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OCTOBER 16-31, 2025

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** Paid ticketed event

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FLEET WEEK 2025 SAILS INTO SAN DIEGO ON FAIR WINDS

Fleet Week San Diego is Back for 2025!

San Diego is home to the largest concentration of Navy, Marine Corps, and Coast Guard personnel in the country. Join us as we celebrate the 250th Birthday of the Navy and Marine Corps while honoring and thanking these men and women for their many contributions to our nation and our community. Visit www.fleetweeksandiego.org for more information.

Boot Camp Challenge, Oct. 18, at MCRD, powered by San Diego Harley-Davidson. Celebrating 250 Years of the U.S. Marine Corps | Honor, Courage, and Commitment. New this year! For the first time in BCC history, participants 18 and older have the chance to win a Harley-Davidson motorcycle and riding lessons, courtesy of San Diego Harley-Davidson. The Boot Camp Challenge is a 3-mile race held on Marine Corps Recruit Depot San Diego - one of only TWO locations in the entire country where Marine Corps boot camp takes place. For one day only, it's open to the public. Register to participate. Along the course, over 60 Marine Corps Drill Instructors will be encouraging and motivating runners. Runners will take on some of the same obstacles faced by the young men and women in their quest to become a Marine. The course is designed for all fitness levels, with no penalties for missed obstacles. Open to the public. Free for all spectators.



Enlisted Recognition Luncheon, Oct. 31. 11 a.m.-1:30 p.m. at the San Diego Zoo, 2920 Zoo Drive, San Diego, CA 92101. Made possible through the generous support of Bruce Browne, MCPO, Navy (Ret.).

This luncheon hosts over 300 military enlisted guests who have distinguished themselves by their community service and within their commands. The military guests are seated with leaders of the civic and business communities of San Diego, and are treated to gifts and raffle prizes. The highlight of the luncheon is the presentation of the "Making a Difference Award" which recognizes an enlisted member of the active-duty military services who has made extraordinary contribution to the San Diego military or civilian community during the preceding year.

Meet The Fleet at 32nd Street Nov. 1, 9 a.m.-4 p.m.. Naval Base San Diego Open to the public. Meet the Fleet at 32nd Street is a one-of-a-kind event

that offers the public a rare opportunity to connect directly with today's fleet. Held at the iconic 32nd Street Naval Station in San Diego, this immersive experience invites guests of all ages to visit an active Naval base. Guests will tour Navy ships, meet with active duty Sailors, explore cutting-edge technology, experience live military demos and so much more! It's an unforgettable opportunity to honor the men and women of America's Navy. Over 10,000 attendees in 2024!

Fleet Week Football Classic, Nov. 1. Held during the SDSU Aztec Home game honoring the Navy, Fleet Week San Diego will host active duty members and their families at the Nov. 1 game. Sponsored by Liberty Military Housing.

Military & Veteran Appreciation Concert, Nov. 2, 2-4 p.m., Spreckels Organ Pavilion at Balboa Park, 2125 Pan American E Rd., San Diego, CA 92101

See FLEET WEEK page 4

NAVY SEAL MUSEUM OPENS IN DOWNTOWN SAN DIEGO

Seeking to inspire service and personal excellence among all visitors, the Navy SEAL Museum San Diego has opened its doors, unlocking exclusive access and insight into the world and ethos of U.S. Navy SEALs and their predecessors. Positioned near San Diego's waterfront at 1001 Kettner Blvd., the museum's collection of interactive exhibits, state-of-the-art galleries, and firsthand docent

accounts brings the story of Naval Special Warfare to life.

"The Navy SEAL Museum San Diego is a world-class tribute to the courage, perseverance, and dedication of these unparalleled special operators," said Brian Drechsler, executive director of the Navy SEAL Museum San Diego, who is a retired U.S. Navy Captain and former Navy SEAL. "It is our honor



to share this legacy, and inspire future generations to lead with integrity, serve with purpose and rise to life's challenges."

Building on the legacy of the existing location that opened in Fort Pierce, Florida in 1985, the

See NAVY SEAL page 2

Lapse in appropriations

Government shutdown: What you need to know

The most recent appropriations for the Department of War expired Sept. 30. Military personnel will continue in a normal duty status, without pay, until such time as a continuing resolution or appropriations are passed by Congress and signed into law. Civilian personnel not engaged in excepted activities will be placed in a non-work, non-pay status. The documents below are intended to help the War Department workforce during the government shutdown.

Guidance & Resources:

Guidance for Continuation of Operations During a Lapse in Appropriations - Sept. 2025

OPM Shutdown Furlough Guidance

Find what you need to know at <https://www.war.gov/Lapse-In-Appropriations/>.

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NAVY SEAL MUSEUM

Continued from page 1

Navy SEAL Museum selected San Diego for its expansion west. Central to SEAL training and home to Naval Special Warfare Command, San Diego is a heritage city for SEALs as an indelible part of their storied history. The opening of the Navy SEAL Museum's showcase location downtown will serve as a launchpad for a larger San Diego venue in the future, for which the search is actively underway.

With an innovative blend of technology, personal narrative and historical context, the museum provides exclusive insights into the evolution, missions and mindset of the Navy SEALs.

Visitors can experience an up-close look at Operation Neptune Spear, the Navy SEAL mission to neutralize Osama bin Laden, through a 3D animation narrated by retired U.S. Navy Four-Star Admiral William McRaven that walks viewers through the operation's major steps from planning to execution.

Other exhibits include a SEAL delivery vehicle suspended above a hands-on gameplay opportunity to operate the covert submersible; a 270-degree immersive theater bringing guests into the life and service of Navy SEALs through documentary style personal accounts; artifacts and rich storytelling that



The SEAL Mindset Theater: The SEAL Mindset is a powerful chapter-based documentary in triptych format, projected on three walls of the surround theater. Visitors are viscerally immersed in the physical stamina, mental tenacity, and unyielding dedication of U.S. Navy SEALs, who elucidate some of the tenets of the SEALs compass rose, which is also etched into the floor of the space. Through the honest, unflinching words of team members, visitors learn about the mindset and motivations of SEALs who have pledged their honor and lives in service to our nation and each other.

bring the 80-year evolution and adaptations of Naval Special Warfare to life; and a Memorial Wall, where the fallen are never forgotten and their stories continue to inspire.

