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FEBRUARY 8, 2025



BOAT LIFT Marines retrograde after executing a small boat raid course hosted by Expeditionary Operations Training Group, I Marine Expeditionary Force, at Camp Pendleton on Jan. 15, 2025. The Amphibious Raids Branch with Expeditionary Operations Training Group evaluates small unit leaders on raid force tactics, techniques, and procedures to enhance their capabilities in preparation for upcoming deployments. U.S. Marine Corps photo by Lance Cpl. Erica Padgett

Pentagon rescinds social media pause

by Matthew Adams, Stars and Stripes

WASHINGTON - The pause on social media accounts within the Defense Department was rescinded Feb. 3, according to a Pentagon spokesman.

"The Department of Defense rescinds the social media utilization pause and directs all organizations, agencies, commands, and the military departments to employ social media platforms primarily to communicate their primary organization/unit mission, showcase lethality, promote meritocracy, demonstrate high standards and readiness, and support our recruiting goals," Pentagon spokesman John Ulyot wrote in a statement. "In the months ahead expect more formal departmental communication priorities from the secretary that will serve to guide our collective public affairs and outreach activities going forward."



On Jan. 25, posts from official social media accounts at the Defense Department were suspended for 10 days, excluding communications about operations along the U.S.-Mexico border or military base activities. News of a pause of social media use throughout the Defense Department began to swirl Jan. 23.

A senior defense official who spoke on condition of anonymity said at that time that the moratorium was meant to ensure department social media posts align with President Donald Trump's "priorities on readiness, lethality, and warfighting." On Jan. 20, Trump signed a slew of executive orders, including three related to the U.S.-Mexico border.

Acting Defense Secretary Robert Salesses announced the deployment of 1,500 troops to help with border security. Defense Secretary Pete Hegseth met with troops at Fort Bliss, Texas, deployed along the border, while Marines deployed at Naval Base Guantanamo Bay in Cuba begin work on migrant detention facilities.

The active-duty troops assigned to the border have since increased to 1,600. Up to 1,000 additional troops will soon join the effort, according to the *Associated Press*. That will include 500 Soldiers from the 10th Mountain Division at Fort Drum in New York and another 500 Marines slated to work in Guantanamo Bay, where Trump said he will detain migrants, according to the report.

Read more at: <https://www.stripes.com/theaters/us/2025-02-03/pentagon-social-media-pause-16709251.html>.

AIR FORCE CHIEF OF STAFF NIXES 57 SHADES OF NAIL POLISH, CAREER FIELD ID PATCHES

by Jonathan Snyder

Stars and Stripes

Career field identifier patches and 57 colors of nail polish are out, gig lines and short hair are in, according to an Air Force order that reverses dress and appearance regulations loosened just one year ago.

"I expect compliance with these updates as the military duty of the total Air Force," Air Force chief of staff Gen. David Allvin wrote in a memo late last month. A copy was posted on the unofficial Air Force Facebook page, where it quickly accumulated more than 700 comments.

Allvin banned the career field identifier patches worn on airmen's camouflage-pattern utility uniforms.

"Over the years we have increased the number of approved tabs to where now we have over 134 approved tabs," he said in a video uploaded to the Defense Visual Information Distribution Service. "As we identify ourselves as one type of airman or another, with one specialty or another, we really diminish ourselves."

The video was posted to the official Air Force website Jan. 28.

"Our real value is our integral part of a winning war fighting team," said Allvin.

He also reduced the permitted colors of nail polish from

60 to three; now only "clear, or French or American Manicure" are allowed.

He clarified that hair may not touch the ears and all male airmen not on a waiver must be clean shaven at the start of each duty day.

The update also defines the dress uniform's "gig line" - the front edge of a buttoned-down shirt's alignment with the outside edge of a belt buckle or trouser fly.

"The gig line should be straight and neat," Allvin's memo states.

The policy updates don't apply to Space Force guardians, according to the memo. It does affect the Air National Guard.

In its last update to dress and

see **Changes, page 2**



A pavements and construction equipment duty identifier patch is seen on an airman's uniform during training. U.S. Air Force photo by Jonathan Padish

Carl Vinson CSG departs Thailand

by Lt.j.g. Jack Scypinski

GULF OF THAILAND - The *Carl Vinson* Carrier Strike Group departed Laem Chabang, Thailand, Jan. 31, after conducting a scheduled five-day port visit. The U.S. relationship with Thailand is one of the oldest in the Indo-Pacific region. The countries have shared friendly and diplomatic relations for over 190 years. Thailand is one of five treaty allies of the U.S. in the Indo-Pacific Region and continues to be a longstanding security partner and leader in Southeast Asia. "We are incredibly grateful to Thailand for hosting the Carrier Strike Group ONE team," said Rear Adm. Michael Wosje, carrier strike commander. "Port visits like this are a testament to the vital importance of the U.S.-Thailand Alliance and Partnership that contributes to peace, stability, and prosperity in the Indo-Pacific region. We have shared history, shared interests, and common values that will continue to unite us for the good of both of our countries." The U.S. remains committed to the Kingdom of Thailand, promoting military-to-military relations, as well as advancing interoperability and coordination with the Royal Thai Armed Forces, to promote regional security and stability in the Indo-Pacific region.

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DOD support to the southern border in photos

U.S. Northern Command is the Defense Department's operational lead for the employment of U.S. military forces carrying out President Donald J. Trump's executive orders on protecting the territorial integrity of the United States. Northcom is working with the Department of Homeland Security to augment U.S. Customs and Border Protection along the southern border.



(left) Coast Guard Marine Safety Security Team (MSST) Houston patrols with U.S. Border Patrol on the Rio Grande River Jan. 28, 2025, in Texas. The Coast Guard is protecting America's borders, territorial integrity, and sovereignty. U.S. Coast Guard photo courtesy of Coast Guard MSST Houston



(top) A Marine with 1st Marine Division secures concertina wire along the southern border wall near San Ysidro, Calif., Jan. 27, 2025. U.S. Northern Command is working with the Department of Homeland Security on the emplacement of physical barriers to add additional security to curtail illegal border crossings. U.S. Marine Corps photo by Lance Cpl. Caleb Goodwin

A Soldier assigned to the 192nd Quartermaster Company from Milan, Ohio, uses binoculars to monitor the southern border near Santa Teresa, N.M., in support of U.S. Northern Command, Jan. 28, 2025. U.S. Army photo by Sgt. 1st Class Jon Soucy



Changes

continued from page 1

appearance regulations in February 2024, the Air Force expanded the authorized nail polish colors, ponytails for female airmen and updated mustache guidelines, among many others.

