

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch

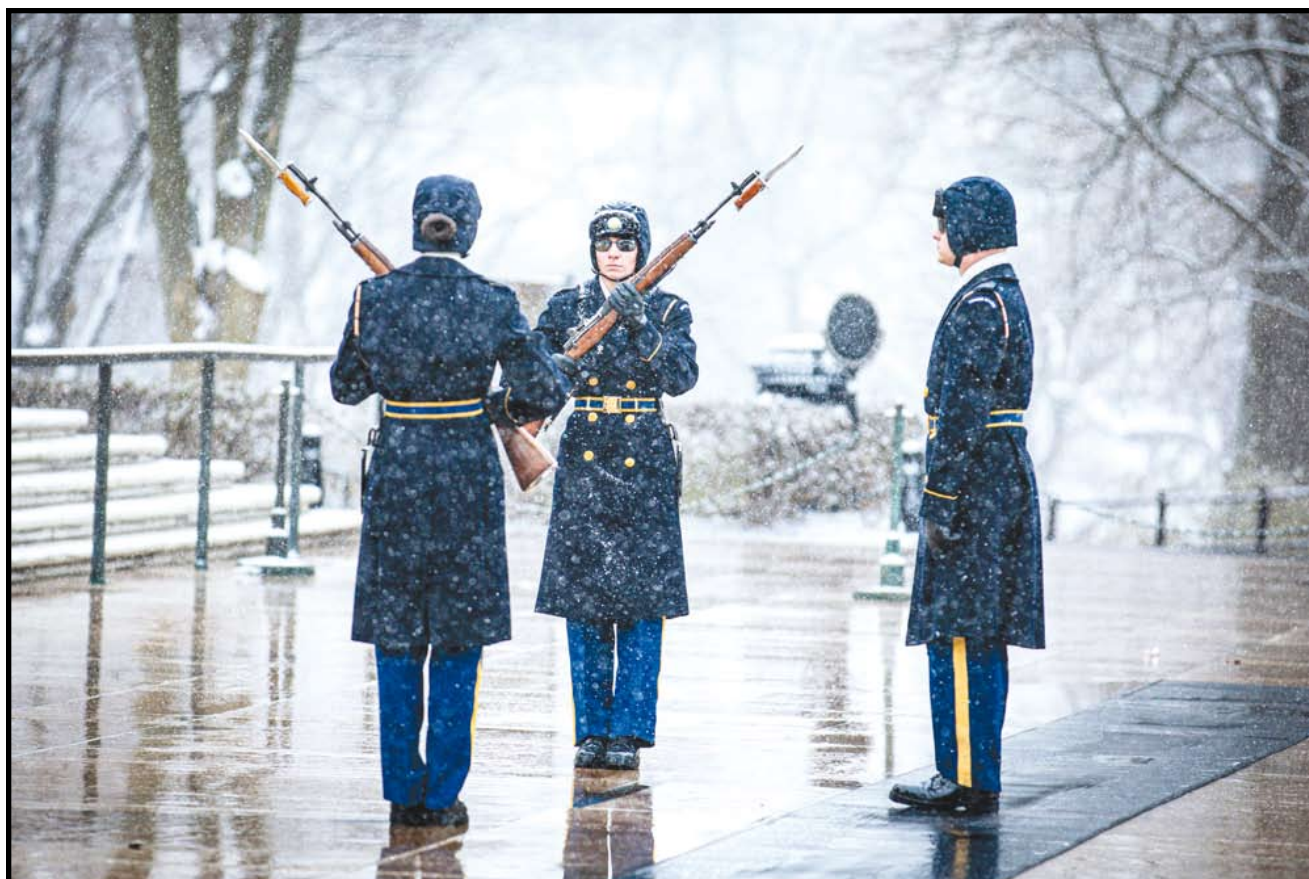
www.armedforcesdispatch.com

619.280.2985

SIXTY-THIRD YEAR NO. 34

JANUARY 23, 2024

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



SNOWY ASSIGNMENT

Soldiers assigned to the 3rd U.S. Infantry Regiment, known as "The Old Guard," perform their duties at the Tomb of the Unknown Soldier in Arlington National Cemetery, Va. on a snowy Martin Luther King Jr. Day, Jan. 15, 2024. U.S. Army photo by Sgt. Ethan Scofield assets

USS Theodore Roosevelt quietly departs San Diego for Western Pacific patrol, report says

by Alex Wilson, Stars and Stripes

Aircraft carrier USS *Theodore Roosevelt* steamed out of San Diego earlier this month with little fanfare and headed toward the Western Pacific, according to a media report.

Local ship spotters witnessed the carrier depart its berth at Naval Air Station North Island on Jan. 11 and leave San Diego Bay, according to a USNI News report citing an unnamed defense official. The deployment was not initially publicized by the Navy.

A spokesman for the U.S. 3rd Fleet, Lt. Mohammad Issa, told *Stars and Stripes* by e-mail that Carrier Strike Group 9, led by *Theodore Roosevelt*, "is currently underway conducting routine operations in the U.S. 3rd Fleet area of operations." No other details about the patrol were provided.

Theodore Roosevelt completed an 18-month maintenance and upgrade period in March at Puget Sound Naval Shipyard in Bremerton, Wash., including a retrofit to its flight deck to handle F-35C Lightning II fighter jets. In December, the carrier completed another maintenance period and an exercise described by the Department of Defense as a "final workup phase and certification event before a scheduled deployment."

The deployment comes amid an operational stand-down of the V-22 Osprey tiltrotor aircraft for the Air Force, Navy and Marines following the Nov. 29 crash of an Air Force CV-22 Osprey off Japan's southwestern coast. The crash, which killed all eight crewmembers on board, sparked an investigation into the tiltrotor. The stand-down is expected to continue pending the results of the investigation.

Ospreys are typically used as a means of transport for personnel, supplies and equipment for deployed aircraft carriers. In lieu of Ospreys, two C-2A Greyhounds - a fixed-wing aircraft capable of carrier takeoffs and landings - will deploy along with *Theodore Roosevelt*, USNI reported.

Theodore Roosevelt will be the second carrier strike group operating in the Western Pacific. USS *Carl Vinson* was just east of Taiwan on Jan. 11, according to USNI's Fleet and Marine Tracker.

Naval Special Warfare releases names of lost teammates at sea

SAN DIEGO -- The search and rescue efforts to locate Navy Special Warfare Operator 1st Class Christopher J. Chambers and Navy Special Warfare Operator 2nd Class Nathan Gage Ingram concluded Jan. 21. On Jan. 11, Chambers, 37, and Ingram, 27, both assigned to a West Coast-based NSW unit, were reported missing at sea while conducting a night-time seizure of a vessel illegally transporting advanced lethal aid from Iran to resupply Houthi forces in Yemen. "We extend our condolences to Chris and Gage's families, friends, and teammates during this incredibly challenging time. They were exceptional warriors and cherished teammates to many within the Naval Special Warfare community," said Capt. Blake L. Chaney, commander, Naval Special Warfare Group 1.

CSAF presents Mackay Trophy to pilot for most meritorious flight of 2022

Air Force Chief of Staff Gen. David Allvin presented Maj. Stephen Keck, 422nd Test and Evaluation Squadron F-15E Strike Eagle pilot, the 2022 Mackay Trophy earlier this month at Nellis Air Force Base, Nev. "Major Keck's inspiring actions reflect exactly what it takes to be a stellar Airman and aviator - ingenuity, tenacity, and audacity," Allvin said. "Any time your name is on a trophy alongside the likes of Hap Arnold, Eddie Rickenbacker, and Chuck Yeager, you've done something truly special." Keck was honored for his actions while serving as the Defensive Counter-Air Team Lead for the 335th Expeditionary Fighter Squadron during a mission at an undisclosed location.

DOD EXPANDS PILOT PROGRAM TO RENEW USID CARDS ONLINE

by C. Todd Lopez
DOD News

As part of an expansion of a Defense Department pilot program that kicked off in February 2023, most Uniformed Services

Identification, or USID, card holders can now renew their cards online and receive them in the mail, instead of having to schedule an appointment at an ID card office.

Before this expansion, only sponsors with a common access card could request online renewals, but now most retirees and non-CAC holders are eligible.

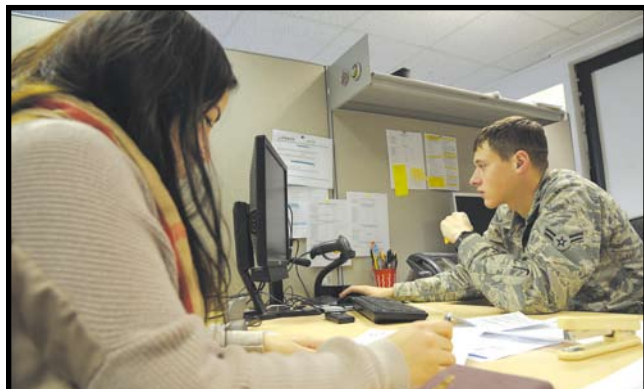
are USID cards, and of those, roughly one million are renewals eligible for online renewal. The pilot program, Zarlenga said, is meant to make life easier for family members and retirees.

The ongoing pilot program allows family members, retirees and others to avoid making appointments at a pass and ID card office. Instead, they can renew USID cards online via the ID Card Office online, or IDCO, website. It's important to note that the pilot program is for renewal of the USID card only - not for the initial issue. Also, the pilot is limited to cardholders within the United States, though expansion to non-US addresses is in the works.

"We think modern capabilities like renewing a driver's license online make it easier for people to get what they need when they need it without burdening them with having to take a trip somewhere," Zarlenga said. "We're excited about this, and it sounds like people see online renewal as making their lives easier, based on the feedback we're getting."

The pilot program also enhances the DOD mission by freeing up appointment slots at pass and ID offices for active duty military personnel and civilian government employees who need to apply for or renew a CAC.

Mike Zarlenga, with the Defense Manpower Data Center, said that DOD currently issues about 4.5 million ID cards each year. About 2.5 million of those



Airman 1st Class Collin Sams, 786th Force Support Squadron ID card apprentice, helps a customer with her civilian ID card at Ramstein Air Base, Germany, March 12, 2015. U.S. Air Force photo by Senior Airman Timothy Moore

PRSR ST
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

Local Postal Customer

Read the Dispatch on line!

