

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch

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



FIRE AWAY Air Force Senior Airman Cameron Bowens, A-10C Thunderbolt II Demonstration Team engines specialist, sets off a 'wall of fire' pyrotechnic effect during the A-10 demonstration at the Midland Air Show in Midland, Texas, Sept. 8, 2024. The wall of fire simulated the result of an A-10 dropping a 500-pound bomb. U.S. Air Force photo by Senior Airman Devlin Bishop

Navy issues contract to begin USS *Nimitz*'s retirement

by Gary Warner, Stars and Stripes

The Navy has begun the process of retiring its oldest aircraft carrier, USS *Nimitz*, which was commissioned in 1975.

Huntington Ingalls Inc. has received an \$18.4 million contract from U.S. Naval Sea Systems Command to handle preliminary planning to deactivate the nuclear power plants on *Nimitz*, the first step toward decommissioning and eventual disposal.

The contract calls for a deactivation plan to be submitted to the Navy by November 2024. *Nimitz* is still on active duty, homeported at Naval Base Kitsap in Washington state, with deactivation planned for 2026 and to be completed in 2027.

The contract for *Nimitz* was included in an Aug. 28 roundup of projects approved by the Defense Department. Naval Sea Systems Command will oversee the project. *Nimitz* completed a six-month maintenance at the Puget Sound Naval Shipyard in June and shares a portion of Naval Base Kitsap with aircraft carrier *Ronald Reagan*.

After *Ronald Reagan* completes its six-month overhaul, the ship is scheduled to take up *Nimitz*'s role as the Navy carrier homeported in the Pacific Northwest.

The Navy's plan for *Nimitz* calls for it to transit down the West Coast of the United States and South America, around Cape Horn, and proceed to Newport News, Va., where the deactivation work would begin, according to the contract.

Nimitz is the first of the class of 10 nuclear-powered aircraft carriers based on the same design. It's named after former five-star admiral Chester Nimitz, a Navy leader in World War II. All *Nimitz*-class carriers were built between 1968 and 2006 at Newport News Shipbuilding in Virginia.

Nimitz was the second nuclear-powered aircraft carrier to join the Navy, following USS *Enterprise*, a design used for only one ship. The Navy's newest carrier is USS *John F. Kennedy* of the Gerald R. Ford-class. It was commissioned in June 2017.

John F. Kennedy was planned to replace *Nimitz* in the fleet next year, but its delivery date was pushed back by the Pentagon to 2025. Two more Gerald Ford-class ships are under construction — a new USS *Enterprise* and USS *Doris Miller*, which is named after the black sailor who received the Navy Cross for heroism at Pearl Harbor.

SAN DIEGO'S 3.3 MILE OPEN SWIM RACE RAISES AWARENESS FOR SPECIAL OPERATIONS FORCES VETERANS

by Kaylyn Barnhart
Stars and Stripes

Military veterans, first responders and civilians competed Sept. 14 in the Swim for SOF in

San Diego, a 3.3 mile open-water swim from Coronado Island to the USS Midway Museum to raise awareness and funds to support special operations forces

veterans transitioning from military to civilian life.

The event was hosted by The Honor Foundation, which also will celebrate its 10th anniversary.

"These are the elite of the elite, and they're nervous to transition out of the military. ... We need the local [veteran] community to see what we have to offer, and that they need to take advantage of it," said Jessica Hunt, Director of Impact for The Honor Foundation.

Some special operations forces members living in San Diego are leaving the military and looking for new roles. With the support of local businesses, volunteers and this year's title sponsors,

Surefox and Sunbelt Rentals, The Honor Foundation's Swim for SOF event spotlights veteran initiatives and help guide veterans to their next purpose.

More than 100 swimmers from around the country participated. They demonstrated not only elite fitness but also the physical grit and determination of special operations forces members defending the nation.

There was also two tribute workouts during the race that consisted of 22 pull-ups to draw attention to veteran suicide and 100 pushups to remember the fallen. "It's a reminder to all of us — military and the community — that all gave some, and some gave all," Hunt said. "We make sure we honor those who couldn't be here with us."



Swimmers run in a formation on the beach while carrying American flags during a Swim for SOF event in San Diego. Photo courtesy of The Honor Foundation

Coast Guard offloads \$44.2 million worth of drugs in S.D.

from Coast Guard District 11

SAN DIEGO - The Coast Guard and the Royal Canadian Navy offloaded \$44.2 million worth of cocaine here Sept. 12. The crew aboard Her Majesty's Canadian Ship *Yellowknife* (HMCS-706) and a U.S. Coast Guard Law Enforcement Detachment team interdicted more than 3,100 lbs. of cocaine approximately 430 miles southwest of Acapulco Sept. 5. "I congratulate the entire crew of *Yellowknife* for their successful patrol in the Eastern Pacific, and I thank them for their dedicated service," said Capt. Tim Lavier, Eleventh Coast Guard District chief of response. "Deploying a Coast Guard law enforcement team aboard a Canadian Navy ship in the Eastern Pacific is a significant showcase of the strong relationship we have built with our Canadian partners." Multiple U.S. agencies, including the Departments of Defense, Justice, and Homeland Security, collaborate in the effort to combat transnational organized crime. The Coast Guard, Navy, Customs and Border Protection, FBI, Drug Enforcement Administration, and Immigration and Customs Enforcement, along with allied and international partner agencies, all play a role in counter-narcotic operations.

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Defense Department announces latest efforts to improve quality of life for service members

by C. Todd Lopez, DOD News

The Defense Department announced Sept. 13 a new series of initiatives aimed at improving the welfare and well-being of service members and their families.

