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SIXTY-FIFTH YEAR NO. 3
 MAY 23, 2025

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

PRIVATE JET CRASHES IN MURPHY CANYON

A small private jet with six people aboard crashed in Murphy Canyon military housing in Tierrasanta around 3:45am, Thursday, May 22. The plane, headed to Montgomery Field, went down just east of I-15 and south of Aero Drive. The NTSB said the jet clipped a power line before the crash. All aboard are believed to be deceased.

According to San Diego Police Department reports eight people on the ground were injured and around 100 residents were evacuated. Reports state that one home was destroyed and 10 others were damaged. Multiple cars were also destroyed and damaged.

National Transportation Safety Board and Federal Aviation Administration officials are at the site to lead the investigation into what caused the Cessna 550 airplane to crash in the neighborhood. Officials do not have a cause for the crash though dense fog may have been a factor.

The NTSB is hoping to complete their investigation on the ground on Saturday and then neighborhood cleanup can begin.

► Murphy Canyon Families ◀

RLSW SW Legal Assistance is standing by to assist affected families in the Murphy Canyon area. Office can assist with general Legal Assistance needs (e.g. powers-of-attorney). RLSW SW Legal Assistance are also able to provide attorney consultations (remote or in-person in our NBSD dry-side offices). To schedule an attorney appointment, complete the intake sheet (using QR code bottom left) and return to our email: SanDiegoLA@us.navy.mil.

Please put "Murphy Canyon LA Support" in the subject line so we can prioritize our response.

<https://www.jag.navy.mil/legal.../special-power-of-attorney/>

REGION LEGAL SERVICE OFFICE SOUTHWEST
LEGAL ASSISTANCE DEPARTMENT

NAVAL BASE SAN DIEGO (NBSD) 3395 STURTEVANT STREET BUILDING 56 (wet side) SanDiegoLA@us.navy.mil Phone: 619-556-2271 https://www.jag.navy.mil/legal-services/southwest/	HOURS OF OPERATION Monday - Thursday 0800 - 1130 / 1300 - 1500 *Closed Federal Holidays
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ATTN: Murphy Canyon Families

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POWERS OF ATTORNEY (POA) / NOTARY SERVICES

Powers of attorney and notary services do not require an appointment. For notaries, powers of attorney, affidavits, and will executions, **you MUST bring the following 2 items:**

1. Military/Dependent ID card
2. One additional government-issued photo ID with signature (e.g. driver's license or passport)

ATTORNEY CONSULTATIONS

In-person and remote attorney appointments are available for eligible individuals during our business hours. For affected Murphy Canyon families, we can schedule an appointment (remote or in-person) at a time that works best for you - even outside our normal hours. You can also walk-in to our office during our business hours for an appointment - please let a staff member know you are here for Murphy Canyon support.

PARKING

Parking in the immediate vicinity of Building 56 is extremely limited. Overflow parking is available next to the NBSD Chapel. Remote appointments are encouraged.

To schedule an attorney consultation:
Submit an Intake Sheet
SanDiegoLA@us.navy.mil

Please include "Murphy Canyon LA Support" in the subject line so we can prioritize our response.

ONLINE FILLABLE SPECIAL POWERS-OF-ATTORNEY:

DOD expands online ID card capability to enhance benefits

by Army Maj. William Shinego, DOD News

In an effort to improve the quality of life for military personnel and their families, the Defense Manpower Data Center has expanded its online uniformed services identification card issuance system to include overseas service members and dependents.

Online issuance and renewal of ID cards initially launched as a pilot program in 2023 to streamline the process and allow sponsors to remotely request cards online. The cards are printed by the Government Publishing Office and securely mailed to the recipients, eliminating the need for in-person visits to ID card facilities.

Shirley Bush, deputy program manager for the DMDC's Real-time Automated Personnel Identification System and Common Access Card program, highlighted the impact of the capability and noted that it has already reduced in-person ID card transactions by over 300,000 since its inception.

"From my own experience, this capability significantly improved my family's quality of life," said Bush, who served in the Army Signal Corps and remains a military spouse. "When my husband was

ID cards, page 2

Local Memorial Day ceremonies

On Memorial Day, Monday, May 26, you can be part of the National Moment of Remembrance by pausing for a moment of silence at 3pm local time. Take a minute to remember those who have died serving our country. We are grateful to those who have made the ultimate sacrifice for our nation.

Miramar National Cemetery Memorial Day Ceremony - Sunday, May 25, 1pm. The ceremony will include keynote speaker, Vice Admiral Daniel Cheever, Commander, Naval Air Forces/Commander, Naval Air Force, U.S. Pacific Fleet; music by Westwind Brass; Bugler; Bagpiper; and more. Ceremony is free and open to the public, with plenty of free parking.

National Memorial Day Concert - Sunday, May 25 at 5pm (PST), watch the live broadcast of the National Memorial Day Concert celebrating members of the U.S. armed forces. Livestream will be available at www.pbs.org/national-memorial-day-concert.

Visit the Mt. Soledad National Veterans Memorial at 11am this Memorial Day, May 26. We invite veterans, families, community members, and all who wish to pay their respects to attend this solemn and meaningful ceremony. 6905 La Jolla Scenic Drive S. La Jolla, CA 92037

USS Midway Museum, Monday, May 26 - Memorial Day Wreath Ceremony, 9am, Flight Deck. Join us for a special commemorative wreath ceremony in remembrance of those who have paid the ultimate sacrifice. Includes guest speaker, flyover, and tossing a memorial wreath over the ship in honor of the fallen.

-U.S. Coast Guard Auxiliary Arizona Band, 11am & 2:15pm performance. Patriot music by instrumentalists on the flight deck.

-Bonita Vista High School's Music Machine, 12:30pm. Patriotic entertainment by one of SD's top-ranked show choirs.

-Don't miss USS Midway's Legacy Week, (May 23-May 26) an annual celebration that honors and remembers our military heroes, and celebrates our military heritage. The USS Midway Museum's "Legacy Week" is the heart and soul of Memorial Day commemoration in San Diego. Find the full schedule of events at: www.midway.org/event/legacy-week-2025

Fort Rosecrans Memorial Day Ceremony - Monday, May 26, 10 am. 1800 Cabrillo Memorial Dr. on Point Loma. One of San Diego's largest and most celebrated memorials dedicated to our fighting men and women. www.facebook.com/FortRosecransMemorialDay/VeteransAssociationofNorthCounty on Monday, May 26, 10am-12pm. Honor the men and women who have served our country so bravely. Keynote Col Willy Buhl, USMC, Ret. May you never forget the sacrifices made for this country. 1617 Mission Ave, Oceanside, CA 92058



Cmdr. Tristan Oliveria, Executive Officer of Naval Base San Diego and Sailors volunteered at Naval Base San Diego pit stop for SANDAG Bike Anywhere Day on Thursday, May 15. SANDAG Bike Anywhere Day is an annual event that has been celebrated in the

San Diego region for more than 30 years. The day encourages everyone to ride their bike to work, school, the beach, or anywhere they choose. Thank you to the participants who pedaled and visited NBSD pit stop to show support for sustainable, active transportation!