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

www.afdispatch.com

Your **FREE** weekly paper
Take one!

U.S. Navy fighter jets strike Houthi missile launchers in Yemen, officials say

by Lolita C. Baldor, Courtesy of Stars and Stripes

WASHINGTON - U.S. fighter jets struck Iranian-backed Houthi rebel sites for the sixth time Jan. 19, taking out three anti-ship missiles in Yemen that were prepared to fire, according to U.S. officials.

The officials, who spoke on condition of anonymity to discuss ongoing military operations, said the strikes were carried out by F/A-18 aircraft off aircraft carrier *Dwight D. Eisenhower*. And they resembled similar U.S. attacks on Houthi launchers that have been occurring almost daily this week.

In a statement later Friday, U.S. Central Command said the strike was at about 6:45 p.m. local time in Sanaa, Yemen's capital, and that the missiles were aimed into the southern Red Sea and were prepared to launch. It said the U.S. determined they presented an imminent threat to merchant vessels and the U.S. Navy ships in the region, and so struck them in self-defense. The statement did not say how the strikes were carried out.

President Joe Biden acknowledged Thursday that the bombardment of Houthi sites, including a massive array of strikes on Jan. 12 by U.S. and British forces, has yet to stop the militants' attacks on vessels in the Red Sea that have disrupted global shipping.

Al-Masirah, a Houthi-run satellite news channel, said there were air raids in the western city of Hodieda on Friday, targeting the al-Jabaana neighborhood in the west of the city. The location of the U.S. strikes could not be immediately confirmed.

U.S. warships and aircraft, in rapid succession, have taken out Houthi missiles poised to launch over the

past few days, underscoring the military's increasing ability to watch, detect and strike militant activities in Yemen.

At the White House, National Security Council spokesman John Kirby noted the uptick in preemptive missions.

"This is the fourth preemptive action that the U.S. military has taken in the past week against Houthi missile launchers that were ready to launch attacks, in this case anti-ship missiles," he said, adding that the self-defense strikes are aimed at improving security in the shipping lanes.

But so far the strikes have not deterred Houthi attacks on ships in the southern Red Sea or Gulf of Aden, which also have been happening nearly daily.

The Biden administration put the Houthis back on its list of specially designated global terrorists. The sanctions that come with the formal designation are meant to sever violent extremist groups from their sources of financing, while also allowing vital humanitarian aid to continue flowing to impoverished Yemenis. And the White House has made



U.S. Central Command personnel seizes Iranian advanced conventional weapon at sea, Jan. 15, 2024. U.S. Department of Defense photo

it clear that the retaliatory strikes will also continue.

"They continue to have offensive capability, and they still continue to be willing to use it," Kirby said. "We also have plenty

of defense capability available to us and we continue to use it as well."

For months, the Houthis have attacked ships in the Red Sea that they say are either linked to Israel or head-

ing to Israeli ports. They say their attacks aim to end the Israeli air-and-ground offensive in the Gaza Strip that was triggered by the Palestinian militant group Hamas' Oct. 7 attack in southern Israel. But the

links to the ships targeted in the rebel assaults have grown more tenuous as the attacks continue.

Associated Press writer Zeke Miller contributed to this report.

Air Force officer is first active service member to win Miss America

At just 22 years old, Air Force 2nd Lt. Madison Marsh made military history on Jan. 14 as the first active-duty service member to be crowned Miss America.

An Air Force Academy alumna who has been piloting since she was a teenager, Marsh entered the pageant scene for the first time while in college. She was crowned Miss Colorado before moving on to the Miss America competition.

"As a freshman at the Academy, you might have a hard time finding your identity in a very new and challenging environment," Marsh said in an Air Force release. "My cousin had competed in pageants for a long time, and one of the big things about it that I love is the community service aspect and the focus on public speaking."

Instead of twirling a baton or belting out arias on stage throughout her pageant career, Marsh focused on storytelling.

"I'm not conventionally talented — I cannot sing or dance," she said. "I gave a monologue about my very first solo flight at the age of 16 and how that shaped some of the fundamental leadership characteristics that I got to carry through into USAFA and then into my adult professional life."

Although she dreamed to one day become an astronaut — and graduated from the academy with a degree in physics and a focus on astronomy — Marsh is now charting a course for a career in public service.

"Marsh is currently pursuing her master's degree in public policy



2nd Lt. Madison Marsh, shown here during Air Force Academy training. U. S. Air Force photo

at the Harvard Kennedy School through the Air Force Institute of Technology's Civilian Institution Program, which falls under Air University," according to an Air Force spokesperson.

2 www.armedforcesdispatch.com JANUARY 23, 2024

EXTREME TRUCK OUTFITTERS
LEER TRUCK ACCESSORY CENTER

Your source for LEER, the undisputed leader in truck cap and tonneau styling, function and design. We can fit virtually any truck on the road including YOURS!

SPRAYLINER SPECIAL \$449 Shortbed

\$100 OFF
NEW CAMPER SHELLS
Cannot be combined with any other offer.

Military SPECIALS

\$50 OFF
HARD TONNEAU COVER
Cannot be combined with any other offer.

2 LOCATIONS TO SERVE YOU

7161 Engineer Rd. • San Diego
858-279-0240

26540 Jefferson Ave. • Murrietta
951-304-0285

MAIN AUTO REPAIR

"ALL WORK GUARANTEED"

FREE ESTIMATES - Serving Military for Over 23 years

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

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

New air defense system advances Corps' air dominance

by Morgan Blackstock

YUMA PROVING GROUND, Az. - The Marine Corps is one step closer to defeating unmanned aircraft systems.

In December, Program Executive Officer Land Systems successfully tested the Marine Air Defense Integrated System, or MADIS, low-rate initial production model, hitting several launched drones during a live-fire test here.



Marines with Marine Corps Systems Command fire a Stinger Missile from a Marine Air Defense Integrated System at Yuma Proving Ground Dec. 13, 2023. U.S. Marine Corps photo by Virginia Guffey

The live-fire test subjected MADIS to actual battlefield scenarios, where it detected, tracked, identified, and defeated unmanned aerial threats.

“MADIS can complete the entire kill chain, and we witness that during this event,” said Col. Andrew Konicki, program manager for Ground Based Air Defense. “It is a linchpin for mission success and our ability to neutralize airborne threats... which in turn, increases our lethality.”

MADIS is a short-range, surface-to-air system that enables Low Altitude Air Defense Battalions to deter and neutralize unmanned aircraft systems and fixed wing/rotary wing aircraft. Mounted aboard two Joint Light

Tactical Vehicles, the system is a complementary pair. MADIS includes multiple disparate systems, including radar systems,

“MADIS can complete the entire kill chain, and we witness that during this event.”

- Col. Andrew Konicki, program manager for Ground Based Air Defense

surface-to-air missiles, and command and control elements. In layman's terms, one detects, and the other attacks.

Drones continue to be a threat, especially with the emergence of easily accessible, commercial off-the-shelf products. MADIS uses real-time communication and coordination to destroy or neutralize low-altitude aerial threats in defense of the Marine Air Ground Task Force.

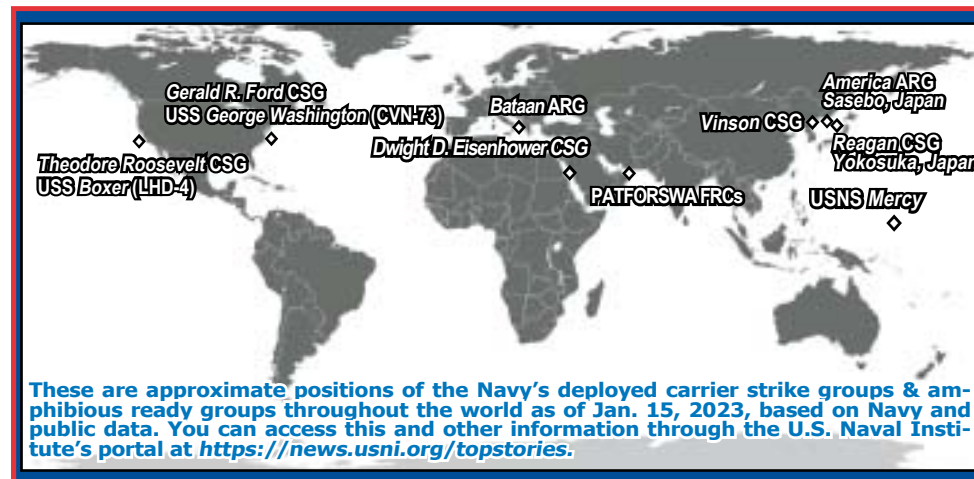
“The importance of countering UAS threats cannot be overstated,” said Konicki. “We see it all over the news. MADIS

is the key. We're excited to get this out to Marines.”

During the test, MADIS successfully tracked and hit multiple targets using the Stinger missiles and 30mm cannon. Information passed through the Common Aviation Command and Control System to the “fighting pair” of vehicles, executing the engagements while continuing to track other UAS targets.

“We've taken multiple disparate commercial off-the-shelf and government off-the-shelf technologies and put them together,” said Konicki. “This is a

capability the Marine Corps has never had, and it was a challenge for the acquisition community. This test event shows we met that challenge.”



These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of Jan. 15, 2023, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.



NEW YEAR.
NEW SUCCESS.

APPLICATION FEE WAIVED

Get started on a degree or certificate that can help you succeed again.
Apply by February 12 and pay no application fee.

