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JULY 23, 2025

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SWORN IN: U.S. service members recite the Oath of Allegiance during a citizenship ceremony aboard USS Midway Museum in San Diego July 3, 2025. A total of 30 service members achieved an important milestone in their military and American journey. U.S. Marine Corps photo by Sgt. Edgar Rafael

Maryland Air Guard provides pilot experience for children fighting cancer

by A1C Sarah Hoover,
Maryland Air National Guard
MIDDLE RIVER, Md. – The Maryland Air National Guard's 104th Fighter Squadron hosted two children as honorary pilots recently as part of the Pilot for a Day program at Warfield Air National Guard Base at Martin State Airport.

The Pilot for a Day program, facilitated by the Gold in Fight Foundation, invites children and families from the local community who have catastrophic illnesses to receive flight gear and spend the day with pilots. The two children honored were Maverick Bell and Elena LeMoine.

"Spending the day with these amazing kids and their families, seeing the smiles on their faces and the excitement in their eyes, is something I will forever look back on," said Maryland ANG Capt. Carson Miller, an A-10C Thunderbolt II pilot assigned to the 104th Fighter Squadron.

Miller, as well as Maryland ANG Lt. Col. Daniel Griffin, another pilot for the squadron, conducted the event for the families to enjoy. They also were supported by members of the 175th Maintenance Squadron and 175th Operations Support Squadron.

"It was an amazing day, with amazing people and amazing hearts," said Angelina Broseker, Maverick's mother. "We thank you and will forever remember this day!"

Maverick, 5, an energetic older brother, pre-K student and multi-sport athlete, was diagnosed with Embryonal rhabdomyosarcoma (EMRS) in 2023. He and his family have endured countless hospital visits for biopsies, CT scans, MRIs, X-rays, a spinal tap and more, contributing to an unimaginable journey of being treated for childhood cancer.

"Maverick's resilience and determination gave him the name of 'Mighty Maverick,' that was well known around the hospital hallways anywhere he visited," Broseker said. "This real-life superhero put a smile on everyone's face and remained the heartfelt kid he always was prior."

In October 2024, Maverick completed his chemotherapy
see Pilots, page 8

SPECIAL WARFARE SAILOR RECEIVES MEDAL FOR HEROISM

by MC1 Alex Perlman
SAN DIEGO - Utilitiesman 1st Class Steven Schumacher was presented with a Navy and Marine Corps Medal at the Silver Strand Training Complex

in here June 27.

The Navy and Marine Corps Medal is the highest non-combat decoration awarded by the Department of the Navy, recognizing acts of heroism that exemplify unwavering dedication in the absence of enemy conflict.

While returning to Naval Amphibious Base Coronado after conducting nighttime maritime training off the coast of Southern California, Schumacher and his team's vessel struck a submerged jetty, resulting in injuries among the crew, including one Sailor who was thrown into the water facedown, and unconscious.

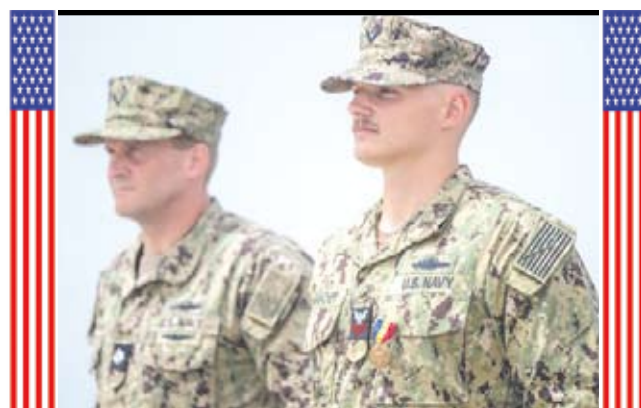
Despite sustaining injuries himself, Schumacher dove into the water to retrieve his teammate and brought him back to the vessel, where he was able to receive care from trained medical Sailors.

His swift and decisive actions demonstrated teamwork and

resilience, and bravery - reflecting the valor and dedication that define the Navy and Naval Special Warfare (NSW).

The Navy and Marine Corps Medal may be awarded to service members who, while serving in any capacity with the Navy or Marine Corps, distinguish themselves by heroism not involving actual conflict with an enemy. Typically, it is awarded for actions involving the risk of one's own life.

NSW provides maritime special operations force capabilities to enable Joint Force lethality and survivability inside denied and contested areas. decisive actions demonstrated teamwork and resilience, and bravery - reflecting the valor and dedication that define the U.S. Navy and Naval Special Warfare.



UT1 Steven Schumacher stands at attention after being presented the Navy and Marine Corps Medal for heroism at the Silver Strand Training Complex
U.S. Navy photo by MC1 Alex Perlman

72nd Korean Armistice anniversary

This year marks the 72nd anniversary of the Korean Armistice Agreement which was signed on July 27, 1953. The art work at the top of the page is part of a graphic illustration commemorating the end of fighting in the Korean War, honoring those who served, created by U.S. Marine Corps LCpl. Brandon Eisma.

The Korean Armistice Agreement stopped the active fighting between North and South Korea, but a formal peace treaty was never signed. The Armistice is still in effect today, and the Demilitarized Zone (DMZ) remains a symbol of the ongoing division.

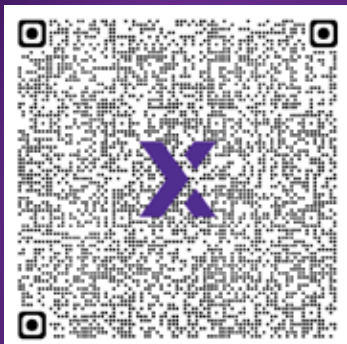
According to history.com,
"The Korean War was relatively short but exceptionally bloody. Nearly 5 million people died. More than half of these—about 10 percent of Korea's prewar population—were civilians. (This rate of civilian casualties was higher than World War II's and the Vietnam War's.) Almost 40,000 Americans died in action in Korea, and more than 100,000 were wounded. Today, they are remembered at the Korean War Veterans Memorial near the Lincoln Memorial on the National Mall in Washington, D.C., a series of 19 steel statues of servicemen, and the Korean War memorial in Fullerton, California, the first on the West Coast to include the names of the more than 30,000 Americans who died in the war."

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Pentagon provides update on Southern Border, recruitment numbers

by Matthew Olay, DOD News

Approximately 8,500 military personnel attached to Joint Task Force Southern Border continue to enhance U.S. Customs and Border Protection’s ability to identify, track and disrupt threats to security at the southern border, the Defense Department announced July 2 during a press conference at the Pentagon.

Since being established in March of this year by U.S. Northern Command, the task force has conducted more than 3,500 patrols, including more than 150 that were jointly carried out with CBP and the Mexican military, said Chief Pentagon Spokesman Sean Parnell.

“The strong partnership and coordinated efforts between the Department of Defense and Customs and Border [Protection] yielded exceptional results between June 28 and June 30, [2025], with zero ‘gotaways’ across the entire southern border during that time-frame,” said Parnell.

He added that the U.S. has made “incredible progress,” and it will continue to work toward achieving 100 percent operational control of the border.