Visitors can also immerse themselves in the Navy SEAL Xperience, a virtual reality mission, which uses advanced VR technology to take visitors on a pulse-pounding, first-person journey into a high-stakes hostage rescue mission.

Beyond the exhibits and attractions, the docents, which are mostly comprised of retired and veteran SEALs and Special Warfare Combat Crewman (SWCCs), make each visit a deeply personal and intimate experience. By revealing untold stories and lived values of the Navy SEALs through the voices of those who have lived the legacy

— docents shine a light on the resilience, sacrifice and spirit that define the Naval Special Warfare operators.

Following in the footsteps of the flagship museum in Fort Pierce, the San Diego location will extend the museum's inspirational mission far beyond its physical space through strategic community partnerships and proven programs that will instill hope, resilience and service-minded leadership by leveraging the Navy SEALs Ethos.

The Navy SEAL Museum opened to the public on Oct. 4, 2025. Advanced bookings are encouraged, as the museum operates on a time-entry basis. Advance ticket prices are \$20 for adults, with free admission for reserve and active-duty military (with ID). Visit NavySEALMuseumSD.org for details.



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Hegseth says promotions, retention to be based on meritocracy, not quotas

by David Vergun, Pentagon News

The War Department will focus on lethality and merit, not on political correctness and diversity, said Secretary of War Pete Hegseth, who spoke Sept. 30 to an audience of hundreds of generals, admirals and senior enlisted personnel at Marine Corps Base Quantico, Va.

“Real toxic leadership is endangering subordinates with low standards. Real toxic leadership is promoting people based on immutable characteristics or quotas instead of based on merit,” he said.

The zero-defect mentality in the culture must end, Hegseth said.

“Commanders and [noncommissioned officers] don’t take necessary risks or make tough adjustments for fear of rocking the boat or making mistakes. [A] blemish-free record is what peacetime leaders covet the most, [which] is the worst of all incentives,” he said.

The department will be over-



Secretary of War Pete Hegseth delivers remarks during a War Department address at Marine Corps Base Quantico, Va., Sept. 30. DOW photo by Navy Petty Officer 2nd Class Aiko Bongolan

hauling the inspectors general, equal employment opportunity and military equal opportunity processes.

In a memorandum the secretary signed Sept. 30, titled “Implementation of Military Equal Opportunity and Equal Employment Opportunity Reform Plan,” he listed three things these reforms must ensure:

*Complaints are promptly (within 30 days) addressed and dismissed if they lack actionable,

credible evidence.

*Favorable personnel actions such as awards, promotions and retirements, involving alleged offenders are only withheld where a preliminary or subsequent investigation indicates that the complaint is likely to be substantiated.

*Those who knowingly submit false complaints and repeatedly submit frivolous complaints are held accountable, pursuant to applicable laws and regulations.

“No more frivolous complaints. No more anonymous complaints,” Hegseth said, adding that forgivable mistakes or minor infractions should not stain a warrior’s record.

“People make honest mistakes, and our mistakes should not define an entire career. Otherwise, we only try not to make mistakes, and that’s not the business we’re in. We need risk takers and aggressive leaders,” he said.

While mistakes are forgivable, some things will not be tolerated, including hazing, bullying, racism and sexual harassment. Posting anonymously online to trash commanders, demoralize troops and undermine unit cohesion will also not be tolerated, Hegseth said.

Basic training is being restored to be “tougher.”

“We’re empowering drill sergeants to instill healthy fear in new recruits, ensuring that future warfighters are forged,” he said. “Let no warrior cry out from the grave, if only I had been properly trained.”

Top 5

•Driscoll goes scorched earth on Army buying inertia

•Inside the Army’s new modernization mega-command

•Sikorsky turns the venerable Black Hawk into a true unmanned aircraft

•Is it time for the Army to stop defending Air Force air bases?

•Naval Academy midshipman dies

Army

•Army moving forward with ‘sled’ concept for maneuver air defense against drones, other aircraft

•Where to stash combat gear in the Indo-Pacific? The Army wants to know.

•Sig Sauer’s M7 rifle for the Army is now lighter after controversy

Navy

•Wilsbach pledges tight coordination with Navy on AM-RAAM and JATM missile buys

•Naval Academy dropout indicted over threat that led to accidental shooting

Air Force

•Air Force’s highest ranking enlisted leader announces retirement

•Shutdown will delay Air Force drone wingman’s first flight, Anduril executive says

Coast Guard

•Coast Guard may now be paid with Pentagon-style money shift

National Guard

•Some Texas Guard troops fail to meet standards, return home



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FLEET WEEK EVENTS FOR YOUR CALENDAR

Continued from page 1

Come enjoy Fleet Week San Diego's Military & Veteran Appreciation Concert on Sunday, Nov. 2, featuring a special combined performance by Navy Band Southwest and Marine Band San Diego! This is a free event held at the beautiful Spreckels Organ Pavilion stage in Balboa Park, San Diego. Vietnam veterans who have not previously been awarded a Commemorative Pin, will be honored at the concert.

San Diego Fleet Week Breakfast, Nov. 5, 7:30-9 a.m. Midway Museum. Presenting sponsor TriWest Healthcare Alliance. A signature event since the inception of San Diego Fleet Week, our community breakfast takes place aboard the iconic USS Midway Museum. We welcome distinguished speakers from across the Department of Defense, including leaders from the Navy, Marine Corps, and Coast Guard—both civilian and military. It's a unique chance to hear directly from top decision-makers and connect with fellow military and civilian business leaders from the local community in a unique historical setting.

Student STEM Days, Nov 5-7. Broadway Pier, 1000 N. Harbor Dr., San Diego, CA 92132. For more information on how your student group can participate contact Tara@fleetweeksandiego.org STEM—Science, Technology, Engineering and Math—are core principles for student learning in the decades ahead, necessary to



compete in the digital workforce. Student STEM days are an exclusive opportunity for students throughout the county to participate in Fleet Week San Diego's Innovation Zone before we open to the public. Grade Recommendation- Grade level 4 & up.

Senior Leaders Seminar Nov 6.

Broadway Pier open to the public Nov 7-9.

