

ARMED FORCES DISPATCH



VETERANS DAY FREEBIES, PAGE 8

San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985

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NOVEMBER 1-15, 2024

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SAILOR'S BEST FRIEND Sailors pet Teddy, a therapy dog assigned to Love on a Leash, in the hangar bay on board aircraft carrier USS Ronald Reagan (CVN 76) during a therapy dog visit at Naval Air Station North Island, San Diego, Nov. 1, 2024. U.S. Navy photo by MC2 Timothy Dimal

GRAY FLAG 2024 INTEGRATES JOINT, ALLIED PARTNER TESTING

POINT MUGU - U.S. and allied forces joined academic and industry partners recently to conduct Gray Flag 2024, an annual test event hosted by Naval Test Wing Pacific and VX-9 at Naval Air Station Point Mugu,

Flag to conduct more than 60 test initiatives. The complex event featured approximately 600 aircraft sorties and more than 26 unique systems under

test on the ground.

The Point Mugu Sea Range - 36,000 square miles of instrumented sea and airspace operated by Naval Air Warfare Center Weapons Division - provided a unique location for Gray Flag's multi-domain, joint test requirements. Leveraging Live, Virtual, and Constructive test elements allowed more complicated, modern warfighting problems to be modeled, tested, and addressed during Gray Flag.

military, academic partners, science and technology leaders, and allied partners," said Naval Test Wing Pacific commodore Capt. David Halpern.

"The broad scope of participants allowed us to test and evaluate our systems and how they interact with one another in an operationally relevant environment," he added. "This was the most expansive interoperability event to date, with the data captured informing requirements, tactics, techniques, and procedures for future kill chains."

"Gray Flag 2024 was an opportunity to bring together a diverse group of participants from different branches of the

The inclusion of multiple al-see **Gray Flag, page 7**



U.S. Navy F/A-18F flies over the Point Mugu Sea Range with a U.S. Air Force F-15 during Gray Flag. U.S. Navy photo by Lt. Cmdr. Kory Hughs

This year, more than 3,000 personnel units from the Navy, Marine Corps, Army, and Air Force participated in Gray

Joint forces remove 1,160 pounds of trash from remote San Nicolas Island beach

by Lt. Cmdr. Alexander Buschor

SAN NICOLAS ISLAND - Over 60 volunteer Sailors and civilians assigned to Naval Air Warfare Center Weapons Division, Naval Facilities Engineering Systems Command Southwest and Naval Base Ventura County recently cleaned up the coast on the remote beaches of San Nicolas Island, the most isolated of the Calif. Channel Islands, located 65 miles offshore.

"We collected over 1,160 pounds of marine debris, with the heaviest single object being a metal buoy at 109 pounds," said Bill Hoyer, natural resources manager, NBVC, who led cleanup operations. "Most debris were plastic, having washed ashore from afar, with some commercial lobster fishing gear and treated timbers also collected."

After weeks of postponed cleanups due to weather delays, the event's morning provided a brief reprieve from heavy marine layer, allowing personnel to safely transit to the island for support.

"Programs such as this one demonstrate the Navy's commitment to stewardship of natural resources," said Capt. Dan Brown, commanding officer, NBVC. "NBVC has a long tradition of supporting programs that foster community service and protect the environment while also increasing public awareness and understanding of America's Navy."

"SNI provides an essential breeding habitat for the California sea lion, northern elephant seal and the western snowy plover," said Hoyer. "This cleanup effort provides essential support for clean and safe environment these animals and others living on the coast need to survive."

The Navy transferred control of San Nicolas Island to NBVC Oct. 1, 2004. It's positioned within the boundary of the Point Mugu Sea Range, the largest instrumented sea range in the world, providing mission essential support to national security as a space for training and weapons testing.



Celebrate Fleet Week!

FLEET WEEK SAN DIEGO 2024 SCHEDULE OF EVENTS

Oct 19	MCRD San Diego Boot Camp Challenge
NOV 1	Enlisted Recognition Luncheon
NOV 1	Military & Veterans Appreciation Concert
NOV 2	Meet the Fleet at 32nd St.
NOV 6	Fleet Week SDMAC Breakfast
NOV 6 - 8	Student STEM Days (Students only)
NOV 8	SDSU Fleet Week Football Classic
NOV 8 - 11	Broadway Pier Opens to The Public w/Military Displays, Ship Tours, and Innovation Zone
NOV 10	Military Family Day
NOV 11	Veterans Day Boat Parade
NOV 11	Veterans Day Concert



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CFC# 81344

4-star Army general overseeing U.S. operations in Middle East investigated over shove

by Alison Bath
Stars and Stripes

NAPLES, Italy - The Pentagon's top general in the Middle East is being investigated over a claim that he shoved a subordinate during a heated exchange on a recent flight to Israel, an official told *Stars and Stripes* on Nov. 1.

The incident reportedly occurred in early September during a C-17 Globemaster III flight when Army Gen. Michael "Erik" Kurilla, head of U.S. Central Command, grew annoyed by communications issues on the transport plane, *Military.com* reported Oct. 31, citing an unidentified defense official.

Kurilla is accused of pushing an airman who asked him to take his seat and buckle up, according to an NBC News report the same day, citing three defense officials familiar with the investigation.

The Army Criminal Investigation Division "is aware of an alleged incident (regarding Kurilla) and is currently looking into it," agency spokesman Mark Lunardi said in an email Friday. "No additional information is available at this time."

CENTCOM did not immedi-



ately respond Friday to questions about the investigation.

As of Oct. 31, Kurilla had not been suspended from his position. Typically, officers who violate decorum or laws are suspended with pay pending the outcome of an investigation, according to *Military.com*.

Kurilla assumed command of CENTCOM in April 2022, overseeing U.S. operations in the Middle East and Asia, including efforts to counter Houthi militant attacks against ships in the Red Sea and operations in Iraq and Syria against the Islamic State group.

Kurilla commissioned into

Gen. Michael Kurilla speaks after taking command of Central Command on April 1, 2022, in Tampa, Fla. Screenshot

the infantry from the Military Academy in 1988, according to his service biography.

