

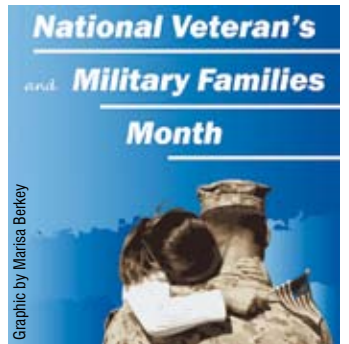
ARMED FORCES DISPATCH

San Diego Navy/Marine Corps Dispatch

www.armedforcesdispatch.com

619.280.2985

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



SIXTY-FIFTH YEAR NO. 24
NOVEMBER 1-16, 2025

HONORING ALL WHO SERVED

VETERANS DAY

November 11, 2025

www.va.gov

The history of Veterans Day

In 1921, an unknown World War I American soldier was buried in Arlington National Cemetery. This site, on a hillside overlooking the Potomac River and the city of Washington, D.C., became the focal point of reverence for America's veterans.

Similar ceremonies occurred earlier in England and France, where an unknown soldier was buried in each nation's highest place of honor (in England, Westminster Abbey; in France, the Arc de Triomphe). These memorial gestures all took place on November 11, giving universal recognition to the celebrated ending of World War I fighting at 11 a.m., November 11, 1918 (the 11th hour of the 11th day of the 11th month). The day became known as "Armistice Day."

Armistice Day officially received its name in America in

1926 through a Congressional resolution. It became a national holiday 12 years later by similar Congressional action. If the idealistic hope had been realized that World War I was "the War to end all wars," November 11 might still be called Armistice Day. But only a few years after the holiday was proclaimed, war broke out in Europe. Sixteen and one-half million Americans took part. Four hundred seven thousand of them died in service, more than 292,000 in battle.

Armistice Day changed to honor all veterans

The first celebration using the term Veterans Day occurred in Birmingham, Alabama, in 1947. Raymond Weeks, a World War II veteran, organized "National Veterans Day," which included a parade and other festivities, to honor all veterans. The event

See HISTORY page 8

FLEET WEEK SAN DIEGO

Fleet Week San Diego cancels many events, others may be rescheduled

SAN DIEGO – Oct 27, 2025 – The San Diego Fleet Week Foundation has cancelled all Fleet Week San Diego events planned for Broadway Pier Nov. 5-9, due to the continued lapse in appropriations resulting from the ongoing federal government shutdown as well as its Nov. 1 "Meet the Fleet at 32nd Street".

Fleet Week has been advised by the U.S. Navy, U.S. Marine Corps and U.S. Coast Guard that as the result of the continued lapse in appropriations from the ongoing federal government shutdown, it will not be able to provide the Navy Ship, Coast Guard Cutter and Marine Corps equipment necessary to support the Fleet Week Public Outreach events scheduled for Broadway Pier.

The events cancelled this year include:

- Meet the Fleet at 32nd Street, Nov. 1
- Student STEM Days, Nov. 5-7.
- Community Breakfast at USS Midway Museum Nov. 5.
- Public Visting, Nov. 7-9.
- Veterans & Military Boat Parade Nov. 8.

"Due to the continuing lapse in federal appropriations, the Navy will regretfully be unable to participate in Fleet Week San Diego this year," said Navy spokesman Brian O'Rourke.

See FLEET WEEK page 6

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Army-Navy Game named 2025 recipient of the NFF Distinguished American Award

IRVING, Texas - The National Football Foundation (NFF) & College Hall of Fame announced the Army-Navy Game, presented by USAA, will be honored as the recipient of the 2025 NFF Distinguished American Award. The official recognition will occur Dec. 9 during the 67th NFF Annual Awards Dinner Presented by Las Vegas at the Bellagio Resort & Casino.

"Few traditions in sports capture the heart of a nation the way the Army-Navy Game does," said NFF President & CEO Steve Hatchell. "For more than a century, the game has transcended football, reminding us of the values of sacrifice, unity and service. It is a timeless celebration of young men who are not only great athletes but also future leaders of our military, willing to defend our freedoms. The game's history, pageantry, and enduring significance make it more than a rivalry — it is a national treasure, to be honored, protected, and respected."

One of the most prestigious honors presented by the NFF, the Distinguished American Award recognizes an outstanding person or entity who has maintained a lifetime of interest in the game and, over a long period of time, has exhibited enviable leadership qualities and made a significant contribution to the betterment of amateur football in the United States.

"Every December, the Army-Navy Game becomes one of the most powerful scenes in all of sports," said NFF Chairman Archie Manning. "Two fierce rivals play their hearts out for 60 minutes, and then, side by side, they stand together to honor each other's alma maters. It's a vivid reminder that while they compete on the field, they are united in a higher calling to serve our country. Honoring the Army-Navy Game with the Distinguished American Award is a recognition of not only a tradition, but of its importance to our country."

First played on Nov. 29, 1890, the Army-Navy Game stands as one of college football's oldest and most storied rivalries. Its tradition stretches beyond athletics, symbolizing the courage and commitment of America's service academies. It is the one game where every player has volunteered to serve the nation, and each player is willing to sacrifice his life for the people watching. As it is often said: "After the game, everybody on the field is on the same team."

General Douglas MacArthur, a team manager while a cadet at West Point who would go on to be one of the NFF's early leaders famously observed: "On the fields of friendly strife are sown the seeds that on other days, on other fields, will bear the fruits of victory." Nowhere are those words more vividly illustrated than in the Army-Navy Game, where competition on the gridiron

serves as preparation for a lifetime of service and leadership on behalf of the nation.

The game, with Navy leading the series 63-55-7, has been televised nationally every year since 1945 with CBS holding the rights since 1996. It has been primarily played in the northeast, with Philadelphia hosting the event 90 times. On two occasions the game ventured west. The 1926 game, which would determine the national champion, was played in front of over 110,000 at the dedication of Chicago's Soldier Field. In 1983, the iconic Rose Bowl in Pasadena, California, played host. This December, Baltimore will take its turn in hosting the Brigade of Midshipmen and Corps of Cadets. Played on the second Saturday of December the rivalry is played unopposed by any FBS or NFL game, providing America's Game with the undivided attention of the nation.

The game's stature has attracted some of the most prominent figures in American history. Sitting U.S. presidents have attended more than 10 times, including Theodore Roosevelt, who was the first in 1901, followed by Woodrow Wilson, Calvin Coolidge, Harry Truman, John F. Kennedy (1961 NFF Gold Medal Recipient), Gerald Ford (1972 NFF Gold Medal Recipient), Bill Clinton, George W. Bush, Barack Obama and most recently Donald Trump. Numerous vice presidents, cabinet officials, military leaders and other dignitaries have made it a priority to support the game's importance with their attendance.

The game has also been immortalized in movies, television and music, standing as an enduring symbol of pride, patriotism and tradition. A total of 40 Hall of Fame players (22 from Army and 18 from Navy) have appeared in the game, including five Heisman Trophy winners: Doc Blanchard (Army-1945), Glenn Davis (Army-1946), Pete Dawkins (Army-1958), Joe Bellino (Navy-1960) and Roger Staubach (Navy-1963). Nine Hall of Fame coaches (four from Army and five from Navy) have paced the sidelines.

THE 126TH EDITION OF THE ARMY-NAVY GAME WILL TAKE PLACE SATURDAY, DEC. 13, AT M&T BANK STADIUM IN BALTIMORE, MD.