Veterans and Military Boat Parade. Nov. 8, 10:45 a.m. San Diego Bay, downtown.

Registration closes Nov. 3. <https://www.fleetweeksandiego.org/veterans-day-boat-parade/>. The perfect way to celebrate Veteran's Day! View the parade from the shore of Shelter Island, Harbor Island, San Diego Embarcadero, Seaport Village and Coronado Tidelands Park. Public invited to San Diego Bay to watch the procession of military-themed decorated boats. Enter your boat as a participant or a safety boat participant! Boats of all sizes are invited. ELABORATE DECORATIONS ARE ENCOURAGED! **Post Parade concert! Nov. 8.**

Run and walk with us at the inaugural San Diego Fleet Week 5K! Nov. 9, 8 a.m. start. Register now! Join the celebration of the 250th birthday of the Navy and Marine Corps as we

honor and thank these dedicated men and women for their countless contributions to our country and community. Designed to be accessible for all fitness levels, the event welcomes runners, walkers, and families alike.

MRE Cooking Competition, Nov. 9, Broadway Pier. Registration required. The Meals Ready to Eat (MRE) Cooking Competition takes combat rations to the next level. Infamously not-delicious, MREs are shelf-stable, precooked and designed to feed forward-deployed troops when cooked food is unavailable. However, in the hands of Navy, Marine Corps and Coast Guard amateur chef teams, these meals are transformed! See who can prepare the tastiest, most attractive meals using only the ingredients in a Standard Military Issue MRE package.

Military Family Day, Nov. 9, 10 a.m.-4 p.m. Broadway Pier, 1000 N. Harbor Dr. A fun-filled day dedicated to military families that's not to be missed! Get out and dance (or just listen and enjoy) to live music on stage throughout the day. Experience military displays hands-on, light armored vehicles, armaments and even robots. There's lots of fun activities for the kids, and, of course, food trucks! **REGISTER! MILITARY FAMILY DAY ADMISSION IS FREE!**

fleetweeksandiego.org

Veteran Buddy Check Week Oct. 20-24

The Department of Veterans Affairs, in support of The STRONG Veterans Act of 2022, has established National Veteran Buddy Checks to encourage peer-to-peer connections among Veterans and their families.

These connections aim to reduce isolation, support peers in crisis, provide access to care, and increase awareness of VA and community resources.

Veteran Buddy Check Week is scheduled for Oct. 20–24. A simple, genuine conversation, whether in person or virtually, can make a significant differ-



ence. Start by asking how your buddies are doing, if they need assistance, or invite them to local events or activities.

Keeping up with connections can be as easy as a phone call, email, text, or an in-person visit. The camaraderie of military

life doesn't have to end with service; it can continue year-round through regular buddy checks.

Take the pledge: Talk to 10, be a buddy

All veterans are encouraged to take the pledge to speak with 10 fellow veterans, their families, caregivers, or survivors. This initiative promotes peer wellness, mental health, suicide prevention, and access to VA resources.

Every contact counts, even if you can't reach all 10 people, your outreach can make a meaningful difference.

Wilsbach nominated as 24th Air Force Chief of Staff

from Secretary of the Air Force Public Affairs
ARLINGTON, Va. - President Donald Trump has nominated Gen. Ken Wilsbach to serve as the twenty-fourth Chief of Staff of the United States Air Force.

Secretary of the Air Force Troy Meink offered his congratulations to Wilsbach.

"I am pleased to support the nomination of Gen. Kenneth Wilsbach to serve as the next Chief of Staff of the Air Force," said Meink. "He is a combat tested aviator and has the experience of leading combat forces around the

globe. I have full confidence that he will make sure Airmen embody a warrior ethos and are ready to defend our nation and maintain our dominance against all adversaries.

"I also believe he will be a great partner to help continue advocating for the capabilities the Air Force needs not just for today, but also in the future to make sure we remain the most lethal Air Force in the world."

Wilsbach recently commanded Air Combat Command and was planning to retire after nearly four decades of active-service.

"I'm deeply honored by the

nomination to serve as the next Air Force Chief of Staff," said Wilsbach. "The trust and confidence placed in me is not something I take lightly. If confirmed, I intend to strengthen our warrior ethos and to build a more lethal force that is always ready to defend our homeland and deter our adversaries around the world.

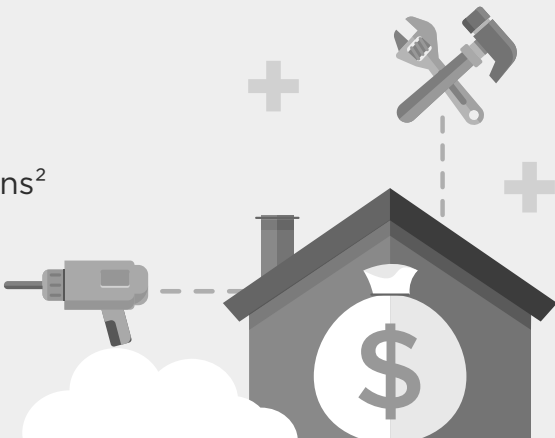
"Cindy and I have always prioritized the needs of our Airmen and their families, and we remain committed to advocating for them in this position," he added.

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

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Space test program continues to expand, astronaut inspires future space test leaders

by Mary Kozaitis
412th Test Wing Public Affairs
EDWARDS AIR FORCE BASE - The Air Force Test Pilot School Space Test Course started as a three-month program in January 2021, in collaboration with the newly formed U.S. Space Force, and has been growing ever since.

The program evolved to a year-long graduate certificate in Space Test Engineering in 2024 and is set to become a full 40-credit hour master's degree program, known as the Space Test Engineering concentration in January 2026.

TPS graduate, Space Force Guardian and NASA astronaut, Brig. Gen. Nick Hague, who played a crucial role in advocating for the expansion of the Space Test Course, recently visited here to engage with K-12 students, TPS, Airmen and their families. From 2005-2006, he was the chief flight test engineer for the 416th Flight Test Squadron at Edwards, previous director of Space Force Test and Evaluation and is now the first-ever Space Force Guardian to travel to space as part of NASA's Astronaut Corps.