In addition to the task force’s



successful patrols, Parnell said Defense Secretary Pete Hegseth recently directed the secretaries of the Navy and Air Force to establish a pair of national defense areas along the southern border.

The Air Force will be responsible for the South Texas NDA, which will encompass federal property on and along 250 miles of the Rio Grande.

The Navy will control the Yuma NDA, which encompasses approximately 140 miles of federal property along the U.S.-Mexico border near the Barry M. Goldwater Air Force Range in Arizona.

“These will be the third and

Soldiers assigned to Joint Task Force Southern Border leave their vehicle to patrol along a protective barrier in Yuma, Ariz., June 27. U.S. Army photo by 2nd Lt. Erica Esterly

the fourth designated national defense areas along the border and will continue to enhance the department’s ability to protect the southern border from unlawful entry,” Parnell said.

The first two NDAs established by the DOD earlier this year are in New Mexico and West Texas.

Parnell also noted that the National Guard continues to play

an essential role in protecting the U.S. southern border from illegal entry and maintaining the sovereignty, territorial integrity and security of the United States.

He said over 4,200 guardsmen are on state active duty in support of Operation Lone Star, and an additional 70 guardsmen are on state active duty, conducting base camp security at the recently established “Alligator Alcatraz” immigration detention facility in the Florida Everglades.

In addition to supporting border security efforts, Parnell said that approximately 5,000 military personnel, comprising California National Guardsmen and roughly 700 Marines, are currently mobilized to protect federal functions, personnel and property in the greater Los Angeles area.

“These federalized California National Guard [soldiers] and U.S. Marines have supported more than 170 missions in over 130 separate locations from nine federal agencies, including the Drug Enforcement [Administration], U.S. Marshals Service, [Immigration and Customs Enforcement] and the Department of Homeland Security,” he said.

In other military personnel



GOOD DEED Navy Lt. Tchaa Sama helps a resident to a medical site during the Continuing Promise 2025 mission in Colón, Panama, June 29, 2025. The 16th iteration of the mission aims to foster goodwill and strengthen and form partnerships between host nations and international organizations. U.S. Navy photo by Petty Officer 2nd Class Deven Fernandez

news, Parnell provided an update on DOD’s recruiting efforts, stating that both the Air Force and Space Force have hit their fiscal year recruiting goals three months ahead of schedule. “Enthusiasm to serve is at an all-time high,” he said. “Since November 5, 2024, the military has seen the highest recruiting percentage of mission achieved in 30 years.”

Parnell said the department recently established a task force to

sustain the strong spike in recruiting efforts and numbers in the future. He credits the leadership of Hegseth and President Trump for generating excitement among young Americans to serve.

“Leadership matters, and certainly, their leadership and moral clarity as it pertains to certain issues — not just here within the department but all around the world — has inspired people to want to join and serve this country in great numbers,” Parnell said.

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Retired FBI agent touts benefits of military service

by David Vergun, DOD News
Idaho native O. Paul Mortensen had ambitions to join the FBI as a special agent. With a bachelor's degree in law enforcement in hand in 1973, he visited the FBI's Salt Lake City division office in Utah to learn what the bureau required.



Marine Corps 2nd Lt. O. Paul Mortensen at The Basic School at Marine Corps Base Quantico, Va., April 1975. Photo courtesy of O. Paul Mortensen

An FBI special agent applicant coordinator informed Mortensen that he'd need a minimum of three years of full-time work experience in a supervisory capacity, in addition to having his bachelor's degree, before being eligible to apply and test for acceptance into the FBI Academy.

Having watched the 1949 John Wayne movie "Sands of Iwo Jima" as a young farm boy, about Marines fighting that World War II battle, he was inspired to satisfy the bureau's work requirement as a Marine Corps officer.

After rigorous training at Marine Corps Base Quantico, Va., he was commissioned a second lieutenant in 1974. His two military occupational specialties were air support control officer and air traffic control officer.

It took Mortensen longer than three years for the FBI to hire him, so for nearly nine years, he served in many stateside and

overseas locations in the Marine Corps.

He returned to Quantico for training in 1983, where the FBI Academy is located. That training was also very rigorous, he said, but the Marine Corps' can-do attitude inspired him to graduate successfully.

During his 22 years of FBI service, Mortensen served as a street agent in three of the bureau's then-57 divisions or field offices. He also served two years in Denver, 12 years in Baltimore and eight years in Salt Lake City, as well as at resident agencies in Casper, Wy., and Coeur d'Alene, Idaho.

He recounted many harrowing experiences while serving on the FBI's first Safe Streets Violent Crime Task Force in the Baltimore division, "working with brave task force partners to dismantle violent inner-city drug organizations and taking illicit drugs and guns off those dangerous streets."

Mortensen also served on squads investigating various matters, including foreign counterintelligence, organized crime, white-collar crime, bank fraud, bank robbery, health care fraud and felonies on Native American reservations.

In 2005, Mortensen retired from the FBI in Idaho after a career spent working the streets.

One of the benefits of federal service is the ability to combine time served in the military with civilian federal service for increased retirement benefits, he said, noting he combined his nine years with those worked in the FBI.

Looking back on his career, Mortensen said that he'd highly recommend anyone considering a career in law enforcement or any other vocation to first get some military experience.



Marine Corps Capt. O. Paul Mortensen and his wife Stephanie attend the Marine Corps Birthday Ball at Camp Pendleton Nov. 10, 1979. Photo courtesy of O. Paul Mortensen

A lot of organizations, not just law enforcement, hire veterans because of their professionalism, leadership skills and work ethic, he said, adding that another advantage to military service are the education benefits, such as tuition assistance and the GI Bill, the latter of which he used to earn a master's degree in criminal justice.

A personal benefit of service, Mortensen said, was meeting

the woman who would become his wife, Stephanie. The couple met while he was stationed at MCAS El Toro in 1978, and they recently celebrated their 47th wedding anniversary.

The Marine Corps motto is Semper Fidelis, which is Latin for always faithful. The FBI's motto of fidelity, bravery, integrity is also powerful, Mortensen said, adding that both mottos have guided his entire life.



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Top 5

- Honolulu water agency sues Navy over Red Hill fuel spill damage
- Ukraine arms freeze part of wider military aid review, Pentagon says
- Air Force, Space Force hit recruiting goals months ahead of schedule
- Pentagon again expanding military border zones, this time in Arizona
- All U.S. military boots should be made in America, law-makers contend

Army

- Setting the scene: Army to test new hub for stockpiling in Australia
- Army eyes new program, test with Castelion's Blackbeard hypersonic missile in 2026
- Army plans to spend roughly \$3B on next-gen command and control in fiscal 2026
- Army experiments with integrating attack drones into artillery formations
- Army creating new Artificial Intelligence-focused occupa

Navy

- Navy's biennial global exercise to include Canadian, Japanese, NATO officials
- Chinese nationals charged with spying on U.S. Navy
- Navy prepares to order up to 6,000 active expendable decoys for F-35, F-18 self protection
- Navy sees 100 people interested in rejoining after COVID-19 vaccine separation
- Navy rebounded on recruiting but didn't document the processes it used to do that, watchdog finds

