

ARMED FORCES DISPATCH



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



TIGER CRUISE DRESSING UP Damage Controlman 2nd Class Faren Brownlenn, assigned to amphibious assault ship USS Essex, assists Patrice Carter, a pre-school teacher at Primrose School of Ellicott City, Maryland, don firefighting gear as part of a Tiger Cruise during Essex's return to homeport, Aug. 14, 2026. U.S. Navy photo by Navy Chief Kathryn E. Macdonald

September military observances

V-J Day — September 2

Victory over Japan Day marks the formal surrender of Japan aboard the USS Missouri in 1945, bringing World War II to an end. The observance recognizes the service and sacrifice of the millions of Americans who served during the war.

Patriot Day — September 11

Patriot Day commemorates the nearly 3,000 people killed in the terrorist attacks of September 11, 2001. Americans are encouraged to remember the victims and honor the military personnel, first responders, and civilians who responded to the attacks and their aftermath.

National Day of Service and Remembrance — September 11

Established in connection with the September 11 anniversary, this observance encourages Americans to honor those lost through volunteer service and community involvement. It reflects the spirit of unity and service that emerged across the nation following the attacks.

Constitution Day and Citizenship Day — September 17

This day commemorates the signing of the U.S. Constitution on September 17, 1787. It is especially meaningful to the military community because members of the Armed Forces swear an oath to support and defend the Constitution.

U.S. Air Force Birthday — September 18

The United States Air Force was established as an independent military service on September 18, 1947. The anniversary recognizes the Air Force's history and its continuing role in defending the United States through air, space, and cyberspace operations.

National POW/MIA Recognition Day — September 18

Observed annually on the third Friday in September, this day honors American service members who were prisoners of war or remain missing in action. Ceremonies across the nation recognize their sacrifice and reaffirm the commitment to account for those who have not returned home.

Gold Star Mother's and Family's Day — September 27

Observed on the last Sunday in September, Gold Star Mother's and Family's Day honors families who have lost loved ones in service to the United States. The day recognizes the extraordinary sacrifice made not only by service members but also by the families they leave behind.

National VFW Day — September 29

National VFW Day recognizes the Veterans of Foreign Wars and the organization's longstanding service to America's veterans, active-duty personnel, and military families. It also honors veterans who served the nation in conflicts and military operations outside the United States.

Suicide Prevention Month — All September

September is recognized nationally as Suicide Prevention Month, with military and veteran organizations placing special emphasis on awareness, intervention, and connecting people with support. The observance encourages individuals and communities to look out for one another and seek help when needed.

National Preparedness Month — All September

National Preparedness Month encourages individuals, families, and communities to prepare for natural disasters, emergencies, and other unexpected events. Preparedness is particularly important to military families, who may face deployments, relocations, and emergencies while separated from loved ones.

National Service Dog Month — All September

National Service Dog Month recognizes the important contributions of service dogs that assist people with disabilities and other challenges. The observance also highlights dogs that support wounded warriors, veterans, and members of the military community.

National Hispanic Heritage Month Begins — September 15

Runs through October 15 and celebrates the histories, cultures, and contributions of Hispanic Americans. The observance also recognizes the generations of Hispanic Americans who have served with distinction in the United States Armed Forces.

ZERO8HUNDRED OFFERS VETERANS A TRANSITION TO CIVILIAN LIFE

by Scott Sutherland

Staff writer

Typically, the word 'ease' isn't at the top of the list describing the transition from military to civilian life.

Words like stress, overwhelming, or sometimes panic may best describe the experience. The Navy helps lower stress levels by offering MyNavy HR's Transition Assistance Program, or TAP. The other service branches offer similar facsimiles. Each mission statement is basically the same - provid-

ing separating/retiring service members the skills to re-enter into the civilian work force.

Then there's Zero8Hundred, a San Diego-based, fiscally sponsored military/veteran support organization started in 2014. According to the organization's website, more than 100 San Diego County public, private

and military leaders formed to address the challenges that transitioning post 9/11 active-duty military service members, to address what spouses and recent veterans were facing. These obstacles included unemployment and under-employment, lack of affordable housing, injuries - physical, psychological and emotional - and confusion or disorientation as a civilian.

Scott Peters, a former congressman for California's 50th congressional, is a strong supporter of Z8H. While serving on the Hill in 2017, he said that every year, "more than 20,000 Sailors and Marines stationed in San Diego leave military service and roughly a third choose to stay.

"While some choose to use their GI benefits to go back to school before finding employment, most of these skilled men and women are focused on starting their next careers right away. They just need to get connected to job resources and potential employers who will benefit from their skills and experience." (Source: <https://thehill.com/opinion/national-security/359510-zero8hundred-a-model-for-transitioning-our-veterans-and-their/>)

In support of the VA's suicide prevention initiative, Zero8Hundred was recently awarded grant funding under the Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program, which expands suicide prevention ef-

see Z8H, page 2



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The Meat & Potatoes of Life

Lisa Smith Molinari, 23-year Navy wife and mother of three, writes a regular column on parenting, marriage, pets, vacations, military life and more!

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CENTCOM thanks Abraham Lincoln's crew during trip to the Middle East

USCENTCOM
TAMPA, Fla. - The commander of U.S. Central Command (CENTCOM) completed a 10-day trip to the Middle East on Aug. 15 that included visits to six countries and to a Navy aircraft carrier operating in the Arabian Sea.

Adm. Brad Cooper met with senior civilian and military leaders in Bahrain, Iraq, Israel, Jordan, Saudi Arabia, and the United Arab Emirates and spent time with deployed U.S. service members. More than 50,000 American service members are operating across the Middle East supporting various missions.

While ashore, Cooper recognized exceptional performers, reenlisted troops, and presided over the leadership transition for Combined Joint Task Force - Operation Inherent Resolve (CJTF-OIR). Maj. Gen. Kevin Lambert turned over command of CJTF-OIR to Rear Adm. Liam Hulin, Aug. 11, during a ceremony at the task force's headquarters in Jordan.

While at sea, Cooper met with Sailors and Marines aboard USS *Abraham Lincoln* (CVN 72) for the second time this year. He

previously visited the aircraft carrier in February with U.S. Special Envoy for Peace Missions Steve Witkoff and Jared Kushner.

During Cooper's latest trip, he addressed the entire Lincoln team and thanked them for their tremendous dedication and courage. He also met with junior service members and awarded deserving individuals.

"The *Lincoln* Carrier Strike Group is a strong team of high-achieving Americans standing tall with immense, justified pride in everything they accomplished," said Cooper. "History will record this deployment as one of the most operationally intense and consequential of the modern era."

Based in San Diego,

icide rate was 37.8 per 100,000 for men and 13.9 per 100,000 for women.

In his review on the group's Facebook page, Daniel Chueng posted, "It's an amazing organization for veterans getting out of the military. All their efforts are set on your goals and ambitions, so they can relate to the service after separation."

To donate to Zero8Hundred, call (858) 944-0800. They're located at 4699 Murphy Canyon Road, Suite 104.

Abraham Lincoln departed for deployment in November and arrived in the Middle East in January. The strike group has successfully conducted thousands of combat flights in support of Operation Epic Fury, regional security missions, and the ongoing U.S. naval blockade against Iran.

After Cooper's visit to *Lin-*



"LincolnNation" completed its 54th replenishment-at-sea in the NAVCENT/U.S. 5th Fleet area of operations, keeping the ship and crew mission ready. During its time in 5th Fleet, the aircraft carrier has gone alongside nine Navy Military Sealift Command ships for a total of 140 hours, receiving more than 20 million gallons of fuel, 10,261 pallets of food, parts and materials, and 2,103 triwalls of mail. From Lincoln's Facebook post

coln, multiple news outlets reported that aircraft carrier *Abraham Lincoln* (CVN-72) has left the Middle East after almost seven months and is now on its way home. The strike group has been deployed for 274 days.