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ID cards

continued from page 1

stationed at Fort Knox, [Kentucky], and I was in Dallas, he was able to complete my USID card application online, and the card arrived at my home

without the hassle of finding a local RAPIDS site.”

Bush emphasized that feedback from users has been overwhelmingly positive, with 96 percent of participants rating the online system as valuable

and efficient.

“As the deputy program manager for [ID Card Office Online], I’m proud to be part of a team that directly benefits my family and thousands of others,” she said. “It’s incredibly rewarding

to see real-time impacts on our military community.”

The recent expansion allows service members and dependents residing at Army, fleet, or State Department post office addresses overseas to use this con-

venience, further demonstrating DOD’s commitment to modernization and efficiency, key goals emphasized by President Donald J. Trump and Defense Secretary Pete Hegseth.

Hegseth underscored this priority during a meeting with industrialist Elon Musk in March.

“We ... [must] ... rapidly field emerging technologies [to] remain the strongest and most lethal force in the world,” he said.

Any automated process that helps the warfighter focus on their core purpose — lethality — is welcome, and IDCO is doing its part, according to Bush. She noted that the system is not only helping families but the Defense Department as well.

“When service members are overseas, renewing an ID card often meant costly trips to central locations,” Bush explained. “By extending IDCO overseas, we’ve eliminated unnecessary travel, saving taxpayer resources and enhancing operational readiness.”

Regarding safeguards designed to protect personally identifiable information throughout the process, Bush said cards are only mailed to addresses already validated in the Defense Enrollment Eligibility Reporting System.

“Security is paramount,” she said. “Sponsors must log in using their CAC or DOD credentials, and cards are shipped to verified

addresses only. They remain inactive until receipt confirmation, ensuring our personnel’s information stays secure.”

Looking forward, Bush shared that DMDC is planning additional enhancements, including allowing service members and dependents to upload updated photos directly into the system and potentially expanding services to locations without direct military postal services.

“These enhancements will further eliminate barriers,” she said. “And we’re continually assessing new ways to support widowed spouses who currently require a sponsor’s authorization, expanding photo upload capabilities and examining options for delivering ID cards to service members in areas outside standard APO and FPO regions.”

Bush added that these future enhancements align directly with broader DOD strategic goals, emphasizing administrative modernization and personnel readiness.

“If you’re saving hundreds of thousands of man-hours and reducing operational disruption, that’s modernization at its core,” she said. “This program directly contributes to administrative efficiency, operational readiness and improved quality of life for service members and their families.”

DOD’s CIO looking for top-performer nominations

by DOD Office of the Chief Information Officer

The Defense Department’s chief information officer is making an all-hands call for nominations for the annual DOD CIO awards program, now in its 25th year.

The program recognizes the top individual and team talent within the department’s information technology community including communications, information technology and cybersecurity, spectrum management, position, navigation, timing and more.

Sam Kassem, DOD CIO awards program manager, said they would like to have as many nominees as possible to consider for awards this year.

“We are expanding the awards to our strategic and federal partners, and we strongly encourage them to apply,” he said. “These key teammates can apply because of the critical role they play in strengthening, protecting and advancing the DOD IT enterprise.”

Katie Arrington, who is performing the duties of the DOD CIO, highlighted the vital role IT professionals play in defending the nation during a recent podcast with the Armed Forces Communications and Electronics Association.

“The cyber warriors are the ones when the adversary wants to come in, they’re not going to launch a missile first,” she said. “When Russia was going to invade Ukraine, they turned off the power first. So, the cyber warrior is the first line of defense we have in a non-kinetic war.”

All across the department, Kassem said, IT teams and individuals are doing work to protect the nation, which merits recognition.

“Within the DOD and the federal workforce, IT teams are doing

fantastic work, but they are also exceptionally busy,” he said. “The department can’t recognize the best performers unless they are nominated by their leadership. We ask for nominations to allow plenty of time for leaders to build award packages to get their top talent the recognition they have worked hard all year to earn.”

The annual awards program recognizes the exceptional achievements of individuals or teams in delivering capabilities and management practices that advance warfighter lethality, readiness and network efficiency. The major functional area categories covered by the awards program are updated to reflect four technical priority areas:

Cybersecurity: Includes cryptographic modernization, zero trust, cybersecurity of the defense industrial base, cyber hygiene, cross-domain solutions, capability maturity model, and cyber innovations.

The information enterprise: Includes cloud innovation, network transport and optimization, software modernization/development security operations, coalition information sharing, defense business systems improvement and modernization, data center optimization and application rationalization, identity, credentialing and access management, and the special access programs IT ecosystem.

Command, control and communications: Includes C3; telecommunications; position, navigation and timing; 5G/6G/XG mobile networks; national leadership command capability; satellite communications/tactical data links/radio systems; public safety communications; and the electromagnetic spectrum.

Other IT areas: Includes financial and management audits that encompass cost savings and avoidance; IT and cyber budget; IT and communication accessibility; IT and the cyber workforce; industry and international engagements; time division multiplexing elimination; technical debt; and electronic records management.

Find out more at <https://www.defense.gov/News/News-Stories/Article/Article/4192001/>.

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usaa.com/memorialday

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Service leaders discuss transformation

by David Vergun

Military leaders discussed transformation the services face amongst the growth of national security threats May 19 during a Council on Foreign Relations panel in Manhattan, New York.

“The battlefield is changing as fast as the technology in your pocket and we know we have to change,” said Gen. Randy A. George, Army chief of staff.

For example, with the proliferation of drones, there’s no longer any way to hide on the battlefield, he said.

George said part of the Army’s way of transforming, an effort known as “transforming and contact,” is getting innovation advice from junior soldiers, instead of just using the traditional top-down approach. “Our Soldiers have a really good mindset for innovation,” he added.

Some of the other ways the Army is transforming is slimming down its headquarters staff, making smarter investments in systems and weaponry and prepare standing up a mobile brigade combat team, George said.

