

ARMED FORCES DISPATCH



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DECEMBER 8, 2024



RECRUIT HUG A Marine with Mike Company, 3rd Recruit Training Battalion, is greeted by his guest following his graduation ceremony at Marine Corps Recruit Depot San Diego on Nov. 15, 2024. Graduation took place at the completion of the 13-week transformation, which included training for drill, marksmanship, basic combat skills, and Marine Corps customs and traditions. U.S. Marine Corps photo by Lance Cpl. Jacob B. Hutchinson

Trump taps businessman John Phelan to be Navy secretary

As reported in *Military Times* Nov. 27, President-elect Donald Trump announced businessman John Phelan as his pick to be the next Secretary of the Navy, lauding him as a leader who will “put the business of the U.S. Navy above all else.”

If confirmed, Phelan would be the first permanent Navy secretary without military experience since 2009, when Donald Winter finished up his three-year term in the role. Unlike Winter, who previously had worked within the Pentagon and on Navy contracts at major defense firms, Phelan has little public connection to the sea service.

Of the 26 men to be confirmed as Navy secretary over the last 70 years, all but six have been veterans.

Phelan is the founder of the private investment firm Rugger Management LLC and a board member at Spirit of America, a military-themed nonprofit. He was also a major donor for Trump’s latest re-election campaign.

“John will be a tremendous force for our naval servicemembers, and a steadfast leader in advancing my America First vision,” Trump said in a statement.

“John’s intelligence and leadership are unmatched ... His incredible knowledge and experience will elevate the lives of the brave Americans who serve our nation. John will deliver real results for our Navy and our country.”

Phelan is the first service secretary pick to be announced by Trump, who last week nominated former Fox News personality Pete Hegseth to serve as defense secretary. Neither man has experience in military leadership, although Hegseth did serve in the Army National Guard.

If confirmed, Phelan would replace current Navy Secretary Carlos Del Toro, who is expected to step down ahead of Trump’s inauguration.

Trump has not indicated when he will announce other key Pentagon leadership nominees.

The Senate is expected to hold confirmation hearings on Hegseth and Phelan in January, after the new Congress has been seated. Republicans are expected to hold the majority during the next session, easing the path for confirmation of Trump’s picks. *by Leo Shane III*

‘THE CREATURE’ RISES TO REMIND SAN DIEGO – NAVY SEAL MUSEUM IS COMING

by Jennifer Vigil
Times of San Diego

The Navy SEAL Museum San Diego, coming next year, has installed a display adjacent to the museum, across the trolley tracks at downtown San Diego’s

One America Plaza.

Behind the glass is “The Creature,” something that should put you in mind of Hollywood’s old “Creature from the Black Lagoon.”

But what’s the association

with the Navy SEALs?

“The Creature” is a familiar character to anyone who has gone through BUD/S training at Naval Special Warfare Command in Coronado. The human-sized reptilian stands at the entrance to NSW holding a Trident - one of the symbols of Navy SEALs - and a sign that offers a point to ponder.

“So, you wanna be a frogman” - which is a key question given the rate of attrition at BUD/S training, around 30 percent. It’s considered the hardest qualification in the U.S. military.

But how did “The Creature,” and his message, get to NSW? Cmdr. (Navy-Ret.) Bill Reed, has the original story.

After a “semi-sanctioned” trip to Tijuana, he acquired “The Creature” by haggling with a store owner, then brought it back

over the border and hid it until his BUD/S graduation day in November 1971.

“I’m certain that this would not be possible today, that’s for sure,” Reed said.

“The Creature” display also includes the BUD/S bell that SEAL candidates overcome by the grueling training have to ring in front of everyone, signaling that they are quitting.

The display is meant to whet the appetite drive interest in the upcoming museum opening, scheduled for summer or fall of 2025.

The Navy SEAL Museum San Diego continues to build out its space at 1001 Kettner Blvd., the former downtown location of the Museum of Contemporary Art San Diego.

It is also the future home of a UC San Diego arts space.



The future Navy SEAL Museum of San Diego. Photo courtesy of Navy SEAL Museum

George Washington returns to Yokosuka

YOKOSUKA, Japan - Nimitz-class aircraft carrier USS *George Washington* returned to Commander, Fleet Activities Yokosuka, Japan as the United States’ only forward-deployed aircraft carrier, Nov. 22. This marks the second time *George Washington* has served as the forward-deployed naval forces-Japan aircraft carrier. In 2008, it became the first nuclear-powered aircraft carrier to be forward-deployed to Japan before being relieved by USS *Ronald Reagan* in 2015. “*George Washington* returns with modernized, cutting-edge technology that represents our investment in deterrence and security in this region,” said Vice Adm. Fred Kacher, commander, U.S. 7th Fleet.

Operation Santa Claus brings holiday cheer

CIRCLE, Alaska - Alaska Army and Air National Guard members and Salvation Army volunteers boarded a UH-60 Black Hawk helicopter with Santa Claus recently to deliver gifts to the remote village of Circle along the Yukon River. This was one of three deliveries this year as the Alaska Guard and the Salvation Army work to bring Santa’s magic to the farthest corners of Alaska. “In the 13 years I’ve been with the Yukon Flats school district, I’ve never seen more enthusiasm in the kids,” said John Biafore, Yukon Flats school district principal. “Many of our older students remember when they were young and how it was having Santa come to their homes. The group brought it back again, and it was something the kids needed. This really launched us into an extremely happy holiday season.”

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Keep some jingle in your pocket with military discounts and holiday budgeting



by T' Jae Ellis
Military OneSource

Spending time with loved ones and sharing cherished traditions are what make holidays special. But seasonal festivities often come with a high price tag, and nothing dampens the holiday spirit like not having enough money to take part in time-honored family activities.

One way service members and families can keep their spirits high is by setting up a holiday budget through a free consultation with a Military OneSource financial counselor.

"We think of the holidays sometimes as just gifts, but in today's inflationary war that's the smallest part of the expense," said Military OneSource Financial Counselor Michael Whitley.

"Now, we've got travel. I mean, with the military being spread all over the world and families spread apart, there's going to be travel expense and along with that, holiday meals, holiday entertainment. Look at everything about the holidays and it consists of a lot more than just gift giving."

Whitley talks about this and more on the Military OneSource podcast, Smart Holiday Spending: Enjoy the Season Without Breaking the Bank. (<https://www.militaryonesource.com/resources/podcasts/military-onesource/budgeting-during-the-holiday-season/>)

Cost-saving military benefits
In addition to free financial

counseling, Whitley recommends service members and their families take advantage of military discounts on travel, groceries, gifts and more.

American Forces Travel

Service members can cut expenses by making American Forces Travel (<https://www.militaryonesource.com/recreation-travel-shopping/travel-lodging/american-forces-travel/>) their first stop when planning their holiday travel this season. This one-stop booking site offers military discounts on flights, cruises, hotel rooms and car rentals. The military community can also score great deals on sports, concert and theater tickets.

Service members and families can find extra savings throughout the 2024 holiday season when American Forces Travel celebrates its five-year anniversary with special week-long discounts, such as a sale on car rentals from Dec. 3-10.