The carrier left San Diego on Nov. 25 and made its last port call in December, according to the Navy. As of August 22, *Lincoln* has been at sea for more than eight months since its last port visit to Guam on Dec. 11. The stretch without a port call broke the 206-day record set by the crew of USS *Dwight D. Eisenhower* (CVN-69) during COVID-19 pandemic.



The Drive 4 Freedom Sweepstakes, which is free to enter, ends Dec. 19. See official rules at <https://www.legion.org/sweepstakes-rules> for all details. Photo by Jennifer Blohm/The American Legion

Win a restored Humvee from The American Legion

from the American Legion

The American Legion is providing a once-in-a-lifetime opportunity to a veteran to receive a unique piece of military equipment: a restored Humvee.

That's thanks to The American Legion's Drive 4 Freedom Sweepstakes, in which one entrant will be randomly drawn to receive a restored Humvee.

This is your chance to win an unforgettable piece of American military history while helping fuel The American Legion's mission to support veterans, service members and their families.

No purchase or contribution is necessary to enter or win the Drive 4 Freedom sweepstakes. A purchase or contribution will not improve your chances of winning.

Void in Montana, Washington state and where prohibited by law. Entry deadline is 8:59 p.m. Pacific on Dec. 19, 2026. Must be 21 or older.

See official rules for details: [legion.org/sweepstakes-rules](https://www.legion.org/sweepstakes-rules).

Stars and Stripes reported that the restored "street legal" military Humvee was on display during racing events Aug. 2-23 near the National Mall. Tens of thousands of people attended the

first IndyCar race on the streets of downtown D.C.

In an American Legion written statement, "The Humvee is an iconic symbol of American military service, and now this one has a new mission. It's helping the American Legion tell the story of veterans who continue strengthening our workforce, economy, and communities long after their military service ends."

The vehicle was donated by Jim White, founder of Street Legal Exports, based in Florida, which restores and delivers military vehicles to customers in the U.S. and around the world, according to *Stars and Stripes*.

The American Legion is making it easy for people to enter for a chance to win. They can text HUMVEE to 41444 or visit [legion.org/Sweepstakes](https://www.legion.org/Sweepstakes). Although the "Drive 4 Freedom sweepstakes" is free to enter, the American Legion is encouraging people to donate to the organization's charities and programs to help veterans.

Publicity about the Humvee giveaway is also raising awareness about The American Legion, as it works to bring in more post-9/11 veterans as members, the organization said.

The American Legion provides financial aid, advocacy, and rehabilitation services to former service members, military families and local communities.

The organization also does a lot of one-on-one work helping veterans at no cost to apply for VA disability compensation, as well as represent veterans' interests before Congress.

"We encourage veterans and military service members to join the American Legion because membership gives them a voice. We advocate every day for the rights, benefits and quality of life of those who have served," the American Legion said.

The American Legion is the largest U.S. veterans organization with more than 1.6 million members who strengthen the nation through programs, services and advocacy for those who have served in the Armed Forces, youth and communities.

Founded in 1919, they're a leading advocate for vets and their families, striving to secure benefits like the GI Bill and the establishment of the VA health care system. Their mission reflects an "unwavering commitment to service, mutual support, and the ideals of peace and goodwill."

Z8H continued from page 1

forts beyond clinical settings to address both mental health and social determinants of health, such as economic hardship, social connectedness, and access to care.

In 2023, 6,398 U.S. veterans died by suicide, averaging 17.5 deaths per day. According to the Department of Veterans Affairs National Veteran Suicide Prevention Annual Report, the overall veteran sui-

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Editor.....Scott Sutherland

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Top 5

- U.S. aircraft carrier arrives in Middle East, relieving long-deployed USS *Abraham Lincoln*
- The Navy has battled operational tempo ordeals for years. The Iran war exposed the flaws.
- Trump vows tougher economic measures on Iran and supporting countries
- Hundreds of U.S. military family members trapped at camp facing closure, group says
- U.S. approves possible \$4.5 billion sale of KC-46As, equipment to Qatar

Your Military

- Thousands of Soldiers now roam Washington's streets. They seldom stop crime.

Army

- Army will shut down a unit in Europe focused on learning drone warfare

Navy

- Sailor charged with murder in shooting death aboard USS *John F. Kennedy*
- Navy leads multinational effort for next-gen SeaSparrow missile

Air Force

- Air Force flight to Antarctica turns back after Russian hazardous space activity warning

Veterans

- He earned the Medal of Honor in Vietnam. Why did it take decades to receive it?

Cyber, Space & Unmanned

- U.S. destroyed a lost Predator drone after hard landing in Middle East

Defense Industry

- Switzerland seeks additional \$1.2 billion for air defense in 2026 budget
- Taiwan floats record defense budget, sending message to U.S. and China
- Flight-tracking data shows continued Russian air bridge to sub-Saharan Africa

Department of War announces a \$750 million investment as part of a \$1.55 billion initiative to secure critical Rare-earth elements from Serra Verde

The Department of War's Economic Defense Unit, in partnership with the Office of the Assistant Secretary of War for Industrial Base Policy announced August 24 a \$750 million investment with US SIIE, LLC through the Industrial Base Analysis and Sustainment (IBAS) program. These funds will be utilized to support an offtake agreement for mixed rare-earth carbonates produced at Serra Verde's Pela Ema Project in central Brazil.

This strategic partnership will establish a secure supply chain for rare-earth elements (REE) critical for national defense and economic security.

This \$750 million is part of a broader \$1.55 billion total investment structure mobilized by EDU, which includes a \$300 million purchase commitment from the Defense Logistics Agency (DLA) and a \$500 million commitment from a money-center bank.

"Securing resilient domestic and allied supply chains is a fundamental warfighting requirement," said HON Mike Cadenzzi, Assistant Secretary of War for Industrial Base Policy.

"By partnering with Serra Verde, we are taking a decisive

step to break our adversaries' near-monopoly on rare-earth elements. This collaborative effort ensures that our defense industrial base has the guaranteed, long-term access to the critical materials needed to manufacture next-generation weapons systems and maintain our technological edge."

This initiative aggressively addresses an over-dependence on China for rare-earth elements. Once fully operational, this project will secure a massive supply of vital elements like Dysprosium, Terbium, Neodymium, and Praseodymium, effectively bypassing Chinese supply chain dominance and supporting emerging U.S. magnet manufacturing capabilities.

The deal follows a DFC financing agreement with Serra Verde for a \$565 million loan to optimize and expand the Pela Ema Project. These investments work in parallel with the Department of Commerce's efforts to establish a non-Chinese mine-to-magnet value chain.

"This historic \$1.55 billion investment is a major step towards securing one of the most vital supply chains for our warfighters and our economy," said George K. Kollitides II, Director of the Economic Defense Unit. "By ensuring

reliable access to these critical rare-earth elements, we are protecting the production of everything from fighter jets and nuclear submarines to the energy infrastructure and commercial technology that power our modern world."

Rare-earth elements are necessary to improve the thermal stability and magnetic strength of Neodymium-iron-boron

magnets, which are essential for manufacturing critical components for our warfighters. These include advanced systems in nuclear submarines, fighter jets, satellites, guided missiles, combat vessels, and drones. Beyond defense, these high-purity materials are a vital raw material for energy infrastructure, transportation, aerospace, and electronics, making them a cornerstone of a modern, industrial economy.

