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**MIXI'S MARCH** Air Force Senior Airman Paolo Renzetti completes a ruck march with military working dog Mixi during a K-9 Veterans Day event at Buckley Space Force Base, Colo., March 13, 2025. U.S. Space Force photo by Staff Sgt. Danielle McBride

## Pentagon: Destroyer *Gravelly* deploys for U.S. border mission

PETERSON SPACE FORCE BASE, Colo. - Navy destroyer USS *Gravelly* departed Naval Weapons Station Yorktown for an unusual mission to bolster security at the southern U.S. border March 15. The ship will operate in U.S. and international waters.

Last year, *Gravelly* was dispatched in combat in the Middle East to waters typically patrolled by the U.S. Coast Guard.

On the recent deployment, Gen. Gregory Guillot, commander, U.S. Northern Command, said, "*Gravelly's* deployment will contribute to the U.S. Northern Command southern border mission as part of the DOD's coordinated effort in response to the Presidential Executive Order. *Gravelly's* sea-going capacity improves our ability to protect the United States' territorial integrity, sovereignty, and security."

In support of U.S. Northern Command's mission to restore territorial integrity at the U.S. southern border, *Gravelly* reinforces the nation's commitment to border security by enhancing maritime efforts and supporting interagency collaboration. The ship's deployment highlights the Department of Defense and Navy's dedication to national security priorities, contributing to a coordinated and robust response to combating maritime related terrorism, weapons proliferation, transnational crime, piracy, environmental destruction, and illegal seaborne immigration.

"The deployment of *Gravelly* marks a vital enhancement to our nation's border security framework," said Adm. Daryl Caudle, commander, U.S. Naval Forces Northern Command. "In collaboration with our interagency partners, *Gravelly* strengthens our maritime presence and exemplifies the Navy's commitment to national security and safeguarding our territorial integrity with professionalism and resolve."

*Gravelly* brings maritime capabilities to the USNORTHCOMAOR in response to Presidential executive orders and a national emergency declaration and clarification of the military's role in protecting the territorial integrity of the United States.

In a news report from Washington, D.C., U.S. defense officials, including Pentagon spokesmen John Uillyot and Sean Parnell, did not respond to questions about whether *Gravelly's* deployment is meant to address a possible shortfall in available Coast Guard vessels, or if it is intended to send a signal to drug cartels in the region. President Trump has in the past voiced a desire to launch military strikes against the cartels.

## AIRCRAFT BONEYARD SUPPORTS DOD READINESS, SAVES TAXPAYER DOLLARS

by David Vergun, DOD News

The 309th Aerospace Maintenance and Regeneration Group, better known as the "boneyard," contains nearly 4,000 aircraft and 6,650 aircraft engines, making it the largest aircraft storage and preservation facility in the world.

AMARG, located at Davis-Monthan Air Force Base in Tucson, is creating efficiencies and readiness for the military through its five core missions, said Robert Raine, a retired naval officer and AMARG public affairs director.

First is storage and preservation. The site was chosen because Tucson's environment is conducive to reducing rust and corrosion. Additionally, its hard soil makes it possible to move aircraft around without having to pave the storage areas, Raine said.

Preservation is accomplished by taping and spraying each aircraft with sealant designed to keep animals out, reduce corrosion and keep the aircraft about 10 degrees cooler than outside temperatures, which can be extremely hot in the summer, he said. The sealant can easily be removed if needed.

Also, engines stored in engine cans are sealed with nitrogen because oxygen has a corrosive effect, Raine said.

Second is aircraft regeneration. Regeneration means returning the aircraft back into service, Raine said.

For example, two B-1 Lancer heavy bombers in the boneyard were returned to the Air Force and are now flying again. Also, C-23 Army Sherpas were

see **Boneyard**, page 9



A Coast Guard HC-130 Hercules is parked at the "Boneyard" at Davis-Monthan Air Force Base. DoD photo by David Vergun

## Marines expand F-35B's presence in Japan, marking new phase for fighter operations

In a report in *Stars and Stripes* March 10, a third Marine Corps squadron of F-35B Lightning II fighters recently arrived in Japan, marking the latest step in the service's efforts to modernize its deployed forces in the Indo-Pacific. The squadron - Marine Fighter Attack Squadron 214, also known as the Black Sheep - arrived from MCAS Yuma, Ariz., according to the 1st Marine Aircraft Wing. The deployment is the first rotational assignment for the F-35B under the Marines' Unit Deployment Program, which cycles units through the region to bolster readiness.



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**See National Vietnam War Veterans commemoration events on page 2**

## Events honoring our Vietnam Veterans

### Vietnam War Veterans Day ceremony Tues., March 25, at Miramar National Cemetery

If you served on active duty in the U.S. Armed Forces (at any time) from November 1, 1955, to May 15, 1975, regardless of location, then this day is for you – National Vietnam War Veterans Day. Every year on March 29th, our country gives a long overdue THANK YOU and honors Vietnam veterans, and their families, for their service and sacrifice.

A day to unite in gratitude and honor our Vietnam veterans, and their families, for their service and sacrifice. You are invited to a Vietnam War Commemoration Ceremony on Thursday, March 25 at 9am at Miramar National Cemetery, 5795 Nobel Dr. in San Diego.

The guest speaker is Tony Cordero, Gold Star Son. The featured speaker is Capt. James Sullivan, USCG, (Ret.) who was the commanding officer of a patrol boat operating on the rivers of Vietnam during the war.

Here in San Diego County, it is estimated that approximately 60,000 Vietnam Veterans live among us. We should thank our veterans every day for defending our freedoms, but especially on this day, this generation of American men and women deserve two words – Thank you!

Please join us at Miramar National Cemetery on March 25 at 9am for a special ceremony to truly say thank you to you and your family. While you are on the cemetery grounds, please visit the Vietnam veterans Memorial on our Memorial Walkway.

The Department of Veterans Affairs will be on site to answer benefit questions

### O'side Welcome Home Vietnam Veterans Day Celebration Sat., March 29, 9am-noon

Join Hospice of the North Coast and Veterans Association of North County (VANC) in thanking and honoring Veterans of the Vietnam War for their service and sacrifice.

2025 marks the conclusion of the 10-Year Commemoration of the 50th Anniversary of the Vietnam War. Join us for our final Vietnam Veterans Day Celebration as we recognize and express our deepest gratitude to Vietnam War veterans, including those who were prisoners of war, remain missing in action, and their families. VANC is located at 1617 Mission Ave., Oceanside, CA 92058.

9am Doors Open (Connect with veterans)

10am Formal Program

11am Complimentary Lunch

Reservations required by March 22

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### Vietnam Veterans Recognition Day and Car Show Sat., March 29 in Riverside county

California VFW and American Legion present the Vietnam War Veterans Recognition Day Ceremony and Car Show. The ceremony will be held from 10-11am at George Ingalls Veterans Memorial Plaza, 3737 Crestview Dr., Norco, CA 92860

The Car Show and Luncheon will be held from 11am-1pm at American Legion Post #328, 3888 Old Hammer Rd., Norco, CA 92860.

For more information contact John Hernandez (951) 232-8072.

## Thank you for your service

# SECURING THE SOUTHERN BORDER: TWO MONTHS OF DECISIVE ACTION

by Army Maj. Wes Shinego

In the two months since President Donald J. Trump's inauguration Jan. 20, 2025, the administration has launched a multi-front campaign to secure the U.S.-Mexico border, targeting cartels, transnational criminal organizations and illegal immigration.

The 52-day period marks a shift in national security priorities, with the administration designating cartels as terrorist threats, deploying thousands of troops resulting in a 94% reduction of unlawful border crossings. Backed by executive orders, military resources and international cooperation, these efforts signal a change in border enforcement aimed at restoring sovereignty and protecting American communities.

**A new national security framework** On his first day in office, Trump issued an executive order designating Mexican cartels and transnational criminal organizations as foreign terrorist organizations and specially designated global terrorists, elevating them to the same threat level as ISIS or al-Qaeda.

That move, long advocated by national security experts,

reframes cartels as existential dangers rather than criminal enterprises. Attorney General Pam Bondi's subsequent Department of Justice memo operationalized this shift, directing prosecutors to pursue terrorism charges under 18 U.S.C. § 2339B alongside traditional drug trafficking and racketeering offenses.

By streamlining processes — suspending National Security Division approvals and fast-tracking terrorism-related warrants — the DOJ has empowered law enforcement to act swiftly against cartel leaders with penalties now including life imprisonment or the death penalty.

That legal overhaul complements a broader strategic pivot. While the administration continues to prioritize near-peer competitors like China and Russia, it has closed the gray area that cartels exploited for decades.

The result is a unified approach that marshals the full weight of U.S. national security resources to dismantle these organizations that control over 80 percent of illegal drugs such as fentanyl entering the U.S. and earn billions from human trafficking.