Marine Corps

- Veteran Osprey, Sea Stallion pilot takes helm of key Marine air station in Japan

Air Force

- 'What ACE is all about': Dispersion protects airmen, planes during Iran attack
- Air Force top enlisted leader petition meant as praise, not protest, organizer says
- New F-22 upgrade package to keep the jets viable laid out
- Air Force suspends plan to land cargo rockets on remote Pacific atoll
- Air Force wants extra \$71M for officer aircrew bonus
- Air Force set to launch its largest test of Pacific maneuver strategy

Space Force

- Space Force to fund development of Atomic-6 solar power for satellites

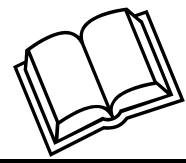
Coast Guard

- Coast Guard offloads more than \$20M in illicit drugs interdicted in Caribbean Sea
- Video shows Coast Guard save family in helicopter rescue mission near vacation destination
- Report to Congress on Coast Guard icebreaker programs

National Guard

- Guardsmen pulled off L.A. mission as state warns troops are 'stretched thin' amid wildfire season

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Career & Education

AIR FORCE, SPACE FORCE EXCEED ANNUAL RECRUITING GOALS, DEMONSTRATING AMERICANS' DESIRE TO SERVE



A formation of Air Force military training instructors as part of basic military training graduation parade at Joint Base San Antonio-Lackland, Texas, June 5. The ceremony signifies the transition from trainee to Airman and Guardian. U.S. Air Force photo by Brian Boisvert

JOINT BASE SAN ANTONIO-RANDOLPH, Texas- The Department of the Air Force achieved 100 percent of its annual recruitment goal three months ahead of schedule, a testament to the enduring appeal of service and the effectiveness of modernized recruiting strategies.

To date, the Air Force and Space Force have sent nearly 25,000 of the 30,000 contracted recruits to basic military training, while the remaining recruits are scheduled to begin training by Sept. 30.

This year's achievement is particularly noteworthy as the Air Force Recruiting Service has built its strongest Delayed Entry Program in the last decade, with a pool of over 14,000

recruits. This includes a record 750 Special Warfare Candidates, representing a historic number of individuals who have signed up for these challenging-to-fill career fields.

The Air Force Accessions Center located at Joint Base San Antonio-Randolph, is responsible for the AFRS mission.

"I am excited that both the Air Force and the Space Force have met their fiscal year 2025 recruiting goals three months early," said Secretary of the Air Force Troy Meink. "The fact that we have even exceeded this goal and currently have a DEP at its largest level in 10 years speaks to the vast number of volunteers interested in serving their country today. Congratulations to the recruiting service on

ensuring we have the best talent ready to join the Department of the Air Force and defend this great nation."

The Air Force attributes its success to a modernized recruiting approach, expanded community outreach, and a focus on highlighting career development. This generation is particularly motivated by careers that contribute to something larger than themselves and provide a sense of purpose and security.

"When you have a winning team, people want to join!" said Air Force Chief of Staff Gen. David Allvin. "This is shown through the Air Force's record recruitment, and I'm proud we've hit 100 percent of our fiscal year 2025 goal three months early. The Air Force invests in

our Airmen and patriotic Americans ready to serve have noticed and are lining up and signing up. That's evident with the largest number of Special Warfare candidates awaiting training on record and the throngs of recruits motivated to start basic military training. We're thrilled to welcome these warriors into our Air Force!"

The Space Force also exceeded its FY25 recruiting goal and has met its goals every year since inception. The service continues to attract highly skilled and educated candidates, with more than one in five new Guardian recruits holding a college degree.

Continue reading this at <https://www.af.mil/News/Article-Display/Article/4230414/>.

Mobile Diving and Salvage Unit 2, departing - EODMU 10, arriving

by Lt.j.g. Martin Carey

VIRGINIA BEACH, Va. – The Navy marked the end of an era and the beginning of a new chapter during a ceremony July 3, as Mobile Diving and Salvage Unit (MDSU) 2 was formally disestablished and Explosive Ordnance Disposal Mobile Unit (EOD) 10 was established aboard Joint Expeditionary Base Little Creek-Fort Story.

The ceremony, attended by families, shipmates, and distinguished guests, celebrated the legacy of MDSU-2 - a unit synonymous with diving, salvage, and undersea response excellence - and welcomed the future of integrated expeditionary operations under EODMU-10.

Established in 1982, MDSU-2 was a cornerstone of U.S. Navy diving and salvage capability. Over the decades, its Sailors supported numerous historic and high-profile operations, including the 1986 recovery of Space Shuttle Challenger, the salvage of TWA Flight 800 in 1996 and Swiss Air Flight 111 in 1998, and the recovery of Space Shuttle Columbia in 2003.

Divers and EOD technicians from MDSU-2 played critical roles in complex salvage operations around the globe, including the 1994 Eritrea Africa ship salvage, the 1999 USS *Cole* recovery, and the multi-year recovery project of USS Monitor, a Civil War ironclad warship. The unit supported humanitarian assistance responses for Hurricane Katrina and Hurricane Sandy and led pioneering efforts in Arctic diving during Operation Nanook in 2010.

Cmdr. Garrett Pankow took to the podium to deliver his final message as the commanding officer of MDSU-2. "Today is bittersweet," said Pankow. "We're not only executing a time-honored transfer of command but also retiring a combat salvage unit with a legacy that spans the globe, and establishing a new EOD mobile unit. For half a century, MDSU-2 Salvors have operated with character and competency - from the Arctic Circle to the depths of the Red Sea.

"It has been the honor of my career to be the skipper of MDSU-2. The spirit and capability of MDSU-2 carries forward into EODMU-10, and all East Coast EOD mobile units, as we combine EOD and Salvage warriors at EOD mobile units; ready to support the fleet, anytime, anywhere."

USS Essex amphibious assault ship welcomes Capt. Russell Everitt as its new skipper

by Chief Petty Officer
Brian Caracci
USS Essex (LHD 2)

SAN DIEGO - Capt. Russell Everitt relieved Capt. Wayne Liebold as commanding officer of USS *Essex*. Liebold served as the commanding officer of *Essex* since Aug 2023.

"As captain, you can't describe every single moment of your tour," said Liebold. "It's impossible to encapsulate every single interaction, every single Sailor in a crew of 1,100."

We all feel different reasons to serve initially, but if you stay for long, we keep doing this for the people we work with. Reflect that the average age of an *Essex* Sailor is 21-22 years old and what they have achieved is remarkable."

Capt. Henry Kim, commander, Amphibious Squadron 5, presented Liebold a Legion of Merit award for his performance as skipper.

"To the crew of *Essex*, you're the warfighting foundation of Expeditionary Strike Group 3, I truly mean that," said Kim.

New skipper Everitt had previous operational assignments with Helicopter Anti-Submarine Squadron Light 46 in support of



SALUTING THE ESSEX COLORS From left, Capt. Henry Kim, commander, Amphibious Squadron 5; Capt. Wayne Liebold, skipper of USS *Essex*; Capt. Russell Everitt, former XO of *Essex*; and Cmdr. Jeffrey Parks, chaplain of *Essex*, during the change of leadership on the ship's flight deck July 2. U.S. Navy photo by MC2 Nettie Mae Manfull

operations Enduring Freedom and Iraqi Freedom, embarked with USS *Vella Gulf* and USS *Doyle*,

Helicopter Maritime Strike Squadron 70 and with USS *George H. W. Bush*, to name a few.