Commissions help fund MWR programs, so service members can support the military community while also saving money.

Commissary

Special foods are a highlight of holiday get-togethers, but the costs can add up. Whether service members are gathering ingredients for a festive meal or just need a tray of cookies for a holiday party, they'll save about 25 percent over other grocery stores by shopping at the commissary.

Other ways for service members and their families to save both money and time at the commissary include:

- *Looking for special offers and holiday discounts
- *Exploring the product displays at the end of each aisle for holiday-related items at extra-low prices
- *Taking advantage of Commissary CLICK2GO (<https://www.militaryonesource.com/benefits/commissary-click2go/>), by:

*Ordering groceries online or through the CLICK2GO mobile app, and picking them up curbside

*Using Electronic Benefits Transfer/Supplemental Nutrition Assistant Program payments when placing CLICK2GO orders

*Visiting the commissary website (<https://shop.commissaries.com/>) for sales flyers, coupons, dietician-approved recipes and more

The exchange

Buying gifts at competitive, tax-free prices at the local installation's exchange is another way to save. The exchange carries everything from electronics and clothing to home décor items and toys.

If it's on a gift list, chances are it's at the exchange. And

if service members shop the exchange online, they can also get free shipping on purchases of more than \$49 with their Military STAR credit card.

A large portion of the profit from these purchases goes right back to the installation.

Service members can find their online service branch exchange here:

- *Army and Air Force Exchange Service (<https://www.shopmyexchange.com/deals>)
- *Marine Corps Exchange (<https://www.mymcx.com/>)
- *Navy Exchange Service Command (<https://www.mynavyexchange.com/>)

Other ways to save money

For more money-saving ideas, service members and families can check out the Military OneSource article, Tips for Military Families to Save on Holiday Spending.

In the end, families can keep financial challenges from dampening their holiday spirit by budgeting wisely and taking advantage of military discounts, which can keep their bank accounts healthy and allow them to focus on the joys of the holiday season.

Related links

Commissary CLICK2GO (<https://www.militaryonesource.com/resources/podcasts/military-onesource/commissary-click2go/>)

Living on Your Military Paycheck (<https://www.militaryonesource.com/financial-legal/personal-finance/living-within-your-means/>)

Creating a Spending Plan MilLife Learning Course (<https://millelearning.militaryonesource.com/course/spendingplan>)

From Crackerjack to Aquaflege: Exhibit highlights Navy's impact on fashion

by Gary Warner
Stars and Stripes

The Beatles' psychedelic bell bottoms for "Sgt. Pepper's Lonely Hearts Club Band," Marlon Brando's white t-shirt in "Streetcar Named Desire," Rhianna and other celebrities sporting baggy dungarees. The cast of "Jaws" skidding around a boat in Top-Siders to avoid becoming lunch for a gigantic shark.

All these looks have roots in the Navy. The uniforms of Sailors spawned civilian fashion trends still popular today.

The journey from the high seas to cultural icons is told in a new exhibit, "A Salute to Style: Fashion and the U.S. Navy" at the Puget Sound Navy Museum in Bremerton, Wash.

The exhibit chronicles the crossover of designs of uniforms and gear created for practical purposes of working at sea. Some became worldwide couture trends. A few sank

like an unchained anchor.

The classic sailor suit was called the Crackerjack. The blue uniform had a square collar with a flap on the back, pants with a 13-button front flap, and wide legs known as bell bottoms. Introduced in 1894, it was the uniform of Navy junior enlisted until the end of the Vietnam War in 1973.

The Crackerjack inspired the caramel corn snack of the same name with a drawing of a boy in a sailor suit on the box front.

Bell-bottoms

The most significant cultural impact was likely the trousers — with bell bottoms ironically becoming the rage of the coun-

ter-culture fueled by opposition to the Vietnam War in the 1960s and early 1970s.

The roomy pants with wide flared cuffs were designed to



allow sailors maximum movement as they bent around ship machinery and climbed steep metal staircases leading to engine rooms and ammunition magazines.

Models such as British pop favorite Twiggy wore bell bottoms in fashion magazine photo

shoots. The Beatles and Rolling Stone were among the many rock and roll bands that took the stage in bell bottoms. Eric Clapton wrote "Bell Bottom Blues" about a man distraught at losing his flared pants-wearing lover.

Hippies in San Francisco heeded a 1966 Vogue magazine advice to look for "the real article" and head to Army-Navy surplus stores for cast-off sailor pants.

The bell bottom craze spread to American clothing manufacturers, and in the 1970s, they became popular everywhere, from elementary schools to corporate offices.

White t-shirt

What started out as an undergarment issued to sailors in 1910 became a pop culture favorite after World War II.

The undershirt became the only shirt for sailors working in steamy climates, from the gunboat diplomacy of patrolling

Chinese rivers in the 1920s to the scorching island-hopping Pacific campaign in World War II.

By the 1950s, the t-shirt was a look of choice for working men who wanted to show off their muscles. Brando, Steve McQueen, and others have adopted minimalist cover-ups in movies.

Leather flight jackets

The warm coats were adopted by early Navy fliers — as well as their Army counterparts. Up until World War II, many aircraft used by the military featured cockpits exposed to high altitude cold.

Even with a windshield, the torrent of air passing over their torsos was bone-chilling.

With more planes having enclosed and pressurized cockpits, the elements were less in-your-face, but the flight jacket look remained popular, especially **see Fashion, page 4**

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Project Olympus forges critical digital pathways to enable interoperability

by Joseph Clark and Army Maj. Wes Shinego
DOD News

The Defense Department is moving rapidly toward the future of warfare in which decision advantage will reign as the decisive factor in deterring conflict, and when needed, defeating adversaries.

Military leaders have long recognized the imperative to maintain the information edge in an increasingly complex and distributed global security landscape.

Earlier this year, DOD announced it had reached a minimum viable capability of Combined Joint All Domain Command and Control, the department's approach to providing material and nonmaterial solutions to arm front line commanders with rapid access to actionable battlefield information across all warfighting domains and throughout the globe.

The capability represents not only a force multiplier for the Joint Force but will also provide the foundation for ever increasing interoperability between the U.S. and global network of allies and partners.

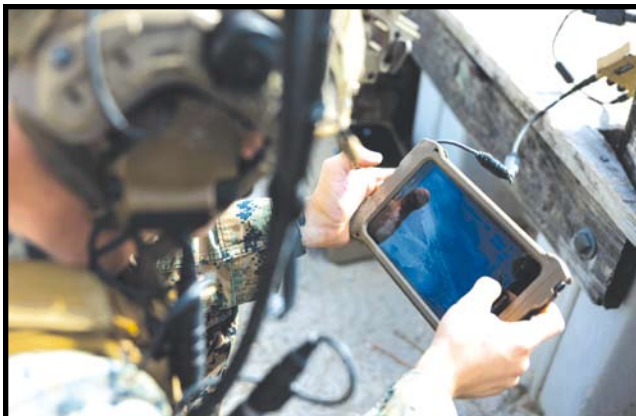
That ability to work seamlessly across warfighting domains and theaters with a range of partners is key to maintaining the United States' enduring strength around the globe. It remains a prime focus among military leaders that shape how the U.S. plans, trains and fights.