**An Army Soldier assigned to 4th Infantry Division throws rope over a CH-47 Chinook at Fort Huachuca, Ariz., March 9. U.S. Army photo by Pfc. Joshua Fish (This photo has been altered for security purposes blurring out identification badges.)**

**Military mobilization and operational control** Under Defense Secretary Pete Hegseth, DoD has matched this policy shift with unprecedented action. Within 36 hours of Trump's Jan. 20 executive order declaring a national emergency at the southern border, Acting Secretary Robert Salesses announced the deployment of 1,500 active-duty troops, making the total 4,000 alongside 2,500 reservists already in place.

By March 1, the Pentagon deployed a 4,400-soldier Stryker brigade combat team and a 650-troop general support aviation battalion, bringing Title 10 forces to approximately 9,000. Equipped with Stryker vehicles, Black Hawk and Chinook helicopters, these units enhance detection, logistic and aerial support for Customs and Border Protection.

During Hegseth's visit to the Laredo, Texas, Feb. 3, he defined "mission accomplishment" as "100 percent operational control" of the southern border. Troops have installed physical barriers, provided real-time surveillance and freed CBP agents for interdiction, while U.S. Northern Command coordinates a joint task force with DHS.

An agreement with Mexico added 10,000 Mexican troops to patrol their side of the border. Meanwhile, Guantanamo Bay, Cuba, will be used to detain criminal migrants. The first detainees are 10 Tren de Aragua members — a newly designated terrorist group — who arrived at Guantanamo Bay Feb. 5, 2025.

**Measurable results** Border Patrol Chief Mike Banks reported March 4 that unlawful crossings have decreased from 4,800 to 285 daily apprehensions. Executive actions, including the closure of the asylum system for illegal entrants and the cancellation of Biden-era policies, have halted migrant releases into the U.S. interior.

Since Jan. 20, 2025, only two migrants have been released from custody — both as witnesses in criminal cases. Banks credits the "greater punishment, larger deterrent" strategy, bolstered by troop surges and Texas National Guard soldiers deputized as immigration officers.

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



**An Army Soldier assigned to 101st Division Sustainment Brigade, 101st Airborne Division (Air Assault) ground guides a military vehicle onto a commercial line haul truck to be transported to Fort Bliss, Texas, on March 5, at Fort Campbell Kentucky. U.S. Army photo by Staff Sgt. Rynishia Lewis**

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## Marines value accountability, are eager to deploy, commandant says

by David Vergun  
DOD News

Marines don't want to be constrained to a stateside location. They want to deploy, said Commandant of the Marine Corps Gen. Eric M. Smith, who spoke March 13 at Defense One's "State of Defense 2025" digital event.

If they don't, then they won't reenlist, Smith continued, noting that Marines are currently deployed to every geographic combatant command.

To remain operationally ready, Marines must be taken care of properly, he said. They need to live in a decent barracks, they need to have a say in where their next duty station will be, and they need to receive pay commensurate with their service.

Marines also value accountability, Smith said, mentioning the Marine Corps has passed the last two annual audits and will do so again.

When Marines check in to a new unit, they're issued a ruck-

sack, shelter [materials] and other gear. When they check out, they're expected to turn in all the gear they were issued. If they don't, then they're expected to go to the surplus store and purchase what is missing. That's accountability, he said.

"It's just ruthless adherence to standards. I mean that there's no secret to it, other than that's how we make Marines," Smith said.

The Marine Corps has been meeting its recruiting mission "because we don't fail. We put our best and brightest on recruiting duty, and we will reward them for successful completion, and we relieve them when they don't make their mission," he said. "We don't know how to fail."

Smith said he hopes for a budget because a continuing resolution is detrimental to the Marine Corps' modernization efforts.

Also, the Marine Corps needs more amphibious ships, he said, so Marines can move about where they are needed.

"Everything we do is about warfighting and lethality. That's all we know. That's who we are. Any additional

### Air strikes against Iran-backed Houthi rebels in Yemen ordered by Trump

WEST PALM BEACH, Fla. - The *Associated Press* reported March 15 that President Donald Trump ordered a series of airstrikes on the Houthi-held areas in Yemen, promising to use "overwhelming lethal force" until Iranian-backed Houthi rebels cease their attacks on shipping along a vital maritime corridor. The Houthis said at least 18 civilians were killed.

"Our brave warfighters are right now carrying out aerial attacks on the terrorists' bases, leaders, and missile defenses to protect American shipping, air, and naval assets, and to restore Navigational Freedom," Trump said in a social media post. "No terrorist force will stop American commercial and naval vessels from freely sailing the waterways of the world."

He also warned Iran to stop supporting the rebel group,

funding that we would get will go toward operational readiness and lethality," he said.

promising to hold the country "fully accountable" for the actions of its proxy. It comes two weeks after the U.S. leader sent a letter to Iranian leaders offering a path to restarting bilateral talks between the countries on Iran's advancing nuclear weapons program. Trump has said he will not allow it to become operational.

The Houthis reported explosions in their territory March 15, in the capital of Sanaa and the northern province of Saada, the rebels' stronghold on the border with Saudi Arabia, with more airstrikes reported in those areas early Sunday. Images online showed plumes of black smoke over the area of the Sanaa airport complex, which includes a sprawling military facility.

<https://www.stripes.com/theaters/middle-east/2025-03-15/trump-strikes-houthi-rebels-yemen-iran-warning-17153785.html>



**PROUD PERCUSSIONISTS** Lance Cpl. Cassius Johnson, assigned to "The Commandant's Own" Marine Drum and Bugle Corps, plays a bass drum during a Battle Color Ceremony at Marine Corps Recruit Depot San Diego, March 8, 2025. U.S. Marine Corps photo by Lance Cpl. Christopher Prella

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**ARMY**

\*Allies at forefront of expansive combat exercise on U.S. Army training grounds in Bavaria  
 \*550 Army troops, including Stryker brigade, headed to Davis-Monthan to support border forces

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\*U.S., allies rush to refit their big guns with GPS protections  
 \*Trump's anti-NATO turn could sink F-35 sales

# Senate confirms new deputy defense secretary

by Matthew Olay, DOD News

On March 14, the Senate confirmed Stephen A. Feinberg as the Defense Department's 36th deputy defense secretary by a vote of 59-40.

"Congratulations to Stephen Feinberg, our new deputy secretary of defense. His appointment is well-deserved, and he's the right man for the job, the stakes couldn't be higher. Let's get to work," Defense Secretary Pete Hegseth posted via social media after the confirmation.

Feinberg, a New York native and businessman, last worked in government as chair of President Donald J. Trump's Intelligence Advisory Board during the president's first administration from 2018 to 2021.

As deputy defense secretary, Feinberg will be responsible for DOD's day-to-day business, including executing the defense secretary's priorities and managing the department's budget.

Feinberg underwent a Senate Armed Services Committee confirmation hearing Feb. 25, 2025, during which he testified on topics including improving DOD's management of finances and strengthening the defense industrial base.

During that hearing, Feinberg was asked what he would do to help the defense department to pass an audit — one of the priorities Hegseth listed early on in his tenure with DOD.

In response, Feinberg said people responsible for the Pentagon's budget may not always be involved in the financial details as they should be and that he would work to change that.

"In my humble opinion, at times, some of the people in the operational execution jobs are not involved in detail," Feinberg said. "We're going to set up a war

room if I'm fortunate enough to be confirmed, and we're going to go over every program, every cost, line by line, with an army of people until it's done."

On strengthening the defense industrial base, Feinberg — who has more than 40 years of experience in private sector financial markets — said people who understand how companies in the private sector work need to be involved with procuring the military's materiel.

"Our supply chain is definitely weak. Our workforce needs to be improved," he said. "A big

## Through a new lens: How surgical techs improve warfighter vision

by Katie Lange, DOD News

Peace through strength — one of the Defense Department's basic tenets — is partially achieved through readiness. A ready, focused force isn't possible without the crucial medical care offered to warfighters to ensure they're equipped for any fight that might come.

Navy hospital corpsmen are critical components of military medicine, including as support for surgeons in various specialties. Corpsmen with the surgical tech specialty are considered the backbone of the departments in which they work, helping the Navy as it provides day-to-day medical support to sailors who often operate in far-flung locations.

According to a draft of the Medical Transparency Database from the Defense Health Agency, as of September 2024, there were about 830 hospital



**Stephen A. Feinberg, the nominee for deputy defense secretary, appears before the Senate Armed Services Committee in Washington, Feb. 25. DoD photo by Air Force Senior Airman Madelyn Keech**

piece of improving our supply chain is working more closely with our private sector. We need people inside of government [who] understand their issues, understand what drives their boards, [and understand] what drives the pressure they get from

shareholders." Following his confirmation, Feinberg arrived at the Pentagon and was officially sworn in by Robert G. Salesses, who had been performing the duties of deputy defense secretary.

corpsmen with the surgical tech specialty in the Navy. In the Army and Air Force, nearly 1,400 more soldiers and airmen work as surgical technicians.