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Medical officer of the Marine Corps visits San Diego, highlights medical force generation

from Naval Medical Center San Diego

Rear Adm. Pamela Miller, the medical officer of the Marine Corps, visited multiple Navy Medicine facilities across Southern California in early July, reinforcing the importance of medical force generation - whether by supporting the transformation of recruits into Marines or training the next generation of Navy emergency physicians.

Miller's visit included engagements at Naval Hospital Camp Pendleton and Naval Branch Health Clinic Marine Corps Recruit Depot San Diego. She capped her visit by presiding over the graduation ceremony for NMCS's Emergency Medicine Residency Program, held aboard the historic USS Midway Museum.

"The Navy Emergency Medicine residency program is putting players on the field that will save lives under the most arduous of circumstances, keep warfighters in the fight, and maximize the ability to bring our Sailors and Marines home to their units and their families," said Miller. "Delivering the very best of Navy Medicine to the Fleet and Fleet Marine Force is what we do... Emergency

Medicine physicians are not medical personnel supporting a warfighting mission... they

"It was an honor to showcase the exceptional work being done here," said Cmdr. Joselyn Mer-

San Diego is critical to Force Generating the powerhouse of warfighting capability provided by the Marine Corps, the team at NBHC MCRD is critical to this mission and I am deeply grateful for the leadership in place that ensures we meet that mission."

Held aboard USS Midway Museum, the graduation ceremony celebrated the transition of emergency medicine residents into fully qualified physicians prepared to deliver critical care anywhere Navy and Marine forces deploy.

"Our Emergency Department and residency program are instrumental in building the next generation of medical support for our warfighters," said Capt. Elizabeth Adriano, NMCS's director. "These physicians are trained in complex clinical scenarios, prepared to stabilize casualties, triage under pressure, and deliver care under fire. It's another cornerstone of medical force generation - one we're proud to lead at NMCS."

The visit and graduation came amid a constant demand signal for Navy medical personnel to support exercises, contingency missions, and humanitarian deployments—all while sustaining world-class care at their medical treatment facilities.



Rear Adm. Pamela Miller delivers keynote remarks aboard USS Midway Museum during Naval Medical Center San Diego's Emergency Medicine Residency Program graduation ceremony. U.S. Navy photo by Petty Officer 2nd Class Celia Martin

are warfighters with a medical mission."

At MCRD, Miller met with front-line Navy personnel who care for 17,000 Marine recruits annually - particularly during summer surge. These Sailors provide critical medical and dental services to ensure new Marines are medically ready to complete training and move to the Fleet.

cado-Abadie, officer in charge of NBHC MCRD San Diego and Green District. "Our team directly enables the transformation of recruits into Marines. Rear Adm. Miller's visit affirmed the integral role the Defense Health Agency plays in this process, and how deeply it connects to the broader mission of the Marine Corps.

"Making Marines at MCRD

TRANSACTION SERVICE CENTER (TSC) SAN DIEGO



NAVAL BASE SAN DIEGO (July 3, 2025) - Cmdr. Emily Bingham departs her change-of-command ceremony after relinquishing command of Transaction Service Center (TSC) San Diego to Cmdr. Julio Peterson. TSC San Diego is one of seven HR Centers of Excellence (COE) in the MyNavy Career Center (MNCC) enterprise. TSC San Diego processes gains, losses, and military pay transactions for more than 120,000 Sailors at more than 2,576 units spread over about 2 million square miles west of the Mississippi River, Hawaii, and Alaska. U.S. Navy photo by PNC Jeremy Gorospe



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PHOTO GALLERY



SUMMER BASH Marine Corps Sgt. Maj. Thomas Bachman, the sergeant major of Headquarters and Service Battalion, MCRD San Diego, gives a speech at the Marina during a Summer Bash, July 2, 2025. The Summer Bash was an opportunity to promote unit, personnel and family readiness within the battalion. U.S. Marine Corps photo by Lance Cpl. Jacob Hutchinson



TRICK FLIGHT Marines watch a BMX performance on the flight line at MCAS Miramar during an Ultimate Fighting Championship watch party, June 28, 2025. Marine Corps photo by Lance Cpl. Seferino Gamez

U.S., Thailand navies reunite to commence CARAT Thailand 2025

by Lt. j.g. Rebecca Moore
SATTAHIP, Thailand - The U.S. Navy, Royal Thai Navy, and Royal Canadian Navy began the 31st exercise Cooperation Afloat Readiness and Training (CARAT) Thailand 2025 with an opening ceremony in Sattahip, Thailand, July 7

CARAT Thailand is a bilateral maritime exercise taking place ashore in Sattahip and at sea in the Gulf of Thailand. **San Diego-based Littoral combat ship USS Santa Barbara (LCS 32)**, with an embarked MH-60S Seahawk helicopter, will operate at sea with RTN Naresuan-class frigate HTMS Naresuan (FFG 421), Chao Phraya-class frigate HTMS Saiburi (FFG 458), and Rattanakosin-class corvette HTMS Rattanakosin (CVT 441).

"This year, as we operate alongside our Royal Thai and Canadian Navy partners, we reaffirm our commitment to strengthening maritime security cooperation and fostering a more stable and prosperous Indo-Pacific region," said Capt. Matt Scarlett, commodore, Destroyer Squadron (DESRON) 7 and U.S. head of delegation.

"Through exercises like these, we enhance our interoperability and build the relationships necessary to address shared challenges effectively," he said.

This year's at-sea training will include anti-submarine warfare exercises, air defense exercises, and surface action group (SAG) coordination. Mine countermeasures, and search and rescue training events will also be incorporated. The RCN has limited participation in CARAT Thailand 2025 by providing members of a visit, board, search and seizure (VBSS) team to participate in the VBSS event.

"CARAT helps all participants build partnerships, gain regional experience, and promote stability in the Indo-Pacific," said Adm. Nuttapol Diewvanich, commander-in-chief of the Royal Thai Fleet.

"The exercise fosters strong military relationships and mutual understanding between the Royal Thai Navy and U.S. Navy. It also contributes to positive relations and mutual trust between our nations."

CARAT Thailand's shore

phase will consist of relationship building events, including a sports day; community service activities; and a series of public performances and exchanges between the U.S. and Thai navy bands. Classroom subject matter expert exchanges (SMEE) and practical education will also be held on topics that include maritime domain awareness, medicine and at-sea explosive ordnance disposal.

"Beyond the complex maritime exercises, CARAT Thailand is about building lasting relationships between our navies and our people. From joint training at sea to community engagement events ashore, we are strengthening the bonds of friendship and mutual understanding that underpin our strong alliance with Thailand," said Scarlett.

CARAT Thailand is designed to promote regional security cooperation, maintain and strengthen maritime partnerships, and enhance maritime

interoperability. This year marks the 31st iteration of CARAT, a multinational exercise series designed to enhance U.S. and partner navies' abilities to operate together in response to shared maritime security challenges in the Indo-Pacific region.

