

ARMED FORCES DISPATCH



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MARITIME INTERDICTION A Marine Corps UH-1Y Venom helicopter flies over a vessel of interest being destroyed — after being boarded and cleared — during a maritime interdiction operation in the U.S. Southern Command area of responsibility in the Pacific Ocean, Sept. 5, 2026. U.S. military forces are supporting Joint Task Force Western Hemisphere to disrupt illicit drug trafficking, deter malign actors and protect the homeland. U.S. Marine Corps photo

DOW announces Navy's first advanced nuclear microreactor deployment

by War.gov

The Department of War announced the planned installation of the State of Indiana's first advanced nuclear Micro Modular Reactor (MMR) at Naval Weapons Station (NWS) Crane no later than September 2028. This action implements President Donald J. Trump's Executive Orders, Deploying Advanced Nuclear Reactor Technologies for National Security and Reinvigorating the Nuclear Industrial Base, which advances a clear mandate to restore American nuclear leadership globally, remove barriers to innovation, and rebuild the domestic nuclear workforce.

The overall project is being executed jointly by the Army's Janus Program, the Office of the Assistant Secretary of the Navy for Energy, Installations and Environment, the Office of the Under Secretary of War for Research and Engineering (OUSW(R&E)), and the State of Indiana. Together, these partners will secure continuous power for one of the Nation's most important defense technology and weapons installations, create highly skilled American jobs, strengthen the American nuclear supply chain, and rebuild the industrial capacity required for national defense.

The commercially owned and operated MMR at NWS Crane, one of the United States' premier warfighting innovation and capability development hubs, marks the first step in a larger, unified Department-wide effort to deploy safe and secure nuclear power for national security. The MMR installation will provide reliable, around-the-clock power independent of the commercial electric grid, capable of sustaining critical operations under the most demanding conditions. As the first power-producing reactor installed in Indiana, this project expands the United States' power generation capacity and modernizes the energy infrastructure needed to serve local communities and advance missions critical to national security.

The MMR installation is being executed through the Army's Janus Program, in coordination with the Department of the Navy, the Department of War Innovation Unit, and the Office of the Assistant Secretary of War for Critical Technologies (OASW(CT)). This cross-service effort brings together the Army's role as the Department's executive agent for installation nuclear energy, the Navy's operational mission at NWS Crane, DIU's access to commercial innovation, and the Department's critical technology enterprise.

MODERN-DAY CALENDER GIRLS HONOR VETERANS

by Scott Sutherland
Staff writer

Ida Lupino was one of many World War II pin-up models who boosted the moral of American troops with positive and encouraging entertainment. More than

just a pinup girl, Lupino served as a lieutenant in the Women's Ambulance and Defense Corps during WW II.

Her spirit remains today as former female servicemembers

model for calendars in vintage attire as part of the 'Pin-Ups for Vets' calendar project.

Now in its 21st year, the 2027 calendar features 13 female veterans posing as pin-ups. Gina Elise, founder of the organization, is featured alongside the veteran models, including:

-Lindsey Schmidt: A 9-year Army vet and former Arabic linguist who accompanied Green Berets on missions in Iraq;

-Amanda Wood: An 8-year Army veteran deployed to Iraq at age 22;

-Santa Barbara Mediavilla: A 21-year Army veteran who served as an Apache helicopter pilot, mechanic, and chief warrant officer, and;

-Amy Jeanes: A West Point graduate and 5-year Army veteran captain.

Women from the Air Force, Navy, and other branches are

also featured.

"Proceeds from the calendar support hospitalized veterans and healthcare programs through volunteer visits and donations," said Elise.

The calendar project came to be in 2006 when Elise saw news reports about under-funded veteran's healthcare programs.

"Then, there were stories about older veterans who lay in bed day after day, never receiving any visitors," she said. "Reports started surfacing on TV about the severe injuries sustained by our troops fighting in Iraq."

"The more I heard about uphill battles of our wounded warriors, the more I was con-

see **Pin-Ups, page 4**



Gina Elise (left) and a pin-up model with a veteran on one of their visits. Courtesy photo

Pentagon codifies fitness standards across branches

The *Military Times* reported Sept. 9 that the Pentagon has codified sweeping changes to military fitness requirements, some of which Defense Secretary Pete Hegseth ordered last fall. The new regulations, published Aug. 31, spell out testing timelines, standards for troops in combat arms specialties, guidelines for pregnancy and postpartum fitness and establish tracking mechanisms for testing results across the services. Refer to <https://www.militarytimes.com/news/your-military/2026/09/09/pentagon-codifies-fitness-standards-across-branches/>.

NASCAR to return to Coronado during 2027 season

NASCAR will return to San Diego to race at historic Naval Base Coronado next season, the sanctioning body announced in late August, shedding light on a long-term plan for future events at military installations on a rotation basis in 2028 and beyond. The West Coast trip — slated for Aug. 1 on TNT Sports and the cornerstone event of NASCAR San Diego Weekend presented by Anduril — marks the second consecutive season the NASCAR Cup Series will race on the active military base, and the fifth time a street course is on the schedule in the modern era. The NASCAR O'Reilly Auto Parts Series will also join, with the preliminary event planned for July 31 on The CW and the ESPN App.

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Top 5

- U.S. military must focus on 'right mix' of weapons amid stockpile concerns: Official
- U.S., South Korean officials to broach thorny Hor-muz mission at talks this week
- U.S. watchdog tallies Iran war's hit to weapons stockpiles, military bases and more
- New testosterone guidelines temporarily rescind-ed, Pentagon says
- Organizers break ground on education center at Pentagon 9/11 memorial
- Your Military**
- Sailors, Marines deploy long-range missile sys-tems to Norway for drills
- Preparing for war, U.S. and allied chaplains train across faiths and under fire
- Top Air and Space Force leaders will gather amid unresolved Iran war, budget uncertainty
- Army**
- Army family to receive \$11 million settlement for daughter's brain injury suffered during birth
- Navy**
- Navy families evacuated from Bahrain are still try-ing to retrieve their belongings
- Navy must 'start killing manned programs,' de-fense official says
- Navy installing advanced nuclear microreactor at Indiana command
- Veterans**
- VA to award more than \$1 billion in grants to fight veteran homelessness

DOW hosts 2nd interagency summit to strengthen counter-drone defense

by Lt. Col. Adam Scher
Joint Interagency Task Force 401
Joint Interagency Task Force 401 hosted its second interagency summit last month to accelerate cooperation against rapidly evolving drone threats.

The gathering brought together more than 200 leaders and experts from 75 departments and agencies to synchronize efforts to strengthen homeland defense against drones.

The task force is the War Department's premier counter-un-manned aircraft agency. Building on the momentum following the first full year since it was established in August 2025, the summit emphasized growing interagency partnerships that are rapidly delivering counter-UAS capabilities to warfighters, federal partners and local law enforcement.

"Drones have fundamentally changed the operational environment," said Brig. Gen. Matt Ross, JIATF 401 director. "To meet this challenge, we must outpace our adversaries by working together to deliver capabilities quickly. This summit is one way we are synchronizing a whole-of-government effort to secure our borders, defend the national airspace and

protect the American people."

Discussions primarily focused on establishing a unified, cross-domain common operating picture for air traffic in areas critical for national security. Participants also took part in collaborative breakout groups focused on five key areas of counter-UAS integration for homeland defense:

- Major-event and critical-infra-structure preparation;
- Reporting, jurisdiction and information sharing;
- Authorities, policy and leg-islation;
- Capability access and the counter-UAS marketplace;
- Testing, standards and inte-gration.

Former Soldier sentenced to life for crimes against minors while serving abroad

Adam Schlueter, 40, of At-lanta, was recently sentenced to life in prison and lifetime super-vised release for physically and sexually assaulting two minors under the age of 10.

