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Suicide Prevention and Awareness Month: DoD committed to taking care of people

The Department of Defense highlights Suicide Prevention and Awareness Month through its campaign, "Joining Your Fight: Connect to Protect."

"Suicide prevention takes a community to create change, to sustain hope, and to convey that we are all in this together," said Dr. Liz Clark, director of the Defense Suicide Prevention Office. "I know the work is not easy, but we must look out for each other and draw strength from each other as we light a path forward. Each death by suicide is one too many, and the Department is deeply committed to ending the scourge of suicide throughout the force."

This year's campaign serves as a call to action to increase connection, safety, and hope across the greater military community. Over the last several years, the Department has taken unprecedented actions towards addressing this critical public health crisis, including the establishment of the Suicide Prevention and Response Independent Review Committee (SPRIRC). The SPRIRC, which was comprised of a panel of outside experts, made over 100 recommendations to the Department to improve its suicide prevention and response programs.

In support of the work done by the SPRIRC, the Department is implementing actions across five lines of efforts (LOEs), including fostering a supportive environment for Service members, improving the delivery of mental health care, addressing stigma and other barriers to care, revising existing suicide training, and promoting a culture of lethal means safety.

"Taking care of our military community is our top priority," said Elizabeth Foster, executive director of the Office of Force Resiliency. "We are committed to reducing the number of deaths by suicide throughout our Armed Forces and will continue to aggressively implement the SPRIRC recommendations as approved by the Secretary of Defense to build a foundation for long-term progress."

The Department encourages Service members, civilians, and their families to reach out for help, support those who may need help, and connect with those in your military community. If you or a loved one are experiencing thoughts of suicide, you are not alone. Call the Veteran's Crisis Hotline at 9-8-8 and visit <https://www.veteranscrisisline.net/> to learn more.

5G network: Revolutionizing Marine Corps training

by 2nd Lt. Justice Nettles, Marine Corps Air Ground Combat Center
 MARINE CORPS AIR-GROUND COMBAT CENTER – The Combat Center unveiled a new capability, that may change the way Marines communicate and train for future conflicts during Service Level Training Exercise. Marine leaders here are gearing Marines toward modernization with the introduction of its pioneering 5G training network. "By implementing this 5G network, we are fundamentally transforming how we approach command and control," said Maj. Melvin Spiese, a Marine Air-Ground Task Force planner with MAGTF-TC. "This network provides unparalleled security and connectivity, allowing us to create training scenarios that push the boundaries of what was previously possible." During SLTE 5-24, the network was deployed via cost-effective refurbished Cell on Light Trucks. Using these COLTS maximizes value, by repurposing tens of millions of dollars in government assets for a fraction of the cost. "Repurposing Cell on Light Trucks not only delivers substantial cost savings but also demonstrates our commitment to utilizing existing resources efficiently," explained Matthew Moreno, assistant chief of staff for Communications Directorate, MAGTF-TC/MCAGCC. <https://www.dvidshub.net/news/480200/>

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AI Security Center keeps DOD at cusp of rapidly emerging technology

by Joseph Clark, DOD News

The director of the National Security Agency said the agency's new Artificial Intelligence Security Center is paying dividends in the Defense Department's efforts to stay at the cutting edge of the rapidly advancing technology.

Air Force Gen. Timothy D. Haugh, who also serves as the commander of U.S. Cyber Command, said the security center has become vital as the agency continues to seek ways to leverage, adapt to and protect against AI technology.

"One area that we see as really being able to provide value is focusing on the security of that technology — thinking about it through both the lens of the protection of intellectual property but also how we think about defending those models to ensure that they're being used properly," Haugh said during an event Sept. 5 at the Billington Cybersecurity Summit in Washington.

Haugh's predecessor, Army Gen. Paul M. Nakasone announced the creation of the center last year, consolidating the agency's various artificial intelligence, security-related activities.

It serves as NSA's focal point for developing best practices,

evaluation methodology and risk frameworks with the aim of promoting the secure adoption of new AI capabilities across the national security enterprise and the defense industrial base.

Haugh said NSA also plays a critical role in shaping the government's efforts to better understand the risk of AI in the hands of adversaries and defending against those risks.

U.S. officials have emphasized the increasing role AI is having in shaping the national security landscape, and they've taken steps to shape the future of the emerging technology.

Last year, DOD released its strategy to accelerate the adoption of advanced AI capabilities to ensure U.S. warfighters maintain decision superiority on the battlefield for years to come.

The Pentagon's 2023 Data, Analytics and Artificial Intelligence Adoption Strategy

builds upon years of DOD leadership in the development of AI and further solidifies the United States' competitive advantage in fielding the emerging technology, defense officials said in releasing the blueprint.

In unveiling the strategy, Deputy Defense Secretary Kathleen Hicks also emphasized the Pentagon's commitment to safety and responsibility while forging the AI frontier.

The U.S. has also introduced a political declaration on the responsible



An illustration depicts a person shaking hands with a robot. U.S. Air Force graphic by Greg Gerken

military use of artificial intelligence, which further seeks to codify norms for the responsible use of the technology.

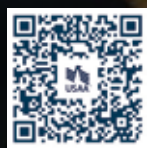
Haugh said the agency also remains at the forefront in shaping DOD's use of the technology, with a keen focus on responsibility.