Gen. Eric M. Smith, Marine Corps commandant, told the panel he is “not interested in going back and fighting the last war.”

Range of weaponry and detection of enemy formations will be paramount in the next fight. That’s why the Marine Corps is heavily investing in drones and sensors, he said.

Adm. James W. Kilby, acting chief of naval operations, said the quality of Sailors, Marines and naval vessels is high. However, the quantity of ships and the ability to produce them are real concerns.

“I’m disappointed with our ability as an industrial base to react to that quickly,” Kilby said. “Virtually every one of our shipbuilding classes is behind schedule for a number of

reasons.”

The Navy plans to build a hybrid fleet that includes not only traditional ships, but also unmanned surface and undersea ships, as well as aerial vehicles, the admiral said. This approach is needed because the Navy can’t afford to produce the number of ships it needs.

He pointed out that experimentation will occur regarding integrating those manned and unmanned vessels into an efficient and effective strike group.

Gen. David W. Allvin, Air Force chief of staff, said his service is taking a similar approach as the Navy, by building a hybrid fleet of aircraft, to include the unmanned YFQ-42A and YFQ-44A.

He said these are meant to operate in tandem with manned airplanes, in human-machine teaming.

The Air Force has excess infrastructure it hopes to reduce to better allocate that money to those warfighting efforts, Allvin said.

“We’re seeing an increase in threats directly to the homeland, maybe in a way we haven’t faced in a generation,” said Gen. B. Chance Saltzman, Space Force chief of space operations. “And, it’s our job to think about the worst day that the United States would face where the adversaries use these exquisite weapons and

start to target the homeland.”

The Space Force is invested in building the Golden Dome, a defense system that will be designed to protect the homeland. Saltzman said that’s why it’s worth the cost of building it.

Adm. Kevin E. Lunday, Coast

Guard acting commandant, said the U.S. is an Arctic nation and its ability to defend that region is vitally important.

Icebreakers are key to that defense and the Coast Guard is seeking ways to build more of them, as well as its cutter fleet, he said.



The U.S. Navy deploys combat-ready Sailors, ships, aircraft and submarines around the world to areas of interest without relying on land bases in foreign countries. Today and every day, America’s Navy is operating to preserve the peace, deter aggression, and protect the American way of life.

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⁴Visa Signature Flagship Rewards Credit Cards earn 3 points for every \$1 of net purchases made on travel and 2 points for every \$1 of other net purchases. “Net purchases” means the sum of your eligible purchase transactions minus returns and refunds. Eligible purchase transactions do not include, and rewards are not earned for, the following transactions: cash advances, convenience checks, balance transfers, gambling, or fees of any kind, including finance charges, late fees, returned check fees, ATM cash advance fees, and annual fees. Cash-equivalent transactions, such as the purchase, loading, or reloading of gift and prepaid cards (e.g., money orders, GO Prepaid Cards, and other cash-equivalent gift cards), may not be eligible purchase transactions and may not earn rewards. A travel purchase may only earn 2 points per dollar spent, depending on the merchant code used to process the transaction. Travel is typically categorized under merchant category codes such as airline, hotel, car rental, bus lines, taxis, cruise lines, time shares, parking, and transit. Additional categories may be ineligible, in which case you will receive 2 points per dollar spent at these locations based on the merchant category codes. For more information, view the Flagship Rewards Program Description at navyfederal.org. © 2024 Navy Federal NFCU 14225 (6-24)

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Pacific Fleet announces FY '24 Sailors of the Year

by Chief Petty Officer
Sean Weir

HONOLULU – Commander, U.S. Pacific Fleet, announced the FY 2024 Sailors of the Year (SOY) during a ceremony held, May 14, at the Ala Moana Hotel in Honolulu.

Hospital Corpsman 1st Class Andrew Velikic was selected as the Sea Sailor of the Year, and Aviation Structural Mechanic 1st Class Joseph Hopkins was selected as the Shore Sailor of the Year.

During the annual SOY week, nominees visited historic sites including the USS Arizona Memorial, Battleship Missouri

Memorial, and Ford Island. They also visited the Defense POW/MIA Accounting Agency (DPAA).

Adm. Steve Koehler, PACFLT commander, noted that “one of the main reasons I remain in the Navy is the opportunity to work with and be around our motivated Sailors. All of our SOY finalists embody Navy core values and set the Pacific Fleet standard of professionalism with their words and actions and these leaders daily make our Navy better.”

U.S. Pacific Fleet Master Chief Don Davis and board members shared their experi-

ence and encouragement with nominees. Many elements of the week centered around Adm. Koehler’s Fleet Orders of Professionalism, Combat Readiness, Safety, Stewardship, and Teamwork.

“These Sailors are a true reflection of the Pacific Fleet’s excellence,” Davis said. “Their dedication was unmistakable, both in the way they carried themselves during the board and in their impressive packages submitted by their commands. This experience offered just a glimpse into the depth of their professionalism and commitment to service. Their stories are inspiring, and their leader-

ship reaches far beyond their individual commands. They are leaders our Navy can be proud of. I am confident that they will continue to rise to every challenge placed before them.”

Velikic, representing 1st Medical Battalion, 1st Marine Logistics Group, and Hopkins, representing Strike Fighter Squadron (VFA) 125, will be meritoriously promoted to chief petty officer as part of their selection as the Sea and Shore Sailors of the Year.

For a list of the finalists, go to <https://www.navy.mil/Press-Office/News-Stories/display-news/Article/4192248/fy-2024-us-pacific-fleet-sailors-of-the-year/>.