According to evidence pre-sented at trial, Schlueter was sta-tioned in Grafenwöhr, Germany, while a member of the Army from 2009 until 2013. While there, he physically, emotionally, and sexually abused two minor victims. During trial testimony, both minors described being choked and beaten by Schlueter,

The summit allowed par-ticipants to identify challeng-es, share best practices and strengthen coordination across

SecAF announces names of new Collaborative Combat Aircraft

by Secretary of the Air Force
Public Affairs

Secretary of the Air Force Troy Meink announced the of-ficial names of the Air Force's newest Collaborative Combat Aircraft, the FQ-42 Vengeance and FQ-44 Fury, during his key-note address at the Air & Space Forces Association's Air, Space & Cyber Conference, Sept. 14. Revealing popular names

agencies, while also highlight-ing innovations in the counter-UAS marketplace pioneered by JIATF 401.

was a natural next step for the CCA program as the Air Force modernizes the nation's aerial combat fleet. The Air Force intends to purchase about 1,000 combat-ready, semi-autonomous systems that will extend reach, awareness and survivability of American airpower in contested environments. Meink confirmed that the service would have 500 of the aircraft by 2032.

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"Adam Schlueter betrayed the honor and duty that comes with serving in the U.S. military," said Assistant Attorney General A. Tysen Duva of the Department of Justice's Criminal Division. "There is nothing honorable about subjecting the most vulnerable in our community to violence and sexual exploitation. We are grateful for the strength and courage of the survivors in this case who came forward to end this man's reign of terror."

This case was brought as part of Project Safe Childhood, a nationwide initiative to combat the growing epidemic of child sexual exploitation and abuse launched in May 2006 by the Justice Department.

Led by U.S. Attorneys' Of-fices and CEOS, Project Safe Childhood marshals federal, state, and local resources to better locate, apprehend, and prosecute individuals who ex-ploit children via the internet, as well as to identify and rescue victims. For more informa-tion about Project Safe Child-hood, please visit www.justice.gov/psc.

Places of Worship

Bayview Church <i>Attract...Assimilate...Activate</i> Terry W. Brooks, Sr. Pastor 6134 Pastor Timothy J. Winters St., San Diego 92114 • (619) 262-8384 Sunday Worship Services 7:30am, 9:15am, 11:15am Studies In Christian Living (formerly Sunday School) Tues & Thurs online only 6pm (contact Church for sign up). In person Saturday 9am & 10am www.bayviewbc.org info@bayviewbc.org	First Baptist Church of Coronado <i>"Reach Up, Reach Out, Reach Our World"</i> Jim W. Baize, Pastor www.fbcoronado.com Sunday Adult Bible Study 8:45am, Sunday Worship Service 10am Meeting in person and online on YouTube or Facebook FB: First Baptist Church of Coronado email: secretary@fbcoronado.com 445 C Ave., Coronado, CA 92118 (619) 435-6588	Wt. Zion Missionary Baptist Church San Diego <i>"Teamwork Makes the Dream Work"</i> - Nehemiah 4:1-6 Join us for worship services: Sunday School 9:30am, followed by Morning Worship at 11am Rev. Dennis Ray Anderson, D. Min., Pastor 3045 Greely Ave., San Diego, CA 92113 619-233-3296 - office
Bethany Lutheran Church Lutheran Church - Missouri Synod 2051 Sunset Cliffs Blvd., Ocean Beach 92107 (Parking lot off the Alley - North of the building) Worship 11am Sundays Bible Class, Wednesdays 10am (619)222-7291 Office@BethanyLutheranOB.org	Mesa View Baptist Church Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CWO3, USMC (Ret.) <i>Seeking Sinners; Saving Souls, Strengthening Saints</i> Sunday School at 8:45am • Morning Worship at 10am Wednesday Night Bible Study 7pm 13230 Pomerado Rd., Poway • 858-485-6110 • www.mesaview.org	Southwest Baptist Church <i>"To know Christ and to make Him known"</i> Welcome All Retired Military/Chaplain as Pastors Sunday Bible Study: 9:30am Sunday Worship Service: 11am Wednesday Prayer Service: 7pm 2295 Leon Avenue, San Diego, CA 92154 Phone: (619) 423-2477 Email: pastor@swbcsd.org www.swbcsd.org
Christ Community Church <i>"Helping people love God, find community and make a difference"</i> Sunday services at 8:45am and 10:30am Children's ministry for all kids. Life groups for teens and adults. 9535 Kearny Villa Rd. Mira Mesa, 92126. Just off I-15 and Miramar Rd. More Info: www.gotoChrist.com	Military Outreach Ministries Int'l Church <i>"Supporting all families, all people, at all times"</i> Dr. Dennis Eley, Jr, Th.D., MBA Sunday Worship Service 12:30-2:30pm in person Thirsty Thursday Bible Study 7-8pm (on Zoom) Location: Murphy Canyon Chapel, 3200 Santo Road, San Diego, 92124 619-733-0621 • www.militaryoutreachministries.org	St. Luke's Lutheran Church 5150 Wilson Ave., La Mesa, CA 91942 Phone: (619) 463-6633 website: www.st-lukes-la-mesa.org Worship: 9am Pastor: Mark Menacher, PhD. <i>We thank you for your service!</i>

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Marine IG team awarded for superior performance

Lance Cpl. Katherine Fohn, 1st Marine Logistics Group
CAMP PENDLETON - The inspector general team of 1st Marine Logistics Group received the General Shoup Superior Unit Performance Award at the Inspector General of the Marine Corps training symposium in Quantico, Va., in late August.

The award is presented to the inspector general's office that upholds the highest level of efficiency, integrity and mission readiness following an inspection by the Inspector General of the Marine Corps that assessed different functional areas within 1st MLG.

The responsibilities of Marine Corps Lt. Col. Duong Dam, command inspector general, and Thomas Gresser, deputy inspector general, both with 1st MLG, include ensuring command readiness by inspecting functional areas, such as efficiency and readiness programs, welfare programs, operations, safety, institutional integrity and oversight, as well as personnel preservation. Additionally, the inspector general's office ensures that commands within the unit are adhering to orders and regulations.

"We're here to assist the Marines in any way possible to ensure that they're meeting fundamental readiness," said Gresser.

A large part of their work relies on building relationships

with commands and ensuring that they have continuous communication. They serve as an unbiased office where Marines can go to get advice, address issues and ensure that they have the right resources to resolve issues they may be experiencing.

Dam said staying neutral is a key point to having an office where Marines can come in and voice their concerns so that they can point them in the right direction.

To hold a high standard, Gresser said that they largely rely on teamwork, and not only that the teamwork that occurs within their office, but also working alongside commanders with different missions.

Having continuous communication and building trust with each command contributed to the MLG upholding the standards in each functional area.

The award was a recognition of everyone's hard work that happens behind the scenes that typically isn't seen at all command levels, said Gresser.



Thomas Gresser, Deputy Inspector General, and his team of Marines are shown at Camp Pendleton Sept. 8. The 1st MLG command inspector general section received the General Shoup Superior Unit Performance Award, which is given for meeting high standards of performance during an Inspector General of the Marine Corps inspection. At the training symposium where they were presented with the award, units were able to provide their best practices and gain a better understanding about how the IGMC is bringing change to the Marine Corps as an organization. U.S. Marine Corps photo by Lance Cpl. Katherine Fohn

At the training symposium where they were presented with the award, units were able to provide their best practices and gain a better understanding about how the IGMC is bringing change to the Marine Corps as an organization. As for the next inspection, they said that they want to do better.

Although commands are con-

tinuously changing, the inspector general's team goal is to continue maintaining the highest standard of efficiency, integrity and readiness that they have set for 1st MLG.