He added that NSA brings a unique perspective from within the U.S. government to responsibly shape the future of AI.

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War dogs: How WWI led to the Military Working Dog program

by Katie Lange
DOD News

Canines have been used in battle going back to ancient times, and they've been a part of just about every U.S. engagement since the founding of the country. The Defense Department's current military working dog program is one of the best in the world, but the idea didn't really catch hold in the U.S. until after our military saw how foreign countries were using the animals in World War I.

The first official use of dogs by the U.S. military started in the early 1900s. According to Charles Dean, author of "Soldiers & Sled Dogs: A History of Military Dog Mushing," Army personnel developed a sled dog program to help alleviate some of the logistical difficulties of traveling through extreme weather conditions in the Alaskan wilderness. Dean said the program was "small, little known and easily forgotten," but it contributed to Allied efforts in both World Wars.

One team of American sled dogs rescued people trapped at a French outpost high in the Alps during World War I, earning

the dogs' handler the Croix de Guerre, a French military decoration for valor.

According to "The Book of Dogs" by Ernest Baynes, Allied service members had gotten trapped at the post during a blinding snowstorm. They were running low on supplies, so one of the men took his sled dog team to find help. He descended the mountain and loaded 14 sleds with ammunition, despite enemy fire and the extreme weather. Five days after leaving the outpost, he returned, and the men were able to keep the Germans at bay using the supplies he brought back.

Aside from this small, organized set of U.S. dogs, canines were more commonly used in the Great War by German and British troops, who started implementing programs that used them as sentries and messengers.

According to the American Red Cross, messenger dogs — who were faster and more agile than humans, and a smaller target for bullets — would often carry 25- to 30-pound packs of ammunition and rations through dangerous territory. They even took soup to the trenches for



A British soldier pulls bandages from a mercy dog's backpack during the early days of World War I. Photo credit: Library of Congress

soldiers. Some dogs controlled the trench rat population, and many of the animals helped with troops' general mental well-being.

Those who acted as sentry dogs generally had a keen sense of smell to sniff out the enemy. They were taught to do so by repeatedly being approached by someone the dog was unaccustomed to in an enemy uniform, according to Theo Jager, who wrote a training guide for the U.S. Army. These dogs often worked as scouts and guarded

various positions, such as weapons factories.

Dogs also helped locate wounded soldiers on the front lines of war. Many of those helpers, known as "mercy dogs," were attached to ambulance units. Lots of breeds were used throughout the war, but United Kingdom historians said the most popular were German shepherds and Doberman pinschers thanks to their strength and agility, as well as their trainability and territorial nature.

So, how did handlers determine if a dog could work as a mercy dog? Once officials determined they had the right qualities, like those mentioned above, they taught them to master basic obedience. Next, handlers took the dogs into the field to teach them how to differentiate between allies and the enemy, and how to tell if a person could be rescued or if they were dead and should be passed over.

The mercy dogs carried saddlebags of first aid supplies and rations, according to the American Red Cross. When they came upon an injured soldier in no-man's land — the area in between trench warfare fighting zones — the dogs would get close enough for soldiers to get into the saddlebags and take what they needed for immediate help.

To keep from alerting the enemy, the dogs were trained not to bark. After finding a soldier, they would go back to their handlers with a piece of clothing or some other item to prove a man had been found. However, that method was eventually replaced because some of the dogs were a little too eager, pulling at soldiers' hair or ripping off

much-needed bandages to prove the person's existence. Instead, some overseas Red Cross societies trained the dogs to return to their handlers with a leash in their mouth to show they'd found a wounded soldier. If the dogs didn't find any survivors, they were taught to sit or lie at their handlers' feet.

According to Chapman University researcher and documentary filmmaker Amanda Larsh, the Belgian army also used dogs instead of horses to pull ambulance carts and heavy weapons machinery. Larsh said that the dogs would continue with their mission even if their humans became incapacitated, which led to a greater ability to keep weapons out of enemy hands. The dogs were also a lot smaller than horses and therefore less likely to be hit by gunfire.

The U.S. military didn't officially have any working dogs during World War I, but its service members took note, and many U.S. dogs were brought over in an unofficial capacity to help.

Continue reading at <https://www.defense.gov/News/Feature-Stories/Story/Article/3895789/>.

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Army

- Former Green Beret behind failed Venezuela raid released pending trial
- Families of 2 U.S. Soldiers killed by terrorists in Iraq win \$364 million judgment against Syria
- Over next year, Army shaping FLRAA version 2 requirements
- Hardest fight they've ever been in: Army builds Ukraine war into Germany exercise

Navy

- Junior Sailor fatally shot in San Diego
- Wildfire damages Navy base on remote California island; live fire suspected

Marine Corps

- Third case this year of U.S. service member suspected of sexual assault on Okinawa

Air Force

- Air Force's NGAD revamp could open up more business to smaller firms
- Air Force Academy track-and-field athlete found dead in her dorm room
- 7,500 hours: Longest flying A-10 pilot ever retires after 37-year career

Space Force

- Space Force sweaters? Dress uniform development marches on with plans for a pullover
- Ensured SATCOM, GPS alternatives tops among Space Force budget wishes

Coast Guard

- 13 former Coast Guard Academy cadets file claims of sexual violence, seek \$130 million
- National Guard
- Two Virginia Guardsmen are running a rural anti-government militia

administration agencies and the private sector are aiming to ease that

Veterans

- Ivey calls for resignation of Alabama Veterans Affairs commissioner

First submarine fully integrated for coed crews to join Navy fleet

by Caitlyn Burchett

Stars and Stripes

WASHINGTON - The first submarine fully integrated for mixed gender crews will join the Navy fleet Sept. 14 during a commissioning ceremony in its namesake state of New Jersey.