A spokesperson for the Secretary of the Air Force acknowledged an email Wednesday morning requesting clarification, and said more information should be available that day.

Some comments on the Air Force amn/nco/snco post were critical of the memo. One person sarcastically wrote he was glad to see the Air Force "tackling important issues" that will help stem the service's "overwhelming mental health crisis."

Others saw the updates as a step forward, with one commenter saying the Air Force should "bring back boot polishing and uniform ironing."

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Service members look to Trump to restart evacuations of Afghans who aided U.S. forces

by **Lara Korte**
Stars and Stripes

Veterans groups are urging President Donald Trump to make exceptions for Afghan allies who are now barred from entering the United States under executive orders, including the families of active-duty service members left behind following the 2021 withdrawal from Afghanistan.

At least 200 service members' families are among thousands more in limbo following the suspension of the U.S. Refugee Admissions Program, according to #AfghanEvac, a nonprofit, veteran-led coalition that has worked to evacuate Afghans who assisted U.S. forces during the 20-year war.

Another executive order barring the distribution of foreign aid has halted services for Afghans seeking special immigrant visas, which provide a path for legal entry.

One paratrooper in the 82nd Airborne Division told *Stars and Stripes* that he has been struggling to find a solution for his sister, who has spent more than three years trying to escape Afghanistan as a refugee. The paratrooper, who was

granted anonymity for fear of his family's safety, worked as an interpreter with the U.S. military in Afghanistan for three years

from the Kabul airport, had to stay behind. Over the past three years, while serving in the Army, he has helped move her refugee

U.S. service members' families behind is totally unfair."

The Defense Department did not respond to questions about whether it is seeking to create exceptions for service members' Afghan families or provide resources for those who have been impacted.

The paratrooper said that he has been reaching out to lawmakers and federal officials in the Pentagon in the hope of being reunited with his sister. But he worries that little will be done without presidential action.

"He is my commander," the service member said of Trump. "Who is now going to help if he's not?"

Retired Gen. Frank McKenzie, the former head of U.S. Central Command who oversaw the withdrawal from Afghanistan, said that the United States owes a debt to those Afghans who were loyal to America, and that he remains optimistic the White House will resume the evacuations.

"I would let this administration go through its decision-making process," he said. "They're just starting, and positions can be modified."

Shawn VanDiver, veteran and president of the coalition #AfghanEvac, said he believes this is an unintended consequence and expects the administration will take steps to amend the order. VanDiver said lawmakers on both sides of the aisle have been supportive and that the message has made its way to top leadership in Washington.

"We're not laying any blame at anyone's feet," he said. "We know that in the early days of an administration it can be chaotic – growing pains. But we want to influence their decision-making process by making sure they know the impact."

More than 124,000 Afghans were airlifted out of Afghanistan during the withdrawal of U.S. forces in 2021, according to the State Department. In the years since, the U.S. has continued to evacuate citizens who, because of their work with Americans, face an increased threat of retaliation from the Taliban.

Prior to Trump's inauguration, advocacy groups had spent weeks urging the incoming administration to leave Afghan allies out of policies to curb immigration.

<https://www.stripes.com/veterans/2025-02-03/trump-order-afghan-siv-16663846.html>



Afghan and American evacuees board an Air National Guard C-17 Globemaster III at the Kabul International Airport in August 2021. While many Afghans affiliated with the U.S. were evacuated to safety, thousands who worked with U.S. forces are still attempting to leave Afghanistan. Photo courtesy of New York Air National Guard

— often accompanying Army Special Forces on counterterrorism operations, including night raids, he said. When the Taliban seized control in August 2021, he was able to evacuate along with several of his family members.

His sister, lacking the necessary paperwork and being too far

case forward.

"She was almost done," he said. "If this wouldn't have happened, she would be out of the country within a month or two.

"I think serving this country is one of the best things that happened in my life and I will continue to serve. But this decision to leave

Armed Forces Dispatch

published by Western States Weeklies, Inc.
2604 B-280 El Camino Real, Carlsbad, CA 92008
619-280-2985 • E-mail: editor@navydispatch.com
Editor.....Scott Sutherland

The Dispatch is published online weekly on Thursdays, and in print on the 1st & 16th of each month by Western States Weeklies, Inc., as a commercial, free-enterprise newspaper. The editorial objective of the Dispatch is to promote support for a strong military presence. Contents of the Armed Forces Dispatch are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, the U.S. Navy or U.S. Marine Corps. The opinions and views of writers whose materials appear herein are those of the writers and not the publishers. Appearance of advertising does not constitute endorsement by the Department of Defense or any other DOD component, this newspaper, or Western States Weeklies, Inc. Subscription cost is \$75/year.



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Navy

•Navy to establish USVRON 7 in San Diego, adding another robotic ship squadron to the force
•Shore-based analysts help U.S. warships fine-tune for imminent Red Sea combat

•Navy already rejecting transgender recruits after Trump order

Marine Corps

•Marines aiming to lessen the cybersecurity burden for forces in the fight

Air Force

•Air Force tightens rules on shaving waivers, uniform patches
•NORAD sends fighter patrols to monitor Russian military flights in the arctic

Your Military

•Late pickups, deliveries plague startup of DOD's streamlined program for military moves

Military Culture & History

•The circle makes its rounds: NCIS producer Chas. Floyd Johnson on military service and Hollywood success
•The WWII fighter ace and Medal of Honor recipient who helped give America the Super Bowl
•Ken Burns returns to PBS with new documentary 'The American Revolution'
•Pilots have long worried about DC's complex airspace contributing to a catastrophe
•Navy ops centers need AI to sift through troves of intel data
•U.S. cybersecurity agency's future role in elections remains murky under the Trump administration

Fort Leavenworth officer pleads guilty to domestic violence, sentenced to prison

by Michelle McCaskill

Army Office of Special Trial Counsel
FORT LEAVENWORTH, Kan.- An Army officer pleaded guilty to domestic violence and was sentenced by a military judge to 10 months of confinement during his court-martial at the Fort Leavenworth Courtroom last month.

Lt. Col. Greg Pasquantonio, 42, an aviator assigned to the Mission Command Training Program as an aviation observer coach/trainer, struck his wife in the head and chest with his hands, breaking eight ribs and inflicting a head injury. The victim's injuries were so extensive she required five days of hospitalization.

On Dec. 4, 2022, authorities were dispatched to Pasquantonio's home in Lansing, Kan., responding to a 911 call where they found the victim severely injured and unconscious.

"Domestic violence tears communities apart, but unpunished domestic violence creates a permission structure for violence against women," said Capt. Rachel Rose, prosecutor, Fourth Circuit, Army Office of Special Trial Counsel.

