michael Spivey, a former Marine who lost his left arm after a December 2010 bomb blast in Afghanistan, shown snowboarding for Team USA at the 2022 Paralympics in Beijing. Photo courtesy of Michael Spivey

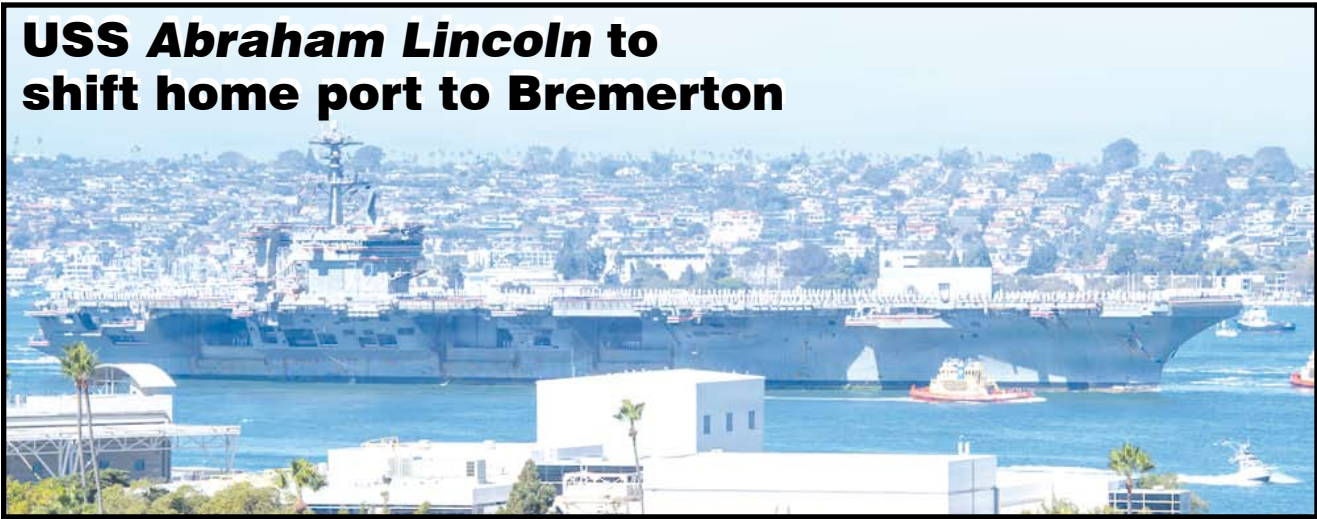
Center San Diego on the 28th.

Volunteer opportunities are available. Go to www.warriorfoundation.org for times and locations of each event.

“When you support Warrior Foundation Freedom Station, you’re not simply donating to a program - you’re investing in a Warrior’s future,” said Duffy. “Your support can help provide housing, career opportunities, education, adaptive activities, wellness programs, and the resources that allow a Warrior to regain confidence and independence.

“Our job is to help them find their next mission.”

USS Abraham Lincoln to shift home port to Bremerton



from Commander Naval Air Forces

SAN DIEGO - Nimitz-class aircraft carrier USS *Abraham Lincoln* (CVN 72) will shift its home port from San Diego to Bremerton, Wash., later this year to complete a long-planned maintenance availability. The

relocation will be executed as a permanent change of station (PCS) for the crew and family members.

This shift comes after returning from a 10-month deployment to the U.S. 3rd, 5th, and 7th Fleet areas of operations in

support of U.S. national security objectives.

Abraham Lincoln arrived in San Diego in January 2020, serving as the flagship for Carrier Strike Group (CSG) 3. The carrier repeatedly demonstrated unmatched multi-theater combat lethality and safeguarded critical sea lanes across the Indo-Pacific

and Middle Eastern theaters.

Throughout the home port shift process, *Abraham Lincoln* Sailors and their families will have access to resources which will prepare for the transition.

Home port shifts are part of the Navy’s continued commitment to the strategic dispersal of ships.

Theodore Roosevelt prepares for Keen Sword

Aircraft carrier USS *Theodore Roosevelt*, flagship of Carrier Strike Group (CSG) 9, cruiser USS *Chosin* and destroyer USS *Decatur* arrived at Fleet Activities Yokosuka, Oct. 16, ahead of exercise Keen Sword.

“Our crew is honored to visit Yokosuka and experience the rich culture and hospitality of Japan,” said Capt. Will Mathis, commanding officer of *Theodore Roosevelt*. “Port visits like this are vital for crew morale and mission readiness, allowing our Sailors to rest, recharge, and prepare to operate seamlessly alongside our allies during exercise Keen Sword.”