Legislation would honor America's service animals with National Mall monument

WASHINGTON - A House lawmaker a bill to establish a location for the first national monument honoring the contributions of service animals and their handlers, including those serving in the armed services and in assisting veterans, according to a congressional website. The National Service Animals Monument Location Act would authorize placement of the tribute at an undetermined site on the National Mall. "Our nation is forever indebted to the generations of extraordinary military working animals that have served our country," said Rep. Jen Kiggans in a website post.

Austal USA launches its largest vessel to date

Austal USA, Mobile, Ala., launched the Navy's Auxiliary Floating Dry Dock Medium in late July, the first AFDM built in more than 40 years and the largest vessel launched into the Mobile Channel to date. Weighing 12,000 tons and measuring 694 feet long, with a deck working area of 90,800 square feet, AFDM 15 is the largest vessel launch coordinated and executed by Austal USA's test and activation team in the company's 26-year history. "The successful launch of AFDM 15 is a proud moment for everyone at Austal USA and a remarkable achievement for our entire team," Austal USA President Gene Miller said. "Building the Navy's first Auxiliary Floating Dry Dock Medium in over 40 years is no small feat, and to see it launched into the Mobile River is a testament to the skill, dedication, and expertise of our workforce."



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Partners in life, partners in service: Newlyweds enlist together

by U.S. Army Recruiting Battalion - Phoenix

When many newlyweds are focused on building a home and starting careers, one young married couple in their 20s decided to do something different. Lance and Riley Qualls enlisted in the Army together.

Lance is heading to active duty as an infantry recruit, with hopes of earning a spot in the elite 75th Ranger Regiment. Riley has chosen to join the Army Reserve, where she will serve as a paralegal specialist.

“It was actually my idea first,” Lance said. “Riley wanted to join the Army and then I kind of started searching for my path.”

Riley explored a career in emergency medical services but felt it wasn’t the right fit. When her husband committed to enlisting, she saw an opportunity.

“I wanted something along the same lines,” she said. “The Army was close enough, and he was already doing it. There’s no better time than now.”

The couple’s decision highlights both the challenges and opportunities facing dual-military marriages. While Lance will serve on active duty and Riley in the reserve, both will fall under the Married Army Couples Program, which works to keep spouses together when possible.

For Riley, the reserve component offers the balance she was seeking.

“It gives me a part-time job,” she said. “That peace of mind of knowing that I have something to do when he’s gone.”

Riley also sees long-term civilian value in her military occupational specialty. As a paralegal specialist, she will support the Judge Advocate General’s Corps by preparing legal documents, assisting with military justice matters and providing legal help to soldiers and families — skills that translate directly to civilian paralegal and administrative careers.

Lance, who originally considered other options before settling on infantry, is embracing the physical and mental demands ahead.

Both said the decision has brought them closer. Instead of one spouse pursuing military service while the other stays behind, they are building their marriage around a shared sense of purpose and sacrifice.

The couple’s story is the kind recruiters love to share. In an era when many young adults report feeling directionless, these two have chosen structure, service, financial stability and mutual growth. More importantly, they said they believe the shared experience will strengthen their marriage over the long term. They will speak the same military language, understand the demands of service and be able to support each other through deployments, training and the unique stresses that come with wearing the uniform.

For this young couple, enlisting together wasn’t a leap of faith. It was a deliberate step toward a future they chose as partners — one that combines service to country with a shared vision for their life together.



Riley Qualls, left, and Lance Qualls take the oath of enlistment at a recruiting event in Glendale, Ariz., Aug. 22. U.S. Army photo by Jaison Bloom

Australia, Philippine, U.S. forces conduct Multilateral Maritime Cooperative Activity

Courtesy Story

PHILIPPINE EXCLUSIVE ECONOMIC ZONE – The combined forces of Australia, the Philippines and the United States conducted a Multilateral Maritime Cooperative Activity (MCA) within the Philippine Exclusive Economic Zone, Aug. 19-25, 2026. This activity continues a demonstrated collective commitment to strengthening regional and international cooperation in support of a free and open Indo-Pacific.

As the 10th MCA of 2026, this exercise expanded capabilities at sea by incorporating and refining shared specialized procedures, and maritime doctrines. The 7-day exercise also focused on tactical interoperability, featuring visit, board, search, and seizure; search and rescue; deck landing qualifications; vertical replenishment; replenishment-at-sea; and anti-submarine warfare. This iteration builds upon the anti-submarine warfare serials developed and refined in previous MCAs.

MCAs are conducted in a manner consistent with international law and with due regard to the safety, navigational rights, and freedoms of all nations.

Participating units included: Replenishment oiler ship HMAS Supply (A 195) and one MH-60R Seahawk anti-submarine helicopter from the Royal Australian Navy; one P-8A Poseidon maritime patrol and reconnaissance aircraft from the Royal Australian Air Force; two FA-50 fighter jets and one Cessna C-208B Grand Caravan EX utility aircraft from the Philippine Air Force; Teresa Magbanua-class patrol vessel BRP Teresa Magbanua from the Philippine Coast Guard; Miguel Malvar-class guided missile frigate BRP Diego Silang and one AW159 Wildcat helicopter from the Philippine Navy; and littoral combat ship USS Santa Barbara and one P-8A Poseidon from the U.S. Navy.



Littoral combat ship USS Santa Barbara (LCS 32) sails in formation with Philippine Navy frigate BRP Diego Silang (FFG 7) while Philippine Air Force fighter jets fly overhead during a multilateral Maritime Cooperative Activity (MCA) in the Philippines’ Exclusive Economic Zone, Aug. 24. U.S. Navy photo by ET2 Alexander Klee

The U.S., along with its allies and partners, upholds the right to freedom of navigation and overflight and other lawful uses of the sea and international airspace, as well as respect for maritime rights under international law. U.S. 7th Fleet, the Navy’s largest forward-deployed numbered fleet, routinely operates with allies and partners in preserving a free and open Indo-Pacific.

Department of War orders research security audits at 30 academic institutions

The Department of War has issued formal notifications to 30 domestic academic institutions, directing them to initiate immediate and comprehensive reviews of their academic, financial and research collaborations with foreign entities of concern.

These notifications address active institutional ties and collaborations with foreign entities identified under Section 1286 of the FY19 NDAA, as well as organizations associated with rebranded Confucius Institutes. Executed by the Office of the Under Secretary of War for Research and Engineering, this action is designed to protect American taxpayer-funded research investments from unauthorized technology transfer, intellectual property theft and adversarial exploitation.

“The Department of War has zero tolerance for academic partnerships that compromise our national security,” said Emil Michael, Under Secretary of War for Research and Engineering. “Institutions that receive funding from American taxpayers must uphold the highest standards of research security, and these mandated audits will ensure accountability across the board.”

To maintain eligibility for future federal research funding, the notified universities must complete a comprehensive audit of all identified foreign collaborations, assess the exposure of sensitive or export-controlled research, and implement strict mitigation plans, including the termination of problematic partnerships. Institutions are required to report their findings and actions directly to the Department no later than August 31, 2026.

“Universities are critical partners in executing a wide range of Department of War research programs, and the Department must therefore ensure that our research investments are well protected from foreign exploitation,” said Dr. Joseph Jewell, Assistant Secretary of War for Science and Technology.