As the U.S. Navy's forward-deployed DESRON in Southeast Asia, DESRON 7 serves as the primary tactical and operational commander of littoral combat ships rotationally deployed to Singapore; functions as Commander, Task Force 76 Sea Combat Commander; and builds partnerships through training exercises and military-to-military engagements as the executing agent of Commander, Task Group CARAT.

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

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DOD ‘capability review’ to analyze where military aid goes, ensure America is first

by C. Todd Lopez, DOD News
Ever since the Russian invasion of Ukraine in early 2022, the U.S. has provided Ukraine with nearly \$66 billion in security assistance. Much of that assistance involved American military hardware and munitions pulled from U.S. inventory as part of presidential drawdown authority.

Now, some assistance provided to Ukraine — as well as assistance to other nations — is on pause as the Defense Department reviews its own capabilities to ensure when it opts to provide aid to other nations, it never shortchanges itself in the process, said Chief Pentagon Spokesman Sean Parnell during a briefing recently at the Pentagon.

“This capability review ... is being conducted to ensure U.S. military aid aligns with our defense priorities,” he said. “We see this as a common-sense, pragmatic step towards having a framework to evaluate what munitions are sent and where.”

The evaluation, Parnell said, will better help the president and defense secretary make decisions about how and when military aid is provided.

“What we’ve done here at the Department of Defense is create a framework to analyze what munitions we’re sending [and] where,” said Parnell. “Ultimately, our job here at the De-

partment of Defense is to pursue the president’s ‘America First’ agenda and make sure that we achieve peace through strength throughout the world.”

While Parnell said the department will not provide updates regarding quantities or types of munitions provided to Ukraine, or timelines associated with that materiel, Defense Secretary Pete Hegseth continues to make

“THIS CAPABILITY REVIEW ... IS BEING CONDUCTED TO ENSURE U.S. MILITARY AID ALIGNS WITH OUR DEFENSE PRIORITIES. WE SEE THIS AS A COMMON-SENSE, PRAGMATIC STEP TOWARDS HAVING A FRAMEWORK TO EVALUATE WHAT MUNITIONS ARE SENT AND WHERE.”

Chief Pentagon Spokesman Sean Parnell

recommendations to President Donald J. Trump on military assistance to Ukraine.

During the capability review, Parnell said, the U.S. military retains its ability to defend the nation. “We want to be very clear about this last point,” he said. “Let it be known that our military has everything that it needs to conduct any mission, anywhere, anytime, all around the world. We have the most lethal fighting force in the world.”

Proof of that, Parnell said, was

last month’s Operation Midnight Hammer, during which the U.S. used massive ordnance penetrators to destroy multiple Iranian nuclear facilities.

“Iran is much further away today from a nuclear weapon than they were before the president took bold action to fulfill his promise to the American people, and that promise was Iran will not have a nuclear weapon,” he said.

During the operation, on June 22, U.S. B-2 Spirit bombers out of Whiteman AFB, Missouri, dropped 14 GBU-57 bombs onto three locations in Iran, including at Fordow, Natanz and Isfahan.

“Our assessment of the battle damage ... remains unchanged,” Parnell said. “We believe, and certainly all of the intelligence [reports] that we’ve seen have led us to believe that ... those facilities especially, have been completely obliterated.”

Coast Guard interdicts three aliens 10 miles off Imperial Beach

from Coast Guard Southwest District

SAN DIEGO - Coast Guard Station San Diego interdicted three aliens aboard a 16-foot motorboat approximately 10 miles off Imperial Beach July 5. At 2:11 p.m., Station San Diego watch-standers received a report of a vessel displaying suspicious behavior and diverted a small-boat crew to investigate. The Coast Guard crew pursued the vessel and engaged in disabling fire. A boarding team boarded the vessel and discovered three aliens and an operator, all claiming Mexican nationality. The vessel and the four aliens were transferred to the custody of Imperial Beach Border Patrol at Ballast Point.

Parnell said that intelligence assessments from allies around the world also reflect the U.S. assessment. “They share our sentiments about the degradation of Iran’s nuclear program,” he said, adding that the U.S. believes Iran’s nuclear program has been set back by about two years as a result of the operation.

“What we’ve seen ... universally among our allies was them congratulating the United States, the president and secretary of defense on that bold operation, and the idea that American action in Iran has set the conditions for global stability,” Parnell said.

“Iran has been a major exporter of terror all around the world, and ... nations the world over have been subject to their terror. I think that nations all around the world ... they know that when America is strong and speaks clearly, the world is a better and more stable place.”



Maryland Air National Guard Capt. Carson Miller (middle-left), Master Sgt. Jonathan Lorenz (middle-right), and Elena LeMoine (left) and Maverick Bell (right), pose for a group photo in front of an A-10C Thunderbolt II static display at Warfield Air National Guard Base at Martin State Airport, Maryland, June 7. U.S. Air National Guard photo by Staff Sgt. Laura Virtue

Pilots

continued from page 1

treatments and is now approaching nine months cancer-free.

“I think it’s amazing that you guys gave your time today and everyone was so kind and generous,” said Nga LeMoine, Elena’s mother. “This is a memory they will never forget.”

Elena, 10, was diagnosed with Ewing’s sarcoma, a rare pediatric cancer, when she was 4 years old. She has experienced 14 rounds of chemotherapy, multiple surgeries and at least 10 rounds of radiation therapy at Johns Hopkins Children’s Center. She has also participated in experimental progressive treatment options with other centers.

After a long journey, Elena reached her five-year anniver-

sary of being marked with no evidence of disease.

After a big and exciting day wearing their flight suits and hanging out on the flight line, the children’s favorite parts were meeting the pilots and testing out the A-10 flight simulator, which gave them the chance to be pilots for a day.

“This was without a doubt the most meaningful day of my career and being able to support these kids and the foundation is something I will always cherish,” Miller said. “Elena and Maverick are fighters, and I know the strength of them and their families have inspired every person in the squadron.”

VIRTUAL GALA TO HELP KEEP FLAGS FLYING AT MIRAMAR NATIONAL CEMETERY

SAN DIEGO – Miramar National Cemetery Support Foundation needs \$100,000 to keep the flags flying at Miramar National Cemetery.

The support foundation launched its virtual gala, lasting through July 30, to raise the funding needed for their Avenue of Flags. The 50 American Flags line the avenue and welcome visitors to Miramar National Cemetery.

The 50 flagpoles are 13 years old and are in critical need of major preventive maintenance to avoid catastrophic failure. The cost to overhaul all the flagpoles and replace the 50 American Flags at least twice in the next year is estimated to cost approximately \$100,000.

The flags fly 24 hours a day, 7 days a week, 365 days a year, and with 155 National Cemeteries across the nation, Miramar National Cemetery is the only one to have an Avenue of Flags.

“It was our honor to gift this Avenue of Flags to the Cemetery in 2012 and now, the need could not be more urgent to get the flagpoles fixed,” said Foundation President Charles Bailey. “The flags fly over



our nation’s veterans and their families; it is our duty to keep them flying over the hallowed grounds.”