Top 5

- Trump’s vow of ‘substantial’ pay raise for troops counters budget plan
- Military to screen for gender dysphoria amid transgender ban, per memo
- Air Force gives Airmen just days to reenlist for retention bonus
- Space Force, states at odds over National Guard plans
- Pacific land force leaders seek ‘positional advantage’ against China

Army

- Army halves spy plane fleet before first takeoff
- Army Vice Chief: Fate of ITEP depends on service’s share of FY26 budget request
- Army’s multi-domain task forces central to contesting Chinese, Russian strategies
- Army zeroes in on expendable drone needs for future buys

Navy

- Nimitz Strike Group tests augmented reality glasses in remote repair pilot
- Navy to scrap historic platforms used to salvage doomed USS Arizona

Marine Corps

- Marines ‘committed’ to JLTV despite Army divestment, expected price increase: Service chief
- 2 crew uninjured after boat capsizes while working on Marine airfield on Okinawa

Air Force

- Defense officials advocate for diverse target-tracking architecture

Space Force

- Space Force testing space-based sensors to track airborne targets
- Space Force still weighing cost, operational advantages of satellite refueling tech



SUPER SOAKER SALUTE

An Army CH-47 Chinook taxis through a ceremonial water salute on May 10, 2025, at Al Asad Air Base, Iraq, marking the final flight of Capt. Camden Keibert and honoring his 18 years of Army service. U.S. Army photo



Special warfare tactical air control party Airmen simulate shielding patients from rotor wash and debris during a UH-60 Black Hawk landing in Idaho City, Idaho, May 8, 2025. U.S. Air National Guard photo by Tech. Sgt. Mercedes Wilds



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DOD: Guidance on separation of service members with gender dysphoria

by C. Todd Lopez, DOD News

On May 15, military leaders across the force were issued guidance from DoD on how to proceed with separating, voluntarily or involuntarily, service members with a diagnosis or history of, or exhibiting symptoms consistent with, gender dysphoria.

Air Force closing FY25 Selective Retention Bonus program

The Air Force is closing new applications for the fiscal year 2025 selective retention bonus program due to high retention rates and projected full execution of the program's budget. The Air Force opened the FY25 SRB program in December 2024 and is taking action to close the program to proactively manage the budget and ensure responsible stewardship of its resources.

Airmen whose Air Force Specialty Codes are included in the FY25 SRB list may reenlist or extend their enlistment to receive an SRB until the program closes on May 20, 2025. Those who have accepted an SRB prior to the close date will receive their full SRB bonus, including regular bonus payments for those opted into monthly installments.

Air Force-wide enlisted reten-

The department has halted accessions of individuals meeting these criteria and has now directed the services to prepare to separate individuals already serving who meet the criteria.

"As [President Donald J. Trump] stated in his January

tion levels continue to meet and, in some AFSCs, exceed sustainment needs. These higher retention rates led to more Airmen using the SRB program, which is expected to utilize the entire budget for the program for FY25.

Due to exceptional enlisted retention and high SRB take rates in FY25, the Air Force has fully utilized the allocated SRB budget.

The SRB program serves as a retention tool, targeting experienced enlisted personnel in critical career fields. Additionally, specialties involving extensive initial skills training and stringent qualification requirements are considered for the SRB.

Affected Airmen should contact their local Military Personnel Flight with questions.

executive order, expressing a false gender identity divergent from an individual's sex cannot satisfy the rigorous standards necessary for military service," said a senior defense official yesterday during a background conversation to discuss the new guidance. "Therefore, the department is moving forward with implementing its guidance to separate individuals impacted by this policy, either through a voluntary or involuntary separation process."

As part of the guidance by Defense Secretary Pete Hegseth, service members on active duty and with gender dysphoria have until June 6, 2025, and service members in one of the reserve components have until July 7, to self-identify. Once that happens, the official said, military services have 30 days to begin separation proceedings.

According to the guidance, after the voluntary self-identification period, the military services will begin the process of involuntarily separating affected service members. The primary means of identification for the involuntary

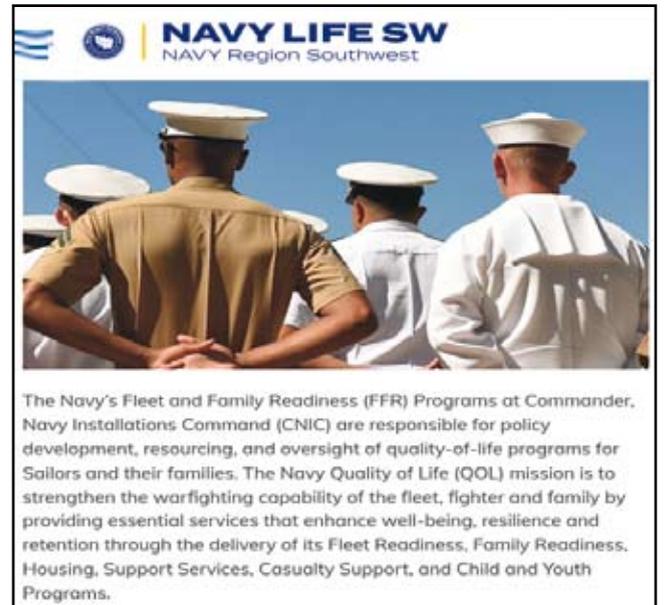
process will be through the Individual Medical Readiness Program and any military service-specific IMR guidance.

"Individual medical readiness programs are long-standing programs and policies in the department; they are not new, [and] they are not tied specifically to the implementation of this policy," the official said.

"In response to the need to ensure that service members remain qualified and fit for duty, [the department has long] used incremental medical evaluations that are done periodically — traditionally in annual health screening and assessment."

The department will continue to use the individual medical readiness programs to ensure troops are qualified for service, the official said, adding that in the future, part of the medical readiness review process will ensure service members do not have a diagnosis of gender dysphoria.

Continue reading at <https://www.defense.gov/News/News-Stories/Article/Article/4188279/dod-issues-implementation-guidance-on-separation-of-service-members-with-gender/>.



The Navy's Fleet and Family Readiness (FFR) Programs at Commander, Navy Installations Command (CNIC) are responsible for policy development, resourcing, and oversight of quality-of-life programs for Sailors and their families. The Navy Quality of Life (QOL) mission is to strengthen the warfighting capability of the fleet, fighter and family by providing essential services that enhance well-being, resilience and retention through the delivery of its Fleet Readiness, Family Readiness, Housing, Support Services, Casualty Support, and Child and Youth Programs.

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NMCS D gets a grade of 'A' for safety

16 military hospitals receive Leapfrog's highest safety grade

by Defense Health Agency Communications and Public Affairs Division

The Defense Health Agency has announced that 16 military hospitals, Naval Medical Center San Diego among them, received an "A" rating in the latest Leapfrog Hospital Safety Grade assessment for Spring 2025. These high grades reflect the DHA's ongoing dedication to transparency and providing high-quality care to service members and their families.