Through these audits, the Department of War will better anticipate emerging threats, adapt to evolving adversarial tactics and maintain America’s position as a global leader in innovation. The Department is pursuing this effort alongside partners in Congress. Together with the House and Senate Armed Services Committees, the House and Senate Appropriations Committees and the House Select Committee on the Chinese Communist Party, the Department continues to build a robust research ecosystem that protects critical discoveries from exploitation.

https://www.war.gov/News/Releases/Release/Article/4575019/



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Career and Education

Navy EOD marks 85 years of excellence

by Lt. Erin Wiley

On Aug. 22, 1941, the first U.S. Mine Disposal class graduated its inaugural group of technicians, marking the genesis of Navy Explosive Ordnance Disposal (EOD). These early operators created a standard of robust technical proficiency matched with deliberate, uncompromising bravery, and built a culture of constant learning and improvement. Eighty five years later, these remain the foundation for today's elite, multi-domain Navy EOD force.

Since its inception, Navy EOD has focused on permitting the fleet and joint force to retain initiative and maneuver wherever and however needed, undeterred by explosive threats.

The early technicians defused and collected intelligence on live enemy ordnance, both on land and underwater, across the Pacific and European theaters of World War II and the Korean War. They cleared harbors and rivers of mines and improvised waterborne threats, and took care of improvised explosive devices in the jungles of Vietnam, often under direct fire.

As the battlefield evolved, so did the force. The community



Navy Mine Disposal technicians, circa 1941-1949.
Photo courtesy of Naval History and Heritage Command

expanded its expertise to counter chemical, biological, and nuclear weapons during the Cold War, conducted vital mine clearance in the Arabian Gulf during the Gulf War, and dismantled complex improvised explosive devices and networks in Iraq, Afghanistan, Yemen, Somalia, and Syria during the Global War on Terror.

"Through every era of conflict, Navy EOD has demonstrated its indispensable value to the joint force," says Capt. Josh Preston, commander, EOD

Group 1. "The community retains the hallmark characteristics of its early operators: intelligent, analytical, tough, and relentlessly adaptable."

Today, that adaptability is on global display. This year alone, EOD technicians operated alongside joint counterparts, allies, and partners, from the freezing waters of the Arctic to tropical islands in the Pacific, and enabled fleet and joint force maneuver through strategic maritime waterways across the world.



Snapshot grab from Navy. mil

While operating globally, Navy EOD technicians simultaneously train and adapt to generate the EOD force the future fleet requires. Great Power Competition and highly contested maritime environments will increasingly leverage complex remote and unmanned systems and multi-domain threats that Navy EOD is uniquely suited and situated to address.

"Operating at the leading edge of maritime security, our units are deployed globally to eliminate explosive threats, assure critical access, and ensure the fleet can maneuver freely in contested waters," said Capt. Steve Cobos, commander, EOD Group 2. "Navy EOD remains on the front lines, ready to fight and win."

The Navy EOD community shares a long history of countering novel challenges with innovation and building on comparative advantages. To support distributed maritime operations in an increasingly transparent battlefield, Navy EOD began investing in 2012 in unmanned underwater vehicles, advanced sensors, and a fusion of machine learning and artificial intelligence to extend the reach and lethality of operators.

The ongoing integration of next-generation technology enables commanders to understand a highly dynamic threat environment and make informed risk decisions. This sophisticated equipment is increasingly leveraged across all aspects of modern military operations to keep the fleet in the fight.

"The powerful synthesis between technicians and technology enables our forces to rap-

Man On The Street

Besides food and water, what can't you live without?



"My husband. He has a great sense of humor."
HM3 Shaughnessy Watts
Leesburg, Va.

"I can't live without my fur babies - a dog and cat."
Janny Cicerello
Los Angeles



"Lemonade and sunflower seeds."
RP1 Robert Moody
St. Louis, Mo.



"My kitty, Nala."
Tia Paquirigan
San Diego



"I can't live without my two daughters."
OSC Richard Opilas
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\$28.02-\$30.35
per hour
Sept. 6, 2026

MWR Snack Bar Operator
San Diego
\$21.28 - \$21.28
Per Hour
Sept. 6, 2026

MWR Recreation Assistant (Golf)
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The USS Midway Museum is currently recruiting for docents, air craft restoration, ship restoration and safety volunteers. These assignments are a regular commitment of at least 6 months. Groups of 10+ can sign up to volunteer for a day. See details on link below

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

Local Military

SCOPING THE SCENE

Marine Corps Pfc. Romario Grey, left, and Pfc. Ethan Beard operate an M240B machine gun during a dry-fire training exercise aboard amphibious assault ship **USS Makin Island** in the Pacific Ocean, Aug. 17, 2026. U.S. Navy photo by Seaman Apprentice Tristan Farnam



Faehnle takes helm at NRSW

Navy Region Southwest
Public Affairs Office

CORONADO - During a perfect day for welcoming a new boss, Commander, Navy Region Southwest held a change of command ceremony August 20 here, marking a formal transition of leadership for the Navy's southwestern shore operations.

Rear Adm. David J. Faehnle assumed command from Rear Adm. Rich Jarrett.



Official Navy bio photo of Rear Adm. David J. Faehnle.

said, "When I assumed command two years ago, I looked at the calendar, and I was excited about the opportunities. I could predict to the entire team that our schedule would be busy, that we would be involved in historic events, and that we would have the opportunity to participate in some of the nation's most influential moments. Your accomplishments

have exceeded all my expectations."

Navy Region Southwest provides executive oversight and shore command support to major installations throughout the southwestern United States, ensuring operational readiness and support services for fleet units, tenant commands, and military families.

Jarrett's tour at NRSW was marked by enhanced shore readiness, optimized fleet support services, and strengthened community partnerships throughout the region. Under his leadership, Navy Region Southwest significantly advanced warfighting support across its 10 naval installations spanning California, Nevada, Arizona, Utah, New Mexico, and Colorado.

Faehnle takes the helm at CNRSW following his tour as Commandant of Naval District Washington. He was relieved there by Rear Adm. Suzanne M. Bailey on August 12.

In his remarks following that change of command, Faehnle



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'Topping out' celebration marks new MCRD San Diego Branch Health Clinic

Courtesy Story
Naval Medical Center San Diego
SAN DIEGO - Leadership from Naval Medical Center San Diego, alongside key partners from the Defense Health Agency, Naval Facilities Engineering Systems Command, and Marine Corps Recruit Depot San Diego, gathered in mid-August for a structural steel topping-out and beam-signing ceremony, marking a major milestone in the construction of the installation's new Branch Health Clinic.

Sponsored by the project's contractor, RQ-DPR Construction, the informal ceremony allowed attendees to sign their names to the structural beam before it was hoisted and secured as the highest point of the new facility.

Capt. Jerry J. Bailey, NMC-SD director, praised the collaborative effort and the rapid pace of the construction, which brings the critical medical facility one step closer to completion.

"The dedication and commitment of this construction crew to supporting our warfighters has been absolutely phenomenal, especially as they continue to operate ahead of schedule," said Bailey. "NMCSD is fully committed to our Marines, and we are dedicated to ensuring

they receive the highest quality care in the finest medical facilities."

The new clinic is designed to be a state-of-the-art environment that unifies care and enhances medical readiness. Once complete, it will provide integrated, world-class medical and dental care to recruits, Marines, and Sailors serving at MCRD San Diego.

Cmdr. Joselyn Mercado-Abadie, officer in charge of Branch Health Clinic MCRD San Diego, highlighted what the milestone represents for the depot's force-generation mission.

"This milestone brings us

closer to a facility that will unite medical and dental care under one roof," said Mercado-Abadie. "By streamlining and integrating care, we can better support MCRD's mission to transform recruits into ready Marines and strengthen the readiness of the force."

