

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985

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

SIXTY-FOURTH YEAR NO. 7

AUGUST 1-15, 2024



SMOKY EXIT Army Staff Sgt. Brandon Danner, assigned to the 213th Personnel Company, 728th Combat Sustainment Support Battalion, 213th Regional Support Group, advances toward an opposing force through concealment after taking contact during an Improvised Explosive Device awareness exercise at Fort Indiantown Gap, Penn., July 24, 2024. Soldiers navigated through a training lane in a convoy, identifying and reacting to IEDs and responding to small arms fire from hostiles. U.S. Army National Guard photo by Sgt. 1st Class Brandon Nelson

Austin orders review of Wounded Knee medals

By Joseph Clark, DOD News

Secretary of Defense Lloyd J. Austin III has directed the Defense Department to review the Medals of Honor awarded to approximately 20 soldiers for their actions during the December 1890 engagement at Wounded Knee Creek, South Dakota, to ensure no awardees were recognized for conduct inconsistent with the nation's highest military honor.

DOD's Office of the Undersecretary of Defense for Personnel and Readiness will convene a special review panel to conduct an individualized assessment based on standards in effect during that period.

The scope of the panel's review is limited to examining each Medal of Honor awardee's individual actions during the engagement at Wounded Knee Creek. However, "The [special review panel] may consider the context of the overall engagement as appropriate, including as necessary to understand each [Wounded Knee Creek Medal of Honor] recipient's individual actions," Austin wrote in a memorandum directing the review, which was released today.

Austin recently signed the memorandum following department consultation with the White House and Department of the Interior.

"It's never too late to do what's right," a senior defense official said in an interview last week. "And that's what is intended by the review that the secretary directed, which is to ensure that we go back and review each of these medals in a rigorous and individualized manner to understand the actions of the individual in the context of the overall engagement."

The official noted that the review is warranted based on a range of factors, including a congressional recommendation to review the awards included in the fiscal year 2022 National Defense Authorization Act.

The panel will provide Austin with a recommendation to either retain or rescind each Medal of Honor awarded for actions related to the Wounded Knee engagement, which resulted in the death and injury of approximately 350 to 375 Native American men, women and children, according to a 1990 Senate resolution.

<https://www.defense.gov/News/News-Stories/Article/Article/3848583/>

GEORGE WASHINGTON, RONALD REAGAN CONDUCT HULL SWAP



Rear Adm. Greg Newkirk, center, commander of Carrier Strike Group 5, observes USS Ronald Reagan from the flight deck of USS George Washington, pierside on NAS North Island July 23. U.S. Navy photo MC3 August Y. Clawson

NAS NORTH ISLAND - Aircraft carriers USS George Washington (CVN 73) and USS Ronald Reagan (CVN 76) conducted a hull swap here that sends *Ronald Reagan* to Bremerton, Wash., and returns *George Washington* to Yokosuka, Japan, as the Navy's only forward-deployed Naval Forces-Japan aircraft carrier effective Aug. 1.

The hull swap was planned in coordination with the government of Japan, and as a part of the 50-year lifespan of the U.S. Navy's Nimitz-class aircraft carriers.

"USS *Ronald Reagan* has served exceptionally as America's forward deployed aircraft carrier for nearly a decade, projecting credible combat power while sailing and flying where

international law allows and doing so with allies and partners throughout the Indo-Pacific," said Rear Adm. Greg Newkirk, commander of Task Force 70 and Carrier Strike Group 5. "*Reagan's* crew and those who have served aboard over the past several years should be tremendously proud of what they accomplished."

George Washington relieving *Ronald Reagan* marks the second time the ship will serve as the FDNF-J aircraft carrier. In 2008, *George Washington* became the first nuclear powered aircraft carrier to serve as FDNF-J and was relieved by *Ronald Reagan* seven years later after a historic tri-carrier hull swap.

"For the last nine years, *Ron-*

ald Reagan Sailors upheld the international rule of law and maintained a free and open Indo-Pacific alongside our allies and partners through their diligence and dedication towards our common goals," said Capt. Daryle Cardone, *Ronald Reagan's* skipper. "Their commitment has left a mark on the 7th Fleet area of responsibility and the impact we made will be continued as *George Washington* makes its way to Yokosuka. I know 7th Fleet is in good hands and as *Ronald Reagan* left behind a legacy of 'peace through strength,' *George Washington* will embody the 'spirit of freedom' in the Indo-Pacific once again."

<https://www.dvidshub.net/news/477005/george-washington-ronald-reagan-conduct-hull-swap>

In memoriam: Gen. Crist, first Marine Combatant Commander

BEAUFORT, S.C. - The Marine Corps remembers the legacy of General George Brainard Crist who passed away July 26 in Beaufort, S.C.

Crist was born in Hartford, Conn., on Jan. 23, 1931. He attended Villanova University and was commissioned as a second lieutenant in the Marine Corps in 1952, retiring in 1988.

During his 36 years of service, G.Crist served in all three active-duty Marine divisions, 1st, 2nd and 3rd, and several major conflicts to include the Korean War, the Cuban missile crisis, and the Vietnam War. He held key positions at every level including White House Aide, assistant chief of staff, and battalion commander.

"His two legacies really were becoming the first Marine to command a unified command and Operation Earnest Will. "
David B. Crist, son of Gen. Crist

Crist was a wealth of experience and knowledge, particularly regarding joint operations, which led him to become the commander of U.S. Central Command – the first Marine general officer ever to be appointed as a combatant commander.

Operation Earnest Will was the first protracted military operation in the Middle East that culminated in the Navy's largest surface engagement since World War II.

<https://www.marines.mil/News/News-Display/Article/3852000/>

PRSR T STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

Local
Postal Customer

Read the Dispatch on line!

Pick us up in print on the newsstands on the 1st and 16th of each month. In between find fresh on-line editions at

www.afdispatch.com

Your **FREE**
weekly paper

Take one!

Navy is on track to rearm warships at sea in 2-3 years

by Caitlyn Burchett
Stars and Stripes

WASHINGTON - The Navy is one step closer to rearming ships at sea, a capability that would keep warships in the fight rather than forcing them to return to port during combat.

The first successful land-based demonstration of the Transferable Rearming Mechanism, or TRAM, was announced July 24 by the Naval Surface Warfare Center in Port Hueneme, Calif. The system will enable Navy destroyers and cruisers to reload missiles into vertical launching systems while at sea - a task that now must be done pier side.

"No longer will our combatants need to withdraw from combat for extended periods to return for vulnerable in-port reloading of weapon systems. ... My intention is to perfect this capability and field it for sustained, persistent forward-strike capacity during wartime," Navy Secretary Carlos Del Toro said during a speech at Columbia University in December 2022, one of his earliest mentions of the new technology.

The rearming mechanism uses a crane that can lift and rotate 25-foot missile canisters vertically, then lowers the explosives into the launchers, which are small openings in the ship deck. The system is designed to be used with existing at-sea replenish-



Sailors guide a missile canister using the Navy's Transferrable Rearming Mechanism as they demonstrate the ability to reload a Vertical Launching System cell on July 11 at Naval Surface Warfare Center, Port Hueneme Division's Underway Replenishment Test Facility. Official U.S. Navy photo

ment ships and will be able to reload vertical launch systems on surface ships in sea states 3 or higher. A sea state 3 means winds of 7-10 knots and 2-foot waves, according to the Beaufort Scale, a measure that estimates wind speed and its effects based on observed sea or land conditions.

Operationally, reloading in the open ocean would allow the U.S. surface fleet to engage enemy ships with a "relentless tempo and volume of long-range salvos," Navy officials said July 25. It means adversaries won't be able to home in on U.S. ships at friendly ports, widening the area that an adversary must search to target them.

"This prospect will disrupt the

strategic calculus of those who would do us harm - a near-term deterrent that should give any would-be aggressor pause," a Navy spokesperson said.

The technology will be tested at sea before the end of 2024 and is on track to be fielded in two to three years - an unprecedented delivery speed, according to Naval Sea Systems Command. In fiscal 2023, the service allocated \$3.9 million in research, test, development and evaluation funds with another \$12.4 million dedicated to the program in fiscal 2024.