Future USS New Jersey, a fast-attack submarine, will become a deployable part of the Navy's force during the ceremony at Naval Weapons Station Earle in New Jersey, culminating five years of construction that represents a historic shift in how Navy submarines are designed.

The New Jersey is the 23rd Virginia-class submarine, but it is the first of its kind — designed from the keel up with specific modifications for gender integration.

"The submarine community is a fully gender-integrated warfighting force," said Vice Adm. Robert Gaucher, commander of Submarine Forces Atlantic.

Modifications included obvious ones — more doors and washrooms to create separate sleeping and bathing areas — and some that are more subtle — lowering some overhead valves and making them easier to turn and installing steps in front of the triple-high bunk beds and stacked laundry machines.

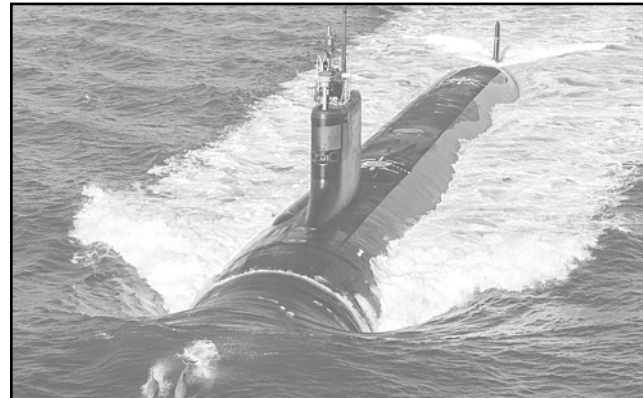
The design changes were made to accommodate the growing female force of submariners. In the past five years, the Navy has seen the number of officers and enlisted sailors in the submarine force who are women double and triple, respectively, Gaucher said.

As of August 2024, 730 women were assigned to operational submarines — serving as officers and sailors on 19 nuclear-powered, ballistic-missile and guided-missile submarines, and 19 nuclear-powered attack boats, according to Submarine Forces Atlantic.

The increase follows the 2010 lift of the ban that barred women from serving aboard submarines. A decade later, in 2021, the Navy announced a long-term plan to integrate female officers on 33 submarine crews and female enlisted sailors on 14 submarine crews by 2030.

"To support women serving onboard submarines, the submarine force, starting with [the Pre-Commissioning Unit] New Jersey, is building all future [nuclear-powered attack submarines] and the new Columbia-class, [ballistic-missile submarines] gender-neutral from the keel up," Gaucher said.

Construction on the New Jersey began in 2019 at HII's



The Navy received USS New Jersey, its 23rd Virginia-class, fast-attack submarine in April 2024. The first fully integrated sub for mixed-gender crews, New Jersey will join the fleet on Sept. 14, 2024, during a commissioning ceremony. Photo by Ashley Cowan/Newport News Shipbuilding

Newport News Shipbuilding division in Virginia. The warship was christened in 2021 and delivered in April to the Navy at Naval Station Norfolk.

Before construction of the New Jersey, the Navy retrofitted existing Ohio-class submarines with extra doors and designated washrooms.

N.C. Guard delivers books to Botswana children

by Lt. Col. Ellis Parks, North Carolina National Guard

RALEIGH, N.C. - Airmen from the North Carolina Air National Guard's 145th Airlift Wing worked with the N.C. Army National Guard, the Botswanan Ministry of Education, Go Global NC, and the University of N.C.-Chapel Hill Worldview Program to accomplish a special State Partnership Program mission last month: delivering 2,000 books to the Botswanan Ministry of Education to be distributed to schools. The 8,000-mile mission was a testament to the dynamic nature of the Department of Defense National Guard Bureau State Partnership Program and the global agility and capability of the North Carolina National Guard. "We're grateful for the opportunity to provide the literary needs of the children of our state partner, Botswana," said Capt. Cody D. Smith, pilot for the 156th Airlift Squadron C-17 Globemaster II.

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MCRD: Leaders of recruiting recognize outstanding performers

by Staff Sgt. Melissa Karnath
MCRD, San Diego

Marine Brig. Gen. James A. Ryans II, commanding general of Marine Corps Recruit Depot San Diego and the Western Recruiting Region, gathered with nine Marine Corps officer selection officers serving on recruiting duty in the WRR to recognize them for outstanding accomplishments at MCRD San Diego last month.

The nine company grade officers from across the WRR were each recognized for outstanding performance in recruiting capable men and women with diverse ethnicities and often specialty jobs such a Marine Staff Judge Advocate who will serve as a lawyer in the Marine Corps. Each awardee specifically excelled from March 1 to June 30 of this year, which was dubbed "Operation Overlord" to foster competition amongst the recruiting force to increase productivity, build the pool, and create contracting momentum for the next fiscal year.