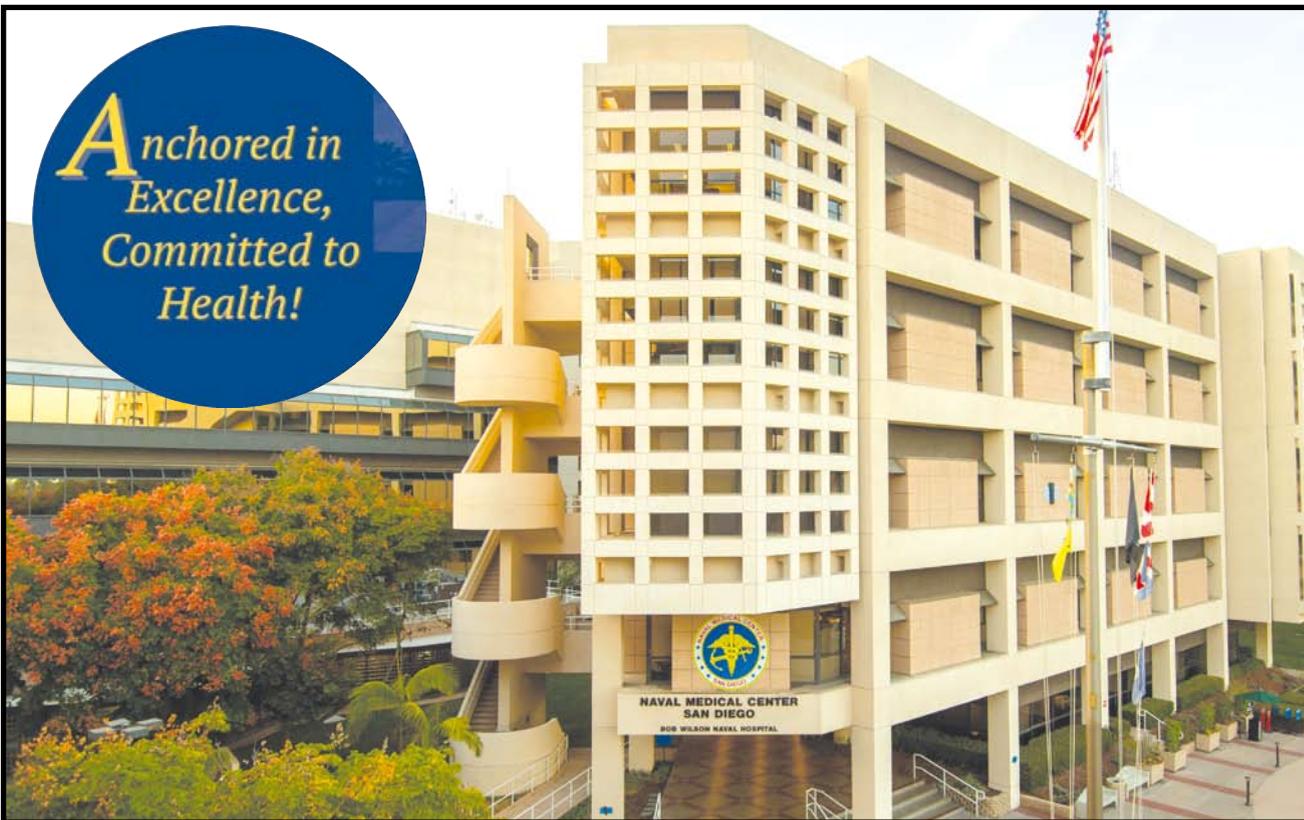
The Leapfrog Group is a national, independent organization focused on health care quality. The organization evaluates hospitals on a wide range of safety measures, including errors, injuries and infections. Leapfrog's grading system uses up to 22 evidence-based measures of patient safety.

A hospital must meet specific criteria to be eligible for participation in the Leapfrog safety assessment. In the Spring 2025 ratings, 32 percent of par-

ticipating hospitals nationwide received the highest grade. Of the eligible military hospitals participating in the grading assessment, 73 percent received an "A" grade.

"These most recent Leapfrog Safety Grades continue to validate DHA's commitment to meeting high standards for the patients we are privileged to serve," said Dr. Paul Cordts, DHA's deputy assistant director for medical affairs and chief medical officer. "We are proud that the care provided at these facilities ranks among the very best in the nation."

DHA's engagement with Leapfrog began about seven years ago when it sought to incorporate Leapfrog's evaluations into the Military Health System's Quality Assurance Program. Walter Reed National Military Medical Center was the first military test site for Leapfrog surveys. After seeing positive results, DHA expanded the program across other eligible military hospitals.



Naval Medical Center San Diego, one of 16 military hospitals to receive an "A" rating in the Leapfrog Hospital Safety Grade assessment for Spring 2025. Courtesy photo

81st Medical Group, Keesler Air Force Base, Miss.
673rd Medical Group, Joint Base Elmendorf-Richardson, Alaska
Alexander T. Augusta Military Medical Center, Fort Belvoir, Va.
Blanchfield Army Community

Hospital, Fort Campbell, Ky.
Brooke Army Medical Center, Fort Sam Houston, Texas
Carl R. Darnall Army Medical Center, Fort Cavazos, Texas
Eisenhower Army Medical Center, Georgia
Evans Army Community Hospital,

Fort Carson, Colo.
Madigan Army Medical Center, Joint Base Lewis-McChord, Wash.
Martin Army Community Hospital, Fort Benning, Georgia
Naval Medical Center Camp Lejeune, N.C.

Naval Medical Center Portsmouth, Va.
NMC San Diego
Walter Reed National Military Medical Center, Bethesda, Md.
William Beaumont Army Medical Center, Fort Bliss, Texas
U.S. Naval Hospital Guam

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Navy underwater techs conduct inspection on USS Spruance during port visit

by Oscar Garcia

Naval Construction Group ONE

Divers with Navy Underwater Construction Team Two recently completed an underwater hull inspection of destroyer USS Spruance during a scheduled port call in the Pacific Fleet area of responsibility. The inspection was part of routine maritime maintenance procedures intended to ensure the vessel's continued operational readiness and mission capability.

Hull inspections are standard practice for U.S. Navy ships during forward deployments and port visits, especially after extended underway periods. These checks help identify issues such as hull degradation, corrosion, or potential impact damage from navigation in unfamiliar or congested waters.

Spruance, assigned to surface operations across the Pacific, remains in high demand amid ongoing regional presence missions and security operations. The underwater inspection ensured that the ship could continue its deployment without delay or operational degradation.

UCT-2 deployed trained divers equipped with underwater communications and video systems to complete the assessment. The team conducted a comprehensive dive plan and coordinated closely with the ship's command and port authorities to execute the evolution safely. All work was completed on schedule and without incident.