From assisting during surgeries to properly carrying out disinfection and sterilization processes, surgical techs are vital in fields ranging from dentistry and ear, nose and throat services to labor and delivery and ophthalmology. They go where they're needed, whether it's on a trauma team near a combat zone, on a humanitarian mission or at a military medical treatment facility.

"Some of the surgical techs here can be [asked] to serve in Djibouti or tasked out to certain hospitals that are critically undermanned. There's a wide range of opportunities," said Navy Petty Officer 2nd Class Quinn Mosley, the lead hospital corpsman and certified surgical

technician at Naval Hospital Bremerton's Ophthalmology Clinic and Refractive Surgery Center, Bremerton, Wash.

In 2023, Bremerton's ophthalmology clinic handled more than 4,400 appointments for active-duty service members and other uniformed personnel. The refractive surgery center, which does corrective surgeries such as LASIK, brings in patients from across the Indo-Pacific, a region where the DOD is working to strengthen alliances against ever-increasing threats from China.

"We are the fastest turnaround for refractive surgeries," Mosley said. "You will be seen 10 times faster [here than] anywhere else in the Navy."

Bremerton's ophthalmology clinic emphasizes enhancing warfighters' visual performance which means they strive to improve vision, page 5

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## Miss USA, Army 1st Lt. Alma Cooper, inspires over 4,000 California students with her journey to service

by Kaylyn Barnhart  
Stars and Stripes

Army 1st Lt. Alma Cooper, the reigning Miss USA, spoke to more than 4,000 students about opportunities in the Army and different pathways to pursue degrees in higher education at high schools in Orange, Riverside and San Diego counties in California with the Riverside Recruiting Company.

“I have the platform of being Miss USA, but to me, the most important thing about what I get to do every day is serve,” Cooper told *Stars and Stripes* recently. She is currently assigned to the U.S. Army Recruiting Command in the San Francisco Bay Area.

“A part of that service is being able to share with students all across the country my own personal story. I want to hopefully inspire them and give them the encouragement to go on and chase their dreams and serve their country.”

From March 3-6, the Army intelligence officer stopped by Chino High School, Martin Luther King High School and Hillcrest High School with a mission to share her educational and military journey with students along with highlighting interests in STEM, and over 200 career opportunities in the Army.

“She captivated every room she walked into,” said Capt. Kathy Borgardt, commander of Riverside Army Recruiting Company. “Watching the students light up as she spoke about pushing limits and breaking barriers proved just how powerful her story really is. And she didn’t just talk, she connected, leaving students motivated to take action.”

Jorge Alonzo, 18, is a future



**1st Lt. Alma Cooper, a military intelligence officer assigned to the Army Recruiting Command, speaks to a full-capacity student body at Hillcrest High School, Riverside, Calif., March 5. U.S. Army photo by Andres Bonilla**

soldier preparing to ship out to the Army’s initial military training. He is one of the many students at Hillcrest High School that felt inspired by Cooper’s visit.

“There was one thing she said, and it was, ‘If you can see me, you can be me.’ That really stood out to me,” said Alonzo, who will be an information technol-

ogy specialist in the Army.

Cooper became the first active-duty Army officer to be crowned Miss USA last year and is the second military woman to claim the title after Army Reserve officer Deshauna Barber in 2016. In January 2024, Air Force 2nd Lt. Madison Marsh won the Miss America pageant to become the first active-duty

officer to win that crown.

Cooper graduated with honors at the United States Military Academy West Point and is in the process of earning a master’s degree with a scholarship at Stanford University. She said the opportunity to engage with students is a unique and impactful experience for her.

“It’s something I will truly never take for granted. I’ve learned a lot about the talent and spirit of this next generation of students,” Cooper said.

“Being Miss USA is a deep honor and privilege, but I only think about being Miss USA for 365 days,” Cooper said. “I get to say that I am serving my country for the rest of my life. Hopefully by sharing my journey to service, people can realize that there is a way for them to serve in their own way.”

Read more at: <https://www.stripes.com/branches/army/2025-03-16/miss-usa-army-visits-california-students-17162409.html>

## Sending your support to U.S. military members

(StatePoint) A simple message of support can go a long way. That’s why to celebrate its 84th birthday, the USO announced its birthday wish is to collect two million messages of support this year to honor the more than two million people serving in the U.S. military and the families who stand by their side.

“A simple note of support can boost morale and remind service members and military families that they’re not alone, no matter where they serve,” said J.D. Crouch II, CEO and president of the USO.

The messages will be displayed at over 250 USO centers



**For service members around the globe, feeling supported and appreciated by Americans can make a big difference. Courtesy photo**

worldwide in high-traffic, visible locations where service members are most likely to see them, ensuring every sentiment makes an impact.

Generating widespread support back home for the people serving in our nation’s military all over the world, and fostering strong connections between service members and country and home, aligns with the USO’s long-time mission.

Since 1941, the USO has been the leading nonprofit dedicated to strengthening the well-being of the people serving in America’s military and their families. The USO goes where service members go throughout their time in uniform, providing support from the moment they join the military, through deployments and as they transition back to their communities.

To celebrate the USO’s birth-

day and send a message of support to service members, and to learn about other ways you can take action, visit [USO](https://www.uso.org/2MillionMessages).

## Marine Corps Community Services Miramar quality of life programs

MCCS Miramar offers a variety of support center classes, including those for new parents, personal financial management, and military family life, along with fitness classes and other programs.

Here’s a more detailed breakdown of the classes and programs available:

**New Parent Support Program (NPSP):** This program offers services like home visits, parenting classes, playgroups, prenatal classes, baby boot camp, and individual infant massage instruction.

**Child and Youth Program:** This program offers a variety of programs, including education, personal financial management, individual emergency action plan, information, referral, and relocation, library, military family life, prevention and counseling, single marine program, and transition readiness program.

**Military Family Life:** This includes programs like LifeSkills Training, which emphasizes skill building in areas such as leadership, communication, resilience, relationship effectiveness, and overall readiness.

**Prevention and Counseling:** This includes Community Counseling, which is available to active-duty service members, civilian expeditionary forces, spouses, families, children, and recruits.

**Single Marine Program:** This program offers resources and support for single Marines.

**Transition Readiness Program:** This program helps

service members prepare for their transition from military service to civilian life.

**Education Center:** Offers resources and support for military personnel pursuing education and career development.

**Military Academic Skills Program (MASP):** This free, two-week program helps military personnel and their family members enhance their English & Math skills.

**Financial Aid:** Provides information and resources for financial aid.

**Semper Fit Center:** Offers regular cycling, Pilates, yoga, and Zumba classes, offered at no cost for active duty members and offered at a fee for guests.

**Miramar Sports Complex:** Offers personal training, fitness assessments, sports massages, intramural sports, and the F45 Studio.

**Indoor Cycling Classes:** Offered throughout the week, free to authorized patrons and \$5 for guests.

**Warrior Maintenance - Stress Management:** A workshop intended to reduce multiple health risk behaviors and to enhance multiple domains of well-being.

**Marine Corps Community Services (MCCS) - Empowering Marines and their families through comprehensive programs that strengthen their resilience and overall well-being, ensuring they thrive both on and off the field.**

<https://miramar.usmc-mccs.org/marine-family-support>

## Vision

continued from page 4

prove operational readiness by reducing the need for glasses and contact lenses. Service members can have nearsightedness, farsightedness and astigmatism corrected through PRK or LASIK surgery.

Mosley’s duties include ordering specialty implants for surgeries, managing supplies and equipment, and overseeing other ophthalmology surgical techs and hospital corpsmen. Any surgery is nerve-wracking, but especially those involving the eyes, so the surgical techs also help educate their patients on the procedures and what could potentially happen, as well as offer reassurances to calm them.

“I make sure I play a little bit of music for them in my office

just to get them ‘zen’d out,” Mosley said.

Mosley’s job also includes traveling with patients if they need to be transferred. For example, she might go with a patient to Madigan Army Medical Center on Joint Base Lewis-McChord, Washington, about 45 minutes south, so the doctors performing the surgery have someone familiar with them.

Mosley said getting surgeries set up in a timely fashion in ophthalmology can be challenging, so when patients get the relief they’ve been seeking, it’s incredibly satisfying.

“That is the best part of my job — in real-time seeing how you’ve drastically changed someone’s life,” Mosley said. “I’ve had patients come back, and they’re just so thankful. They thank the entire staff, and they explain how their quality of life has drastically improved.”