At-sea rearming has been intermittently tested by the U.S. over the years but became a top priority for Del Toro in 2022, as

the threat of conflict with China looms.

"When the Navy is facing China and the possibility of firing a lot of missiles very quickly, particularly given the Chinese missile threat, reloading is very important because the Navy doesn't want to spend a lot of time sailing back to wherever to reload," said Mark Cancian, a senior adviser for the Center for Strategic and International Studies, a Washington think tank.

A report released in January 2023 by the CSIS estimated in a conflict over Taiwan, the U.S. could run out of several categories of vital munitions - such as long-range, anti-ship missiles - in less than a week. A 2019 study by the Center for Strategic and Budgetary Assessments, another Washington think tank, estimated in a conflict with China, the Navy could expend more than 360 missiles a day, or 10,800 per month. U.S. warships would have to make multiple trips to rearm.

For the Pacific fleet, these reload sites are in Japan, Guam, Hawaii and California and would mean leaving the battle for weeks at a time. "And if those ports were out of action, they would be in trouble," Cancian said.

Efforts to strike back at Houthi rebels in Yemen launching missiles at shipping lanes in the Red Sea underscores the need for at-sea rearming, he said.

USS *Dwight D. Eisenhower's* aircraft carrier strike group's cruiser and destroyers launched more than 180 missiles in self-defense or pre-planned strikes during its seven months operating in the Middle East.

The combat pace in the Red Sea is slow enough that the U.S. can pull one destroyer out to reload at a friendly port and substitute it with another in combat. That would not be an option if conflict broke out in the Pacific, Cancian said.

"Being able to reload forward would make things easier in the Red Sea - it would be helpful," he said. "But it is critical for a fight with China."

national military photos



LOS ANGELES (July 7, 2024) Marine Corps Capt. Nicole Sanfilippo, officer selection officer for Officer Selection Team Los Angeles, left, administers the oath of office to Joshua McConnell during a commissioning ceremony at USS *Iowa* Museum here. Battleship *Iowa* served in World War II, Korea, and the Cold War. Today, the historic U.S. Navy ship is an iconic Los Angeles landmark and naval museum. U.S. Marine Corps photo by Cpl. Fred Garcia



MACDILL AFB, Fla. (July 22, 2024) A U.S. Airman participates in a water survival training exercise near here. The training exercise was part of the Air Force's Survival, Evasion, Resistance and Escape curriculum designed to prepare aircrew members for escaping a downed aircraft in open water. U.S. Air Force photo by Airman Monique Stober

NEAR HAWAII (July 17, 2024) Legend-class cutter USCGC *Midgett* conducts an air raid exercise with a U.S. A-10C Thunderbolt II (shown here), Italian



Navy patrol vessel ITS *Montecuccoli* and destroyer USS *Kidd* as part of Rim of the Pacific (RIMPAC). U.S. Coast Guard photo by David Lau

MILITARY JUSTICE LAWYER

PATTISON LAW FIRM, P.C

Daphne Pattison Silverman's mission is to light the path to truth. Focused on defending military members who are accused of crimes within the military judicial system, she has developed exceptional insight into how to uncover and convey the truth. Silverman believes deeply in every case she undertakes. A former Navy JAG and a disabled veteran, she is fully committed to defending the rights of those who serve our country. For each case, Silverman conducts thorough investigations and armed with the truth, fearlessly presents her findings to military commands and juries. She stands up to the most powerful forces in the world - ready and able to seize justice for her clients. Physical office in North County San Diego, California; virtual address in Austin, Texas

Daphne Pattison Silverman
Selected to Super Lawyers

760-500-0455
daphnesilverman.com



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

ASMAR'S AUTO CARE

"Where Trust is a Tradition"

Free smog retest when repairs are done at our shop.
We can take care of ALL your auto needs.

ASCCA
Automotive Service Council of California
Professionalism & Automotive Service - Since 1931

SMOG CHECK
EX 218 (Valid)

10% off Parts and Labor
(Max Discount \$100) for all ACTIVE and RETIRED military personnel (with valid ID)

FREE TOWING with repairs up to 15 miles for all ACTIVE and RETIRED military personnel (with valid ID)

6 Months 0% Financing Available

Do you need your Engine Steam Cleaned?
Looking for an oil leak?

We offer Professional Engine Steaming Cleaning and Full Undercarriage Steam Cleaning while protecting our environment.

619-589-1188
www.asmarsautocare.com

U.S. intends to reconstitute U.S. Forces Japan as joint forces headquarters

by C. Todd Lopez, DOD News

Through a phased approach, the U.S. plans to convert U.S. Forces Japan into a joint force headquarters which will report to the commander of the Indo-Pacific Command, the secretary of defense said July 28 following the conclusion of a two-plus-two ministerial meeting in Tokyo.

Included in the meeting were Secretary of Defense Lloyd J. Austin III, Secretary of State Antony Blinken, Japanese Defense Minister Minoru Kihara and Foreign Minister Yoko Kamikawa.

“We welcome an historic decision to modernize our alliance command and control to better meet the challenges of today and tomorrow,” said Austin during a press briefing today that followed the high-level meetings. “The United States will upgrade the U.S. Forces Japan to a joint force headquarters with expanded missions and operational responsibilities.”

The new joint force headquarters will be under the command of a three-star officer and will serve as a counterpart to Japan’s own Japan Self-Defense Forces Joint Operations Command, Austin said.

“This will be the most significant change to U.S. Forces Japan since its creation, and one of the strongest improvements in our military ties with Japan

in 70 years,” he said. “Japan’s new Joint Operations Command will further allow our forces to work together more closely than ever. And these new operational capabilities and responsibilities will advance our collective deterrence.”

Austin said the change is based on a desire to work more closely with Japan and enhance the effectiveness of the existing relationship.

Also part of the discussions, Austin said, were ways to increase bilateral presence in Japan’s southwest islands; a reaffirmation of the importance of cooperation on cybersecurity, intelligence, surveillance and reconnaissance; cross-domain operations and bilateral exercises and training; and ideas for new areas for defense industrial cooperation.

According to a joint statement by the Security Consultative Committee, meeting participants discussed co-production opportunities to expand produc-



Secretary of Defense Lloyd J. Austin III and Secretary of State Antony J. Blinken conduct a press briefing with Japanese Defense Minister Minoru Kihara and Foreign Minister Yoko Kamikawa after the U.S.-Japan Security Consultative Committee meeting in Tokyo, July 28, 2024. DoD photo by Petty Officer 1st Class Alexander Kubitza

tion capacity of both advanced medium-range air-to-air missiles and Patriot Advanced Capability-3 Missile Segment Enhancement missiles.

“Finally, we held a separate two-plus-two ministerial level meeting on extended deterrence, and that has never been done before,” Austin said. “During that meeting, I reaffirmed our ironclad commitment to defend Japan with the full range of our capabilities, including our nuclear capabilities.”

As part of the extended deterrence meeting, participants discussed, among other topics, North Korea’s destabilizing ac-

tivities in the region, including its unlawful nuclear and ballistic missile programs; China’s expansion of its nuclear arsenal; and Russia’s unlawful arms transfers with North Korea.

Austin said he considered each meeting in Tokyo to be a success.

“We’re reinforcing our combined ability to deter and respond to coercive behavior in the Indo-Pacific and beyond,” he said. “We’re reinforcing the rules-based international order that keeps us safe. The agreements that we’ve advanced today will ensure that the U.S.-Japan alliance remains a cornerstone of security and stability in the Indo-Pacific.”