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



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



UNIVERSITY
OF MARYLAND
GLOBAL CAMPUS
AT YOUR SERVICE SINCE 1947



- Army**
- How to ace U.S. Army Basic Combat Training
 - Army civilian pleads guilty to conspiracy involving Fort Drum contracts
 - Camp Humphreys gives all-clear on tap water following quality concerns
- Navy**
- Aircraft carrier Gerald R. Ford returns home after 8-month deployment
 - Navy relieved 16 commanding officers in 2023
 - Navy warships to be repaired at Japanese shipyards, ambassador says
 - How the Navy is using deployed ships to improve maintenance
- Marine Corps**
- Video: Watch the Marine Corps' cutest devil dog get promoted
- Air Force**
- Where might the U.S. station its B-21 bombers to deter China?
 - B-21 Raider bomber conducts test flights at Edwards Air Force Base
 - Air Force 2-star requests retirement in lieu of court-martial
 - B-1 crash site yet to be cleared, keeping flight ops on pause at Ellsworth
 - New report: Misplaced flashlight sucked into F-35 engine caused \$4 million in damage
 - New ICBM has 'critical' cost and schedule overruns, needs SecDef certification to continue
 - Airman's mother sorry for sending cannabis liquid to her son and his wife in Japan
- Space Force**
- This prep course trains Air Force and Space Force troops for Ranger School
- National Guard**
- Search and rescue teams battle deep snow, winds to rescue 3 Sandia hikers in N.M.
- Veterans**
- Why an Army Special Forces vet remains in custody on Jan. 6 charges
 - Former Navy master chief gets \$2.75M settlement after being shot in standoff

For service members, access to mental health care streamlined under Brandon Act

by C. Todd Lopez
DOD News

Last year, the undersecretary of defense for personnel and readiness signed policy implementing within the Defense Department and across the military services the requirements laid out under the Brandon Act.

Within the DOD and military services, the Brandon Act allows service members to request a mental health evaluation just by making the request to their supervisor.

The Brandon Act written over a background of green circles with patches of stars and stripes and the link text: Health.mil/BrandonAct.

Dr. Lester Martinez-Lopez, the assistant secretary of defense for health affairs, said the Brandon Act is now accomplishing two things within the DOD and military services.

First, he said, the act ensures that when a service member feels they need a mental health evaluation they need only ask their supervisor for that. Such a request can be made at any time and in any location. They also

don't need to explain why they think they need a mental health evaluation. Their supervisor, in turn, will ensure that a mental health evaluation takes place as soon as possible and without any roadblocks.

"If you're in garrison and mental health care is readily available, then it might just be a few hours," Martinez-Lopez



said. "If you're on a ship in the middle of nowhere and you need mental health care, it might take a day or two and happen by telemedicine or some other way. But it doesn't matter where you are. All you need to do is raise your hand and tell your supervisor and they will take care of that as soon as possible."

Privacy is also a key aspect of the Brandon Act, Martinez-

Lopez said.

"The second part is to make it easy and make it confidential, to keep that information—just like we keep any other medical information—confidential," he said. "The intent of that is to lower the shield from the standpoint of stigma. There are a lot of issues around the stigma of seeking mental health care. But like the secretary of defense says, mental health is health."

Already there are a variety of avenues by which a servicemember can seek out mental health treatment, Martinez-Lopez said. But the Brandon Act has greatly simplified and sped up the process of helping service members get the treatment they need.

Implementation of the requirements under the Brandon Act, in part, requires new training for the force, Martinez-Lopez said. All members of the armed forces, for instance, will need to understand that there is a new venue through which they can seek mental health care. That kind of training provides awareness of what's available under the Brandon Act.

For supervisors who must respond to requests from their subordinates and follow through in ensuring that mental health care is made available, there will also need to be training.

"The supervisors need to know what their responsibilities are under the act," he said. "They need to take this very seriously and know they are not done until that service member is taken care of for their mental health concern."

Setting up and executing training so that service members and leaders know how to use and implement the Brandon Act is has been delegated to the individual services and is underway now.

If DOD is successful in implementing the Brandon Act, one effect will be that the stigma of seeking mental health assistance is diminished, Martinez-Lopez said.

"People will realize that if they think they need mental health treatment, they can just get it," he said. "From the standpoint of leadership, this is a critical part of leadership. Taking care of your people is part of leadership. And mental health is part of taking care of people. So if you're a leader, this is not just a medical issue. This is a leadership issue and a leader needs to take ownership."

Total Battle Force	Deployed	Underway
291 (USS 232, USNS 59)	105 (USS 72, USNS 32)	65 (49 Deployed, 16 Local)

VA Disability Claim Denied?

Know Your Rights and Don't Take "No" for an Answer!

Don't Risk a Permanent Denial and Lose Back Pay

Call the Professional Advocates Today!

No Fees Unless You Win - Free Consultation

800-921-0310

www.VetDisabilityAid.com

Family Owned & Operated Since 1940

Best Mexican Food in San Diego

Free Parking! 10% Military Discount

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

Armed Forces Dispatch

published by Western States Weeklies, Inc.
2604 B-280 El Camino Real, Carlsbad, CA 92008
619-280-2985 • E-mail: editor@navydispatch.com
Editor.....Scott Sutherland

The Dispatch is published online weekly on Thursdays, and in print on the 1st & 16th of each month by Western States Weeklies, Inc., as a commercial, free-enterprise newspaper. The editorial objective of the Dispatch is to promote support for a strong military presence. Contents of the Armed Forces Dispatch are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, the U.S. Navy or U.S. Marine Corps. The opinions and views of writers whose materials appear herein are those of the writers and not the publishers. Appearance of advertising does not constitute endorsement by the Department of Defense or any other DOD component, this newspaper, or Western States Weeklies, Inc. Subscription cost is \$75/year.

Places of Worship

Bayview Church
Attract...Assimilate...Activate
6134 Pastor Timothy J. Winters St., San Diego 92114 • (619) 262-8384
Sunday 6:45am, 8:30am, 11am Worship Service
Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am
www.bayviewbc.org info@bayviewbc.org

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

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

Christ Community Church
Helping people love God and each other!
Services Onsite or Online Sundays 8:45 & 10:30am
Children's Ministries for All Kids!
Small Groups for Teens & Adults of All Ages!
9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15
www.gotoChrist.com or (858) 549-2479

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

G Emmanuel Lutheran Oceanside, LCMS
Connecting people to what Jesus has done, is doing, and will do.
9:30am Worship service
11am Bible class, youth, children's ministry
1900 S. Nevada St, Oceanside, 92054
ilcoceanside.com - (760) 433 2770

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

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

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

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

Veteran jobless rate in U.S. fell to lowest mark in over 2 decades during 2023

by Kelly Agee
Stars and Stripes

Veteran unemployment is at its lowest rate in more than 20 years, but work remains to put former service members into occupations that match their skills and experience, according to a veterans advocate.

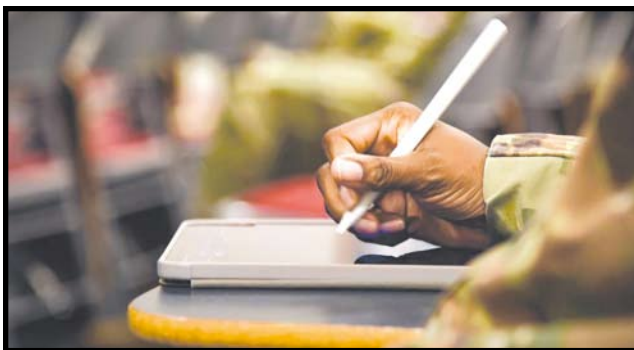
The unemployment rate for veterans in the United States in 2023 averaged 2.8 percent, the lowest rate since 2000, according to data collected over the past 30 years by the Bureau of Labor Statistics. Last year marked the third time in the past 24 years that the yearly average has been below 3 percent.

“Veteran unemployment has been well below the national

unemployment rate for years and reflects how business values veterans in their workforce,” Eric Eversole, president of Hiring Our Heroes, told *Stars and Stripes* by e-mail earlier this month. “The larger issue is underemployment and making sure that a newly transitioned veteran is placed in the right opportunity and provides them with a strong growth pathway.”

Approximately 261,000 veterans were unable to find full-time employment in December, putting the veteran unemployment rate at 3 percent, still below the national rate of 3.7 percent, according to the Bureau of Labor Statistics.

Veterans who served after September 2001 experienced the highest unemployment rate, 3.3 percent, of any veteran group



Veteran unemployment is at its lowest rate in more than 20 years, according to data from the Bureau of Labor Statistics. U. S Air National Guard photo by Wesley Jones

categorized by the bureau. The average rate last year for veterans in a category that includes World War II, Korea and Vietnam was 3.1 percent. Gulf War-era veterans were at 2.8 percent.

“We have seen a paradigm shift in veteran unemployment,” Eversole said. “When Hiring Our Heroes was founded in 2011, we saw widespread unemployment among veterans, especially among those veterans under the age of 25.”

Hiring Our Heroes is a foundation created by the U.S. Chamber of Commerce to help service

members transition into civilian employment. The collaboration between the public and private sectors in supporting veterans’ transition to civilian employment is important, Eversole said. “It’s not just about finding a job; it’s about finding the right career that honors the service and sacrifices of our veterans while utilizing their unique skills and experiences,” he said.

More than 45,000 nonprofits serve veterans and their families to help support them with employment, medical needs and financial help, according to Nonprofit Pro, a source for nonprofit professionals.

VA provides free emergency suicide prevention care to nearly 50,000 Veterans and former service members in first year of new policy

WASHINGTON - In the first year of VA’s new policy allowing eligible veterans and certain former service members in acute suicidal crisis to go to any VA or non-VA health care facility for no-cost emergency health care, 49,714 veterans and former service members have used this benefit - providing them with lifesaving care and saving more than \$64 million in health care costs.

This policy has helped prevent veteran suicide by guaranteeing no cost, world-class care to eligible individuals in times of crisis — including emergency room care, inpatient or crisis residential care for up to 30 days, outpatient care for up to 90 days, and transportation costs. The policy has also increased access to no-cost emergent suicide care for up to 9 million veterans, because eligible veterans do not need to be enrolled in the VA system or go to a department facility to use this benefit.

Ending veteran suicide is VA’s top clinical priority and a key part of President Biden’s Unity Agenda. Since 2021, VA has worked aggressively to expand support for vets in crisis, including launching the 988 (then press 1) to help veterans connect more quickly with caring, qualified responders through the Veterans Crisis Line; partnering with community-based suicide prevention organizations to provide veterans with on-the-ground support; expanding firearm suicide prevention efforts; and encouraging veterans to reach out for help through a national veteran suicide prevention awareness campaign. Moving forward, VA and the Biden-Harris Administration will continue to work urgently to end veteran suicide through a public health approach that combines both community-based and clinically based strategies to save lives.

“There is nothing more important to VA than preventing veteran suicide — and this expansion of no-cost care has likely saved thousands of lives this year,” said VA Secretary Denis McDonough. “We want all veterans to know they can get the care they need, when they need it, no matter where they are.”