First bestowed in 1966, the NFF Distinguished American Award is presented on special occasions when a truly deserving candidate emerges. The Army-Navy Game will become the 47th recipient of the award, joining an impressive list of previous honorees that includes Major Gen. Charles F. Bolden

Jr., Rear Adm. Bill Byrne, Lt. Gen. William Carpenter (an NFF College Football Hall of Famer from Army), Bob Hope, Dr. Jerome H. Holland, Vince Lombardi, Gen. Ray Odierno, and Gen. James A. Van Fleet.

The Army-Navy Game will be honored during the 67th NFF Annual Awards Dinner Presented by Las Vegas on Dec. 9 at the Bellagio Resort & Casino alongside recipients of the other NFF Major Awards. In addition to the presentation of the NFF Major Awards, the event will provide the stage for the induction of the 2025 NFF College Football Hall of Fame Class; the presentation of the 2025 NFF National Scholar-Athlete Awards Presented by Fidelity Investments; and the bestowing of the 36th William V. Campbell Trophy® to the nation's top football scholar-athlete.

ABOUT THE NATIONAL FOOTBALL FOUNDATION & COLLEGE HALL OF FAME

Founded in 1947 with early leadership from Gen. Douglas MacArthur, legendary Army coach Earl "Red" Blaik and immortal journalist Grantland Rice, The NFF & College Hall of Fame is a non-profit educational organization that runs programs designed to use the power of amateur football in developing academic excellence, citizenship, and athletic achievement in young people.

With 120 chapters in 47 states, NFF programs include the criteria, selection and induction of members of the NFF College Football Hall of Fame; the Chick-fil-A College Football Hall of Fame museum in Atlanta; Future For Football; I Played; the William V. Campbell Trophy®; the NFF National Scholar-Athlete Awards Presented by Fidelity Investments; the NFF National High School Academic Excellence Awards presented by the Rose Bowl Legacy Foundation & the NFF Hatchell Cup; and a series of programs and initiatives to honor the legends of the past and inspire the leaders of the future.

Follow on Facebook, Instagram and Twitter @NFFNetwork and learn more at footballfoundation.org.

Visit <https://footballfoundation.org/news/2025/9/17/football-army-navy-game-named-2025-recipient-of-the-nff-distinguished-american-award.aspx> for links to a list of previous winners and the full list of individuals who will be honored at the 67th NFF Annual Awards Dinner Presented by Las Vegas, including how to reserve tickets.

Federal employees & retirees

These are challenging times. There are many CFC-participating charities offering special programs for members of the federal community. Please reach out to them to see what assistance is available. You have supported them in the past and now they are here to support you. <https://givecfc.org/>



OCTOBER 30 - NOVEMBER 30

Racing Friday-Sunday ♦ First post 12:30pm*

FREE & FUN SUNDAYS

FREE Admission & Seat plus 50% off Michelob ULTRA, Brandt Beef hot dogs and sodas.



WINE DOWN FRIDAYS

Starts Friday, November 7
50% off select bottles

COLLEGE DAY

Saturday, November 8

Free admission with valid college ID.
First \$2 bet is on Del Mar until 2pm.

TASTE OF THE TURF CLUB**

Starts Sunday, November 9

Farm-to-table brunch inspired by Amaya at the Fairmont Grand Del Mar.

Turf Club dress code applies.



UNCORKED DERBY DAYS

WINE FESTIVAL**

Saturday, November 15 *Ages 21+*

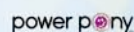
BBQ, BOURBON & BEER

Saturday, November 22



FAMILY FUN DAY

Friday, November 28



FANDUEL RACING TURF FESTIVAL

November 28 - November 30

7 Stakes, 6 Graded
\$1,300,000 in Purses

* Excludes Breeders' Cup 10/31 & 11/1
** Paid ticketed event

Scan for more information >



Iwo Jima Marine reunites with Sherman tank after 80 years

by Karen Amaro
Training Command
MARINE CORPS BASE
QUANTICO, Va. -- The Na-
tional Museum of the Marine
Corps reunited a World War II
veteran with the tank he drove
during the Battle of Iwo Jima, in
a ceremony held this summer at
the Museum Support Facility.

In a powerful moment of living
history on the 80th anniversary
of Japan's surrender in World
War II, Cpl. Leighton Willhite,
100, stood beside "Lucky," the
very M4A3 Sherman tank he
drove ashore during the assault
on Iwo Jima in 1945. He was
joined by his son, grandson and
great-grandson.

"It's amazing," Willhite said.
"I never thought I would see
the tank again. That tank was
my life."

At just 19 years old, Willhite
landed with C Company, 5th
Tank Battalion, in Lucky during
the opening assault on Iwo Jima.
Lucky was among the Marine
Corps' newest standard tanks
and saw its combat debut on the
island. Willhite's crew supported



Marine Corps
veteran Cpl.
Leighton Will-
hite, who served
in the Battle of
Iwo Jima, poses
for a photo in
front of the
WWII Sherman
tank with Master
Gunnery Sgt.
Lisa Marshall,
senior career
counselor, at
the Museum
Support Facility
in Dumfries,
Va. U.S. Marine
Corps photo by
Cpl. Memphis
Pitts.

Marines near Hill 362A, north
of Mount Suribachi, and car-
ried out rescue missions under
heavy fire.

In one defining moment, when
a fellow tank, Jeannie, became
trapped, Willhite volunteered
to cover his commander, Lt.
Leonard Blake, as they moved
to rescue the crew. Willhite was
awarded the Bronze Star with
"V" device for valor, and Blake
received the Silver Star.

After the battle, Lucky re-

turned to Hawaii in April 1945
and was one of 72 tanks selected
for conversion into CB-H5
flamethrower tanks in prepara-
tion for the planned invasion
of Japan. Following the war,
Lucky was transferred to Camp
Lejeune, N.C., where it re-
mained largely unnoticed, in the
woods of 2nd Tank Battalion's
training areas, until the early
2000s, when it was recovered
and entered the Museum's col-
lection. At the time, its his-
torical significance was not yet
known.

Its true identity came to light
in 2023, when Jon Bernstein,
the Museum's Arms & Armor
Curator, conducted a routine
inspection of the tank, then on
loan to the Pima Air & Space
Museum in Tucson, Arizona.
During the inspection, Bernstein
noticed a set of distinctive weld
scars, marks unique to the 5th
Tank Battalion's improvised
self-protection modifications for
Iwo Jima.

Through careful analysis of
those scars, along with field
modifications and comparisons
to archival photographs and
historical records, Bernstein was
able to positively identify the
tank as belonging to C Company,
5th Tank Battalion. Further paint
excavation revealed the name
"Lucky" and the unit's tactical
markings, confirming not only
the tank's battlefield role but
also its direct connection to its
original crew, including Cpl.
Willhite.

Today, Lucky is one of only six
confirmed Sherman tanks from
Iwo Jima still in existence.

This reunion carried even

**"Today is the end of
the beginning and is
the culmination of two
years of research and
piecing the story to-
gether. To bring Cpl.
Willhite back together
with the tank he drove
in battle is to bring that
story to life."**

---Jon Bernstein, National
Museum of the Marine Corps'
Arms & Armor Curator

greater meaning because 2025
marks the 80th anniversary of
Emperor Hirohito announcing
Japan's surrender and ending
World War II. For Willhite, who
celebrated his 100th birthday on
April 9, standing beside Lucky
once more was more than just a
personal milestone—it was a liv-
ing reminder of the service and
sacrifice of Marines in one of the
Corps' most pivotal battles.