UCT-2 continues to support fleet maintenance efforts throughout the Pacific by deploying where needed to conduct in-water inspections, port infrastructure assessments, and maintenance support. Their recent operation on USS Spru-



Navy divers jump as teammates support the inspection operation under USS Spruance. Photo by Oscar Garcia/Naval Construction Group ONE

ance highlights their integral role in keeping ships mission-ready during high-tempo fleet operations.

Border Patrol K-9 flown to safety after rattlesnake bite in Otay Mountain

by Pfc. Kelvineisha Buck
DoD Southern Border 2025

OTAY MOUNTAIN, Calif. - A seamless joint operation between Task Force Sentinel aviators and U.S. Customs and Border Protection (CBP) personnel helped save the life of canine Boo, a Border Patrol K-9 agent, bitten by a rattlesnake during an illegal alien apprehension mission in rugged terrain earlier this month.

A CBP agent and his K-9 partner were conducting operations in the Chu sector, on the east side of Otay Mountain, when Boo suffered a venomous snakebite. A crew from Task Force Sentinel responded rapidly to the incident.

"Hearing the coordination of CBP operations and agents over the net put into perspective that all lives mattered, human or

canine," said Sgt. Mariano Vergado-Duclayan, "An agent is an agent and equally important."

The mission immediately shifted from reconnaissance to medical evacuation. The mountainous terrain made it impossible for the CBP helicopter to land. However, Task Force Sentinel's aircraft was able to maneuver into a confined landing zone with precision, performing a "skids light" landing against the slope while avoiding sharp rocks and natural hazards.

"Cabin doors open, secured, and within seconds the K-9 agent and handler were onboard," said Chief Warrant Officer 2 Ledward, "We were in the air and en route to the rendezvous point."

Task Force Sentinel's helicopter - see Boo, page 8

NAVAL BASE POINT LOMA
(May 15, 2025)



Cmdr. Christopher Rose, center, commanding officer of fast-attack submarine USS Alexandria, observes mooring operations as the boat returns to Naval Base Point Loma May 15 following a 7-month deployment. Alexandria is assigned to Commander, Submarine Squadron 11, home to four Los Angeles-class fast-attack submarines. "This crew went above and beyond, no matter what was asked of them," said Rose. "Deploying on submarines is a demanding but rewarding and consequential task. I could not be prouder of my crew's resolve over the past seven plus months in demonstrating every day what makes our boats and our crews the apex predators of the maritime domain." U.S. Navy photo by MC1 Aaron T. Smith

NMCS D celebrates expansion of inpatient mental health ward, largest within DOD

SAN DIEGO - Naval Medical Center San Diego (NMCS D) recently celebrated the expansion of its 1 West inpatient mental health ward—an initiative that marks a significant step forward in strengthening behavioral health care for active-duty service members, veterans, and beneficiaries.

The expansion project, approved by the Defense Health Agency (DHA) in November 2024, originated from planning efforts launched in November 2022. Through a coordinated vision shared among leadership, clinical departments, facilities staff, and safety experts, the project was brought to life with the goal of increasing access, improving therapeutic outcomes, and reinforcing the Navy's commitment to warfighter readiness.

"When our service members are struggling, it affects not only their individual readiness but the collective strength of our force," said Rear Adm. Guido Valdes, Commander, Naval Medical Forces Pacific, and Director, Defense Health Network Pacific Rim. aligned behavioral health services that preserve the force, support families, and promote holistic well-being.

The mission of NMCS D is to provide a superior experience for our patients, staff, and warfighters. NMCS D employs more than 5,000 active-duty military personnel, civilians, and contractors in Southern California to deliver exceptional care afloat and ashore.

STRESS RESEARCH Naval Medical Center San Diego

Are you feeling stressed and burned out? If you answered 'yes' and are an active duty service member or veteran, call (628) 399-0925 or e-mail jocelyn.caballero@ucsf.edu or duaa.shafi@ucsf.edu to see if you qualify for a treatment study at Naval Medical Center San Diego.

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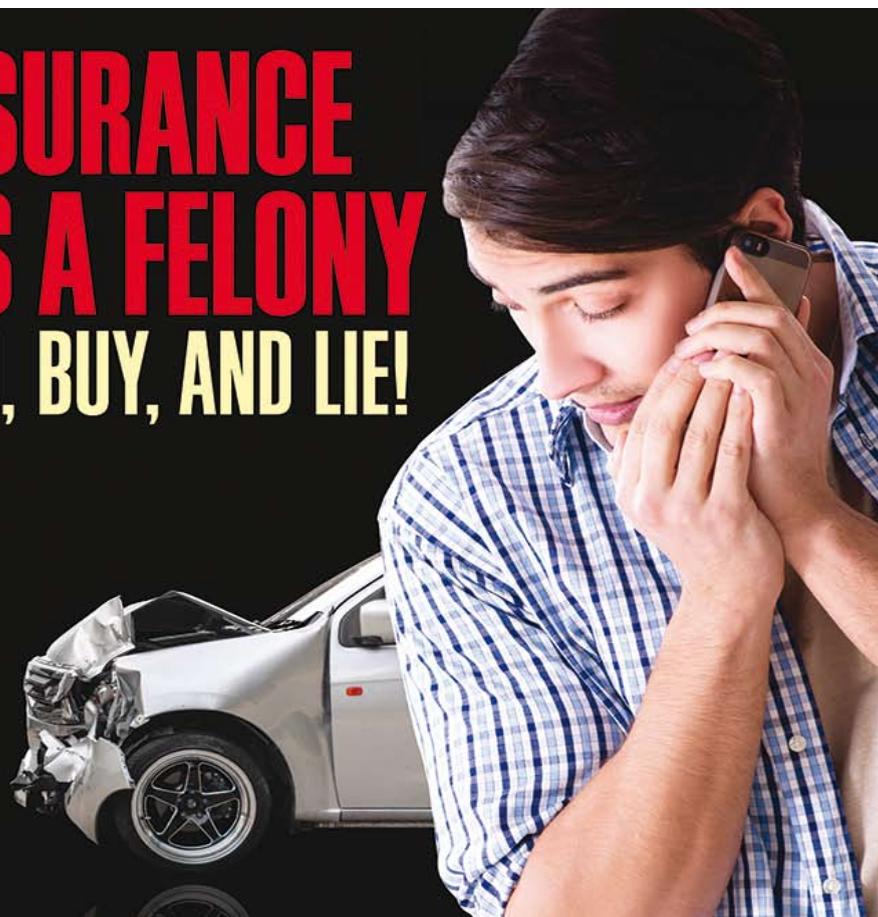
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Navy Medicine CRTS teams prepare aboard USS Tripoli

by Arsenio R. Cortez Jr.