<https://news.va.gov/press-room/va-provides-free-emergency-suicide-prevention-care-to-nearly-50000/>



Career and Education

Expert offers tips on how to avoid scams, keep online data private

by Shannon Collins

WASHINGTON - Soldiers, veterans and their family members can keep their identities safe, minimize their online footprint and avoid scams by leveraging password complexity, using a password manager, separating work and personal accounts and enabling two-factor authentication.

Data privacy is how people’s information is traded and sold in the marketing and advertising space, mainly in social media with targeted marketing and spam in email.

Supervisory Special Agent Deric Palmer, Army Criminal Investigation Division, has more than 20 years of law enforcement and more than nine years focused on social media and data privacy.

Palmer said these public data brokers sell comprehensive reports on someone for as low as \$20 to obtain physical addresses, email addresses, phone numbers, social media accounts, contacts such as relatives and associates, professional licenses, court proceedings or a civil lawsuit and anything else that could be used for a social engineering scam campaign.

While the current scams are credit repair, crypto, social me-

dia account takeover fraud and two factor authentication scams, the ones with the biggest growth are confidence and romance scams, Palmer said.

“A pretty big problem for DOD is online impersonation accounts,” he said. “It’s a multi-layered attack.”

For impersonation scams, they impersonate a general or the chief of staff of the Army. The impersonator will send a direct message via text message or social media saying, “I’m in a meeting with clients and need to get them some gift cards immediately,” or “I’m stuck in Syria and need to get \$2 billion out of Syria.”

“Will a two-star or four-star be text messaging you?” Palmer said. “Would they be using the word, ‘clients’ or asking for money? You’re dealing with a scammer. Impersonation accounts are predominant on social media. We’re starting to see them on Reddit, Quora and other sites like that.”

This scam causes reputational harm for the Soldiers who aren’t even involved in the scam.

“I’ve seen impersonation accounts of high-ranking officials as well as enlisted personnel,”

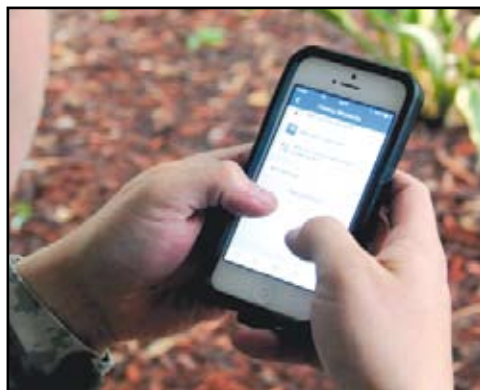
Palmer said. “It causes a bit of reputational harm for those individuals, their service branch and the DOD.”

For romance scams, the scammer may target men or women over the age of 50, trying to get them to send money. A young woman may lure a young Soldier into a relationship where inappropriate photos are exchanged. Then the scammer pretends to be a parent, telling the Soldier the woman was underage, in the possession of child pornography and extorts money.

The credit repair scam tells people it can help them it can increase their FICO score by 100 points or more. People concerned with their credit can raise their credit score 10 to 20 points by talking directly to creditors and the credit bureaus, he said.

Cryptocurrency scams are get-rich-fast schemes, usually citing high returns on investments, he said.

“With social media account takeover fraud, a hacker actually gets control of someone’s



Service members modifying their social media preferences can reduce the risk of identity theft and prevent scam artists from using private information to harm civilians. U.S. Army photo by 1st Lt. Tyler Mitchell

social media account,” he said. “They’ve hacked into the account, or they’re able to know information that showed up in a breach data site or password sale site.”

For example, a Facebook account gets hacked. The password shows up in clear text and hackers purchase it off the dark

web. They’ll go in and lock the individual out of the social media account. They’ll post about fake investment opportunities; share links about applications designed to do credential harvesting; gather personal details about their victim’s friends and family members; and use that to take over their account, Palmer said.

For the two-factor authentication scam, the scammers will pretend to be friends or contacts who need to get their accounts back. They ask for your phone number or email.

“If they’re your friends or family, they already have this information,” Palmer said.

Scammers will also set up fake online websites and stores. Check the website URL. For example, the URL for Bank of America is boa.com, not bo.a.com. Also, check their tab links. If there are broken links, odds are, it’s a fake page, he said.

“One of the ways you can protect yourself is password complexity,” Palmer said. “A lot of people tend to utilize the same password that’s either eight to 14 characters long across multiple accounts.”

For example, someone might

use FozzieBear and use variations such as FozzieBear123! The hacker can run a script in the background to get different iterations of what that password would look like and use that for brute force attacking to a specified target.

To increase password complexity, Palmer recommends using password manager applications such as 1Password, LastPass, Dashlane, Bitwarden and KeyPass.

“When setting up password manager for the first time, you’re going to have to create a master password. This is something only you would know. Not even these institutions will know what your master password is to your password manager,” he said. “This is where you want complexity. Use a pass phrase, space bars, replace letters with numbers, an exclamation point for a 1. The password manager will give you passwords up to 30 characters, making it more difficult for hackers.”

Palmer recommends siloing out bins. What this means is use separate email addresses for social media, home life, reward programs and work.

Find more tips at <https://www.army.mil/article/273002/>.

Oakland ends deployment

by MC1 Vance Hand
Littoral Combat Ship Squadron 1

SAN DIEGO—Littoral combat ship USS *Oakland* (LCS 24) arrived at its San Diego homeport Jan. 19, following an 18-month deployment.

“The USS *Oakland* crews showcased their grit, resiliency, and self-sufficiency in accomplishing all missions by executing a dynamic schedule with significant operational tasking,” said Capt. Marc Crawford, commodore for LCS Squadron 1. “Both crews demonstrated the unique value that LCS brings to the fleet when working with our Allies and partners in the Indo-Pacific. We’re extremely proud of *Oakland*’s accomplishments and both crews should take great pride in all of their achievements.”

While deployed, *Oakland* participated in several multinational exercises including



Family, friends and fans greet littoral combat ship USS *Oakland* following an 18-month deployment. U.S. Navy photo by MC1 Vance Hand

Bangladesh International Fleet Review 2022, Oceania Maritime Support Initiative 2022, Croix Du Sud 2023, Exercise Talisman Sabre 2023, Integrated Battle Problem 23.2, and Exercise Au-

tonomous Warrior 2023.

“It was a true honor leading and deploying with the *Oakland* Blue crew,” said Cmdr. John Van Wagoner, commanding of-

ficer of the *Oakland* Blue crew. “Our team answered the nation’s call on time, on demand, every time, and we are proud of our deployed time and service.”

The Bangladesh Navy hosted International Fleet Review 2022, which included over 60 vessels and 28 nations. *Oakland* participated in bilateral meetings organized by the Bangladesh Navy.

During Oceania Maritime Support Initiative 2022, *Oakland* embarked a Coast Guard tactical law enforcement team, a specialized force that carries out maritime interdiction, security and counter narcotics operations.

“Whether it was Japan, France, Singapore, Brunei, Malaysia, Thailand, Australia, or other partners, *Oakland* was there -- side by side with them -- working to advance a free and open Indo-Pacific,” said Cmdr. Andrew Laidler, skipper of *Oakland* Gold crew.

Ex-Navy doctor sentenced for role in scheme to defraud insurance fund of \$2 million

by Linda F. Hersey, Stars and Stripes

WASHINGTON - A former Navy doctor was sentenced to 12 months in federal prison for falsifying insurance claims that defrauded a military insurance program of \$2 million, according to the U.S. Attorney’s Office in the Southern District of California.

Dr. Michael Villarroel, 51, admitted to participating with other service members in a scheme to file phony claims of serious injury and disability with the Traumatic Servicemembers Group Life Insurance Program.

The insurance program pays out benefits to service members who have suffered serious injuries as a result of their military service. The benefits are considered essential financial assistance for injured troops.

A restitution hearing for Villarroel has been scheduled for April 3 following his sentencing Jan. 12. He was also ordered to pay \$180,000 in criminal forfeiture.

Villarroel admitted in federal court that he conspired with other members of the Navy to make up and submit claims about injuries and disabilities that were exaggerated or didn’t exist. The fraudulent activities took place between 2012 and 2015.

Villarroel’s role was to certify the false records to make the claims of injuries and disabilities look legitimate, the U.S. Attorney’s Office said.

“As fraudulent schemes go, this one was egregious,” U.S. Attorney Tara McGrath said. “The defendant found out there is a high price to be paid for pocketing money intended for injured and traumatized service members.”

Villarroel said he knew the claims were falsified with the express purpose of collecting the insurance payouts. He received kickbacks after the insurance payments were received, the U.S. attorney’s office said.

“At times Villarroel falsely stated he interviewed the claimant and [he] provided other service members actual medical records to be used in fabricating claims,” according to a statement from the U.S. attorney’s office.

Villarroel faced two charges of conspiracy to commit wire fraud, one charge of wire fraud, and one charge of making a false claim.

Villarroel’s co-defendants included members of the Explosive Ordnance Disposal Expeditionary Support Unit One, based in Coronado. Villarroel served as a medical doctor at the unit and was a Coronado resident.

<https://www.stripes.com/theaters/us/2024-01-19/navy-doctor-insurance-scheme-12731336.html>



VETERAN COMPENSATION SERVICES

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

- ✓ Risk-Free Consultation
- ✓ Experts in VA Documentation
- ✓ Veteran Friendly Doctors

- ✓ Over 95% Success Rate
- ✓ Thousands of Veterans Served
- ✓ Experienced A+ Rated with BBB



www.VeteranComp.com





AIRLINE CAREERS FOR ANY VETERAN

Receive full active-duty pay during airline pilot training.

GI Bill | VR&E | TA | Student Loans available.

No flight experience required.
100% career placement since 2018.



Flex Air Skillbridge

Powered by Flex Air, a veteran and minority owned flight school.

skillbridge-flight.school



Flag officer announcement Jan. 11, 2024

Secretary of Defense Lloyd J. Austin III announced that the president has nominated Navy Capt. **Timothy A. Brown** for appointment to the grade of rear admiral (lower half). Brown is currently serving as assistant chief of staff for Force Logistics, Naval Air Forces/Naval Air Force, U.S. Pacific Fleet, San Diego.

General officer announcement Jan. 11, 2024

Secretary of Defense Lloyd J. Austin III announced that the president has nominated Marine Corps Brig. Gen. **Robert C. Fulford** for appointment to the grade of major general. Fulford is currently serving as deputy commanding general, I Marine Expeditionary Force, Camp Pendleton.