But achieving the reality of seamless integration for CJADC2 between the U.S. and its broad range of partners is not without its challenges.

Disparate technologies among forces along with policy hurdles have presented a perennial challenge for integrating partner nations onto a single network.

Project Olympus, a Joint Staff J-6-led initiative, is working to solve these challenges through digital transformation initiatives that synchronize current warfighting capabilities and enhanced security frameworks that manage access to data at the end-user level.

"Project Olympus is a concept that was formed in the Joint Staff based on lessons learned from previous events that we've done with capabilities employing new technology, such as zero trust



Marine Corps Sgt. Logan Schell, a joint tactical air controller assigned to 2nd Air Naval Gunfire Liaison Company, II Marine Expeditionary Force Information Group, monitors aircraft camera footage during a digitally aided close air support event as part of Bold Quest '24 at Marine Corps Base Camp Lejeune, N.C., Oct. 31, 2024. U.S. Marine Corps photo by Cpl. Maurion Moore

and data centric security which is really focused on access control to data based on specific attributes to somebody's identity," said Fred Stanley, the Coalition Interoperability Division Chief within the Joint Staff Deputy Directorate for Command, Control, Communications and Computer (C4)/ Cyber Integration.

Members of Project Olympus work alongside international partners to test, develop and integrate capabilities critical to CJADC2 through iterative experiments and demonstrations.

Over the past couple of years, Project Olympus participated in a series of demonstrations and events involving a range of participants including U.S. Central Command, U.S. Transportation Command Joint Communications Support Element and partner forces from the U.K., among others.

This year, Project Olympus is focused on implementing its first-ever mission partner environment architecture on a live network that will support a U.K.- see **Olympus, page 4**



Top stories

- Army to put one-star recruiting hubs in Los Angeles, Atlanta
- AP finds that a Pentagon-funded study on extremism in the military relied on old data
- Global War on Terrorism Medals authorized for Houthi operations
- Operation Thanksgiving: Services make traditional meal happen for troops deployed around the world (Stars & Stripes) Roughly 700,000 pounds of Thanksgiving food staples will be served to troops deployed to hard-to-reach places around the world.
- Army**
 - For Soldiers at Fort Carson, food is scarce
 - Fontana Army Soldier charged with murdering fellow Soldier at San Bernardino County home
 - 101st Airborne Soldier 'ain't come to play' in cage match video
- Navy**
 - Chinese warplanes track Navy aircraft through the Taiwan Strait
 - Financier John Phelan tapped to be next Navy secretary
 - Guam homeports its first Virginia-class attack submarine as tensions simmer with China
 - U.S. carrier makes first Malaysian port call since Leonard Francis arrest
 - Newest Navy ship commissioned in ceremony honoring Wisconsin industrial base
 - Unexpected circumstances: How the Navy and Marines salvaged the Boxer deployment
- Marine Corps**
 - Marine Corps worried about how to move and supply troops after Navy sidelines 17 support ships
- Air Force**
 - PACAF boss helps deliver first U.S. aircraft to Vietnam in decades

let it glow!

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Fashion continued from page 2

cially on the ground as a status statement. Even pilots today who never held the stick of an open cockpit Navy training Stearman PT-17 have adopted the jackets of those who had before their time. They were followed by civilians who didn't have to fly to wear flyboy jackets.

Top-siders

Paul Sperry didn't like slipping on his sailboat, so he toyed around with soles until coming up with the bottom of his Sperry Top-Siders in 1938. His biggest market would be the Navy, which assigned shoes with his soles to every sailor who went to sea. Many U.S. Naval Academy cadets adopted the stylish boat shoe, according to the museum. They became favored footwear to all who went down to the sea in ships.

Dungarees

Denim pants had been around for quite a while — the name comes from Dongri, a village near Mumbai, India, where the rugged fabric pants trace back to the 17th century.

The modern version received a major boost in 1913 when it became an official work uniform of the Navy. They could stretch when reaching around machinery and didn't show stains like other fabrics.

Before World War II, the pants could only be worn inside a ship. The Navy loosened the rules, but

dungarees were the one uniform that sailors never were to be seen in off-base. But the casual denim — sometimes worn with a variation that includes a denim bib and straps — caught on for work and as an ultra-casual look for actors, singers, and other celebrities trying to avoid notice or at least the spotlight.

The exhibit also dives into some Navy uniform ideas that sank out of sight.

Suit and tie at sea

After World War II, the Navy wanted a more modern look than the Crackerjacks. The enlisted Navy uniform briefly became a variation on the corporate suit and tie in the years after World War II.

The exhibit says sailors soon complained that the business-man-style attire was uncomfortable for work aboard the ship, making it difficult to stow in cramped lockers without wrinkling and challenging to repair.

The look got another shot in the 1973 under Chief of Naval Operations Admiral Elmo Zumwalt. One survey found that more than 80 percent of sailors said they didn't like wearing the Crackerjack — especially in public.

"Sailors were complaining that 'bells' did not make them feel like men," wrote Brent Hunt in the *Sextant*, a Navy History and Heritage Command publication. "At the same time, the CNO was getting letters from spouses who said they were

embarrassed to go to the store or church with their husbands dressed like little boys."

Zumwalt ordered a more egalitarian-looking service uniform that didn't starkly differentiate between officers and enlisted.

"One Navy, one uniform," was Zumwalt's slogan of choice.

Over time, sailor's opinions flipped. By the end of the 1970s, a survey found that an overwhelming majority wanted to ditch the new pseudo-office attire. Modern variations in blue and white of the old Crackerjack look were back.

Another dud

The military-wide move to camouflage uniforms led the Navy to introduce the highly unpopular Navy Working Uniform Type 1 in 2008. The blue and gray uniforms were mocked from the start, with sailors calling them "Aquaflage" and noting that wearing ocean-colored camouflage at sea would make it hard to spot a sailor who had fallen overboard. The dead knell for the uniform came when it was discovered the fabric was not sufficiently flame retardant. The uniforms were phased out for sea-serving sailors in 2019, though a reworked camouflage uniform can be worn by Navy personnel on land.

There's more. Continue reading at <https://www.stripes.com/branches/navy/2024-12-01/navy-impact-fashion-exhibit-puget-sound-museum-16005175.html>

Olympus continued from page 3

led maritime mission spanning multiple U.S. combatant commands and involving 16 international partners.

The new security frameworks being demonstrated as part of Project Olympus move the U.S. and partner forces beyond traditional network security methods, allowing for agile and targeted access to critical information on an integrated network.

"We've historically looked at security as the antithesis for information sharing," said Jim Knight, the U.K. lead for Project Olympus during a demonstration last month. "The security folks come in and want to sort of clamp down. With zero trust and data centric security, they are security mechanisms, but they are enabling information sharing."

"I think that's a key focus point," he said. "For the first time, we're getting that balance right in terms of applying more security. And by applying more security, we're getting greater information sharing."

Knight said what Project Olympus is demonstrating goes beyond technology.