Naval Medical Forces Pacific
SAN DIEGO - Sailors assigned to Casualty Receiving Transport Ship 2 and CRTS-6 conducted shipboard familiarization training aboard USS *Tripoli* (LHA 7) earlier this month, a crucial step in maintaining Naval Medical Forces Pacific's (NMFP) readiness.

This training, coordinated by NMFP, prepared the teams for rapid deployment, augmenting the medical capabilities of amphibious warfare ships and providing critical care to deployed forces.

The CRTS teams, comprised of Navy Medicine personnel from Navy Medicine Readiness and Training Command San Diego, provide rapid, flexible, and mobile acute medical care to both Marine Air Ground Task Forces and Naval Expeditionary Forces. They transform a capable ship into a fully equipped mobile hospital, adding orthopedic surgical capability, increased nursing capacity, and vital ancillary services.

"Integrating the CRTS capabilities will enhance the USS *Tripoli* to provide enhanced medical care to patients, bolster the ship's ability to provide trauma care, stabilize casualties, and support sustained operations faster," said Lt. Cmdr. Mayra Monarrez, officer-in-charge of CRTS-2.

Once aboard, the teams familiarized themselves with the vessel, led by the ship's medical team, touring vital spaces – from existing medical facilities to potential surge capacity areas. The hands-on experience proved impactful for some.

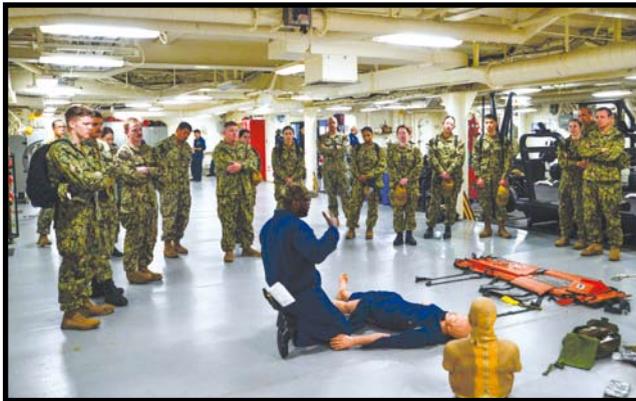
"The most surprising thing to me was being able to see everything so compacted on a ship, but the ship's medical team is able to fully operate like a medical clinic," said Hospital Corpsman 3rd Class Nevaeh Conner, CRTS-2.

The training wasn't just about navigating the ship's layout. The training focused on integration, with CRTS personnel working alongside *Tripoli*'s medical staff, discussing protocols, reviewing communication procedures and practicing mass casualty scenarios. Monarrez emphasized the complexity of the shipboard environment.

"The most surprising aspect of the familiarization training was realizing how dynamic and complex the shipboard environment truly is," Monarrez said. "In particular, it's the constant movement, tight spaces, and noise levels that can potentially create a challenge for communication and patient care."

This realization underlined the importance of adaptability and situational awareness.

"As a Navy medical provider, this experience underscored the importance of being adaptable



Navy Sailors assigned to Casualty Receiving Transport Ship 2 and CRTS-6 from Navy Medicine Readiness and Training Command San Diego learn shipboard patient transport aboard USS *Tripoli* (LHA 7) while conducting Amphibious Familiarization Training, May 7, 2025. Shipboard familiarization increases operational readiness within the Pacific Fleet and expeditionary medicine worldwide. U.S. Navy photo by MC2 Jacob Woitzel

and having situational awareness and interdepartmental coordination to deliver effective care in a maritime setting," Monarrez continued. "It reshaped my understanding of readiness – not just clinically, but operationally – and emphasized that providing care requires a unique blend of medical skills, shipboard knowledge, and teamwork."

For some, the training was a first step into the maritime environment of Navy Medicine.

"This training was impactful because this is my first time stepping onto a ship," explained Conner. "It allows me to be more prepared for a shipboard experience. It's still nerve wracking, but understanding this environment and getting to see it for the first time gives me more confidence if I have to treat patients here."

The benefits of this integration were recognized by *Tripoli*'s medical crew.

"CRTS integration with amphibious large deck operations is critical to a high casualty scenario," said Lt. Aimee Grainger, medical administration officer

aboard USS *Tripoli*. "Medical capabilities endemic to the ship are limited and not designed to handle mass casualties, so the added resources from a CRTS make effective management of mass casualties possible. The added personnel, knowledge base, and supplies are priceless."

Grainger further emphasized the value of joint training.

"This type of training is critical to help iron out the expected difficulties of two separate groups of people joining together for a mission. Learning each other's capabilities and limitations, and how to best utilize every person is only possible through joint training.

By the end of the day, the CRTS teams and USS *Tripoli*'s medical crew had forged a stronger bond, solidifying their readiness to respond to any medical challenge at sea.

NMFP provides oversight for 10 Navy Medicine Readiness and Training Commands (NMRTC), on the West Coast and Pacific Rim.

LOCAL ART GALLERY



LOS ANGELES (May 19, 2025) Sailors man the rails as amphibious landing ship USS *Harpers Ferry* (LSD 49) arrives in Los Angeles for a Memorial Day remembrance ceremony during Los Angeles Fleet Week. Los Angeles Fleet Week, now in its eighth iteration, is a sea service celebration that allows citizens of Greater Los Angeles to witness today's maritime capabilities firsthand. Nearly 1,000 Sailors, Marines, and Coast Guardsmen will showcase their capabilities and equipment, participate in various community service events, and enjoy the hospitality of Los Angeles during the event. U.S. Navy photo by MCSN Angel Campbell



SAN DIEGO (May 17, 2025) A Marine Corps Small Unmanned Ground Vehicle 310, left, and a Man Transportable Robotic System-Increment II, assigned to Marine Corps Air Station Miramar, are showcased during the San Carlos Library Robotics Extravaganza. The SUGV-310 is a single-person lift remote unmanned vehicle that provides dismounted EOD technicians and other responders with a highly mobile robot that can climb stairs and manipulate objects. The MTRS-II is a multipurpose, mid-sized remote vehicle capable of detecting, identifying, and disposing hazardous materials. U.S. Marine Corps photo by Lance Cpl. Jackson Rush

Boo

continued from page 7

ter landed at John Nichol's Field Airport where Boo was transferred to the CBP helicopter. The two helicopters positioned rear-to-rear on the tarmac, allowing a rapid and safe transfer of Boo. Once successfully transferred, he was flown directly to a veterinary emergency facility in La Mesa, California, where he received immediate antivenom treatment and care.