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## I Marine Expeditionary Force prepares for Exercise Balikatan

CAMP PENDLEON - Exercise Balikatan 2025 begins soon in the Philippines, marking the 40th anniversary of the largest annual bilateral military exercise between the Philippines armed forces and U.S. military, according to a source from Communication Strategy and Opera-

tions at I Marine Expeditionary Force.

“This year’s events build on the successes and complexities of past iterations, featuring a Full Battle Test simulation designed to test our combined capabilities in highly realis-

tic scenarios, showcasing the modernization efforts between the U.S. and AFP,” said 2nd Lt. Benjamin H. Gillman.

BK25 kicks off April 21, and scheduled to end to May 9 at locations across the Philippines, “but primarily on Luzon and Palawan, including at key Enhanced Defense Cooperation Activity sites,” said Gillman.

The Philippine Navy will fire three major missile systems in its inventory when its naval units join live-fire exercise.

This was announced by PN flag officer-in-command Vice Adm. Jose Ma. Ambrosio Ezpeleta in a press briefing in Manila March 18.

“We will launch the C-Star surface-to-surface (missile), the Spike (Non-Line of Sight

NLOS (missile), and the Mistral surface-to-air missiles from our Navy assets,” he said.

“Our involvement in the combined exercise is instrumental in strengthening interoperability, enhancing our collective response to regional security challenges, and ensuring that we remain ready to confront emerging threats.”

## U.S., French host first-ever military Hackathon at sea

by Ensign Rachael Jones  
PHILIPPINE SEA - Data scientists aboard USS *Carl Vinson* and aircraft carrier FS Charles De Gaulle (R 91) conduct the first-ever military Hackathon at sea during Exercise Pacific Steller 2025.

Pacific Steller is a multi-large deck event hosted by the French Navy in the Philippine Sea. This exercise was designed to ad-

Key events include:  
•April 21: Opening ceremony; Camp Aguinaldo, Quezon City, Metro Manila.  
•April 25: Integrated Air and Missile Defense; Naval Education Training and Doctrine Command. The AFP and U.S. will work together to sense and shoot targets using several air defense systems.

•April 25-29: Multilateral Maritime Exercise; outside of Philippine territorial waters. U.S., Philippine Navy and Japanese Maritime Self-Defense Force will conduct a joint sail.

•April 28: Counter-Landing Live Fire Rizal; Palawan. Intended to defeat notional forces attempting to land on Philippine territory.

vance coordination and cooperation between French, Japanese and U.S. maritime forces while simultaneously demonstrating capabilities in multi-domain operations, promoting a shared dedication to regional stability and highlighting the U.S. Navy’s enduring power projection capability.

Hackathons, more commonly hosted by tech companies, uni-

versities and community groups, are events that typically last several days. They bring people together to collaborate on solutions for a common problem or identify new opportunities within the technology space.

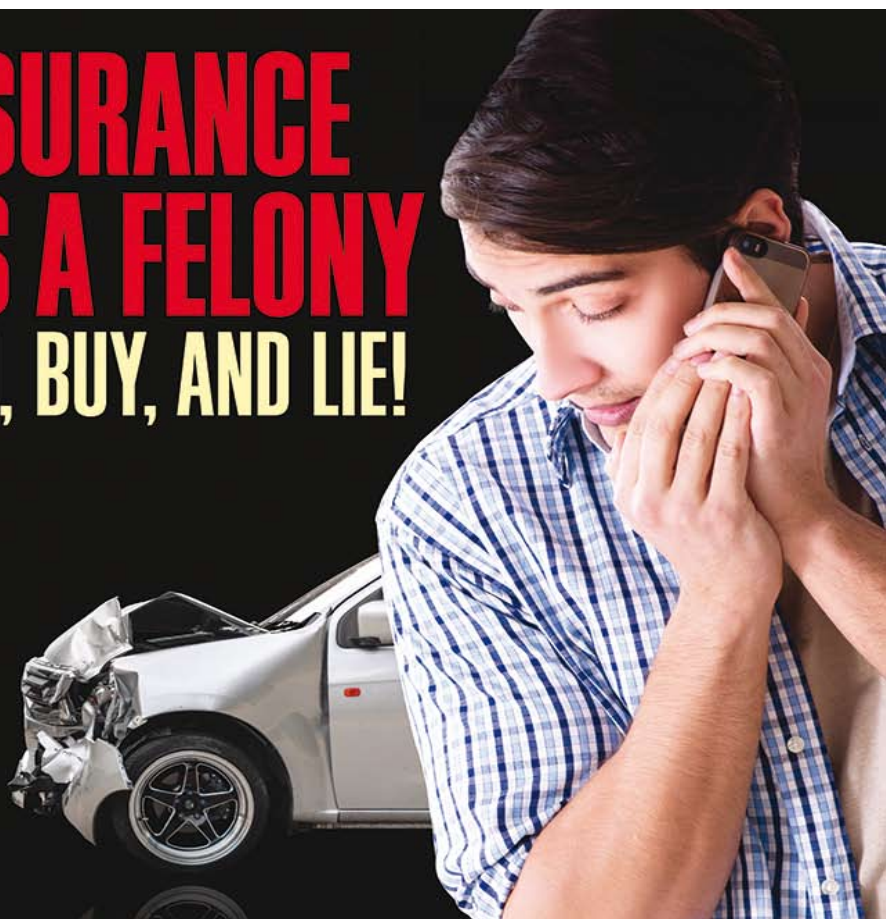
Vinson hosted a Data Science @ Sea (DS@S) team aboard the ship during the Pacific Steller see **Hack page 7**

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# 11th MEU enhances readiness aboard USS Somerset

by Capt. Gerard Callan

CAMP PENDLETON - The 11th Marine Expeditionary Unit and amphibious transport dock ship USS *Somerset* completed Quarterly Underway Amphibious Readiness Training, or QUART, here and in its coastal waters March 14.

Multiple units from I Marine Expeditionary Force and U.S. 3rd Fleet integrated to enhance their amphibious warfare skills,

enabling the Navy and Marine Corps to prepare for seamless operations in contested and permissive environments during the second iteration of QUART on the West Coast.

During QUART 25.2, helicopters from 3rd Marine Aircraft Wing conducted landings on *Somerset* - day, night and inclement weather conditions, demonstrating the all-weather capabilities of Marine Corps

aircraft and crews. Amphibious combat vehicles from 1st Marine Division, conducted ship-to-shore landing drills, simulating real-world amphibious operations. Finally, landing craft, air cushions embarked High Mobility Artillery Rocket Systems from 11th Marine Regiment and conducted beach landing operations, demonstrating the ability to provide long range precision fires from remote and austere locations.

“QUART 25.2 provides us with an opportunity to enhance the skills of our Amphibious Force in concert with our naval partners,” said Col. Caleb Hyatt, commanding officer of the 11th MEU. “This is essential not just for our combat readiness today, but for ensuring our long-term ability to deter aggression and, if required, prevail in conflict.”

\*\*\*\*\*



A Marine Corps amphibious combat vehicle launches from amphibious transport dock ship *Somerset* during Quarterly Underway Amphibious Readiness Training 25.2 in the Pacific Ocean March 9. U.S. Marine Corps photo by Cpl. Oliver Nisbet

## Hack

continued from page 6

exercise. DS@S is a program that was established in November 2022 with a broad mandate to use all available operational and intelligence data to solve warfighting problems at the tactical edge. The team includes a mix of uniformed and civilian personnel. By having the DS@S team aboard *Vinson*, the Navy continues to maintain its operational advantage by understanding when and how to innovate unique solutions to entrenched operational problems.

The objective of this bilateral Hackathon was to develop unique insights about surface and air platform behaviors and characteristics derived from shared tactical data link data. The two teams participating in the Hackathon consisted of the data scientist team from the French Carrier Strike Group

aboard Charles De Gaulle and the DS@S team aboard *Vinson*.

“When approached about the idea of a Hackathon with our French allies during Pacific Steller, I knew this would be an innovative part of the exercise and stimulate deeper collaboration,” said Rear Adm. Wosje, commander, Carrier Strike Group (CSG) 1. “As a result of this event, our teams are stronger and have even more knowledge about how data can be viewed and, more importantly, shared with allies in an operational environment.”

Although this exercise proved it is possible to link mutual data and knowledge together between the two allied navies, it was not as easy as the teams originally thought it would be.

Isaac Schmidt, Center for Naval Analysis field representative and DS@S chief data scientist,

had never done a Hackathon before and found it to be challenging. “I think ourselves and the French all faced similar struggles during the hackathon, but this experience forced us to understand our raw, ground-truth data.”

This unique exercise allowed the two teams to achieve the mutual objective of sharing and understanding field data while in an operational environment, within a 24-hour period.

“We, and our French counterparts, learned an enormous amount when it came to data collection, aggregation, cleaning and organization,” Lt. Cmdr. Adam Reiffen, CSG-1 intelligence officer and the DS@S officer-in-charge, reflected. “Our DS@S team has never worked with other countries like this before. I think these kinds of events will enhance our data interchangeability with other navies.”