"The strength of the Space Force lies in the dedication and

expertise of our Airmen and Guardians," Hague said. "It's important to educate people on why research in space is so important and how it fundamentally impacts everyone's lives on Earth."

Fellow NASA astronaut and Navy Capt. (Ret.) Sunita Williams were also a part of the Crew-9/Expedition 72 return from space and accompanied Hague during the visit to TPS.

"The fundamentals of test are universal, applying across all domains," Karlen said. "This truth was on display as Hague and retired Navy Capt. Williams spoke to the next generation of test leaders and Edwards AFB. We are proud to walk in the footsteps of these test leaders."

Hague's visit highlighted the critical role of science, technology, engineering and mathematics in national defense and space exploration.

"The graduates of the TPS Space Test Course have already been leading the charge in a variety of research development test and evaluation roles for the Space Force," said Andrew Freeborn, Technical Director of Space at TPS. "The partnership between the school and the Space Force has been nothing short of

amazing. Brig. Gen. Hague has really personified that in his dual roles as a Space Force Guardian and NASA astronaut."

The Air Force TPS, in collaboration with Space Training and Readiness Command and Space Delta 12 (STARCOM), educates up to 24 Guardians, Airmen and joint partners annually to prepare them to assume leadership roles in the space test and evaluation enterprise.

This initiative will produce expert test leaders capable of developing and validating advanced space-based capabilities essential to maintaining the U.S.'s strategic advantage. Graduates will be equipped with specialized skills to plan, execute, analyze and report on developmental and operational tests of complex space systems.

"The Space Force through STARCOM, made significant investments into the partnership with Air Force Test Pilot School and Edwards AFB to produce professional Guardian testers with a multi-domain mindset capable of leading the service in safely pushing the limits of our space systems by ensuring they are combat-credible and ready for the joint fight," said Lt. Col. David Heinz, Space Force deputy commandant.

Career

CYBERSECURITY AWARENESS MONTH 2025: DEFEND & FORTIFY LETHALITY THROUGH CYBERSECURITY

For the Navy, these threats strike at the heart of mission readiness. The Deputy Chief of Naval Operations (DCNO) for Information Warfare (N2N6) is tasked with ensuring the Navy's ships, submarines, airpower, and shore commands are supported by network enterprise systems that are secure, interoperable and effective.

To be secure, these networks must be resilient, maneuverable,



and survivable. These systems are not merely technical enablers, they are the backbone of Naval lethality, ensuring commanders and crews have reliable access to the information and communications they need to fight and win.

Ensuring the Fleet is mission-

ready to defend and fortify lethality requires an "All-Hands" approach. Every Navy officer, Sailor, civilian, and contractor has a role to play in protecting networks and defending against cyber adversaries. It is not enough for cybersecurity experts to do their jobs in isolation.

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COAST GUARD CREW, COUNTERDRUG, COCAINE, CONCLUDES PATROL

HONOLULU – Coast Guard Cutter *Midgett* (WMSL 757) crew recently returned to their Honolulu home port after a 79-day deployment to the Eastern Pacific Ocean in support of the counterdrug mission “Operation Pacific Viper.”

While patrolling international waters off the Pacific coasts of Mexico and Central America, *Midgett*’s crew apprehended 19 suspected drug smugglers and interdicted four suspected drug smuggling vessels, preventing 21,126 pounds of cocaine, with an estimated value of more than \$156.4 million, from reaching U.S. shores.

The drugs were offloaded in San Diego on Sept. 25 by the *Midgett* crew and multiagency partners. *Midgett* deployed to the region under the tasking of Joint Interagency Task Force – South (JIATF-S) in support of the Coast Guard’s Operation Pacific Viper.

During the deployment, *Mid-*

gett’s crew conducted counterdrug missions in the Coast Guard’s Southwest District area of responsibility countering transnational criminal organizations and preventing illegal narcotics from reaching the United States.

The trafficking of illegal drugs poses an urgent threat to the American people, and the men and women of the Coast Guard do everything in their power to interdict drugs before they reach our shores and our citizens.

Detecting and interdicting narco-terrorism on the high seas involves significant interagency and international coordination. Joint Interagency Task Force-South based in Key West conducts the detection and monitoring of aerial and maritime transit of illegal drugs.

Once interdiction becomes imminent, the law enforcement phase of the operation begins, and control of the operation shifts to the U.S. Coast Guard throughout the interdiction and apprehension. Interdictions in

the Eastern Pacific Ocean are performed by members of the U.S. Coast Guard under the authority and control of the Coast Guard’s Southwest Dis-

trict, headquartered in Alameda, Calif. alongside other Coast Guard units including law enforcement personnel from Tactical Law Enforcement Team South (TACLET SOUTH), Helicopter



The crew of the Coast Guard Cutter *Midgett* on the flight deck of the cutter in San Diego, Sept. 25. Also shown are 21,126 pounds of cocaine worth an estimated \$156 million in value. U.S. Coast Guard photo by Petty Officer 3rd Class Roberto A. Nieves Felix

trict, headquartered in Alameda, Calif.

Midgett’s crew worked

Interdiction Tactical Squadron (HITRON) crews, contractors operating V-BAT Unmanned Aerial Systems (UAS), and De-

partment of War assets. Notably, the ship achieved a significant milestone with HITRON—accomplishing their 1,000th interdiction of suspected drug smuggling vessels.

“This deployment showcased the power of partnerships in combating transnational crime,” said Capt. Brian Whisler, *Midgett*’s commanding officer.

“From HITRON and TACLET SOUTH to the entire JIATF-S team, the *Midgett* crew worked seamlessly with our partners to achieve significant results. I am deeply impressed by the dedication and skill of every member of this crew, who consistently exceeded expectations during challenging circumstances.

“We are incredibly proud of our contribution to Operation Pacific Viper and remain steadfast in our commitment to control, secure, and defend our borders and maritime approaches.”

Midgett, commissioned in

2019, is the eighth Legend-class national security cutter and is one of two homeported in Honolulu. The cutter’s primary missions are counter-drug operations and defense readiness.

Meanwhile, the crew of Cutter *Forrest Rednour* interdicted 24 suspected aliens aboard a 40-foot sport fisher approximately 20 miles southwest of Point Loma, Oct. 12.