Army

*Army warrant officer sentenced for selling \$2 million in stolen gear
*Ukraine support unit at Army headquarters in Wiesbaden to get new boss

Navy

*USS Tarawa sent to ocean floor in Rim of the Pacific exercise
*Rare criminal trial of a 4-star admiral heats up with allegations of lies, affairs and competing stories
*U.S. carriers Reagan, Washington set to exchange Sailors ahead of homeport shift
*Navy confirms trash that washed ashore on Outer Banks was from one of its ships
*Police question Chinese students who flew drone over USS *Theodore Roosevelt* in South Korea

Marine Corps

*Drone killing Marines: Corps seeks ‘buckshot-like’ counter-drone gear
*Australian-based Marines ready to support Manila in sea-territory skirmish
*Marine sentenced to 7 years in plea deal, accused of killing woman during crime spree
*\$20K reward offered in murder of Marine who was assaulted then struck by hit-run driver near Los Angeles

Air Force

*NASIC to welcome new commander at Wright-Patterson on Friday
*Storm leaves some without air conditioning for days at airlift hub in Japan
*March Air Reserve Base’s exchange closing its doors permanently
*Air Force pulls CV-22 Osprey from exercise with Japan to focus on ‘internal training’

Space Force

*Space Force missile warning competition robust despite RTX exit

Military life

*Airline decision narrows options for U.S. military families with dogs moving home from Europe



APP FEE
WAIVED.

APPLY BY
AUGUST 29.

FIND YOUR NEXT SUCCESS

Get started on a degree or certificate that can help you succeed again. Apply by August 29 & pay no application fee.

- 135+ degrees & certificates from an accredited state university
- Online & hybrid courses
- No-cost digital materials in place of textbooks for most courses



APPLY NOW & SAVE
UMGC.EDU | 619-550-1537

The appearance of U.S. Department of Defense visual information does not imply or constitute DOD endorsement.



UNIVERSITY
OF MARYLAND
GLOBAL CAMPUS

AT YOUR SERVICE SINCE 1947

© 2024 University of Maryland Global Campus

Top science, technology official highlights importance of DOD outreach to minority academic STEM programs

by Matthew Olay
DOD News

Assistant Secretary of Defense for Science and Technology Aprille Ericsson spoke about the importance of the Defense Department reaching out to minority academic science, technology, engineering and mathematics, or STEM, programs and their students during keynote remarks at a DOD-sponsored event July 25 just outside of Washington.

Ericsson's speech kicked-off the Historically Black Colleges and Universities and Minority-Serving Institutions, or HBCU/MI, Opportunities Workshop and Intern Seminar — a two-day event with a stated goal of raising awareness of DOD opportunities, facilitating collaboration, promoting greater engagement in DOD initiatives that support national security functions and encouraging students to explore DOD HBCU/MI STEM opportunities.

"[HBCU/MI] outreach is incredibly important for the [Defense Department], and we continue to seek out the best and brightest minds across the nation," Ericsson told the crowd.

"Diversity of backgrounds is important for long-term success [of science and technology] programs impacting our military service members."

Ericsson then listed several ways DOD is working to connect with such best and brightest minds.

"Opening doors for the future and current students attending HBCU or MI programs is an area I'm proud to say we're making great strides with scholarship opportunities," she said.

Examples of such opportunities Ericsson mentioned included a new grant program offered by DOD's Science, Mathematics, and Research for Transformation Office; a scholarship for high school seniors (of which 12 awardees for 2024 will be attending an HBCU or MI in the fall); and a military scholarship pilot program for HBCUs and the Naval Postgraduate School.

Ericsson also spoke about the 15 HBCU Centers of Excellence that DOD has established over the years.

"These centers conduct collaborative research that helps to attract early career researchers and new opportunities for students to participate," said Ericsson.

"Our greatest asset at DOD is the people," she continued, "and we need more dedicated professionals like you all to continue and hopefully realign

and reshape our programs for the future mission."

Having recently been confirmed by the Senate as the inaugural assistant secretary of defense for science and technology in early March, Ericsson — who holds a doctorate in mechanical engineering — oversees a comprehensive science and technology workforce of over 60,000 employees within DOD alone, in addition to 63 research laboratories and engineering centers across 200 locations worldwide.

"Our warfighters depend on talent and expertise within our science and technology workforce to maintain a competitive advantage, and I consider recruitment and retention one of my top priorities," Ericsson told attendees.

"The skill sets within all the students here today are all vital for the [Defense Department], [and] we hope you consider government service."

Child care fee assistance available to DoD civilian employees

by Mark Wyatt, 66th Air Base Group Public Affairs

HANSCOM AIR FORCE BASE, Mass.- The Military Child Care in Your Neighborhood fee assistance program, available to active-duty and certain reserve members of the Department of Defense, is now being extended to federal civilian families. The program aims to make affordable, high-quality childcare accessible to more families, addressing a critical need within the services. "The program includes civilian employees who either do not live near an installation with child and youth programs or are stationed at installations pre-identified as eligible for fee assistance," said Rachel Washington-Freeman, Hanscom Air Force Base Child Development Center director. The MCCYN program supports families by ensuring they pay no more for off-base childcare than they would for on-installation care. "Fee assistance goal is to have family's pay the equivalent to or as close as possible to the cost of care on military installations," Washington-Freeman said. This initiative significantly reduces the financial burden on families. "This is critical support for our civilian personnel who have long faced challenges in accessing affordable childcare," Washington-Freeman said. "By extending this program to civilians, we're making it easier for them to balance their professional and family responsibilities." DoD civilians interested in the program can visit <https://public.militarychildcare.csd.disa.mil/mcc-central/mc-home/mccyn/air-force> to determine eligibility.

Numquam navigare solus – Never to sail alone

Navy Wounded Warrior (NWW) is the Navy's sole organization for coordinating the non-medical care of seriously wounded, ill, and injured Sailors and Coast Guardsmen, and providing resources and support to their families and caregivers.

Through proactive leadership, the program provides individually tailored assistance designed to optimize the success of the wounded warrior's recovery, rehabilitation, and reintegration activities.

The mission is to help Sailors and Coast Guardsmen return to duty. When that's not possible, the program works collaboratively with federal agencies and state and local organizations to ease them back into their communities.

The Navy Region Southwest's Navy Wounded Warrior division is headquartered at Naval Medical Center San Diego and serves wounded warriors in California, Arizona, and Nevada.

For more information, call: Ellyn at (619) 889-9472 or e-mail navywoundedwarrior@navy.mil.

N95 CASUALTY SUPPORT AWARENESS

DISCOVER THE SUPPORT SERVICES AVAILABLE TO OUR NAVY FAMILIES.
THURSDAY, AUG. 1 10-1130 A.M.
NMCS AUDITORIUM (BLDG. 5)

<https://www.facebook.com/navywoundedwarrior>
<https://www.instagram.com/navywoundedwarrior/>

**STAY CONNECTED - Facebook / <https://www.facebook.com/navywoundedwarrior>
Instagram / <https://www.instagram.com/navywoundedwarrior/>**

AMERICA'S AIR SHOW

SEPTEMBER 27 / 28 / 29

VETERAN COMPENSATION SERVICES

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

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

www.VeteranComp.com

JWB FAMILY LAW

We offer a 15% discount for military service members + their spouses.

- DIVORCE
- CHILD CUSTODY AND VISITATION
- CHILD AND SPOUSAL SUPPORT
- ASSET AND PROPERTY DIVISION

FIND OUT MORE www.JWBFamilyLaw.com

619.234.6123

SAN DIEGO 1620 Fifth Avenue, Suite 600, San Diego, CA 92101

Local Military

NAVY'S 70+ ACRE OLD TOWN CAMPUS REVITALIZATION MOVES FORWARD

Courtesy Story
Navy Region Southwest

SAN DIEGO - The Navy's proposal to revitalize the 70.3-acre Naval Base Point Loma Old Town Campus to provide new facilities for Naval Information Warfare Systems Command (NAVWAR) continues to move forward.

The Navy is working closely with selected developer Manchester Financial Group/Edgemoor Infrastructure & Real Estate (Manchester/Edgemoor) to potentially revitalize the Navy's Old Town Campus in San Diego, California.

The Navy is currently in the environmental review process as required by the National Environmental Policy Act (NEPA) to assess potential environmental impacts of revitalizing the site.

The Navy released a Draft Environmental Impact Statement (EIS) in 2021 for public review and comment. In response to comments received, the Navy began a competitive solicitation process in November 2022 and in January 2024 identified Manchester/Edgemoor to work with the Navy to develop site-specific details before a final alternative is selected.

Now in an exclusive negotiation period, Manchester/Edgemoor may pursue local ap-

provals such as permitting, any necessary environmental documentation, secure financing, and negotiate a potential lease with the Navy.