Previous galas supported the largest project the Support Foundation has undertaken to date - providing permanent guest seating and other upgrades to the Miramar National Cemetery Memorial Amphitheater. The amphitheater is a

venue for veterans’ programs and ceremonies. The renovations are close to completion and the amphitheater will be rededicated later this year.

Community supporters can donate online or through mail. The Support Foundation is a nonprofit organization, and all donations are tax deductible. To donate to the Avenue of Flags, visit www.miramarcemetery.org.

Thanks for reading the Dispatch!

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Airing dirty laundry while on vacation

Except for the years when we were stationed overseas, our military family has always taken a summer vacation at an old beach cottage in North Carolina. Through the years, it's been a fun way for extended family and old friends to reunite with us, since we lived in so many different places. However, the "fun" sometimes felt like harassment.

"Whose are THESE?" I recall my sister-in-law saying with a laugh while holding up a large pair of underwear from a basket of warm laundry. Voices rang out from around the cottage. "Whoa! Not mine!" came from the couch. "Me neither!" broadcasted from the staircase. "Mine aren't THAT big!" emanated from the hallway.

"Uh, yea," I had to admit sheepishly, "those are mine, thank you very much." I claimed my stack of folded clothes and slinked off to my room.

But I can't blame my sister-in-law for calling me out. Anytime family and friends vacation together, laundry is bound to get mixed. Someone typically announces they're throwing in a load of hot whites, and a couple hours later, whoever decides to fold the dry clothes becomes privy to the size of everyone else's underwear, setting up perfect opportunities to crack jokes. Admittedly, my undies were ample enough to fold over several times, while my thinner relatives' teeny-weensy skivvies were constructed with so little material, I once mistook a pair of my niece's underwear for a hair scrunchie.

One year, I tried to combat the unavoidable ribbing by secretly planting a humongous E-cup bra and a massive pair of flowered

briefs in the laundry, thinking that my tomfoolery might make me the joker rather than the butt of the joke. But when I found the planted garments neatly folded on my dresser, the realization that my relatives honestly believed that I wore underwear that big only served to further assault my battered ego.

Actually, when people vacation together, they don't necessarily want to know intimate details about each other, much less the size of

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

their undergarments. However, when you are packed into a summer beach cottage together, embarrassing personal secrets are inevitably revealed.

At the beginning of each vacation, we tried to maintain a facade of virtuousness, cleanliness, and self-control. But eventually, we'd give in to our natural tendencies, forcing us to acknowledge that we were not, by any means, perfect.

By the end of the vacation week, the crude realities of life were exposed. We placed our toiletry bags in shared bathrooms, where anyone could see that we needed embarrassing pharmaceuticals such as stool softeners and anti-fungal ointment. We shared meals, so that everyone saw that we ate too much mayon-

naise on our sandwiches, we dipped into the chips every couple of hours, and we'd get caught taking another brownie from the pan. We dozed off on the couch in front of everyone, showing the unflattering way that our mouths fell open and our chins multiplied when we are asleep. And yes, we commingled our laundry, allowing everyone to bear witness to the sometimes alarming size of our undergarments.

Exposing imperfections to friends and family wouldn't be a problem if everyone was compassionate enough to mutually ignore each other's foibles while vacationing together. However, after spending a whole week together in cramped conditions, my friends and family consider taking pot shots at each other to be a kind of vacation-time sporting event, like corn-holing or ladder ball.

So, in order to withstand the inevitable barrage of insults that would be hurled like bocce balls, I learned to develop a thick skin. I also learned that, while vacationing with others, harassment, brow-beating, rude sarcasm, relentless needling, and verbal abuse should be taken as nothing more than "playful banter."

Based on my summer vacation experiences over the years, I'd advise that when your uncle says he thinks your mole is growing an eye, or when your best friend offers to put Metamucil in your daiquiri to help out with your constipation, or when your sister imitates your dance moves to make the kids laugh, you must try to appreciate their witticism and have a good laugh.

Oh... and never forget to fold your own laundry.



This summer movie season has a bumper crop of potential big-screen blockbusters for your consideration. That is why I've covered so little of other subject recently, and the succession of review-worthy movies is not letting up.

By now, you are probably quite familiar with the "Jurassic Park" movie franchise. A Google search yields an AI-generated chronological history that dates way back to 1983, when Michael Crichton first conceived the idea for a screenplay about a pterodactyl cloned from fossilized DNA.

In retrospect, considering the incredible longevity and popularity of the franchise, one might reasonably wonder why the studios expressed little interest back then. Eventuality a studio took the chance, which led to the premiere of "Jurassic Park" in 1993.

Steven Spielberg's ground-breaking film, with its state-of-the-art CGI effects, a suspense-filled story and brilliant, believable acting kept audiences on the edge of their seats, as they became immersed in a terrifying, prehistoric world where dinosaurs ruled the Earth. The film was a world-wide box office smash hit, grossing over a billion dollars!

That led to the publication by Michael Crichton of a second novel, entitled "The Lost World," which led to the second film: "The Lost World." The franchise was on a roll.

Crichton was not involved in the third film: "Jurassic Park III." The

Review of 'Jurassic World Rebirth'

fourth film was "Jurassic World," with new characters and a different park.

2018 saw the release of "Jurassic World: Fallen Kingdom," followed in 2022 by Jurassic World: Dominion."

The movie experience was vividly brought to life at Universal Studios Hollywood, with the opening of the astronomically expensive "Jurassic Park: The Ride" in 1996. At the time it was said to be the most expensive theme park attraction ever built. It featured animatronic dinosaurs, and 85-foot drop and other dinosaur-themed chills and spills. It was, and remains, a thrilling ride back to the days when dinosaurs ruled the Earth.

Through it all, the Jurassic Park franchise continued to break new ground, surprising and captivating audiences with fresh, new and unexpected developments in each installment, made all the more vivid, realistic and frightening with the latest in CGI and believable acting. It was and is best experienced in movie theaters, on the big screen.

So we arrive at "Jurassic World Rebirth." Three years after the "Jurassic World" trilogy, where each film had surpassed one billion dollars at the global box office.

Specially brought out to the theater in San Diego for the press preview were two Jurassic Park-liveried vehicles.

"Jurassic World Rebirth" seemed to have all the elements needed to make it yet another smash hit: Executive Producer Steven Spielberg, a stellar cast including Scarlett Johansson, the latest and greatest in CGI special effects that have created hyper-realistic dinosaurs, a remote and foreboding location, and plenty of action. Five years after the events of "Jurassic World Dominion," according to jurassicworld.com, it is set in yet another new location — this

one an isolated equatorial environment with a climate resembling the ones in which the dinosaurs once thrived. It is a place where people are prohibited from visiting. It is "the most dangerous: a shuttered island research facility for the original Jurassic Park, inhabited by the worst of the worst that were left behind."

So why does this movie not live up to rich history of its predecessors? I lay the blame on a rather weak, uninspired story. The adventure needed a world-threatening consequence for failure to subdue the threat presented by the dinosaurs. What it got was a shallow, undeveloped opportunity for the characters to save the world from various diseases, with dinosaur DNA. Seriously? Explain to us how that is, exactly. That is difficult to take on faith.