Early on the morning of the 12th, watchstanders at Coast Guard Sector San Diego operations center received notification of an unidentified vessel transiting towards U.S. waters.

Of the 24 aliens aboard the vessel, 20 claimed Mexican nationality, one claimed Canadian nationality, one claimed Argentinian nationality, one claimed Chilean nationality, and one claimed Armenian nationality.

All 24 aliens and the vessel were transported to Ballast Point and transferred to another DHS agency for investigation.

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Fort Hunter Liggett maintains mission-ready training lands with targeted grazing

by Augusta Vargas
Fort Hunter Liggett PAO

FORT HUNTER LIGGETT, Calif. - What do a BeeLiner C-17, a herd of 300 goats, and an endangered Arroyo Toad have in common? They've all shared land space at Fort Hunter Liggett's Schoonover Airfield.

Fort Hunter Liggett (FHL) recently deployed hundreds of goats to Schoonover Airfield in September, as a targeted grazing project designed to neutralize the invasive yellow star thistle. The plant chokes out the natural habitat and reduces the biomass in the San Antonio River, where endangered species, like the arroyo toad, breed.



Before tackling invasive plants, goats take a break at Schoonover Airfield as part of Fort Hunter Liggett's habitat restoration project with Desert Research Institute. U.S. Army photo by Augusta Vargas

"This project, launched through a partnership with the Desert Research Institute, is part of IMCOM's Nature-Based solutions program," said FHL wildlife biologist Jacquelyn Hancock, "which emphasizes wildfire fuel reduction, invasive species control, and endangered species protection such as the arroyo toad."

"A mix of goats and sheep were used to help reduce the bio-

mass in the San Antonio River, where the arroyo toads breed. It opens up the channel systems so when the floods come through in the winter, it can redistribute the sand and sediment, so we have some nice pulling areas that are not encroached with vegetation," said Hancock.

Land restoration using goat grazing is a safe alternative to herbicides, which not only eliminate invasive species, but

threaten the life of native plants in the process. During the fire season, the use of herbicides can prove to be a problem. Herbicides run off into the soil and waterways, harming aquatic systems where the native arroyo toads breed each year. They also remove fire-resistant species, replacing the area with less resistant plants, ultimately causing fires to spread hotter and faster during a time when temperatures climb well over 100 degrees

Fahrenheit in the summer.

"After a controlled burn or a wildfire, landscapes depend on natural regrowth from native plants. Herbicides interrupt this recovery, giving invasives the advantage, further increasing fire risk," Hancock said.

Beyond protecting endangered species, these efforts directly affect FHL's training mission. Overgrown patches of

yellow starthistle and unchecked vegetation also clog drainage areas and shrink maneuver space. If not managed, those conditions could restrict access to ranges and limit the kind of training Soldiers need to stay mission-ready.

"This project reflects the Army's continuous transformation, finding innovative ways to modernize land management while sustaining readiness," said FHL

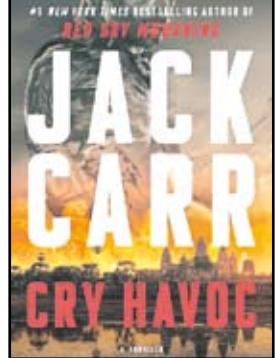
Garrison Commander Col. Jason McKenzie. "Our partnership with Desert Research Institute is essential to reduce wildfire risk and mitigate invasive species, ensuring our training areas stay postured to build combat readiness."

By sustaining critical training lands, Fort Hunter Liggett ensures Soldiers remain combat-ready to support the warfighter mission—today and into the future.

Cry Havoc: A Tom Reece thriller by Jack Carr

Author Jack Carr brings the worlds of special operations and CIA paramilitary units into direct collision in the jungles of Vietnam with his new thriller introducing young Navy SEAL Tom Reece, a man torn between the blurred lines and allegiances of the military and the increasingly murky world of intelligence. This is how it all began... 1968. A time of division. A time of civil unrest. A time of war. Just before the Tet Offensive, before President Johnson announces he will not run for reelection, before the assassinations of Martin Luther King, Jr., and Bobby Kennedy, as riots and protests rage across the nation, a spy ship is captured by communist forces off the coast of North Korea. The crew thought they had destroyed everything of intelligence value. They were wrong.

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BARRACKS IMPROVEMENTS SURGE AS OCS III CONCLUDES

Marines at Camp Pendleton concluded Operation Clean Sweep III on Sept. 26 after a two-week maintenance stand-down launched Sept. 15 to improve unaccompanied housing and operational readiness through self-help projects and facility refreshes.

Deferred maintenance highlighted the need for substantial improvements to barracks conditions across parts of the force. While past resource decisions cannot be changed, I MEF and MCIWEST are addressing current conditions directly through focused action to improve qual-

ity of life and operational readiness.

As part of the larger Barracks 360 Reset initiative, OCS III expanded work across Camp Pendleton, Marine Corps Air-Ground Combat Center Twentynine Palms, Marine Corps Logistics Base Barstow, MCAS Miramar, and MCAS Yuma.

Building on the multi-installation approach initiated during previous OCS iterations, OCS III concentrated time, resources, and trained teams on high-impact fixes in common areas and living spaces.

Commanders were assigned clear ownership of their barracks spaces to strengthen accountability and oversight, and units executed self-help projects that empowered Marines and Sailors to repair, refresh and sustain living spaces.

Senior leaders prioritized the maintenance backlog and focused resources on the most urgent needs to raise habitability standards, reduce repeat work orders and reinforce the link between quality of life and operational readiness.

During the two-week stand-

down, Marines and Sailors executed self-help projects and closed work orders that returned rooms to habitable status across participating installations and reduced the maintenance backlog.

“Our approach was simple: assign responsibility, empower self-help and attack the backlog,” said Lt. Col. Robert Hillery, assistant chief of staff, G-10, and I MEF lead planner for OCS. “With leaders accountable for each space and Marines and Sailors equipped to execute, we’re seeing faster fixes, fewer repeat work orders and better transparency for residents.”

I MEF and MCIWEST’s Barracks 360 Reset is a joint initiative to improve living conditions and operational readiness through enhanced command oversight, maintenance backlog reduction and resident engagement.