"The Navy's enduring partnerships with the City of San Diego and surrounding communities are essential to this successful initiative moving forward," said Rear Admiral

NAVWAR currently operates out of 80-year-old World War II era aircraft manufacturing plants. The Navy proposes to replace these obsolete buildings with state-of-the-art facilities to meet NAVWAR's mission requirements. Revitalizing the property, which is centrally located and ideal for transit-oriented development, could provide much-needed housing

curity jobs in San Diego.

Revitalization of the Navy's Old Town Campus could achieve mutually beneficial outcomes for the Navy and San Diego. In this potential leasing initiative, the developer would provide new NAVWAR facilities in exchange for private development of the remainder of the site to include housing, retail, commercial and potentially a transit center. The Navy must still complete an EIS and reach a Record of Decision before the project can begin.

"The Manchester/Edgemoor team is excited to start engaging with the local community as we move forward with the Navy through the environmental review process. This project represents a generational opportunity for the Navy and City of San Diego, and we intend to make sure the community is involved in each step along the way," said Neal Fleming, president of Edgemoor Infrastructure & Real Estate.

Since their selection earlier this year, the Manchester/Edgemoor team has initiated outreach and engagement with the City of San Diego, County of San Diego, state and local transportation agencies, and others, to better understand their priorities.

"We remain dedicated to continuing our collaboration with the Navy and the City of San



Brad Rosen, Commander of Navy Region Southwest. "While the Navy's goal is new mission-capable facilities for NAVWAR and other tenant commands, the Navy recognizes that any project that is good for the Navy should also provide positive impacts to the community."

In the Navy's largest leasing initiative, the Navy would potentially make available for lease, underutilized property at NB Point Loma in exchange for new mission-capable facilities for its primary tenant NAVWAR.

to help address San Diego's housing shortage and provide a possible new tax base for the City, County, and State.

NAVWAR is a significant economic contributor to San Diego, with an annual budget in excess of \$11 billion, the command infuses \$3.3 billion annually to the region. In fiscal year 2022, NAVWAR created 18,858 jobs in San Diego, generated \$8.4 billion in contracts with private industry, and \$1.74 billion in contracts in San Diego. NAVWAR provides 50 percent of all cyberse-

FLEET WEEK SAN DIEGO ANNOUNCES SCHEDULE FOR 2024

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



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

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

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

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

Diego to create cutting-edge government facilities for the Navy, alongside an engaging mixed-use development for the wider community," said Ted Eldredge, President & CEO of Manchester Financial Group.

The Navy and Manchester/Edgemoor continue to remain engaged with the community throughout all phases of the project. Details of future public engagement opportunities will be announced when scheduled.

El Indio
Mexican Restaurant and Catering

Family Owned & Operated Since 1940

Best Mexican Food in San Diego

Free Parking! 10% Military Discount

3695 India Street • www.elindiosandiego.com • 619-299-0333
Open Daily 9am - 8pm

Veterans Helping Veterans

DO YOU HAVE Medicare but your needs have changed?
ARE YOU TURNING 65?
Are you TRICARE or a Veteran using VA Benefits?
ARE YOU A SENIOR?
Do you have Medicare Part A & B?
YES! Then you are **ELIGIBLE** up to Additional \$125/mo. added to your **S.S.**

DENTAL PLAN \$13/MO. • \$3000 BENEFIT

Vince Parra • 619-763-2425
SERVING ALL OF CA. • CA LIC: 0M89123

Medi-Cal: Do you qualify? \$174/mo. added to your **S.S.**

YOU DESERVE JUSTICE, FAIRNESS & A DEDICATED ATTORNEY

DUI and Criminal Defense
Free Case Evaluations and 24/7 Availability

WE OFFER A MILITARY DISCOUNT

Providing an honest evaluation of your situation
619.200.2808 • MichaelKernLaw.com

MAIN AUTO REPAIR
"ALL WORK GUARANTEED"

FREE ESTIMATES - Serving Military for Over 23 years

BRAKE SERVICE SPECIAL from \$140 Per Axle, Parts & Labor included. Most Cars Standard Brake Packages	A/C Service \$95	Body Work and Paint	CLUTCH \$319 Most Cars. Parts & Labor included. Includes: Pressure plate and disc. Adjustment, New throw out bearing, Pilot bearing, Inspect flywheel
TIMING BELT SPECIAL from \$199 Most Cars. Parts & Labor included	CV JOINT AXLE from \$220 Most Cars. Parts & Labor included	FUEL INJECTION SERVICE from \$89 Most Cars. Parts & Labor included	

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

SoCalTruck.com
ACCESSORIES & EQUIPMENT

10460 Mission Gorge Rd.
Santee, CA 92071

619-749-0742
Work Smarter, Play Harder!

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

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

BULLET LINER
An Accella Brand
Spray on Bedliners



CAMP PENDLETON (July 16, 2024) U.S. service members suspend from a CH-53E Super Stallion with Marine Heavy Helicopter Squadron (HMH) 466, Marine Aircraft Group 16, 3rd Marine Aircraft Wing, during a special patrol insertion and extraction exercise here. The Helicopter Rope Suspension Techniques Masters Course 24-3 helps to rapidly insert and extract forces when landing a helicopter is not feasible. U.S. Marine Corps photo by Lance Cpl. Jennifer Sanchez



MISSILE IN MOTION Sailors fire a simulated naval strike missile aboard USS Fitzgerald during Exercise Rim of the Pacific in the Pacific Ocean, July 18, 2024. U.S. Navy photo by Petty Officer 2nd Class Jordan Jennings



ORANGE OPS Petty Officer 3rd Class Aaron Jordet repairs an inflatable target to prepare for a live-fire exercise aboard USS Tripoli in the Pacific Ocean, July 15, 2024. Official U.S. Navy photo



CAMP PENDLETON (JULY 24, 2024) Marine Corps Col. Brendan Sullivan, the commanding officer of 1st Marine Regiment, 1st Marine Division, delivers remarks during a relief and appointment ceremony at. During the ceremony, Sgt. Maj. Erick Cortes relinquished his role as the regiment's senior enlisted leader to Sgt. Maj. Michael Escobar. U.S. Marine Corps photo by Lance Cpl. Nataly Espitia

Live Close to Work & to the Beach!



SALT

- Spacious & sophisticated floor plans with modern features and designer finishes
- Complete indoor & outdoor amenity experience including a rooftop lounge
- The authentic beach town life you've been dreaming about
- The most affordable beach community in SoCal



Scan to Learn More



Starting in the Mid \$700,000's

Call or Text 760-884-7512
sales@LifeAtSalt.com
LifeAtSalt.com



©2024 All rights reserved. Models do not reflect racial preference. Not all features are available in every condominium. Prices and availability are subject to change. Please see a representative for details. DRE #01194822





We've got big plans for summer.

DEL MAR

BREEDERS' CUP
2024 & 2025

JULY 20 - SEPTEMBER 8

FREE Admission to all Active Personnel

FREE & EASY THURSDAYS



Get FREE admission, program and seat, plus 40% off 16 oz. Michelob ULTRA, Brandt Beef hot dogs and sodas at concession stands with FREE Diamond Club membership.



FRIDAY HAPPY HOUR UNTIL 5 PM

Half off Del Mar Signature Drinks every Friday at select locations. We'll drink to that!

SATURDAY, AUGUST 3
Uncorked Wine Festivals
A complete experience for wine lovers!

Enjoy over 100 wines and champagnes, live races, DJ, local favorite food trucks, and more. *Ages 21 & up only.**

SATURDAY, AUGUST 10

Tacos & TEQUILA

Specialty tequilas, margaritas and cervezas paired up with tasty tacos from the best taco shops in town. *Ages 21 & up only.**



SATURDAY, AUGUST 17



Breeders' Cup Giveaway

Get a free, branded 12 oz. stainless steel, hot and cold Travel Tumbler with each paid admission, while supplies last.