His 36-year career includes multiple combat and operational deployments, and he has served as commander of the 82nd Airborne Division and the XVIII Airborne Corps, among other leadership roles.

He also was Joint Staff deputy director for special operations and counterterrorism, and CENTCOM chief of staff.

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Barracks Wi-Fi 'mission essential,' Defense leader says

by C. Todd Lopez
DOD News

In September, the Department of Defense released a set of initiatives aimed at improving the welfare and well-being of service members and their families.

The initiatives included, among other things, establishment of health care flexible spending accounts for service members, policy changes to lower the cost of permanent change of station moves, and efforts to improve the quality of life for service members at remote and isolated duty locations.

Also among the initiatives is an effort to provide free wireless internet connectivity, or free Wi-Fi, to service members residing in military barracks. The department directed the military services to carry out a series of pilot projects to advance the effort.

Providing that connectivity is about more than just allowing service members to watch movies or play games, however. Free Wi-Fi for single service members is an operational issue, said Brendan Owens, assistant

secretary of defense for energy, installations and environment.

While participating in a discussion at the Center for a New American Security in Washington late last month, Owens said he spends time talking with service members and families.

"Everytime we go and we visit barracks ... one of the questions that I ask our soldiers, our airmen, our Marines, our guardians, whoever, in those barracks is, if you could have 10 more square feet in your barracks room or free Wi-Fi, what would it be?"

Owens said. "No one is going to be surprised that a 19-year-old wants free Wi-Fi. And I think that that's one piece of the puzzle, is that there's a clear demand signal and a need there."

While it's easy to assume young service members are

interested only in the entertainment options that the internet provides, there is more to it than that, Owens said.

"The other thing that I think is important is that as we sort of peel back what our service members, particularly our en-



New barracks are under construction at Fort McCoy, Wis., Jan. 4, 2024. The Defense Department directed military services to conduct pilot programs related to installing free Wi-Fi in military barracks. U. S. Army photo by Scott T. Sturkol

listed service members living in unaccompanied housing were doing with their Wi-Fi. They were doing things like accessing mental health services," he said. "They were doing things like connecting with their families when they're in remote locations."

Many service members, particularly those in combat arms and equipment maintenance fields, don't have regular access to a computer with an internet connection as part of their military job. If those service members want to engage in activities that require a computer, such as enrolling in online education, making adjustments to their military benefits, paying bills or making changes to their insurance, [or] participating in online counseling, they will need to do those things on their own time and on their own computers.

"From my perspective, and I think that this is certainly something that's supported down in other parts of the [Pentagon], certainly, [these are] mission essential requirements," Owens said. "We were able to get our legal teams aligned that [this] was actually a mission essential thing, and that's really kind of the jumping off point for how this is all coming together."

Access to wireless internet will allow junior service members access to personal email, banking and entertainment options, but will also help service members connect with mandatory online training requirements and other health and life related resources such as telehealth appointments,

Military OneSource, and military and family life counselors.

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

"We got a lot more work to do on making sure that we are capable of providing the Wi-Fi services that are necessary to fully support what our service members need," Owens said. "But from an installations and an infrastructure perspective, it's

landed with us because we're the people who are capable of creating the enhanced use leases and the deals that are necessary for ... us to be able to provide this to our service members in as expeditious a way as possible."

Free Wi-Fi for service members in military barracks is just one effort underway by the Defense Department to take care of service members and their families.

The September memorandum that announced both the Wi-Fi and six other initiatives is just the latest in a series of initiatives since 2021, to improve the lives of service members and their families.

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.

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CELEBRATING VETERANS

National Native American Heritage Month

Code talkers helped U.S. win World Wars I and II

by David Vergun
DOD News

When the topic of military code talkers comes up, many think of the Navajo code talkers of World War II who operated as Marines in the Pacific Theater. This association was bolstered following the 2002 release of the film "Windtalkers," starring Nicholas Cage.

While the Navajo Nation contributed immensely to the war effort, other Native American tribes also had their own code talkers who served in both world wars.

Code talkers were useful because their languages weren't understood by enemy forces and the code talkers could transmit secret messages to and from the battlefield without being deciphered.

World War I code talkers included the Choctaw, Cherokee, Comanche, Osage, Lakota and Cheyenne Nations.

Army Pfc. Joseph Oklahombi, a Choctaw code talker, earned a Silver Star Medal, one of the

highest awards for valor. On Oct. 8, 1918, at Saint-Etienne, France, his 36th Infantry Division unit came under attack.

Oklahombi and others in his company captured 171 Germans and killed about 79 more. He was also awarded the Croix de Guerre by France. It's the French equivalent of the U.S. Medal of Honor, the highest award for valor.

During World War II, code talkers from the Comanche, Lakota, Muscogee, Mohawk, Meskwaki, Tlingit, Hopi, Cree, Crow and Choctaw Nations were among those who served in the European Theater with the Army, while Navajo code talkers served in the Pacific Theater with the Marine Corps.

Native Americans had to get creative with military terms that were not native to their language. For instance, the Navajo language didn't have a word for submarine, so they used the term iron fish in World War II.

Also in World War II, the Na-



Code talkers in training from the Comanche Nation at Fort Gordon, Ga., pose for a photo during World War II. U.S. Army historic photo

vajo used their word for shark to denote a destroyer and they used buzzard for bomber.

During World War I, people from the Choctaw Tribe substituted these terms: one grain of

corn meant first battalion, two grains of corn meant second battalion and so on. The phrase "little gun shoot fast" was their code for machine gun; "many scouts" for patrol; "scalps" for casualties; and "bad air" for a gas attack.

The public didn't even know that the code talker program existed until 1968, when it was declassified.

The Code Talker Recognition Act, House of Representatives Resolution 4544 of 2008, was signed into law by President George W. Bush. It recognizes about 50 Native American tribes who served as code talkers in both world wars.