The event concluded with a milestone celebration, reflecting a shared promise across all involved agencies to ensure that the Marine Corps fighting force remains resilient and ready for the future.

NMCSD employs more than 5,600 active-duty military personnel, civilians, and contractors in southern California to deliver exceptional care afloat and ashore.



Leadership and staff from Naval Medical Center San Diego and the Marine Corps Recruit Depot San Diego Branch Medical and Dental Clinics gather for a group photo in front of the ceremonial steel beam during the structural steel topping out and beam-signing ceremony at MCRD San Diego, Aug. 11. Featured center is Bruno, MCRD San Diego's official mascot. U.S. Navy photo by Marcelo Calero

Navy football receives votes in Associated Press and Coaches poll

ANNAPOLIS, Md. - The Navy football team received 10 voting points in the Associated Press preseason poll and three in the AFCA Coaches preseason poll.

Navy's 10 points in the AP poll are tied with South Carolina for the 31st-highest total. Boise State, with 43 points, is the only other non-autonomy team that received more votes than Navy.

The Mids' three points in the coaches poll are tied with Western Michigan for the 49th-highest total. Boise State (24 points), UNLV (17), Memphis (nine), James Madison (six) and New Mexico (four) are the non-autonomy teams that received more votes than Navy.

Navy finished 11-2 in 2025, tying the school record for victories in a season, and led the nation in rushing with an average of 285.6 yards per game. The Mids won the Commander-In-Chief's Trophy, Lambert Trophy and AutoZone Liberty Bowl.

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PARADE OF FUTURE LEADERS Marines with Mike Company, 3rd Recruit Training Battalion march in formation during a graduation ceremony at Marine Corps Recruit Depot San Diego Aug. 21, 2026. This ceremony marked the end of a 13-week transformation that included training in drill, marksmanship, basic combat skills, and Marine Corps customs and traditions. U.S. Marine Corps photo by Lance Cpl. Rihanna Bryant



AND THE BAND PLAYED ON Musician Third Class Jesus Espinoza, trumpet, and Musician First Class Sam Detweiler, saxophone, perform with Navy Band Southwest's 32nd Street Brass Band at Spreckels Park as part of the Coronado Promenade Summer Concert Series in Coronado on Aug. 23, 2026. U.S. Navy photo by Petty Officer 3rd Class Malaysia Billman



TWENTYNINE PALMS (Aug. 24, 2026) A home here shows extensive damage, following an explosion and fire. Navy hospital corpsmen and Marines responded to the incident, helping rescue two injured residents, evacuate neighboring homes and provide medical assistance until civilian emergency responders arrived. U.S. Navy photo by Christopher Jones

DCMA celebrates teams with more than 250 years of functional excellence

by Luis Delgadillo
 Defense Contract Management Agency
 SAN DIEGO - As the United States celebrates its semiquincentennial and honors more than 250 years of military heritage, the necessity of a resilient and reliable defense industrial base has never been clearer.

Today's team of 12 multi-functional experts have a combined 260 years of professional experience and represent Defense Contract Management Agency Southern California's San Diego office:

- Nazairus Lao, industrial specialist with 37 years combined military and civilian professional experience
- Errol Basa, program team supervisor with 37 years combined military and civilian professional experience
- Ruel Aguilar, industrial specialist with 36 years combined military and civilian professional experience

•Teodorico Claudio, industrial specialist with 36 years combined military and civilian professional experience

•Marcos Salazar, industrial property management specialist with 23 years civilian professional experience

•Claudia Leano, property administrator with 23 years of combined military and civilian professional experience

•Benjamin Chime, administrative contracting officer with 21 years of combined military and civilian professional experience

•Patrick Kesler, industrial property clearance specialist with 18 years of combined military and civilian professional experience

•Andrew McFarland, lead industrial specialist with 17 years



Shown here is the team of 12 Defense Contract Management Agency multi-functional experts who have a combined 260 years of professional experience and play key roles in increasing the resiliency of the defense industrial base. DCMA photo by Debbie Watts

combined military and civilian professional experience

•Rachel Lieder, contract administrator with 8 years of DCMA civilian professional experience

•Alexander Douglass, engineer with 2 years of DCMA civilian professional experience

Megna relinquishes command to Conatser at MSRON-5

by Lt. Erin Wiley, Maritime Expeditionary Security Group One
 SAN DIEGO – Maritime Expeditionary Security Squadron (MSRON) 5 held a change-of-command ceremony at NAS North Island, August 21.

Cmdr. Brian Conatser relieved Cmdr. Frank Megna as commanding officer in the presence of family, friends and MSRON-5 Sailors at the unit's headquarters.

Megna greatly increased mission readiness and effectiveness since taking command in August 2025. He led the newly formed squadron through inaugural training and evaluation, conducting multiple underway training evolutions and advanced weapons training events. He simultaneously contributed to the Navy Reserve enterprise, standing up the first Navy Reserve Activity within Maritime Expeditionary Security Group (MESG) 1.

"I'm incredibly grateful to have been a part of a team like MSRON-5," said Megna. "I've watched us grow from our establishment in 2024 to a fully capable operational unit ready for any mission. The drive, determination and can-do spirit of this team are truly awe-inspiring."

Megna will continue to serve on the Commander, Naval Surface Forces Pacific staff.

Conatser takes command following a successful tour as MSRON-5 XO. "I'm honored to assume command of MSRON-5 and incredibly proud to lead this team," said Conatser, incoming commanding officer, MSRON-5.

office covers all of San Diego County and Baja California, Mexico, facilities. The workload ranges from small facilities to prime Acquisition Category I programs such as the Electromagnetic Aircraft Launch System and Advanced Arresting Gear used to launch and catch aircraft on the Navy's Ford-class aircraft carriers.

In related news from DCMA St. Augustine, Fla., the agency's Aircraft Integrated Maintenance Operations St. Augustine team supported the delivery of the 1,000th modified F/A-18 Super Hornet from the contractor's facility at Cecil Airport here recently.

The 1,000th aircraft delivery highlights decades of continuous agency F/A-18 Super Hornet support, ensuring warfighters are equipped with reliable, high-performance multi-role attack and fighter aircraft.

"Partnering closely with Boeing, DCMA shares a commitment to the quality and integrity of the F/A-18 aircraft," said Quinton Gill, a DCMA AIMO quality assurance specialist assigned to the St. Augustine contracting office.

Gill said the close collaboration with defense contractors has meant carrier based electronic aircraft like the F/A-18 Growlers and multi-role fighters like the legacy and Super F/A-18 Hornets have received their much-needed upgrades and modifications.

"When inducted at the contractor facility, aircraft undergo a variety of maintenance actions including mandatory safety checks, high-flight-hour inspections, overhauls to prolong service life, avionics upgrades, and structural modifications," Gill said.

The F/A-18 fleet has remained a vital Navy warfighting asset requiring depot-level maintenance to sustain global mission readiness.

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This review has been in the works since CES (the Consumer Electronics Show) back in January, where I first learned about the Stihl GTA 30 battery-powered pruner. Prior to today, I had never used a chainsaw, so after I received my review sample, I canvassed my neighbors to see if one of them had some branches that needed trimming. I found one who agreed to be my photograph model.

My neighbor was doing a lot of travelling and we never could find a time when we were both available to do this. Finally, I decided that I was going to have to test this myself, at my home.

Since I know very little about chainsaws, I read the manual first. Near the beginning, it states: “Because a garden pruner is a high-speed, fast-cutting power tool, special safety precautions must be observed to reduce the risk of personal injury. Read this instruction manual thoroughly before use and periodically thereafter. Follow all safety precautions. Careless or improper use of the garden pruner can cause serious or fatal injury.”