SATURDAY, AUGUST 24

TASTE OF NEW ORLEANS
FOOD + DRINK + MUSIC

An epic celebration of New Orleans culture with Cajun cuisine, themed drinks, music, mini parade and more.*



SATURDAY, AUGUST 31



\$1,000,000 FanDuel Racing Pacific Classic

Don't miss Del Mar's only \$1 million purse for 3-year-olds & up. A "Win And You're In" race for the Breeders' Cup Classic. The day features five graded stakes races.



* Paid ticketed event

Scan for tickets and more event information.

NMCS D observes World Hepatitis Day by raising awareness on screening, treatment

With World Hepatitis Day observed on 28 July, Naval Medical Center San Diego (NMCS D) needs your help managing and potentially curing forms of this treatable disease.

Although multiple different viruses can impact the liver, Hepatitis C is one of the most common types in the United States. Patients may not even know they are infected due to the lack of symptoms.

"Chronic hepatitis C has traditionally been a leading cause of chronic liver disease and liver transplants in the United States. Over the last decade, many new oral therapies have fundamentally changed the way we treat this disease - cure is now possible for most with just a few months of treatment," said Lt. Cmdr. Brett

Sadowski, NMCS D gastroenterologist and Gastroenterology Fellowship program director. "We want to treat all our beneficiaries with this disease, including our younger population in order to prevent the development of complications. In the last few years, we have found that this younger group of patients has had one of the highest rates of infection."

To Sadowski, the liver is a fascinating and essential organ that so much of the human body depends on for healthy living.

"The liver performs many vital functions critical to living healthy lives, but it can be damaged by multiple causes, including viral hepatitis. With the advent of today's treatments, we can help prevent patients from the complications of chronic liver disease,

including cirrhosis and liver cancer," said Sadowski.

Sadowski points out that all adults should be screened for chronic hepatitis C and B, even if they previously received vaccination for viral hepatitis. Prior vaccination generally provides protection against some forms of viral hepatitis, but not for hepatitis C.

"Most patients require a one-time screening test, but if a patient has certain risk factors for exposure, such as receiving tattoos with non-sterile instruments or certain sexual contact, then repeat screening may be required," said Sadowski.

The first line of defense is your primary care manager who should guide you through obtaining a simple blood test for screening.

GET READY TO PUT YOUR GAMING SKILLS TO THE TEST



THE NAVY MWR ESPORTS TOURNAMENT IS HAPPENING AUG. 7-10, FEATURING CALL OF DUTY: MODERN WARFARE III, APEX LEGENDS, AND STREET FIGHTER 6. FIRST PLACE WINS A \$500 GIFT CARD AND A SWEET MWR ESPORTS JERSEY. SECOND PLACE TAKES HOME \$150 AND A JERSEY. COMPETITION IS OPEN TO ALL NAVY MWR PATRONS AGES 18+, WITH PRIORITY GIVEN TO ACTIVE DUTY SAILORS. DON'T MISS OUT - SIGN UP NOW AT NAVYMWR.ORG/PROGRAMS/ESPSPORTS! SPACE IS LIMITED, SO DON'T WAIT.



San Diego Comic-Con 2024 - my best ever

On the convention's website, San Diego Comic-Con is described as "The Ultimate Event for Comics and the Popular Arts. Comic-Con is the premier event for all things comics and related popular art, including movies, television, gaming, interactive multimedia, and so much more! Enjoy cosplay galore and take part in unique programming, exclusive previews, and presentations, not to mention the expansive and diverse Exhibit Hall featuring merchandise and displays representing all fandoms."

Even all four-days (plus Preview Night) are not nearly enough to see and experience it all. The lines can be long, and lots of walking and standing are required. My visits typically include some panels, checking out the merchandise for sale (merch!) and booth exhibits, snagging a few giveaways (food and more merch!), cosplay, socializing, offsite activations and NETWORKING.

When I meet people who have never been to San Diego Comic-Con, they usually think that they would not enjoy it because they were not able to get a Comic-Con badge. That is not true. You do NOT need a badge to have an absolutely wonderful San Diego Comic-Con experience.

Yes, benefits of having a Comic-Con badge include getting access to where most of the multitude of panels are in the San Diego Convention Center and other official indoor venues, shopping for merch in the huge Convention Center Exhibit Hall, attending signings and being able to watch the Saturday evening Comic-Con Masquerade in-person. Panels that I attended each included one for "The Simpsons."

However, while those things and many others that require a badge to attend are great, there are other activities that are simply too large to fit in the Convention Center's limited space. These offsite activations, as they are called, are held in

vacant buildings, parking lots and grassy areas by the movie, TV and streaming services, and others, outside the Convention Center, many of which are scattered throughout the large area from the Children's Museum to the west, Petco Park to the east, and along the streets that radiate out towards the Gaslamp Quarter and downtown.

Those events are usually free and well worth the time that you will spend waiting in the lines to visit them. This year, as I often do, I easily spent more

AutoMatters™ & More by Jan Wagner



than half of my time doing just that. Those FREE experiences included taking the reins of a Roman chariot in a race within a Coliseum (promoting Peacock's "Those About To Die"), playing carnival games and riding a thrilling ride (at ABC's "Abbot Elementary" themed AVA FEST and at "Adult Swim"), getting an apron and lunch box (for "The Bear") and an umbrella from FX, taking part in a scavenger hunt and getting a STAR TREK T-shirt at "The Lodge" (Paramount+), collecting free pins and a huge, Simpsons-themed donut at Hulu's Animayhem, getting grab bags filled with merch plus ice cream at the BoxLunch giveaway truck, dinner at Mickey's Pizza (Super 7 and TMNT), and much, much more.

For me the most valuable thing that I took away from Comic-Con this year was the knowledge that I got from networking. I learned to do that from an annually recurring Comic-Con panel called "Success in Creativity: Making the

Best of Your Resources."

While the free merch and fun activations are great, I met two complete strangers at Comic-Con that may well put my 20+ year career writing these columns (almost 850 to date) on a sharp upward trajectory.

I have not had the time or the knowledge to build much of a social media presence. One evening I asked someone to take my picture. We got to talking and he ended up telling me how Instagram Reels have been hugely beneficial for him, and he told me how I could do that too (I intend to!).

Then, another day, a lady commented on my professional Canon camera and we struck up a conversation. It turns out that she has a crew of very talented people that together do what I do by myself. She is so grateful to the people who helped her as she began her now-successful career that she decided to pay it forward and help others — including me. We are already working towards that. Stay tuned!

To explore a wide variety of content dating back to 2002, with the most photos and the latest text, visit "AutoMatters & More" at <https://automatters.net>. Search by title or topic in the Search Bar in the middle of the Home Page, or click on the blue 'years' boxes and browse. Copyright © 2024 by Jan Wagner - AutoMatters & More #848

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

"I think Gilligan needs professional training," I said, huddled in the corner of our couch while our 16-month-old Labrador Retriever ran sprints from the couch to an armchair in the dining room and back, gnawing a shredded shopping bag in his mouth, leaving crumpled carpets and plastic bits in his wake.

As I'd done with our last two family dogs, I'd intended to train Gilligan myself. Our previous pets, Dinghy and Moby, fared well under my dedicated tutelage. On puppy walks, I simply stopped in grassy areas to practice "sit," "stay," "down," and other basic commands.

I'd seen a few episodes of "The Dog Whisperer," after all. Why would I pay someone else to train our dogs when I was a veritable expert myself?

While it was true that Dinghy never learned to "heel" — in fact, he nearly tore my arm out of its socket while bolting after rabbits, squirrels and sand crabs — his keen hunting instincts were admirable. My proudest moment was the day I taught Dinghy to open our door using a tennis ball on a rope. This came in handy, until I left Dinghy alone to run errands, and came home to find a WWI-style trench dug across our backyard and the dog inside taking a nap on the white cotton quilted guest bed.

While I'd gladly take credit for Moby's obedience, the real truth is

To train or be trained? The dog owner's question

that our second dog was an unusually submissive, easy-going lab. During puppy training, he'd look up at me, perpetually confused by commands to "sit," "stay," or "lay down." But determined to please, he usually did something good anyway.

During his one-year check up, I took the veterinarian aside to voice my concerns over Moby's abnormal compliance. "Hey Doc," I whispered, "can dogs be, uh, mentally challenged, or uh, you know, born with a low IQ?"