"Lt. Col. Pasquantonio's punishment of 10 months of confinement

signifies the Army's commitment to holding itself accountable and reflects a step towards ending domestic violence among its ranks."

Based on the terms of his plea agreement, Pasquantonio could have been sentenced anywhere between four and 10 months. He will serve his prison sentence at the Midwest Joint Regional Correctional Facility at Fort Leavenworth.

The case was investigated by Lansing Police Department and the Department of Army Criminal Investigation Division. It was prosecuted by Rose and Capt. Brandon Truss, Office of the Staff Judge Advocate, U.S. Army Combined Arms Center Fort Leavenworth.

The Army Office of Special Trial Counsel is comprised of specially trained military lawyers, legal professionals and support staff responsible for the expert and independent prosecution of murder, sexual assault, domestic violence, child abuse, kidnapping and other serious criminal offenses. Headquartered at Fort Belvoir, Va., OSTC has eight regional headquarters that oversee 28 field offices located across the country to include Europe and Korea. For more information visit <https://www.army.mil/ostc>.



ARLINGTON, VA. (Jan. 10, 2025) A tomb guard walks the mat at the Tomb of the Unknown Soldier while snow falls, Arlington National Cemetery. This was the first snowfall of the year. U.S. Army photo by Elizabeth Fraser



COLORADO SPRINGS, Colo. (Jan. 10, 2025) Air Force Academy's Maggie Slife high-fives teammates during a women's gymnastics meet against Long Island University. U.S. Air Force photo by Ray Bahner

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Air Force kicks off roadshow, prepares Airmen for 'Units of Action' implementation

by Tech. Sgt. Nick Z. Erwin

ARLINGTON, Va. - Air Force senior leaders recently conducted one of their first stops of a recently launched roadshow at Joint Base Andrews, Md., to prepare Airmen as the service transitions into Combat Wings, Air Base Wings and Institutional Wings as part of the ongoing U.S. Air Force reoptimization.

This structural change increases the ability for commanders to focus on their mission and enables the creation of an Air Force "Unit of Action" capable of deploying as a cohesively trained and highly effective team of warrior Airmen.

Senior leaders will visit approximately 20 bases and their corresponding wings over the next few months to communicate the wing reorganization plan, to include the implementation of the wing A-Staff and dissolution of most group command echelons.

They will also explain the long-term effects of the new force presentation model to Airmen and their units, both in garrison and deployed.

Implementation is expected to begin in the summer of 2025 to include the stand-up of new

Air Base Wings at designated installations.

Following the transition, Air Force installations will be comprised of a Combat Wing and/or an Institutional Wing and an Air Base Wing.

Combat Wings will focus on training and certification for mission level warfighting skills and being ready to deploy or execute in-place in support of combatant command requirements.

The mission of Institutional Wings will be to organize, train and equip the Air Force combat forces and will include units such as flying training wings and test wings.

Air Base Wings will focus on the skills and readiness necessary to protect, sustain and operate the power projection platform (the installation), supporting Combat Wings and/or Institutional Wings along with any other tenant units. They maintain the responsibility to ensure base operations in competition, crisis and conflict while also providing for the care and support of family readiness for the entire base community.

The missions of preparing and employing forces, as well as defending the installation

against threats are full time jobs; the addition of the Air Base Wing allows all Airmen, from commanders to those working the line, to dedicate their full attention to their specific mission instead of dividing their attention.

"Operating and protecting our bases under enemy threat is crucial, and we must ensure our Airmen are properly trained and prepared for deployment," said Col. Scott Yeatman, current operations deputy director. "To achieve this, our goal is to have teams of Airmen receive comprehensive training through the four phase Air Force Force Generation cycle so they're ready for action the minute they hit the ground on a deployment."

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According to Air Force Deputy Chief of Operations Lt. Gen. Adrian Spain, "Airmen will form into cohesive units focused on training, exercising and deploying together as a mission-ready, warfighting team. These changes are fundamental to generating team readiness and increasing lethality for assured mission success."

In parallel with these efforts, Air Force wings will largely dissolve the group command echelon and implement a wing A-Staff to facilitate wing commander decision-making and better enable the squadrons to execute their missions.

"We'll be standardizing our staff structure across all bases,

with a consistent framework, while allowing for necessary flexibility based on mission requirements at the local level. These changes will ensure the service is better organized and trained to execute operations across the joint warfighting functions," Yeatman explained.

Roadshow engagements address how these changes will directly affect each installation they visit, how each organization will be equipped to more effectively support Department of the Air Force mission requirements and provide a forum for Airmen to ask questions.

"Reoptimizing the Air Force into Combat, Institutional and Air Base wings is a foundational change to how we prepare and deploy combat effective forces," said Brig. Gen. David Epperson, special assistant to the Air Force Chief of Staff. "I am excited for this roadshow and the opportunity it provides to both share information and engage in direct conversation with Airmen at the unit level about the way forward."

More resources on the Air Force's ongoing reoptimization efforts can be found at <https://www.af.mil/reoptimization-for-great-power-competition/>.



Single Marine Program

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EODGRU-1 HOLDS CHANGE OF COMMAND

by Lt. Rae Timberlake, Explosive Ordnance Disposal Group One
 SAN DIEGO (Jan. 30, 2025) - Explosive Ordnance Disposal Group (EODGRU) 1 welcomed its newest leader during a change-of-command ceremony at Naval Base Point Loma, Harbor Drive Annex, San Diego Calif., Jan. 30. Capt. Clinton Cornell relieved Capt. Wade Hilderbrand in front of friends, family and military personnel during an outdoor ceremony.

Hilderbrand expressed pride and gratitude for the civilian and military personnel at EODGRU-1 and its subordinate commands during his time as commander.

"I will honestly sleep soundly at night knowing you have the watch," said Hilderbrand, who is slated to retire later this year. "If history is any indicator, this force will find itself in conflict again. You are the one strategic advantage this Navy has that no enemy can ever compete with.

Thank you for what you do. Go build a legacy."

Commander, NECC Rear Adm. Bradley Andros thanked Hilderbrand for his role in leading EODGRU-1 in supporting national objectives and priorities.

"Thank you for your exceptional leadership, vision, and commitment to mission readiness," said Andros. "Whether supporting Fleet operations,



Capt. Clinton Cornell, incoming commodore of Explosive Ordnance Disposal Group One, gives his remarks during a change of command ceremony on Naval Base Point Loma, Jan. 30. EODGRU-1 mans, trains, and equips west-coast based EOD and mobile dive and salvage forces in support of the fleet, special operations, and joint combined and contingency operations. U.S. Navy photo by MC2 John A. Miller

joint missions, or humanitarian efforts, your ability to lead from the front has ensured that our forces remain ready to respond to any challenge, anywhere in the world.