CAMP PENDLETON (SEPT. 18, 2025) Gunnery Sgt. Ryan Berthiaume, chemical, biological, radiological and nuclear defense chief with 13th MEU, takes inventory of CBRN equipment during a facilities freeze week here. The freeze week was a coordinated effort to improve operational efficiency, optimize workspace utilization, and support the quality of life of unit personnel in the workplace and in the barracks. U.S. Marine Corps photo by Lance Cpl. Christian Cutter



SAN FRANCISCO FLEET WEEK Chief Navy Counselor James Fields, a recruiter with Navy Talent Acquisition Group (NTAG) Golden Gate, speaks to a future Sailor following a mass oath of enlistment ceremony at the San Francisco War Memorial. U.S. Navy photo by Boatswain’s Mate 2nd Class Li Zhang



USS BOXER, at sea (Sept. 14, 2025) A Marine Corps amphibious combat vehicle with Battalion Landing Team 3/5, 11th Marine Expeditionary Unit, conducts an open-water transit prior to embarking amphibious assault ship USS Boxer in the Pacific Ocean. U.S. Marine Corps photo by Cpl. Joseph Helms

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2025 Pacific Airshow Huntington Beach

There’s bad luck and then there’s really bad luck. Sadly, such has been true yet again for the Pacific Airshow Huntington Beach. However, like a phoenix rising from the ashes, the three-day airshow went on nevertheless. Huge credit must be given to the organizers and the participants for what turned out to be a great, world-class airshow, despite the last-minute withdrawal from the show of the U.S. Armed Forces, due to the shutdown of the Federal Government over yet another budget crisis (this was also the reason for the cancellation of the 2013 MCAS Miramar Air Show, the day before it was scheduled to begin).

I attended the Pacific Airshow Huntington Beach on Friday — the first day of this three-day event. The weather was absolutely beautiful, as was the setting for the show —the Pacific Ocean and the beach, by the Huntington Beach Pier. The audience—including many who watched the event for free on the shoreline — was spread out along the beach, which provided great views of the airshow.

In addition to a variety of hospitality options, STEM (Science, Technology, Engineering & Math) and other exhibits, a Kids’ Zone, food, merchandise, and chilling on the beach and in the ocean, Friday’s full schedule of aerobatic performers included: Anthony Oshinuga, flying the Pitts S1; the Dawn Patrol RV Formation Demo, flying seven Vans RV aircraft; Aaron Fitzgerald, flying the Red Bull helicopter; Emma McDonald from Australia, flying the Extra 330L; The Goodyear Blimp; Luke Czepiela from Poland, demonstrating the unbelievable ability of his STOL (Short Takeoff and Landing) airplane to land on and takeoff from an extremely short stretch of beach; a TBM-3E Avenger WWII torpedo bomber, from Ace Maker Airshows; a North American Rockwell OV-10

Bronco, once a light attack and observation aircraft and now used by CAL FIRE for firefighting; Lyon Air Museum’s B-25J Mitchell “Guardian of Freedom” WWII bomber; Undaunted Airshows’ Vans RV7 and Vans RV8; Torry Ward, flying the Subsonex Microjet; the Royal Air Force Falcons Parachute Display Team; Greg Colyer, flying a T-33 Shooting Star; a Grumman Albatross, that simulated a water landing with a touch-and-go; Kirby Chambliss, flying a Red Bull Air Force EDGE 540 (see previous coverage in “AutoMat-

AutoMatters™ & More by Jan Wagner



ters & More” of Kirby Chambliss flying years ago in San Diego in the Red Bull Air Race: <https://automatters.net/red-bull-air-race-world-championship-returns-to-san-diego/> and <https://automatters.net/2007-red-bull-air-race-world-series-round-9-san-diego-ca/>; John Collver, flying the T-6 Wardog; and, for the grand finale, the Royal Canadian Air Force Snowbirds demonstration team, performing awe-inspiring aerobatics.

Unfortunately, the Scaled Composites Proteus and Sierra could not fly as scheduled on Friday, due to the wind.

As mentioned in my introduction, this airshow has had more than its fair share of setbacks over the years. The Sunday portion of the 2021 Huntington Beach Airshow was cancelled at the last-minute, due to an oil spill off of the Huntington Beach coast.

Then last year, in 2024, very low cloud cover over the airshow prevented most of the aircraft

from flying — because their aerobatics would not have been seen. Nevertheless, the USAF Thunderbirds flew over the cloud layer. I heard that people inland were able to see and enjoy their performance.

With regards to the changes to this year’s airshow, this announcement was published on the Pacific Airshow website:

“Dear Fans of Pacific Airshow, With the current U.S. Government shutdown, we have been advised that U.S. military assets will not be able to participate in this year’s event. While this is certainly disappointing news, we are excited to share that Pacific Airshow Huntington Beach will continue as scheduled this Friday through Sunday with an outstanding lineup of world-class domestic and international performances.

This year’s show will feature the Canadian Forces Snowbirds, Royal Air Force Falcons (UK), Aaron Fitzgerald flying the Red Bull BO-105, the historic B-29 “Doc,” Emma McDonald (Australia), Luke Czepiela, and many others.

Fans can look forward to full days of thrilling performances, exciting activations, and the one-of-a-kind camaraderie and beach party atmosphere that Pacific Airshow is known for. We can’t wait to welcome you to the beach for another unforgettable weekend.

Very Truly Yours, Kevin Elliott”

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The Meat & Potatoes of Life



by Lisa Smith Molinari

Those first weeks in the Kelley Barracks hotel waiting for base housing to open up after our move to Germany were surprisingly enjoyable. I cooked creative cuisine using the room’s tiny microwave and foodstuffs pilfered from the hotel breakfast bar. The kids made forts in the room. I watched home improvement shows on AFN. But soon, the novelty of camping out in the barracks hotel wore off, and I found myself chatting with the hotel clerk, commissary baggers, and anyone at the dog park to combat loneliness.

After five weeks, a stairwell apartment finally opened up on Patch Barracks. I couldn’t wait to start bonding with the other wives in the building, but strangely, no welcoming party arrived at my door.

I pathetically scanned the neighborhood for potential friends while walking the dog, schlepping the kids to school, and throwing trash in the communal dumpsters. I made eye contact with those that looked approachable, but women averted their eyes when I glanced at them. Moms pushed their strollers a little quicker when they noticed me. Groups chatting on the stairwell patio suddenly got quieter.