As the number of World War
II veterans dwindles each year,
gatherings like this become
increasingly rare and precious.
They offer something no book
or artifact alone can provide: the
chance to see history embodied
in those who lived it.

"Having Cpl. Willhite here,
standing beside this tank again
after 80 years, is very special,"
said Museum Director Keil Gen-
try. "It is a powerful reminder
of the courage and sacrifice that
defined the Marines who fought
on Iwo Jima."

Lucky's journey is far from
over. It is now undergoing a
meticulous restoration to its
1945 appearance, so that future
visitors will not only see the tank
but also sense the bond it once
shared with the Marines who
fought beside it. For genera-
tions to come, Lucky will stand
as a storyteller in steel, carrying
forward the legacy of those who
battled on Iwo Jima.

The National Museum of the
Marine Corps, located near Ma-
rine Corps Base Quantico in Tri-
angle, Va., is a lasting tribute to
U.S. Marines—past, present and
future. With immersive exhibits
and world-class collections, the
museum preserves and shares
the history, culture and traditions
of the Marine Corps.

For more information, visit
www.usmcmuseum.com.

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empowering veterans to lead
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More than **95 cents** out of every
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Crisis intervention, Health care, Employment, Education,
Caregivers & families, Recreation**



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When you leave the military: Joining the Guard or Reserves

Overview
Joining the National Guard or reserves is a great way to serve your country. You'll also earn valuable benefits without giving up your civilian employment or schooling. Transitioning from active-duty service to the reserves is a good way to stay connected to the benefits of military life while participating in civilian life.

Eligibility for the National Guard or reserves
You must meet these minimum requirements to join the National Guard or military reserves:

- Be a U.S. citizen or resident alien.
- Be between the ages of 17 and 42 (general requirement range; age varies by branch).
- Pass an armed forces physical exam.
- Pass the Armed Services Vocational Aptitude Battery test.
- Meet the minimum ASVAB eligibility standard. You must receive a sufficient score on the ASVAB composite called the Armed Forces Qualification Test.

Each branch or specific job may have other requirements in addition to those listed above.

Your obligation when joining the National Guard or military reserves
Joining the military reserves or National Guard is a significant time commitment. This is true, especially at the beginning. You will get settled in your permanent unit. Then, you can expect to attend unit assembly, known as "drill," one weekend per month. You will also participate in a two-week annual training each year.

Initial training: As a new military member, you will attend your branch's basic military training. That may last from eight to 12 weeks. Depending on your job, you may also attend an advanced training course.

Monthly drill: You'll need to drill for 48 periods or units per year. Most units drill one weekend per month. A typical weekend drill has four periods. Some military units have additional drilling requirements, which may include the weekday.

Annual training: You'll also need to participate in annual training for two weeks per year.

Activations: You may be activated to full-time service in a voluntary or involuntary status. This can be with your unit or individually. These activations may vary in length and location. They may include 30 days in a unit near your hometown, or up to a year supporting a mission outside of the United States. Generally, you cannot opt out of involuntary action. This is because the military has ordered you to active service.

Length of commitment: Your total contract may range from three to eight years. This depends on the branch of service and your specific occupation/job.

How to join the National Guard or reserves
The first step is to contact a recruiter, who will explain the process and available opportunities. Speaking with recruiters from different branches can help you get an idea of which branch you would like to join. You can also find out more information at the recruiting websites for each branch:

- Army National Guard; Army Reserve; Navy Reserve; Marine Corps Reserve; Air National Guard; Air Force Reserve; Coast Guard Reserve

Know your benefits
For your commitment to the National Guard or military reserves, you'll receive many benefits including:

Part-time pay: Reserve component pay is based on rank and service time. Bonuses are sometimes available for high-demand and low-density skills. Your pay will be based upon the Active Duty Pay Table during full-time and annual training, and active duty. You will receive prorated payment while on partial-month duty. This will be calculated using the daily rate. Learn more about Basic Pay, the fundamental component of military pay.

Skills training: You'll be trained for your reserve component job. The selection of jobs available will depend on the needs of the military and your ASVAB scores.

Health care coverage: TRICARE Reserve Select is subsidized, fee-based health care coverage. It is for reservists and their families when the military member is not on active-duty orders. Reservists on active duty for more than 30 days receive comprehensive medical and dental care at no cost. While their service member is activated for more than 30 days, family members receive health care coverage.

Education: Selected reserve or National Guard members who have signed up for at least six years can access up to three years of educational assistance. This benefit is available through the Montgomery GI Bill® for Selected Reserve. Additional funding may be available for certain high-demand fields. Reservists may also earn Post-9/11 GI Bill benefits, which may be transferred to eligible dependents when certain eligibility criteria are met.

Commissary and exchange privileges: Reserve component members and their eligible dependents have full-time access to on-base shopping. This includes the discounted food and department stores.

Retirement: Service in the reserve component earns points toward a blended retirement system.

Transitioning to the reserves from active duty
More than 1 in 4 active-duty service members tell us they intend to join the reserves. It's a good way to keep one foot in the military community and one foot in the civilian life. Reserve duty is also a viable path to military retirement which can be obtained through 20 years of combined active and reserve service.

If you're considering transitioning to the reserves from active duty:

- Visit the retention counselor or transitional recruiter on your installation.
- Be ready to talk about your career plans, educational goals and potential location.
- If you visit within 180 days of your active-duty separation, your counselor can discuss specific billets.

If you haven't met your military service obligation when you leave active duty, you're required to enter the selected reserve or Individual Ready Reserve. In either case, you're subject to recall to active duty.

VETERANS DAY HISTORY

Continued from page 1
was held on November 11, then designated Armistice Day. Later, U.S. Representative Edward Rees of Kansas proposed a bill that would change Armistice Day to Veterans Day. In 1954, Congress passed the bill that President Eisenhower signed proclaiming November 11 as Veterans Day. Raymond Weeks received the Presidential Citizens Medal from President Reagan in November 1982. Weeks' local parade and ceremonies are now an annual event celebrated nationwide.

On Memorial Day 1958, two more unidentified American war dead were brought from overseas and interred in the plaza beside the unknown soldier of World War I. One was killed in World War II, the other in the Korean War. In 1984, an unknown serviceman from the Vietnam War was placed alongside the others. The remains from Vietnam were exhumed May 14, 1998, identified as Air Force 1st Lt. Michael Joseph Blassie, and removed for burial. To honor these men, symbolic of all Americans who gave their lives in all wars, an Army honor guard, the 3rd U.S. Infantry (The Old Guard), keeps day and night vigil.

National Ceremonies Held at Arlington National Cemetery

The focal point for official, national ceremonies for Veterans Day continues to be the memorial amphitheater built around the Tomb of the Unknowns. At 11 a.m. on November 11, a combined color guard representing all military services executes "Present Arms" at the tomb. The nation's tribute to its war dead is symbolized by the laying of a presidential wreath. The bugler plays "taps." The rest of the ceremony takes place in the amphitheater.

Veterans Day ceremonies at Arlington and elsewhere are coordinated by the President's Veterans Day National Committee. Chaired by the Secretary of Veterans Affairs, the committee represents national veterans organizations.