"It's a paradigm shift," he

said. "We're moving from not only securing our networks at the boundary, having high castle walls... but we're also applying security and information sharing to individual data objects."

Project Olympus' success is forged through consistent test and evaluation of capabilities in complex scenarios involving a dynamic array of capabilities and partner forces.

In October, members of Project Olympus took part in the latest iteration of Bold Quest — a Joint Staff-sponsored multinational demonstration and assessment that provides a proving ground for new technology and warfighting concepts.

During the demonstration, hosted at Camp Lejeune, N.C., military participants and observers from allied and partner nations gathered to evaluate technical and procedural means of working together across strategic, operational and tactical levels in all domains.

This approach expedites learning and adaptation. By regularly collaborating, coalition partners can identify and address gaps in technology and policy before they create critical risk in real-world crises.

"Interoperability is crucial long before a crisis takes place. Waiting for a crisis to bring partners together is unacceptable," Stanley said, adding that "we need to be able to bring our partners in at the ground floor."

able," Stanley said, adding that "we need to be able to bring our partners in at the ground floor."

Demonstrations like Bold Quest underscore the importance of iterative demonstrations and assessments to push boundaries and foster a culture of true interoperability.

"We have to keep doing exercises or events, not once a year but multiple times, to continue pushing the boundary," said Army Chief Warrant Officer 2 Andrew Cavanagh, a Project Olympus representative from U.S. Transcom's Joint Communications Support Element.

That same sense of a need to continually innovate resonates throughout the department.

Last year, in a keynote address titled "The Urgency to Innovate," Deputy Defense Secretary Kathleen Hicks spoke to cloud computing's necessity in implementing CJADC2.

She said digital foundations, like those being developed by Project Olympus, are helping realize Combined Joint All Domain Command and Control.

"This is not a platform or single system that we're buying," Hicks said. "It's a whole set of concepts, technologies, policies, and talent that's advancing ... command and control."



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GVB – Gateway Village Branch
BVH – Bayview Hills Branch
VSM – Village at Serra Mesa



MON 16	TUE 17	WED 18	THU 19	FRI 20
<p>FAP TRIAD DESK BRIEF 8:30-10:30 AM – NBSD</p> <p>COMMAND SPONSOR TRAINING 9-10:30 AM – (V)</p> <p>FAMILY READINESS GROUP ADVANCED TRAINING 9-11 AM – NBSD</p>	<p>COMMAND SPONSOR COORDINATOR TRAINING 9-10:30 AM – (V)</p> <p>FAMILY CARE PLAN COORDINATOR TRAINING 9-10:30 AM – NBSD</p> <p>STRESS MANAGEMENT 9-11 AM – KMB</p> <p>TODDLER TUESDAY 10-11 AM – KMB</p> <p>EFFECTIVE COMMUNICATION SKILLS 1-2:30 PM – KMB</p>	<p>WINNING INTERVIEW TECHNIQUES 9-10:30 PM – NBSD</p> <p>STRESS MANAGEMENT 1:30-3 PM – GVB</p>	<p>WINNING INTERVIEW TECHNIQUES 9-10:30 AM – BVH</p> <p>TODDLER THURSDAY 10-11 AM – KMB</p> <p>RESUME WRITING 1-3 PM – BVH</p> <p>MIND BODY MENTAL FITNESS (CONNECTION) 1-3 PM – VSM</p>	<p>BOOT 2 BUSINESS (B2B) 7:30 AM - 4:30 PM – KMB</p>
** NO CLASSES SCHEDULED DURING THE LAST WEEK OF DECEMBER **				

ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED

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Full Marine helicopter detachment trains from expeditionary sea base for first time

by Brian McElhiney
Stars and Stripes

The Marine Corps recently conducted its first live-fire training with a full detachment of helicopters operating from a sea-base ship near Okinawa, showcasing the flexibility of its expeditionary advanced base operations concept.

About 100 members of Medium Tiltrotor Squadron 165 (Reinforced) — part of the 15th Marine Expeditionary Unit out of Camp Pendleton — carried out the exercises on Sept. 25 and Oct. 13. Using UH-1Y Venoms and AH-1Z Vipers, the Marines launched day and night sorties from USS *Miguel Keith* near Irisuna Jima, an uninhabited island in Okinawa prefecture, the Marines announced Oct. 17.

On each training day, four helicopters carried out 18 sorties, employing live ordnance, including 2.75-inch rockets, 20mm semi-armor-piercing high-explosive incendiary rounds and .50-caliber and 7.62mm weapons, according to the release.

“We validated, broadly speaking, the ability to deploy H-1s on [expeditionary sea bases] for longer durations,” Capt. Brian Tuthill, a 15th MEU spokesman, said by phone Nov. 5.

The full detachment comprises eight helicopters, Lt. Col. Michael Harper, the H-1 officer in charge, said during a Nov. 5 phone interview from aboard USS *Boxer*, an amphibious assault ship.

During the training, *Miguel Keith* served as a “spoke” in the Marines Corps’ hub-spoke-node operational model, supporting the Boxer — the headquarters, or “hub.” Deploying helicopters from *Miguel Keith* extended their range, enabling missions up to 100 miles away without refueling, Harper said.

“In our case we can expand — from an operational sense — hundreds of miles away from our home ship,” he said.

The training took place in the Philippine Sea and near Palawan Island in the Philippines. *Boxer* returned to its homeport at Camp Pendleton on Nov. 24.

The Venom utility helicopter, manufactured by Bell, can perform close air support, search-and-rescue, casualty evacuation and combat-assault missions. Its armaments

include a variety of rockets and machine guns. The Viper, also made by Bell, offers close air support, anti-armor, anti-air, armed reconnaissance and fire-support coordination capabilities.

The training aligns with the Marine Corps’ Force Design 2030 plan, which emphasizes expeditionary advanced base operations. These tactics involve mobile, distributed units operating within enemy missile ranges to seize islands, disrupt enemy operations and secure maritime dominance.

“When we say ‘expeditionary,’ part of that means being able to react quickly and get to places quickly,” Harper said. “The other aspect is being able to distribute not just for a short amount of time, but for a sustained amount of time. And so, using these newer or different forms of ships to move Marine forces and support Marine



A Marine Corps UH-1Y Venom prepares to land aboard expeditionary sea base USS *Miguel Keith* in the Philippine Sea on Sept. 28, 2024. U.S. Marine Corps photo by Staci Morris

forces is the key.”

Read more at <https://www.stripes.com/branches/marine-corps/2024-11-28/marine-helicopters-sea-base-okinawa-15998887.html>.

Gray assumes command of USS *Charleston*

by Ensign Patrick Alarcon
Commander, LCS Squadron 1

NAVAL BASE SAN DIEGO - Cmdr. Nellie Wang was relieved by Cmdr. Meghan Gray as Independence-variant Littoral Combat Ship USS *Charleston* during a change of command here on Nov. 15. Capt.

Wang assumed command of *Charleston* in April 2023 after serving as the ship’s executive officer. She oversaw the combining of both Blue and Gold crews into a single crew on April 1. *Charleston* was the first crew to do so under the 2024’s strategic lay down plan.