Furthermore, the only people that were really threatened by the dinosaurs was a family, a few villagers and the formulaic opportunists looking to make a buck.

Does "Jurassic World Rebirth" entertain? Yes, but it is too familiar, and its story is uninspired. It is not the sort of stuff that keeps audiences on the edge of their seat.

Visit the official movie website for trailers, movie showtimes and other information at: <https://www.jurassic-world.com/>.

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

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Veterans News

California signs historic military retirement tax exemption into law

SACRAMENTO - California veteran advocacy groups, retired veterans, and their surviving spouses are celebrating a significant achievement as Gov. Gavin Newsom officially signed the 2025-26 State Budget, providing a new benefit for this community.

The approved budget notably includes a groundbreaking first step in state income tax exemption for military retirement pay and surviving spouses, demonstrating California's commitment to honoring its veteran community.

This landmark legislation exempts up to \$20,000 annually in military retirement pay and Survivor Benefit Plan (SBP) payments from state income taxes, offering crucial financial relief to thousands of retired veterans and surviving spouses across California.

Until now, California had been the sole state to fully tax military retirement benefits, placing additional financial strain on military retirees

residing in the state.

"Today marks a transformative step for California's retired veterans and their families,"



stated Seth Reeb of Reeb Government Relations. "The adoption of this tax exemption demonstrates our state's renewed commitment to supporting those who served our nation with dedication and valor."

Furthermore, the state budget allocates dedicated funding for deferred maintenance projects at veterans' homes across California, significantly enhancing living conditions and ensuring the continued safety and comfort of veterans

residing in these facilities.

"The passage of the budget reflects a meaningful shift in California values to retain

our veterans and surviving spouses into our workforce," said Fred Green, chairman of the California State Commanders Veterans Council (CSCVC). "We are grateful for the efforts of Assemblymember James Ramos, Governor Newsom, Assemblywoman Pilar Schiavo, Senator Bob Archuleta, and the California Legislature for prioritizing these critical veteran-focused investments as a step in the right direction".

The CSCVC and RGR extend sincere appreciation to Governor Newsom, state legislative leadership, and all who supported and contributed to this historic achievement.

VA's SQUARES tool expands to save veterans' lives

FLEET RESERVE ASSOCIATION - The Department of Veterans Affairs has expanded its Status Query and Response Exchange System (SQUARES), a digital tool originally launched in 2015 to help address Veteran homelessness.

As of 2025, the system now supports suicide prevention, legal services, and healthcare access, making it a more comprehensive tool for reaching Veterans in crisis.

SQUARES gives VA staff and community partners - police, courts, homeless shelters, local agencies - the ability to quickly confirm whether someone is a veteran and eligible for VA programs. Users enter basic information like name, date of birth, Social Security Number, and sex, and the tool returns eligibility status within seconds. That can mean immediate access to housing help, crisis support, legal aid, or medical services.

"Our job is to take a veteran out of crisis immediately and help them with whatever we can do," said Ray Ivaska, the VA's product manager for SQUARES. The tool is built to remove delays and get help where it's needed, fast.

The benefits are already showing up. In New York City, for example, where less than a quarter of veterans self-identify, SQUARES helps agencies find those who might otherwise go unnoticed. "VA's SQUARES technology is positively enhancing our service delivery," said James Hendon, commissioner of the NYC Department of Veterans' Services.

By connecting people with resources like the Veterans Crisis Line (988, then press 1), the system is helping save lives.

Community partners are a key

part of making SQUARES work. State and local organizations can register to use the tool, allowing them to identify and assist Veterans more efficiently. This can be the difference between a missed opportunity and a Veteran getting connected to care and support when it matters most.

The 2025 expansion marks a major improvement in how communities can serve those who served.

To learn more, watch the SQUARES Overview and SQUARES Search Tools videos or contact the VA to register.

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Imperial Beach
619-424-8600

NORTH PARK – 1BR/1BA. Fully furn, in
trendy North Park near restaurants & micro-
breweries. Onsite prkg, all utilities paid, near
NMCSD. \$2500/mo. 619-538-0636.

- “Nothing is impossible,
the word itself says ‘I’m
possible’!”
- “You’re braver than you
believe, and stronger than
you seem, and smarter than
you think”.

RENTALS DUPLEX

IMPERIAL BEACH – 2BR/1BA 600 sq ft.
\$2500/mo. Washer/dryer hkpups. Off street
prkg. All new inside. Tenant pays gas, electric,
trash disposal. 912 Florence. 619-575-1855.

RENTALS HOUSE

CHULA VISTA - 4BR/2.5BA. Sunbow 2
area. Newly remodeled. \$4800/mo. Call
619-228-4027.

FALLBROOK – 1BR/1BA. 1/2 mi from East
Gate. Garage, W/D. \$2250 + \$250 utl. Avail
Aug 1. See Zillow photos. Text RENTAL
760-468-1272.

IMPERIAL BEACH – 3BR/2BA, 2 car ga-
rage, 4 blks to beach, appliances available.
No smoking. Water & trash paid. Avail 8/1.
\$3800/mo. 619-403-2146

IMPERIAL BEACH – Studio Unit. All new
construction. Modern, custom design. Pri-
vate driveway, entry, yard. 400sqft. Close
to beach and estuary. In-unit w/d. Storage
shed. Mo-to-Mo lease. No pets. \$2500/mo.
Text 619-301-8137 or jamie.tuckey@com-
pass.com for more info.

RENTALS ROOM

IMPERIAL BEACH - Furnished room male only,
near ocean, separate bath. TV & small frige in
room. Use of kitchen & laundry. Parking in drive-
way. \$1200/mo. 619-424-6133

RENTALS TOWNHOUSE

SANTEE – 2BR/1BA. with shared garage. On
site laundry. 2 parking spaces/plenty of street
parking. Community pool. Walk to Santana
high school. First month rent \$2350/mo. &
\$2350 deposit with good credit & good rental
history. No pets. Call or text 619-733-0673.

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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.navylifesw.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 pro-
gram.
- These Theaters are cashless
facilities. Debit and credit cards
accepted only.
- Premium Offerings
- Audiovisual assistive equip-
ment available to customers at
the front counter.
- Handicap seats and child boost-
er seats are available.

Movie Rating System

G – General audiences ALL ages
admitted.



PG – Parental guidance sug-
gested some material may not be
suitable for children.

PG-13 – Parents strongly cau-
tioned some material may be inap-
propriate for children under 13.

R – Restricted under 17 requires
accompanying parent or adult
guardian.

NC-17 – No one 17 or under
admitted.

SD Humane Society Community Pet Pantry offers help to pet parents in need

San Diego Humane Society is supporting families and their
pets who need a little extra help. Through the Community Pet
Pantry, anyone can visit our campus locations in El Cajon,
Escondido, Oceanside and San Diego between 10 a.m. and 6
p.m., Tuesday through Sunday, to pick up a bag of dog or cat
food as well as other supplies as available. No appointment
is needed. Tuesday-Sunday | 10 a.m. – 6 p.m.