San Diego Navy Fleet and Family Readiness ... current job openings

Title	Location	Salary	Closing Date
MWR Fitness Instructor	San Diego	\$46,827 Per Year	Nov. 2, 2025
MWR Yoga Recreation Specialist	Coronado	\$22.44 Per Hour	Nov. 2, 2025
MWR Custodial Worker	San Diego	\$18.47 Per Hour	Nov. 6, 2025
MWR Custodial Worker	San Diego	\$18.47 Per Hour	Nov. 6, 2025
MWR Recreation Assistant	San Diego	\$20.71 Per Hour	Nov. 6, 2025
MWR Lifeguard Assistant	San Diego	\$20.71 Per Hour	Nov. 6, 2025
MWR Fitness Instructor	San Diego	\$22.50 Per Hour	Nov. 6, 2025
Operations Clerk	Point Loma Complex	\$26.41 Per Hour	Nov. 8, 2025
MWR Custodial Worker	Point Loma Complex	\$18.47 Per Hour	Nov. 13, 2025
MWR Assistant Golf Manager	Coronado	\$66,776 Per Year	Nov. 14, 2025
FFSP Clinical Counselor	Coronado	\$101,234.00-\$121,485.00 Per Year	Nov. 16, 2025
MWR Purchasing Agent	San Diego	\$52,169.00-\$56,343.00 Per Year	Nov. 16, 2025

Some employee benefits

If you are a Regular employee who works 20 or more hours per week, you are eligible for benefits (35 hours or more per week for LTD). Employees that are Flex-eligible are only eligible for Medical.

Health and wellness

- Medical, dental, and vision insurance for employees and dependents
- Employee Assistance Program (EAP) - A free program provided by CNIC that is accessible to all employees, members of your household, and dependents, offering 24/7/365 access to private, specialized support. Support and services offered include life coaching, work/life resources, legal/financial resources, and mental health counseling.
- Workplace accommodations for physical or mental health concerns
- Access to Fitness Centers
- Long Term Disability (LTD)
- Life Insurance for employees and dependents

NAF Human Resources Office, 750 Pacific Highway, 14th Floor, San Diego, CA 92132
Hours: Monday-Friday: 8 a.m. - 4 p.m.; Closed Saturday, Sunday & Federal Holidays
Phone: (619) 705-5943; E-mail: CNRSW-NAF-JOBS@us.navy.mil



Places of Worship



Apostolic Faith - Door of Hope Christian Church

"A place of HEALING, HAPPINESS, & MIRACLES!"
Rays Of Hope Sunday Morning Glory Prayer 9:30am
Sunday Morning Worship Celebration 10:15am
2420 52nd Street, San Diego 92105
"Wherever there is GOD there is HOPE!" Join Us!
Visit www.hopeformesd.org or Call 619.414.8251

Bayview Church

Attract...Assimilate...Activate Terry W. Brooks, Sr. Pastor
6134 Pastor Timothy J. Winters St., San Diego, 92114 • (619) 262-8384
Sunday Worship Services 7:30am, 9:15am, 11:15am
Studies In Christian Living (formerly Sunday School) Tues & Thurs online only 6pm (contact Church for sign up). In person Saturday 9am & 10am
www.bayviewbc.org info@bayviewbc.org

Bethany Lutheran Church

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

Christ Community Church

"Helping people love God, find community and make a difference"
Sunday services at 8:45am and 10:30am
Children's ministry for all kids. Life groups for teens and adults.
9535 Kearny Villa Rd. Mira Mesa, 92126. Just off I-15 and Miramar Rd.
More Info: www.gotoChrist.com

First Baptist Church of Coronado

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

Immanuel Oceanside, LCMS

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

Mesa View Baptist Church

Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.)
Seeking Sinners; Saving Souls, Strengthening Saints
Sunday School at 8:45am • Morning Worship at 10am
Wednesday Night Bible Study 7pm
13230 Pomerado Rd., Poway • 858-485-6110 • www.mesaview.org

Southwest Baptist Church

"To know Christ and to make Him known"
Welcome All | Retired Military/Chaplain as Pastors
Sunday Bible Study: 9:30am | Sunday Worship Service: 11am
Wednesday Prayer Service: 7pm
2295 Leon Avenue, San Diego, CA 92154 | Phone: (619) 423-2477
Email: pastor@swbcsd.org | www.swbcsd.org

St. Luke's Lutheran Church

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

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Rugby skills took Black Hawk pilot to new heights

by Joe Lacdan,
Army New Service
CHULA VISTA, Calif. — Kaity Schwarting put all of herself into the game of rugby for four years at the U.S. Military Academy.

On a clear spring night in 2022, her collegiate career ended in pain. Early in the second half of a national quarterfinal game vs. Dartmouth in Kennesaw, Georgia, Schwarting waited behind a defensive line of six to counter a Dartmouth attack.

She saw a Dartmouth player cut through the formation. Schwarting lunged for the tackle, but the Big Green player ran through the contact, her knee colliding into Schwarting's left side. Schwarting felt her shoulder separate. Instantly she knew.

After the collision, another Dartmouth player took the ball and scored to take a 14-5 lead. Schwarting watched from the sidelines as Dartmouth held on 14-10 ending the Black Knights' season.

Doctors would later confirm that she suffered a torn labrum. A week later, Schwarting graduated from West Point.

Recovery put Schwarting in a deepening funk as the injury and recovery shattered her future plans. Before she hurt her shoulder, rugby had dominated Schwarting's life since age 12. An intense competitor, she took every loss and every failed try to heart, nearly suffering from burnout, she said.

Schwarting eventually underwent surgery and endured the nine months of therapy and recovery that followed. But she to be put on medical hold at West Point during her recovery. And now she had to watch her classmates move on to flight school and the operational Army.

"I really struggled with it," she said. But she remained active during her recovery. She took a role as special assistant to the West Point commandant and rejoined the Black Knights' rugby 15s team as a coaching assistant. She finally began flight school in January 2023, where she started training to become a Blackhawk pilot.

As she learned the intricacies of hovering and flying through different weather conditions, she took a three-year break from the rugby pitch.

Now a 25-year-old first lieutenant, Schwarting competed in her first Armed Forces rugby tournament in Chula Vista, California in September. All-Army coach Kaitlyn Kelly trusts



1st Lt. Kaity Schwarting returned to playing competitive rugby after stepping away from the sport to attend flight school and Black Hawk pilot training. She is a rotary wing officer and flies the UH-60 Black Hawk. Photo by Petty Officer 1st Class Colby Mothershead.

Schwarting to play scrum half, a playmaking position. The Soldier also leads the team on kickoffs.

Schwarting now approaches the game differently. As the team's offensive distributor, she takes the controls of Army's offensive attack. She assisted Army winger Annie Lee on a pivotal goal in the Armed Forces Rugby Championship game, helping Army win its fifth Armed Forces title over Air Force.

As a Black Hawk pilot she's flown on missions for U.S. Southern Command while stationed at Soto Cano Air Base, Honduras. Like on the rugby pitch, her decisions affect her teammates and crew, but at much greater stakes.

"When you're in that high-pressure environment up in the helicopter, everyone's relying on you to do the right thing when you're on the controls," All-Army coach Kaitlyn Kelly said. "I think it's the same thing with kickoffs. Everyone's relying on you ... like the people in the cockpit are trusting you."

Schwarting said a more relaxed temperament helped her not to panic when the team fell behind in matches against Navy, Coast Guard and Air Force. In each of those contests, Army (5-0 in the tourney) rallied for the victory.

Competing at the Armed Forces Championship helped Schwarting rediscover the sport that enamored her as a child. In the competitive field of collegiate rugby, she said she sometimes lost sight of that.

"In college I used to think that I

would live or die by rugby," Schwarting said. "It held so much weight and importance in my life."

"But at the end of the day, rugby is just a game, and the All-Army [team] is an incredible experience to play a fun game with super incredible women," she added.