“I could not be more proud of the opportunity to serve as the commanding officer of USS *Charleston*,” said Wang. “The past three years as XO and CO of *Charleston* have been some of the most rewarding of my life. The tour has been successful, and it’s because of the crew’s dedication to each

other and to the ship.”

In July of 2023, *Charleston* entered the shipyard at British Aerospace San Diego for repairs after a two-year long deployment. *Charleston* underwent upgrades such as a full overhaul of the propulsion systems, new Integrated Combat Management Systems, and Total Ship’s Computing Environment systems. After the availability, the ship got underway to the SOCAL Operating Area on Oct. 21. After a three-day underway, *Charleston* returned to Naval Base San Diego.

“To the Sailors on *Charleston*, I can never tell you all how much I appreciate the work you all accomplished, not for me; you did it for your country,” said Wang. “You have proven time and time again that *Charleston* knocks things out of the park! It made me proud of you every day.”



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FROM THE USO: DECEMBER 2024

SAN DIEGO

Chili Day: A warm send-off for School of Infantry Marines. USO volunteers at the Neil Ash Airport Center came together recently to host a special chili day for the School of Infantry Marines heading to Camp Pendleton for training. The chili was made fresh at the center, showcasing the incredible culinary talents of the volunteers. Marines were treated to a delicious spread with options for a classic chili dog or a cheese chili dog—with all the fixings!

CAMP PENDLETON

USO Camp Pendleton had the privilege of serving a traditional Thanksgiving feast to the incredible Marines of the VMM-364 Squadron. Over 300 service members from Marine Corps Air Station enjoyed not just a warm, festive meal but also holiday cheer and fun-filled games. We had the special honor of being joined by Marilyn Cohen, along with her husband Chris and brother Bert, who made all these Thanksgiving feasts possible. Here's to a fantastic holiday season and a prosperous New Year for everyone!

DESERT AREA

Desert Area USO has been busy serving the military community of Twentynine Palms. USO hosted a bingo night on base, Nov. 16, with a Thanksgiving themed photo booth, temporary tattoos, carnival games and a Thanksgiving buffet. "We wanted to do a special night for military service members and their families to connect, have fun & eat great food," said Ryan Okita, executive director of USO operations in California.

USO TRANSITION PROGRAM

The USO Pathfinder Transition Program supports military spouses and service members at every stage of their military career. From taking your oath, to well into your journey to civilian life. Let's face it; military families are constantly in transition. Moving, being between PCS's, leaving friends and family, prepping to move, deployments, training, remote tours, TDY's, new additions to the family, graduates heading to college, and everything in between! Having support is a beautiful thing. That's what the USO is all about!

USO Transition provides professional development services. Your USO Transition Specialist connects you to the resources you need, no matter where you call home. Core areas of support: employment, education, financial readiness, VA benefits, and mentoring. USO Transition is a focused, tailored experience. Our objective is to provide you with a detailed action plan for the resources you need to obtain your personal and professional goals. Everything we do is free of charge!

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NAVAL BASE POINT LOMA (Nov. 26, 2024)

Electrician's Mate (Nuclear) 3rd Class Leonardo Pastoria sets up lighting equipment aboard fast-attack submarine USS Santa Fe. U.S. Navy photo by MC1 Aaron T. Smith



NAVAL AMPHIBIOUS BASE CORONADO (Nov. 14, 2024)

Marines pilot a combat rubber raiding craft during a small boat raid course at. The course trained Marines to plan and execute swimmer reconnaissance in preparation for deployment. U.S. Marine Corps photo by Cpl. Kyle Chan





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CORONADO (Nov. 18, 2024) A Marine with Bravo Company, 1st Battalion, 7th Marine Regiment, 1st Marine Division, carries a combat rubber-raiding craft during an infantry company small boat raid course hosted by Expeditionary Warfare Training Group Pacific at the Naval Amphibious Base here. U.S. Marine Corps photo by Cpl. Earik Barton

3 Navy ships conduct port visits in Thailand and Singapore

INDIAN, OCEAN - Guided-missile destroyers USS *Michael Murphy* and USS *Spruance* conducted a port visit in Phuket, Thailand, and USS *Frank E. Petersen Jr.*, in Sembawang, Singapore, in late November.

These port visits highlight the strong relationships the United States has with Thailand and Singapore. In addition to fostering camaraderie and cooperation between nations, Sailors were afforded the opportunity to experience the stunning beaches, rich cultures, and immerse themselves in the vibrant local life during their stay.

"The officers and crew of USS *Frank E. Petersen Jr.*, are honored for the opportunity to visit Singapore. Engagements such as these strengthen the bonds between both nations and our mutual goals of promoting a free and open Indo-Pacific," said Capt. Kevin Louis, commanding officer, USS *Frank E. Petersen Jr.* "This port visit demonstrates the U.S. commitment to regional partnerships, helps foster growing relationships, and offers Sailors the opportunity to relax and enjoy Singapore's tremendous culture, cuisine and attractions."

While in port, Sailors participated in community relations projects, such as volunteering for the 'Child at Street 11' program, which educates and helps young children, and at the Soi Dog Foundation, a prominent animal rescue shelter.

"The crew of USS *Michael Murphy* extends our warmest regards to the country of Thailand for hosting us during our recent port visit. We also had the chance to volunteer with a local organization, give a tour of our ship, and share the story of our namesake, Lt. Michael Murphy," said Cmdr. Jonathan B. Greenwald, skipper of, *Michael Murphy*. "We look forward to continuing to grow the bond between our two nations in the years to come."

These opportunities to connect are essential for strengthening the partnerships between the United States, Thailand and Singapore nations.

"This port visit was definitely a morale boost and opportunity for our Sailors," said Cmdr. Thomas "Matt" Adams, commanding officer, USS *Spruance*. "We're thankful to our Thai hosts for allowing the opportunity to participate in local community volunteer events, explore the beautiful country of Thailand and get some well-deserved rest and recovery before we return out to sea."

Fulford relinquishes command of 1st Marine Division to Savage

by Staff Sgt. Cristian Bestul, 1st Marine Division

Marine Corps Lt. Gen. Robert C. Fulford relinquished command of 1st Marine Division to Maj. Gen. Thomas B. Savage during a ceremony at Camp Pendleton, Nov. 26.

After he relinquished command of the Blue Diamond to Savage, Fulford was promoted to the rank of lieutenant general in preparation for his next assignment as the deputy commander of U.S. European Command.

Since July, Fulford has served as the commanding general for the division's 19,000 Marines and Sailors. Although his time was short, Fulford led the division through a demanding series of summer exercises, with Marines and Sailors deployed throughout the Indo-Pacific region and South America.

"When Gen. Fulford took command of this great division, he talked about the previous commanding generals that are on the wall..." said Lt. Gen. Michael S. Cederholm, the commanding general of I Marine Expeditionary Force. "They haunt him, in a good way. They make his commitment to this division, every day, real."

Fulford recalled his time at 1st Marine Division, emphasizing the close ties and connections the Blue Diamond has to offer, as well as those who came before him.