While in Yokosuka, CSG 9 will engage in professional exchanges with counterparts from the Japan Maritime Self-Defense Force (JMSDF) to align tactical procedures and strengthen bilateral integration alongside preparations for Keen Sword 2027. Keen Sword is a routine, biennial bilateral field training exercise designed to increase readiness and interoperability between the JMSDF and U.S. military forces.

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NMCS D celebrates milestone civilian onboarding, advancing DHA Campaign Order and CORE 15 priorities

Courtesy story
Naval Medical Center San Diego
Naval Medical Center San Diego (NMCS D) and Navy Medicine Readiness and Training Command (NMRTC) San Diego recently marked a major workforce milestone, celebrating the successful onboarding of more than 444 new civilian healthcare professionals and support staff over the past two years, bringing the command's civilian workforce to more than 2,000 personnel.

Command leadership, supervisors, administrative teams, and newly onboarded personnel gathered to recognize the sustained cross-departmental collaboration that made the accelerated hiring and integration campaign possible.

The staffing initiative directly aligns with the Defense Health Agency's Campaign Order and its CORE 15 framework – an enterprise strategy designed to optimize clinical operational capabilities, drive healthcare delivery across the Military Health System, and sustain the medical readiness of the joint warfighter.

"Reaching this milestone reflects the dedication of our entire team to supporting our patients, our operational units, and the broader Navy Medicine mission," said Capt. Jodi Phillips, NMCS D director of resource management.

"Bringing on more than 444 civilian teammates over the past 24 months took remarkable teamwork across our resource management, human resources, and department leadership. This gathering is our opportunity to extend a sincere thank-you to everyone whose hard work streamlined the onboarding process and brought exceptional talent to Team Balboa."

Civilian personnel provide essential institutional continuity and clinical expertise within military treatment facilities, serving alongside uniformed

service members who regularly deploy to afloat platforms and forward-operating environments across the Pacific.

NMCS D's onboarding initiative supports key lines of effort within the DHA Campaign Order by strengthening patient-centered care, enhancing healthcare access for active-duty personnel and their families, and standardizing administrative and clinical processes across the medical center and its branch health clinics.

Capt. Jerry J. Bailey, director of NMCS D and commander of NMRTC San Diego, emphasized that civilian workforce integration is fundamental to the command's overall mission readiness.

"Our priority is ensuring our medical personnel and operational forces are trained, equipped, and ready to answer the call," Bailey said. "A strong, agile civilian workforce forms the bedrock that enables our active-duty sailors to deploy with full confidence that care on the homefront remains continuous and uncompromising. Every professional who joins our team strengthens our CORE capabilities and directly supports warfighter readiness."

Refer to <https://www.dha.mil/News/2026/10/16/14/07/NMCS D-Celebrates-Milestone-Civilian-Onboarding>.

USA Warrior Stories: In San Diego to preserve veterans' personal histories

Nonprofit films veteran interviews

SAN DIEGO - USA Warrior Stories, a nonprofit organization dedicated to documenting and preserving the personal stories of America's military veterans, visited the San Diego area October 21–22 to conduct a series of filmed interviews with local veterans.

The organization filmed at the Navy SEAL Museum on October 21, followed by the National City Fire Department on October 22. Interviews were done by USA Warrior Stories founders Matt Hindra and Nick Kraus.

Founded by individuals with a long history of supporting veterans through the Wounded Warrior Project and Soldier Ride, USA Warrior Stories has recorded more than 300 personal accounts of military service.

Through documentary filmmaking, photography, and firsthand interviews, the organization captures the experiences of veterans from different generations and military backgrounds, preserving their stories of service, sacrifice, courage, and resilience for future generations.

"Every veteran has a story worth telling, and we believe those stories are an important part of our nation's history," said USA Warrior Stories co-founders Matt Hindra and Nick Kraus. "Our goal is to give veterans the opportunity to share their experiences in their own words, ensuring their stories are never forgotten."

Most recently, The Story of the Ground Zero Flag (9/11/01), was presented by USA Warrior Stories' Ross Rowlinson, who researched and told the story of how the flag from the iconic Firemen Raising the Flag at Ground Zero photo wound up at Ground Zero, was lost, recovered and eventually donated to the National September 11 Memorial & Museum in New York City.