Unlike many American rugby players, Schwarting began competing in the sport at a young age. While other kids at her high school spent time with friends or going to the beach, Schwarting played rugby hundreds of miles away.

A worthwhile trip

Every weekend, Schwarting took her backpack, her gym shoes, and her team uniform and boarded an Amtrak train six hours north. She passed through vast expanses of pine and oak in the Virginia countryside to the bustle of the DC suburbs. She'd finish her homework while listening to music on the train.

She left behind her family, friends and her life along the state's southern coast because it meant she could play rugby, a game that allowed her to be aggressive, yet disciplined. On the rugby field any frustration or stress in her life subsided with each successful scrum or scoring try. The adrenaline rush from the sport made the long commute worth it.

Kellam High School, minutes from the Virginia Beach shoreline, didn't have an official rugby team. So Schwarting joined rugby clubs North Bay Rugby and Atlantis, both based in the DC metro region, but attended high school in Virginia Beach. "It's cool just to be in a sport where being aggressive is a good thing," Schwarting said.

While visiting Bel Air, Maryland, she learned the game from her mother, Jaymie Hoffman, a former rugby player and Army veteran.

From age 12, she fell in love with the sport; the teamwork and the close bonds players form. In competitive rugby, building trust among teammates can be the difference between winning and losing.

Rugby would be more than just a game for Schwarting. It would be the catalyst that eventually led her to the Army and flying one of the military's most lethal air frames.

Although Schwarting grew up in a military family, both of her parents served in the Army, she said she never considered joining armed forces as a teen. Her plans changed when West Point's rugby coach

recruited her for the Army women's rugby team.

Schwarting didn't know then, but her abilities on the rugby field would help her as a pilot.

Piloting the Blackhawk

After completing the primary phase of flight school, in January 2024 she learned her assignment would be flying the renowned Black Hawk Helicopter, giving her the opportunity to pilot one of the world's most versatile, powerful air frames.

Learning one of the world's most physical sports at only 5-foot-4-inches aided her decision making in the cockpit, she said.

On the rugby pitch, Schwarting spent countless hours studying angles and spacing, how to create scoring tries for teammates and herself. She likened her role as a playmaker to being at the controls of a helicopter.

"Being small on the field, I think, has always made my brain work harder," she said. "And, figuring out all the nuances and the IQ of the sport has always kind of been what I've leaned on."

"Doing that similar stuff on the rugby field has allowed the pilot side of me to get that understanding of just being able to manage a lot of things at once."

The Army assigned her as executive officer of A Company 1228 Aviation Regiment at Soto Cano.

Like she did on the rugby field, Schwarting had to learn to multitask as a pilot. Blackhawk pilots perform missions that vary from reconnaissance, navigation and command and control. They must master an array of controls to effectively maneuver the aircraft.

But she had one void to fulfill in her life: returning to the rugby field. Through messages and texts, she remained in touch with Kelly, a West Point assistant who took the head coaching role of the All-Army team as an Army Reservist.

Schwarting had to wait two years to return to the rugby pitch while completing various stages of Flight School and earning her pilot certification.

"I don't think I could ever be too far from the sport," said Schwarting who plans to continue competing for the team, depending on mission requirements. "I think it means too much to me and my family as a



1st Lt. Kaity Schwarting said collegiate rugby was so competitive that it took a mental and emotional toll. Since joining the All-Army women's rugby team in 2025, Schwarting said she has re-discovered her love for the sport. Courtesy photo

whole that I think I would always continue to play."

as the game's been going on." Rugby helped Schwarting join the Army. The Army helped Schwarting rediscover her love for the sport.

"In college [rugby] definitely felt like a job," Schwarting said. "I loved doing it, but it definitely strained on you a lot. I think [competing in the Armed Forces Rugby Championship] is just falling in love with the sport again."



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SAN DIEGO (Oct. 23, 2025)

Coast Guard Air Station San Diego honored Coast Guard Lt.j.g. Morgan Garrett and Navy Lt. Rhianon Ross with a memorial workout on Coast Guard Sector San Diego's outdoor gym. The 40-minute workout, designed by Garrett's Coast Guard Academy classmate Coach Charlee Kraiss, featured a rep scheme of 10-23-20-20, symbolizing the date of the 2020 crash that claimed both aviators lives when their T-6B Texan II trainer aircraft crashed in Foley, Ala. U.S. Coast Guard photo by Petty Officer 3rd Class Trinity



Fleet Week

continued from page 1

disappointed, as our Sailors look forward to Fleet Week events, but Navy planners will begin preparing for our participation in the 2026 Fleet Week as early as January. San Diego is the quintessential Navy town, and our uniformed men and women appreciate the ongoing support and interest they receive from the local community.”

“We recognize the invaluable support the community provides to our military and their families,” said Maj. Kristine Doan, a spokesperson for the Marine Corps. “We will continue to find ways to share our Marine Corps teams with our neighbors and look forward to celebrating with the community in 2026.”

“While Fleet Week is extremely disappointed in having to cancel the Broadway Pier events, our staff has been able to proceed, reschedule or change the venue of the following events,” said Fleet Week Board Chair Mick Fulton a retired Navy Command Master Chief. “They include the following:

Fleet Week Football Classic
Nov. 1. Snapdragon Stadium,
Proceed as scheduled.

Military Family Day Nov. 9.
Reschedule to Different Venue

Enlisted Recognition Luncheon Nov. 21 (new date). San Diego Zoo.

We are excited “to be able to being these long-standing events to the San Diego Community.”

As of press time the following three events are still pending the resolution of the Shutdown.

- The Veterans and Military Concert scheduled for Nov. 2 at Spreckels Organ Pavilion at Balboa Park

- The 250th Navy & Marine Corps Birthday Celebration Nov. 6

- The 5K Run and Family Walk scheduled for Nov. 9 are still pending the resolution of the shutdown.

Check the Fleet Week San Diego website for updates. www.fleetweeksandiego.org.

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Japan, U.S. forces unite for multilateral ANNUALEX 2025

by Lt.j.g. Sarah Merrill
Commander, U.S. 7th Fleet

PHILIPPINE SEA – The Japan Maritime Self-Defense Force (JMSDF), the U.S. Marine Corps, and U.S. Navy recently began the multilateral exercise Annual Exercise (ANNUALEX) 2025 in the Philippine Sea.

This year’s ANNUALEX focuses on enhancing the Japan and U.S. bilateral alliance within a multilateral context through maritime communication tactics, anti-submarine warfare operations, air warfare operations, replenishment-at-sea, and more. JMSDF Izumo-class helicopter-capable, anti-submarine warfare destroyer JS Kaga (DDH 184) leads the JMSDF participation in

this year’s ANNUALEX. Held every two years, ANNUALEX is led by the JMSDF to provide an opportunity to refine and build upon existing combat interoperability capabilities, enhancing readiness across all platforms. This serves as a deterrent against regional instability and aggression.

U.S. participating assets include S. Navy Arleigh Burke-class guided-missile destroyer USS *Shoup* (DDG 86), Ticonderoga-class guided missile cruiser USS *Robert Smalls* (CG 62), P-8A Poseidon, Lewis and Clark-class dry cargo ships USNS *Amelia Earhart* (T-AKE 6), USNS *Wally Schirra* (T-AKE 8), fleet replenishment

Coast Guard interdicts 10 aliens off Point Loma

SAN DIEGO — The Coast Guard interdicted 10 suspected aliens approximately 9 miles southwest of Point Loma Oct. 20.

At approximately 2:30 a.m. on Oct. 20, watch standers at Coast Guard Sector San Diego Joint Harbor Operations Center received notification of an unidentified vessel transiting towards U.S. waters and dispatched a patrolling Coast Guard cutter.