The veterinarian laughed and replied, "You don't want a dog that's smarter than you." I wasn't sure if he was insulting me or giving me advice, but I accepted his words at face value and enjoyed Moby for what he was — a very good boy.

Then, Gilligan came along.

Our training sessions began as soon as we brought him home from the Mennonite farm in Pennsylvania where he was born. "Tssst!" I sputtered, mimicking the Dog Whisperer's characteristic admonishment when Gilligan chewed chair legs, stole socks, jumped on furniture, piddled on the floor, dug in my houseplants, or sunk his fish-hook teeth into my hand.

Unlike Moby, Gilligan thought the noises coming out of my mouth weren't commands to which he must submit, but rather, challenges that upped the ante. In Gilligan's brain, every day was a new game that he was determined to win.

At home, Gilligan constantly played. Despite supplying him with baskets filled with dog-friendly amusements

like collagen chews, rip-resistant cloth toys, and brain-teasing devices with tiny compartments to hide treats, Gilligan maimed, swallowed, punctured, gutted or destroyed TV clickers, reading glasses, shoes, treasured stuffed animals, board games, notebooks, and laundry detergent bottles.

To Gilligan, our fenced yard was the great Serengeti, where he hunted for prey. Unable to catch lightning-fast squirrels, rabbits and birds, he stalked something easier to kill — delivered packages. Amazon and USPS parcels always arrived the same way, tossed over the gate onto our porch, where Gilligan believed they'd landed specifically for him. Immediately sinking his teeth into their cardboard or bubble-wrapped flesh, he'd run around the yard celebrating his victory before tearing his victims into tiny, wind-blown bits.

The walks were the final straw. No command, "tshhht!", treat, pinch collar, or harness would stop Gilligan from pulling hard on his leash, dragging me, helpless, from corner to corner.

Unable to tame our naughty new Lab, we recently sought professional help. Although we didn't buy him a lava lamp or a Twin XL bedspread, the training academy's exorbitant fees and boarding requirement made it seem like Gilligan was off to college.

After two weeks of 24/7 training, Gilligan graduated and came home. But then, he stared up at me, waiting for the calm, assertive leader he'd been taught to follow.

"I think I need professional training," I proclaimed, realizing that there are no naughty dogs, only naughty owners.

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.

VA Disability Claim Denied?
Know Your Rights and Don't Take "No" for an Answer!
Don't Risk a Permanent Denial and Lose Back Pay
Call the Professional Advocates Today!
Claims Agents Have over 80% Success Rate on Appeals
No Fees Unless You Win - Free Consultation!
800-921-0310
www.VetDisabilityAid.com

Places of Worship

Bayview Church
Attract... Assimilate... Activate
6134 Pastor Timothy J. Winters St., San Diego 92114 • (619) 262-8384
Sunday 8am & 10am Worship Services
Studies In Christian Living (formerly Sunday School) Tues & Thurs online only 6pm (contact Church for sign up). In person Saturday 9am & 10am
www.bayviewbc.org info@bayviewbc.org

Bethany Lutheran Church
Lutheran Church - Missouri Synod
2051 Sunset Cliffs Blvd., Ocean Beach 92107
(Parking lot off the Alley - North of the building)
Worship 11am Sundays
Bible Class, Wednesdays 10am
(619)222-7291 Office@BethanyLutheranOB.org

Canyon View Church of Christ
"Love God, Love People, Serve the World"
Sunday Bible Classes for all ages 9am
Sunday Worship 10am
4292 Balboa Ave., San Diego, CA 92117 Email: cvoffice@canyonview.org
(Near corner of Balboa Ave. & Clairemont Dr.)
www.canyonview.org (858) 273-5140

Christ Community Church
Helping people love God and each other!
Sunday services at 8:45am & 10:30am
Children's Ministries for all kids!
Small groups for teens & adults of all ages!
9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15
www.gotoChrist.com or (858) 549-2479

First Baptist Church of Coronado
"Reach Up, Reach Out, Reach Our World"
Jim W. Baize, Pastor www.fbcoronado.com
Sunday Adult Bible Study 8:45am, Sunday Worship Service 10am
Meeting in person and online on YouTube or Facebook
FB: First Baptist Church of Coronado email: secretary@fbcoronado.com
445 C Ave., Coronado, CA 92118 (619) 435-6588

Immanuel Lutheran Oceanside, LCMS
Connecting people to what Jesus has done, is doing, and will do.
9:30am Worship service
11am Bible class, Youth, Children's Ministry
1900 S. Nevada St, Oceanside, 92054
immanueloceanside.com - (760) 458-6570

Mesa View Baptist Church
Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CWO3, USMC (Ret.)
Seeking Sinners; Saving Souls, Strengthening Saints
Sunday School at 8:45am • Morning Worship at 10am
Wednesday Night Bible Study 7pm
13230 Pomerado Rd., Poway • 858-485-6110 • www.mesaview.org

Resurrection Lutheran Church & Preschool of Coronado
Sunday Worship: 10:15am • Adult Bible Study: Sunday at 9am
The Rev. Dr. Timothy Eichler
1111 5th Street, Coronado, CA 92118
www.RLchurch.org
Church (619) 435-1000 • Preschool (619) 435-0286

St. Luke's Lutheran Church
5150 Wilson Ave., La Mesa, CA 91942
Phone: (619) 463-6633
website: www.st-lukes-la-mesa.org
Worship: 9am
Pastor: Mark Menacher, PhD.
We thank you for your service!

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

CLASSIFIED ADS

ARMED FORCES DISPATCH CLASSIFIEDS

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

ATTORNEYS

DUI & Criminal Defense

Free Case Evals • 24/7 Availability
• DUI's • Drug Offenses
• Domestic Violence • Assault/ADW
• Restraining orders

MichaelKernLaw.com
619.200.2808

JWB Family Law

15% military & spouse discount
• Divorce • Child Custody/Visitation
• Child and Spousal Support
• Asset and Property Division

www.JWBFamilyLaw.com
619.234.6123

AUTOS FOR SALE

2017 MUSTANG GT. Premium performance pack, 48,250 miles, white w/black interior, very clean, manual transmission, all stock. Moving and selling my Sunday driver. 760-473-7983.

CATERING

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

CHIROPRACTIC

NuSpine
CHIROPRACTIC
EXCLUSIVE MILITARY PRICING
4 Visit Membership for \$69/month
(\$20/month savings or regularly \$89)
2530 Vista Way, Ste P
Oceanside • (760) 600-5553

HELP WANTED



A Veteran-Owned Business

Providing
In-Home Care
for San Diego

Call Today to Learn More
760-908-8408

Newspaper delivery driver for news racks, stands, countertops, etc, in south San Diego area 2 Thursday mornings a month. Must have clean driving record, dependable car w/insurance, base access. 619-280-2985.

GOSPEL PIANIST/KEYBOARDIST wanted for Pentecostal church Sundays 10am-12pm. \$35 per/hr. Call 619-414-8251. Visit - www.hopeformesd.org

MISC. FOR SALE

MANY ITEMS FOR SALE: Recliner \$60, exercise bike \$60, Bissell vacuum \$35, walker (new) \$25, shoes \$5. 442-515-0851.

AUGUST OBSERVANCES

Aug. 4 - Coast Guard Birthday
Aug. 7 - Purple Heart Day
Aug. 29 - Marine Forces Reserve Birthday

REAL ESTATE

Military Relocation Professional



Stephanie
Love-Payne

Realtor® MRP, SRES®

BERKSHIRE
HATHAWAY | California
HomeServices Properties

First-Time Buyer Consultation

2060 Otay Lakes Rd. #150
Chula Vista, Ca 91913
858-583-8470

stephanielovepayne@bhhsca.com
DRE #02134782
A member of the franchise system of BHHAffiliates, LLC

RENTALS APARTMENTS

CORONADO - Lovely, quiet, classic, furnished 1BR/1BA. Terrace with beautiful view. All utilities included. W/D on premises. \$3250/mo. 619-435-8738 or 619-756-1479.