"I believe in continuous improvement," said Dam. "Marines should leave any place better than he or she found it."

DECONTAMINATION EDUCATION

Sailors participate in hazardous material decontamination training at Naval Medical Center San Diego, Sept. 3, 2026. U.S. Navy photo by Petty Officer 1st Class Marcus L. Stanley

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Additional events planned during Fleet Week San Diego

Pin-Ups

continued from page 1

need for a project that would bring in funds to support all of our hospitalized veterans”

To date, Pin-ups for Vets ambassadors have visited, or revisited, more than 130 vets

at hospitals, veteran's homes and medical clinics across America. Among those are the San Diego VA hospital, Naval Medical Center San Diego and CAL-VET Veterans Home in Chula Vista.



Ida Lupino *pearlharbor*

“The re-creating of a nostalgic pin-up calendar serves three purposes,” said Elisa. “First, they’re sold to raise funds for our hospitalized veterans. Secondly, calendars

would be delivered as gifts to our ill and injured veterans. Lastly, they'll be shipped to deployed troops to help boost morale."

The organization has donated nearly \$140,000 to fund state-of-the-art rehab equip-



Ida Lupino photo courtesy of <https://pearlharborwarbirds.com/vintage-wwii-pinup-poster-girls/>.

ment for VA and military hospitals nationwide.

The World War II pin-ups would be proud that they're legacy is alive.



include ship visits and military equipment displays at Naval Base San Diego on Nov. 7, and at Broadway Pier on Veterans Day, and the weekend of Nov. 13-15.

Military band concert performances by Navy Band Southwest and Marine Band San Diego are also planned at several San Diego locations during this period. These events are all family-friendly and free and open to the public.

The complete list of events can be found at the San Diego Fleet Week website at Fleet Week San

Diego - Military Celebration Events. To learn more about Fleet Week San Diego, visit Fleetweeksandiego.org.

The Chamber of Commerce gave birth to Fleet Week San Diego in 1997 and by 2001 the event had grown into a nonprofit California Public Benefit Corporation. By showcasing the many contributions made by the sea services to the communities of the greater San Diego region, The San Diego Fleet Week Foundation reinforces San Diego's reputation as a patriotic, pro-military community.



RIFLE READY Marines with 1st Marine Division prepare to fire their M27 infantry automatic rifle during a company-level assault as part of Service Level Training Exercise 4-26 at Marine Corps Air-Ground Combat Center Twentynine Palms Sept. 6, 2026. U.S. Marine Corps photo by Lance Cpl. Journey Fisher



SALUTING CANNON Sailors assigned to amphibious assault ship USS *Boxer* fire a 40 mm saluting cannon while deployed in support of maritime security and stability in the Middle East, Aug. 31, 2026. U.S. Navy photo

The Haunted Trail Balboa Park

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SOUTHERN CALIFORNIA
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SCHPA

Department recognizes suicide prevention programs for supporting warfighters

by Robert Hammer
Office of the Assistant Secretary of
War for Health Affairs

The War Department recog-
nized unique and innovative sui-
cide prevention programs during
a ceremony in the Pentagon’s
Hall of Heroes, Sept. 2.

The 11 department and two
Coast Guard programs were
recognized for building part-
nerships, equipping leaders and
peers, connecting people with
resources, and creating environ-
ments in which service members
and families could more readily
seek support.

“It is not just what they did
during the last Suicide Preven-
tion Month,” said Alicia Matte-
son, Defense Suicide Prevention
Office acting director. “They
represent sustained efforts, in-
formed by data, informed by the
needs of their particular commu-
nities that they are serving.”

Keith Bass, assistant secretary
of war for health affairs, praised
each of the honorees before
handing out the awards.

“Today, we honor outstanding
individuals for their efforts. I
was just absolutely in awe of the
creativity and the passion,” Bass



An airman assigned to the 172nd Airlift Wing mar-
shals an aircraft at Karup Air Base, Denmark, June
18. The wing was recognized as one of 13 military
programs for its commitment and innovation in out-
standing suicide prevention efforts to save lives dur-
ing a recognition ceremony at the Pentagon. U.S.
Force photo by Master Sgt. Sarah McClanahan

said. “Thank you on behalf of the
Military Health System.”

Joining Bass and Matteson
during the annual event were
Tim Hoyt, Defense Health Agen-
cy chief mental health officer,
and Coast Guard Rear Adm.
Shane Steiner, Coast Guard
deputy assistant commandant for
workforce and family services.

September may be Suicide
Prevention Month, Hoyt noted,
“but the individuals and com-
mands we recognize today did
not limit their work to a single
month, event or campaign. They

invested in suicide prevention
throughout the year.”

Hoyt added that celebrating
these efforts today conveys to
the force that the department
values a multilayered approach
to suicide prevention, which
includes:

- *Leaders who know and care
for their people.
- *Commands who act before
concerns become a crisis.
- *Programs that make support
easier to access.
- *Teams that strengthen con-
nection and belonging.

The recognized programs
represent a vital part in fostering
that sense of support and connec-
tion in military communities, the
speakers underscored.

Bass said when someone
seeks care in a military hospital
or clinic, “we will wrap our arms
around that individual. We’re
going to take care of them and
we’re going to take care of our
families. We have to continue to
push this awareness. Nobody’s
alone. We do this as a team to
take care of our folks.”

During the ceremony, leaders
emphasized that hope resounded
throughout each team’s efforts to
prevent suicide.

“Hope is a belief that things
will get better. But it’s more
than that,” Matteson said. “It is
also having the agency to make
it so. And sometimes we forget
that piece. The agency to make
it so needs to exist for individu-
als to have hope that things will
get better.”

Each program was recog-
nized for its outstanding pre-
vention efforts and was evalu-
ated by the military services
based on criteria provided by
the Defense Suicide Preven-
tion Office.

A local honoree is **Marine
Corps Headquarters Bat-
talion, 1st Marine Division,
Camp Pendleton**. The battal-
ion normalized seeking mental
health support by hosting more
than 30 interactive events, in-
cluding a resiliency lunch and
learn series. They also provided
incoming Marines with secure
storage training and physical
gun locks.

The honorees are 12th Combat
Aviation Brigade, Katterbach
Army Airfield, Germany; 4th
Training Command, Army Re-
serve, Fort Knox, Kentucky;
Kentucky Army National

Guard; Marine Forces Reserve,
Force Headquarters Group,
New Orleans; Navy Medicine
Readiness and Training Com-
mand, Portsmouth, Va; Air
Force Headquarters, Air Force
District of Washington, Joint
Base Andrews, Washington;
Westover Air Reserve Base,
Massachusetts; 172nd Airlift
Wing, Air National Guard, Al-
len Thompson Airfield, Mis-
sissippi; Buckley Space Force
Base, Colorado; Coast Guard
Base Boston/Leadership Devel-
opment Center, New London,
Connecticut; and Coast Guard
Station Golden Gate, Calif.

Carrier Theodore Roosevelt deployment to utilize
lessons learned from Lincoln, Navy’s top brass say

In a Sept. 9 *Navy Times* report by Riley Ceder, the two top of-
ficers of the Navy released a video assuring Sailors aboard USS
Theodore Roosevelt that their impending deployment would in-
corporate valuable lessons learned from USS *Abraham Lincoln*’s
historic deployment to the Middle East.

Following *Lincoln*’s nearly 10-month deployment that saw 264
days without a port visit, Chief of Naval Operations Adm. Daryl
Caudle and Master Chief Petty Officer of the Navy John Perry-
man said *Roosevelt* will maximize its loadout of food and hygiene
products before setting sail, among other improvements.

“As one carrier returns home, we listen to its Sailors and fami-
lies,” Perryman said in the video. “We capture what works and
what didn’t and we make it better the next time.”