In his first address to the command as commodore, Cornell set his intentions for the command and the mission.

"We will maintain our focus on warfighting, integrating new technologies, and refining our tactics to adapt to an evolving

threat environment," said Cornell. "Together we will continue to be the tip of the spear in ensuring fleet freedom of maneuver and securing victory in every mission."

EOD Group One, a component of Navy Expeditionary Combat Command, mans, trains, and equips west-coast based EOD and mobile dive and salvage forces in support of the fleet, special operations, and joint combined and contingency operations.

Basilone to be honored at Mount Soledad National Veterans Memorial

From Camp Pendleton to Iwo Jima, renowned Marine's heroism to be memorialized on 80th Anniversary of pivotal battle

SAN DIEGO - Mt. Soledad National Veterans Memorial will unveil its 32nd Medal of Honor plaque during a historic ceremony honoring Gunnery Sgt. John Basilone, one of World War II's most decorated Marines, on February 19, 2025.

The date marks the 80th anniversary of his heroic sacrifice on Iwo Jima and the commencement of one of the war's most pivotal battles. Basilone stands alone in Marine Corps history as the only enlisted Marine of World War II to receive both the Medal of Honor and the Navy Cross. His extraordinary courage during two defining battles of the Pacific Theater exemplifies the highest traditions of the Marine Corps and American military service.

At Guadalcanal's Battle for Henderson Field in October 1942, Basilone fought through enemy fire to resupply his gunners. After losing his fellow Marines, he single-handedly maintained two machine guns against an overwhelming Japanese force, earning him the Medal of Honor. Declining safer stateside duty, Basilone returned to combat. On February 19, 1945, during the Iwo Jima invasion, he destroyed an enemy blockhouse and guided a Marine tank through a minefield under heavy fire. He gave his life that day, earning a posthumous Navy Cross for his final acts of heroism.

Basilone's legacy lives on at Camp Pendleton, where the main thoroughfare carries his name, and a memorial statue is a daily reminder of his valor. The base hosts the annual Basilone Memorial Cross Country Run, a tradition that brings together service members and civilians to honor his memory.

"The timing of this dedication carries profound significance," said Mt. Soledad Memorial Association Executive Director Neil O'Connell. "As we commemorate the 80th anniversary of World War II's end in September 2025, we also honor the specific day - Feb. 19, 1945 - when Marines like Gunnery Sgt. Basilone began the brutal battle for Iwo Jima. His story embodies the Marine Corps spirit, and this plaque ensures future generations can reflect on his extraordinary courage and appreciate the price of freedom."

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Forging readiness: Navy Reservists train for expeditionary operations

by Petty Officer 2nd Class Moira Esquivel

Naval Expeditionary Medicine Warfighter Development Center
CAMP PENDLETON - Six Navy reservists sharpened their expeditionary warfare skills during an integrated Expeditionary Resuscitative Surgical System (ERSS) and En-route Care System (ERCS) training at the Naval Expeditionary Medicine Warfighter Development Center here late last month.

The ERSS and ERCS training helps test the expeditionary medicine systems capabilities and reinforces essential operational skills, including combat lifesaving, tactical communications, weapons handling and mission planning.

For the reservists, the training ensured they remain proficient and mission-ready, prepared to integrate seamlessly with active-duty forces to support the fleet while integrating their unique blend of expertise and military experience. Their role is crucial in providing surge capacity, specialized expertise and operational flexibility, strengthening the Navy's ability to respond to global missions and maritime security challenges.

During the training, the reservists worked alongside ac-

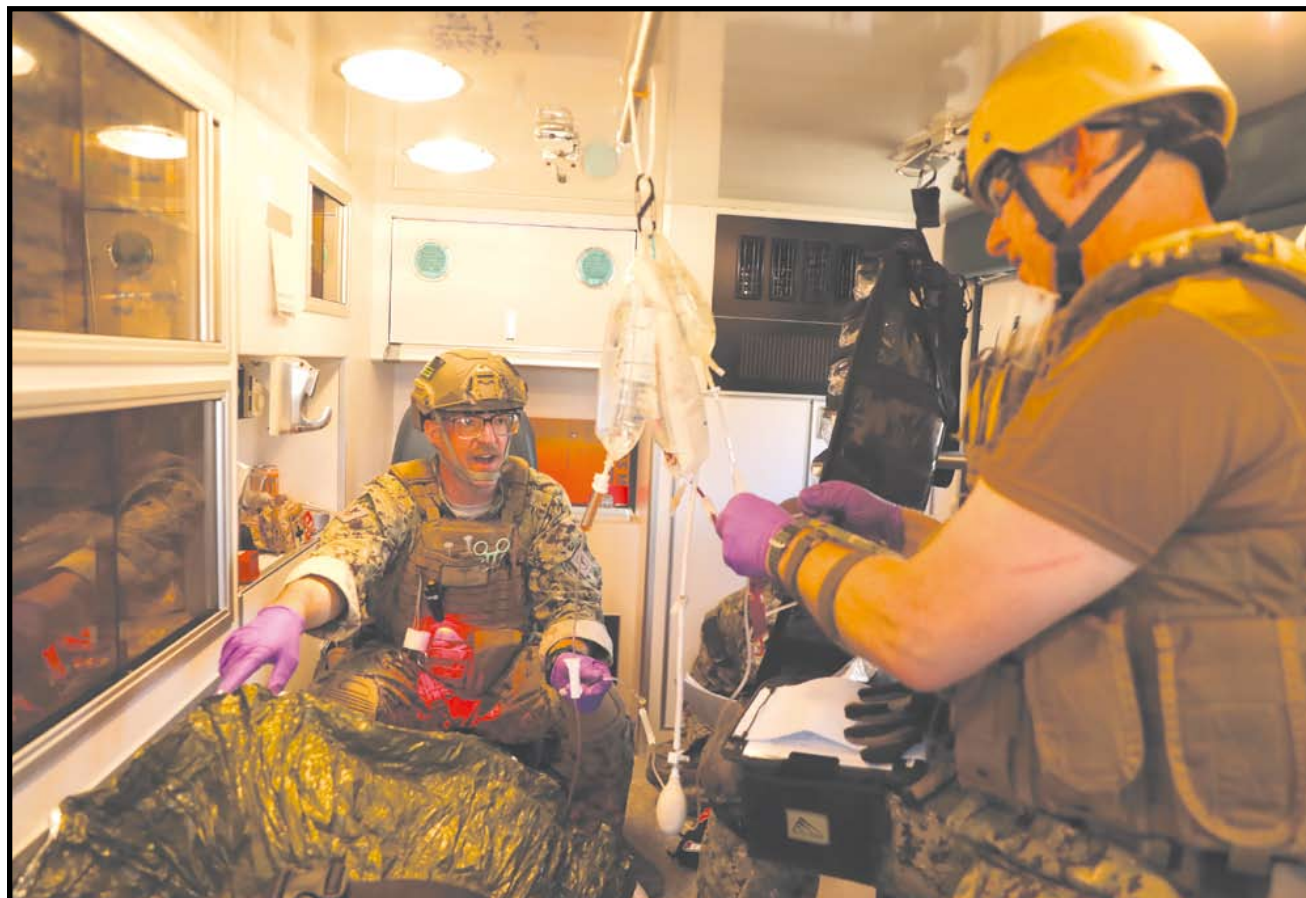
tive-duty personnel to respond to simulated combat scenarios, including a bomb threat and a firefight. In one scenario, two service members sustained life-threatening injuries from an improvised explosive device and multiple gunshot wounds.