In a memorandum published Sept. 13, titled “Our Enduring Duty to America’s Service Members and Their Families,” Secretary of Defense Lloyd J. Austin III announced a new set of initiatives which are part of his ongoing “Taking Care of Our People” priority that began three years ago.

The latest initiatives include:

- *Establishing Health Care Flexible Spending Accounts for service members
- *Providing greater access to free wireless internet in unaccompanied housing
- *Decreasing the cost burden associated permanent change of station moves
- *Lowering the cost of procuring uniforms for enlisted service members
- *Expanding spouse employment and professional development opportunities through the My Career Advancement Account, or MyCAA program
- *Increasing access to affordable quality childcare and early childhood education
- *Improving quality of life conditions at remote and isolated installations

The new initiatives, along with initiatives over the past three years, were developed after assessing the experiences of service members. Taken together, the efforts are meant to ensure the well-being and success of service members, enabling them to better focus on their part of the defense mission.

“Early in my tenure as secretary of defense, I made taking care of our people a top priority,” Austin said in

the memorandum. “Doing right by our all-volunteer joint force and their families is a core readiness issue. Taking care of our people is fundamental to the department’s ability to recruit and retain the most talented American patriots and to ensure that the U.S. military remains the most lethal fighting force on the planet — and it is simply the right thing to do.”

As part of a focus on service member and military family health, the department plans to offer service members the ability to contribute up to \$3,200 in pre-tax earnings to pay for eligible healthcare-related expenses through a Health Care Flexible Spending Account, or HCFSA.

With the HCFSA, service members will be able to contribute up to \$3,200 each year in pre-tax dollars to their accounts and spend that money on things such as insurance co-payments and cost shares, deductibles, braces and other orthodontia, glasses and contact lenses, prescription drugs, and wellness treatments such as acupuncture, massage, and chiropractic care. It’s expected that the HCFSA will be available to service members for the first time in March 2025.

To keep junior, unaccompanied service members connected to the wider world while off duty, the department has directed the military departments to carry out a series of pilot projects to provide wireless internet connectivity to enlisted service members who reside in military barracks.

While access to wireless internet will allow those junior service members access to personal email, banking and

see **Family**, page 8

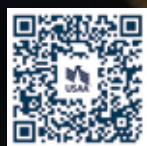
Air Force Staff Sgt. Pierre Dover and his family pose for a photo at Holloman Air Force Base, N.M., April 4, 2022. April is the Month of the Military Child, which recognizes the service and sacrifices of the children of military parents.
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Marine circles back to Hawaii to command 80,000-strong Pacific force

by Wyatt Olson
Stars and Stripes

MARINE CORPS BASE HAWAII - James Glynn was just a young Marine lieutenant when he and his future wife, Denise, gazed at the beauty of the cloud-catching mountains of central Oahu.

"If we could get a set of orders back here, what a day that would be," Lt. Gen. Glynn recalled telling her during a ceremony Sept. 12 at Marine Corps Base Hawaii, where he assumed command of Marine Corps Forces Pacific.

"We pursued those orders for more than 30 years," Glynn, most recently the deputy commandant for manpower and reserve affairs, said with a laugh. "I finally became the guy that cut the orders and somehow convinced the commandant that maybe that would be a good idea."

Glynn took the reins from Lt. Gen. William Jurney, who is retiring after 37 years in the Corps. He began as an enlisted infantryman and became an officer via the Enlisted Commissioning Program. Jurney told the audience he felt proud

of a career "pushing hard every day" with planning and executing operations "in the field and in the fight."

"So going out with my boots on, as I would say, is exactly where I wanted to be and how I wanted it," he said. "I'm the guy who says you're either getting better or you're getting worse," Jurney said while reflecting upon his career. "There's no staying the same."

"Because I submit to you
Command senior enlisted leader assignment

The Office of the Senior Enlisted Advisor to the Chairman of the Joint Chiefs of Staff announced today the following assignment:

Marine Corps Sgt. Maj. Eric D. Cook, currently assigned as command senior enlisted leader for Marine Corps Forces Pacific, Camp H. M. Smith, Hawaii, has been selected to replace Navy Fleet Master Chief David Islom as command senior enlisted leader, U.S. Indo-Pacific Command, Camp H. M. Smith, Hawaii.

Cook, a native of Ewing, Illinois, entered the Marine Corps in August of 1994.

Throughout his career, he's

that if you think you're staying the same, our adversaries are working harder than us, and by default, you are, in fact, getting worse." Marine Corps Commandant Gen. Eric Smith praised Jurney as almost – almost – irreplaceable. "You can't replace a Bill Jurney," Smith told the audience, then paused. "But if you're gonna, you do it with Jim Glynn and Denise," Smith said. "He and Denise are the complete package."

Glynn now commands a force



Sgt. Maj. Eric D. Cook

been a 60 mm mortar man, to a mobile assault platoon commander, to an inspector and instructor first sergeant.

Cook's personal awards include the Legion of Merit with two gold stars in lieu of third award.