[https://www.navytimes.com/news/your-navy/2026/09/09/
roosevelt-deployment-to-utilize-lessons-learned-from-lincoln-
navys-top-brass-say/](https://www.navytimes.com/news/your-navy/2026/09/09/roosevelt-deployment-to-utilize-lessons-learned-from-lincoln-navys-top-brass-say/)



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California veterans: Help is available if the conflict with Iran brings back difficult memories

CalVet encourages veterans experiencing stress from current events to look out for each other, connect with counseling, and other resources.

SACRAMENTO - As the conflict involving Iran and the

broader Middle East continues to unfold, the California Department of Veterans Affairs (CalVet) wants veterans and their families to know that support is available if current events bring back difficult memories or

emotional stress. For many veterans, the conflict in the Middle East and ongoing news coverage can bring back difficult memories of past deployments, combat experiences, or the loss of fellow service members. These reactions are normal, and support is available.

"News of the conflict can bring back powerful memories of serving. If you're feeling that weight right now, please know you're not alone. If you're feeling overwhelmed, anxious, or having memories of past deployments, we're here for you. Reaching out for support is a sign of strength."

Secretary Lindsey Sin
California Department of
Veterans Affairs

Veterans experiencing emotional distress can connect with trained counselors through the Veterans Crisis Line, which offers free, confidential support 24 hours a day, seven days a week. Veterans do not need to be enrolled in VA health care or benefits to use the service.

Veterans can access help by:

Calling 988 and pressing 1
Texting 838255
Chatting online at VeteransCrisisLine.net

Trained responders can listen, provide support, and connect

callers with additional resources in their community.

Through the California Veterans Health Initiative, a variety of community-based organizations are offering mental health support services for veterans and their families. Providers are located across the state. Learn more at CalVet Veteran Services California Veterans Health Initiative (CVHI).

"As a community-based organization that serves thousands of veterans across the Bay Area each year, we know re-traumatization during conflicts is real. We want veterans to know they do not have to carry resurfaced memories, pain, and effects of PTSD alone. Reaching out to a fellow veteran, a counselor, or veteran-centered services is a powerful step toward healing."

Executive Director Tramecia
Garner, Swords to Plowshares

Other resources

Veterans can contact their local California County Veterans Service Office; they are located across the state. Call 1-844-SERV-VET or visit Find Your VSO - CACVSO to find the nearest Office.

U.S. Department of Veterans Affairs Vet Centers offer counseling, peer support, and assistance navigating benefits and services. Go to Vet Centers

(Readjustment Counseling) Home for more information.

CalVet Local Interagency Network Coordinators (LINCs) can help connect veterans and their families with help in their community. Visit CalVet Veteran Services Regional Outreach to find the LINC in your area.

Let's look out for each other

CalVet encourages veterans and loved ones to check in with one another during these times. With the passing of Californian

U.S. Army Reserve Chief Warrant Officer Three Robert M. Marzan, it's a reminder of the importance of community, supporting each other, and honoring the legacy of those who served.

"Sometimes the most important step is simply talking to someone who understands," said Sin. "Whether it's a fellow veteran, a family member, or a trained counselor, reaching out can make a real difference."

More information about support services for veterans is available at calvet.ca.gov.

CalVet Seeks 2026 Veterans Day Events for Online Calendar

What you need to know: Each year, the California Department of Veterans Affairs (CalVet) publishes a list of Veterans Day events taking place throughout the state for the benefit of those who want to attend and honor veterans. We would like to share yours with California veterans and their loved ones.

SACRAMENTO — To submit your Veterans Day event for consideration on our calendar, please provide the following information to PAO@calvet.ca.gov.

Date of event.
Start and finish times of event.
Event location: name of venue and address.
Is registration required: Yes or No?
Type of event: ceremony, parade, virtual.
Expected number of attendees.
Name of sponsor.
Required contact information: Name, phone number, and email address.

It is also a tradition that CalVet executive leadership participate in Veterans Day events across the State — as a presenter of the Governor's Veterans Day proclamation, as a keynote speaker, or both. If you would like CalVet representation at your event, please email us at PAO@calvet.ca.gov.

If you would like to submit your event information using our online submission form, please visit CalVet Events Calendar at <https://www.calvet.ca.gov/Pages/CalVet-Events.aspx> and click on the "Submit Your Event" button on the top of the page.

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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.

www.miramarairstow.com



by Jan Wagner

Simply named D23 now (Disney fans might remember when it was called D23 EXPO), this three-day event is aptly billed by Disney as “The Ultimate Disney Fan Event.” Held every two years in Anaheim, this is the arguably the best place to go to celebrate all things Disney. Think of it as Disney’s version of San Diego Comic-Con. D23 is now my primary opportunity to experience Disney first-hand since, after many years, I finally made the decision to let my annual pass to the Disneyland Resort expire and not renew it.

D23’s main venue was the Anaheim Convention Center. Presentations were held on several large stages throughout.

Roving groups of musicians entertained from time to time, on the first floor. Exhibit spaces were dedicated to Lucasfilm, Avatar, the Walt Disney Archives, Pixar, The Simpsons, The Bluey Movie, Marvel Studios, Disney+, Hulu, Disney Music, a Ravensburger gaming area, the Disney Cruise Line, Disney Volunteers, Disney Fine Art, The Walt Disney Family Museum, the Disney Theatrical Group, Disney F1, Talent Central and more.

Inside the large IMAGINEERING Horizons exhibit, visitors were given a fascinating look into what goes into making the amazing attractions at Disney theme parks around the world. At Hugo’s Sweets & Fizz,”

D23 2026-The Ultimate Disney Fan Event

we were entertained by an animated alien proprietor and Groggu. Inside was also a large-scale model of Piston Peak, which will be coming to Magic Kingdom at Walt Disney World in Florida. I spent hours in this exhibit space.

One exhibit was a large LEGO scale model, created by fans, of the “Pirates of the Caribbean” ride at Disneyland, complete with flowing water and ride vehicles.

Attendees’ desire to shop were more than satisfied in the D23 Marketplace and Pinstore, Mickey’s of Glendale and the Walt Disney Store. I bought Muppets merchandise! Non-Disney commercial exhibitors included Honda, Chevrolet, Hasbro, Crocs, Heinz, Loungefly, BoxLunch, Citizen and more.

Panels were ongoing throughout, discussing all sorts of interesting topics. I was fascinated by the Hasbro panel, at which we were introduced to an especially animated and responsive Groggu — an adult collectable, which was available for pre-order. When the Hallmark panel concluded, we attendees were surprised with a very special gift: a hardcover book entitled “Hallmark: A Century of Caring.” Inside was a CD containing a Hallmark Hall of Fame film plus commercials.

On Sunday evening we were entertained by Alan Menken in concert. Photos from his life were projected as he played the piano, sang and spoke to us.

D23 used to be held only at the Anaheim Convention Center, but Disney had even bigger things in mind for their showcase event when they moved their spectaculars to the Honda Center, which has a much larger place to accommodate huge crowds for a presentation. Showing a huge crowd also makes for great TV.

On Saturday at the Honda Center, Disney showcased what is new and coming to the Disney Parks all around the world, at a presentation called “Horizons: Disney Experiences Showcase.” The other two presentations at the Honda Center were the “Disney Entertainment Showcase” on Friday and the “Disney Legends Awards Ceremony” on Sunday.

Admission to the Honda Center and the Anaheim Convention Center each require entering a lottery to try to buy tickets. I entered the lottery for tickets to the Anaheim Convention Center but this time I did not try to buy tickets for the presentations held at the Honda Center. At the previous D23 my seat was at the far end of the Honda Center. If it were not for big screen TVs, I would have been way too far away to see anything — and, as I learned last year when I arrived at the Honda Center for the one presentation that I was able to buy a ticket for, cameras with detachable lenses are absolutely not allowed.