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## Navy Bay Bridge Run/Walk returns with exciting new 10k course

The Navy Bay Bridge Run/Walk is back for its 38th year, offering participants a rare chance to race across the iconic Coronado Bay Bridge in support of local Sailors and military families. This event is scheduled for May 18.

Registration is now open at [www.navybaybridgerun.com](http://www.navybaybridgerun.com).

**What's new** For the first time, participants can choose between the classic 4.4-mile course or a brand-new, U.S.A. Track and Field-sanctioned 10K race, both offering stunning views of San Diego and the bay. Whether you're a competitive runner or looking for a fun fitness challenge, this event delivers an unforgettable experience.

**Event highlights** Participants and spectators can enjoy live entertainment, an event expo, prize giveaways, photo ops, and an awards ceremony for age group and team division winners.

**Why it matters** Proceeds from the event directly support quality-of-life programs for service members and their families across Navy installations in the San Diego metro area.

**Register now** Spots are limited to 10,000 participants - early registration is encouraged. Sign up now at [www.navybaybridgerun.com](http://www.navybaybridgerun.com).

### Calling all volunteers

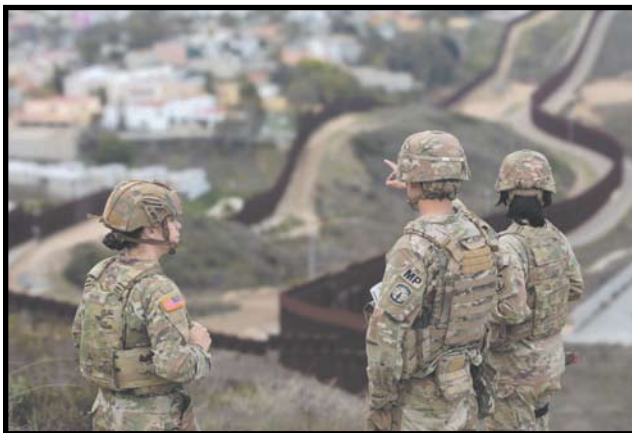
There are multiple volunteer opportunities to take part in during race weekend from May 16-19. Duties include set up, pre-race registration, refreshment distribution, water stations, t-shirt and medal distribution, to name a few. Volunteers will receive a Letter of Appreciation after completion of duties. If you registered for multiple events, you will receive an e-mail for each event that you have volunteered for.

Volunteer at <https://runsignup.com/Race/Volunteer/CA/SanDiego/NavysBayBridgeRun>, or call (619) 520-8179.

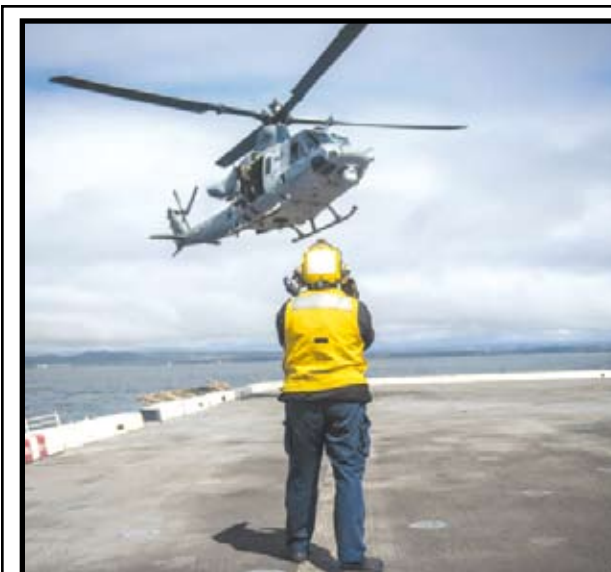


### MARINE CORPS MOUNTAIN WARFARE TRAINING CENTER BRIDGEPORT, Calif. (Marc 11, 2025)

Lance Cpl. Claire Seguin boils water and eats a meal ready to eat while conducting mobility training during Mountain Training Exercise 2-25 here. The exercise is designed to prepare units to strengthen expeditionary warfare tactics and build confidence in operating in cold weather, high altitude, mountainous environments. U.S. Marine Corps photo



**CHULA VISTA, Calif. (March 1, 2025)** Soldiers monitor the barrier near here. U.S. Northern Command is working with the Department of Homeland Security to augment U.S. Customs and Border Protection along the southern border and carry out President Donald J. Trump's executive orders on protecting the territorial integrity of the United States. (This photo has been altered for security purposes by blurring out identification badges.) U.S. Northern Command photo by Army Sgt. Crist Joseph



**USS SOMERSET, at sea (March 12, 2025)** Navy Aviation Boatswain's Mate (Handling) 3rd Class Sydney Chavez, guides a Marine Corps UH-1Y Venom, assigned to Marine Light Attack Helicopter Squadron 367, as it approaches the flight deck of amphibious transport dock ship Somerset as part of Quarterly Underway Amphibious Readiness Training 25.2 off the coast of Camp Pendleton. QUART is a joint training exercise designed to develop and sustain essential amphibious readiness skills for effective operations in maritime environments while reinforcing the Navy-Marine Corps partnership. U.S. Navy photo by MC2 Nettie Mae Manfull

## Most recent Special and General Court-Martial results from NRSW

The following reports the results of Special and General Court-Martial tried within Navyn Region Southwest in December 1024 and January 2025. Reference to the inclusion of a waiver of an administrative separation board in the plea agreement will only be reported in those cases where a punitive discharge is not adjudged as part of the sentence.

### Navy Region Southwest

#### Special Court-Martial

• At a Special Court-Martial in San Diego, EMC Jaymejohn Tabios pled guilty pursuant to a plea agreement to one specification of assault consummated by a battery. On Jan. 15, the military judge sentenced him to forfeitures of \$3,383 for one month, 7 days confinement, and reduction in paygrade to E-6.

• At a Special Court-Martial in San Diego, AN Elizabeth Wilson pled guilty pursuant to a plea agreement to one specification of wrongful use of a controlled substance. On Jan. 22, the military judge sentenced her to reduction in paygrade to E-1.



• At a General Court-Martial in San Diego, SR Zacharia Brechbiel pled guilty pursuant to a plea agreement to two specifications of sexual assault, one specification of kidnapping and one specification of aggravated assault. On Dec. 6, 2024, the military judge sentenced him to total forfeitures, 16 years confinement, reduction in paygrade to E-1, and a dishonorable discharge.

• At a General Court-Martial in San Diego, an E-4 was tried for two specifications of possession of child pornography. On Dec. 9, 2024, the military judge found the accused not guilty.

• At a Special Court-Martial in San Diego, AT1 Tyler J. Gilbert, pled guilty pursuant to a plea agreement to one specification of selling military property. On Dec. 17, 2024, the military judge sentenced him to fines of \$10,350.

• At a Special Court-Martial in San Diego, CS1 Ryan Ramsey, pled guilty pursuant to a plea agreement to two specifications of violating a lawful general order. On Dec. 19, 2024, the military judge sentenced him to 20 days confinement and reduction in paygrade to E-4.

### MCRD SAN DIEGO (March 7, 2025)

Staff Sgt. Frantz Gaillou inspects recruits during an initial drill event here. The initial drill evaluation tests each platoon's ability to listen and react to their drill instructor's orders, demonstrating the unit's discipline and esprit de corps. U.S. Marine Corps photo by Lance Cpl. Janell B. Alvarez



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<https://www.midway.org/give-join/volunteers/volunteer-opportunities/>



## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

I hear the beverage cart coming down the airplane aisle, and I salivate like Pavlov's dog. My husband, Francis, orders a Bloody Mary — "Sure, why not make it a double, I'm on vacation" — and convinces me to order Prosecco which comes in a serving-sized plastic twist-top bottle labeled "BRUT Sparkling Wine - California."

The manufacturers may have intended to portray that this wine was skillfully produced using a perfect combination of Chardonnay and Pinot Noir grapes ripened in the warm California sun, employing the time-honored Méthode Champenoise and double-aged en-tirage in naturally temperature and light-controlled caves, yielding a complex, crisp and fruity effervescent nectar that is a delight to any refined palate.

However, my airplane wine tastes more like it came from a long-forgotten bottle of grape juice that fell behind the shelves in a Poughkeepsie convenience store.

Francis insists on spreading a magazine out on his side of our tiny economy-class realm while sipping his cocktail. Thus, my tray table is piled high with our worldly detritus: my plastic wine bottle and cup, along with Francis' two vodka nips, can of Bloody Mary mixer, two empty packets of imitation lime juice, cocktail

## Military life in miniature

napkins, our water cups, and mini pretzel bags.

My tray table looks like a Daytona Beach bar after last call during spring break.