RESOURCES

<https://www.gov.ca.gov/2024/11/01/governor-newsom-proclaims-native-american-heritage-month/>

<https://www.nativeamerican-heritagemonth.gov/>

<https://www.bia.gov/NNAHM>

<https://www.dodea.edu/news/observance-calendar/national-native-american-heritage-month>

Army

* Fort Bliss sergeant dies after training incident

* Army investigating Gen.

Kurilla, head of Central Command, over allegations he shoved an airman (see our page 3)

* Fort Leonard Wood Soldier faces murder charges in sergeant's death

* Apaches take center stage during live-fire drills near North Korean border

* Army is planning for a new robotics technician MOS

Navy

* 12 aging Navy destroyers due to retire will now have their service extended

* Navy fired nearly \$2 billion in weapons over a year of fighting in the Middle East

* New video shows victim's perspective of Navy parachutist diving, slamming into family

* Okinawa left with no shortage of surveillance drones following Tritons' departure

* Navy extending service lives of 12 Flight I Arleigh Burke destroyers

Air Force

* Update to study finds no higher cancer rates in missile community

Space Force

* China's 'mind-boggling' space capabilities worry U.S., says Space Force chief

Pay & Benefits

* Military families to see slight drop in Tricare dental premiums

Your Military

* Mpox vaccine available on demand for troops as infections trigger travel warning

* Retrial begins in civil suit against contractor accused in Abu Ghraib prison scandal

Cyber, Space & Unmanned

* India's MQ-9B buy from the U.S. caps fruitless push for homemade drone

* DOD investing in tech for base defense and drone swarms



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Recruitment rises 12.5% despite ongoing challenges

by Matthew Olay
DOD News

The Defense Department's armed services branches recruited 12.5 percent more people in fiscal year 2024 than in the year prior despite a challenging and disinterested recruiting market.

While speaking at a multiservice panel on 2025 recruiting issues at the Pentagon Oct. 31, Director of Military Accession Policy Katie Helland said that the services increased the number of recruits from 200,000 in FY 2023 to 225,000 in FY 2024, which ended September 30.

Additionally, she said, the services had a 35 percent increase in written contracts, and the active components' delayed entry program started FY 2025 with a 10 percent larger pool.

"[The Office of the Secretary of Defense] and the services will continue to build off the momentum that we've gained in 2024," Helland said.

"Nevertheless," she continued, "we need to remain cautiously optimistic about the future recruiting operations as we continue to recruit in a market that has low youth propen-

sity to serve, limited familiarity with military opportunities, a competitive labor market and a declining eligibility among young adults."

Helland elaborated on those

to serve due to any number of disqualifications.

To counter such challenges, Helland said the military has implemented a medical pilot program that allows recruits to

Pentagon Press Secretary Air Force Maj. Gen. Pat Ryder facilitates a panel on fiscal year 2025 recruiting objectives at the Pentagon, Oct. 30, 2024. U. S. Air Force photo by Tech. Sgt. Jackie Sanders



challenges by explaining that, for the first time since the metric has been tracked, most young people have never considered the option of serving in the military.

The reasons behind that are multifold, Helland said. Young Americans have fewer ties to friends or family members who have served in the military. There is a declining presence of veterans in our society. Approximately 77 percent of people between the ages of 17 and 24 require some type of waiver

to join the military without a waiver for numerous health conditions — provided they meet certain requirements. Additionally, there are service member prep courses that prepare recruits to meet the strenuous requirements of military service. Moreover, DOD is seeking to reconnect with youth and their influencers by showing them the value of serving.

"The next generation of Americans to serve should know that there has never been a better time for them to choose military service," Helland said.

"Youth today seek a larger purpose in their lives and desire jobs where they have greater participation in decision-making and can create a direct tangible

impact," she continued. "Military service offers all of this."

Explaining that U.S. military service offers more than 250 occupations and that it represents one of the most highly educated organizations throughout the world and across all pay grades, Helland said the Defense Department is working hard to counter the narrative that joining the military is an alternative to attending college or "an option of last resort."

"We are working to reframe this narrative so that Americans understand that military service is a pathway to greater education and career opportunities while defending democracy and the freedoms we hold dear," Helland said.

She added that DOD is reframing this narrative. For example,

the department's Joint Advertising Market Research and Studies program will soon launch a campaign to build familiarity with the American public about

partners to develop a plan and strategy to share data with state education agencies so that public high school students will receive credit for military readiness, in addition to college and career readiness.

Katie Helland

the value of military service. Plans are also proceeding to have adult influencers advocate for military service.

Helland, who holds a doctorate in industrial/organizational psychology, also said DOD is working with its education

Helland said the Pentagon has partnered with national service agencies such as the Peace Corps and AmeriCorps to help roll out an overall message of service.

"Because, like military service, there has been a decline in propensity for national service opportunities," she said. "So, we are working on a whole-of-government solution."