Photo courtesy of USA Warrior Stories



THROUGH THE YEARS Marines wearing historical uniforms representing different eras of Marine Corps history, from the Revolutionary War to the Vietnam War, participate in the 90th annual Pioneer Days Parade in Twentynine Palms, Oct. 17, 2026. U.S. Navy photo by Christopher Jones



SOC CER CELEBRATION The Naval Base San Diego soccer team hoists the first place trophy, celebrating their win at the Battle of the Bases soccer tournament held at the San Diego FC training facility, Oct 17, 2026. U.S. Navy photo by Aviation Boatswain's Mate (Launching and Recovery Equipment) Airman Ethan Oase

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

NAS NORTH ISLAND

<https://coronado.navylifsw.com/programs/>
select recreation from top tab
and drop down to movies

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Visit our military museums

The Veterans Museum at Balboa Park. The Veterans Museum and Memorial Center is a museum located in historic Balboa Park of San Diego, California. Founded in 1989, it is dedicated to create, maintain, and operate an institution to honor and perpetuate the memories of all men and women who have served in the Armed Forces of the United States of America. <http://www.veteranmuseum.org/>
Active duty military, Museum Member, Children under 12: Free
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2115 Park Blvd, San Diego (Balboa Park) • (619) 239-2300
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MCRD Command Museum & Historical Society. Museum focusing on Marine Corps history from the 19th century to today is also a research library. <https://www.mcrdmuseum.org/>
Free admission • The Pass and ID Center may issue day passes to visitors who wish to visit the museum and do not possess military ID-call (619) 524-4200 for information on base access.
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Hours: Mon 8am-3pm, Tue-Fri 8-4; Family day 8-5:45; Sat 10:30-5; • Closed Sunday

USS Midway Museum. The USS Midway Museum is a maritime museum located in downtown San Diego at Navy Pier. The museum consists of the aircraft carrier Midway. The ship houses an extensive collection of aircraft, many of which were built in So Cal. FREE for children 3 & under and Active Duty military including reservists (w/valid ID). Adult \$39 (ages 13+). Youth \$26 (ages 4-12). Veterans (w/ID) \$26*Must show ID at entrance. Open daily 10-5, last admission 4pm. <https://www.midway.org/>

SOCIAL SECURITY MATTERS

My brother died on Dec. 23, does he get Social Security for December?

by Russell Gloor, AMAC Foundation

Dear Rusty: My question concerns the passing of my brother on December 23, 2025. Since he passed away before the month was over, does that mean he will not receive a Social Security payment for December 2025? Does the fact he passed before the end of December negate him receiving benefits for December 2025?

Signed: Executor of my Brother's Estate

Dear Executor Sister: Please accept our sincere condolences on your brother's passing. FYI, according to Social Security law, all SS benefits are paid in the month following the month they are earned, which means two in things in this circumstance:

1. Any SS payment your brother received during the month of December (his month of death) is legally his (or his estate's) because that payment was for the month before he died (November 2025).

2. Any SS benefits received thereafter (e.g., SS benefits paid in January 2026 for the month of December 2025) must be returned to Social Security (the bank which received his SS payments would normally handle this automatically if they were notified of your brother's death).

Social Security benefits are not paid for the month of death because the beneficiary did not live the entire month, and SS benefits are not paid for partial months. So even though your brother lived about 3/4ths of the month of December, he (his estate) will not get any SS benefits for the month of December. Indeed, even those who pass shortly before midnight on the last day of the month do not get Social Security benefits for the month they died.

For additional information, if your brother was married and his wife is still living, she would be entitled to a one-time, lump sum death benefit of \$255 (if she is also eligible for her own SS retirement benefit). And, depending on her own SS retirement amount, she might also be eligible for a surviving spouse benefit as your brother's widow.

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

About AMAC

The 2.4 million member Association of Mature American Citizens [AMAC] www.amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation (www.AmacFoundation.org) is the Association's non-profit organization, dedicated to supporting and educating America's Seniors. Together, we act and speak on the Association members' behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at www.amac.us/join-amac.

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2026 Schedule of Events

EVENT	DATE
Navy Band Concert in Chula Vista	Nov 1
National City's Salute to Navy Luncheon	Nov 4
STEM Day at Meet the Fleet at 32nd Street	Nov 6
Enlisted Recognition Luncheon at the San Diego Zoo	Nov 6
Navy and Marine Band Concert at Symphony Hall	Nov 6
Meet the Fleet at 32nd Street	Nov 7
Military & Veterans Concert at Balboa Park	Nov 8
Fleet Week Community Breakfast onboard the USS Midway	Nov 10
Student STEM Days at Broadway Pier	Nov 10,12,13
Fleet Week Innovation Zone	Nov 10-15
Fleet Week Veterans Day 5k	Nov 11
Veterans & Military Boat Parade	Nov 11
Veterans Day Concert on Broadway Pier	Nov 11
Broadway Pier Open to the Public w/ Military Displays	Nov 11,13-15
SDSU Fleet Week Football Classic	Nov 14
Military Family Day at Broadway Pier	Nov 15
MRE Cooking Contest	Nov 15