So, instead of at least being able to use a camera with a long zoom lens to directly see — and take pictures to show you — what was happening on stage, I was compelled to leave my very expensive camera outside the venue. Also, by taking a bus (or driving) to the Honda Center, you will absolutely miss the opportunity to see and experience some of what is happening at the Anaheim Convention Center.

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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The Meat & Potatoes of Life



by Lisa Smith Molinari

There are two types of people in the world. Those who hear a car horn honk while driving and assume they did something wrong; and those who hear the same honk and believe wholeheartedly that someone else is to blame.

Unfortunately, I belong to the former type, and this trait often affects my daily activities in regrettable ways.

Today, I decided to forgo the comfort of the commissary, my old stand-by, and give our local Aldi another try. I’d taken a yearlong hiatus from Aldi after produce I’d purchased there went bad quickly. But the store was right across the street from my eye exam appointment, so I wandered over.

After a mini-panic attack when I thought I didn’t have a quarter to unlock a cart, I found the right coin and entered the air-conditioned bastion of fluorescent lights and buffed floors. I’d forgotten how adventurous shopping at Aldi could be with its quasi-European foods, strange brands, and eclectic mix of products.

My first experiences with Aldi were when our family was stationed in Germany years ago. I always appreciated the no-frills discount vibe, and the lightening-fast cashiers. Aldi never had baggers to haul everything to my car, but maybe I’d find some German chocolate or interesting cheeses

Passing the quarter....

that would make my excursion worth the hassle.

Halfway through shopping, it occurred to me that aisles had been rearranged, produce seemed fresher, and there were interesting new packaged foods. I happily heaped my cart with Fried Pickle Dip, Herbed Chicken Tortellinis, Cranberry White Cheddar Cheese, Rosemary Raisin Crackers, Marinated Chicken Skewers, Buona Italian Beef, and strange Dutch cookies.

“Commissary baggers be damned!” I thought, skipping toward check out with my adventurous haul. Just before reaching check out, I stopped, my Birkenstocks skidding behind the momentum of my heavy cart. Everything suddenly looked foreign. The old check out lanes had been replaced with six new kiosks. I heard the “beep-beep” of scanners and saw an overhead sign reading “Self-Check Out.”

I’ve never liked self-check out. Inevitably, I do something wrong that causes flashing lights, beeps, and aggressive warnings such as “Remove last item from the bagging area!” “Follow instructions on the keypad!” “Wait for assistance!”

In the end, I leave the store feeling inadequate when I never aspired to be a grocery store cashier in the first place.

Thankfully, one traditional check-out lane remained at my local Aldi, with a cashier I recognized. He had a voice like an audio book narrator, and I made a plan to compliment him for it. I heaved my items on his conveyor belt and he whisked them over the scanner and into a cart. “This is more like

it,” I thought, glad I’d avoided self-check out misery.

Suddenly, a commotion at the self-serve kiosks interrupted my cart-emptying trance. The smooth-voiced cashier began barking instructions to confused customers.

“Press ‘Pay Now.’ Press ‘Pay Now!’ PRESS ‘PAY NOW!’” he yelled. The customers were still stymied, so the cashier kept shouting — “Enter the number! Put it in the bag! Slide your card!” — getting more and more irritated with each command.

While glaring at the poor patrons, he mumbled sarcastically through gritted teeth, “Good job, you read the words on the screen for once.” I abandoned my plan to compliment the cashier, because I was now scared of him.

As if his shouts were car horns honking in traffic, I cowered like I was responsible for making him mad. I fumbled for my debit card. “Sorry, I’m nervous,” I apologized for no reason at all. I grabbed my receipt and full cart and headed straight for the door.

While heaving groceries into my car, I wished I’d had the guts to tell that cashier, “Stop yelling, they’re trying to do YOUR job!” I scanned the parking lot, needing to commune with fellow customers about the injustice of self-check and the tendency some of us have to blame ourselves too much.

More than anything, I wanted to offer my cart to another customer to make us both feel better. Turns out, the best thing I found at Aldi today wasn’t the cheese, it was the feeling of passing along my quarter while taking a pass on blame.

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Reflections: Military medical heroes respond on 9/11

by Andrew Ortuzar,
MHS Communications

At 9:37 a.m. on Sept. 11, 2001, a hijacked airliner struck the western side of the Pentagon. Amid the smoke, fire, and sudden chaos, brave military medical professionals at the DiLorenzo TRICARE Heath Clinic—DiLorenzo TRICARE Heath Clinic, now known as the DiLorenzo Pentagon Health Clinic, rushed straight into the danger zone: One making the arduous journey to the Pentagon, and two military nurses organizing the clinic’s staff and gathering supplies, deploying medical teams, and establishing triage centers and makeshift emergency rooms inside and outside the building. Across the country, a military doctor refused to stand aside when the country was under attack—answering the call to help at ground zero in New York City.

The military medical heroes recalled the moment they realized the planes had hit.

“It was instantaneous,” said retired Army Maj. Lorie A. Brown, chief nurse of the clinic on the day of the attacks, “You saw hundreds of people running, screaming, and then also flowing into the clinic. You just knew what happened.”

Retired Air Force Maj. Bridget Larew, the clinic’s chief of primary care, took charge of medical triage and treatment at the scene.

Larew was “in our lobby, which has glass doors, looking into the hallway of the Pentagon, and we started seeing people coming out of the building,” and within minutes the clinic staff determined a mass-casualty event was emerging.

A clinic turns into an emergency room

Larew and Brown realized their commander, retired Army Col. (Dr.) James Geiling, director of the clinic, may be unable to reach them. “We started sending staff outside to set up a triage area outside of our door.”

As Larew and other providers began treating patients, Brown activated the clinic’s mass-casualty plan. Calls for help came in over the radio from locations throughout the Pentagon, and Brown dispatched teams consisting of a physician, nurse, and two medics, utilizing the clinic as a center of operations.

The clinic’s capabilities were quickly stretched to its limits. “We didn’t have a whole lot of supplies,” Larew said. She emptied the staff’s personal backpacks to create mobile medical kits. “I made an IV backpack, an oxygen backpack, and a bandage backpack. I put these three people together and said, ‘You’re a team.’”

“Because I was a nurse practitioner, I decided to be the provider,” Larew said. She began treating patients as they emerged in the Pentagon’s center courtyard, instructing medics to wheel supply-filled gurneys into position, designating areas for “immediate, nonurgent, and pending death,” she said.

During the first 30 minutes, the



Image of Military medical heroes respond on 9/11. Medical professionals treat injuries outside the Pentagon in Washington, D.C., on the morning of Sept. 11, 2001. Retired Air Force Maj. Bridget Larew and retired Army Maj. Lorie A. Brown, medical personnel with the DiLorenzo Pentagon Health Clinic’s, orchestrated by triage and treatment to save the wounded while retired Army Col. (Dr.) James Geiling raced to the scene. Across the country, U.S. Public Health Service Lt. Cmdr. (Dr.) Susan Lippold volunteered to help at ground zero in New York. These brave military medical heroes reflect on the significance of preparing for a disaster response, and the chaos of that fateful day 25 years later.

expectation of a second plane crash began to permeate the scene while clinic personnel treated patients in the center courtyard and inside the clinic.

“We had to evacuate,” Brown said. “We got the radio call saying, ‘You’ve got to evacuate, evacuate, evacuate.’ So, we told everyone, ‘Grab everything you’ve got, grab your patients, and we’re going. Grab what you can and run.’”

The situation quickly demanded improvisation. Larew and her center courtyard team “loaded up a litter full of supplies. We put IV solutions, oxygen, and everything else onto a gurney and rolled it outside,” and in doing so, established triage sites in areas surrounding the building.