At approximately 4 a.m., a Coast Guard Cutter *Forrest Rednour* (WPC 1129) boarding team intercepted a 15-foot panga with 10 aliens aboard. All 10 aliens claimed Mexican nationality.

The Coast Guard transported the vessel and all 10 aliens to another Department of Homeland Security agency at Ballast Point.

oiler USNS *Tippecanoe* (T-AO 199), a U.S. submarine, and U.S. Marine Corps F-35B Lightning II is assigned to Marine Fighter Attack Squadron (VMFA) 242.

Participating forces will also

The most recent appropriations for the Department of War expired an September 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.

At Naval Medical Center San Diego call (619) 532-6400 or visit <https://sandiego.tricare.mil> to learn about changes to THEIR office hours or services during the government lapse in appropriations.

Your health and well-being remains a high priority. Naval Hospital Camp Pendleton is open, and will continue to sched-

include the Royal Australian Navy (RAN) and Air Force (RAAF), Royal Canadian Navy (RCN) and Air Force (RCAF), French Navy (FN), and Royal New Zealand Air Force (RNZAF).

ule appointments.

Call (760) 725-1288 to reach the NHCP quarterdeck or visit <https://camp-pendleton.tricare.mil/> to learn about changes to our office hours or services

The previous ANNUALEX, held in November 2023, featured Carrier Strike Group 1, represented by its flagship Nimitz-class aircraft carrier USS *Carl Vinson* (CVN 70), during operations in U.S. 7th Fleet.

U.S. 7th Fleet is the U.S. Navy’s largest forward-deployed numbered fleet and routinely interacts and operates with allies and partners in preserving a free and open Indo-Pacific region.

Call for operational changes: Naval hospitals remain open in San Diego and Camp Pendleton

during the government lapse in appropriations.

This site will only provide critical updates on patient access to routine, urgent, and emergent healthcare.

If you have a medical emergency, call 911.

For information about TRICARE coverage during the lapse in appropriations period, visit www.tricare.mil/shutdown.



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Two Navy aircraft go down 30 minutes apart in South China Sea

In several national news reports Oct. 27, the Pacific Fleet confirmed that all crew members survived separate crashes 30 minutes apart on Oct. 26 of a F/A-18F Super Hornet fighter and a Sea Hawk helicopter in the South China Sea. Both were operating from *Nimitz* aircraft carrier, according to the fleet.

Pacific Fleet posted the following on X: “At approximately 2:45 p.m., local time, a MH-60R Sea Hawk helicopter, assigned to the ‘Battle Cats’ of Helicopter Maritime Strike Squadron 73 went down in the waters of the South China Sea while conducting routine operations from aircraft carrier USS *Nimitz*.

The post continued with “search and rescue assets assigned to Carrier Strike Group 11 safely recovered all three crew members.”

Thirty minutes later, a Super Hornet assigned to the ‘Fighting Redcocks’ of Strike Fighter Squadron 22 also went down in the South China Sea during routine operations from *Nimitz*, the fleet posted. “Both crew members were ejected and were safely recovered by a SAR team assigned to CSG 11.”

“We are here in the South China Sea to build proficiency while showcasing the carrier strike group’s ability to maintain warfighting advantage and execute flight operations supporting the full spectrum of operations,” said Rear Adm. Fred Goldhammer, commander, Carrier Strike Group 11, in a general comment in June 2025. - Information compiled by staff writer Scott Sutherland



CAMP PENDLETON (Oct. 18, 2025) Marines, Sailors, and civilian officials observe a flyover during a Beach Bash event following the 250th Amphibious Capabilities Demonstration here. The Beach Bash was held in conjunction with the Amphibious Capabilities Demonstration. The event strengthens the bond between the Marine Corps and the Nation it serves, honoring 250 years of service and sacrifice. U.S. Marine Corps photo by Sgt. Edgar Rafael



CAMP PENDLETON (Oct. 24, 2025) Marines assigned to Marine Aviation Weapons and Tactics Squadron One (MAWTS-1) refuel an AH-1Z Viper during final exercise as part of Weapons and Tactics Instructor course here. WTI is a seven-week training event hosted by MAWTS-1 which emphasizes operational integration of the six functions of Marine aviation in support of the Marine Air Ground Task Force, Joint and Coalition Forces. U.S. Marine Corps photo by Lance Cpl. Christopher J. Castro

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Key events for San Diego-area Veterans Day - Nov. 11, 2025

San Diego Veterans Day Parade
10 a.m. to 11:30 a.m.
Harbor Drive, between the County Administration Building and the USS Midway Museum.

USS Midway Museum
Salute to Service event on the deck of USS Midway Museum. The museum will host events to honor veterans and will feature special exhibits and ceremonies.

Mt. Soledad National Veterans Memorial
Saturday, Nov. 8 at 11 a.m.
Mt. Soledad honors all veterans and commemorates the 250th anniversaries of the Navy and Marine Corps.

Miramar National Cemetery
Tuesday, Nov. 11, at 3:30 p.m.
The event, which is free and open to the public, will include the dedication of the Memorial Amphitheater and a special celebration of the 80th Anniversary of the End of World War II.

SeaWorld
Red, White & Blue Salute
November 8–10, SeaWorld San Diego will offer a variety of patriotic events, including nightly fireworks, a hero’s salute at the Orca Encounter, and a hero mailbox for guests to write postcards to service members.

- North County Veterans Day Parade and VetFest Parade: Starts at 9:30 a.m. on Escondido Blvd. VetFest Celebration: Begins at 11 a.m. at American Legion Post 149, featuring lunch, a ceremony, and a band. Active duty Military receive a free lunch.
- Silver Strand Half Marathon: This race will take place on Veterans Day. You can choose to run the half marathon, 10 Miler, 12K, or 5K.

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Is Disneyland your happy place?

AutoMatters™ & More
by Jan Wagner



Ever since my first visit there as a little boy, Disneyland has been one of my most happy places. Indeed, its slogan is “The Happiest Place on Earth,” so why, after many years of being an annual passholder, did I recently let my annual pass expire?

Annual price increases have made tickets and annual passes very expensive. All levels of annual passes (“Magic Keys”) have blackout dates (when the passes are not valid for entry or parking benefits). The least expensive annual passes have lots of blackout dates, including weekends, holidays and popular summer and winter vacation days. The top annual pass (the Inspire “Magic Key”) — is now \$1,899 for a year, and though its predecessor had no blackout dates (and was much less expensive), this one blacks out the popular Christmas through New Year’s holiday season. Compare those to the far less expensive annual passes at nearby Knott’s Berry Farm, which has no blackout dates and even offers an inexpensive, add-on, annual meal plan.

Live entertainment used to be included with the price of admission. The Hyperion Theater in Disney California Adventure used to stage major live theatrical productions, including “Alladin,” “Frozen,” “Steps in Time,” “The Power of Blast” and “Rogers: The Musical,” but the Hyperion Theater has been dark for many months. Remember when Disneyland’s Fantasyland Theater, Royal Theater, Golden Horseshoe and other venues used to have live entertainment, too? The high-energy, live performances for “TRON” and “Alice in Wonderland” were terrific, as were the live bands.

Live entertainment, including parades, is often presented exclusively at extra-cost, after-hours special events.

For several years, reservations have been required for the theme parks. Many days and dates are often unavailable, and there are penalties for no-shows.

Costumed Star Wars characters were originally supposed to not only populate Galaxy’s Edge, but also engage with guests through interactive stories and quests. Instead, that was scaled back to meet-and-greets.