"I'm very excited to be recognized," said Marine Corps Capt. Grayson Wright, an officer selection officer who was recognized for his performance at Recruiting Station Orange County said. "It is awesome to see other officer selection officers succeed and celebrate with them."

Wright, who has been on recruiting for about a year, spoke about recruiting being a rewarding job for him.

"There are five officers I recruited who are graduating from Officer Candidate School this week," Wright said. "Seeing their success reminds me I can trust them to be a good second lieutenant."

Top leaders who took part in offering accolades to the awardees were: Maj. Gen. William J. Bowers, commanding general Marine Corps Recruiting Command, Sgt. Maj. Allen G. Goodyear, sergeant major of MCRD, and Sgt. Maj. Carlos R. Aguilera, sergeant major Headquarters and Service Battalion MCRD San Diego. Ryans hosted

a reception for the awardees after the ceremony.

"You present a vision in what someone can become," Ryans shared when addressing the awardees. "You affect the future of the Marine Corps"

People unfamiliar with the military and specifically the Ma-



Marine Corps officers with the Marine Corps Recruiting Command are recognized for their outstanding performance and diligent efforts of the Western Recruiting Region Recruiting Offensive 'Operation Overlord' at MCRD San Diego last month. Operation Overlord was a summer recruiting offensive held to foster competition amongst the recruiting force and increase productivity, while creating a contracting momentum for fiscal year 2025. U.S. Marine Corps photo by Cpl. Sarah M. Grawcock

rine Corps often have misconceptions about military service.

"I am on [college] campuses a lot and talk to as many people as I can," said Marine Corps Capt. Austin Faunce, officer selection officer who was recognized for his performance at RS Los Angeles. "I clear up a lot of misconceptions people have about the Marines and share a lot of the opportunities the Marine Corps has to offer."

Faunce volunteered for recruiting duty and has been doing it for approximately two years.

"It is very rewarding to mentor and guide individuals who will take our place someday," Faunce said. "New officers are on a good trajectory to be successful."

While the ceremony recognized Marines who are currently

serving, there will always be a need for capable and enthusiastic men and women to become America's newest Marines.

"It is important to recognize Marines who made a significant difference in a ceremony like this after the commanding general or commanding officer reinforces a challenge to recruit-

James Winnefeld, RS Seattle, Capt. Robert Posadas, RS Oklahoma City, Capt. Jalissa Harkins, RS Denver, and Capt.

Jacob Matney, RS Indianapolis. In addition to attending the commanding general's reception, awardees attended the

morning colors ceremony and recruit training graduation for Marines of Hotel Company, 2nd Recruit Training Battalion.

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Fleet Readiness Center revamps supply chain efficiency

by Janina Lamoglia

Fleet Readiness Center Southwest

NAS NORTH ISLAND - Fleet Readiness Center Southwest has entered into a strategic collaboration with the Army Software Factory (ASWF) to develop a web-based application designed to improve how transportation account codes are managed and tracked.

The function of TACs is to help the command pay for and track shipments. The initiative

aims to solve major issues with keeping up with and verifying shipments because of the large number and fast pace of movements.

TACs are vital for funding both outbound and inbound shipments to FRCSW. Each Department of Defense command utilizes a unique TAC for official purposes. The current system requires a streamlined process to avoid financial discrepancies and limited oversight, prompting FRCSW to seek an innovative solution.

According to Commander Jeffrey Legg, FRCSW MRO Industrial Supply Officer, "The lack of transparency in our current TAC management system has caused budgeting and accounting issues for FRCSW, as well as limited effective internal controls for TAC use." This realization was one of the key drivers behind seeking a more effective solution.

The FRCSW Industrial Supply team, after extensive market research, identified the ASWF as

a cost-effective partner capable of designing the needed system. The ASWF, based in Austin, Texas, trains soldiers in software development to tackle military challenges, providing solutions at no cost to the customer besides maintenance funding.

The collaboration aims to create the TAC Web App, a centralized management system that will standardize TAC use across all FRCSW programs, improve traceability, and ensure audit compliance. In July, the first phase of this effort involved process mapping sessions at FRCSW, where ASWF personnel analyzed the existing TAC management process and identified key challenges.

"This is the first non-Army submission received by the ASWF, which required careful navigation of legal and strategic considerations," Commander Legg noted. "The successful implementation of the TAC Web App is expected to enhance FRCSW's operational efficiency, with potential applications across other Fleet Readiness Centers and DoD organizations facing similar challenges."

The new system will empower program managers to directly



FRCSW and the U.S. Army Software Factory collaborate on a web-based application to enhance supply chain transparency and shipment tracking. Photo by Maria Rachel Melchor/Fleet Readiness Center Southwest

control and track TAC-related expenses, leading to better financial accountability and more accurate budgeting. This collaboration exemplifies FRCSW's commitment to leveraging in-

novative, low-cost solutions to improve mission readiness and operational effectiveness.