When a senior U.S. Air Force officer requested medical support to re-enter the smoke-filled building, Larew sent those improvised expeditionary teams in with him to search for survivors.

Brown’s team could not access the ambulances operating near the crash site and had only the supplies they carried from the clinic. Some of the patients required hospital care.

“We had patients, some intubated, on that lawn,” Brown said. “We only had so much oxygen.”

With communications limited and no ambulances immediately available, Brown improvised a patient-evacuation plan, saying, from the top of a car, “Whoever’s got a van, an SUV, a truck we’re going to put these patients in and make our way, if not to the nearest hospital, at least to the far side where we know there are ambulances.”

Brown then went back inside the ongoing fires at the Pentagon with several members of her staff to reestablish treatment in the center courtyard and look for additional survivors.

“I said I was going back in,”

Brown recalled. “I’m going back in to see if we can find some more patients.”

Larew was quickly coordinating medevac for those wounded. “I just looked at the crowd and said, ‘Does anybody have a car in this parking lot? Does anybody have their keys to the car?’” she recalled. Staff loaded patients into civilian vehicles, sending them to local hospitals with doctors riding alongside them.

Larew said these moments felt like they were happening in slow motion, she said. “America was under attack. I felt like I was above me looking down, watching me do things: She’s starting the IV, she’s doing this, doing that, checking off in my brain that I was doing the right things.”

“I never thought the war would come to me,” Larew recalled. “But I stood up there and did what I thought I needed to do.”

That same morning, in Albuquerque, New Mexico, U.S. Public Health Service Lt. Cmdr. (Dr.) Susan Lippold was attending Office of Foreign Disaster Assistance training, when the second plane hit the World Trade Center in New York City. “When I exited the elevator, the TV was showing the second tower falling.” She soon learned that her best friend’s husband was at the Pentagon when it was attacked and no one had been able to reach him.

The 1994 graduate of Uniformed Services University immediately knew her military medical education and disaster response training could help. She didn’t think twice: Lippold immediately volunteered to deploy to ground zero in New York.

Preparation and coordination

These military medical personnel had a resource at the ready—combat medical training.

Leading up to Sept. 11, the DiLorenzo clinic operated as a

bustling, tri-service health facility serving roughly 23,000 personnel working daily inside the Pentagon. With a dedicated staff of 200 military and civilian medical professionals, the clinic managed healthcare for the local military population.

“At the time, we took care of 20% of the active duty population in the National Capital Region,” said Geiling. “We took care of DOW folks, and being close to the flagpole, we had the opportunity to help senior leaders.”

To support this high-profile and high-volume demand, the clinic functioned like a multispecialty community health center.

“We had nurse practitioners, general medical officers and board-certified family medicine people,” Geiling recalled. “I had a cardiologist, occupational medicine providers, preventive medicine providers. We had a fitness center with fitness people. We did minor procedures there.”

When Geiling took command of the clinic, he brought an awareness of global operational vulnerabilities. While at the U.S. Army War College U.S. Army War College, prior to taking command of the clinic, he studied the medical responses to global incidences such as the 1995 Oklahoma City bombing and the 1998 U.S. embassy bombing in Kenya.

“There’s a lot of data in disasters,” he said, “How many casualties are there? What do the casualties look like? What do their injuries look like? What’s the response? Who comes? Who’s in charge? Command and control — all those things.”

Knowing emergency response at the Pentagon would depend on coordination with Virginia’s fire and rescue services, Geiling directed the clinic to rehearse emergency scenarios in May 2001.

Clinic staff worked with Arlington

Fire and Emergency Medical Services to develop a tabletop exercise, using an aircraft accident near the Pentagon as the scenario. “That tabletop exercise was really a culmination of months of work,” Brown said. “We learned so much.”

“As a consequence, we got the blue vests,” Geiling said, “those are in all the pictures from that day. The blue vests were to identify who’s a medic and who’s not. The blue vests were there because we worked with Arlington Fire and Emergency Medical Services to get ready.”

The exercise also revealed communications gaps. Brown said radios did not always connect, as parts of the building created dead zones. The team mapped those areas and worked to improve coverage before the attack.

“Knowledge, communication, evacuation, more patients — whatever it was, the radios were critical,” Brown said.

A leader rejoins his team

At the time of the plane’s impact at the Pentagon, Geiling was on assignment in the intensive care unit at Walter Reed National Military Medical Center in Bethesda, Maryland, then called Walter Reed Army Medical Center in Washington, D.C. With limited information, he frantically tried to reach someone on the scene. He had cared for burn casualties arriving to the ICU at Walter Reed Army Medical Center not long after impact. “there were ambulances from everywhere, but the way most people evacuated the scene was in a personal vehicle.”

Geiling jumped into his car and raced toward the site. He encountered countless barricades and gridlocked traffic, anxiously navigating the labyrinth of road closures and police until arriving at the closest point he could — an uncrossable bridge. As the chaotic noise of ambulances and firetrucks echoed off the Pentagon, Geiling was “standing by the Jefferson Memorial looking at the building burning, thinking, ‘I need to be there.’”

Unable to cross the river at the Jefferson Memorial, he returned to his home in Rockville, Maryland, changed into his battle dress uniform, and packed a “go-kit,” knowing he may be gone for days. He finally reached the Pentagon two hours after impact.

Upon arriving, Geiling’s immediate priorities were the safety of his staff and assessing the medical mission. “How are my people doing? Is anybody injured? Is everybody getting taken care of?” he recalled asking.

He was grateful he had recently directed the staff to rehearse the response to a hypothetical aircraft collision into the building: “The good news is we had a great team. They took the ball and ran with it, in part, because we had rehearsed it in the past.”

The clinic successfully integrated

with Arlington Fire and Emergency Medical Services, collaborating on the complicated response situation requiring constant problem-solving.

“We didn’t realize the number of burns. This was a fire,” Geiling said. “And how do you suddenly take a clinic and move all your stuff out to the center courtyard? How do you move oxygen around? They had to get innovative.”

Military preparedness in action

Geiling stressed the importance of training service members to lead when needed. He reflected on his team’s readiness in the face of a large-scale medical emergency. “It’s one thing to be a great leader from the front, but you must instill the confidence, training, preparation, and intestinal fortitude in your team to be able to run with it when you’re not there.”

Brown attributed the team’s actions to an intersection of preparation and a warrior spirit “It was just instinct. I think the training made such a big difference,” she said, “Col. Geiling’s focus — setting me up to hone my mass-casualty skills, go to courses, work with Arlington Fire and Emergency Medical Services, and do the tabletops — made the response instantaneous.”

A long night, and the mission ahead

Geiling said within about 90 minutes of impact, most immediate treatment had been rendered. “There was the isolated person who was rescued from the rubble, but for the most part, within a couple hours people were gone.”

The mission then evolved into support for the first responders on site and recovery efforts. Second and third-order medical issues emerged such as aerosolized asbestos, immunization needs, and smoke inhalation, as well as preparing to resume day-to-day operations. By 2:30 a.m., 16 hours after impact, staff and emergency responders at the Pentagon were exhausted.

“It’s the middle of the night, with search and rescue still ongoing. The building was still burning. It stank. We were all tired. We were all hot and sweaty. Some people were trying to sleep,” Geiling recalled.

He described an eerie silence amidst the hum of generators and flood lights, and he knew the operation would be long-term and difficult. He recalled looking up to see a firefighter attaching something to a piece of equipment and “suddenly this flag goes up, and it was just silent. It was just silent.”

Geiling saw the raising of the American flag as a sign of medical preparedness and perseverance on a day that would live in infamy.