Veteran & Medicare Resource Center

DO YOU HAVE Medicare but your needs have changed?

ARE YOU TURNING 65?

Are you TRICARE or a Veteran using VA Benefits?

ARE YOU A SENIOR?

Do you have Medicare Part A & B?

YES! Then you may be **ELIGIBLE** for a Part B rebate

of up to **\$164/mo** added to your **S.S.**

SERVING ALL OF CA, AZ

Vince Parra • 619-763-2425

Medi4all@proton.me - CA LIC: 0M89123

No affiliation with Medicare or government

Honoring the heroes of Camp Pendleton Fire and Emergency Services

by Cpl. Mary Jenni
Camp Pendleton

CAMP PENDLETON - On the afternoon of June 14, 2023, the direct actions of six members of the Camp Pendleton Fire and Emergency Services Department saved the life of Declan Henson, a military dependent. Now, Henson is presenting the Marine Corps Installation Command Lifesaver award to these same firefighters.



Declan Henson, a military dependent, presents the Marine Corps Installation Command Lifesaver award to firefighters with Camp Pendleton Fire and Emergency Services Department at Camp Pendleton Jan. 12. Last June, the direct actions of these firefighters saved the child's life. U.S. Marine Corps photo by Cpl. Mary Jenni



On that afternoon, Henson suffered a life-threatening injury after wrecking his bicycle on base. Due to the rapid response of the Camp Pendleton Camp Pendleton Fire and Emergency Services Department, paramedics, early air ambulance notification, and lifesaving intervention, the life of the child was saved.

Firefighter paramedic Matthew Calton was one of the first responders on the scene. He and his partner actively went over a plan en route to the call, discussing if they needed to transport the patient to the nearest hospital or trauma center or if they needed to call a helicopter for support. Because of their dedicated professionalism and quick decision making, they were able to efficiently render the appropriate care.

"A continued dedication to our EMS craft is embedded in the character of each firefighter that volunteers to be a 911 responder

for others. We put our personal lives on hold for 24 hours a day to be here for each member, Marine, Sailor, their dependent or supporting civilian on the installation," said Jerry Bowling, the fire chief of Camp Pendleton Fire and Emergency Services.

Camp Pendleton Fire and Emergency Services is ready to respond to any contingency at

any time and remains focused on the safety of the installation.

"This is directly reflected in a constant state of readiness forged with continuous training, strict adherence to National and San Diego County protocols standards, effective communication

and an organization commitment to continuous improvement," said Bowling.

Also reflected in the smiling faces of the family is the gratitude for another day with their son.

"I don't have any kids myself, but on that day, that little dude was my kid," said Calton.

Responding to this emergency was second nature to the crew of the fire engine and paramedic ambulance that responded. These first responders work together seamlessly and stay prepared by constantly training for high-pressure situations.

"It's nice for our department to receive recognition for what

we do day in and day out, but the best feeling is knowing that when you get an award like this, it means someone is alive and doing well because of the team effort we as a department have put in," said Calton.

For the firefighters the real reward is making bad days a little better for those calling 911.

GRAND CANYON
Railway & Hotel
EST. 1901

MILITARY SAVE
ON HOTEL/ RV PARK STAYS & TRAIN RIDES

Visit your local ITT office to book!
No Department of Defense or U.S. Marine Corps Endorsement Implied

Tails 'n Trails
4K Dog Walk
Saturday,
Feb. 11, 2023
9-11 a.m.
Lake O'Neill
Camp Pendleton

TAILS & TRAILS FREE
DOG WALK

MC&CS SEMPER PAR
PENDLETON RACES
#PendletonRaces

Join the fun at Lake O'Neill for a fun 4K out and back walk along the Lake. The event includes a dog agility course, doggie hydration stations, and grab 'n go goody bags. The walk provides an event that promotes fitness, a healthy lifestyle, and pet responsibility. <https://pendleton.usmc-mccs.org/activity/d3ed5e49-7dfe-49c7-acd4-1171a6e7f84e>

CAD/CAM OR
DENTAL ASSISTING
COURSES

California
Dental
Certifications

MYCAA

Get Certified in 4 weeks!
Free with MYCAA Grant
(858) 722-8504
WWW.DENTALCERTIFICATIONS.COM

JWVB FAMILY LAW

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

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

FIND OUT MORE www.JWBFamilyLaw.com

619.234.6123
SAN DIEGO 1620 Fifth Avenue, Suite 600, San Diego, CA 92101

MCAS Miramar unveils new 24-hour PX
by Pfc. Seferino Gamez

MCAS MIRAMAR - Going hungry in the middle of the night? No problem. Looking for that essential hygiene product? Look no further. In a move aimed at boosting convenience and morale for Marines stationed here, Marine Corps Community Services has opened MCX24, a 24-hour convenience store strategically nestled within the base's barracks area. The accessibility of this post exchange offers Marines around-the-clock access to essential supplies and snacks, regardless of duty schedules or holiday closures. "As long as there's not a power outage on this installation, the MCX24 is always running, hence the 24 in the name," said Master Sgt. Wesley Johnson, the exchange chief with Headquarters and Headquarters Squadron. "It's 24 hours a day, seven days a week, 365 days a year." Beyond convenience, the MCX24 exemplifies a unique approach to Marine support, Johnson said. Its central location within the barracks shows MCCS's commitment to understanding and addressing the specific needs and wants of its residence.

NAVSAFENVTRACEN seeks PDS speakers, sponsors

The Naval Safety and Environmental Training Center is currently seeking breakout session presenters and claimant meeting sponsors for its Joint Safety and Environmental Professional Development Symposium, which will be held virtually April 22-26, 2024. The free event that provides opportunities for DoD professionals – uniformed and civilian – to exchange ideas, discuss developing trends and share knowledge in the fields of safety and occupational health, environmental protection and industrial hygiene. "We're looking forward to safety professionals worldwide coming together virtually to share information, which not only serves to strengthen our collective safety knowledge base but will result in a more effective safety culture," said Cmdr. Nicholas Schaal, NSETC's CO. Session approval notifications will be sent by Feb. 12. E-mail the committee at NAVSAFENVTRACEN_JOINT_PDS@navy.mil.

STARTING
JANUARY 29TH 2024 – FEBRUARY 16TH 2024

NAVAL HOSPITAL CAMP PENDLETON PHARMACY WILL BE UPDATING PHARMACY SOFTWARE SYSTEMS. THIS MAY DELAY PROCESSING OF PRESCRIPTIONS, LEADING TO EXTENDED WAIT TIMES.

PLEASE UTILIZE THE FOLLOWING SERVICES TO MINIMIZE YOUR PHARMACY WAIT TIME:

Q-ANYWHERE NEW PRESCRIPTIONS SENT WITHIN 7 DAYS TEXT "GET IN LINE" (855) 841-0015	ELECTRONIC DROP BOX BOTH NEW & REFILL PRESCRIPTIONS GO ONLINE AT NHCP PRESCRIPTION DROP OFF FORM (TRICARE.MIL)
FOR EXISTING REFILLS PLEASE CALL THE REFILL LINE (866) 286-8249 & FOLLOW THE PROMPTS CLOSELY	PHARMACY DROP BOX LOCATED IN THE BACK OF THE PHARMACY LOBBY ESTIMATED PICK UP TIME NO SOONER THAN TWO BUSINESS DAYS



PHOTO GALLERY



BACK HOME Sailors and Marines assigned to USS Boxer (LHD 4) take in the view as the ship returns to Naval Base San Diego, Jan. 18, 2024. The Boxer Amphibious Ready Group, comprised of Boxer, USS Somerset and USS Harpers Ferry (LSD 49), and embarked 15th Marine Expeditionary Unit, were underway conducting integrated training and routine operations in 3rd Fleet. U.S. Navy photo by MCSN Tyler Miles



'PULL, MATEY' SOUTH CHINA SEA (Jan. 12, 2024) Sailors aboard destroyer USS Sterett heave a messenger line during a replenishment-at-sea with Military Sealift Command fleet replenishment oiler USNS John Ericsson. Messenger lines keep ships connected to each other while transferring supplies. Sterett is assigned to Carrier Strike Group ONE and deployed to the 7th Fleet area of operations in support of a free and open Indo-Pacific. U.S. Navy photo by MC1 Charles J. Scudella III



HEY, DAD Cmdr. Jeremiah Daley, commanding officer of Unmanned Surface Vessel Division One (USVDIV-1), embraces family members upon return to homeport Naval Base Ventura County, and the conclusion of Integrated Battle Problem (IBP) 23.2, Jan. 15, 2024. IBP 23.2 is a Pacific Fleet exercise to test, develop and evaluate the integration of unmanned platforms into fleet operations to create warfighting advantages. U.S. Navy photo by MC1 Jesse Monford

DUI and Criminal Defense

Free Case Evaluations and 24/7 Availability

You deserve justice, fairness & a dedicated attorney

- DUI's
- Drug Offenses
- Domestic Violence
- Assault/ADW
- Fraud/White Collar Crimes
- Restraining orders



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



Dial **988** then **PRESS 1**



The USS Midway Museum is currently recruiting for docents, air craft restoration, ship restoration and safety volunteers. These assignments are a regular commitment of at least 6 months.

Visit this page of our website to watch fun videos about our different teams and participants:
<https://www.midway.org/give-join/volunteers/volunteer-opportunities/>

Where All Your Pipe Dreams Come True!
www.edhansonsmuffler.com

Proudly serving our Military since 1985!



10% Off
MILITARY DISCOUNT
(up to \$50 for active & retired) with valid ID.

3916 N. Barcelona
SPRING VALLEY, 91977

*Factory *Custom *Repairs
*Complete Replacements
(619) 698-7030

YOUR INTRODUCTION TO A KINKIER VALENTINE'S DAY
Saturday January 27th
6pm-10pm
Free Entry
Age 18+ Only
KINKY CARNIVAL & GAMES
RAFFLES ALL NIGHT LONG
COMPLIMENTARY FOOD & DRINK

DÉJÀ VU LOVE BOUTIQUE
2130 Industrial Court, Vista, CA 92081
866.711.0425
Shop online at www.dejavuloveboutique.com
Sunday-Saturday 10am-10pm

Public EV charging not yet good enough

AutoMatters™ & More



by Jan Wagner

I just returned from covering CES (the Consumer Electronics Show) in Las Vegas. The trip from San Diego to Las Vegas and back gave me a good opportunity to continue to evaluate whether or not the EV charging situation is suitable for reliable travel, when you cannot recharge at home or at work.