Two dozen iPad solitaire games and a sudoku puzzle later, the plane makes its decent, and the Earth comes into focus outside my airplane window.

I get rather philosophical when I travel. The herding of humanity in airplanes, busses and trains always makes me wonder about who we are, where we've been and where we're headed in life. Even car trips create a moving picture of scenes flashing by — cities, suburbs, small towns, buildings, highways, byways, billboards, signs, flora, fauna, and people living their lives amongst it all.

As we soar just under the clouds, I see the flat, greening Florida landscape, intersected with roads upon which miniature vehicles travel, lined with crops, and interspersed with various bodies of water that mirror the sky. Sparks of the Sun's reflection on unseen metal objects flash up at me, and intricate patterns of suburbs begin to appear as tiny postage stamps lined up in straight and curving rows. I discern houses, garages, driveways, and cerulean blue swimming pools. Viewed from the sky, each lot seems a perfect pygmy replica, like Francis' vodka nips.

The plots grow smaller and closer together as we approach the airport, but each one serves the same basic purpose - it is home to whomever occupies it.

Seeing the postage-stamp-sized homes of humanity reminds me of all the places our military family lived while Francis was active duty Navy for 28 years. At each duty station, we collected a new postage stamp that we called home. Whether it was an apartment, a base house, a rental home, our first purchased home, or few months in base lodging while waiting for housing, we were forced to create a "home" wherever we found ourselves and carry on with things.

The idiom "the world is your oyster" comes from a scene in a Shakespeare play in which a sword-wielding character implies that one can get what he wants out of life by using a bit of force. That is what military families must do — if we want a good life, we must make it happen no matter where we find ourselves in the world.

A week later, our Florida vacation is over and we are headed back to Rhode Island. From my window seat, I peer down once again, this time at the moon-lit rocky hills, cold coastline, boats trailing white wakes, bridges, buildings, and networks of streetlights surrounding miniature dwelling places where people are folding laundry, watching TV, doing homework, and putting trash out. This has been home since Francis retired from the Navy in 2016, an eternity in military time.

I'm grateful that, of all the places over nearly 200 million square miles of Earth, and of all the eight billion people living on this planet, the plane has delivered us here. It is the final piece in our scrap book collection of postage stamps. It is our home.

## Formula 1 rookies were destined to fail at chaotic 2025 season opener in Australia

Did you catch the 2025 Formula 1 season opener? While I could not be at the Albert Park circuit in Australia, I did watch the mayhem unfold on TV.

The weather for practice and qualifying was decent on the days leading up to the race, but rain was predicted for race day. Support races had been run prior to the Formula 1 race, laying down rubber on the track. The rain on top of that rubber made the surface extremely slick. One team member likened the surface to being covered with wet, slippery soap. Driving on the painted white lines was even more slippery.

The racecars were new for 2025 and Formula 1 regulations barely permit any testing, so no one knew exactly what to expect. Even the great Lewis Hamilton, the multiple Formula 1 World Champion now driving for Ferrari, had never driven his new-for-2025 racecar in the rain.

Add to that an unfamiliar circuit for some of the drivers. The rain made this already challenging situation much more difficult. What happened to most of the rookies, therefore, was almost certainly predictable and inevitable.

Six rookies were on the grid for the start of the race, and one did not even make it to the start of the first lap. Even the most experienced Formula 1 drivers struggled to keep their new racecars off of the walls.

After years of preparation, working his way up through the junior classes, rookie Formula 1 driver Isack Hadjar was on the verge of fulfilling his life-long dream — to race in Formula 1.

He was on the Formation Lap, following behind other cars, as they drove at reduced speed around the racetrack. All that Isack needed to do was continue to follow along and then stop his racecar in his place on the starting grid — but he did not get that far.

On the Formation Lap, racers try to put some heat in their tires to improve their grip. They do this by turning the steering wheel back and forth as they drive, and perhaps spinning the rear tires a

**AutoMatters™ & More**



by Jan Wagner

little, just prior to the start of the race. No doubt that is precisely what Isack's racing experience had taught him to do — use the warm-up lap to try to put some heat into his tires, to get them closer to their optimum level of grip. However, a Formula 1 car is unlike anything he had ever raced before. It is much more powerful than the Formula cars in the junior classes, and the racetrack was slick because of the rain. He broke traction and lost control. His racecar spun and slid hard into the wall, leaving it a mangled wreck. His race was over before it began.

Concerned and anxious, his team called out to him on the radio, but Isack was too distraught to answer. Instead, sullenly he emerged

from his stricken racecar and, with his helmet still on, broke down in tears, uncontrollably weeping next to a track worker. Later, as he walked back to the pits, Lewis Hamilton's father came over with some encouraging words.

Other rookies faced a similar fate, but thankfully after the race began. One after another, they too found a wall that ended their day.

Even the highly experienced Carlos Sainz similarly, and suddenly, lost traction and was forced to retire as a result of his racecar hitting a wall. Once the racecars broke loose and started to spin, their drivers were just along for the ride.

Fortunately, some drivers were more lucky, spinning harmlessly on the racetrack or on the wet grass.

In retrospect, the race could have been postponed, but with another F1 race in China the following week, that was probably not a realistic alternative. So, instead, the rookies were let loose on the track to face the inevitable. It was a very expensive day, but at least no one got hurt.

For more information about this race and the rest of the 2025 season, visit <https://www.formula1.com>.

To explore a wide variety of content dating back to 2002, with the most photos and the latest text, visit "AutoMatters & More" at <https://automatters.net>. Search by title or topic in the Search Bar in the middle of the Home Page, or click on the blue 'years' boxes and browse. Copyright © 2025 by Jan Wagner - AutoMatters & More #875

## Veterans News

### \$900K project to begin at Miramar National Cemetery

SAN DIEGO - Miramar National Cemetery Support Foundation will launch its largest project in their 19-year history.

Prestige Contracting broke ground inside the Memorial Amphitheater at Miramar National Cemetery. The project will take approximately three months to complete and will provide permanent guest seating, ADA walkways, and new landscaping to the flag assembly area.

The improvements will maximize the use of the amphitheater and allow for greater value and use of the land," said Holly Shaffner of the Miramar National Cemetery Support Foundation. "The upgrades will provide 500 seats for guests attending large-scale events and funeral services."

The project took six years from conception, design, fundraising, and approval from the Department of Veterans Affairs.



Artist's rendition of Memorial Amphitheater. Courtesy photo

The Miramar National Cemetery Support Foundation, a nonprofit organization, procured funding through donors, including grants, to make the \$900,000 project possible. No federal funding was used for the project.

"I'm extremely proud that we are able to make this project become a reality for the San Diego community," said MNCSF Chairman Denny Schoville. "I'd like to thank all the supporters who committed to this project; a project that will directly impact military veterans and their

families in perpetuity."

Prior Foundation projects at Miramar National Cemetery included raising funding and installing the Veterans Tribute Tower and Carillon, and the Avenue of Flags which is the only one in 155 National Cemeteries.

Miramar National Cemetery is open to the public from sunrise to sunset during the construction.

For more information, visit: [www.miramarcemetery.org](http://www.miramarcemetery.org).

### Boneyard

continued from page 1

regenerated and given to the U.S. Forest Service, and B-57 bombers were given to NASA for high-altitude coverage that included following in the path of last year's eclipse.

Some aircraft are regenerated into unmanned aerial targets, Raine said. Nearly 1,100 aircraft — F-102 Delta Daggers, F-100 Super Sabres, F-106 Delta Darts, F-4 Phantom IIs and F-16 Fighting Falcons — have been processed for drone conversion in the 48 years since this program began.

Third is parts reclamation. In the past year, about 10,000 parts worth around \$500 million were given to the services, Raine said. Had those parts been purchased new, they would have cost considerably more, and the ordering process would have been time-consuming. Also, some parts are no longer manufactured.

"We're not an infinite source of parts, but we're often the only source of parts," he said.

Fourth is disposal preparation. Disposal is done when

the aircraft and its parts are no longer needed, Raine said. Contractors shred the aircraft and sort through the shreds for aluminum, copper and exotic metals. These valuable metals cover the cost of shredding. If the salvaged metals exceed the cost of the shredding operation, the contractors will cut a check to the Treasury Department.

Fifth is depot-level maintenance. Sometime an aircraft will need a weapons system or structural repairs, Raine said. Technicians, engineers and mechanics install upgrades, and the aircraft is expeditiously returned to the force.

Currently, a temporary aircraft maintenance shelter is under construction and almost completed.

"This will enable us to expand operations to take on additional projects and meet increasing demands. This new facility is part of a broader organic industrial base initiative aimed at enhancing self-sufficiency to ensure we have the resources, capabilities and workforce required for sustaining long-term readiness," Raine said.

Besides military parts and aircraft, the boneyard also stores aircraft from other agencies, including the Department of Homeland Security, NASA, Forest Service, National Science Foundation and Smithsonian Institution. AMARG also stores aircraft for allied nations.