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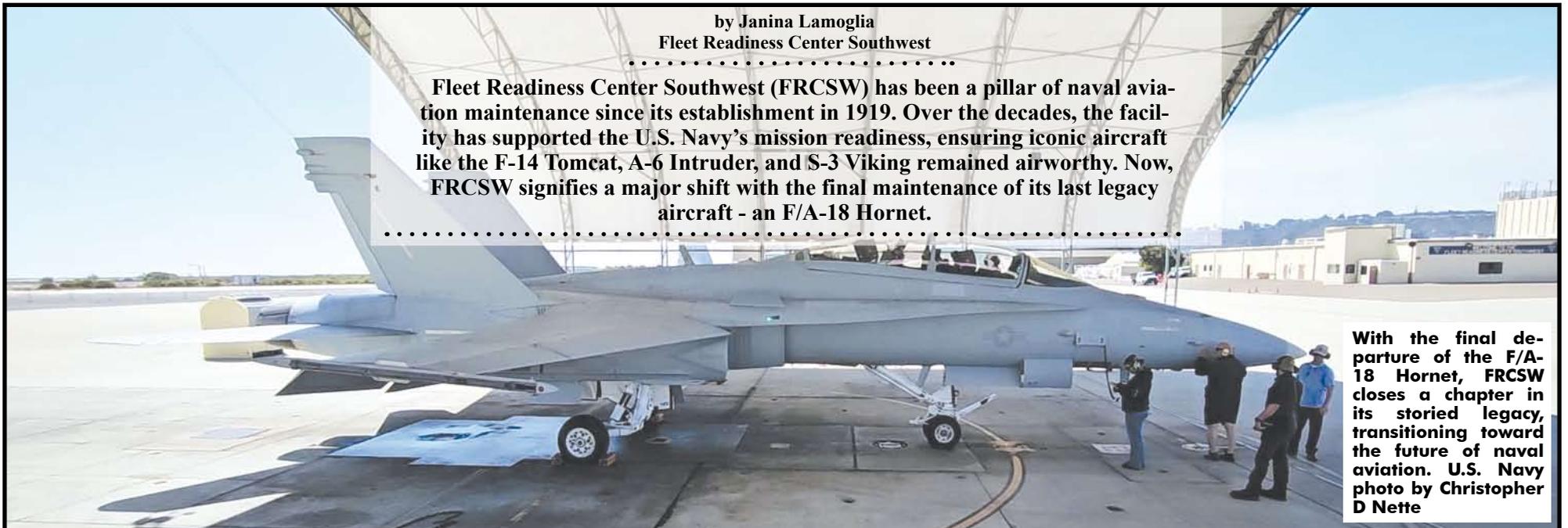
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Fleet Readiness Center bids farewell to its last legacy aircraft

by Janina Lamoglia
Fleet Readiness Center Southwest

Fleet Readiness Center Southwest (FRCSW) has been a pillar of naval aviation maintenance since its establishment in 1919. Over the decades, the facility has supported the U.S. Navy's mission readiness, ensuring iconic aircraft like the F-14 Tomcat, A-6 Intruder, and S-3 Viking remained airworthy. Now, FRCSW signifies a major shift with the final maintenance of its last legacy aircraft - an F/A-18 Hornet.



With the final departure of the F/A-18 Hornet, FRCSW closes a chapter in its storied legacy, transitioning toward the future of naval aviation. U.S. Navy photo by Christopher D Nette

Introduced in the 1980s, the Hornet has been a versatile and essential asset in naval aviation, serving in major conflicts such as Operation Desert Storm and the Kosovo War. This particular

Hornet, designated AQ-99, carries a rich operational history, symbolizing both the aircraft's role in naval conflicts and the legacy of FRCSW's aircraft maintenance program. "This is

monumental for the depot," said Ehren Terbeek, FRCSW tactical air program manager. "Many artisans here began their careers working on these aircraft, and it's a milestone for everyone involved."

The facility's role in maintaining these legacy aircraft has been extraordinary. Through innovations like the center barrel replacement, FRCSW extended the operational life of the F/A-

18 far beyond its original limit of 6000 flight hours, with some Hornets surpassing 9,000 hours. "The aircraft is old so parts were hard to source, and structural repairs were challenging, but

our team's skills and knowledge ensured these aircraft kept flying," Terbeek emphasized. These efforts have been crucial in keeping naval aviation mission-ready for decades.

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Coast Guard relieves commander and top enlisted leader of San Diego sector

The Coast Guard temporarily relieved the commander and senior enlisted leader of Coast Guard Sector San Diego in the wake of an investigation that led to loss of confidence in both men, the service said recently. Capt. James Spitzer and Master Chief Petty Officer Michael Dioquino were relieved by Rear Adm. Joseph Buzzella, commander of the Coast Guard's District Eleven, according to a news release. The investigation was sparked by reports of unfair treatment of individuals under their command, said Lt. SondraKay Kneen, a spokeswoman for District Eleven. No further details were available, she said. The men are temporarily relieved pending their option to appeal the decision.

Mobile returns to homeport San Diego

SAN DIEGO - Littoral combat ship USS *Mobile* returned to its San Diego homeport recently following a 19-month deployment. "*Mobile*'s maiden deployment to 7th fleet was incredibly successful, and we are extremely proud of the accomplishments of both crews," said Capt. Douglas Meagher, commodore, Littoral Combat Ship Squadron One. "*Mobile* operated alongside other U.S. Navy assets as well as international allies and partners to not only strengthen our relationships but to demonstrate the tactical capabilities and strategic value of littoral combat ships." *Mobile* participated in freedom of navigation operations in the South China Sea, maritime domain awareness and patrol alongside the Philippine Navy, Cooperation Afloat Readiness and Training (CARAT) Thailand 2023, Malaysia's Langkawi International Maritime Aerospace Exhibition 2023 (LIMA 2023), and Noble Dingo with the Royal Australian Navy.

Gray Flag

continued from page 1

lied partners during Gray Flag 2024 was critical to ensuring the test event represented how the Navy operates.

"Our nation's success in future conflicts depends on how well we can integrate and jointly operate with our allies

and partners," said Rear Adm. Keith Hash, NAWCWD commander and Naval Air Systems Command's Chief of Test. "The CNO said it best in NAVPLAN 2024: The U.S. Navy fights in a warfighting ecosystem. As we continue to deter aggression and protect the freedom of the seas, we aren't operating alone. We shouldn't test alone either."

Littoral combat ships *Augusta*, *Santa Barbara* welcome news COs

In separate changes of command recently at Naval Base San Diego, USS *Santa Barbara* and USS *Augusta* welcomed new skippers.

USS SANTA BARBARA Cmdr. Steven Gonzalez was relieved by Cmdr. Linzy Lewis as commanding officer of the littoral combat ship USS *Santa Barbara* (LCS 32). Capt. Douglas Meagher, Commander, Littoral Combat Ship Squadron 1, was the presiding officer and guest speaker at the ceremony.

During Gonzalez's time in command, he established a culture of excellence and warfighting proficiency as he led the crew through the ship's initial basic training and advanced phase training. He orchestrated his crew's preparation and certifications showcasing their navigation, seamanship, and execution ship-handling of several skills complex along with multi-threat scenarios the Littoral Training Facility.