In desperation, I made rash choices. I joined the Army Ladies Bowling League, a sport I’d never liked. I volunteered in my daughter’s classroom despite my general exasperation with other people’s kids. I subbed for a bunco group infamously referred to as “The Screamers,” due to their blood-curdling squeals upon rolling the dice.

It took months, but I eventually made inroads with the other women in our building. I wasn’t high on their social ladder, but they’d made room for me on a

Perils of climbing the social ladder

bottom rung. It was during that precarious time that something happened to test my moral compass as a military spouse.

“Lisa, didn’t you see the email about brunch?” a ringleader from the other stairwell called one morning to ask. “We’re meeting in my apartment in ten minutes. I made quiche. Come over so we can make a decision.” I had no idea what decision she was talking about, but I was too junior to miss a spouse get-together. I grabbed my coffee, and went to Stairwell A.

I arrived last, and joined at least ten other wives seated in the cramped apartment’s living-dining area. Jammed between the table and wall, I nibbled a scone as the women discussed an issue of which I was completely unaware.

“She’s crossed the line,” I heard. “It’s got to stop,” one wife said. “She needs to respect our rules,” another said.

As the chatter raged, I realized they were talking about a new wife who’d recently moved into Stairwell A. I hadn’t been introduced to her yet, but I’d heard others complain on walks to and from school. Something about her two young boys running amok in the stairwell, about her funny decor, and about her weird demeanor.

“Okay everyone,” the ringleader

announced, “Let’s all sign the letter, and we’ll give it to her with this basket of brownies.”

“What letter?” I asked.

“Lisa, you weren’t around when we all discussed this,” she handed the page over, and I read the typed words, outlining behaviors that the wives found objectionable, couched in passive-aggressive false courtesy.

I was presented with a dilemma. Sign the letter, thereby preserving my dubious hold on the lowly rung of the social ladder I’d fought so hard to grasp. Or, take a stand, and run the risk of being friendless again.

“I’m not signing this letter,” I spoke up, quickly getting the wives’ attention. “If I received this as a brand new wife in this building, I’d cry myself to sleep every night for two weeks. This letter basically says, nobody likes you. That’s mean. If each of you have a problem with her behavior in this building, then you should go to her individually.”

I left the brunch that day, knowing eyes were rolling behind me, and I couldn’t have cared less. I identified more with the new “weird” wife struggling to make friends, than the established group of “cool” stairwell spouses who seemed to have all the fun. By rejecting her, I’d be rejecting myself.

That day, I realized, the only way to make good friends, is to be one.

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- PG – Parental guidance suggested some material may not be suitable for children.
- PG-13 – Parents strongly cautioned some material may be inappropriate for children under 13.
- R – Restricted under 17 requires accompanying parent or adult guardian.
- NC-17 – No one 17 or under admitted.



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ROY'S SUDOKU

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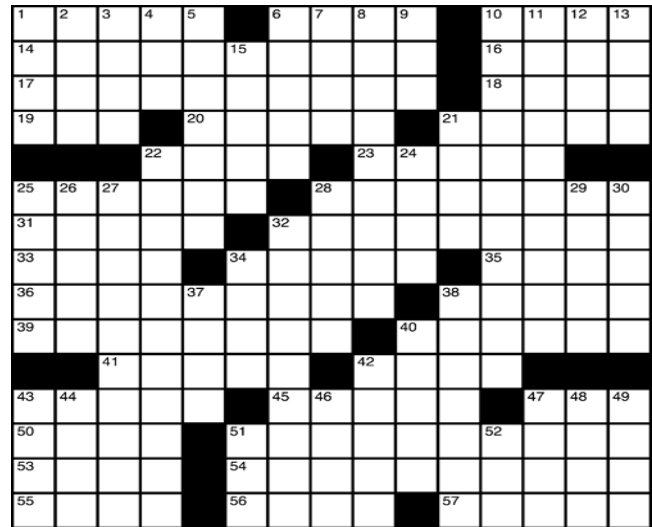
CROSSWORD PUZZLE

Across

- 1 Epithet
- 6 Econ. indicators
- 10 Sp. title
- 14 Loud item in a closet
- 16 Easily manipulated type
- 17 Study buddies, often
- 18 Natl. law group whose "M" is largely obsolete
- 19 Picnic serving
- 20 Prandial pokers
- 21 Cool veggies?
- 22 Caf   de ____: Mexican drink brewed in a pot
- 23 Arduous tasks
- 25 Like some premium services
- 28 Scrapped
- 31 On the offensive, legally
- 32 It's not a side road
- 33 Skin lotion brand
- 34 Stopping at a KOA, say
- 35 Fall place
- 36 Doubts
- 38 Some shared rides
- 39 Excites
- 40 Fictitious 18th-century autobiographer
- 41 Mighty Dump Truck maker
- 42 Hold-up group?
- 43 Like some milk, alas
- 45 Watch with a webcam, perhaps
- 47 Impromptu speech fillers
- 50 Italy's Lake ____
- 51 "How many licks does it take ... ?" treat
- 53 Jackie's designer
- 54 Overwhelms
- 55 Lean and muscular
- 56 Capital on a fjord
- 57 Up one day, down the next

Down

- 1 Spike
- 2 Rag ____ Bolognese
- 3 Leaner alternative to pork
- 4 "What?" utterances
- 5 Anchor's responsibility
- 6 Akufo-Addo's land
- 7 Marquee evening
- 8 Continuous newsroom operations
- 9 Familiar gp. of 50
- 10 Facetious metaphor for a difficult situation
- 11 Mountain dangers
- 12 Big volume
- 13 They didn't stop Hannibal
- 15 Alfred E. Neuman feature
- 21 Bop on the bean
- 22 Aptly named jazz work co-written by Charlie "Bird" Parker
- 24 When repeated, acclaimed Chinese pianist
- 25 "I'm here to help"
- 26 Expected
- 27 Inexperienced one
- 28 Legal orders
- 29 Two before marzo
- 30 Fog word
- 32 Pilots start them
- 34 Twice-baked bread
- 37 Squirt
- 38 Metal named for a planet
- 40 Not pleased
- 42 In half
- 43 Shallows craft
- 44 Social science course, briefly
- 46 Gene ____
- 47 Prom style, often
- 48 Turned some ground
- 49 Active
- 51 Ontario-based music gp.
- 52 Self-described "non-musician" Brian



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Tension headaches, migraine: When headaches disrupt your life

newsinhealth.nih.gov

Headaches come in many forms. Where you feel the pain, what other symptoms you have, and how long headaches last can vary. For many people, headaches are an occasional nuisance. For others, they can be chronic and disabling.