Cmdr. You Wei Lin, a reservist anesthesiologist with the 4th Medical Logistics Group, 4th Medical Battalion Surgical Company Alpha, provided critical care and support to the simulated patients, ensuring they were safely sedated and monitored throughout a critical surgical procedure.

Lin's expertise allowed the surgical team to focus on life-saving interventions, such as controlling internal bleeding and repairing damaged tissue, under challenging condition.

This collaboration demonstrated the importance of having skilled reservists integrated into expeditionary medical teams, showcasing their ability to perform seamlessly alongside active-duty counterparts in high-pressure scenarios.

"I believe our team members integrated much more and started working together more



cohesively after each evolution," Lin said. "With high-fidelity simulation training, this course prepared our team both physically and mentally for the upcoming deployment."

The participation of the reservists in the training highlighted their importance to operational readiness.

"Reservists bring specialized expertise and civilian medical experience that enhance the capability and flexibility of expeditionary medical teams, ensuring the highest level of care in combat and humanitarian missions," said Hospital Corpsman 1st Class Jeffrey Reyes, the leading petty officer of education and training at NEMWDC.

Lt. Erick Brickson and Hospital Corpsman 1st Class Christopher Grotzer render treatment to a high-fidelity manikin on an ambulance, prepping saline fluid for IV administration during a training exercise as part of the integrated resuscitative system and en-route care training at Camp Pendleton. Brickson, a flight nurse with the Navy Reserve En-Route Care System, is based at Camp Pendleton. U.S. Navy photo by Petty Officer 2nd Class Moira Esquivel

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

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LOCAL PHOTO GALLERY



PACIFIC OCEAN Arleigh Burke-class guided-missile destroyer USS *Fitzgerald* (DDG 62) conducts an underway replenishment with fleet replenishment oiler USNS *Henry J. Kaiser* (T-AO 187) Jan. 27, 2025. *Fitzgerald* is underway in the U.S. 3rd Fleet conducting routine operations. U.S. Navy photo by MC1 Jesse Monford



PROUD PINNING Navy Chief Petty Officer Si Zhao's wife and son pin him during a commissioning ceremony aboard USS *Tripoli* in San Diego, Jan. 24, 2025. U.S. Navy photo by Seaman Apprentice Eliora Sims



UP, UP & AWAY Sailors launch a radar sphere on the flight deck aboard Arleigh Burke-class guided-missile destroyer USS *Howard* (DDG 83) while conducting routine operations Jan. 23. *Howard* is forward-deployed and assigned to Destroyer Squadron (DESRON) 15, the Navy's largest DESRON and the U.S. 7th Fleet's principal surface force. U.S. Navy photo by MC1 Donovan K. Patubo



TO THE RESCUE An Air Force HH-60G Pavehawk helicopter assigned to the 129th Rescue Squadron, 129th Rescue Wing, California Air National Guard, fights Border 2 fires over San Diego Jan. 31, 2025. U.S. Air National Guard photo by Master Sgt. Brock Woodward



Rear Adm. Seiko Okano, commander, Naval Information Warfare Systems Command (NAVWAR), speaks to industry partners about changing the way DoD accelerates software for autonomous systems during WEST Conference 2025. U.S. Navy photo by Ramon Go

NAVWAR at WEST 2025: The future of multi-domain warfare demands agility and audacious innovation

by Lily Chen, Naval Information Warfare Systems Command
At the 2025 WEST Conference in San Diego, Naval Information Warfare Systems Command reinforced its commitment to driving technological innovation and strengthening the Navy's operational advantage. Through dynamic discussions, strategic engagements and live demonstrations, NAVWAR emphasized the need to rethink conventional approaches to warfare, as well as the role of artificial intelligence and machine learning tools to outpace emerging threats.

As the premier naval conference and exposition on the West Coast, WEST offered industry and academia experts the valuable opportunity to engage with Navy, Marine Corps and Coast Guard leaders. Thousands of people attended at the San Diego Convention Center Jan. 28-30 to discuss the landscape of increasingly complex challenges in alignment with the theme: the future is now, are we advancing operational capabilities that pace the threat?

NAVWAR Commander Rear Adm. Seiko Okano, representing the command for the first time at WEST, highlighted her organization's commitment to supporting the Fleet with next-generation capability. On a panel with other military and industry experts, they discussed how the Department of Defense (DOD) is accelerating software development in support of the Replicator initiative, a DOD-wide effort to fast-track the acquisition of thousands of all-domain attributable autonomous systems.

She highlighted the need for a shift in both culture and the development ecosystem, emphasizing that transformative change is essential for driving progress. "This isn't a technology problem; this is a culture problem. The faster we figure out how to shift this together, I think we win," she said. "The Navy has always prided itself on having brilliant technologists at our research labs, but we should also embrace the really fantastic solutions from industry that we can leverage to help us innovate at speed."

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Military friendships forged from extreme embarrassment

“Put Neosporin on it,” I advised my husband, Francis, who’d jogged 17 miles that day, and chafed his inner thighs raw. We needed a quick solution, because he only had a half hour to pick up the babysitter so we could make our dinner reservation.

Francis wasn’t a runner, but he’d signed up to run the London Marathon the following week. We were stationed at JAC Molesworth, England, about 90 miles north of London. He and his workmate had been practicing a few days a week, but hadn’t jogged more than 10 miles until that day.

An experienced marathoner at work had told them, “as long as you can run 17 miles,” you can do the marathon. So, with only a week until the race, they planned their longest run ever, not knowing that novice marathoners who don’t lube up their chests and thighs with Vaseline will finish their runs with blood streaking down their t-shirts and shorts.