Marine Corps Lt. Gen. James F. Glynn, U.S. Marine Corps Forces, Pacific, gives his first remarks as commander during the MARFORPAC change of command ceremony on Marine Corps Base Hawaii, Sept. 12, 2024. With two-thirds of the Marine Corps' operating forces assigned, MARFORPAC operates in the U.S. Indo-Pacific Command area of responsibility, the largest Geographical Combatant Command in the U.S. Department of Defense, as the Nation's expeditionary force-in-readiness. Pacific Marines serve alongside the joint force and like-minded allies and partners to preserve and maintain a free and open Indo-Pacific region. U.S. Marine Corps photo by Staff Sgt. Ash McLaughlin

composed of roughly 80,000 Marines, Sailors and civilians. Marine Corps Forces Pacific, headquartered at Camp Smith, Oahu, includes the I Marine Expeditionary Force based in California and Arizona and

the III Marine Expeditionary Force based in Hawaii and Japan. It is the Corps' largest operational command and comprises two-thirds of the service's active-duty combat forces.

Under Jurney's tenure, Pacific Marines were involved in the first deployment of the Amphibious Combat Vehicle with the 15th Marine Expeditionary Unit, the redesignation of 12th Marine Regiment to 12th Marine Littoral Regiment and the transition of Unmanned Aerial Vehicle Squadron 3 from the RQ-21A to the MQ-9A MUX/MALE.

Glynn was commissioned in 1989 and served as a rifle platoon commander during Operation Desert Shield and Desert Storm in the early 1990s. During Operation Iraqi Freedom, he was a battalion landing team commander with both the 15th and 31st Marine Expeditionary Units.

He is a graduate of the Marine Corps Amphibious Warfare School, Army War College and the Harvard Business School Advanced Management Program.

"You should expect me to be out front, ensuring that you have what you need and that you're taken care of, so that we can achieve the things in support of our partners and allies," Glynn told the troops on the parade ground for the ceremony.

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Army

- U.S. Soldier charged with assaulting police officer during Capitol riot
- Army garrison in Germany where Soldiers slept outside for vehicle registration revamps process
- Soldiers reimagine Battle Drill 1 against brush fires on range detail
- Qdoba Mexican-style food lands 2 locations on Camp Humphreys

Navy

- Australian lawmaker calls for Navy SEALs to work, train Down Under
- Navy medicine undergoing realignment process to better meet Sailor needs
- USS *Manchester* returns to San Diego after 18-month deployment to the Indo-Pacific
- Navy issues contract to begin USS *Nimitz's* retirement

Marine Corps

- Marine circles back to Hawaii to command 80,000-strong Pacific force

Air Force

- Air Force looks to add telescopes on sacred Hawaii volcano as outrage continues over fuel spill
- Air Force elevates AFSOUTH as new 'service component command'
- Airlift hub in Tokyo to be first Pacific base to roll out flu vaccines this season
- Air Force prepares for its 77th birthday with concert at the Air Force Memorial
- B-52 bombers fly to and from Poland for exercise with six NATO allies

Space Force

- Space Force is urged to flag emerging humanitarian crises on Earth

National Guard

- National Guard moves closer to filling leadership vacuum with key Senate hearing

Legislation tackling 'difficult problems' funds sports prosthetics, service dogs and community mental health care for disabled veterans

by Linda F. Hersey
Stars and Stripes

WASHINGTON - More than a dozen bills for improving veterans services were introduced Sept. 11 to House lawmakers in a series of brief hearings, from covering the cost of prosthetics for amputees to play sports to helping ensure veterans in crisis can access mental health care close to home.

"Each of these bills would attempt to improve the delivery of health care to the men and women who have served. These bills include creative solutions that would seek to address difficult problems," said Rep. Mariannette Miller-Meeks, R-Iowa, the chairwoman of the House Veterans' Affairs Committee's subpanel on health.

The subpanel heard testimony from lawmakers sponsoring the bills and veterans groups supporting the legislation. Several pieces of legislation focused on providing unconventional resources and assistance that are not part of traditional medical care at the VA.

The Veterans Supporting Prosthetics Opportunities and Recreational Therapy Act would provide coverage for prosthetics and other adaptive equipment that veterans who are amputees

use to participate in sports and other recreational activities. The new legislation would recognize

prosthetic devices and other adaptive equipment for sports and recreational use as medically necessary, said Miller-Meeks, the bill's sponsor.

Miller-Meeks is a physician and retired Army lieutenant colonel who served for 24 years in the military. "It's critical we ensure veterans have the equipment and tools to live active lifestyles as they please and to ensure the highest quality of life for them," she said.

Though the VA provides equipment and services to disabled veterans from artificial limbs to wheelchair ramps, the prosthetics must be deemed medically necessary. Rules now potentially limit VA approval for the equipment when it is used for athletics and recreational ac-

tivities, said Clark Pennington, chief operating officer of the Independence Fund, which helps

disabilities and help them to live independently. The bill would authorize the VA for the first time to award grants to nonprofit organizations to provide service dogs to eligible veterans with traumatic brain injuries, post-traumatic stress disorder and other mental health conditions.

Nonprofits that train and offer service dogs to vets with mental health conditions now exclusively depend on donations to fund operations, supporters said. Rep. Morgan Luttrell, R-Texas, a former Navy SEAL, introduced the bill and said VA funding would decrease the time that veterans seeking a service dog must wait to receive one.

The SAVES Act would enable the VA to subsidize the costs for "the necessary six to 12 months of training to dogs to become certified service dogs for veterans suffering from the psychological wounds of war," according to the nonprofit K9s for Warriors.

"This is what he was meant to do," Dave Crenshaw, a former master sergeant in the Army National Guard, said about Doc, his 7-year-old service dog. "Doc can facilitate and navigate those spaces you cannot do alone or without medication or constant therapy."

<https://www.stripes.com/veterans/2024-09-11/veterans-service-dogs-health-care-prosthetics-15144926.html>



Dave Crenshaw, a former master sergeant in the Army National Guard, pictured with Doc, his 7-year-old service dog. A bill called the SAVES Act would help cover costs for the six to 12 months of training to certify service dogs. Photo courtesy of Dave Crenshaw

provide mobility and adaptive technologies to veterans.