Additionally, AMARG maintains more than 270,000 line-items of aircraft production special tooling and special test equipment.

"This facility is a key force multiplier for the Department of Defense and continues to allow the United States to rapidly adjust to the global environment, national security threats and fiscal realities," Raine said.

AMARG continues to strive to deliver excellent, safe and compliant maintenance and repair as well as overhauling logistics, storage and support services, Raine said.

The boneyard has been in existence since 1946, when wartime B-29 bombers and C-47 transport aircraft were stored there.



# CLASSIFIED ADS

## SOCIAL SECURITY MATTERS

### Will my Medicare premium change because I sold investment property?

*Dear Rusty: I have questions concerning the deduction of money from my Social Security benefit amount as relates to the sale of investment property. I am 66 years old and have been drawing Social Security since I turned 62. My wife is 56 and is a housewife and has no taxable income. Our income comes from our rental property and my Social Security benefit. I have decided to liquidate two of our properties - one was sold in December 2024, and one is in Escrow and is scheduled to close in March 2025.*

*My normal Adjusted Gross Income (AGI) has been running about \$30K-\$32K. However, last year with the sale of the property I will receive a long-term capital gain profit of about \$255K. I did a rough calculation on what my AGI will be for 2024, and it looks to be about \$318K. How will this affect my Social Security benefit, and will it have an effect on the amount I pay for my Part B Medicare Plan going forward? I have a Medicare Advantage plan.*

*My next question is about 2025 (after the next property closes and I file taxes), my AGI with the long-term capital gain profit could be between \$700k-\$800K. How will this affect my benefits going forward?*  
Signed: Prudent Investor

**Dear Prudent Investor:** Actually, the GROSS amount of your Social Security benefit will not be affected by these transactions, but the NET amount of your SS benefit payment will change due to a provision known as "IRMAA" (Income-Related Monthly Adjustment Amount). IRMAA affects the Medicare premiums you pay from your Social Security benefit, and a higher Medicare premium will result in a lower net Social Security payment. Here's how this will work for you:

Your Medicare premiums each year (typically for Medicare Part B and Part D) are determined by looking at your "Modified Adjusted Gross Income," or "MAGI", from two years prior (MAGI is your normal AGI plus any non-taxable interest you may have had). Since the property you sold in 2024 will be reflected as part of your 2024 income, IRMAA will cause your 2026 Medicare premiums to be higher than the standard monthly 2026 amount. How much higher depends on how much you exceed the income level for your IRS filing status. Using 2025 rules, if you file as Married/jointly and your taxable income (MAGI) is more than \$212,000 but less than \$334,000 then, instead of paying the standard 2026 monthly Part B premium, you'll each pay \$370 per month for Medicare Part B (and likely a supplemental amount of \$35.30 if your Advantage plan includes prescription drug coverage).

Your Medicare premiums are recalculated every year (again based on income from two years prior). Thus, in 2027, IRMAA will also affect your Medicare premiums and your net Social Security payment because of your 2025 real estate transaction. If your MAGI in 2025 will be over \$750,000, then IRMAA will increase each of your 2027 Medicare Part B premiums to \$638.90 (and likely also add a supplement of \$85.80 per month each to your Medicare Advantage premium for prescription drug coverage).

The good news is in 2028 all of this will be behind you and your Medicare premiums will revert to whatever the standard monthly premiums are for that year (because your income levels thereafter will presumably be below the then-IRMAA thresholds).

For reference, here is a link to Medicare's information on the Income-Related Monthly Adjustment Amount, or "IRMAA":  
<https://www.cms.gov/newsroom/fact-sheets/2025-medicare-parts-b-premiums-and-deductibles>

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA).*

## MOVIES AT THE BASES

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

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

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### Movie Rating System

- G - General audiences ALL ages admitted.
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- R - Restricted under 17 requires accompanying parent or adult guardian.

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**Delivery driver.** 2 Thursday mornings a month. Must have own vehicle w/proof of insurance. Approx. 3 hours \$80. Mills/retired military pref. Nat'l City area. 619-280-2985.

**USS Midway Museum** is recruiting volunteers for docents, air craft restoration, ship restoration and safety. [www.midway.org/give-join/volunteers/volunteer-opportunities/](http://www.midway.org/give-join/volunteers/volunteer-opportunities/)

**Armed Forces Dispatch** newspaper delivery driver for news racks, stands, countertops, etc. Coronado, Silver Strand, Imperial Beach. 2 Thursday mornings a month (approx 3 hours). Must have clean driving record, dependable car w/insurance, base access. 619-280-2985.

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**USS Midway Museum** is recruiting volunteers for docents, air craft restoration, ship restoration and safety <https://www.midway.org/give-join/volunteers/volunteer-opportunities/>

## Armed Forces Dispatch • (619) 280-2985

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## San Diego County fair brings back season pass, w/new perks

*All Fair Admission, Parking, Concerts, BlastPass and Ride Wristband are now on sale*

**DEL MAR** — Back by popular demand, the San Diego County Fair (June 11-July 6) is offering an exciting way for Fair-lovers to enjoy every day of the summer's biggest bash for one low price. A limited quantity of season passes to the 20-day Fair are now on sale. The season passes provide San Diegans with the perfect summer "staycation" value deal.

There are now two season pass options to choose from — a standard Season Pass and a brand-new Fair Fanatic Season Pass that is packed with perks.

The Season Pass gives fairgoers admission for every day of this year's Fair without the need for reservations, which is important on days when a sell-out could occur. Offered at \$65, the Season Pass will pay for itself if a fairgoer plans to attend the Fair three or more times during the 20-day season -- June 11-July 6 (closed Mon & Tues).

The Fair Fanatic Season Pass is a value of approximately \$250, but at a \$160 price. The pass not only includes unlimited admission to the Fair, but also a commemorative lanyard and laminated access pass, refillable souvenir cup with discounted refills, free parking for the first visit, and a package of exclusive benefits and discounts to enjoy the Fair's rides, premium entertainment, speakeasies, and fun with friends!

### SEASON PASS PERKS & PRICING:

Season Pass - \$65. Enjoy all 20 days of this year's Fair, no advance reservation required  
Fair Fanatic Season Pass - \$160. Enjoy all 20 days of this year's Fair, no advance reservation required  
NOTE: Season Passes are only available for purchase online at [sdfair.com](http://sdfair.com). Limited quantities available.  
All other tickets, including admission, parking, Pay-One-Price ride wristbands, BlastPass ride and game credits, concerts on the Toyota Grandstand Stage and Summer Nights at the Sound shows are on sale online at [sdfair.com/tickets](http://sdfair.com/tickets).

## Visit our military museums

**The Veterans Museum at Balboa Park.** The Veterans Museum and Memorial Center is a museum located in historic Balboa Park of San Diego, California. Founded in 1989, it is dedicated to create, maintain, and operate an institution to honor and perpetuate the memories of all men and women who have served in the Armed Forces of the United States of America.

Active duty military, Museum Member, Children under 12: Free  
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<http://www.veteranmuseum.org/>  
Hours: Call for current hours (619) 239-2300

**MCRD Command Museum & Historical Society.** Museum focusing on Marine Corps history from the 19th century to today is also a research library. <https://www.mcrdmuseum.org/>

Free admission • The Pass and ID Center may issue day passes to visitors who wish to visit the museum and do not possess military ID-call (619) 524-4200 for information on base access.  
1600 Hochmuth Ave, San Diego, 92140 • (619) 524-4426  
Hours: Mon 8am-3pm, Tue-Fri 8-4; Family day 8-5:45; Sat 10:30-5, • Closed Sunday

**USS Midway Museum.** The USS Midway Museum is a maritime museum located in downtown San Diego at Navy Pier. The museum consists of the aircraft carrier Midway. The ship houses an extensive collection of aircraft, many of which were built in So Cal.

FREE for children 3 & under and Active Duty military including reservists (w/valid ID). Adult \$39 (ages 13+). Youth \$26 (ages 4-12). Veterans (w/ID) \$26\*Must show ID at entrance. Open daily 10-5, last admission 4pm. <https://www.midway.org/>

**The Ranch House Complex at Camp Pendleton.** Listed as the Santa Margarita Ranch House Nat'l Historic Site and as a California State Historical Landmark. Docent-led tours are available by appointment; masks required. Please email your request to: [MCBCAMPEN\\_history@usmc.mil](mailto:MCBCAMPEN_history@usmc.mil) or phone (760)725-5758 The Camp Pendleton Historical Society is a 501(c)3 organization in support of the base's History and Museum's programs. Go to: [www.camppendletonhistoricalsociety.org/](http://www.camppendletonhistoricalsociety.org/) for information. Hours: Open daily 10am-5pm • Last admission at 4pm

## Buffering childhood stress: Safe, secure relationships for better health

All kids feel stressed from time to time. They may worry about friends, homework, or a big test. Stress is normal. But some kids go through extremely stressful or traumatic situations. These can lead to physical and mental health conditions later in life. Scientists are studying the long-term consequences of early life difficulties. And they're looking for ways to protect kids from the health effects.