Huge crowds often limit the number of popular attractions that guests will have time to enjoy. To address this situation, Disney used to offer guests free ‘fast passes,’ with which they could get assigned return times to popular attractions, so that they could spend less time standing around waiting in long lines and more time enjoying their days. Those were eliminated, replaced with extra-cost, add-on programs to get this benefit, plus “Virtual Queues” for new attractions — that are often filled to capacity within seconds of becoming available.

Disney eliminated guests with physical disabilities from their DAS program, whereby guests may get attraction return times (one-at-a-time), thus enabling them to return later instead of having to stand and wait in long lines.

When popular attractions break down — for example, the large guns in “Star Wars: Rise of the Resistance” and the dramatic, fire-breathing Maleficent the dragon in “Fantasmic!,” it often takes years, if ever, to fully repair them — instead keeping the attraction running with lesser functionality in what is known as “B-mode.”

Lately Disneyland Park and Disney California Adventure have been closing earlier: 11PM at Disneyland and 9PM at DCA.

Disney Security spends much



Star Wars character meet & greet in Galaxy's Edge. photo by Jan Wagner

more time inspecting guests’ belongings, than do other popular SoCal theme parks, including Knott’s Berry Farm and Sea-World San Diego. For my final visit before my annual pass expired, I wanted to be able to recall that visit later with higher quality night-time and dark ride photos than my iPhone was capable of capturing on a recent visit,. With that in mind, I brought my best camera (a Canon R1) and a low-light-capable, ‘fast’ lens. That earned me a detention by Disney Security at the Esplanade gate, where I had to wait for a Security Supervisor to be called over. He asked me if my intention for bringing such a good camera with me was to photograph Park guests for money, warning me against doing that. He also asked me to demonstrate that my camera harness would hold my camera securely. Thankfully, I did not have to drive back to San Diego. He allowed me to enter. If I had any lingering doubts about letting my “Magic Key” expire, that experience eliminated them.

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

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

“Mom, may I pour you a drink?” we’d ask my Irish mother-in-law, nicknamed Midge.

“Is the Pope a Catholic?” she’d answer with a toothy grin every time.

“How’ve you been, Mom,” we’d inquire during telephone calls.

“Busier than a one-armed wallpaper hanger,” Midge often responded without regard for political correctness.

“Mom, you don’t need to tidy up for us,” we might tell her.

“Oh, I won’t. There’re only two things in life I need to do, that’s die and pay taxes,” she’d quip without fail.

Last month, at the age of 91, my mother-in-law passed away, peacefully, after a long, rich life filled with love, laughter, family and friends.

During Midge’s final days, my own aging father, Durwood, was having serious health issues. While my husband flew to Maryland to help make arrangements for his mother’s funeral, I was flying to North Carolina, to help my father after emergency surgery.

When it rains, it pours.

The dual experiences, although hectic, stressful, and sometimes sad, provided a valuable comparison that has changed my perspectives on preparing for our future.

Thanks to her late husband’s retirement savings, Midge was able to move into a nice “independent senior living” facility, after the family home became impractical and she needed nursing care. She had a two-bedroom apartment at the facility with her

My mother-in-law was right

own furniture, family memorabilia, meal services, cleaning, nurse visits, and an outside patio.

When her dementia increased, she moved into a smaller apartment with a higher level of care, but Midge still had her cat, Linus, to make her feel content. In that final month, she was placed on hospice, and comfortably passed in her sleep after visits from family. “Gosh darn it, Midge! What took you so long?” we joked that my father-in-law exclaimed upon seeing his wife’s arrival in Heaven.

Although a substantial amount of my mother-in-law’s financial resources were spent on care at the facility, her estate provided funding for a beautiful funeral and lively reception (Midge loved a good party) with enough left for a small inheritance to pass to her five adult children.

Durwood, on the other hand, entered his golden years in the red.

When I flew to North Carolina to help after his surgery, I found out that his serious health issue was only part of his crisis. While he lay in rehab after surgery, I discovered that he’d stopped paying his mortgage, utilities, and creditors, and had racked up over \$500 in bounced check and late fees. His house, which was on the market, was in early foreclosure, his insurance policies had lapsed, his automobile registration was revoked, and his water was about to be turned off.

Durwood had no retirement savings. He’d lost his money

in the market crash of 2008 and never told anyone, until now.

For several stressful weeks, I helped my father through the crisis, getting his bills paid and home aid help through social services. Although he shouldn’t currently live at home due to his health, he has no choice because he has no money to live anywhere else.

These experiences, though stressful and sad, have motivated my husband and I to update the plan for our future.

Our only will was written by the base JAG officer in the nineties just before my husband went on deployment, and before our third child was born. Needless to say, it needs to be updated. It states that my mother, who is now 82, will take custody of our children, who are now adults. With no debt-free assets to speak of, our main concern was providing for our kids in the event that we were gone.

Twenty-five years later, our main concern is providing for ourselves in our old age. No one wants to be a burden when they get old. Besides, many, like Durwood and Midge, need skilled nursing care that their adult children can’t practically provide. We need a financial plan anticipates the possibility of long-term nursing care just in case that’s needed one day.

My mother-in-law had it right. There aren’t too many things in life we need to worry about other than death and taxes, and never turn down a good cocktail.



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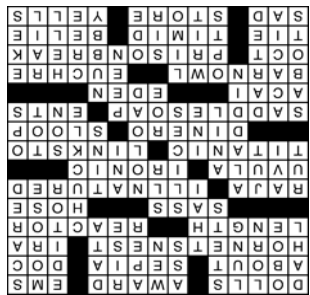
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— F. Scott Fitzgerald

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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.

ROY'S SUDOKU

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CROSSWORD PUZZLE

ACROSS

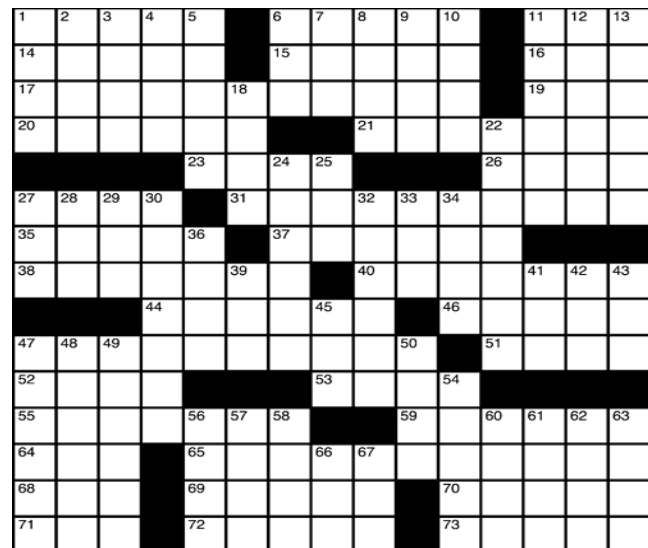
1 Bobbleheads, e.g.
6 Jury decision
11 Pair of Grammys?
14 "It's ___ time!"
15 Old photo tint
16 Dwarf who mixes up his words
17 Angry reaction
19 "This American Life" host
20 Meeting goal often not achieved
21 Nuclear energy device
23 Lip
26 Firefighter's tool
27 Indian noble
31 Surly
35 Soft palate projection
37 Not what one would expect
38 It went down in history
40 Connects with
44 Mexican bread
46 Single-master
47 Stable cleaner
51 Tolkien tree creatures
52 Palm tree superfood
53 Ancient home
55 Predator with a heart-shaped face
59 Card game with trumps
64 Hurricane season mo.