Following that were nearly 14 full pages, in small type, of various WARNINGS (in all caps). Furthermore, the warnings continued on into the instructions for using this garden trimmer.

Review of the Stihl GTA 30 battery-powered handheld pruner

Whoa! This was not going to be like my usual product reviews of consumer electronics. If I was not careful with this product, I could kill myself!

Stihl tells us that “the STIHL GTA 30 is a battery-powered handheld pruner built for performance-oriented homeowners and DIY enthusiasts who want more from their tools. Featuring a 6” guide bar and STIHL’s semi-automatic chain tensioning system, it cuts branches up to 6 inches in diameter with smooth, low-vibration precision. Its ergonomic, tool-free design includes intuitive controls, a fold-out handle, and glove-friendly operation – ideal for pruning, woodworking, and firewood preparation. With up to 180 cuts per charge and a lightweight, balanced build, the GTA 30 delivers professional grade results with the comfort and convenience expected from STIHL.”

For those of you who are familiar with the Stihl GTA 26, the GTA 30 “provides 25% more power (400 W of power) and more than doubles the number of cuts of the GTA 26 (up to 180 cuts per battery charge), delivering reliable performance for demanding garden and DIY tasks.”

“IPX4 Rating ensures the tool is designed and tested to withstand splash water, offering reliable protection in wet conditions.”

Even while wearing heavy gloves I was able to easily manipulate the trigger switch and trigger switch lockout — which

“ prevents accidental activation by requiring the switch to be fully depressed before operation.” “ The variable speed trigger offers adjustable power control for efficient trimming across different conditions.” The Stihl GTA 30 is truly easy to operate.

The Stihl GTA 30 set comes complete with two batteries, a two-battery charger, oil and a study, hard carrying case. A GTA 30 Holster is available.

The good news is that, since I read the warnings, took them seriously and carefully followed the well written and illustrated instructions — including wearing heavy gloves and safety glasses, and removing the batteries except when I was about to use the Stihl GTA 30, I did not kill myself. I cut my nasty old 2x4 just about as easily as I would slice a loaf of bread with a sharp knife, and I did not suffer so much as a scratch.

For more information about the Stihl GTA 30 battery-powered handheld pruner, visit: <https://www.stihlusa.com/en/p/secateurs-shears-saws-pruners-gta-30-battery-garden-pruner-1027652>.

To explore a wide variety of content dating back to 2002, with the most photos and the latest text, visit “AutoMatters & More” at <https://automatters.net>. Search by title or topic in the Search Bar in the middle of the Home Page or click on the blue ‘years’ boxes and browse. Copyright © 2026 by Jan Wagner – AutoMatters & More #942

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

The only good thing our daughter’s first boyfriend Freddie ever did was introduce our family to Old Spice Fuji deodorant. He was a real self-centered, French-speaking, elitist Québécois, Harvard-hockey-playing schmuck who dumped our daughter right after going on our family vacation. But his deodorant choice was spot on, and I’ve been using it every since.

That said, the blistering recent weather has rendered most of my perspiration-minimizing products completely useless. This summer, with the excruciating combination of record high temperatures, stifling humidity, and raging menopause, I’ve emitted gallons of sweat from my overworked glands.

If involuntarily oozing salty fluids 24/7 weren’t unpleasant enough, our old house’s only source of cool air comes from a few rattling window air conditioners and a stand-alone model that leaks water all over our dining room floor.

Each morning, I rise with the dewy-eyed aspiration that I’ll maintain my personal hygiene standards throughout my busy day. I ask the device on my dresser, “Alexa, what’s the weather today?” and brace myself for her answer.

She responds with her new “native conversational AI” speak, “Well, Lisa, it’s a another sunny day in Jamestown, Rhode Island, with a current temperature of 73, but it will feel like 80. The high

Forecast: Sweaty with scattered hot flashes

today will be 85.”

similar to Nacho Cheese Doritos.

All hope of feeling minimally attractive is lost.

An endless cycle of sweating profusely, drying out, and lathering again is repeated multiple times until I peel my sticky garments off at the end of the day and burn them.

Meteorologists are saying that this month is on track to become the hottest August on record due to four scientific phenomena: The strongest El Niño cycles ever tracked causing a global heat “blanket” in the Earth’s atmosphere; all-time high ocean temperatures that don’t allow landmasses to cool down; stagnant high-pressure systems that trap hot air over vast regions; and flash-droughts that have depleted the soil of moisture in Europe and the Americas.

Hold up. Those dweeby meteorologists forgot the fifth unstoppable phenomenon contributing to the record-breaking heat this month—my hot flashes. My hypothalamus may be tiny, but she’s powerful enough to crank my internal thermostat up to “surface of the sun” levels, while mobilizing an army of 4 million sweat glands to release a deluge of saltwater from my internal floodgates.

At this point in life, I’m powerless to fight her. All I can do is slather on Old Spice Fuji and hope my rattling window air conditioners hold out before I spontaneously combust. I’m even thinking of forgiving Freddie for dumping our daughter, because that schmuck gave me the only weapon that has a fighting chance against global warming... and menopause.

Veterans News

Medal of Honor Spotlight: Army Air Forces Maj. Ralph Cheli

by David Vergun
Pentagon News

.....
Army Air Forces Maj. Ralph Cheli, a bomber pilot, was posthumously presented with the Medal of Honor for conspicuous gallantry during World War II.
.....

Cheli was born to Robert Alfred Cheli, an Italian immigrant, and Julia Cheli, Oct. 29, 1919, in San Francisco. He was an only child.

He dropped out of Lehigh University in Bethlehem, Penn., to enlist as a flying cadet in the Army Air Corps in early 1940. He trained at Randolph Field and Kelly Field, both in Texas. He was commissioned as a second lieutenant in November 1940.

He married Geraldine Reilly, and they had a son, Ralph Cheli Jr.

Following his tour at Kelly Field, he flew B-17 Flying Fortress bombers for the 21st Reconnaissance Squadron at

MacDill Field, Fla. He then attended chemical warfare school at Edgewood Arsenal, Md.

Following his promotion to first lieutenant in February 1942, Cheli joined the 43rd Bombardment Squadron and flew B-17s on reconnaissance and antisubmarine patrols in the Caribbean.

In June 1942, he joined the 405th Bombardment Squadron at Barksdale Field, La. In August 1942, he flew from Hamilton Field, Calif., to Bredan Aerodrome in Queensland, Australia, in a B-25 Mitchell bomber and in October 1942, he flew to Durand Airfield in Port Moresby, Papua New Guinea, where he took command of the 405th Bombardment Squadron, 38th Bombardment Group, 5th Air Force.

He was promoted to major in February 1943, making him one of the youngest commanders in the Army Air Forces.



Army Air Forces Maj. Ralph Cheli poses for a photo during World War II. U.S. Army photo

Cheli led 39 combat missions during the Battle of the Bismarck Sea in March 1943, attacking Japanese shipping. These missions earned him the Distinguished Flying Cross and the Air Medal.

On Aug. 18, 1943, while he was flying a B-25D-1 Mitchell bomber near Wewak, Papua New Guinea, and leading the 405th in an attack of the heavily defended Dagua Airfield, he was

intercepted by enemy aircraft. They centered their fire on his plane, causing it to burst into flames while still 2 miles from the objective.

His speed would have enabled him to gain the necessary altitude to parachute to safety, but this action would have left his formation disorganized and exposed to the enemy.

Although a crash was inevitable, he courageously elected to continue leading the attack in his blazing plane, an action that led to him posthumously receiving the Medal of Honor.