IMPERIAL BEACH - 2BR/1BA with patio, wood flooring, gated parking. \$2300/mo. 1245 Donax. 619-429-1678.

AVAILABLE NOW!!!

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

MOVE-IN SPECIAL!
LEADINGHAM
REALTY

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

RENTALS HOUSES

IMPERIAL BEACH - 3BR/2.5BA w/2 car garage, 4 balconies, dual masters, high efficiency LED lighting, AC. \$3500/mo. 221 Palm Ave. 619-429-1678.

RENTALS ROOMS

EAST CHULA VISTA - Master BR and Master BA \$1,250/Month For Rent and 1 Time Deposit \$1,250. 1 person. No pets. Available 7-20-2024. 619-917-4519. See craigslist link below for more info. <https://sandiego.craigslist.org/ssd/roo/d/bonita-master-bedroom-master-bath/7768495614.html>

RENTALS STUDIOS

OTAY MESA - New studio, no pets, no smoking, Indry. Desirable neighborhood, transportation closed \$1350/mo. 619-808-1068.

THRIFT STORES

AMVETS
NEW STORE
NOW OPEN
IN OCEANSIDE
40,000 clothing items &
10,000 miscellaneous
items on our floor daily!
1527-A Mission Ave., Oceanside
Just east of I-5
(760) 286-8880
Open 7 days a week 9am-7pm
Sales support veterans & their families

ROY'S SUDOKU

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

Sign up for VFW car show fundraiser in O'side

VFW Post 10577 is hosting their 1st Annual Car Show fund raiser to help needy veterans on Saturday, August 17 at the Elks Lodge, 444 Country Club Lane, Oceanside. Highlights include Oceanside Low Rider Country Club Lane, Oceanside. Highlights include Oceanside Low Rider Police Car, Carlsbad '54 Olds Police Cruiser & Fire Trucks. Car Setup 9-11am, Car show 11am-3pm. Register online or pay at the gate. For more information please visit vfwpost10577.com

'We Carry On' wins awards at G.I. Film Festival

We are excited to announce 'We Carry On' wins Best Documentary Short Film and Women's Voice Award at the 2024 G.I. Film Festival in San Diego. Presented by Wounded Warrior Project and Community Building Art Works, 'We Carry On' follows twelve caregivers of severely wounded Veterans through a six week virtual poetry workshop as they prepare to take the stage, perform their collaborative poem, and reflect on the shared experience. This shared experience is significant in a society that encourages us to shoulder our pain silently and alone.

AMVETS opens thrift store in Oceanside

AMVETS store is now open for business in Oceanside at 1527-A Mission Ave, just east of I-5. It is our soft launch, and we are planning a Grand Opening event in September. Come in and shop and donate every day of the week from 9am to 7pm! We offer 40,000 clothing items with another 10,000 miscellaneous items on our floor daily! We are a non-profit organization, with all of our bottom line revenue going to support veterans and veteran families!

MOVIES AT THE BASES

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

<https://sandiego.navylifsw.com/> select movies at dropdown menu on left
<https://miramar.usmc-mccs.org/dining-entertainment/movies>
<https://pendleton.usmc-mccs.org/dining-entertainment/theater>



Movie Rating System

G - General audiences ALL ages admitted.

PG - Parental guidance suggested some material may not be suitable for children.

PG-13 - Parents strongly cautioned some material may be inappropriate for children under 13.

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



NBSD and Lowry Theater Policy

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

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

Premium Offerings

• Audiovisual assistive equipment available to customers at the front counter.

• Handicap seats and child booster seats are available.

CROSSWORD PUZZLE

Across

- 1 Pours to the brim
- 6 Fit together
- 10 _-porter: ready-to-wear
- 14 Cellphone bill statistic
- 15 Baseball's Moises
- 16 Resign, in chess
- 17 "Make yourself comfortable"
- 20 Editor's "Don't change that"
- 21 Lubricate
- 22 Start a journey
- 23 Sine __ non: essential
- 25 Quick bite
- 26 Personal connections
- 29 "Don't be a stranger!"
- 35 Maple tree fluid
- 36 Backless sofa
- 37 "Cheers" actress Perlman
- 38 Olympics venue
- 40 It tops a king
- 41 Riyadh resident
- 42 Pooh's Hundred __ Wood
- 43 Show gratitude to
- 45 Squealer
- 46 Regardless of how things go
- 49 Phoenix MLB team, on scoreboards
- 50 New Look designer
- 51 U.S. Presidents, so far
- 53 Deprived (of)
- 56 Broke bread

Down

- 1 Commotion
- 2 "___ any wonder?"
- 3 Out past curfew
- 4 Pride parade letters
- 5 Caribbean, e.g.
- 6 Sushi roll type
- 7 Airline to Tel Aviv
- 8 Luke, to Darth
- 9 Big Apple river
- 10 Large amount
- 11 Chocolate-caramel candy brand
- 12 Jacob's twin
- 13 Modern message
- 18 Raccoon relative
- 19 Sabbath activity
- 24 Meat safety agcy.
- 25 Hr. when many world-days begin
- 26 Writer Asimov
- 27 DEA agent
- 28 Type of whale
- 30 Picture next to a username
- 31 Luxury vessel
- 32 "Star Trek" lieutenant
- 33 Fragrant wood
- 34 One side of Hispaniola
- 39 Had no choice
- 41 Breed of terrier
- 44 Monikers
- 47 Coffeehouse amenity
- 48 Tripadvisor listings
- 52 Mandarin greeting
- 53 "Ice cream or cake?" response, perhaps
- 54 Online auction venue
- 55 Enlist again
- 56 Highest point
- 57 "There's no 'I' in ___"
- 59 Entre __: between us
- 60 Either of two "Unforgettable" singers
- 61 Wistful word
- 63 Tiny complaint
- 64 Bit of EMT expertise

1	2	3	4	5		6	7	8	9		10	11	12	13	
						15					16				
14															
					18					19					
17															
					21			22							
20															
				23	24			25							
26	27	28				29		30	31				32	33	34
35						36							37		
38				39				40			41				
42								43			44			45	
46						47	48							49	
											51		52		
53	54	55						56	57			58	59	60	61
62								63				64			
65								66				67			
68								69				70			

Friends don't make friends wait in hot cars!

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

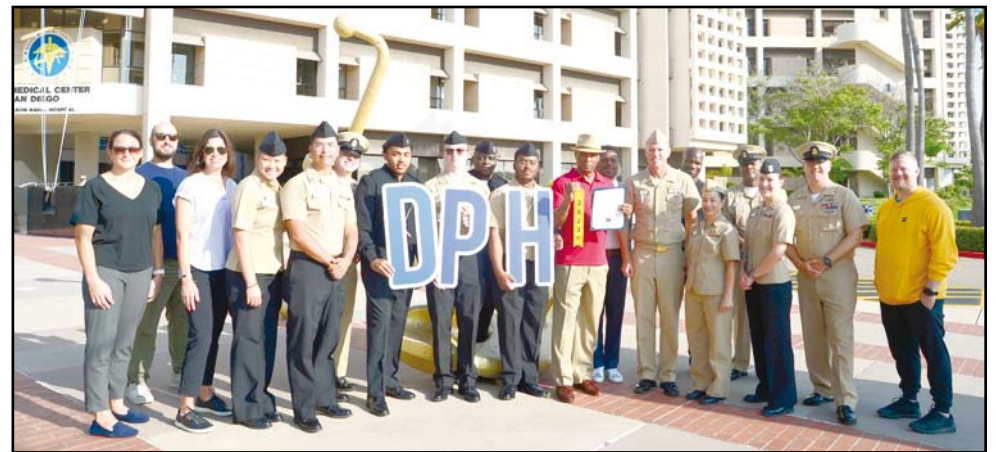
@cocotheadventurepup



Health & Fitness



On Friday, July 26, 2024, the Camp Pendleton Intrepid Spirit Center was honored to host a visit by Mrs. Patrisha Smith, spouse of Commandant of the Marine Corps General Eric Smith, and the spouses of general officers aboard Marine Corps Base Camp Pendleton. The group received a tour of the facility by US Public Health Service Cmdr. Jeffrey Bullock and USPHS Lt. Cmdr. Kerry Quinn, director and deputy director of the Intrepid Spirit Center, respectively. For more information on how Intrepid Spirit Centers promote healing from traumatic brain injury, go to: <https://www.health.mil/News/Articles/2021/03/30/Intrepid-Spirit-Centers-promote-healing-from-traumatic-brain-injury>



Naval Medical Center San Diego's Directorate for Public Health poses for a photo after receiving the Navy Surgeon General's "Blue H" award during morning quarters, July 26, 2024. The Health Promotion and Wellness Award is an annual award sponsored by the Navy Surgeon General and is managed by the Navy and Marine Corps Public Health Center. "On behalf of the command, my directorate, DPH, and my department, Health and Wellness, it is an honor to accept this award," said Preston Thrift, a public health educator for NMCS's Health and Wellness Department. "Everybody had to put in a great deal of work for this to be carried out." U.S. Navy photo by MC2 Jacob Woitzel.