USS AUGUSTA

Cmdr. Christopher Polnaszek was relieved by Cmdr. Joseph Trager as commanding officer of LCS USS *Augusta* during a recent change of command and retirement ceremony. Once again, Meagher was the presiding officer and guest speaker at the ceremony.

During Polnaszek's time in command, *Augusta* was formally commissioned during a ceremony held Sept. 30, 2023 in Eastport, Maine

He lead the crew through *Augusta*'s maiden voyage of 8,800 nautical miles, including six U.S. and foreign port visits, a Panama Canal transit, and safe arrival to homeport. He is also the first LCS commanding officer to merge two commissioning Blue and Gold crews into a single team.

"This is not just a celebration of a successful tenure in command for Chris Polnaszek, but something much more special," said Meagher. "He established the legacy of ship, which is far more difficult than continuing one."

Both ships are part of Littoral Combat Ship Squadron 1.



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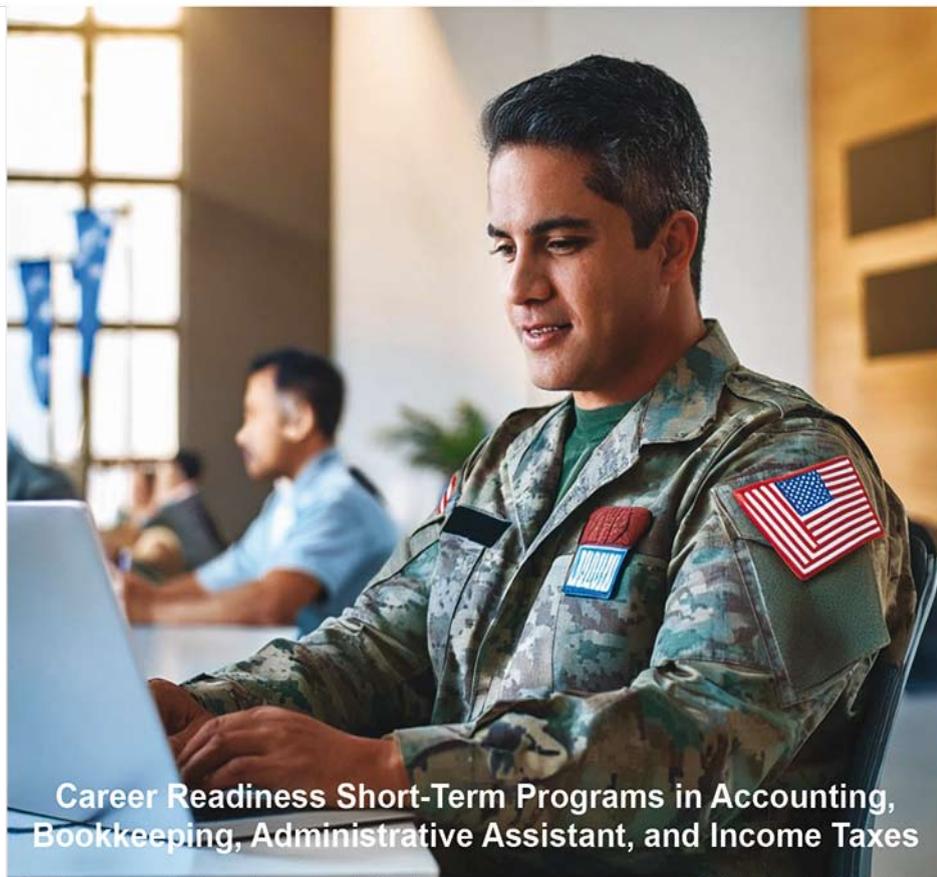
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ABOARD USS ABRAHAM LINCOLN (Oct. 25, 2024) A Sailor directs an F/A-18E Super Hornet on the flight deck of carrier Abraham Lincoln during operations in the U.S. Central Command area of responsibility. U.S. Navy photo

SAN DIEGO ZOO (Nov. 1, 2024) U.S. Marines hand out Fleet Week San Diego 2024 gifts here. The general public comingles with servicemembers during Fleet Week San Diego. Military personnel and assets take center stage.

U.S. Navy photo by MC2 Nettie M. Manfull



MARINE GIFTS



VALLEY CENTER (Nov. 2, 2024) Commandant of the Marine Corps Gen. Eric M. Smith meets with Marines as part of the historical uniforms display presentation during the I Marine Expeditionary Force 249th Birthday Ball here. U.S. Marine Corps photo by Staff Sgt. Kelsey Dornfeld

EVENTS, FREEBIES FOR SAN DIEGO AREA VETERANS

San Diego salutes those who served in the armed forces by offering some Veterans Day events and attractions.

Red, White & Blue Salute SeaWorld recognizes the sacrifice and bravery of our armed service members Nov. 9-11 by opening each day with a flag ceremony and the national anthem. Guests will enjoy special entertainment and activities including a nightly patriotic fireworks show. www.seaworldsandiego.com

and dance (or just listen and enjoy) to live music on stage throughout the day. Experience military displays, light armored vehicles, armaments and even robots. 1000 N. Harbor Dr. www.fleetweek-sandiego.org/military-family-day

Veterans Day Ceremony. A ceremony to honor those who selflessly served our country. 11 a.m. Veterans Park, 14134 Midland Rd., Poway. www.poway.org

'Salute to Service' Celebration on the USS Midway. Nov. 11, 10 a.m.-3 p.m. Free entry with military ID. Enjoy live music, kids' activities, contests, free food and drink samples and more. 910 N. Harbor Dr. www.midway.org

Veterans Day Parade. Honoring those who served past and present. 10 a.m. Harbor Dr., in front of the County Admin Bldg. www.sdvetsparade.org

RESTAURANT FREEBIES

APPLEBEE'S offers veterans and active duty military a complimentary meal on Monday, Nov. 11. Available for dine-in only. Gratuity not included. www.applebees.com/en/veterans-day-free-meals