"There is something about this division that I did not fully appreciate until I had the opportunity to be 'Blue Diamond Six,'" said Fulford. "There is a unique and sacred connection unmatched, humbly speaking, anywhere else in the United States Marine Corps. There is a connection with our past, our present, our future, the communities we serve, and our Gold Star families."

For his part, Savage will have the chance to re-establish the connections with the Blue Diamond's legacy that he built while serving at various levels within the division over his three decades as a Marine officer.

SAN DIEGO HOLIDAY CALENDAR OF EVENTS

DECEMBER 1-31

WINTER WONDER BEACHSIDE AT BELMONT PARK

Location: Mission Bay and beaches

Cost: Free

More information: www.belmontpark.com/winter-wonder

DECEMBER 8 & 15

SAN DIEGO BAY PARADE OF LIGHTS

Location: San Diego Bay

Cost: Free

More information: www.sdparadeoflights.org

DECEMBER 1-31

OLD TOWN TROLLEY'S HOLIDAY SIGHTS & FESTIVE LIGHTS

Location: Old Town

Cost: \$25+

More information: www.trolleytours.com/san-diego/christmas-holiday-tour

DECEMBER 13-26

COASTAL CHRISTMAS PARADE & HOLIDAY FESTIVAL

Location: Del Mar Fairgrounds

Cost: \$12.95-\$50

More information: www.coastalchristmasdelmar.com

DECEMBER 14

SAN DIEGO SANTA RUN 5K AND 1 MILE RACE

Location: Pacific Beach

Cost: \$35+

More information: www.sandiegorunning.co.com/sdrc_events/san-diego-santa-run

DECEMBER 26

SNAPDRAGON BOWL BASH

Location: Gaslamp Quarter

Cost: Free

More information: holidaybowl.com/bowl-bash/snapdragon-bowl-bash

DECEMBER 14

CHULA VISTA STARLIGHT PARADE & FESTIVAL

Location: Chula Vista 3rd Ave.

Cost: Free

More information: www.starlightparade.com

DECEMBER 14

OCEANSIDE HARBOR PARADE OF LIGHTS

Location: Oceanside Harbor

Cost: Free

More information: <https://visitoceanside.org/blog/oceanside-harbor-parade-of-lights/>

DECEMBER 31

KIDS' NEW YEARS EVE AT LEGOLAND

Location: Legoland

Cost: \$79+

More information: www.legoland.com/california/things-to-do/seasonal-events/kids-new-years-eve/

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<h4>CAMP HERO</h4> <p>Encourages healthy living and provides outdoor activities and social bonding opportunities for military children.</p>	<h4>OPERATION KID COMFORT</h4> <p>Custom, hand-made quilts to help children cope with the separation of a parent's deployment.</p>	<h4>SERVICE EVENTS</h4> <p>Support military families through dances, giveaways, and community events.</p>
<h4>HOLIDAY SUPPORT</h4> <p>Toy giveaways and financial assistance for active duty service members and their families during the holidays.</p>	<h4>SOI RECREATION CENTER</h4> <p>Open on the weekends, this recreation space provides a place for School of Infantry students to relax and recharge.</p>	<h4>FOOD DISTRIBUTION & FINANCIAL SUPPORT</h4> <p>Assistance with food, diapers, gas, and other necessities through monthly distributions, a food pantry, and emergency commissary and gas cards.</p>

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

With my hair a rat's nest and still in my pajamas, I tapped on my daughter Anna's bedroom door. She was home for a whole week from New York City. My younger daughter, Lilly, a nursing student, had also just stopped by after her night shift at the hospital to see her big sister.

Slowly opening the door, I delighted at the scene that ranked in my top favorites as a mom: My daughters cozzied up on one bed, chatting, gossiping and laughing. With an exaggerated tip-toeing movement that communicated, "Don't mind me!" I made my way to the other side of the already crowded bed and crawled in.

Anna and Lilly, 26 and 24 respectively, told stories of single young adulthood that were exciting, dramatic, and hilarious. As a very tired 58-year-old mother, I relished the increasingly rare moments when both daughters were home and I could be a part of their lives. I sat back and took it all in.

For a moment, my attention was diverted, when our yellow Lab nibbled my sock. "Ouch! Gilligan, stop!" Looking back toward Anna and Lilly, I noticed them whispering.

"What are you whispering about?" I whined in a juvenile tone.

"Nothing," Lilly smirked at Anna.

"You guys, that's not fair. You say that you tell me everything, but you really don't," I pouted.

"We tell you too much, Mom," Lilly blurted, "it's not healthy!"

"Anna," I pleaded a few min-

Mother-daughter snack mix of emotions

utes later, "Will you please come to Boot Camp with me today?" She agreed, and I was happy again.

That afternoon, I entered the kitchen where Anna sat working at the table and exclaimed, "Hey Anna, I have all the ingredients to make Chex Mix!"

Ever since Anna was in college, I'd been making batches of home-made Chex Mix for her to share with her roommates and friends. Her best friend's Mom, a gorgeous bridal gown designer and talented baker, supplied their group of girls batches of her signature Reese Cup cookies, and I contributed homemade Chex Mix. The girls had always seemed tickled pink to receive our respective sweet and salty offerings, and even though my pedestrian snack wasn't as decadent as the cookies, I was proud of my contribution to the girls' fun nonetheless.

"I just need to get some pretzel sticks ... do you want me to get gluten free?" I asked Anna while I inspected the pantry.

"Mom —" Anna hesitated a moment then said, "— I'm not really that into the Chex Mix."

In an instant, scenes and thoughts flashed before my senses. The batch of Chex Mix I burned on Anna's birthday. The other mom's pristine home, perfect smile and blonde hair. My paunch. Tumbleweeds of dog hair blowing across my hard wood floors. My cluttered house.

My admittedly weak self-esteem quickly conjured up a years-long conspiracy: Anna and her friends had never liked my Chex Mix but were afraid to tell me. They had only pretended, to make me feel included.

However, almost as quickly, an alternative theory came to me. "Maybe Anna is just being passive aggressive?" I thought,

but didn't know why.

I hid away in another room, googling for answers, and found a Psychology Today article identifying seven roles mothers play in their daughters' lives that might explain relationship tension. Voraciously reading the list of seven roles, two descriptions jumped out at me. "The Girlfriend," the type of mom who wants to know everything and doesn't respect boundaries. Yep. Bingo. And "The Fixer," a well-meaning mom who wants to help too much, and can't accept that her daughter wants to control her own life. Uh-huh, guilty.

Regardless of whether Anna was being passive-aggressive to throw up boundaries, I was fifty percent of our mother-daughter relationship and needed to take fifty percent of the responsibility. I realized that, in my excitement to have my daughters home during holidays, I planned and expected too much, leaving no room for them to be independent adult women.

Like Chex Mix and cookies, mother-daughter relationships are a complex mix of ingredients. As life stages change, sometimes roles must be carefully adjusted. A little more of this, a little less of that, to strike the right salty and sweet balance.