I have been testing the recharging situation for several years — first with a 2012 Toyota Prius plug-in hybrid (which could be minimally recharged for an electric range of about eight or nine miles, but mostly it ran in hybrid mode), and then with my current daily driver — a 2021 Toyota RAV4 Prime plug-in hybrid, with a reasonably consistent 42-mile range when powered by electricity alone.

This enabled me to see how well the recharging infrastructure was evolving, without the risk of either getting stranded if I ran out of charge, or if I needed to park somewhere to (slowly) recharge.

The beauty of a plug-in hybrid with lots of EV range is that it may provide enough electricity for you to go to work, run your daily errands and so forth. Otherwise you have the convenience of using gas and the well-developed refueling infrastructure.

My 350-mile trip to Las Vegas began at home with a full tank of gas and a full charge — conveniently provided by my rooftop solar panels, which make EV driving when I can charge at home very affordable, as compared to running on gas.

350 miles is just beyond what the most affordable EVs can accomplish on a single charge



—under ideal EV operating conditions. Factor in very cold temperatures, strong headwinds, lots of uphill driving, hard acceleration, aging batteries and so forth, and EV range can drop very significantly. Those factors alone have meant that I am still not ready to buy a pure EV.

However, that is not all of this story. Assuming that you can recharge when you need or want to, given the availability of public chargers on your route or at your destination, a pure EV might still be a good choice for you. Problems with that ideal notion are that public EV chargers are often fully in use by other motorists — who may not return to unplug for hours — and other chargers may not be in use because they are broken.

My EV charging hope for this trip was that I would be able to recharge daily at my hotel, which offered free charging at six chargers. However, providing only six chargers for an entire Las Vegas resort hotel is insufficient to meet the demands of their guests with EVs, not to mention the fact that other drivers who are not guests could also use those chargers. The kicker was that not all of those six chargers were working.

I've stayed at this resort hotel twice per year for several years, to cover the SEMA Show and CES. During my stay here for the 2022 SEMA Show, I reported to ChargePoint and to the hotel manager on duty that two of the chargers were broken, but when I returned to the hotel a few months later for CES 2023, those two chargers were still broken.

Furthermore, when I returned again many months after that for the 2023 SEMA Show, those two chargers were still broken — the only difference being that someone had taped over the front panel with a big, red "X."

Fast-forward to this month's trip to cover CES 2024. The red "X" was still taped over the first two broken chargers, but now one of the four remaining chargers was broken, too. Two nearby hotel maintenance workers tried unsuccessfully to fix the broken charger's handle. They told me that an outside contractor was supposed to maintain the equipment, but obviously was not doing so. Later, the hotel's manager on duty confirmed that.

This is not a unique experience. In contrast, I saw several Tesla Superchargers on my trip. There were many cars parked and charging at those. If only my older plug-in hybrid EV could use them, but they are incompatible.

Until the EV industry gets its act together, I will not be getting or recommending a pure EV.

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

Copyright © 2024 by Jan Wagner – AutoMatters & More #823r1

The beautiful people: Where are they now?

It happened on a whim. We were trying to be spontaneous. We thought they'd think it was funny. We showed up at our new friends' house unannounced at ten-thirty on a Saturday morning. They were not amused.

It was the late 90s and my Navy husband, Francis, and I had only been married for three years. We were stationed at Joint Analysis Center, Molesworth, England, where Francis worked watches while I cared for our baby boy in our rented village house.

Through Francis' work, we'd met other young military couples, who we believed, naively, would become our friends, even though they didn't have kids yet. They were still in that blissful stage of marriage when couples sleep late on weekends, stay out until the wee hours, and fool around wherever and whenever the mood strikes.

Francis and I, on the other hand, were strapped with the responsibility of caring for a tiny, helpless human. To fit in, we faked devil-may-care attitudes, but our ever-present diaper bag, sensible shoes, Graco stroller and Cheerio-adorned hair were dead giveaways. Although our ages were the same, the differences between us was a vast chasm they were unwilling to cross. We had to make the effort.

On that fateful Saturday morning when we showed up at the young couple's house, we had envisioned them answering their door with wide smiles, exclaiming, "It's Francis and Lisa! What a fun surprise! Come in and stay a while!" We thought we'd chat and laugh, while our son toddled around. Maybe the

guys would take our son to the park, while the other wife and I made food for a barbecue. It would be a blast, and we'd end up being such close friends, one day our kids would call them aunt and uncle.

Uh, not so much.

"Hey! It's us! The Molinaris!" came like a slap to the poor husband when he opened his door. He asked

The Meat & Potatoes of Life



by Lisa Smith Molinari

us to wait outside, and we heard low voices coming from upstairs. We knew we'd botched it, but it was too late to turn back. The couple reappeared, wearing manufactured smiles, but with crossed-arm-body language that communicated irritation. After awkward chit chat, we high-tailed it home.

From thence forward, I labeled the young social group whose attention eluded us, "The Beautiful People." It wasn't that they were physically attractive. They were simply charmed individuals with that je ne sais quoi — they drank good wine, scored tickets to Wimbledon, went skiing, and drove trendy cars — that rendered them socially untouchable.

We never truly bonded with the young crowd at JAC Molesworth, but some fun parents with teenage children took mercy on us. We hung

out together casually on weekends, cooking meals, trying out pubs, playing cards, hosting parties. They didn't care about our diaper bag, and we didn't care that they were older. They'd all been there, done that, and had hilarious stories to prove it. Our son never called them aunt or uncle, but we've remain friends for almost three decades.

In the years that followed our England tour, we met Beautiful People at every duty station — Norfolk, Stuttgart, Mayport, Newport. Each time, we tried to win them over, but eventually, we ended up feeling rejected and resigned ourselves to the fringes. It was there, in the fringes where we met our true friends, the people that we stay in touch with to this day.

Francis' Navy community was quite small, so we occasionally cross paths with the Beautiful People from our past. Interestingly, the ravages and rewards of time have erased any perceptions of popularity. Somewhere along the way, the important things in life took precedent over social hierarchies, as we all endured deployments, raised families, changed ranks, paid mortgages, watched our skin wrinkle and our hair fall out, and tried to keep our marriages intact through it all.

Where are the Beautiful People now? Their holiday update letters may have been plastered with glowing superlatives and glossy, professionally retouched photos, but the Beautiful People have been busy handling ups and downs, career disappointments, health conditions, and at least one kid with "issues," just like the rest of us. Turns out, we have more in common than we ever knew.



Your Local USO Wants You!

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

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

Ready to apply to be a USO San Diego volunteer?

Visit www.USOVolunteer.org.

- Navigate to the webpage and click on "Volunteer at a USO Center"
- Next click "Continental United States."
- Then select "California"
- Finally, select the USO San Diego center nearest to you!

Positions may be available around San Diego county at:

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



SoCalTruck.com
ACCESSORIES & EQUIPMENT
10460 Mission Gorge Rd.
Santee, CA 92071
619-749-0742
Work Smarter, Play Harder!

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

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

CLASSIFIED ADS

ARMED FORCES DISPATCH CLASSIFIEDS

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

ADVOCACY

Do you have an elderly parent or loved one unable to independently live at home? Are you suffering from caregiver burnout? We can help! Contact Parker & Vaughn Advocacy for a consultation at 619-918-7673 or visit pvadvocacy.com

BINGO

Wednesday Night BINGO

Win \$\$\$ Prizes • Support our Military
Doors open 4pm • Games start 6pm
Veterans Association of North County
1617 Mission Ave • O'side • 92058
Learn more at www.VANG.ME/bingo

CHIROPRACTIC

NuSpine CHIROPRACTIC

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

DENTAL CARE

Dr. Lakhani DDS

FAMILY DENTISTRY
ALL MILITARY DEPENDENTS WELCOME
CLOSE TO MIRAMAR BASE
9625 Black Mountain Rd. #205, SD, 92126
858-362-3540
Also accepting Medi-Cal & all insurances

HELP WANTED

Security, CCTV Network Technician wanted.

IC experience preferred. Will Train. Contact Doug at info@lowvoltage.com
858-748-7497



HELP WANTED

Aerial Industries

Office: 619-585-1785

NOW HIRING

PREVIOUS MILITARY

Position:
Outside Sales
Representatives

Location:
2712 Transportation Ave.
Ste H,
National City, CA 91950

Salary:
From \$60,000 per
year + commission

Job Type:
Full Time
Monday to Friday

Benefits:
401k, Health Insurance,
Dental Insurance,
Paid time off

Qualifications:
Must be able to access military base, minimum 3-5 years military sales experience, ability to meet monthly targets, must be enthusiastic and passionate about selling, ability to multi-task and coordinate several projects while maintaining a focus on sales priorities and targets.
Send resume to admin@aerialind.com

Newspaper delivery driver for news racks, stands, countertops, etc. in south San Diego area 2x a month -- no door to door. You need a clean driving record, dependable car w/insurance, base access. Great job for military retiree or military spouse for some extra \$\$ 619-280-2985. Please leave name, area of San Diego you live in, call back number 619-280-2985

CARE GIVERS NEEDED

to take care of elderly veterans.
In-Home companion care.
PT/FT - Work while spouse is deployed.
Good work ethic/Reliable transportation.
www.Elite-Homecare.com
858-397-2097

Advertising Sales Rep

Part/Full Time
Call on customers/potential advertisers
Must have own vehicle.
Call Brenda
619.280.2985

MEDICAL SUPPLIES

ABIGAIL'S MEDICAL SUPPLIES, INC.

www.abigailsmedicallsupplies.com

Your source for home medical equipment

Wheelchairs, Knee Walkers, Lift Chairs, Compression Socks/Sleeves, Custom Compression Socks, Walking Aids, PPE, Prosthetics, Hospital Beds, Mastectomy, Bath Safety Items, Lymphedema Pumps.