<https://www.dvidshub.net/news/480184/frcsw-revamps-supply-chain-efficiency>

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FRA Newsbytes: Concurrent receipt in Senate, list of must-pass bills, access problems with 988

Put Concurrent Receipt in Senate NDAA

Congress is back in session, and the Fleet Reserve Association needs help at this critical stage of the National Defense Authorization Act (NDAA) process to end an unjust pay offset - one that costs tens of thousands of injured veterans a dollar of DoD retirement pay for every dollar of VA disability compensation.

More than three-quarters of lawmakers have co-sponsored the Major Richard Star Act, a concurrent receipt reform bill. However, funding concerns and budgetary rules have so far prevented it from advancing as an amendment to the must-pass NDAA.

Ask your senators to support a Senate floor amendment to include concurrent receipt reform in this year's NDAA. With 74 senators in support of the Major Richard Star Act, it deserves a vote.

Use the FRA Action Center to weigh in on this issue at: <https://www.votervoice.net/FRA/Campaigns/116752/Respond>.

CR, NDAA, and VA Supplemental Funding

Congress now has a list of items to complete before the start of the new fiscal year. First, Congress must pass the 12 appropriations (spending) bills before Sept. 30, which seems unlikely to happen. Instead, Congress will probably pass a

temporary Continuing Resolution (CR) to keep the government operating after Sept. 30 to avoid a shutdown while finishing its work on appropriations legislation. Without FY 2025 appropriations, there will be no new programs.

The FRA has signed a coalition letter to Senate Majority Leader Schumer, Senate Minority Leader McConnell, Speaker Johnson, and House Minority Leader Jeffries, urging them to pass all FY 2025 appropriations bills supporting our uniformed services - particularly Defense Appropriations and Military Construction, Veterans Affairs, and Related Agencies' Appropriations (MilCon-VA) - as soon as possible and at no less than the Senate Armed Services Committee-passed spending levels.

The letter emphasizes that CRs don't permit new starts or increase investments in modernization priorities. Moreover, our nation's service members, veterans, families, caregivers, and survivors deserve the best possible healthcare, including mental healthcare, as well as timely claims and rating decisions.

Shutdowns and CRs hinder new investments to improve care, delay hiring additional health and mental health professionals, and postpone facil-

ity improvements. Additionally, new family housing and barracks projects can't be initiated.

Delaying funding harms our defense posture nationally and globally. CRs also hurt the defense industrial base, including small businesses, by adding uncertainty to the procurement and manufacturing processes. CRs undermine the joint force's ability to prepare to fight and win in the future and hinder readiness to counter today's threats.

The annual National Defense Authorization Act (NDAA) passed the House in June, but

the Senate version has only been approved by committee and has yet to receive a full Senate floor vote. As Newsbytes goes to press, no Senate vote is scheduled. The FRA supports a concurrent receipt amendment to the Senate NDAA.

Congress must also address the Department of Veterans Affairs' \$3 billion budget shortfall for the current fiscal year (FY 2024) and secure additional funding for FY 2025. Without congressional funding, 7 million veterans and their survivors risk losing their pensions and other benefits in the coming months.

Access Problems with 988 Veterans Crisis Line

Vets calling the Veterans Crisis Line (VCL) are experiencing issues with the "988, then press 1" audio prompt. The Department of Veterans Affairs (VA) is working with VCL to reroute calls and ensure dropped calls receive callbacks. If you or someone you know has experienced these difficulties, use the VCL Chat option or connect via text messaging at 838255 as an alternative for support. These options aren't affected by the current phone line problems. Additionally, vets can call 1-800-MYVA411 and press 7 for further crisis assistance.

Cowpens (1991-2024) decommissioned

NAVAL BASE SAN DIEGO - Ticonderoga-class guided-missile cruiser USS *Cowpens* (CG 63) was recognized for more than 33 years of naval service during the decommissioning ceremony here on Aug. 27.

Hundreds gathered to celebrate the ship's distinguished history of naval service. *Cowpens*'s Commanding Officer, Cmdr. Jac O. Ullman III, spoke of the ship's legacy and its crew.

"A guiding principle in the last chapter on board, has been to honor the legacy of *Cowpens*", said Ullman. "To honor the grit, determination, and creativity of the Continental Army and Militiamen from that cold battlefield. To honor the service of those on the first USS *Cowpens* - CVL 25 - and to honor the legacy of those who served before us during Mighty Moo's 33 year career... We have done just that."

After decommissioning and inactivation, the ship will be towed to the Navy's Inactive Ship facility in Pearl Harbor for Logistic Support Asset (LSA) status.