"This legislation will ensure veterans seeking to enjoy and benefit from the physical and psychological aspects of recreational activities will now be guaranteed access to the prosthetics they need to thrive," he said.

The Service Dogs Assisting Veterans Act, also known as the SAVES Act, is another piece of legislation that would seek to enhance the life of veterans with

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DoD official says military service offers multiple benefits

by David Vergun
DOD News

People who served in the military in uniform or as civilians have a huge advantage in society, said Shawn G. Skelly, who is performing the duties of the deputy undersecretary of defense for personnel and readiness.

When service members separate or retire, they bring to the workforce the valuable job skills they were trained in by the military, as well as intangible skills like management and leadership, teamwork, problem-solving, drive and motivation, Skelly said.

Smart employers know this and actively seek to hire veterans, Skelly said, adding that, as a group, veterans have lower unemployment rates than non-veterans and are twice as likely to own their own businesses.

Veterans also earn education benefits, and they tend to get better grades than their peers, she said.

Veterans are some of the most civically engaged Americans. They tend to volunteer in their communities and vote in higher numbers than nonveterans, said Skelly, who is a Navy retiree.

"They defended the country and our democracy and probably have a better appreciation of how precious it is," she said.

One of Secretary of Defense Lloyd J. Austin III's priorities is taking care of people, as they are the Defense Department's most critical asset, she said.

"The business of figuring out

DOD schools, and recreation.

The [Defense] Department is continually evaluating its people and programs and looking for ways to improve them, she said.

Taking care of people is directly related to mission success, she said. As a youngster, Skelly said her family was of modest means and didn't travel much.

California and Hawaii, and she also visited dozens of states.

"I saw America and gained

a better appreciation of who my fellow Americans were by serving alongside them," she said.

Skelly said joining the military was the best decision of her life and opened the door to many subsequent opportunities.

Tabari Wallace, special advisor to the North Carolina state superintendent for principal engagement, poses for a picture on a M1 Abrams tank at Fort Carson, Colo., June 6, 2023. U.S. Army photo by Lara Poirrier



how to better take care of people never stops," Skelly said, adding that caring for people includes not only the millions of service members and DOD civilians, but also their family members and military retirees.

Skelly's office has over 500 policies related to caring for people, including health care, pay and compensation, military spouse employment, civil-military programs, commissaries,

She longed to travel, and the Navy seemed like the ticket to adventure.

In 1988, she was commissioned and began training as a naval aviator. After flight school she flew S-3 Viking jets off aircraft carriers and made port calls to about two dozen nations.

During her 20-year Navy career, Skelly was stationed in Virginia, Florida, Rhode Island,

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Local Military

Roosevelt carrier group heading to Indo-Pacific; No change in U.S. policy on long-range weapons

by Jim Garamone
DOD News

The USS *Theodore Roosevelt* Carrier Strike Group is heading to the Indo-Pacific area of operations after completing its mission in U.S. Central Command, Pentagon Press Secretary Air Force Maj. Gen. Pat Ryder said Sept. 12.

The United States still maintains the USS *Abraham Lincoln* Carrier Strike Group in the region as well as destroyers,

a Marine Expeditionary Unit, F-22 Raptor aircraft and more, Ryder said.

“As we have been since the beginning of the crisis in the Middle East, following Hamas’ vicious Oct. 7 attacks, we remain intensely focused on working with regional partners to de-escalate tensions and deter a wider regional conflict,” the general said. “The United States also remains very focused on securing a cease-fire as part of a hostage deal to bring all of the

hostages home and to end the war in Gaza.”

On Ukraine, Ryder said U.S. policy on the use of long-range American weapons has not changed. “We’ve worked with the Ukrainians to ensure that they have the ability to conduct cross-border counterfire — defensive strikes — to defend their troops that are being attacked from across the border in Russia,” Ryder said. “We are very, very much focused ... on ensuring that Ukraine has what

it needs to be able to preserve its sovereignty and take back occupied territory. That’s going to continue to be our focus.”

The United States wants to see Ukraine win its conflict with Russia. President Vladimir Putin ordered the invasion of a sovereign country against all international laws and norms. As President Joe Biden has said, if Russia were to win its war on Ukraine, Putin would not stop with Ukraine.

“The bottom line is, we want to see Ukraine win in this conflict,” Ryder said. “When ... Ukraine feels that it is time to go to the negotiating table, we want them to do so with as strong a hand as possible.”

Ryder noted that Secretary of Defense Lloyd J. Austin III said last week at Ramstein Air Base, Germany, that there is no one system or weapon that will change the calculus in the Russian war of aggression. “There is no silver bullet that is going to enable Ukraine to succeed,” Ryder said. “It is about taking all of the capabilities that they have and employing them in a way that gets them closer to success and having that stronger hand at the negotiating table.”



A C-2A Greyhound aircraft lands on the flight deck of *Theodore Roosevelt*, July 22, 2024. The aircraft carrier is deployed with the U.S. 5th Fleet area of operations to support maritime security and stability in the U.S. Central Command area of responsibility. U.S. Navy photo

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LEARNING LESSONS Marine Corps Sgt. Alberto Ochoa, a drill instructor with Fox Company, 2nd Recruit Training Battalion, corrects a recruit during the table one course of fire at Camp Pendleton Aug. 21, 2024. The table one course of fire is designed to introduce recruits to the basic fundamentals of marksmanship and rifle safety. U.S. Marine Corps photo by Cpl. Sarah M. Grawcock



FLIGHT TIME A Navy air traffic controller notes flight times aboard USS Theodore Roosevelt in the U.S. Central Command area of responsibility. U. S. Navy photo

Navy accepts delivery of future USS Robert E. Simanek

SAN DIEGO - The future USS Robert E. Simanek (ESB 7) was delivered to the U.S. Navy, Sept. 12.