CHILI'S All veterans and active duty service members get a free meal on Nov. 11 at participating restaurants. Dine-in only with valid military ID. Beverages and gratuity not included. www.chilis.com/restaurant-events/veterans-day

Mt. Soledad National Veterans Memorial pays homage to Korean War veterans, their families and those missing in action. Nov. 9, 11 a.m.-12 p.m. Mt. Soledad National Veterans Memorial, 6905 La Jolla Scenic Dr. S. www.soledadmemorial.org

Parade and VetFest Nov. 11. Parade, 9:30 a.m. VetFest at 12 p.m. Lunch, kids' zone, sponsor and military displays, veteran services, and free lunch for active duty military at the Post. Sign up your school, business or civic group to be in the parade or become a sponsor and help make this the premier Veterans Day event in North County. www.escovetfest.org

CLAIM JUMPER STEAKHOUSE & BAR Vets and active duty military are invited to dine in for a free meal from a select menu on Mon., Nov. 11. www.claimjumper.com/veterans-day

GOLDEN CORRAL On Mon. Nov. 11, from 4 p.m. to close, active duty military, retirees, reservists, guardsmen and veterans will receive a free Dine-in only.

RED ROBIN GOURMET BURGERS On Nov. 11, veterans and active duty military can enjoy a complimentary Big Tavern Burger and Bottomless Side when dining in at participating Red Robin locations. <https://ir.redrobin.com/>

STARBUCKS Veterans, military service members and their spouses can stop by participating Starbucks stores to get a free 12 oz hot or iced brewed coffee on Nov. 11. <https://stories.starbucks.com/starbucks-commitment-to-the-military-community/>

Boat Parade View the parade from the shore of Shelter Island, Harbor Island, Embarcadero, Seaport Village and Coronado Tidelands Park. Watch the procession of military-themed decorated boats. Boats of all sizes are invited to salute and honor active duty and retired service members. Elaborate decorations are encouraged. Nov. 11, 10:15 a.m. www.fleetweeksandiego.org/veterans-day-boat-parade

Military Family Day Broadway Pier.. Nov. 10, 10 a.m-4 p.m. A fun-filled day dedicated to military families that's not to be missed! Get out

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Medal of Honor Spotlight: Marine Corps Sgt. James Poynter

by Katie Lange
DOD News

As Marine Corps Sgt. James Irsley Poynter's platoon was being surrounded by enemy troops in Korea, he refused to let his men become overwhelmed. Poynter managed to break his trapped comrades out of the chaos through heroics that took his life. For that valor, he posthumously received the Medal of Honor.



Marine Corps Sgt. James Irsley Poynter, Medal of Honor recipient. Photo courtesy of U.S. Marines

Poynter was born Dec. 1, 1916, in Bloomington, Illinois, to Eugene and Molly Poynter. In February 1942, when he was 25, he enlisted in the Marine Corps and served in the Pacific during World War II, taking part in campaigns that included Guadalcanal, Saipan and Okinawa. He was discharged in February 1946 after the war ended.

At some point, Poynter moved to Downey, California. He was married twice and had four children.

When the Korean War broke out in the summer of 1950, Poynter felt he needed to return to service, so he reenlisted in the Marine Corps. At age 33, he was assigned to the 1st Battalion of the 7th Marines, 1st Marine Division.

According to Marine Corps University, he was sent to Korea in time to aid in the recapture of Seoul after the Inchon landing. During a campaign in late September and early October, he earned the Bronze Star.

By November 1950, after hearing that Chinese troops had entered the conflict and attacked South Korean units, the 7th Marines were directed to march into North Korea toward the Chosin Reservoir.

On Nov. 4, 1950, Poynter was the squad leader for a rifle platoon

hand grenades from fallen Marines and charged the emplacements. In rapid succession, he killed the crews of two of the nests and put the third out of action before he collapsed from his injuries and died.

Poynter's sacrifice inspired the men around him to push harder to repel the enemy. Eventually, they were able to break through the encirclement and find a better tactical position to defend themselves.

For Poynter's heroic actions, his widow, Kathern, posthumously received the Medal of Honor on his behalf during a Pentagon ceremony on Sept. 4, 1952.

Poynter is buried in Fort Rosecrans National Cemetery in San Diego.

His son, Byron, was born after Poynter went to Korea. Byron Poynter followed in his father's footsteps by enlisting in the Marine Corps in 1967.

This article is part of a weekly series called "Medal of Honor Monday," in which DoD highlight one of the more than 3,500 Medal of Honor recipients who have received the U.S. military's highest medal for valor.

in Company A near Sudong, Korea, when they were attacked by a much larger force. His platoon hastily tried to defend its position, Hill 532, and Poynter led the charge, directing fire toward the oncoming enemy.

The hostile force quickly gained momentum, surrounding the Marines' position. Several members of Poynter's platoon had fallen, and he had also been critically injured, but he refused to give up. He grabbed a bayonet and jumped into bitter hand-to-hand combat as the fight continued.

When Poynter noticed three machine guns closing in from about 25 yards out, he grabbed



Serve and be served: Honoring our military community on Veterans Day

"Now serving B-4-1-1, at window number three," a mechanical female voice said from the base clinic's automated pharmacy system. My ticket read "B-419."

I grabbed a copy of the local free newspaper from the rack inside the revolving door, and took a seat with all the others in the waiting area. I searched the pages for something to distract me from my tendency to blatantly people-watch and settled in on the sudoku puzzle.

"Now serving B-4-1-2 at window number two." *Sigh*

After a swish of the revolving door, I heard heated banter, prompting me to peek over my newspaper.

"Now you sit down right there!" a tiny woman with bushy salt-and-pepper hair and a shirt embroidered with teddy bears barked at her companion, while pointing to a row of chairs. The companion was a slightly taller, even older woman - a friend? a sister? a neighbor? - with short wispy white hair, thick glasses and a quad cane emblazoned with floral print.

The companion hobbled over to the chairs and sat begrudgingly, muttering something about not needing any help. The two argued about where to put their pocket books, until one blurted, "Knowing me, I'll forget where it is anyway. I can't even remember where I parked the car!" They both leaned in to each other, erupting in cackling, snorty laughter.