Some headaches can be prevented with small lifestyle changes. Drinking enough water, avoiding headache triggers, managing stress, or improving sleep can sometimes be enough. Other headaches may require more intensive interventions.

NIH researchers are working to develop more options for people who aren't helped by current treatments.

Types of Headaches

There are many types of headaches. Understanding the type you're having can help you find the right treatment.

The most common is called a tension-type headache. These are often triggered by stress, which causes muscles in the neck, face, scalp, and jaw to tighten. Lack of sleep, dehydration, and poor posture can also lead to a tension-type headache.

The pain from a tension-type headache is usually mild to moderate and can be felt on both sides of the head. Some people have chronic tension-type headaches. These happen frequently and can last for hours to days, or even constantly.

"We define chronic headache as having more than 15 headache days per month. So, more days with headache than not," says Dr. Michael Oshinsky, a pain expert at NIH.

Other common headaches are those caused by migraine. Migraine isn't just a headache. It's a complex brain condition. Migraine headaches often occur on one side of the head. But they can also be on both sides. Migraine attacks

can include nausea, vomiting, mood changes, extreme tiredness, and sensitivity to light, noise, and smells. Attacks can last for hours to days.

"Migraine is a disorder where the 'volume knob' of the nervous system has been turned up," explains Dr. K.C. Brennan, a migraine researcher at the University of Utah. "In people with chronic migraine, it stays turned up."

There are many other types of headaches. One that causes extremely painful, sudden attacks is the cluster headache. These attacks can happen around the same time each day or every other day for several weeks.

Some people, such as combat veterans, live with post-traumatic headaches. These are headaches that linger after a traumatic brain injury or a concussion. They can last long after the injury is healed. Other, rarer types of headaches can be caused by nerve problems in the head area.

Headaches can also be caused by other health conditions. Brain injury, stroke, seizures, infections, high blood pressure, and other conditions can all lead to headaches. These are called secondary headaches.

If you have headaches that disrupt your daily life, talk with your doctor. They can help you find relief or refer you to a specialist.

Some headaches may indicate a dangerous medical problem that needs immediate medical attention. See the Wise Choices box for signs to look for.

Trying Treatments

You can help take control of

your headaches by keeping a headache diary. Track your symptoms, how often they happen, and what alleviates them.

"For at least a month, just note down when you have a headache, how you treated it, how long it lasted," Oshinsky says. You can also include facts like foods or drinks consumed, sleep patterns, stress levels, and changes in daily routines. This can help you identify what might have triggered the headaches so you can work to avoid them. Sharing your diary with your doctor can help them better understand the type of headaches you're having and suggest a treatment plan.

Over-the-counter pain relievers can help some people with occasional headache pain. Others may need to try prescription drugs.

But frequently taking painkillers for headaches may make things worse, Oshinsky explains. "If you use painkillers more than three or four times a week, once the drug is out of your system you can get a rebound headache," he says.

People with frequent or chronic headaches can try preventive treatments. These stop headaches from starting, rather than dulling the pain once they start. For example, a type of medication called CGRP drugs helps many people with migraine have fewer attacks.

But the available preventive treatments don't work for everyone. Researchers are looking for other ways to stop headaches from forming.

Brennan's team is studying a compound called glutamate. Glutamate is important for normal brain function and helps nerve cells communicate. But Brennan's team has found that it may some-

times also play a role in triggering migraines.

"We need to figure out how this unusual glutamate activity works, in what brain cell type, and under what conditions, in order to develop a more tailored approach to migraine treatment," he says.

Other treatments for headaches don't involve drugs at all. Some people get relief with a type of talk therapy called cognitive-behavioral therapy, or CBT. This includes learning coping strategies and ways to think differently about pain.

"There are changes in the brain after doing CBT, just like there are changes in the brain after using medications," says Dr. Hadas Nahman-Averbuch, who studies migraine pain at Washington University in St. Louis. Other people find relief using mind-body techniques such as mindfulness practice or biofeedback, she adds.

Small Heads, Big Aches

Headaches are common in kids, too. Often, headaches in children and teens can be treated by drinking more water, having a healthier diet, getting enough activity, and solving sleep problems. Always talk to a doctor before giving headache medicines to a child.

Sometimes, it can be difficult to figure out what kind of pain a child is feeling. "A very young child with a migraine headache will often point to their stomach first and say, 'my stomach hurts,'" Oshinsky says.

Migraine headaches often run in families. So parents who live with these headaches may want to be on the lookout for them in their kids, Oshinsky adds.

Puberty can trigger new or worsening migraine headaches in teens, especially girls, says Nahman-Averbuch. She and her team are studying how hormone

changes may affect migraine pain. They want to develop tests to predict which teens at risk of migraine will develop headaches during puberty.

"If we can predict who will develop migraine, then maybe we can do something to prevent that from happening," Nahman-Averbuch says.

Regardless of your age, it may take time to figure out the best treatment for your headache pain. Your health care team can help you find what works. "We have lots of tools at our disposal now," Brennan says, "and we're developing more."

Headache warning signs

A headache can be a sign of another serious medical problem. Seek medical care as soon as possible for:

- A sudden, severe headache, possibly with a stiff neck.
- A severe headache with fever, nausea, or vomiting that's not related to another illness.
- A headache with confusion, weakness, double vision, or loss of consciousness.
- A headache that gets worse over days or weeks, or changes in pattern or behavior.
- A headache after a brain injury.
- A headache with loss of sensation or weakness in a body part.
- Two or more headaches a week.
- A constant headache in someone who hasn't had headaches before, especially over age 50.
- Recurring headaches in children.
- New headaches in someone with a history of cancer or HIV/AIDS.



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