www.fleetweeksandiego.org

Honda Racing Corporation news & American Honda Collection Hall tour

As a decades-long full journalist member of the Motor Press Guild (MPG), I’ve shared with you many Motor Press Guild events in “AutoMatters & More” — including track days, visits to major auto shows, ride & drives, visits to automotive museums and much more. So it was that recently we, as members, received an announcement about three unique, “exciting and exclusive MPG events coming up!”

First up, was an “exclusive HRC Presentation and Tour,” which happened last week. It was billed as a “Honda Racing Corporation Presentation and Honda Collection Hall Tour.” The location was the headquarters of American Honda Motor Co., Inc. in Torrance, California. Here is how the event was described:

“Join us for this special opportunity to hear from Jon Ikeda, Vice President of Honda Racing Corporation (HRC) US, and Meliza Humphrey, General Manager of HRC Merchandise and Memorabilia. They will share exciting updates on HRC’s new business operations, including the Heritage Racing Program—a new initiative dedicated to selling and restoring legendary race machines from the HRC collection.”

“After the HRC presentation, Carl Pulley, head of Honda Heritage PR and 25-year veteran of American Honda, will conduct a dedicated tour of the American Honda Collection Hall. The tour will include insights and an overview of Honda Motor and American Honda history, and the significant vehicles and other products on display that highlight Honda’s success in America that began in Southern California in 1959.”

It had been a very long time since I had last been to a presentation at American Honda, and this one sounded great, so

of course I made the drive up from San Diego to Torrance, complete with one of my cameras, to join my Motor Press Guild colleagues and cover this event.

After we enjoyed some refreshments in American Honda’s “The Power of Dreams Café,” Jon Ikeda, Vice President of Honda Racing Corporation (HRC) US, and Meliza Humphrey, General Manager of HRC Merchandise and Memorabilia, began the presentation, against the backdrop of Honda racing machines that were displayed in the American Honda Collection Hall. Here is a brief sampling of what was shared with us:

Honda has always been about innovating new technology through racing. Several years ago we decided to consolidate all the different brands that we have globally for racing, under Honda Racing Corporation (HRC) — from MotoGP, Supercross, F1 to IMSA — trying to connect our customers and fans a little closer to our racing program. Things like the performance parts business with a part for the Civic Type R that we might be working on, that’s been certified and engineered with our racing group. It becomes more of a personal connection with customers and fans. We’re trying to open up a whole new world of performance parts. We’re also working on the merchandising things.

We have so many incredible museum pieces and we just keep racing. It was time for us to not just rotate these things through our museums, but start seriously thinking about sharing these things with prospective owners that could actually purchase the vehicles. We would support and restore them, put them on the track, do all kinds of different things.

Recently we launched a wide

AutoMatters™ & More



by Jan Wagner

range of authentic memorabilia items. We work very closely with our partners in Japan. We try to do things that go into lifestyle, but still with our brand.

One of the things that HRC/HPD has always done was restore engines, and make engines available for historic racecars — and obviously we build engines for current racecars. We officially announced that we are in the process of restoring historic racecars. We have all of the drawings and the electronics and the paperwork that helps restore those vehicles, and we also provide racetrack support. That is the Heritage Racing Program.

After this presentation, we were given a guided tour of the American Honda Collection Hall. We learned that “American Honda was founded in 1959 with our first facility in Los Angeles. Our headquarters has been located in Southern California ever since. Please enjoy our display of over 60 products that represent the multiple ways in which Honda has made Americans’ lives easier for over 60 years.”

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

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Honda Racing Corporation talk.

Do you look like somebody famous?

by Rix Quinn

Have you ever been told you look like somebody famous?

A couple years ago, several friends and I sat around a lunch table, and tried to judge who our companions resembled. My friend Jim said, “Quinn, you just have a generic face.

“That’s not an insult,” he added. “You look like somebody everybody knows, but whose name they can’t remember.”

Jim was right. As I surveyed our group, I quickly identified people who looked sort of like presidents, or movie stars, or astronauts, or comedians.

But I look like the guy you see at the mall, but you can’t remember which store I work for. Or I resemble a teacher you liked in high school, or somebody you see downtown in the coffee shop.