The ship is named for Private First Class Robert Ernest Simanek, who was awarded the Medal of Honor for shielding fellow Marines from a grenade at the Battle of Bunker Hill during the Korean War.

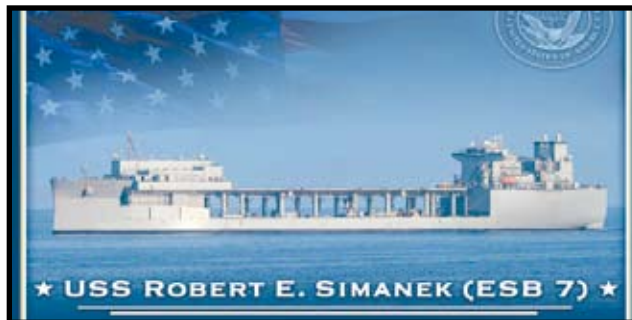
The Medal of Honor was presented to him by President Dwight D. Eisenhower in a White House ceremony in 1953.

“From christening in May 2024 to delivery, it has been an exciting time for those who spend each day preparing this ship to support our fleet,” said Tim Roberts, Strategic and Theater Sealift program manager, Program Executive Office (PEO) Ships.

“The ESB ship class is a highly flexible platform used across various military operations. ESB ships are mobile sea-based assets and are a part of the critical access infrastructure

Sheldon promotion

The secretary of the Navy and chief of naval operations announced Sept. 9 that Capt. Katie F. Sheldon was selected for promotion to rear admiral (lower half), will be assigned as vice commander, 7th Fleet, Yokosuka, Japan. Sheldon is currently the commanding officer, Navy Reserve, 3rd Fleet, San Diego.



that supports the deployment of forces, equipment, supplies, and warfighting capability.”

ESBs are optimized to support a variety of maritime based missions, including Special

Operations Forces, Airborne Mine Counter Measures, Crisis Response Force Sea Basing, Intelligence, Surveillance, and Reconnaissance and Unmanned Aviation Systems.

The ESBs, which include a four spot V-22 sized flight deck, mission deck and hangar, are designed around four core capabilities: aviation facilities, berthing, equipment staging support, and command and control assets.

Follow-on ship, future USS Hector A. Cafferata Jr. (ESB 8) is under construction at NASSCO.

PEO Ships, one of the Department of Defense’s largest acquisition organizations, is responsible for executing the development and procurement of all destroyers, amphibious ships and craft, auxiliary ships, special mission ships, sealift ships and support ships.



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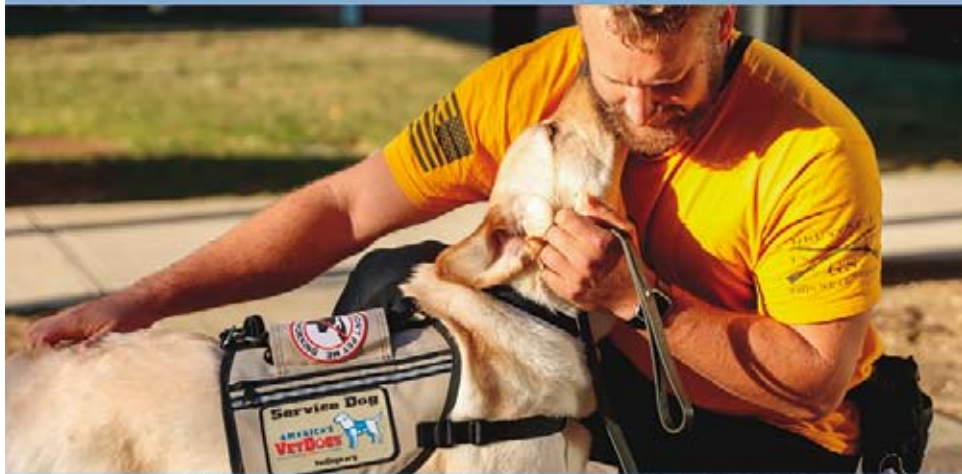
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Family

continued from page 2

entertainment options, the department also expects access can be used to help service members connect with mandatory online training requirements and other health and life related resources such as telehealth appointments, Military OneSource, and military and family life counselors.

According to department documents, the DOD has long-term plans to establish a "WiFi-connected force." For service members in unaccompanied housing, there is not expected to be any cost to access the provided internet services.

Service members make frequent permanent change of station moves during their careers. To ease the burden of moving themselves and their families from one military base to another, the department is working with partners to adjust the number of days associated with both the Temporary Lodging Expense, or TLE, and the Temporary Lodging Allowance, or TLA.

The new effort extends TLE from 14 days to 21 days for moves within the continental U.S. For moves that originate outside the continental U.S., TLA will be extended to as

many as 60 days on the departure side to match the 60 days already authorized on the arrival side.

Both the TLE and the TLA allow service members and their families to live in temporary quarters, such as in hotels, while looking for homes at their new duty station, or after they have checked out of their homes at their existing duty stations.

To ensure enlisted service members are best able to maintain their uniforms, the department has directed a review of the quality of uniforms that are issued to and are available for purchase by service members.