“But won’t the Neosporin soak through my khakis?” Francis asked in desperation while we dressed for dinner.

“Good point,” I said, and put my thinking cap back on. “Wait! I have an idea!” I opened my dresser drawer and pulled out two circular nursing breast pads made to stick inside a bra. “Stick these on the insides of your khakis, so the Neosporin won’t soak through.” Genius!

I wasn’t about to miss our first outing since giving birth to our second child, Anna, who was barely two months old, over

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

minor chaffing. Since Anna was still a newborn and nursing, she’d be coming along to our dinner while Hayden stayed home with the babysitter. I couldn’t wait to finally get out of the house.

I helped Francis remove the small adhesive strips on the back side of the nursing pads, and we carefully stuck them to the inside of his khakis. Francis grinned, impressed with his wife’s ingenuity, as he left for the babysitter’s house.

Our babysitters, Jacquie and Anitra, were sisters from a very proper American Air Force family, who lived a couple of villages over from us. When Francis arrived back home, Jacquie came into our house while Francis waited for me outside. I kissed Hayden good-bye, and carried Anna out to the minivan.

“You’re not gonna believe what happened!” Francis blurted as soon as I buckled Anna into her carseat. I listened, stunned, as Francis relayed the details of an embarrassing tale.

Inside the Air Force family’s foyer, Francis was greeted by the babysitters’ father. While they waited for Jacquie to come downstairs, they chatted about work stuff, when suddenly, the father’s eyes darted to the floor, aghast.

Wanting to know what had shocked the stern father, Francis looked down, too, only to see that a blood-stained nursing pad had fallen out of his pant leg. The father’s eyes shot back from the pad to Francis’ face, demanding an explanation.

While the father stared intently, Francis feebly stuttered and giggled through the story of the 17 mile run, the chafing, the Neosporin, the khakis, and his wife’s bright idea, which now seemed like a very, very bad idea. Humiliated, Francis scooped up the bloodied circle and stuffed it in his pocket before Jacquie descended the staircase.

Needless to say, the incident dominated our dinner conversation. Did Jacquie’s dad believe Francis’ chafing story? If not, how did he account for the nursing pad that fell out of Francis’ pants? Why would he let his daughter leave with this man? How did he recount this story to his wife? Despite the extreme embarrassment Francis felt, we laugh until we cried.

The next weekend, Francis finished the London Marathon un-chafed, thanks to a thick coating of Vaseline. And recently, decades after that fateful night, Jacquie, Anitra, and their families came to our house for a visit. We’d kept in touch through Christmas cards and social media, so when they were in our area, we planned to catch up.

As tends to happen with military friendships, we felt a closeness that belied the fact that we hadn’t actually seen each other in 26 years. Of course, we retold the story of the khakis and the nursing pad, and we laughed until we cried.

www.themeatandpotatoesoflife.com

Are rodents chewing your car’s wiring & more? Stop them!

Rodents do extensive, expensive, potentially dangerous and immobilizing damage by chewing on automobiles’ wiring and more. This problem has only gotten worse since automakers switched over to more environmentally-friendly soy and other plant-based wiring insulation (arguably less expensive than petroleum-based insulation).

Rodents chew on the wiring as a food source and to sharpen their teeth. The wires, nooks and crannies in engine compartments provide warm, convenient, protected places to build their nests, from which they will inevitably increase in number and continue to do damage.

The most effective way to stop rodents (as well as snakes and other pests) from doing this damage is to prevent them from getting into your vehicles in the first place, but this is hard to do. Vehicles are not sealed at the bottom. There are lots of openings for them to get in.

With that in mind, I was intrigued by information that I was sent about CoverSeal covers. Not only are they water-resistant to provide weather protection, as well as dust resistant and offer protection from the sun, but they also provide exceptional protection against rodents.

CEO Ken Huening explained that “I created CoverSeal after experiencing rodent damage, not once, but twice on the same vehicle.”

CoverSeal tells us that their heavy-duty vehicle covers are engineered with a patented Ground Seal technology, providing a 360-degree weighted bottom that eliminates the potential for the cover to blow off in strong winds or for rodents to breach the cover and gain access to the vehicle. A 360-degree

flexible tube filled with sand along the bottom of the CoverSeal cover eliminates the need to use bungee cords or straps to secure the cover to the vehicle. From every angle, the cover is resistant to wind, rain, dust, dirt, snakes, rodents, spiders and other pests. The loose-fitting design of the cover is intentional. It allows the cover to move in the

AutoMatters™ & More



by Jan Wagner

wind so water and moisture pooled in folds and crevices of the cover can drain.

They go on to tell us that the material is a heavy-duty DWR-coated polyester, ripstop fabric that reflects 90 percent of sunlight. CoverSeal safeguards vehicle paint, windows and tires from sun damage and fading, while ensuring the longevity of the cover. CoverSeal vehicle covers are lab-tested to withstand winds up to 40 mph. They can also protect vehicles from ash during a wildfire. Capable of enduring ash up to 300 degrees Fahrenheit, the cover will not ignite. With all of that in mind, I asked CoverSeal to send me a review sample for my 2021 Toyota RAV4.

I am impressed. The cover comes in a sturdy duffel bag. Due to its weighted skirt, it is — of necessity — very heavy. CoverSeal car covers weigh between 32-45 pounds and truck covers weigh

between 48-60 pounds, depending on size.

Before covering your vehicle, I strongly recommended that you wash it. Since the cover is very heavy, a dirty car could get scratched. If you lay the cover out on the ground first, be sure to put the top side facing down, so that the inside will stay clean. One end is conveniently marked as “FRONT” and the CoverSeal logo is on the other end.

Despite its weight the CoverSeal cover goes on easily, in part because it fits. As they say, simply drape the CoverSeal on one side of the vehicle, pull it up to halfway on the hood and roof, walk around the other side and give a gentle tug. Its heavily weighted skirt will then pull it down all around to the ground, sealing itself to a level surface.

The fabric is strong and reflective. CoverSeal covers are available in standard 300D polyester water-resistant fabric or premium 420D water-resistant fabric with ripstop, and air ventilation pockets for sports, mid-size, full-size cars and SUVs as well as larger sizes for short- and long-bed pickup trucks.

They also make covers for grills, smokers, tractors and patio furniture.

For more information and to purchase covers, visit CoverSeal at <https://www.getcoverseal.com>. They are also available on Amazon.

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

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Veterans News

VA expands Veterans Legacy Memorial

FLEET RESERVE ASSOCIATION - The Department of Veterans Affairs has expanded its Veterans Legacy Memorial platform, now allowing living veterans to document and share their life stories.