San Diego Humane Society Campus Locations

El Cajon Campus
1373 N. Marshall Ave.
El Cajon, CA 92020

Oceanside Campus
572 Airport Road
Oceanside, CA 92058

Escondido Campus
3500 Burnet Drive
Escondido, CA 92027

San Diego Campus
5480 Gaines Street
San Diego, CA 92110

SOCIAL SECURITY MATTERS

Will My Social Security Increase if I Keep Working After Applying?

*Dear Rusty: I am going to be 67 in a few weeks & I plan on work-
ing for another year or two. According to Social Security, they count
the best 35 years to come up with your benefit. I currently have 30
years, with 2024 and 2025 taxes yet to be filed. If I take my benefit
now, will I get an upward adjustment after filing my taxes for those
years, or do I need to wait to apply for SS until after filing my taxes
to get credit for those years? Signed: Still Working*

Dear Still Working: Whenever you claim your Social Security
benefit, SSA will look at your lifetime earnings record on file at the
time (as received from the IRS) and calculate your “primary insur-
ance amount” (PIA) using that record on file. They will use your
highest earning 35 years to do that calculation and, if you do not
yet have 35 years, they will use “zero \$\$” enough times to make
it 35 years. In other words, your benefit will always be calculated
using 35 years, whether you actually have 35 years of earnings on
record, or not.

However, Social Security revisits your earnings record whenever
additional information is received from the IRS, so if file your taxes
and add the additional year’s income after you start your Social
Security benefits, you will get credit for those additional earn-
ings. Essentially, you will be replacing one of the “zero \$\$” years
originally used to calculate your benefit amount, and Social Security
will recalculate your monthly amount to reflect that, resulting in an
increase to your monthly benefit.

Thus, as long as you work and earn and report your earnings to
the IRS, Social Security will update your record and automatically
give you a higher benefit if warranted by your more recent earnings.
That recalculation usually happens later in the year (after April
15th), but Social Security will make any increase retroactive to the
beginning of the calendar year, so you will get any higher benefit
effective with January.

So, since you have already reached your full retirement age (FRA),
you can (if you wish) apply for Social Security now and be confident
that Social Security will give you credit for any additional earnings
after you apply. And for clarity, if you choose to wait beyond your
full retirement age to claim, you will earn Delayed Retirement
Credits (DRCs) which will continue to increase your monthly benefit
amount until you are 70 years of age. DRCs will add 8% to your
PIA for each full year you delay (.667% for each month you delay
past your FRA).

*This article is intended for information purposes only and does not repre-
sent 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
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Southern California Horseshoe
Pitchers Association (SCHPA)
Welcomes all levels of pitchers!
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Find out more & be part of the fun
<https://socalhorseshoes.weebly.com/>

MARINE CORPS LEAGUE

Camp J.H. Pendleton O’side Det 21
760-271-7369
Meeting monthly, 3rd Thursday @ 6pm
Veterans Association of North County
1617 Mission Ave, Oceanside 92058

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Wonderous worms: Unearthing new insights into health

newsinhealth.nih.gov
Worms tend to be long, skinny, wiggly creatures. Their simple bodies lack limbs and a backbone. Most have no eyes. It's hard to imagine a creature more strikingly different from people. Yet studies of worms have given scientists surprising insights into the basic biology of human life and health.

A tiny worm called *Caenorhabditis elegans*, or *C. elegans*, is a favorite among biologists. Unlike worms used for fishing, *C. elegans* are best viewed with a microscope. Scientists have been studying this simple animal for over 70 years.

"We've seen over and over again that these worms can lead to major findings relevant to human health and disease," says Dr. Ann Rougvie, an expert in *C. elegans* biology at the University of Minnesota.

Research on these common worms helped lay the foundation for at least four Nobel Prizes. One study revealed how genes can control organ development and cell death. This gave insights into Alzheimer's disease, AIDS, and more. Another study led to a new class of drugs to treat cancer and other disorders.

C. elegans was also the first animal to have all of its DNA sequenced, every cell named and tracked, and all of its nerve cells mapped.

Like humans, *C. elegans* has a brain, muscles, digestive system, and more. But the simplicity of worms makes them easier to study. The worm's entire nervous system, including the brain, is made of just 302 cells.

"This is in contrast to the human brain, which has billions and billions of cells," Rougvie explains. Yet people and worms have many of the same molecules that carry signals in the brain and nervous system.

By altering specific genes, researchers have created worms that have conditions similar to humans. Examples include dementia, stroke, or heart disease.

"About 50% of the genes in these worms have counterparts in humans," Rougvie says. By comparing genetic sequences across different animals, scientists can figure out how genes function. And they can learn how genetic glitches can affect health and disease.

In early development, cells follow similar patterns when forming body parts in people and worms. But, *C. elegans* is transparent, so you can see exactly what's happening inside.

"The adult worm always has 959 body cells. With a micro-



scope, you can watch development happen from the fertilized egg to the adult," Rougvie says. "The cells divide in essentially the same pattern in every *C. elegans*." So researchers can predict which cells will become muscle, nerve, or other cells. That, plus the worms' two-to-three week lifespan, has helped shed light on processes like development and aging.

Rougvie manages the NIH-supported *Caenorhabditis* Genetics Center. It houses over 26,000 genetically unique strains

of *C. elegans*. Some strains are short and fat. Others can glow. Some age faster than others. Scientists around the world can order specific strains of worms for their own research. And they can contribute new strains to the center.

"If everyone gets their worms from us, that means everybody's using the same strains of worms. And that enhances consistency and reproducibility of research findings," Rougvie says.

"I'm a strong believer in basic research, which is asking fundamental questions about how life works," she says. Such basic research in *C. elegans* more than 30 years ago led to discovery of a new type of molecule, called microRNAs.

"Scientists have since learned that microRNAs are present in all animals. And they're extremely important to human health and disease," Rougvie says. "This type of curiosity-driven science helps us learn how life works in general." The researchers who discovered these molecules received a Nobel Prize last year.

Why scientists choose *C. elegans*

- Simple. Basic discoveries in the worm can shed light on activities in more complex creatures.
- Small. Their tiny size makes them inexpensive and easy to house.
- Freezer-friendly. Living worms can be stored in the freezer for decades, then thawed and revived for future study.
- Glow worms. *C. elegans* cells can be modified to produce glowing proteins, which lets scientists track the proteins. This research use led to a Nobel prize in 2008.



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

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JULY 18 - SEPTEMBER 7

DEL MAR BEER FEST ON OPENING WEEKEND*

Saturday, July 19 Ages 21+



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SAVORY SUNDAYS

JULY 20



Each week we feature a local restaurant in the Plaza de Mexico with drink specials and live music.

JULY 27



TASTE OF THE TURF CLUB*

New farm-to-table brunch inspired by Amaya at Fairmont Grand Del Mar.

Turf Club dress code applies.



UNCORKED WINE FESTIVAL*

Saturday, August 2 Ages 21+

TACOS & TEQUILA*

Saturday, August 9 Ages 21+



BREEDERS' CUP TUMBLER GIVEAWAY

Saturday, August 16

Free with paid admission while supplies last.



TASTE OF NEW ORLEANS*

Saturday, August 23



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Sunday, August 31

power pony



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