Additionally, the department has directed another review that will look at the annual clothing replacement allowance to determine not only if it is sufficient, but if there are better ways to provide that allowance to service members.

The new initiatives also include efforts to improve the recruitment, retention and working environments of DOD child development professionals; expanding eligibility for participation in the My Career Advancement Account career development program to spouses of active duty service members serving in grades

E-7, E-8, E-9, and W-3; and assessments of three remote and isolated installations via the "On-Site Installation Evaluation" process.

Those three installations will be identified in the fall, with the evaluations taking place in 2025. This particular initiative advances efforts to understand capabilities and needs regarding the well-being of service members at remote and isolated installations.

This latest salvo of efforts, the third in the department's effort to improve the lives of service members and their families, comes as part of an ongoing nearly three-year long effort which began in 2021.

In November 2021, for instance, Austin addressed economic concerns faced by service members. Then, the department provided relief for the high cost of housing and housing shortages with a temporary increase to basic allowance for housing in some areas, and an extension of temporary lodging expenses where service members had a difficult time finding housing due to shortages.

Continue reading this story on the Dod newsstand, at <https://www.defense.gov/News/News-Stories/Article/Article/3904683/>.

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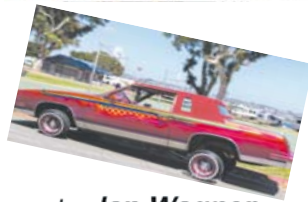
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by Jan Wagner

High-speed powerboat racing at San Diego Bayfair 2024

the surface of it like they do in today's events. The winning boat, the STANDARD, owned and driven by Carl Riotte, averaged just over 23 miles per hour. Measuring 59 feet in length with an 8-1/2-foot beam, the craft used a 110-horsepower Standard motor that resembled a miniature steam engine with its steel columns and open frame. Today's unlimited hydroplanes are approximately 30 feet in length, weigh more than three tons, and fly across the water at nearly 200 mph."

"San Diego first hosted the Gold Cup in 1969 when Bernie Little's 'Miss Budweiser' with Bill Sterett driving won the race in front of 125,000 fans in a powerboat without a canopy or seat belts. The following year San Diego again hosted the Gold Cup, which was again claimed by

a return to Southern California after more than two decades. The San Diego fans love unlimited hydroplane racing and we know the battle for the Gold Cup will be an incredible show on their race course."

Complementing the many classes of powerboats racing, there many other activities and entertainment for the spectators, including a bustling vendor village, a lowriders car and bicycle show, a sea rescue demonstration by the U.S. Coast Guard, flyboarding (where riders stand on a platform as a jet ski-powered geyser lifts them high about the surface of the water and enables them to perform exciting stunts), games, food and more.

For more information, visit the San Diego Bayfair website at



'Miss Budweiser' with Dean Chenoweth at the helm. The Gold Cup didn't return to San Diego again until 1987 when the locally owned 'Miller American' hydroplane of Fran Muncey won with legendary driver Chip Hanauer. The last Gold Cup hosted in Southern California in 1989 was claimed by the turbine-powered 'Miss Budweiser' on Mission Bay."

"The APBA Gold Cup is such a historic trophy with a rich history so determining which course will hold the honor of hosting this event each season is an important decision," said Mike Denslow, chairman of the board, H1 Unlimited. "With the return of Bayfair to this year's schedule, it was important for the Gold Cup to make

<https://sandiegobayfair.org>, the H1 Unlimited website at <https://www.h1unlimited.com>, the Official Title Sponsor Mercurys Coffee Co. at <https://mercurysracing.com> and the American Power Boat Association (APBA) at <https://www.apba.org/index.html>.

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Billed as Southern California's largest annual beach festival and powerboat competition, "Mercurys Presents San Diego Bayfair" took place Sept. 13-15, 2024 at Mission Bay. The event was nestled in-between East Vacation Island, Fiesta Island and Crown Point. Thankfully our extreme heat wave had just ended and the weather was great.

Bob Davies, the Racing Director for San Diego Bayfair, described the racing this way, at the awards presentation on Sunday afternoon: "Wow! I mean that is some of the best racing I think we've ever seen out here on Mission Bay. I mean seven boats in a final, six boats in the Unlimited Final, I mean for the last three days there has been stuff on the water constantly!"

The action was non-stop, the competition was intense and there were far too many stories to tell. In one of the heat races, four boats were entered. Despite trying to time their arrival at the starting line just right, three drivers miscalculated, jumped the start and lost their positions to the driver of the fourth boat, who was way back at the start but thus won the race!

The H1 Unlimited website (<https://www.h1unlimited.com>) tells us that this was the 60th anniversary of San Diego Bayfair, and it marked the first time since 1989 that the American Power Boat Association's (APBA) Gold Cup trophy was contested on the two-and-a-half mile course. The Gold Cup is the oldest trophy in motorsports, dating back to 1903 when it was designed by Tiffany & Co. at a cost of \$750.

"The first Gold Cup race took place in June 1904 on the Hudson River in New York. In the early days, the boats plowed through the water rather than skim over

The Meat & Potatoes of Life



by Lisa Smith Molinari

I approached my daughter's bedroom door with extreme caution, turning the knob slowly with my eyes squeezed shut while holding my breath as if poisonous gasses or rabid hyenas might burst through at any moment. When the gap was an inch wide, I peeked hesitantly into the dark space, not knowing what I would find ...

After prolonging her stay in the family home in order to save money for nursing school, our youngest daughter, Lilly, packed up and moved into her own apartment last week. At age 24, Lilly was more than ready to end her protracted dependency on her parents, and strike out in the world on her own.