65 "The Shawshank Redemption" event, and what's hidden in four puzzle rows
68 Cravat or ascot
69 Like Caspar Milquetoast
70 Give a false idea of
71 Low
72 Deposit in the attic, say
73 Cheerleaders' assortment

DOWN

1 "James and the Giant Peach" author
2 Wind heard in Dion's "Abraham, Martin & John"
3 Desolate
4 Organ in a chest
5 Decides to leave alone
6 Biblical mount
7 Harmless cyst
8 Imitator
9 Slope
10 It may be crunched
11 Spell-checker, say
12 Lacking in joy
13 Rustled (up)
18 Bangkok native
22 Private laugh
24 Golfing mishaps
25 Camera type, briefly
27 Rural road feature
28 Prefix with fauna
29 Stick (out)

30 2019 Mena Massoud title role
32 Free of commissions, as a mutual fund
33 Young Darth
34 Cookie containers
36 Indigo plant
39 Having four sharps
41 Absalom, to David
42 "PAW Patrol" fan
43 Special ____
45 Caviar
47 Clogs
48 Thorny shrub
49 Made a sudden move
50 Rounded hammer part
54 Lumpy, as a knit fabric
56 Comes down on one side of something
57 Court order
58 Ride to the prom
60 Algonquin language
61 Severe criticism
62 Fence crosspiece
63 Manages to get, with "out"
66 Military address
67 "To Autumn," for one



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Probing aspirin's benefits: Exploring its role in prevention

You've probably taken aspirin for pain or a fever. But some people take a low dose of aspirin every day. It can reduce the risk of cardiovascular events like heart attacks and strokes. Now, scientists are learning that aspirin's effects differ based on a person's age and overall health.

Aspirin helps prevent heart attacks and strokes by keeping platelets from clumping. Platelets are tiny pieces of cells that help slow or stop bleeding by forming blood clots. But preventing blood clots from

forming can make bleeding more likely. That means the health benefits of daily aspirin don't always outweigh the risks.

Studies have shown that a daily low-dose aspirin doesn't benefit everyone. For example, one study looked at older adults who took aspirin regularly for five years. It found that older adults taking aspirin did not live any longer without a disability than those who did not take it. And, taking a daily aspirin led to more bleeding episodes.

Recently, experts stopped rec-

ommending low-dose aspirin for preventing cardiovascular problems in adults over 60. For adults aged 40 to 59, they recommend low-dose aspirin be based on a person's heart disease risk.

"If you don't have a condition that puts you at risk from clotting, then there's really no rationale for inhibiting platelets with low-dose aspirin," says Dr. Sean Patrick Heffron, a preventive cardiologist at NYU Langone Health. "There are some people for whom a reduction in clotting can really be a problem.

For example, older people who are prone to falls."

But some people are at higher risk for getting a clot. These include those who have a heart stent or have had a heart attack in the past.

Excess weight raises the risk for heart problems. But it turns out low-dose aspirin doesn't work well for prevention as your weight goes up.

"The use of low-dose/baby aspirin in someone who hasn't had a heart attack may be beneficial, but only in those with a relatively low body weight," Heffron says. "Those who are of heavier body weight don't show that benefit."

Heffron's team has been trying to understand why that is. Experts thought that people who carry extra weight might need more aspirin to prevent clots. But Heffron's team showed that's not the case. Aspirin's effects on platelets were about the same regardless of a person's weight.

The team is now testing another use for aspirin: lowering inflammation. Inflammation is your body's natural response to

injury or infection. But chronic inflammation can lead to health problems.

"Obesity leads to long-term inflammation that doesn't resolve," Heffron says. "That may keep a person with a heavier weight at elevated risk for a heart attack or stroke."

The team is looking at whether aspirin's ability to lower inflammation varies with a person's weight. Meanwhile, other research teams are exploring

aspirin's potential to reduce the risk of certain cancers, preterm birth, and more.

"Aspirin deserves a lot more study," Heffron says. "While aspirin's use for cardiovascular disease may have fallen off in recent years, the potential for its use in other areas may be increasing. There's still a lot to learn for sure."

Be sure to talk with your doctor before taking aspirin regularly.

TRICARE covers hearing aids for children of military retirees

by TRICARE Communications

FALLS CHURCH, Va. — If you're a parent, you understand the important role hearing plays in your child's overall health and well-being. According to the Centers for Disease Control and Prevention, hearing loss can limit a child's ability to develop speech, language, and social skills. Early intervention and treatment of hearing loss is key to ensuring your child doesn't miss any developmental milestones. If you're a military retiree, there's some good news from TRICARE.

TRICARE has recently expanded its hearing aid coverage to include eligible children of retired service members. This new coverage results from a new statute. It aims to improve access to life-changing medical technology and help eligible children of retired service members get the hearing aids they need.

"Before the passage of the National Defense Authorization Act, TRICARE coverage of hearing aids was limited to dependents of active duty service members with qualifying hearing loss," said Erica Ferron, management and program analyst, TRICARE Health Plan, at the Defense Health Agency. "Now, more TRICARE beneficiaries will

be able to receive hearing aids and services."

Who is eligible?

Are you a retiree? Your child may qualify for hearing aid coverage if:

- You're entitled to retired or retiree pay, or equivalent pay; and
- Your child is enrolled in TRICARE Prime. This includes the US Family Health Plan, as described in the TRICARE Plans Overview Fact Sheet.

The benefit covers unmarried children of living sponsors who are:

- Under 21 years old, or
- A full-time college student aged 21-23, or
- Unable to support themselves due to a disability that started before age 21 (or before 23 if they were a student)

This includes:

- Biological children
- Adopted children
- Stepchildren
- Children placed in your legal care by a court

Does my child's hearing loss qualify?

To get coverage for hearing aids, your child needs to take a hearing test. They must demonstrate at least 26 decibels of hearing loss

in one or both ears.

Important things to know

- Your child must be enrolled in TRICARE Prime or the US Family Health Plan.
- Coverage is retroactive to Dec. 22, 2023. If your child got hearing aids or services on or after that date, you can file for reimbursement for TRICARE covered services. But it won't happen automatically. You must file a claim with your regional contractor.

Special cases

If you're interested in exploring TRICARE's expanded coverage of hearing aids, note that the coverage isn't available overseas. If your child lives in the U.S. but travels overseas, they can keep their coverage, but they need special approval for overseas care.

TRICARE doesn't cover hearing aids for retirees. You may, however, qualify for other special programs. Check out TRICARE's hearing aids page to learn more.

Remember, for your child to get this benefit, your child must have TRICARE Prime and a qualifying hearing loss. The ability to hear properly is essential for your child's social and physical development. If your child is eligible, be sure to take advantage of this new TRICARE coverage.

Heart health beyond aspirin

Low-dose aspirin isn't the only way to keep your heart healthy.

- Don't smoke or quit smoking. Get free help at smokefree.gov, 1-800-QUIT-NOW (1-800-784-8669), or text QUIT to 47848.
- Get physical activity regularly. Experts recommend adults get at least 150 minutes of moderate-intensity activity per week.
- Eat a heart-healthy diet. Learn more about healthy eating plans.
- Stick to a healthy weight. Carrying extra weight can increase the risk of certain health conditions.
- Get enough quality sleep. Aim for 7–9 hours of sleep a night.
- Manage your stress. For tips to improve your well-being. See your doctor for regular health screenings, including blood pressure and cholesterol.

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