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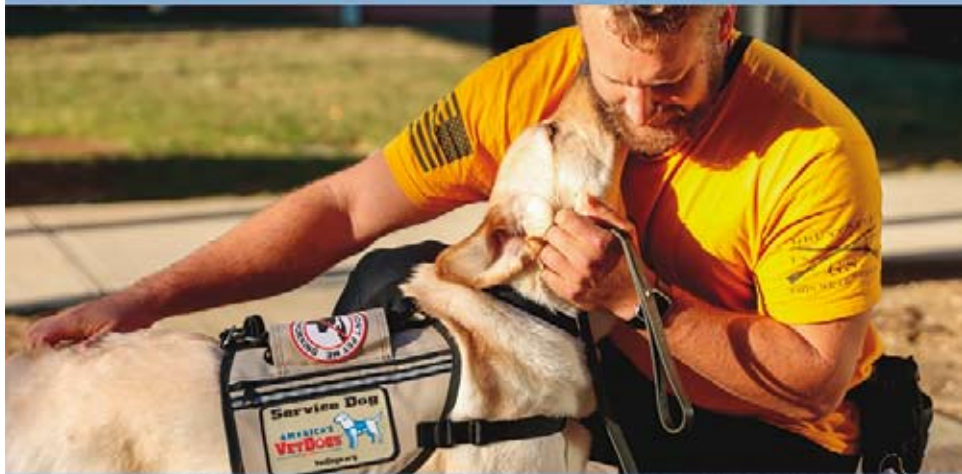
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MCAS MIRAMAR, Calif. (Aug. 22, 2024) U.S. service members take a group photo during the 17th Annual San Diego Military Advisory Council Achievement Awards Ceremony at the Officers' Club here. The San Diego Military Advisory Council Foundation is a nonprofit organization whose mission is to empower and serve the San Diego military, military families, and veteran communities through outreach, furthering education and skills, and supporting veteran transition initiatives. U.S. Marine Corps photo by Cpl. Grant Schirmer

NAVAL BASE POINT LOMA (Sept. 6, 2024) Cmdr. Michael DeBoer passes through sideboys during a change of command ceremony for Los Angeles-class fast-attack submarine USS Asheville here. DeBoer relieved Cmdr. Thomas Dixon as Asheville's skipper. Renowned for their unparalleled speed, endurance, stealth, and mobility, the Los Angeles-class submarine serves as the backbone of the Navy's submarine force. U.S. Navy photo by MC1 Aaron T. Smith



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Why you should get your chipped windshield repaired and not replaced, if possible

So, now you have a decision to make. What to do about the damage? Your insurance company may encourage you to try getting the damage repaired, instead of having the windshield replaced. My insurance company (and probably yours, too) has an entire procedure for getting those repairs performed, perhaps at no cost to you. Here is why you should try that first, especially if you have a new vehicle.

Today's new cars have forward-facing cameras and sensors that supply vital information to their safety systems. These systems may help keep your car in its lane by applying gentle steering inputs while you drive along. If it sees that you are in imminent danger of a collision, it might apply automatic emergency braking.

Some of these sensors are located in the vicinity of the interior rearview mirror, directly behind the windshield. They are always on the alert, but they need to be in perfect calibration to best do their job. If you get your windshield replaced, those sensors should be recalibrated — and that can be an expensive process that requires skilled technicians and state-of-the-art calibration equipment.

Even if you have an older car without such modern safety systems, replacing your windshield will require that the seal around your windshield be cut and peeled away. The quality of the new seal's installation will depend upon the skill of the installer, and the quality of the materials.

One thing is for certain, it will never be a factory installation again. Furthermore, your insurance company might

specify the installation of aftermarket parts, instead of OEM (Original Equipment Manufacturer) parts. The quality of these parts may vary.

So you see, it is probably in your best interests to try to get your windshield chip repaired first, if the shop thinks that might be possible. They will inject a compound into the chip and then cure it. With a bit of luck, you should barely even see where the chip was, nor will any cracks be likely to spread. Only time will tell for sure, so a windshield replacement might ultimately be necessary — but it is probably worth it for you to try a repair first.

I've had these windshield repairs done by roaming windshield repair techs at gas stations, by technicians who came to my home and at companies' drive-in service centers. Frankly, all of these have provided similar, positive results.

A big, national name in the windshield repair and replacement aftermarket is Safelite AutoGlass. They did my most recent windshield repair at one of their drive-in service centers. The last time that I thought to check, their windshield chip repair still looked good but, as they say on their website, "We'll fix it right — guaranteed."

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Experienced drivers have probably had this unfortunate, but inevitable experience. You're driving along on the highway, obeying the rules and doing everything right, when suddenly — seemingly out of nowhere — BANG! Something has been kicked up by the vehicle in front of you and hit your car's windshield, hard.

Suddenly your perfect windshield has a small, circular imperfection, perhaps with a little crack attached. It may not be so bad. Especially if it is not in your direct line of sight, you might decide to just live with it. After all, between door dings and other minor blemishes, if you drive your vehicle very much (or even rarely), it will not stay in perfect condition forever. What would be the harm in just accepting the chip and going on with your life?

First of all, let me tell you something. Do not bother trying to see the license plate number of the person who shot the little missile at your car's windshield. That could just as easily have been you doing that to the vehicle behind you, and insurance companies know that.

I tried reporting the vehicle's description and license plate number to my insurance company a few months ago, after such an incident, and they told me that they will not go after them. The damage repair was paid for by my comprehensive insurance. Fortunately, my policy has a zero deductible (which I almost certainly paid extra for).

My crash course in buyer's remorse

"Large canvas in antique frame," the caption read on the Facebook Marketplace post that caught my eye last week as I scrolled mindlessly through my phone. Intrigued, I poked the button to message the seller, "Is this item still available?"

Little did I know, my innocent inquiry was the opening salvo in a war of wits, wagers, wallets and willpower that would rage for three days.

Initially, my interest in the item was nothing more than casual curiosity, like online window shopping. The canvas was a print of an original painting depicting a mother and two young daughters on a frothy seashore. "Huh," I thought, zooming in on the photo, "I'm a mother with two daughters." I'd spied the lure.