I now understood. The miniature martinet with salt-and-pepper hair and her surly sidekick were good friends, most likely retiree military friends or military spouses who help each other during outings, like trips to the base pharmacy. Clearly, their hostile banter was just a shtick.

As I watched them, I wondered, "What had their lives been like?"

They looked to be in their late 70s or 80s, both wearing the kind of elastic-waisted polyester pants that are advertised in the back of Parade Magazine. Where had they lived? What had they lived through? How did they both end up here?

I wasn't the only one watching

the feisty old ladies' comedy act. A man in uniform waiting nearby stepped toward them and said, "I got you a number from the kiosk over there. You need one to pick up a prescription. It's a new system, but I can help you."

The white-haired woman grumbled and snatched the ticket from

The Meat & Potatoes of Life



by Lisa Smith Molinari

the serviceman's hand, having no intention of learning the new-fangled system. Her salt-and-pepper friend thanked the man kindly, before scolding her companion for being rude.

Others standing by peeked over to see the number on the women's ticket - B-421 - so they could alert them when the time came. Everyone seemed to understand that these women had earned their place in the line, and in life.

There was no need for the women to abide by the new pharmacy system or tone down their cantankerous banter. Somehow, the rest of us in the waiting room knew they were to

be respected and taken care of, and it was our duty to do it.

We watched with genuine reverence, knowing that someday, we'll be the retirees and retired spouses in the military clinic pharmacy waiting rooms needing help. We'll be the ones wearing wrap-around sunglasses, pushing shopping carts through the commissaries, bickering over coupons and deli meats. We'll be the ones telling old stories of proud moments, of sacrifices, of military friends lost and gained along the way.

Without a spoken word between us, we made a collective pact to help the two old women that day.

It took 37 minutes for my number to be called, but I was grateful for the opportunity to observe the military folks around me. Whether we know each other personally or not, we are one people, one community, one family. We share experiences and a sense of respect for our unique lifestyle.

And we take care of each other.

This Veterans' Day, we must open our eyes and hearts to fellow military members in our communities, be they active duty, reservists, military retirees, or anyone else who has served in the U.S. Armed Services. Don't forget about military spouses and children. Their lives are directly impacted by military orders, so they deserve recognition, too.

Hear their stories, show respect, and lend a helping hand.

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- *Matches with known outcomes
- Hi-__ TV
- What "X" may mean
- Music center?
- Dennis the Menace, for one
- Beloved
- Monk's title
- Cultural setting
- Black and blue?
- H or O, in H2O
- Contrasting ornaments
- Roald Dahl title heroine
- Submitted, as a manuscript
- Kvetching sounds
- Weakens
- Give voice to
- __ Lingus
- Partner in a 2020 peace agreement with Isr.
- Quite a ways away
- *Music group's lead violinist, casually
- Anger
- Imagining
- Photo taken backwards?
- Marine Corps motto, briefly, and a hint to the answers to starred clues
- Thrills
- General on a menu
- Fair-hiring letters
- Fair

Down

- Syrian leader
- W.C. Fields persona
- *Fast-food alternatives to burgers
- RN workplaces
- Sailing danger
- Ancient mystic
- Jazz trumpeter Jones
- Meeting group
- Biblical boater
- Bee, to Opie
- School orgs.
- Leave
- Name seen on one's way to the penthouse?
- License plates
- Marked on a ballot
- "La Boh me" role
- Banana covering
- Hunk's pride
- *Like half a chance
- APR-reducing loan
- Pt. of AAA
- Office notice
- "Now __ me down to sleep ..."
- Being severely criticized
- Numbered rds.
- Novelist Jaffe
- Diner check
- Aussie parrot, briefly
- Mournful
- 33-Down demand, perhaps
- Luncheon end?
- "... or ___!"
- Cartoon mermaid
- Actress Witherspoon
- Punch deliverer
- March time
- San __: Italian resort
- Recon target
- Sniggle's catch
- Map line: Abbr.



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http://www.veteranmuseum.org/
Hours: Call for current hours (619) 239-2300

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

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

USS Midway Museum. The USS Midway Museum is a maritime museum located in downtown San Diego at Navy Pier. The museum consists of the aircraft carrier Midway. The ship houses an extensive collection of aircraft, many of which were built in So Cal. FREE-Children 5 & under, Active Duty military including reservists (w/ valid ID). Adult \$34 (ages 13+). Youth \$24 (ages 4-12). Veterans (w/ID) \$24*Must show ID at entrance.
Open daily 10-5, last admission 4pm. https://www.midway.org/

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

ROY'S SUDOKU

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1	3	6	2	4	9	8	5	7
7	1	3	9	6	5	2	4	8
6	9	2	4	1	8	7	3	5
5	8	4	3	7	2	1	6	9

MOVIES AT THE BASES

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

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

NBSD and Lowry Theater Policy

- Outside food and beverage are NOT permitted: Sales from the snack bar support the movie program.
- These Theaters are cashless facilities. Debit and credit cards accepted only.
- Premium Offerings
- Audiovisual assistive equipment available to customers at the front counter.
- Handicap seats and child booster seats are available.



Movie Rating System

- G – General audiences ALL ages admitted.
- 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.

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When the outside temp is 90° your car heats up to 109° in 15 minutes and 124° in 30 minutes.
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Health & Fitness

NIH study demonstrates long-term benefits of weight-loss surgery in young people

Adolescents see a greater remission of type 2 diabetes compared to adults.

Young people with severe obesity who underwent weight-loss surgery at age 19 or younger continued to see sustained weight loss and resolution of common obesity-related comorbidities 10 years later, according to results from a large clinical study funded by the National Institutes of Health.

Study participants with an

average age of 17 underwent gastric bypass or sleeve gastrectomy weight-loss surgery. After 10 years, participants sustained an average of 20 percent reduction in body mass index (BMI), 55 percent reduction of type 2 diabetes, 57 percent reduction of hypertension, and 54 percent reduction of abnormal cholesterol. Both gastric bypass and sleeve gastrectomy had similar results.