“The sun was coming up, and the flag is right there, fire hoses going,” he said. “We’re still here. Bring it on. We got it.” **Military medical heroes continues on the next page**

Military medical heroes respond

Continued from page 8 Joining the rescue later in New York

When Lippold arrived in New York about 10 days after the attacks, it was eerily quiet.

"I took a plane and I think there were one or two people onboard," she recalled. "Arriving in New York, you could still see the buildings smoking at the World Trade Center — it was apocalyptic."

"There was dust everywhere, still settling, along with burned-out buildings and abandoned cars," she said.

At ground zero, she relieved another volunteer who oriented her to the site and the incoming response teams. Her role was to orient Disaster Medical Assistance Teams, or DMATs, to the site and oversee the medical care provided to first responders.

"I remember we saw about 500 people a day, predominantly rescue workers, across five DMAT teams," she said. "There were a lot of cuts, dehydration, and exhaustion — small traumas, muscle and skin issues. Cuts and exhaustion were the main things."

The teams also watched for more serious mental health concerns among exhausted responders, many of whom had lost colleagues, friends, or family members in the attacks.

"We had some people who were suicidal. We had colleagues tell us, 'They're not doing well,' and we had to intervene. We connected them directly with mental health professionals."

Lippold was also cognizant of her own mental health during this time — on top of the search and rescue efforts and the fear among the responders as they raced against time to find survivors, she was thinking of her best friend's husband who had died on Sept. 11, along with thousands of others.

Lippold knew she needed to utilize her Military Health System mental health team: "Knowing a little bit about PTSD from studying at USU, I demanded counseling when I left. I wanted to talk to someone before I left, so I did."

For Lippold, the response at ground zero in New York reinforced the value of medical professionals arriving with a defined mission, structure, and ability to work within an established chain of command.

"The military has done phenomenal response work," she said. "They are organized. With their know-how and being ready to go — they do it really well."

"It's not every man or woman for themselves," she said. "The military has a mission."



Military medical heroes reflect on the significance of preparing for a disaster response, and the chaos of that fateful day 25 years later.

Video games may help doctors screen for depression

Depression causes long-lasting feelings of sadness and loss of interest. A new study suggests that simple, game-like tests may help doctors identify patients with depression more quickly.

NIH-funded researchers tested two video games as screening tools for depression. The study enrolled healthy people and ones with moderate to severe depression. Participants were asked to

play two video games.

One game was designed to test when a person no longer found playing the game rewarding. It had participants collect apples from trees. Each time they harvested a tree, the tree produced fewer apples. They could choose to stay at the same tree or move to a new one. Those with depression moved on to harvest new trees sooner than those without it. How soon the participants moved on was tightly

linked to the severity of their depression symptoms.

The second game tested how people adjusted their decisions when a situation changed. Participants ranked snack food items based on how much they would pay for them. The snack items were then presented with different combinations to see how participants' rankings changed. Healthy participants changed how they

rated the items depending on what other choices they had. But participants with depression did not.

"Our behavioral game gives us clues to what is happening in the brains of patients with depression," says Dr. Paul Glimcher of New York University, who co-led the study. With more research, these simple tests might help doctors quickly screen for and track depression in the clinic.



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11/1

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ter/trash paid. New windows/blinds/flooring.
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9/1

RENTALS HOUSES

CAMP PENDLETON - Oceanside & San
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ate availability! Leasing to Active-Duty, Re-
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8/1

Advertise in the Dispatch! 619-280-2985

VOLUNTEER OPPORTUNITY

USS Midway Museum is recruiting volun-
teers for docents, air craft restoration, ship
restoration and safety <https://www.midway.org/contact/volunteer-opportunities>

Navy-Marine Corps Relief Society volunteer
opportunities. Receive training, mentorship,
make a difference in the lives of our active duty
service personnel & family members. 619-
767-6800 or visit <https://www.nmcrs.org/get-involved/volunteer>

USO Volunteers are the heart of the USO
— become one today! Join our team and
support local military service members and
their families in your community. <https://www.uso.org/take-action/volunteer>

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270 Dahlia Ave #5 \$650K
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Movie schedules subject
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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.navylifesw.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.
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NBSD 32ND STREET
<https://sandiego.navylifesw.com/>

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ies. Bring your family, friends
or shipmates and settle in for
a relaxing time in front of the
big screen.



Social Security Matters

by Russell Gloor, National Social Security Advisor at the AMAC
Foundation, the non-profit arm of the Association of Mature Ameri-
can Citizens

Am I entitled to more Social Security as a veteran?

Dear Rusty: I served in the U.S. Army from July 1964 to July
1967. Am I eligible for a higher Social Security payment? Thank
you.
Signed: Vietnam Era Army Vet

DearArmy Vet: Please accept my sincere thanks for your military service.
I believe you are referring to the "Special Extra Credit for Military Service"
which has been the subject of many published articles. That refers to a special
Social Security accommodation available only to those who served in the
military during specific periods of time - but it does not add to your monthly
Social Security payment. Rather, it adds to your military earnings record for
the years you served, which may (or may not) result in a higher Social Security
benefit when you later claim Social Security.

Here's how it works in your case:

Serving between 1964 and 1967, if you told Social Security of your military
service when you applied for Social Security benefits (or gave them a copy of
your DD-214), they would have added up to \$1,200 per year to your military
pay record (FYI, those who served after 1966 were automatically given earn-
ings credit for their military service years). However, whether those special
extra credits would affect your monthly Social Security benefit depends on
your lifetime earnings record when you later claimed Social Security.

When you applied for benefits, Social Security reviewed your lifetime
earnings and used the highest earning 35 years of earnings over your lifetime
(adjusted for inflation) to calculate your "Primary Insurance Amount" (or
"PIA," which is what you get if you claim benefits to start at your Social
Security full retirement age). If, after your military service, you had 35 or
more years of earnings which were higher than your earnings while serving
in the military, Social Security would have used your later higher earning
years to calculate your benefit, and your military earnings would not have
had an effect on your Social Security benefit. However, if any of your military
earnings (including the "special extra credits") were among the highest over
your lifetime, then those higher military earnings would be included when
calculating your Social Security benefit.

So, whether you would benefit from these "special extra credits for military
service" depends largely on your earnings history after you were discharged
from active duty. If your military earnings were among the highest earning
years over your lifetime, and you provided SSA with a copy of your DD-214
when you applied for Social Security, then your current SS benefit already
includes consideration of your military service (FYI, Social Security should
have asked about your military service when you applied). If you didn't tell
SS about your military service when you applied for Social Security, or if
you aren't sure, you should contact the SSA at 1.800.772.1213 and ask if you
were given those "special extra credits for military service" for your 1960s
military service years when you applied for Social Security. But if you had at
least 35 years of higher earnings after you left military service, your current
SS benefit is already based on those later higher earning years, and you will
not get any additional /Social Security benefit because of the "special extra
credits" for your military service years.

BUSINESS & SERVICE DIRECTORY

Reach military, veterans &
their families in the Dispatch
(619) 280-2985

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Service to Veterans, Active Duty and their families
• 4th of July Potluck 1-4pm. Bring dish to share
• Taco Tuesday-2nd Tuesday 4-6:30pm \$10
• Fish/Shrimp Fry-3rd Friday 4:30-7pm \$15-
Full Meal + Dessert. Public Welcome!
(619) 281-0137 • Facebook UFW3787
4370 Twain Ave, San Diego, 92120

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Weekdays: 8am-6pm • Weekend: 8am-4pm

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

THANKS FOR READING THE DISPATCH!