The beach scene was in shades of teal and white. "Matches our bed spread," I mumbled, envisioning the piece adorning the primary bedroom's blank north wall, giving the space a refreshing coastal vibe. I'd nibbled the bait.

The price seemed high, so I made a slightly lower offer, and the seller accepted. "Not a bad deal for a large antique frame," I thought, proud of myself for driving a hard bargain. The hook was firmly implanted into my fleshy cheek. I'd been caught.

On the second day, I arrived at the seller's house with a bundle of cash to exchange for the fine antique item that would soon transform my bedroom into a home decorating triumph.

Suddenly, a short man with a craggy face walked out of the house carrying the frame. "Hey, I'm John," he said in a raspy

smoker's voice. "Darla's gone, so I'll put this in your car." After he placed the frame into my back seat, I handed him the bundle of cash, smiled, and waved good-bye.

Back home, I couldn't wait to carry the frame upstairs to our bedroom. All I needed was two nails, and voila! I'd soon be sleeping in a "Coastal Living" magazine cover.

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

However, on closer inspection, I noticed a modern-day label displaying mounting instructions on the thin particle board backing. I tapped the frame with a fingernail, and realized it was constructed out of hollow moulded plastic, painted to appear antiques. The poor quality "canvas" appeared pixillated, as if it was a print of a digital photograph, likely reproduced without permission. The last indication that I'd been had — an oval sticker that clearly read, "Made in China."

At that moment, I didn't know whether to be furious with the seller or myself. "Was I a sucker for not inspecting the frame before I handed cash over? Was the seller wrong for describing the frame as antique? Do I have the right to ask for a refund?"

Yes, yes, and well, yes and no. The old adage, "Buyer beware,"

applies to all sales, regardless of consumer protection laws, moral obligations, and principals of justice, fairness and common decency. Undoubtedly, I should have inspected the item before I paid for it. That said, buyers are entitled to free Purchase Protection for eligible orders on Facebook Marketplace, for items that don't arrive or arrive damaged/unusable, or items that don't match the seller's description on the product page. eBay and Etsy have similar buyer protection coverage, too. The frame I received clearly wasn't the antique described by the seller (i.e., over 100 years old) so it was theoretically eligible for buyer Purchase Protection.

Unfortunately, I didn't qualify for Facebook Marketplace Purchase Protection because it only applies to online checkout sales, similar to eBay and Etsy, but excludes local pick up transactions.

Regardless, even for a sucker like me, requesting refunds from online sellers can't hurt, especially knowing sellers need good reviews. "I'm sorry, but I was so disappointed to see that the frame isn't 'antique' as advertised," I began the message to the seller on the third day. "It's hollow plastic," I wrote, attaching photo of the "Made in China" sticker. "May I return it for a refund?" I asked as sweetly as possible.

The seller had me, hook, line and sinker. But, my polite request must've softened her grip on that wad of cash, because in an act of human decency, she released me back into the wild.

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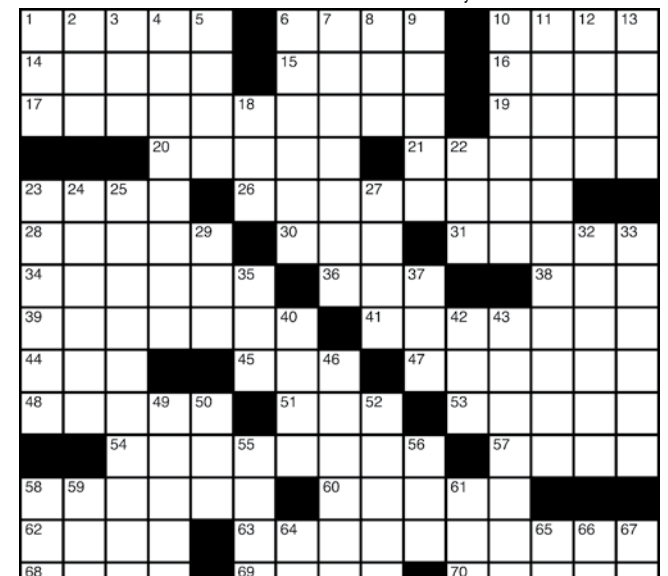
CROSSWORD PUZZLE

Across

- Promotes on TV, say
- Elitist sort
- Great Salt Lake state
- Kayak kin
- Skating medalist Lipinski
- Corn bread
- *Embezzled
- Dirt road grooves
- Arrange, as a shawl
- Acts with passion
- Starfish's five, usually
- Call from the rear?
- "Groovy!"
- Mom-and-pop org.
- Slunk
- Forensic tech's tool
- 66-Down pro
- Sea, in Spain
- Result of too many six-packs?
- Prestigious broadcasting award
- Answer to "Who's hungry?"
- Turndowns
- Makes right
- Messy roommates
- Neath opposite
- Military academy student
- Decade in which many Gen Zers were born
- Cincinnati MLB team
- Snoopy is one
- Poker-faced
- Slips up
- Fish dish garnish, or a hidden feature of the answers to starred clues
- Tall hiking socks can protect against one
- Qatari leader
- Sickeningly sweet
- Hurting after exercise
- Tape type
- Hardly in the dark