Veterans Crisis Line Dial 988 then press 1

Urine test detects high-risk prostate cancers

NIH, July 2025

Prostate cancer is a leading cause of cancer death among men. Scientists have developed a urine test that could help some men avoid unnecessary biopsies.

Screening for prostate cancer usually involves a blood test. The test measures levels of a substance called prostate specific antigen (PSA). High PSA levels may require more tests, such as a biopsy. A biopsy involves removing small samples from the prostate gland. Doctors then

look for cancer cells.

Biopsies are generally safe. But they are sometimes painful. And they can lead to side effects like a fever or urinary tract infection.

Scientists have been looking for ways to avoid unnecessary biopsies. A decade ago, a research team created a urine test to detect prostate cancer. It could identify prostate cancer in its early stages. But the test could not tell the difference between

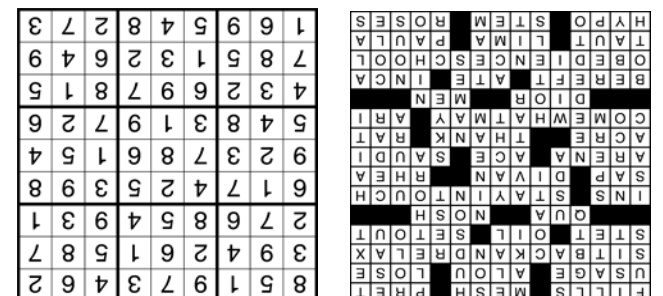
serious cancers and slow-growing cancers. Slow-growing cancers may never need treatment.

In their latest study, the scientists created an improved urine test. They analyzed genes from hundreds of patients with prostate cancer. They found 18 genes in urine that could be used in combination to spot the presence of serious cancers.

They next used the new test to assess the urine of over 700 men with high PSA levels. The

test could distinguish aggressive cancers from low-risk cancers. And it could rule out the presence of aggressive cancer with 97% accuracy.

"In nearly 800 patients with an elevated PSA level, the new test was capable of ruling out the presence of clinically significant prostate cancer with remarkable accuracy," says study co-lead Dr. Jeffrey Tosoian of Vanderbilt University. "This allows patients to avoid more burdensome and invasive tests."



Veterans News

Prepare for VA's secure sign-in changes

EDITOR'S NOTE: Refer to <https://news.va.gov/133159/prepare-for-vas-secure-sign-in-changes-for-more-details-about-this-story>.

VA is committed to making it as easy as possible for veterans to manage their benefits and health care online while protecting their identities and data.

As part of this commitment, and in an effort to streamline veterans' sign-in options, VA will transition to two modern, secure, sign-in options in 2025: a Login.gov or ID.me account.

After this transition, veterans, beneficiaries and caregivers looking to access VA's online services (VA.gov, the VA: Health and Benefits mobile app, and other VA online services) will need to sign in with either a Login.gov or ID.me account.

Veterans and other beneficiaries will no longer be able to use usernames and passwords for My HealtheVet after Jan. 31, 2025, or DS Logon after Sept.

30, 2025.

VA will provide information and support throughout this transition. Veterans can begin this transition now by visiting www.va.gov/sign-in-changes to learn how to create a verified Login.gov or ID.me account.

The process takes about 10 minutes. Importantly, veterans who do not transition before these deadlines will be able to resume accessing their data, benefits and services online as soon as they create a Login.gov or ID.me account.

This transition only impacts account-based online services. Many VA webpages are accessible without signing in—such as finding information about VA locations, downloading VA forms, learning more about the PACT Act, how to file claims, and more.

Why is VA transitioning to Login.gov or ID.me accounts? This transition is our response

to Veterans' feedback to offer fewer sign-in account options and help reduce confusion and sign-in complexity.

This change helps us continue to protect the security of veterans' identities and data by making sure that all veterans are using modern, secure accounts and have the added protection of multifactor authentication.

Identity theft and related medical identity theft are serious issues that can cause severe financial hardship and disruption in medical care for Veterans and their families.

In 2023, the Federal Trade Commission (FTC) received more than 1 million reports of identity theft. That same year, veterans and military retirees also reported to the FTC \$350 million in losses to fraud.

Federal policy requires VA to help all veterans begin using a sign-in account that meets modern security standards, and

that Veterans' sign-in experience is as simple as possible. Login.gov and ID.me helps us meet both these requirements.

Actions to take and who's affected If you use an account to access any VA online services—including through VA's mobile app—and are not yet using Login.gov or ID.me, this change will impact you. Don't worry—there's still time to transition.

If you: Already use a Login.gov or ID.me account to access VA's online services or mobile app, you are all set and don't need to do anything additional.

•Currently use a DS Logon or My HealtheVet username and password to access VA's online services or mobile app, we encourage you to create a Login.gov or ID.me account sooner rather than later so you have time to get used to it before this change.

<https://news.va.gov/133159/prepare-for-vas-secure-sign-in-changes>



Your Local USO Wants You!

Volunteers are our greatest asset and the backbone of the USO. Whether helping a Sailor or Marine with a connecting flight, distributing a Care Package, serving snacks with a smile, providing local information, or "welcoming home" ships and troops from deployment, volunteers are vital to the success of the USO's mission.

While the duties of a volunteer may vary, the goal is always the same – to improve the quality of life of service members, boost their morale, and serve as the link between service members and the American people.

Ready to apply to be a USO San Diego volunteer?

Visit www.volunteers.uso.org.

- On the right side see "Interested in volunteering?"
- Click red "Register Here" button
- Navigate to your area
- Finally, select the USO San Diego center nearest to you!

Positions may be available around San Diego county at:

- Neil Ash Airport Center
- Camp Pendleton USO Center
- San Diego MEPS Center
- Special Events Outreach





Chase mortgage benefits really add up.

Combine our offers and discounts to save even more when you buy a home with Chase, if you qualify:

\$2,000 Chase VA Loan Purchase Closing Cost Benefit
Up to \$7,500 with the Chase Homebuyer Grant

[Learn more at chase.com/VA-loan](https://chase.com/VA-loan)



Scan the QR code



The Chase VA Loan Purchase Closing Cost Benefit will be applied at closing first to points on the loan, if any, then to fees. The benefit may not be used for the down payment and any remaining funds will be applied as a principal reduction. The benefit is available only on primary residence purchase loans and is not available for any refinance loans. The benefit may be considered miscellaneous income and may be reportable to you and the IRS. Please consult with a personal tax advisor about the impact to personal income tax returns. Veterans, Servicemembers, and members of the National Guard or Reserve may be eligible for a loan guaranteed by the U.S. Department of Veterans Affairs (VA). A Certificate of Eligibility (COE) from the VA is required to document eligibility. Restrictions and limitations apply. The Chase Homebuyer Grant is available on primary residence purchases only, on select products and subject to eligibility. Other limitations and restrictions apply. To learn more about the Homebuyer Grant, visit chase.com/AffordableLending. All home lending products except IRRRL are subject to credit and property approval. Rates, program terms and conditions are subject to change without notice. Not all products are available in all states or for all amounts. Other restrictions and limitations apply. Home lending products provided by JPMorgan Chase Bank, N.A. Member FDIC ©2024 JPMorgan Chase & Co.