★ Celebrating 25 Years Honoring the Men and Women of our Armed Forces ★

2026 Schedule of Events	
Enlisted & Jr. Officers Golf Tournament	Sept 18
Navy Band Concert in Chula Vista	Nov 1
STEM Day at Meet the Fleet at 32nd Street	Nov 6
Enlisted Recognition Luncheon at the San Diego Zoo	Nov 6
Navy and Marine Band Concert at Symphony Hall	Nov 6
Meet the Fleet at 32nd Street	Nov 7
Military & Veterans Concert at Balboa Park	Nov 8
Fleet Week Community Breakfast onboard the USS Midway	Nov 10
Student STEM Days at Broadway Pier	Nov 10,12,13
Fleet Week Innovation Zone at Broadway Pier	Nov 10-15
Fleet Week Family Fun Run and 5K	Nov 11
Veterans & Military Boat Parade	Nov 11
Veterans Day Concert on Broadway Pier	Nov 11
Broadway Pier Open to the Public w/ Military Displays	Nov 11,13-15
SDSU Fleet Week Football Classic	Nov 14
Military Family Day at Broadway Pier	Nov 15
MRE Cooking Contest	Nov 15

Visit us online at: www.fleetweeksandiego.org

Health & Fitness

Enjoy the outdoors, support local farmers at one of the county's farmer's markets

At daily San Diego farmers markets in neighborhoods throughout the county, you can sample fresh-from-the-farm produce from regional farmers and tasty treats from local artisans. For more information about farmers markets around San Diego County, visit the San Diego County Farm Bureau website at <http://www.sdfarmbureau.org/farmers-market/>. *Days and times are subject to change. Check website before you go. Please email us any corrections: editor@navydispatch.com* Subject: Farmers Market Corre

Coronado

Coronado Certified Farmers Market

Tuesday: 2:30pm-6pm
Coronado Ferry Landing, 1201 First St at B Ave, Coronado, CA 92118

Downtown /

Gaslamp Quarter

City Heights Certified Farmers Market

Saturday: 9am-1pm
On Wightman St from Fairmount Ave to 43rd St, San Diego, CA 92105

Gaslamp Artisan Market

Saturday & Sunday: 11am-4pm
Fifth Ave from Island Ave to J St. and Island Ave from Fourth Ave to Fifth Ave, San Diego, CA 92101

Little Italy Mercato Certified Farmers Market

Saturday: 8am-2pm
501 W Date St from Kettner Blvd to Front St, San Diego, CA 92101
Tuna Harbor Dockside Market
Saturday: 8am-1pm
598 Harbor Ln - Fish Harbor Pier (near Tuna Harbor), San Diego, CA 92101

Hillcrest / Uptown

Hillcrest Certified Farmers Market

Sunday: 9am-2pm
3960 Normal St from Lincoln Ave to University Ave, San Diego, CA 92103

North Park Thursday Certified Farmers Market

Thursday: 3pm-7:30pm
2900 North Park Way from 30th St to Granada Ave, San Diego, CA 92104

La Jolla

La Jolla Open Aire Market

Sunday: 9am-1pm
7300 Block of Girard Ave at Genter St, La Jolla, CA 92037

Mission Bay and

Beaches

Ocean Beach Certified Farmers Market

Wednesday: 4pm-8pm
4900 Newport Ave from Cable St to Bacon St, San Diego, CA 92107

Pacific Beach Certified Farmers Market

Saturday: 8am-12pm

4150 Mission Blvd from Reed St to Pacific Beach Blvd, PB, CA 92109

Pacific Beach Tuesday Certified Farmers Market

Tuesday: 2pm-7pm
4500 Bayard St. from Garnet Ave to Hornblend St
San Diego, CA 92109

Mission Valley and

Old Town

Kearny Mesa Certified Farmers Market

Saturday: 10:30am-2:30pm

Service Road from Lightwave Ave to Spectrum Center Blvd, San Diego, CA 92123

South Bay

Chula Vista

- Otay Ranch Certified Farmers Market

Tuesday: 4pm-8pm
2015 Birch Rd. and Eastlake Blvd.
Chula Vista, CA 91915

Imperial Beach Certified Farmers Market

Friday: 2pm-7pm (April - Sept.)
Friday: 2pm-6pm (Oct - March)
Imperial Beach Pier Plaza, 10 Evergreen Ave, Imperial Beach, CA 91932

South Bay Certified Farmers Market

Wednesday: 3-7pm
4475 Bonita Rd. Bonita, CA 91902

East County

Borrego Springs Certified Farmers Market

Friday: 7am-Noon (October - April, closed May - September)
Christmas Circle, 700 Palm Canyon Dr and Borrego Springs Rd
Borrego Springs, CA 92004

La Mesa Village Certified Farmers Market

Friday: 3pm-7pm
La Mesa Blvd from Palm Ave and Allison Ave, La Mesa, CA 91942

Santee Certified Farmers Market

Wednesday: 3pm-7pm (March - October)
Wednesday: 2:30pm-6:30pm (November - February)
9600 Carlton Hills Blvd and Mast Blvd, Santee, CA 92071

Santa Ysabel Certified Farmers Market

Sunday: Noon-4pm
21887 Washington St at Hwy 78 and Hwy 79. Santa Ysabel, CA 92070

North Coastal

Carlsbad State Street Certified Farmers Market

Wednesday: 3pm-7pm (March-Oct)

Wednesday: 3pm-6pm (Nov-Feb)
2900 State St from Carlsbad Village Dr to Grand Ave, Carlsbad, CA 92008

Del Mar Certified Farmers Market

October) Opens 2nd Tues in Feb. Tuesday: 3pm-6pm (Nov-Dec, closed in January)

Saturday: Noon-4pm
Civic Center, 1050 Camino Del Mar, Del Mar, CA 92014

Leucadia Certified Farmers Market

Sunday: 10am-2pm
Paul Ecke Elementary, 185 Union St, Encinitas, CA 92024

Oceanside Certified Farmers Market

Thursday: 9am-1pm
Pier View Way and Coast Hwy 101, Oceanside, CA 92054

Rancho Santa Fe Certified Farmers Market

Sunday: 9:30am-2pm
Del Rayo Village Center. 16079 San Dieguito Rd, Rancho Santa Fe, CA 92091

Solana Beach Certified Farmers Market

Sunday: Noon-4pm
444 South Cedros Ave, Solana Beach, CA 92075

North Inland

Escondido Certified Farmers Market

Tuesday: 2:30-7pm (Oct- May)
Tuesday: 2:30-7pm (June-Sept)
200 East Grand Ave from N Juniper St and S Kalmia St, Escondido, CA 92025

Fallbrook Main Avenue Certified Farmers Market

Saturday: 9:30am-2pm
100 S Main Ave from Hawthorne and Fig, Fallbrook, CA 92028

Mira Mesa Certified Farmers Market

Tuesday: 3pm-7pm (February -

October) Opens 2nd Tues in Feb. Tuesday: 3pm-6pm (Nov-Dec, closed in January)

Mira Mesa High School, 10510 Reagan Rd. San Diego, CA 92126

North San Diego (Sikes Adobe) Certified Farmers Market

Sunday: 10:30am-3:30pm
Sikes Adobe Historic Farmstead, 12655 Sunset Dr, Escondido, CA 92025

Poway Certified Farmers Market

Saturday: 8am-1pm
14134 Midland Rd at Temple St
Poway, CA 92064

Rancho Bernardo Certified Farmers Market & Specialties

Friday: 9am-1pm
Bernardo Winery, 13330 Paseo Del Verano Norte, San Diego, CA 92128

San Marcos Certified Farmers Market

Tuesday: 3pm-7pm
250 North City Dr. (between Campus Dr. and Redel Rd.), San Marcos, CA 92078

Vista Certified Farmers Market

Saturday: 8am-Noon
County Courthouse, 355 South Melrose Dr (south of Hacienda), Vista, CA 92081



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EVENTS:
Google Hispanic Heritage Month
2026 San Diego

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HHM 2026



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