Down

- Mac alternatives
- Back muscle, briefly
- Card game cry
- "Well done" award
- One having visions
- Visit at the penthouse
- Comedy special for which Hannah Gadsby won a 2019 Emmy
- Mother lode stuff
- Howled
- Commotion
- "Every's in Paris?"
- Pay to play
- Company with toy trucks
- Shakespeare's fairy queen
- Word after hot or before drop
- Egyptian god of the afterlife
- Disclose
- *King or prince
- Pack (down)
- Texter's "Wow!"
- Like an exaggerated ržsumž
- Secret meetings
- Groaner, maybe
- Bubble ___: Taiwanese drink
- Quick honk
- "Better Call Saul" channel
- Pastry with an ursine name
- Earthquake-caused
- Montana resort area
- NBC skit show
- "Are so!" or "Am not!"
- Sought morays
- Cain, to Eve
- Alpha follower
- Stonestreet of "Modern Family"
- "Insecure" star Rae
- Australian avian
- Brew initials
- Life-saving proc.
- Watch closely



Veterans Crisis Line

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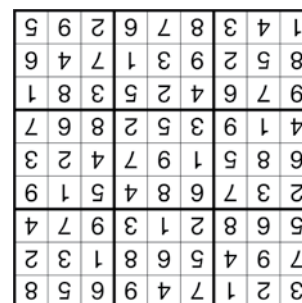
Barker, Darin P. 7BT1 Mcbee, Nadine 39A3
Fletcher, Ali 23A2 Moore, Megan 27A6
Johnson, Kyle A2T1 Moss, Obadiah Enoch 22A7
Jones, Marcus L. 19A5 Unauthorized 26A1
Mader, Arno 38B2 Unauthorized B6T1
Mailman, Jakob A. C9T1

NAB CORONADO

Dussault, Paul A5T4
Unauthorized B4T1

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Health & Fitness



On Friday, Aug. 23, NMCS D celebrated the 112th U.S. Navy Dental Corps birthday with a cake cutting ceremony at their branch dental clinic at NBSD. For 112 years, U.S. Navy dentists and dental specialists have ensured the health of service members and their families at home, at sea, and across the globe. We want to thank them and all dental staff for everything they have done and continue to do to keep us smiling! For the ceremony, HM1 Ryan Roehrich served as the Master of Ceremonies, Lt. Celsius Offer gave an opening invocation, and Lt. Grace Choi read the Dental Corps birthday message. Capt. Elizabeth Adriano, NMCS D's director, gave remarks about the Dental Corps and spoke about the important work that they do every day!



NHCP paused to celebrate the 112th birthday of the Navy Dental Corps on Friday, August 23, with a short ceremony followed by a ceremonial cake cutting. Cmdr. Rutherford served as master of ceremonies, Capt. Burkett, NHCP director, was the guest of honor, Cmdr. Ku was the oldest dental officer, and Lt. Orlosky was the youngest dental officer. Thank you to everyone who joined us for the celebration and Happy Birthday Navy Dental Corps!



Capt. Elizabeth Adriano, NMCS D's Director, presented the Commander's Cup award for the third quarter of fiscal year 2024 to the hospital's Physical Medicine and Rehabilitation/Comprehensive Combat and Complex Casualty Care department, 21 Aug. The Navy Surgeon General's Navy Medicine Culture of Excellence Policy Statements Memorandum outlines how commands will "create & maintain a culture that promotes respect, dignity & trust for every single person by every single person." The hospital's Commander's Cup recognizes our staff for outstanding customer service performance that creates & maintains the Culture of Excellence. Our team of skilled professionals are our most important resource. Patients are our focus. Success is judged by those we serve!



On Thursday, August 29, Hospital Director Capt. Jenny Burkett and Command Master Chief Wayne George presented the Monthly Semper Gumby Award to the 52 Area Branch Health Clinic within the Directorate of Branch Clinics. Director of Branch Clinics CAPT Nathan Wonder and Senior Enlisted Leader for DBC Senior Chief Holly Mason also attended the presentation. The Semper Gumby Award recognizes the department that demonstrates the highest level of flexibility and teamwork during the award period. Congratulations 52 Area Branch Clinic, great job!!

Scaly Skin:

About Psoriasis

Psoriasis is a long-lasting skin disease. Patches of skin become scaly and inflamed. Psoriasis usually affects the scalp, elbows, and knees. But it can also appear on other parts of the body.

Anyone can develop psoriasis. It arises when the body's disease defense system becomes overactive. This triggers skin cells to

multiply too fast.

Symptoms can vary based on the type of psoriasis. Some people develop thick patches of red skin with silvery-white scales. Others have dry, cracked skin or thick, uneven nails. Symptoms can flare up for a few weeks or months before easing.

The underlying cause of psoriasis is not fully understood. But genes and the environment likely play a role. Many affected

people have a family history of the disease. Infections, smoking, certain medicines, and obesity can increase the chances of psoriasis.

Treatment depends on the type of psoriasis. For mild psoriasis, ointments and creams often help. For moderate to severe psoriasis, doctors may prescribe pills or injections. Some doctors recommend phototherapy for large affected areas. This involves shining ultraviolet light on distressed skin.

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