During those extra years spent languishing in her high school bedroom binging on Netflix and polishing off bowls of pasta, cans of Parmesan cheese, boxes of crackers and 12-packs of sodas, Lilly took full advantage of the perks of living at home, which included free wifi, 800 television channels, a full refrigerator, a printer with ink and paper, occasional home cooked meals, and 24/7 staff (me) who handled laundry, cleaning, yard work and grocery shopping.

Lilly tried to maintain some sem-

Finding freedom in flotsam

blance of adult independence while living at home by keeping an active social calendar. However, her devil-may-care lifestyle didn't always harmonize with our doggedly routine habits, such as occasions when Lilly would invite friends over to drink our twenty-dollar bottles of wine and cook messy meals after midnight. Or, the mornings when I couldn't enter the shared upstairs bathroom because Lilly's best friend slept over for the fourth night this week and was in the shower again.

So, Lilly's belated bon voyage isn't a sad occasion, despite the empty nest she is leaving behind. In fact, Lilly can't wait to be far away (well, a 25 minute drive) from her parents' prying eyes, where no one will interrupt her day with annoying questions like, "Where were you last night?" or "Who ate all the Cheez-Its?"

Furthermore, Lilly isn't the only one needing her freedom. Francis and I look forward to empty nest living, with no eye rolling, an abundance of parmesan, and a fully stocked wine rack. We eagerly await Lilly's newfound maturity, which will happen as soon as she realizes that independent living requires a lot more than shopping for new comforters at TJ Maxx. After shouldering rent, utilities, laundry, groceries, gas, insurance, phone, internet, car maintenance, dusting, vacuuming, toilet cleaning, banking, and filing tax returns, Lilly might run home longing for the comfort of a Netflix binge and a box of Fruit Loops in her old high school bedroom.

But that ain't happening....

I flipped the overhead light on after entering Lilly's bedroom, and gasped at the scene before me. The carpet was strewn with dirty socks, dog hair, wrappers, crumbs, hangers, and other unidentifiable debris. A droopy dead plant baked on the windowsill. The ceiling fan blades held a thick layer of dust. Mildewed fuzz lurked in the vents of the overused window air conditioner. White water rings from countless cans of soda marred the surfaces of the antique bedside tables. Discarded old shoes lay in the bottom of Lilly's emptied closet. The overflowing trash can emitted a rancid odor. A quilt stained with tomato sauce and tropical punch lay crumpled on the bed.

As I began discarding, scrubbing, and vacuuming the mess, I envisioned the possibilities for the space recently abandoned by my youngest child: A luxury guest room with generous pillows and terry cloth robes? A colorful craft area with paints, beads and a sewing machine? A sleek home gym with a treadmill and yoga mats? An airy meditation room with palm plants and a water feature? A cozy den with leather lounge chairs and a mini-fridge?

As I did with Lilly's older brother and sister when I took over their rooms, I would, of course, erect a modest shrine honoring Lilly on a shelf, displaying her trophies, high school yearbooks, diplomas and such. But, with Lilly on her own, the rest of the room would be painted, remodeled, and transformed into whatever my heart desired.

As our children will soon come to understand, freedom and independence isn't reserved for the young.

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About widow's benefits vs. benefits from my ex-spouse

by Russell Gloor, Association of Mature American Citizens

Dear Rusty: In November I will be 60 and eligible for widow's benefits. My late husband's Social Security was approximately \$2,300 when he passed around 7 years ago. FYI, my ex-husband is still working and will probably receive the highest SS when he retires in about 5 years (we were married for more than 10 years). Either of these is more than my own Social Security will be, so how does this work? Will this turn into my Social Security? Can I start on one and switch to the other later? Signed: Wondering Widow

Dear Wondering Widow: Provided you have not remarried before age 60, you have a choice which benefit to receive - either your deceased husband's benefit as his surviving spouse, or your ex-spouse benefit from your ex-husband while he is still living. Taking your survivor benefit from your deceased husband will likely be best because it is based on 100 percent of his SS amount when he died, whereas your ex-spouse benefit from your living ex-husband is based on 50 percent of his FRA entitlement. To get an ex-spouse benefit from your ex-husband (which you can't get until you are 62), your own SS retirement benefit would need to be less than 50 percent of your ex's FRA entitlement.

As you know, you will be eligible for survivor (widow's) benefits from your deceased husband when you are 60 but be aware that by taking your survivor benefit at 60, it will be reduced for early claiming. Rather than 100 percent of your husband's SS benefit, at age 60 you will get about 71.5 percent. Your surviving spouse benefit reaches maximum at your full retirement age (FRA) of 67 and will grow to that point but will be reduced if taken prior to that.

Also, if you are working, Social Security's "earnings test" will apply until you reach your full retirement age, so your plans for working may influence your decision on when to claim your widow's benefit.



If you exceed the earnings limit (\$22,320 for 2024; it changes annually), Social Security will take away \$1 in benefits for every \$2 you are over the limit. They "take away" by withholding future benefits until the penalty is satisfied, which means you would go some number of months without benefits. And, if you substantially exceed the earnings limit you may even be temporarily ineligible for any SS benefits (until you earn less or reach your FRA - the earnings test goes away at your FRA).

If you claim your surviving spouse benefits from your deceased husband first, and your ex-husband later dies, you do have the option to switch to the higher survivor benefit from your ex-husband. In effect, if both husbands are deceased, you have a choice which benefit to take (and, obviously, you'd chose the higher of the two).