2024 LA Auto Show

The 2024 LA Auto Show was held Nov. 22 to Dec. 1 at the Los Angeles Convention Center. It has served as one of the major U.S. auto shows for decades, but the Covid 19 pandemic caused a serious and abrupt decline in participation of auto manufacturers. Consequently, I skipped covering the show the past few years. Since then, however, it has been trying hard to make a comeback.

The laautoshow.com website enthusiastically encouraged visitors to: "Get on the road to your next new vehicle. Explore over 1 million square feet and discover HUNDREDS of the latest gas, hybrid and EV models from Acura, Alfa Romeo, Buick, Cadillac, Chevrolet, Dodge, Fiat, Ford, Genesis, GMC, Honda, Hummer, Hyundai, Ineos, Jeep, Kia, Lucid, Nissan, Polestar, Porsche Downtown LA, RAM, Rivian, Subaru, Tesla, Toyota, VinFast, Volkswagen and Volvo. Plus dive into the fun of car culture with hundreds more customs, exotics, classics, lowriders, motorsports and offroad vehicles showcased at every turn!"

Similar pre-auto show hype, distributed in press releases, got me so excited about the LA Auto Show that I decided to make the significant investment in time and resources, drive out to LA and cover it again. While it was still not as big and bold and spectacular as in its heyday, nevertheless it was worth the effort to return.

Annual auto shows serve the auto-buying public by showing us a wide variety of new vehicles from which to choose, from many auto manufacturers. They provide consumers with opportunities to see, sit in and sometime even drive vehicles — all in one location, and without any sales pressure. This helps consumers compare the automobiles and make informed decisions about which to purchase.

There are basically two kinds of new auto shows. Cities across the country typically present what are referred to as dealer shows, in which local auto dealers pool their resources and exhibit

vehicles that represent what is available from their respective auto manufacturers. Specialty/custom vehicles and concepts are also added in to the mix,

AutoMatters™ & More



by Jan Wagner

to further attract visitors. Exhibits tend to be modest, mostly limited to a representative selection of new vehicles grouped together by auto manufacturers and displayed, with signage, on carpeting inside convention centers' exhibit halls.

In contrast, major national auto shows have much greater direct participation by auto manufacturers. Los Angeles is one such show; Detroit and New York are others. Prior to Covid, there was wide-spread auto manufacturer participation. Many went all-out with elaborate, expensive, custom exhibits, unique and clever stunts, special Press events and more to better compete for attention, to generate excitement for their new vehicles and technology.

Covid 19 changed that. Auto manufacturers drastically scaled back their participation in auto shows. Some long-time participants stayed away entirely.

The LA Auto Show represents a step in the right direction. There were lots of new vehicles, as well as some gorgeous concepts.

Hyundai remains committed to an automotive future that includes hydrogen. They presented the INITIUM—a new generation fuel cell concept SUV that will soon replace the NEXO.

Harbinger and Stellantis showed off innovative new chassis designs.

We got a close look at the new, all-electric, next-gen Dodge Charger. The Scat Pack serves up 670 horsepower, all-wheel drive, 0-60 mph in 3.3 seconds and the quarter mile in 11.5 seconds.

Even Tesla made a rare appearance, featuring their fully autonomous Cybercab robotaxi — with no steering wheel.

One particular production vehicle that attracted attention was the FIAT Topolino. With its available ropes instead of side doors, it makes sense that it is not intended for use above 35mph.

Despite the organizers' best efforts, the 2024 LA Auto Show still had a way to go to return to its former glory. Several of the world's major auto manufacturers did not make the trip to LA — including Mercedes, Audi and BMW. On the plus side, however, their absence left more room for the remaining exhibitors, who used it well (particularly GM). Additionally, some of the available space was allocated to indoor test drive opportunities, which were well-suited to the wide variety of electric vehicles. Hopefully, momentum is building for an even bigger and better 2025 LA Auto Show.

Armed Forces Dispatch

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Join us for the Installation Ceremony of our new Pastor,
Rev. Dennis Ray Anderson, D. Min. on Sunday, Nov. 10, 3:30pm at
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Sunday Worship: 10:15am • Adult Bible Study: Sunday at 9am
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www.RL.church
Church (619) 435-1000 • Preschool (619) 435-0286

St. Luke's Lutheran Church

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

CLASSIFIED ADS

SOCIAL SECURITY MATTERS

About taxation of Social Security benefits

Dear Rusty: I am past my Social Security full retirement age, and I am still working. I am married and we file our income tax jointly. My husband is 64 and is not working now, but he may, or may not, be able to work in the next year or so. At what point will my Social Security benefits be taxed, if I decide to take them now?

Signed: Worried About Taxes

Dear Worried: Many Social Security recipients are surprised to find that their benefits may be considered taxable by the IRS, so I welcome the opportunity to clarify this topic for you.

Whether or not your Social Security benefits are taxable depends on your overall combined taxable income for your IRS tax filing status. Taxation of Social Security benefits for a married couple (filing jointly) depends on your combined income as a couple, which is called your "Modified Adjusted Gross Income" (MAGI) by the IRS. Your MAGI consists of your normal Adjusted Gross Income (AGI) on your IRS tax return, plus 50% of the SS benefits you received during the tax year, plus any non-taxable interest you may have had.

If your MAGI (filing jointly) exceeds \$32,000, then 50% of the SS benefits you received during the tax year becomes taxable, but if your MAGI as a couple exceeds \$44,000 then up to 85% of your received SS benefits becomes taxable (at your standard IRS tax rate). Note that these tax thresholds are less for those who file their taxes as a single – e.g., for someone whose IRS filing status is "single," half of their Social Security benefits become part of their taxable income if their personal MAGI is over \$25,000, and up to 85% of their SS benefits are taxable if their individual MAGI is over \$34,000.

Another factor often misunderstood is that only a portion of SS benefits are added to your income amount taxed by the IRS. The amount added – somewhere between 50% and 85% of the SS benefits received during the tax year (depending on your MAGI) – becomes taxable income at your normal IRS tax rate.

So, in your case, if you claim your SS benefits now, and your combined income (your MAGI) exceeds the above levels for a married couple, then a portion (either 50% or up to 85%) of your SS benefits received during the tax year will be included in your income taxable by the IRS. Note, too, that it is possible to have income tax withheld from your Social Security benefits by submitting IRS form W-4V to your local Social Security office. You can download this IRS form at www.irs.gov/pub/irs-pdf/fw4v.pdf.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

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.navylifew.com/> select movies at dropdown menu on left
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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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USS Midway Museum is recruiting volunteers for docents, air craft restoration, ship restoration and safety. www.midway.org/give-join/volunteers/volunteer-opportunities/

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Visit our military museums

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

Active duty military, Museum Member, Children under 12: Free
 Veterans/Seniors: \$4 • Adults: \$5 • Student ID: \$2
 2115 Park Blvd, San Diego (Balboa Park) • (619) 239-2300
<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: MCBCAMPEN_history@usmc.mil or phone (760)725-5758 The Camp Pendleton Historical Society is a 501(c)3 organization in support of the base's History and Museum's programs. Go to: www.camppendletonhistoricalsociety.org/ for information. Hours: Open daily 10am-5pm • Last admission at 4pm

Army National Guard celebrates birthday on December 13

Our history

The National Guard is a unique and essential element of the U.S. military. Founded in 1636 as a citizen force organized to protect families and towns from hostile attacks, today's National Guard Soldiers hold civilian jobs or attend college while maintaining their military training part-time, always ready to defend the American way of life in the event of an emergency.