The 55 percent reduction in type 2 diabetes was much

higher than the rates observed in adults after weight-loss surgery (18 percent at seven years and 12.7 percent at 12 years) in a recently published NIH-funded study.

Type 2 diabetes tends to progress more rapidly when it occurs in young people, and these findings demonstrate the greater health benefits and durability of bariatric surgery in youth than would be expected in similarly treated adults.

The study, known as Teen Longitudinal Assessment of Bariatric Surgery (Teen LABS), was supported by NIH's National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) through grants DK072493, DK072493, DK095710 and NIH's National Center for Research Resources and the National Center for Advancing Translational Sciences Clinical and Translational Science Awards Program grants TR000077 and TR000114.



The American College of Sports Medicine has many fitness-related recommendations, including:

- ◆ **Aerobic activity**
Healthy adults should get at least 30 minutes of moderate-intensity aerobic activity five days a week, or 20 minutes of vigorous-intensity aerobic activity three days a week.
- ◆ **Strength training**
Adults should perform resistance exercises for major muscle groups at least twice a week. For healthy adults, this could be one set of 8 to 12 repetitions. Older or frail people should aim for 10 to 15 repetitions.
- ◆ **Flexibility**
Adults should do flexibility exercises at least twice a week.
- ◆ **Variety**
Use a variety of activities and tools, such as hand weights, medicine balls, or resistance bands.
- ◆ **Recovery**
It's important to allow muscles to recover after exercise so they can benefit from it. Adequate sleep can help with muscle recovery and eating behaviors.
- ◆ **Hydration**
Maintaining fluid balance is important for many reasons, including sustaining sweat rates and heart stroke volume.
- ◆ **Stress management**
High stress levels can lead to unhealthy eating habits. Finding ways to reduce stress can help with nutrition and performance.

Veterans

Social Security Matters - Why does the government raid Social Security?

Ask Rusty – Why does the government raid Social Security?

Dear Rusty: The Social Security program is funded by employees and their employers. The federal government does not contribute to the program, right? So why does the federal government feel they have the right to raid the fund? All the money sent to Ukraine and other unnecessary programs could have been used to pay back what they owe to Social Security. Signed: Disgruntled Senior

Dear Disgruntled Senior: You are correct that the Social Security program is mainly funded by payroll taxes on employee earnings and by employers who match those employee contributions. FYI, some additional SS revenue is received from income tax on Social Security benefits, as well as from interest on the special issue government bonds held in the Social Security Trust Fund. But the assertion that the Federal Government used (raided) the Social Security Trust Fund for any other purpose is a myth.

All Social Security revenue received since the program began in 1937 has been accounted for, and all excess funds are contained in a special Trust Fund in the form of interest-bearing government bonds, reserved to

pay future benefits. FYI, the interest on those bonds contributed about \$67 billion to the Trust Fund reserves in 2023.

Social Security revenue, today, is not adequate to pay all benefit obligations, and the extra money needed to pay full SS benefits for everyone is obtained by redeeming Trust Fund reserves. Redemption of those Trust Fund bonds is how the federal government "pays back" the cash loaned to it by Social Security.

The excess SS money received from contributions was loaned to the Federal Treasury by the SS Trust Funds, interest-bearing bonds were issued by the government in return for the cash received, and the bonds issued are redeemable as needed by Social Security to pay benefits. FYI, the average interest on the 2023 bonds in the Trust Funds was about 4.125 percent, whereas the average rate of return on all bonds held in reserve was about 2.387 percent.

This transaction is the same as for any other investment vehicle, except the bonds in the Trust Funds are redeemable at any time without penalty. Said another way, all excess money ever received by Social Security is/was invested in special-issue

government bonds, and resides in reserve to pay future benefits, as needed.

"Paying back" the money represented by bonds held in the Trust Funds would not be a wise financial move because it would eliminate all future interest earned by those bonds (again, that interest was about \$67 billion in 2023). Federal money spent for other purposes (e.g., Ukraine) is from the general U.S. Treasury and not from the Social Security Trust Fund, which is held totally separate from the U.S. Treasury.

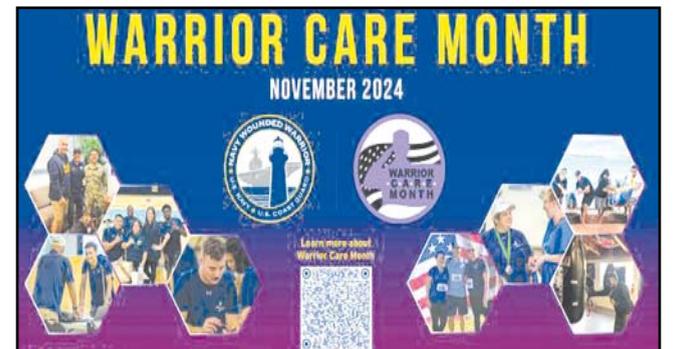
Since inception, all money ever contributed to Social Security has been (and is) used for one purpose (and one purpose only) – to pay Social Security benefits to those eligible (which, by the way, does not include "illegal aliens" or anyone else who is not a legal resident of the United States).

For clarity, Social Security does have a future financial issue because annual benefit obligations are now greater than annual Social Security revenue, and money from the SS Trust Fund is now used to make up the difference. Unless the program is reformed soon, the Trust Fund reserves (about \$2.8 trillion as of 2023) will be depleted and

benefits for all Social Security recipients will be cut by about 23 percent starting in 2033 or 2034 (according to the Trustees of Social Security and the Congressional Budget Office).

Congress needs to act soon to enact Social Security reform to restore the program to fiscal solvency. The Association of Mature American Citizens (AMAC) is steadfastly lobbying Congress to enact the needed Social Security reform as soon as possible.

Russell Gloor is a national Social Security advisor at the Association of Mature American Citizens Foundation.



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

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- Navigate to your area
- Finally, select the USO San Diego center nearest to you!

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