Originally created to honor deceased veterans, the VLM has grown into the largest repository of veteran memories and service records. This new feature enables veterans to upload personal narratives, photos, and memorabilia, contributing to the historical record for future generations.

Veterans can access this new feature through the “Your Story, Your Legacy” page on the VLM website at www.vlm.com.va.gov. Since its launch in 2019, the platform has collected over 165,000 submissions, and now encourages veterans to share their own stories. Content will be moderated by the National Cemetery Administration (NCA) to ensure compliance with VLM guidelines.

Acting Under Secretary for Memorial Affairs Ronald Walters emphasized the significance of this update, noting that it allows veterans to preserve their stories for posterity. The VLM now serves not only as a memorial for the deceased but as a living archive where veterans can document their service, achievements, and personal reflections.

For more information or assistance, veterans can visit the Veterans Legacy Memorial website or use the VA’s chatbot at www.va.gov to navigate available benefits and services. This expansion reflects the VA’s commitment to honoring veterans in a personal and lasting way, ensuring their stories are preserved for future generations.



Veterans may be eligible for one more year of G.I. Bill benefits

Are you a veteran who served at least two periods of service? In other words, did you reenlist? If so, there’s a chance that you’re eligible for additional G.I. Bill benefits.

Veterans Affairs recently announced that it has updated

its process for awarding G.I. Bill benefits. This means that many veterans who served multiple periods of military service (for example, Veterans who reenlisted) may be eligible for additional benefits for themselves or their beneficiaries.

Specifically, under the previous policy, eligible veterans who served at least two periods of service were forced to choose between the Montgomery GI Bill and the Post-9/11 GI Bill for a maximum of 36 months of G.I. Bill benefits.

Under the updated policy,

veterans will no longer have to make that choice when they apply for benefits, meaning that they can qualify for up to 48 months of G.I. Bill benefits.

Many veterans are also now eligible for additional, retroactive benefits. Specifically,



Many Veterans are also now eligible for additional, retroactive benefits.

veterans who served at least two periods of service - one that qualified them for the Montgomery G.I. Bill and a second that qualified them for the Post-9/11 G.I. Bill - may be eligible to receive up to 12 months of additional G.I. Bill benefits (bringing them to a total of 48 months). These Veterans may be eligible to receive 12 months of additional, retroactive G.I. Bill benefits (bringing them to a total of 48 months).

Who qualifies for this expansion?

Veterans who served at least two periods of service - one that qualifies for the Montgomery G.I. Bill and a second that qualifies for the Post-9/11 G.I. Bill - may be able to receive additional GI Bill benefits.

Will I be notified if I’m eligible?

Yes, VA will be distributing communications to potentially impacted beneficiaries.

My G.I. Bill benefits expired. Will there be an extension if I’m found eligible?

To receive an expiration date extension, applications must be submitted by Oct. 1, 2030.

Do I need to do anything?

Of the 1.04 million veterans who may potentially be eligible for additional benefits, VA will be able to automatically adjudicate the claims for approximately 660,000 without any further action required on their part. For all remaining veterans, VA will be reaching out to them directly to encourage them to file a claim.

When is the deadline to apply for those who need to take action?

Oct. 1, 2030.

To learn more about this change, including how to apply, visit the Rudisill info on VBA’s education service webpage, <https://benefits.va.gov/GIBILL/rudisill.asp>.

ExploreVA

Learn about VA benefits you may be eligible for.



CLASSIFIED ADS

SOCIAL SECURITY MATTERS

Can my wife claim her SS now and get half my SS benefit later?

Dear Rusty: My wife will reach her full Social Security benefit at 66.5 years of age which is just under 2 years away for her now. If she were to begin to get her monthly check now (i.e. early), would that prevent her from being eligible for the spousal benefit to receive half of what I am currently drawing?
Signed: Curious Husband

Dear Curious: If your wife claims her own SS retirement benefit now (e.g., at 64.5 years), and you are already collecting your own SS benefit, then she will be automatically deemed to be filing for her spousal benefit immediately when she claims her own benefit (she does not have the option to defer claiming her spousal benefit until later). This is a change made by the Bipartisan Budget Act of 2015, which requires all those first claiming SS to file for ALL benefits they are eligible for when they claim. What that would mean is that your wife's benefit now, including her spousal boost from you, would be actuarially reduced by the number of months early she claimed. Her own SS retirement benefit would be permanently reduced by about 15%, and her "spousal boost" (the additional amount she would get as your spouse) would be reduced by about 19%, yielding a combined benefit which is roughly 42% of your full retirement age (FRA) SS benefit.

The only way your wife can get half (50%) of your FRA benefit entitlement is by waiting until her own full retirement age (66 years and 10 months) to claim. Note too that your wife's spousal benefit will be based on your FRA entitlement, so if you claimed earlier or later than your own full retirement age, her spousal benefit will still be based on your FRA entitlement.

Also, your wife should be aware that anyone who claims early is subject to Social Security's "earnings test," which limits how much can be earned while collecting early benefits. Thus, if your wife is working, she will be restricted on how much she can earn before Social Security takes away some of her benefits. FYI, the earnings limit changes annually, but for 2025 it is \$23,420 and, if that is exceeded, SS will take away \$1 in benefits for every \$2 over the limit. And, FYI, the earnings limit goes up a lot during the year FRA is attained, and the earnings test no longer applies once full retirement age is reached.

I hope this answers your question, but if you have need additional information, please feel free to contact us directly at SSAdvisor@amac-foundation.org, or call us at 1.888.750.2622.

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SD Humane Society offers a Community Veterinary Program

For pet families with limited financial resources, the San Diego Humane Society's Community Veterinary Program provides affordable, compassionate and exceptional veterinary care to help keep pets out of shelters and with the people who love them. Clinic services are available at our San Diego Campus by appointment only, Tuesday through Saturday from 8 a.m. to 5:30 p.m. We also offer mobile clinic services twice a month, bringing veterinary services directly into the communities that need them most.

Please note: The Community Veterinary Program does not provide emergency or urgent care services. Eligibility requirements for our services include: Household income under \$70k/year and/or proof of enrollment in SSI, SNAP card, SSDI, WIC, pay stub, other federal/state assistance or unemployment benefits.

<https://www.sdhumane.org/programs/community-veterinary-program/>

HELP WANTED

USS Midway Museum is recruiting volunteers for docents, air craft restoration, ship restoration and safety. www.midway.org/give-join/volunteers/volunteer-opportunities/

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Visit our military museums

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

Active duty military, Museum Member, Children under 12: Free
Veterans/Seniors: \$4 • Adults: \$5 • Student ID: \$2
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<http://www.veteranmuseum.org/>
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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 daily 10am-5pm • Last admission at 4pm

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

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

San Diego Humane Society Campus Locations

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

Oceanside Campus
572 Airport Road
Oceanside, CA 92058

Escondido Campus
3500 Burnet Drive
Escondido, CA 92027

San Diego Campus
5480 Gaines Street
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85°	104°	119°



Working out to stay sharp: Can exercise keep your brain healthier?