"Normal stressors, or stressful experiences, that we all experience on a regular basis tend to be things that one can reasonably manage. Or, in the case of a child, with the help of a supportive caregiver," says Dr. Nim Tottenham, a professor of psychology at Columbia University.

"Normal stress is essential in life for growth and learning," explains Dr. Jing Yu, an NIH expert on child development. "Positively adapting to normal stress can promote a child's performance and skill development."

But stress can become toxic if it lasts for extended periods or results from traumatic experiences. For children, examples include physical, sexual, or emotional abuse. Or, it can be growing up in a family with a lot of conflict between people. Living with people who have severe mental health or substance use disorders can also be a cause. So can neighborhood violence, discrimination, and significant poverty. These circumstances can put kids at risk for mental health disorders. They can also lead to academic or social difficulties.

"Children are still developing the skills to respond to stress," Yu says. "When children experience heightened or chronic stress, it can affect their ability to respond. That can have a long-term negative impact on their

future health."

Not all kids who face early life difficulties have health issues later on. Positive life experiences and relationships can also shape youth outcomes. Safe, stable, and trusting relationships can help guard against stressful circumstances.

### Stress and Adversity

Many people experience extremely stressful or traumatic situations as children. These are referred to as adverse childhood experiences. Studies estimate about 2 out of 3 adults have had one such experience. And nearly 1 out of 6 adults report four or more.

Children who've had four or more adverse experiences are at higher risk for chronic health conditions as an adult. These include heart disease, diabetes, obesity, and stroke. The risk for mental health conditions, like anxiety, depression, or substance use disorder, is also higher.

"Adversity is the presence of something that shouldn't be there, like abuse," Yu explains. "But it could also be the absence of something good, like parents' care and affection. Children need cognitive stimulation and emotional attention to thrive."

In the past, scientists mainly looked at the number of adversities kids had. Now, they're untangling differences between the types of experiences. For example, some adversities may primarily affect kids' cognitive development. Others may mainly impact emotional or social development.

Yu's team recently studied a group of over 49,000 children. They tracked the type of adversities the kids experienced. Then, they looked at their cognitive functioning at age 7. Their adverse experiences could be

grouped into six distinct patterns. For example, some kids only experienced family instability. This involves two or more changes in their family structure. Others experienced family instability, family loss, and poverty together. Each distinct combination of adversities impacted kids' brains differently.

But kids don't all respond to life events in the same way. "It may depend on children's own interpretation of the events and how their brain adapts to them," Yu explains.

Other researchers are looking at the positive outcomes of overcoming adversity. "Our brains try to adapt to our situation," Tottenham says. "Early adversity does not just have a single outcome. Our developing brains are doing their best to fit the environment."

For example, kids may be living in an environment where things are changing in an unpredictable way, Tottenham explains. "This may lead to an improved ability to be flexible and change tasks rapidly," she says.

One thing that makes a difference in how kids respond is a good support system. Tottenham has found that strong relationships with caregivers are especially helpful.

### Protective Relationships

"One of the most important positive childhood experiences is having an adult who cares about you," says

Dr. Caitlin Canfield, a child development researcher at NYU Grossman School of Medicine. "Someone who can help you through stressful situations, or even just through regular life. That could be a parent. But it could be a teacher, a coach, or any adult in a child's life."

Adults who can model and

teach healthy coping skills are key. Canfield's team is working with pediatric clinics to offer parent education programs. They're testing a program called PlayReadVIP. It uses videos of parents playing and reading with their kids. This helps reinforce parents' strengths and set goals.

Canfield's team is also testing a program called Smart Beginnings. This program pairs PlayReadVIP with one called Family Check Up. Family Check Up uses home visits to build skills to get kids ready for school and to thrive in learning. The home visits also aim to improve family challenges. Examples include increasing family communication or reducing parental depression.

"If parents are depressed, they may not be able to do all of the things that they would like to do. That might interfere with their ideal parenting," Canfield explains. "Social support and resources that break the pattern of depression can impact parenting practices. That can impact kids' outcomes."

Canfield is also looking for ways to provide families with local community resources. "We've shown that social support for parents can help shield

kids against stressors," she says. "Parents need to feel like their neighborhoods are safe. Or, that they have social networks in their neighborhood. Then, when they are facing stressors—financial or otherwise—they're more able to protect their kids from those impacts."

Kids have the ability to adapt

and overcome difficult situations. Adults can help kids build upon these abilities. "Supportive networks and other protective practices in their lives can help kids adapt and build resilience. This helps counter the effects of adverse childhood experiences," says Yu. See the Wise Choices box for tips on building positive childhood experiences.



Wise Choices

### Build Positive, Healthy Childhood Experiences

Use positive parenting practices. Help nurture, protect, and guide kids. Learn positive parenting tips.

Create predictable routines and schedules. Knowing what to expect for the day helps kids thrive. Use the same routines every day when you can. If you need to change the schedule or routine, let your child know in advance whenever possible.

Teach your kids healthy habits. Parents play a big role in guiding kids toward healthy behaviors. Be sure your kids get enough sleep. Provide them with healthy foods. Encourage them to get an hour of physical activity each day. Learn more about teaching kids healthy habits.

Model healthy coping skills. Learn healthy emotional coping skills. Model these for your kids to help teach them healthy ways to cope. Build a social support network for yourself. And talk to a health care provider about treating mental health issues, like depression, anxiety, and substance use disorders.



### 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.

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**Special Events**



Lance Cpl Sara Vanegas is a Marine with the Wounded Warriors Battalion East at Walter Reed National Military Medical Center in Bethesda, MD. She is a talented artist who is finding community through her art and the Warrior Care Program. Learn more about the many resources and programs available at [health.mil/warriorcare](http://health.mil/warriorcare). Screen shot from video by Sean Metzger, Defense Health Agency.

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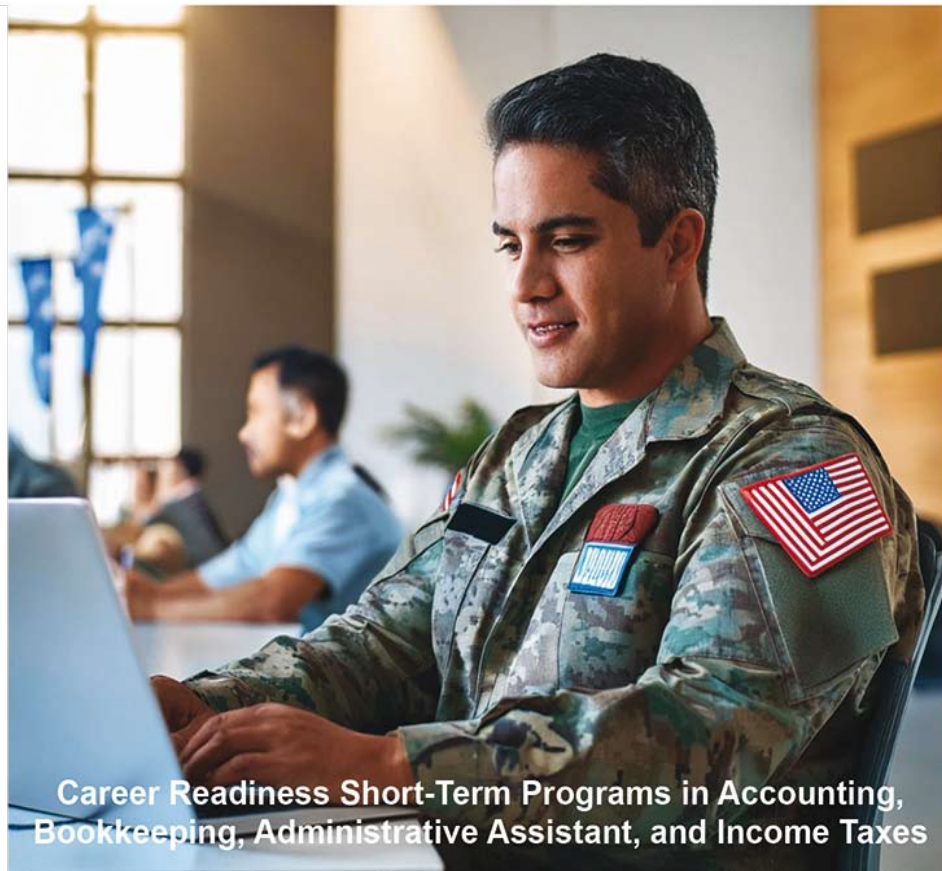
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