Sometimes I’m grateful for my average face. When I was in my 20s, it was a real money-

saver. How?

In my town are two seminaries, where folks train to be ministers. I’ve had many jobs in my life, but preacher is definitely not one.

However, for a few years, one restaurant recognized me as a young, bright seminarian. Whenever I went there, they greeted me warmly, and asked how I was doing in my studies.

I told the cashiers they had me mixed up with an actual preacher, but they didn’t believe me. They frequently gave me free soft drinks, or a complimentary meal.

I have wondered whatever happened to that young preacher who looked like me. Did he eat free as often as I did?

I often took my first dates to that generous restaurant. If that date didn’t like me, I hadn’t

spent much money on her.

Sadly, my face aged out of the eager young student look, and I began to resemble somebody’s cousin.

I became the guy you think you saw at a family reunion, but you are not sure what branch of the family.

My face is slowly sagging into that of a kindly uncle, one who tells funny stories and is welcome everywhere.

Which means that pretty soon, people may think they actually know me...and I can maybe get offered some free meals again!

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Early exposure to metals can affect brain health

Scientists found that babies exposed to high levels of metals were more likely to have brain and mental health problems later in childhood.

Metals can get into the body by eating or drinking, touching surfaces, or breathing in fumes. While the body needs certain metals, too much of them can be harmful. Some metals, like lead, are harmful in any amount. Babies and children have a higher risk from metals because their brains are rapidly forming.

An NIH-funded research team measured the effects of metal exposures in 500 children aged 8 to 14. The team examined their naturally shed “baby” teeth. Like tree rings, baby teeth develop layer by layer. Researchers measured the amount of metals in each layer to see how much metal was in the body at specific times.

The team also examined brain health in the children. They measured anxiety, depression, hyperactivity, and attention. They also scanned brain structure and function.

Babies who had high levels of metal were more likely to have mental health symptoms later on. They were also more likely to have effects on brain structure and function. The period from 6 to 9 months old was a critical window. This is when babies start crawling and eating solid foods, so they may be exposed to metals more often.

“This shows that when exposure happens matters just as much as what the exposure is,” says Dr. Megan Horton at Mount Sinai Hospital, who co-led the study. “Our findings shift prevention from broad early-life exposure concerns to protecting children during specific high-risk win-

dows.”

Lead

- Lead is a metal found in nature. It can get into your body in many ways. You might breathe, drink, or eat things that have lead.
- In the US, lead used to be added to gasoline and paint. Homes built before 1978 may still have lead paint. When the paint peels and cracks, it makes lead dust you may breathe in or small children may eat.
- Older homes can also have lead in the pipes. It can end up in your drinking water.
- Be careful about using lead-

glazed pottery and porcelain for food or drinks. Sometimes lead leaches out.

- Lead can also be found in some painted toys. Kids put toys and their hands into their mouths. And small children are at most risk of lead poisoning.
- Lead is linked to a lower IQ score, learning challenges, and behavior problems in kids. A high level of lead is also linked to delayed puberty and hearing problems.
- In adults, a high level of lead is linked to high blood pressure and tremor. It also can cause kidney, heart, and nerve problems.

Oct. 24 is Prescription Drug Take Back Day - drop off your expired or unwanted medication

The San Diego County Sheriff’s Office will collect and dispose of these medicines during the Drug Enforcement Administration’s (DEA) National Prescription Drug Take Back Day.

The event is on Saturday, October 24 from 10:00 a.m. to 2:00 p.m. Sheriff’s Deputies will be at the following locations:

- * Alpine Sheriff’s Station - 2751 Alpine Boulevard
- * Encinitas Scripps Hospital - 354 Santa Fe Drive, Encinitas
- * Fallbrook Sheriff’s Substation - 388 East Alvarado Street, Fallbrook
- * Imperial Beach Sheriff’s Substation - 845 Imperial Beach Boulevard, Imperial Beach
- * Lakeside Sheriff’s Substation - 12365 Parkside Street, Lakeside
- * Ramona Sheriff’s Substation (Albertson’s) - 1459 Main Street, Ramona
- * Rancho San Diego Sheriff’s Station - 11486 Campo Road, Spring Valley
- * San Marcos Sheriff’s Station - 182 Santar Place, San Marcos

This service is free and anonymous. No sharps or needles accepted.

Unwanted or expired prescription drugs can be dangerous to the community by falling into the wrong hands.

If you can’t participate in Prescription Drug Take Back Day, you can always drop off unwanted prescriptions at any Sheriff’s Station or Substation and Walgreens or CVS pharmacies during normal business hours.



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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.

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