None of this, however, happens automatically. To claim your surviving spouse benefit you will need to contact Social Security directly at 1.800.772.1213 (or call your local SS office) to make an appointment to apply for widow's benefits.

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NAVAL MEDICAL CENTER SAN DIEGO (Sept. 7, 2024) - Navy Reserve Sailors who drill here train in BioSkills lab techniques. Both medical and non-medical Sailors were exposed to high-fidelity mannequins and presented with treating mock patients covering concepts of massive bleeding, airway maneuvers, and rapid casualty assessment. Students developed such skills as judgement and reasoning for caring for actual patients. After the simulations were complete, Sailors had the opportunity to receive additional training on intubating and performing a cricothyrotomy, or crike, which is to make an incision in the neck then insert a tube into the windpipe, establishing an airway. Courtesy photo



Mayo Clinic Q and A: Lifespan vs. healthspan

by Abby Smith

Editors note: September is Healthy Aging Awareness Month

DEAR MAYO CLINIC: I've been hearing a lot lately about healthspan versus lifespan when it comes to aging. What do they each mean? And what is the difference?

ANSWER: We get a lot of questions about what distinguishes between lifespan and healthspan. The simplest answer is to paraphrase a quote from President John F. Kennedy, "It is not enough for a great nation merely to have added new years to life — our objective must also be to add new life to those years."

With lifespan, people are trying to add years to life. For healthspan, we are trying to add life to your years. We are trying to optimize the number of active, healthy and productive years that you enjoy. Lifespan refers to the total number of years a person lives, from birth to death. Healthspan is a concept that focuses on the number of those years that a person remains free of significant illness or disease.

The Robert and Arlene Kogod Center on Aging at Mayo Clinic

aims to improve healthspan through understanding the fundamental biological mechanisms of aging. It has dedicated research programs on musculoskeletal, cardiovascular, neurological, immunological and metabolic health. The intent is to better understand the aging process to come up with interventions that have the potential to delay the onset of age-related diseases as a group.

Whether it's Alzheimer's disease, heart failure, cardiovascular disease, stroke, impaired bone health or kidney or liver function, most conditions or diseases are a result of getting older. In contrast to managing one disease at a time, targeting aging itself has the potential to postpone the onset of age-related diseases, extend healthspan and reduce the length of disease and disability in our final days.

There is a lot of interest surrounding the biology of aging. We often question what it is about getting older that leads to so many different health conditions ranging from osteoporosis to dementia, cancer and diabetes. We're starting to understand the biology of aging and how it contributes to these processes.

One fundamental aspect of aging is a cell fate called se-

nescence. A cell can become senescent in response to different forms of wear and tear on our cells. If a cell is unable to repair the damage, it can either die or transition into a state of senescence. Senescent cells, in a way, are a good thing because they help prevent the growth and spread of tumors. When we are young, they are effectively cleared by our immune system. But if they linger, they start contributing to deterioration, inflammation and age-related conditions. But they tend to accumulate as we age and if they linger, they start contributing to the deterioration and inflammation of tissues and cause age-related conditions.

As much as we're searching for the "magic pill," our studies show that lifestyle factors such as physical activity, healthy nutritional habits, social connectedness and sleep profoundly affect how well we age and extend our healthspan. What we've shown in our studies is that higher levels of physical activity and reduced calories while maintaining adequate nutrition have the potential to reduce the number and burden of the cells.

Taking care of your body and incorporating some of these fundamental activities can improve your lifespan and build a foundation for healthy aging.

Health.mil: Facts about ovarian cancer

Ovarian cancer claims more lives annually than any other gynecologic cancer in the U.S. Often, these cancers go undetected until they've reached advanced stages. Prioritize your reproductive health and learn about risk factors at www.health.mil/OvarianCancer.



Ovarian Cancer starts in the ovaries or in the fallopian tubes and the peritoneum. The ovaries are located in the pelvis and there's one ovary on either side of the uterus. Ovaries make female hormones and produce eggs for reproduction. When ovarian cancer is found in its early stages, treatment works best.

Risk factors

Many women who get ovarian cancer aren't high risk, but some factors do increase your risk. These include:

- *Being middle-aged or older.
- *Having close family members who had ovarian cancer. This can be on either your mother's side or your father's side.
- *Having a known BRCA1 or BRCA2 gene mutation.
- *Having a known gene mu-

tation associated with Lynch syndrome.

Having had:

- *Breast cancer.
- *Uterine cancer.
- *Colon cancer.
- *Having an Eastern European or Ashkenazi Jewish background.
- *Having endometriosis.
- *Never giving birth.
- *Having trouble getting pregnant.

Prevention

You can't prevent ovarian cancer, but you can lower your change of getting it by:

- *Having routine pelvic exams. This allows for early diagnosis.
- *Using birth control pills

for five or more years.

Having:

- *A tubal sterilization (a surgical procedure that cuts the fallopian tubes out or ties them to permanently prevent pregnancy. tubal sterilization.)
- *Both ovaries removed.
- *A hysterectomy (a partial or total surgical removal of the

uterus. It may also involve removal of the cervix, ovaries, Fallopian tubes, and other surrounding structures.)

- *Giving birth.
- *Breastfeeding.

Signs & Symptoms

Ovarian cancer signs and symptoms include:

- *Abnormal vaginal bleeding or vaginal discharge.
- *Pain or pressure in your pelvic area.
- *Abdominal or back pain.
- *Bloating.
- *Feeling full too quickly or difficulty eating.
- *Changes in your bathroom habits such as more frequent or urgent urination and/or constipation.



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