From a minimum altitude, the squadron made a devastating bombing and strafing attack on the target. With the mission completed, Cheli instructed his wingman to lead the formation and then crashed his bomber into the sea.

After impact, Cheli and the surviving crew members were captured by the Japanese and

held at Rabaul, a town on the island of New Britain in Papua New Guinea, and later at Tunnel Hill Prisoner of War Camp. Records indicate he was treated harshly and beaten for refusing to provide any information beyond his name, rank, service number and birth date.

Cheli and other POWs were executed in the Tunnel Hill Massacre, March 6, 1944, and buried in a mass grave. The Japanese falsely claimed the POW deaths were caused by Allied bombings. After the war, investigators found mass graves using confessions of those who had committed the war crimes.

His probable remains and those of other executed POWs were transferred to the Jefferson Barracks National Cemetery in St. Louis, and buried together, March 21, 1950. Beneath the group grave marker at the burial site is a dedicated marker commemorating Cheli with a gold inlay of the Medal of Honor and an inscription

with his name, rank and date of death.

“I wish he had gone down with the plane, unfortunately,” said his great niece, Janet Bizjak, in a 2020 interview with The Morning Call newspaper in Allentown, Penn.

His widow was presented the Medal of Honor by President Franklin D. Roosevelt, Oct. 28, 1943. Cheli was also posthumously awarded the Distinguished Flying Cross, Air Medal, Purple Heart and Prisoner of War Medal.

Cheli Air Force Station in Los Angeles was named for him in 1947, and was closed in 1961. Also, the Cheli School Age Care on Misawa Air Base, Japan, bears his name.

In 1968, a painting of him was unveiled in a ceremony and hung in Grace Hall at Lehigh University. The chapter of the Arnold Air Society at Lehigh was named in his honor.

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3BR/2BA, Full Blown Remodel
Stunning Glass Sunroom, Deck

569 Delaware St., \$1.075M
5BR/3BA, Built in 2018, 2061sqft
Rooftop Deck: Ocean & Bay Views

634 8th St. #8 - \$520K
3BR/2BA 2 Car Garage
Beautifully Remodeled

270 Dahlia Ave #5
Listed at \$650K (Appraised at \$650K)
3BR/2BA Rooftop Deck Ocean View

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MOVIES AT THE BASES

**Movie schedules subject
to change. PLEASE CHECK
THE WEB SITE DAY-OF**

MCAS MIRAMAR

<https://miramar.usmc-mccs.org/dining-entertainment/movies>

MCB CAMP PENDLETON

<https://pendleton.usmc-mccs.org/dining-entertainment/theater>

NAS NORTH ISLAND

<https://coronado.navylifsw.com/programs/>
select recreation from top tab
and drop down to movies

NAS NI Lowry Theater Policy

- Outside food and beverage are NOT permitted: Sales from the snack bar support the movie program.
- These Theaters are cashless facilities. Debit and credit cards accepted only.

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<https://sandiego.navylifsw.com/>

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Sunday and invite you to en-
joy a refreshed space made
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community and great mov-
ies. Bring your family, friends
or shipmates and settle in for
a relaxing time in front of the
big screen.



CROSSWORD PUZZLE

Across

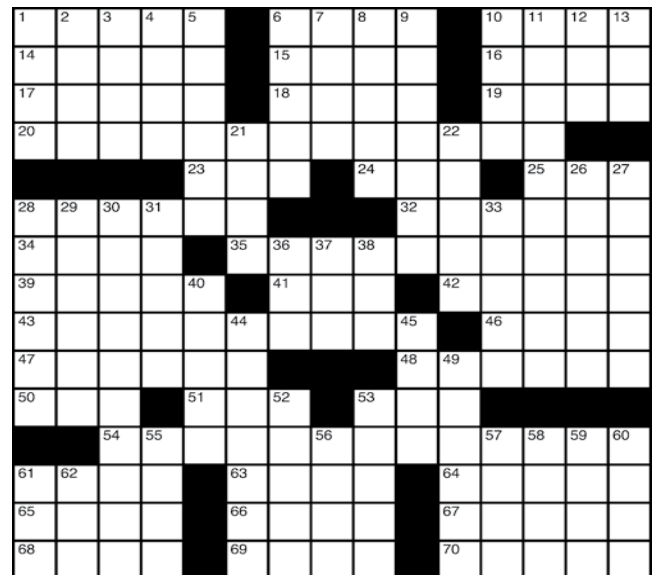
1 What a regular often orders,
with "the"
6 First of a cereal box trio
10 Box score number
14 See 5-Down
15 Dorothy's dog
16 Distinctive vibe
17 Sauce with basil
18 Like many cars sold online
19 "Jurassic Park" predator
20 Youngster, metaphorically
23 Antlered Yellowstone beast
24 Lao Tzu's "way"
25 ___ City: computer game
28 Stick a stake in, as a
vampire
32 Dry-eyes solution
34 Manual filing target?
35 Toddler's monster
deterrent
39 Brings on board
41 Luau neckwear
42 He played Grant on "Lou
Grant"
43 Morning awakener
46 Poi source
47 One of four in five
48 Theater walkways
50 Before, in poems
51 "___ MisZrables"

53 Hesitant utterances
54 Behind-the-scenes
money source ... and a hint
to the start of 20-, 35- and
43-Across
61 Elton or Lennon
63 Boxer's foursome
64 Garlicky mayo
65 CNN anchor Burnett
66 Great Lake with the short-
est name
67 King of rock 'n' roll
68 Spinning toys
69 Apt word found in "ac-
cident"
70 Tenant's contract

Down

1 Officials calling strikes
2 Trickle
3 Cold War initials
4 Italian wine region
5 With 14-Across, soccer's
GOAT, to many
6 Experiencing writer's
block, say
7 Light snack
8 Bit the dust
9 Online talk show
10 Fill until full
11 Car's blinker

12 "Roses ___ red ..."
13 Collectors' item?
21 Secluded valley
22 Eucalyptus eater
26 Response from the next
room
27 Urban transit systems
28 Take a breath
29 "The Naked and the Dead"
author Norman
30 Hook's vessel
31 Wide awake
33 Grocery shoppers' aids
36 Sick
37 Cable TV's Nat ___ Wild
38 Hyphenated fruit drink
brand
40 Incense-sensing sense
44 Scared, with "out"
45 Hindu god of desire
49 Tel Aviv's land
52 Drum type
53 Underdog's victory
55 Roadside lodgings
56 Mary-Kate, to Ashley
57 Mah-jongg piece
58 PBS science series
59 Yale students
60 Heed a bailiff's order
61 Hot tub feature
62 Spanish gold



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• Taco Tuesday-2nd Tuesday 4-6:30pm \$10
• Fish/Shrimp Fry-3rd Friday 4:30-7pm \$15-
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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. <http://www.veteranmuseum.org/>
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
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 for children 3 & under and Active Duty military including reservists (w/valid ID). Adult \$39 (ages 13+). Youth \$26 (ages 4-12). Veterans (w/ID) \$26*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 Mondays 10am-2pm

Marine Corps Mechanized Museum Camp Pendleton. Managed under the auspices of Camp Pendleton's Museum Division Office, the collection of over 50 vehicles ranges from World War I to the first Gulf War. It includes Patton tanks, armored wheeled and tracked vehicles, trucks, jeeps and amphibious vehicles. When coming aboard Camp Pendleton, please ensure that you have a valid photo ID for every vehicle occupant along with current registration and proof of insurance. <https://www.themech.org/> 24194 Vandegrift Blvd, Oceanside, CA 92058. (760) 725-5758. Mon-Thur 8am-4pm, Fri 8am-1pm, Closed Saturday & Sunday

THANKS FOR READING THE DISPATCH!