Oceanside San Diego
3837 Plaza Dr, Ste 801 2020 Cam del Rio North #105
(760) 940-1132 (619) 220-7090

NOTARY / MINISTER

San Diego Non-Denominational Ordained Minister & 24/7 Mobile Notary Public. Base Access. reverendtillie@gmail.com. 253-906-2930.

REAL ESTATE

BERKSHIRE HATHAWAY HOMESERVICES CALIFORNIA PROPERTIES



Military Relocation Professional
Stephanie Love-Payne
Realtor® MRP, SRES®

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

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

RENTALS APARTMENTS

AVAILABLE NOW!!!
1, 2 or 3 BR's
Apartments, Townhouse & Houses
MOVE-IN SPECIAL!
LEADINGHAM REALTY
1062 Palm Ave., Imperial Beach
619-424-8600

RENTALS HOUSES

CHULA VISTA - 4BR/3.5BA. Furn or unfurn, no pets. Near military bases & freeways. Available now. Call Jessica Salamanca. 619-632-6852.

IMPERIAL BEACH - 3BR/2BA, 1500sf, lrg backyard, 3 blocks to beach, newly remod, new appls, w/d incl. \$3600/mo. 619-746-0077.

NATIONAL CITY GRANNY FLAT - 1BR/1BA 10 min to 32nd St., off st. prkg, incld utils, newly built, quiet area. \$1600/mo. 619-823-7500.

SO. SAN DIEGO - 5BR/2.5BA, near schools & freeways. Refrigerator included. No pets, no smoking, no drugs. Available now. \$3500/mo. 858-248-1229.

RENTALS TOWNHOUSES

MISSION HILLS - 3BR/2BA, 2 units, completely remod, 2 off st prkg spots, laundry on-site, private yard. \$3900/mo. 619-992-9927.

ROOM WANTED

LA JOLLA-UTC-MIRAMAR - Vetted & employed female needs a room & bath. No pets, no kids, no issues. Good refs, stable emplmt. Prefer military/law enforcement. 760-271-3144.

MOVIES AT THE BASES

SCHEDULES SUBJECT TO CHANGE. CHECK FOR UPDATES ON LINE AT:
<https://sandiego.navylifefsw.com/> select movies from dropdown menu on left
<https://miramar.usmc-mccs.org/dining-entertainment/movies>
<https://pendleton.usmc-mccs.org/dining-entertainment/theater>

Lowry Theater - NASNI, 619-545-8479
Bldg. 650

Outside food and beverage are NOT permitted. Debit/credit cards only.

Friday - January 26

6pm The Boys in the Boat pg13

Saturday - January 27

1:00 PM Wonka pg

3:30 PM Aquaman Lost Kingdom pg13

6:00 PM The Color Purple (2023) pg13

Sunday - January 28

1:00 PM Migration pg

3:00 PM The Boys in the Boat pg13

Friday - February 2

6:00 PM The Iron Claw r

Saturday - February 3

1:00 PM * LAST SHOWING * Wonka pg

3:30 PM The Boys in the Boat pg13

6:00 PM Night Swim pg13

Sunday - February 4

1:00 PM Migration pg

3:00 PM Aquaman Lost Kingdom pg13

5:30 PM The Color Purple (2023) pg13

Bob Hope Theater 577-4143

MCAS Miramar Bldg 2242

Friday, January 26

6:00 PM - The Boys in the Boat (PG-13)

Saturday, January 27

3:00 PM - Wonka (PG)

6:30 PM-The Color Purple 2023 (PG-13)

Sunday, January 28

12:00 PM - Migration (PG)

3:00 PM - The Boys in the Boat (PG-13)

Friday, February 2

6:00 PM - Night Swim (PG-13)

Saturday, February 3

3pm Aquaman Lost Kingdom (PG-13)

6:30 PM -The Iron Claw (R)

Sunday, February 4

2:00 PM - Migration (PG)

3:00 PM - The Iron Claw (R)

Naval Base Theater - NBSB, 619-556-5568, Bldg. 71
3465 Senn Rd.

Wednesday - January 24

6:00 PM Migration pg

7:50 PM Wonka pg

Thursday - January 25

5:50 PM Anyone But You r

8:00 PM Aquaman Lost Kingdom pg13

Friday - January 26

5:50 PM Migration pg

8:00 PM The Color Purple (2023) pg13

Saturday - January 27

12:50 PM Aquaman Lost Kingdom pg13

3:10 PM The Boys in the Boat pg13

6:00 PM Aquaman Lost Kingdom pg13

Sunday - January 28

12:50 PM Wonka pg

3:10 PM The Color Purple (2023) pg13

Wednesday - January 31

5:50 PM Wonka pg

8:10 PM The Boys in the Boat pg13

Thursday - February 1

5:50 PM Migration pg

8:00 PM The Color Purple (2023) pg13

Friday - February 2

5:50 PM Night Swim pg13

8:00 PM The Iron Claw r

Saturday - February 3

1:20 PM Migration pg

3:30 PM Aquaman Lost Kingdom pg13

6:00 PM The Iron Claw r

Sunday - February 4

1:00 PM Wonka pg

3:20 PM Night Swim pg13

Pendleton Theater and Training Center
Bldg 1330 Mainside (Across from Mainside Center)

Saturday, January 27

1:30pm Migration* (PG)

4pm Wonka* (PG)

* SENSORY FRIENDLY

SOCIAL SECURITY MATTERS

Can someone work while collecting Social Security Disability?

Dear Rusty: If a person is collecting Social Security disability benefits, can they, at any point, work at all? If they can, what is the maximum they can earn and still keep the disability benefit? I am asking because my husband is still young, but his injuries will not allow him to go back to the job he had prior to his injuries and surgeries. He does not just want to sit at home doing nothing!

Signed: Concerned Wife

Dear Concerned: Actually, the Social Security Administration (SSA) encourages those collecting SSDI (Social Security Disability Insurance) benefits to attempt to go back to work and they provide considerable leeway for them to do so. The monthly earnings limit for those collecting SSDI benefits in 2024 is \$1,550 and as long as your husband earns less than the limit while working, his SSDI benefits will not be in jeopardy. Your husband should contact Social Security's Ticket to Work program directly to protect his disability status and discuss returning to work while collecting SSDI benefits.

The Ticket to Work program assists those now receiving SSDI benefits who wish to test their ability to return to work without putting their SSDI benefits at risk. The program provides considerable assistance, including new career training opportunities and connection to potential employers, and it is voluntary and costs nothing. Here is a link to Social Security's information on the Ticket to Work program: <https://choosework.ssa.gov/>

It's not mandatory for your husband to enroll in the Ticket to Work program but, in addition to other available assistance, he can request a Trial Work Period (TWP) which would allow for 9 months, over a rolling five year period, during which he can earn any amount (even over the normal monthly limit mentioned above) without risking his SSDI benefits. Within the Trial Work Period, only those months he earns over the normal monthly SSDI limit would count as a Trial Work Month. So, for example, your husband could work part time regularly earning under the normal monthly limit and if, in some months (up to nine), he earned more it wouldn't affect his SSDI benefits.

So, your younger disabled husband can, indeed, work while on Social Security disability, for as long as he wishes while earning under the monthly SSDI limit (the SSDI earnings limit changes yearly). He may also wish to enroll in Social Security's Ticket to Work program for assistance with developing a new career. Plus, he can take advantage of using trial work months in the event his work earnings will, at times, exceed the monthly SSDI limit. If your husband earns over the SSDI limit for more than the 9 trial work months and his benefits are consequently stopped, he can - within the 5-year Trial Work Period - have his benefits reinstated (without again going through the full application process) if his disability, once more, renders him unable to work full time.

For starters, I suggest your husband contact Social Security's Ticket to Work program directly at 1.833-889-0108 to discuss returning to work part time. Social Security will guide him through the entire process.

Measles remains a menace; Health officials keeping an eye on outbreak in Philadelphia

You don't hear much about the measles anymore, but health officials in Philadelphia are keeping an eye on an outbreak in that city. To date, there have been eight confirmed since the investigation began in December.

Dr. Nipunie Rajapakse is a pediatric infectious diseases specialist at Mayo Clinic Children's Center. She says measles is a viral infection that used to be a fairly common childhood illness and is one of the most contagious infections.

"Since we've introduced very effective immunization. It's quite rare to see it here in the United States," she says. "So if you're in the same airspace as someone with measles, if they were there two hours ago, and you're not immune to it, you can still contract measles, even without ever coming face to face contact with that person. So that's why the vaccination is so important, she says.

Generally, symptoms include fever, cough, a runny nose and a characteristic rash that can involve much of the skin surface, but she says there also can be severe complications.

"It can infect the brain, for example, resulting in something called encephalitis. It can cause severe pneumonia. And so these complications are really what we're trying to avoid by vaccinating children before they get sick with it," says Dr. Rajapakse.

The measles vaccination is part of the MMR vaccine that is routinely given to children between 12 to 18 months of age and then again in the preschool vaccines when children are 4 to 6 years old.

Wreaths Across America announces new theme for 2024 'Live with Purpose'

Wreaths Across America (WAA), the national nonprofit whose year-long mission is to Remember the fallen, Honor those who serve, and Teach our children the value of freedom, proudly announces its theme for 2024: "Live with Purpose." Each year, millions of volunteers and patriots gather in local, state, and national cemeteries across all 50 states and abroad to pay tribute to our nation's servicemembers and their families. This year's theme, "Live with Purpose," draws inspiration from the remarkable stories of these volunteers whose impactful work in their communities is a beacon of inspiration for all. Over the course of the last year, and then especially on the escort to Arlington last December, I listened to people who had gone through great adversity, and they'd taken that adversity and turned it around as a call to action to spend the rest of their lives making sure that every day was meaningful and that they lived with purpose," said Karen Worcester, Executive Director of Wreaths Across America. "For me, to live with purpose is a mindset."



Tales from the unusual side of news

by John Grimaldi, editorial contributor,

The Association of Mature American Citizens

Puppy love: Household puppies can do the strangest things. Take Clayton and Carrie Law of Pittsburgh, PA. They put \$4,000 in cash in an envelope and put it on the kitchen counter to pay workers who were expected at their home. When they returned to the kitchen there was Cecil, their 7-year-old Goldendoodle puppy, chewing away at the envelope and the money. As Clayton put it to KDKA-TV, "He ate the money, he ate \$4,000." Mr. and Mrs. Law wasted no time; they gathered shredded cash on the floor, put together some of the bills but had to wait for Cecil to vomit and poop to get the bulk of the money—about \$3,550.