We've all heard that exercise is good for us. Experts recommend getting at least 150 minutes of moderate-intensity aerobic activity each week. This can include brisk walking, biking, playing tennis, or even pushing a lawnmower. Strength training exercises, like lifting weights, push-ups, or sit-ups, are recommended at least two days a week.

Many benefits of exercise are well-known. Aerobic exercise can help you maintain a healthy weight by burning fat. It can also keep your heart healthy. Strength training can help to build muscle mass and strengthen your bones. Stretching can improve flexibility and range of motion. And balance exercises can prevent falls. Scientists are finding out that exercise may also improve our brain health.

Research has shown that when you exercise, many different molecules are released into your bloodstream. These molecules travel to different organs and tissues, where they trigger changes that help your cells withstand the physical stress of exercise.

"You're basically telling your



body, 'You need to prepare for something,'" explains Dr. Saul Villeda, who studies the aging brain at the University of California, San Francisco. In preparing to withstand exercise, cells also seem to get better at withstanding the effects of aging.

As we age, our cognitive abilities often start to decline. We may have difficulty with learning

and memory. That's because our brains undergo cellular changes as we get older. The protective barrier around the brain also changes, altering which substances can get into your brain. Some of these have potentially harmful effects.

Studies in mice and rats have shown that exercise can partially offset these changes. And it can prevent at least some of the cognitive decline that occurs with age. These benefits haven't just been seen in mice, either. Research has also shown a link between aerobic exercise and better memory in people.

Certain exercise-induced molecules have been shown to boost cognitive functions in mice. Villeda and colleagues are study-

ing one called GPLD1. They've found that it's at least partly responsible for why exercise improves new brain cell formation, learning, and memory in aged mice.

Villeda's team has also shown that more active older adults have more GPLD1 in their blood. This suggests that GPLD1 may have a similar function in people. GPLD1 production has shown effects similar to exercise in the brains of mice. So, Villeda hopes that one day GPLD1 can help improve the health of people who aren't able to exercise.

Don't be discouraged if the recommended amount of exercise seems overwhelming. It's okay to start small. "A little bit goes a long way," Villeda says. "Even just moving a few minutes extra that you wouldn't have done already has a benefit." He notes that his research findings have motivated him to start exercising, which he didn't do before. "Even though I'm dealing with mice, the benefits that I can physically see in them have compelled a couch potato [like me] to actually get up and start exercising."

Mayo Clinic Q and A

How environmental exposures affect your health

DEAR MAYO CLINIC: I'm hearing more about the exposure and the role of the environment on our health. Can you tell me more about how it is being studied? I'm worried about the future when I read about studies that show microplastics and chemicals accumulating in our environment.

ANSWER: The Centers for Disease Control and Prevention defines the exposome as the measure of all environmental exposures, from prenatal stages through a person's lifetime, and how those exposures interact with genetic factors to affect health. The term is very inclusive. It includes, for example, diet; pollution; and natural substances, such as radiation. Everyone's exposome is unique.

I appreciate your concern about environmental exposures. The point I like to make is that not all exposures are harmful. Some exposures may protect us from disease. When we're talking about the exposome, it includes elements that are a risk for health, such as tobacco use, and elements protecting us from illness, such as access to green space.

Historically, researchers have studied some environmental exposures. Epidemiological studies in the past have told us that excessive alcohol use, for

example, has an effect on the human body, and this relates to disease. We have also known that exposures to some bacteria cause disease, such as salmonella or tuberculosis.

But given that there are millions of different types of environmental exposures, better and more systematic studies are needed to understand what this means to our health.

As a scientific field, the exposome explores exposures that have an effect on human biology. For me, as a physician and researcher, I would like to know more about exposures that affect our genes, cells and organs, or, in other words, how exposures affect human biology. Your exposome is the environmental complement to your complete set of DNA, called your genome.

Scientists have more recently realized that only about 15% of most disease risk can be attributed to genetic elements. So we are left with the question: What else contributes to disease? Families, of course, share not only genes but their environment. They live in the same household. And this is how exposome science started, to try to be able to assess environmental exposures.

Over the last roughly 50 years, chemicals have been mass pro-

duced by humans. Decades ago, we couldn't measure chemicals in our bloodstream in a scalable and affordable way. So we used questionnaires to ask, "Do you smoke?" "Do you drink?" "Have you been exposed to pesticides?" We were looking for the outcomes of those exposures to human health.

For example, in my laboratory, we were studying a rare liver disease called primary sclerosing cholangitis, and we asked a decade ago whether patients were exposed to pesticides, as well as other environmental elements. But the questionnaires didn't show a difference between healthy people and those with primary sclerosing cholangitis.

Years later, when we could use blood tests to measure chemicals in the bloodstream, we found a significant difference in a specific pesticide present among primary sclerosing cholangitis patients compared with healthy people.

So, based on several studies, we now know that pesticides are in our food chain and in our bloodstream in small amounts, and we need to know how they affect human biology and disease.

Also, massive plastic production within the last 70 years also has created microparticles that

can be found inside people's tissues. We need to study these exposures both in health and in diseases such as cancer, heart disease, stroke, respiratory illness and autoimmune disease.

Nevertheless, when we do studies, often we find chemicals that are more prevalent in healthy people compared to patients with diseases. Scientists are working to identify those elements associated with wellness or with a lack of disease because these substances may protect us from illness. For example, some studies have shown that drinking coffee may reduce risk of neurological disease or liver disease. We need to understand this in more depth for therapeutic opportunities.

Current methodologies enable us to measure the exposome better than before through blood, urine, saliva and hair. I envision that 10 years from now, if not earlier, we will have screens of exposures that we will measure in our bloodstream. That will become part of a person's care at some point in the future and help us guide lifestyle changes, prevention strategies and make diagnosis as well as treatment decisions for patients.

— Konstantinos Lazaridis, M.D., Gastroenterology/Hepatology and Center for Individualized Medicine



Making exercise part of your routine

Get active with others. Find a neighbor, family member, or friend that shares your goals.

- Join a team, an exercise group, or class.
- Keep track of your progress. Use an activity log or a fitness tracker. This can help you to set goals and stay motivated.
- Find ways to make exercise more fun. Dance, listen to music while you exercise, or do a combination of activities to keep from getting bored.
- Do what you can. Even five minutes of activity is better than none.



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