ROY'S SUDOKU

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6	8	4	2	1	8	9	7	9
8	9	7	6	4	1	9	2	8
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Built to move: The benefits of walkable communities

Physical activity is one of the best things you can do for your health, but getting enough of it might not be just about willpower. Your neighborhood can play a bigger role than you might think. The streets, sidewalks, and nearby destinations around you can affect how much you move each day. Researchers are looking at what elements in neighborhoods encourage more activity.

“A person’s surrounding physical and social environment plays a major role in shaping their behaviors,” says Dr. Abby King, a clinical psychologist and professor at Stanford University. She has spent the last decade studying how our surroundings affect how active we are.

Many people want to live healthier lives. But if their neighborhood makes it hard to walk or find healthy food, it can make it tougher to do so every day.

“Our goal is to make the healthy choice an easy choice. An important way to do that is to make our communities more walkable,” King says.

Walkability describes how easy it is to walk or be active in a given area. That depends on things like how streets connect and whether places like cafes, shops, or libraries are close enough to reach on foot, by bike, or by wheelchair.

The biggest factors include city block length, how often streets cross, and whether parks and shops are nearby. But smaller features like sidewalks, benches, lighting, and crosswalks are also important for walkability.

“Multiple studies have shown, adding ‘walkability’ features to an area can have positive effects on people’s activity levels regardless of age, gender, weight, and initial activity levels,” says King.

King and her colleagues’ recent study showed that people who moved to more walkable cities walked about 1,100 more steps each day. Over a week, that adds up to almost an hour of extra activity. More activity means a lower risk of serious conditions like heart disease,

Take steps to get more active

- Park farther away and walk briskly to your destination when running errands.
- Take the stairs whenever possible.
- Make a walking date with a friend or family member.
- Walk your dog a little farther than you normally do.
- Find and use convenient paths near your home or work.
- Walk to nearby shops when possible.
- Find and visit local parks.
- Take a walk on your lunch break, or schedule a walking meeting. Keep your walking shoes nearby.
- If you normally go outside to be active but the weather is bad, head to a local mall or shopping area for a climate-controlled environment.

diabetes, high blood pressure, and depression.

But moving to a more walkable city is not an option for most people. That is why King and her team have created tools to help everyday residents make changes in their neighborhoods. They created a program called “Our Voice.”

This is a research initiative that captures walkability using a simple app. Local residents

record what helps or hurts walkability in their area. The residents can share what they find with local leaders. Then they can partner with them to make real changes in their neighborhoods. The program has been used in over 30 U.S. states and more than 30 countries across six continents.

Making a neighborhood more walkable does not always mean big, costly projects. Simple upgrades like crosswalks, better lighting, and green spaces can help. If your neighborhood

needs work, local community groups are a great place to start. Programs like Our Voice

show that people can make real change happen when they work together.



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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.

Ready to apply to be a USO volunteer?

Visit www.volunteers.uso.org.

- On the right side see “Interested in volunteering?”
- Click red “Register Here” button
- Navigate to your area
- Finally, select the USO San Diego center nearest to you!

Positions may be available around San Diego county at:

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



Skin cancer genes may raise risk for other cancers

Melanoma is the deadliest form of skin cancer. A recent study found that some people diagnosed with melanoma were more likely to have mutations (or changes) in certain genes. The changes they found were also linked to a higher risk for other types of cancer.

An NIH-funded research team looked at data from two large studies. One took place in the U.S. and the other in the United Kingdom. Both studies included healthy people and those with melanoma. The team analyzed

the health records of nearly 700,000 people.

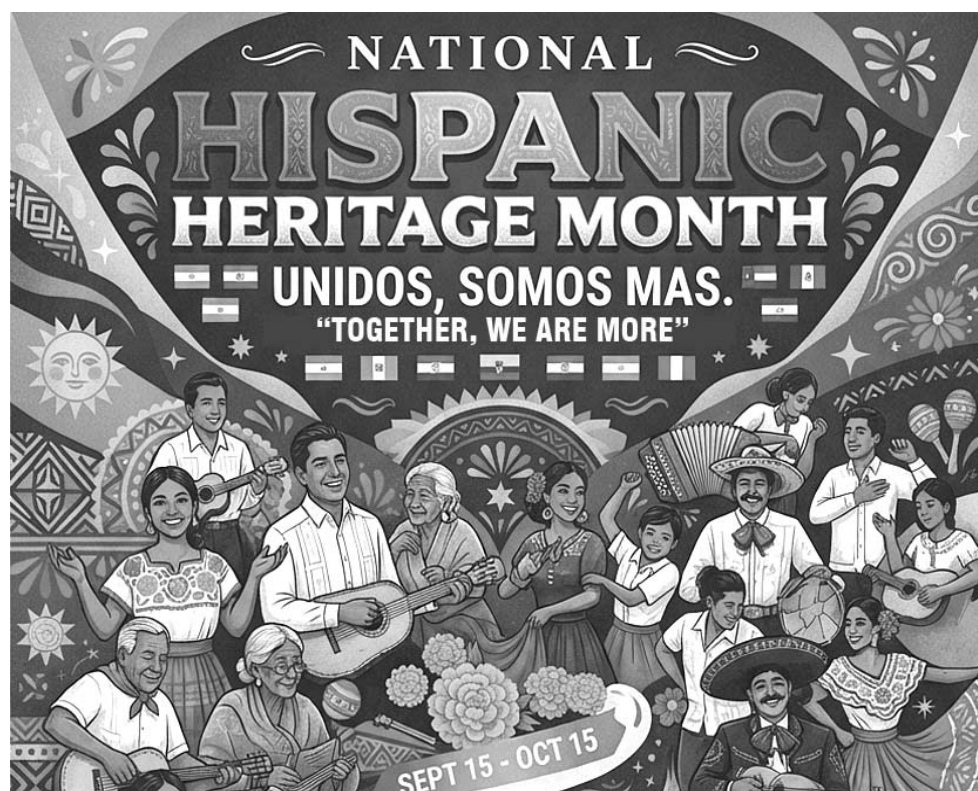
The researchers focused on eight genes known to increase the risk of melanoma. Mutations in these genes weren’t common in healthy participants. They appeared more often in those with melanoma. People younger than age 40 with a single melanoma were more likely to have one of the gene mutations. So were those with multiple melanomas.

The team found some genes were also linked to other types of

cancer. People with certain gene changes showed an increased risk for prostate cancer, breast cancer, or myeloma.

“If someone with melanoma has one of these mutations, other tissues may face an elevated cancer risk,” says NIH’s Dr. Michael Sargen, who led the study.

More research is needed to verify that gene changes are linked to other types of cancer. If they are, gene testing may help some patients and their family members better understand their risk for other cancers.



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Join us at Marine Corps Air Station Miramar for three action-packed days of high-flying excitement, patriotism, and fun for the whole family. Open to the public Friday through Sunday, the Miramar Air Show is where friends and families come together to create unforgettable memories while honoring America’s proud legacy and the future of flight.

ID Requirement: All attendees ages 18 and older must present a valid form of government-issued identification for entry to the Air Show. Entry will not be permitted without proper ID.

For non-U.S. citizens planning to attend, please ensure you possess valid documentation demonstrating your current legal status in the United States.

Looking for details on entry requirements or other event info? Visit our FAQ Page for answers to the most frequently asked questions, or to learn about what is permitted at the air show: Permitted/Prohibited Items List.

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