Our mission

National Guard Soldiers serve both community and country. Our versatility enables us to respond to domestic emergencies, overseas combat missions, counterdrug efforts, reconstruction missions and more. The Guard always responds with speed, strength, and efficiency, helping to defend American freedom and ideals.

Our Citizen-Soldiers

As a Guard Soldier, your primary area of operation is your home state. Any governor or the president himself can call on the Guard at a moment's notice. Typically, Guard Soldiers live at home, where they can be near friends and family while holding a civilian job. Drill is scheduled for just one weekend each month. Two-week Annual Training takes place once each year.

To join the National Guard without prior service, you must meet these mandatory requirements:

- Be between the ages of 17 and 35
- Be a U.S. citizen or permanent resident
- Be at least a junior in high school, or have a high school diploma or a GED certificate
- Achieve a minimum score on the ASVAB test
- Meet medical, physical and moral requirements

Have you previously served in the military? Visit <https://national-guard.com/prior-service>

Preventing Diabetes: Small steps can make a big difference

newsinhealth.nih.gov

Chances are, you know someone who has diabetes. It might even be you. Diabetes is one of the most common disorders in the U.S. It affects about 1 in 9 Americans. Diabetes raises your risk for serious health problems. It can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

Now, what if you learned that there's a low-cost, scientifically proven way to greatly reduce your chances of getting type 2 diabetes, the most common type? Would you give it a try?

More than two decades ago, a landmark NIH-supported study, called the Diabetes Prevention Program (DPP), released its results. It found that people at high risk for diabetes were much less likely to get the disorder if they lost a little weight through healthy eating and physical activity. Their risk of getting diabetes dropped by nearly 60% compared to people who did not aim to make healthy changes.

For those over age 60, the results were even more striking. Their risk of getting diabetes dropped by 71% when they made healthy changes. The benefits were so clear that the study ended a year early, after just three years. Participants in the comparison group were encouraged to also make the healthy changes to reduce their diabetes risk.

DPP has had a lasting influence on medical care in the U.S. and around the world. Since its initial results were reported, lifestyle change programs based on the findings have become widely available across the country.

A 10-year follow-up study showed that people in the original treatment group delayed diabetes by about four years. A later study found benefits even 22 years after the study began, with people in the lifestyle-

change group having about a 25% reduced risk of developing diabetes.

"Even though the initial treatments lasted only three years, participants did have longer-term health benefits," says Dr. William Knowler, an NIH diabetes expert.

NIH-supported researchers continue to study new and proven ways to help people prevent or delay type 2 diabetes. But we already know that taking steps to prevent or manage diabetes can lower your risk of developing diabetes-related health problems.

Are You at Risk?

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Glucose is your body's main source of energy. Normally, a hormone made by the pancreas called insulin helps glucose get into your cells to be used for energy. If you have diabetes, your body doesn't make enough insulin or use insulin properly. Glucose then stays in your blood and doesn't reach your cells.

Anyone can get type 2 diabetes, even children. But certain factors can raise your risk. You're more likely to develop type 2 diabetes if you are at least 35 years old or have a family history of diabetes. Black Americans, Hispanic/Latino Americans, American Indians, and Asian Americans are also at higher risk.

People who are overweight or have obesity and people who don't get enough physical activity are also more likely to develop the disease. But these are changeable factors.

About 1 in 3 American adults has a condition called prediabetes. It occurs when your blood sugar is higher than normal, but not yet high enough to be called

diabetes. Most people with prediabetes don't realize they have it. That's because prediabetes tends to have few symptoms, and many people don't get screened.

"We can diagnose prediabetes and diabetes with a very simple blood test known as a hemoglobin A1C. You don't need to fast to do this test," says Dr. Tannaz Moin, a physician and diabetes researcher at the University of California, Los Angeles. The A1C test reflects your average levels of blood sugar over the past three months.

"Prediabetes is viewed as a very strong risk factor for type 2 diabetes. But not everyone with prediabetes goes on to develop type 2 diabetes," Moin adds. "That's why it's important to be screened and talk with your medical providers about your risk factors and things that you can do to prevent type 2 diabetes if you're at risk."

A Role for Medications

Although making healthy lifestyle changes has proven effective for preventing diabetes, it doesn't work for everyone. For those people, medications may help.

NIH's DPP study looked at whether the diabetes drug metformin might also prevent or delay diabetes onset. It found that the drug could reduce the risk of developing diabetes by about 30%. For some patients, a combination of metformin and lifestyle changes might be best.

In recent years, a class of drugs called GLP-1 drugs has become widely available for weight management and diabetes treatment. These drugs have proven effective at reducing weight and keeping blood glucose in check. Some studies hint that they might also help to prevent or delay diabetes.

"Body weight is an important factor that determines the risk

of getting type 2 diabetes. So the potential here is great," says Knowler. "But the problem is, as with any new drugs, it takes many years to know how effective and safe they will be. And a huge problem with any kind of weight loss is sustaining it, not achieving it."

Because GLP-1 drugs are still relatively new, it's not entirely clear how outcomes will change if people stop taking the drugs. And possible side effects of long-term use are still uncertain.

Healthy Changes That Last

"Making lifestyle changes is hard. So it's important to get the support you need to make the changes last," says Dr. Joshua J. Joseph, a physician and diabetes researcher at Ohio State University. "You can get that support through programs like the CDC's National Diabetes Prevention Program (NDPP)."

NDPP is based on the findings of NIH's DPP study. It aims to help people make long-term lifestyle changes that prevent or delay diabetes (see the Wise Choices box).

Local hospitals, health departments, libraries, senior centers, and faith-based organizations may also offer programs or

seminars to help prevent type 2 diabetes. For physical activity, look for activities that you enjoy. Experts recommend brisk walking for a low-cost activity. Working out with others can be motivating for some people. Consider group classes like Zumba or Pilates.

"It's important to think of dia-

betes prevention throughout the lifespan. So, it's just as critical to work with children on healthy eating and healthy behaviors as it is to work with older people," Joseph explains. "If we work across the life course, it could lead to large reductions in the development of diabetes in the U.S. and around the world."



Wise Choices

Aim to prevent Diabetes

- Maintain a healthy weight. If you are overweight, set a weight-loss goal. Start by aiming to lose at least 5% of your current weight.
- Get moving. Get at least 30 minutes of physical activity 5 days a week.
- Eat healthy. Find tips for healthy eating at www.myplate.gov.
- Get support. CDC's National Diabetes Prevention Program (NDPP) offers year-long programs nationwide. Participants work with a lifestyle coach in person or online to build healthy habits that last. It's free to eligible participants. Find an NDPP near you at <https://www.cdc.gov/diabetes-prevention/lifestyle-change-program/find-a-program.html>



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