Outdoor living room Potholes can be fun? When an unknown resident of Grand Haven, MI planted a leather recliner in a pothole in a nearby road it didn't take a long time for someone to come along, steal it and put it up for sale online. A neighbor replaced it with another armchair. Soon, other nearby residents added other pieces of furniture, creating what turned out to be an "outdoor living room" that went viral online.

Neither snow nor rain: According to the Postal Service, on average mail in the U.S. is delivered in a day or three. But sometimes it can take a bit longer, particularly when the address is incomplete. For example, a letter misaddressed to a family in DeKalb, Illinois in 1943 was finally delivered 80 years after it was posted. It took a dedicated post office employee to track down the George family now living in Portland, OR. The postman lived up to the motto that promises "the swift completion of their appointed rounds."

AI and your health; How computers are helping medicine

There's a lot of talk about artificial intelligence, or AI, these days. AI is everywhere—from virtual assistants to facial recognition software. The technology is even assisting doctors and scientists. So what exactly is AI? And how is it helping advance scientific research?

"AI is basically trying to teach computers to 'think' in the same way as the human brain," says Dr. Despina Kontos, an AI researcher at Columbia University.

One approach to AI uses a process called machine learning. In machine learning, a computer model is built to predict what may happen in the real world. The model is taught to analyze and recognize patterns in a data set. This training enables the model to then make predictions about new data. Some AI programs can also teach themselves to ask new questions and make novel connections between pieces of information.

"Computer models and humans can really work well together to improve human health," explains Dr. Grace C.Y. Peng, an NIH expert on AI in medicine. "Computers are very good at doing calculations at a large scale, but they don't have the intuitive capability that we have. They're powerful, but how helpful they're going to be lies in our hands."

Researchers are exploring ways to harness the power of AI to improve health care. These include assisting with diagnosing and treating medical conditions and delivering care.

Mining Medical Images

One area that AI is already being used daily is medical imaging. Computers help doctors comb through CT and MRI scans



for signs of problems like heart disease and cancer.

"AI can look at images very closely, in a way that's much more detailed than we can do with the human eye," Kontos says. That means that the computer may be able to pick up on subtleties that a person might miss.

In medicine, catching early signs of certain diseases can be the difference between life and death. Kontos and her team are testing ways AI can be used to identify women who are at high risk for developing breast cancer. They're using AI to analyze different features in mammograms—X-ray pictures of the breast—such as breast density. Women who have a higher risk of breast cancer can take preventative steps, like more frequent screenings. This approach could help lead to earlier diagnosis and more successful treatment.

The team is also testing whether they can use AI to individualize breast cancer treatment based on imaging results that show how breast tumors are responding. AI may better reveal who needs more intensive treatment, like chemotherapy, and who can safely skip it.

"That way, we could spare breast women who don't need intensive treatment from unnecessary side effects," Kontos explains.

Connecting People With Care

Over the last year, advanced "chatbots," like ChatGPT, have burst on the scene. These AI programs are designed to have realistic conversations with people. People are starting to use the technology to find health information.

Many chatbots are a form of "generative AI." This type of AI can create new content based on what it learns from analyzing existing data. Such chatbots use what's called large language models, which are trained on huge data sets that are gathered from across the internet. The training teaches them to predict what words are most likely to appear after another.

It may be tempting to ask these tools to answer medical questions. "But these chatbots don't actually understand what you're asking," Peng says. "They're just looking at the phrases and making predictions about what comes next." So it's important to use caution if you're using them to seek health advice.

"These tools also don't have a lot of context," explains Dr. Ellen Fitzsimmons-Craft, a mental health researcher at Washington University in St. Louis. "They may be able to state something that's the right medical advice in a general sense. But that may not be the right medical advice for you personally."

"We don't always know what information these tools like ChatGPT are trained on," Fitzsimmons-Craft adds. "We don't know if they're getting information from reputable sources or not."

Still, the idea of using chatbots in medicine has promise, explains Fitzsimmons-Craft. Right now, there is a shortage of health care providers in many fields, including mental health. Chatbots may be able to fill in some gaps.

"Not many people follow through with recommendations provided after a mental health screening," Fitzsimmons-Craft says. "And we don't have enough

providers to connect with every one of those people."

Fitzsimmons-Craft and her team are developing a chatbot to help guide people with eating disorders toward seeking care. Their chatbot is made using a rule-based model, with limited AI. Rule-based means that human experts write entire conversations beforehand. Then, the chatbot picks what to say based on the responses of the person using it.

"Nothing this chatbot says should come as a surprise," Fitzsimmons-Craft explains. "That's in contrast to generative AI, where you have to work a lot harder to build in guardrails."

Her team is now testing their chatbot to see which conversation pieces are the most effective. They'll then test whether it can increase the number of people seeking help after a screening for eating disorders.

Other NIH-funded researchers are studying whether chatbots can help in additional areas, like suicide prevention and encouraging heart-healthy diet changes.

Looking Toward the Future

As AI moves into more areas of health care, many ethical issues will need to be addressed, explains Kontos. "These systems learn from human data, so they may learn our biases," she says.

For example, in the past,

Testing AI for health

NIH funds studies to test AI in many areas of health, including:

- Predicting who's at high risk for breast cancer.
- Connecting people with quality medical information via chatbots.
- Modeling disease spread across countries.
- Identifying new drug candidates.
- Diagnosing Alzheimer's disease before symptoms develop.
- Predicting changes in blood sugar levels before they occur in people with diabetes.
- Creating "smart clothing" that can reduce back pain by warning the wearer about unsafe movements.
- Improving colonoscopies so colon cancers can be detected and treated at earlier stages.

research studies have included far more men than women. This means that the resulting data may not be as accurate for guiding women's health care. So, if this information is fed into AI models, that bias will follow.

Recognizing biases before they reach the machines may provide a chance to break this cycle. "Can we end up training the machines better because we learned from the mistakes that we have in our own society about training people?" Peng asks.

NIH-funded researchers are working on these issues, as well as many other ways to use AI in medicine. These include modeling the ways a virus might spread between countries and predicting if new drugs will be safe.

All of these projects need human imagination and computing power. So AI is not a replacement for people, says Fitzsimmons-Craft. "AI is just another tool in the toolbox, that's offering another form of help."

Armed Forces Dispatch
Like us on Facebook
@ArmedForcesDispatchNewspaper

NIH-funded research: Intermittent fasting and Type 2 diabetes

Around 1 in 10 Americans live with type 2 diabetes. In this disease, levels of blood glucose, or blood sugar, stay too high for too long. Diabetes can lead to serious health issues.

Weight loss is often recommended for those with excess weight and type 2 diabetes. Reducing calorie intake is a common weight-loss strategy. But many people find it hard to cut back on calories.

An NIH-funded research team tested a different strategy. It's called time-restricted eating, or intermittent fasting. With this approach, people eat only during a certain time period each day. During that time, they can eat anything they want.

The researchers recruited 75 people with obesity and type 2 diabetes. Participants were assigned to one of three diet groups. One group tried intermittent fasting. They ate only between noon and 8 p.m. Another group was asked to reduce their calorie intake by 25%. A third group had no dietary changes.

After six months, people in the fasting group had lost an average of 3.6% of their body weight. In comparison, people in the reduced-calorie group did not lose much weight. Both groups had similarly healthy decreases in blood glucose levels.

"Our study shows that time-restricted eating might be an effective alternative to traditional dieting for people who can't do the traditional diet or are burned out on it," says Dr. Krista Varady of the University of Illinois Chicago. For safety, people with diabetes who want to try intermittent fasting should talk to their doctor first.

THE ARMED SERVICES YMCA
CAMP PENDLETON

OUR MISSION:

For the past 79 years, the Armed Services YMCA Camp Pendleton has enhanced the lives of military members and their families in spirit, mind, and body through programs relevant to the unique challenges of military life.

PENDLETON PANTRY:

Thank you for your interest in donating to our food pantry! Below is a list of items we are looking for:

- Children's Snack Items such as fruit pouch
- Canned Vegetable
- Cooking Oil (Vegetable, Canola, Olive)
- Cereal & Oatmeal
- Pasta (Macaroni, Penne, Rigatoni, etc.)
- Mac & Cheese
- Glass Jar Pasta Sauce
- Spices
- Rice / Rice a Roni
- Peanut Butter & Jelly
- Lentils
- Spam
- Pancake/Biscuit Mix
- Condiments/Dressing
- Chicken Broth
- Canned Fruit
- Canned Chili or Soup
- Canned & Dry Beans (Pinto, Black, Navy)
- Pull Ups
- Baby Wipes
- Formula: Enfamil (Purple & Yellow Can)
- Formula: Similac



The Pendleton Pantry ensures military families have everything they need to make ends meet and have homes running smoothly.
Questions? Email Lisi Carranza at ecarranza@asymca.org

can-am.
MAVERICK R

LEADING THE WAY WITH 240 HP

THE NEW MAVERICK R NOW AVAILABLE



5 Locations To Serve You!

Del Amo Motorsports
of South Bay
www.DelAmoMotorsports.com

1890 Auto Park Place
Chula Vista, CA 91911
619.766.5046

©2023 Bombardier Recreational Products Inc. (BRP). All rights reserved. ®, TM and the BRP logo are trademarks of BRP or its affiliates. In the USA, products are distributed by BRP US Inc. †All other trademarks are the property of their respective owners. BRP reserves the right to discontinue or change specifications, prices, designs, features, models or equipment without incurring obligation. Some models shown may include optional equipment. Product performance may vary depending on external factors. BRP recommends that all SxS drivers take a training course. See your dealer. SxSs can be hazardous to operate. Never exceed the SxS's passenger capacity. All SxS models are meant to be used by drivers of age 16 and older. Read the operator's guide. Follow all instructional and safety material and observe applicable laws and regulations. SxSs are for off-road use only; never ride on paved surfaces or public roads. For your safety, the operator and passenger(s) must wear a helmet, eye protection and applicable protective clothing. Always remember that riding, alcohol and drugs don't mix. Never engage in stunt driving. Avoid excessive speed and be particularly careful on difficult terrain. Always ride responsibly and safely. See your authorized BRP dealer for details and visit www.can-am.brp.com. Printed in the USA.