Boo was able to fully recover, thanks to the rapid response and expert coordination from Task Force Sentinel and CBP.

"We cannot thank you enough. You undoubtedly saved Canine Boo's life," said Agent Christopher Amezcua, Boos Handler, "These canines became members of the family, and your response meant everything."

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Don't mind the gap....

A million years ago, I was a litigation attorney with a bright professional future and significant earning potential. That was before I married a Navy man and began moving to U.S. states and foreign countries where my law licenses weren't worth the paper on which they were printed.

Despite these challenges, I maintained hope that one day, I'd rekindle my law career. However, military family life marched on, and it wasn't until our youngest entered high school after our ninth move that I drafted a new resume.

That day, I dropped the kids at school then grabbed the only available table at Starbucks – beside the restrooms. When I had something important to do, I couldn't start until I spent a requisite amount of time dawdling. So, I removed crumpled gum wrappers from my purse, checked email, and people-watched. Although I'd typically procrastinate longer, after ten minutes I decided that people-watching beside the toilets wasn't entertaining and therefore, not worth the effort.

I opened a blank document, sighed dramatically, and thought, "The kids are old enough now. It's time to find a paying job."

"RESUME [return]... Lisa Smith Molinari," I keyed onto the top of the page. I picked up steam, quickly tapping out my address, phone number and email, adding aesthetically pleasing fonts, underlining and bold. After a few thumps on the return key, I typed "EDUCATION" and enjoyed a trip down memory lane to the ivy-tangled architecture of Miami of Ohio, and the endless racks of thick casebooks at Thomas Cooley Law School in Michigan.

I added "law review" and "cum

laude," feeling a surge of confidence.

But, no sooner did I type "WORK EXPERIENCE" when my hands began to tremble. "It's just the caffeine," I thought, and strained to recall the details of my last paying job.

"Hmm ... was it 1995? When I worked for that law firm in California while Francis was assigned to the Naval Postgraduate School? I can't put a job from two decades ago on my resume ... I'll be a laughing stock!" I realized that, since marrying my Navy husband in 1993, I had no paid "work" experience except a few short-lived legal jobs between military moves. Recognizing that my Skinny Vanilla Latte had nothing to do with my shaking hands, I pressed on, trying my best to make 25 years as a stay-at-home military mom read like a thriving professional career.

As I filled my resume gap with various volunteer gigs I'd had through the years, I tsked. How is a milspouse supposed to convince an employer that she is capable of a challenging job because managing an active duty military family IS her "work experience"?

Despite the bonbons-and-soap-operas stereotype for stay-at-home-parents, any milspouse who has successfully managed a full household through stateside and overseas moves, lengthy deployments and various TDYs, broken hot water heaters, clogged gutters, HHG damage claims, Scout meetings, soccer tournaments, EFMP paperwork, orthodontist appointments and parent-teacher conferences -- is most-definitely worthy of gainful employment.

I resisted the urge to add the cutesy moniker "Domestic Engineer" in

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

hopes that potential employers would respect me for putting my own career aside to help my husband serve his country. Instead, under the heading "REMARKS" I wrote, "Despite gaps in my job history, I have always exemplified hard work and dedication, whether as a lawyer, writer, volunteer, mother or military spouse," pounding the period button with a self-righteous poke.

A few years later, I gave up my job search because each promising lead had ended in final-round rejections due to "lack of work experience." Instead, I cofounded a military non-profit, Orion Military Scholarships, and created my own dream job helping military children find stable educational experiences.

Frankly, I'd grown tired of "mil-splaining" the impact that active duty Navy life had on my career to civilian employers who would never understand what I knew—that military life requires higher-level competence, determination, selflessness, work ethic, and executive problem-solving skills.

Employers, when considering a military spouse, don't mind the gap. Being frequently moved to new locations, managing complex circumstances, and shepherding a family through constant unknowns gives milspouses the gritty "must-do-can-do-will-do" mentality that you'd do well to appreciate.

www.themeatandpotatoesoflife.com

Review of Mission Impossible — The Final Reckoning

The latest installment in the Mission Impossible franchise is a non-stop, action-packed thriller. Tom Cruise (now in his 60s!) returns as Ethan Hunt. Every one of his missions has led to this. Truly the fate of the entire world is in his hands.

I was surprised when, as I left the theater and checked the time, about three hours had passed. The sustained excitement level was high.

I strongly recommend that you see this film in IMAX on a big screen. Do not wait to see it for the first time on a smaller screen at home. If it is filmed in IMAX, it is meant to be seen in IMAX. The video is absolutely spectacular. A press release explains it this way:

"Filmed For IMAX is IMAX's filmmaker partnership program. Filmmakers who participate in the program create their movie specifically for The IMAX Experience®, leveraging IMAX's proprietary technology throughout the production process to deliver a movie that is meant to be seen in IMAX.

From pre-production, to set, to release, we work closely with filmmakers throughout the entire production process, so each aspect of the movie is handcrafted for The IMAX Experience."

"Mission Impossible — The Final Reckoning was shot using IMAX-certified digital cameras and includes over 45 minutes of IMAX's exclusive 1.90:1 Expanded Aspect Ratio.

Exclusively in IMAX theatres, sequences of Mission: Impossible — The Final Reckoning will visually expand to fill the screen, allowing fans to experience more picture than anywhere else. It was enhanced frame-by-frame using IMAX's proprietary Digital Media Remastering (DMR) technology to provide unprecedented clar-

AutoMatters™ & More



by Jan Wagner

ity, contrast and color, and includes a custom sound mix developed specifically for IMAX theatres." My only criticism of this was that at the advance screening that I watched, the audio was way too loud, to the point of distortion. That made it difficult to understand some of the dialog.

Aside from the overall excellence of the use of IMAX in this film, what really sets it apart from other action blockbusters is its emphasis on practical stunts, instead of computer-generated special effects. This film pushed the boundaries of what is physically possible. It looked like the performers of the stunts, including for Tom Cruise, were in grave danger at times.

Of course, that is what makes

this film so exciting. Computer-generated special effects just do not look as real and believable.

A press release for the film describes it this way: "Featuring the most audacious action of the franchise — from history-making practical stunts and complex sequences to dynamic close-quarters tension — the intricate set pieces are an adrenaline-fueled spectacle designed for the unmatched scale of IMAX.

With the most audacious practical stunts of the franchise — including a harrowing action sequence shot at 8,000 feet in 140 mph winds with no CGI, and delivered in IMAX's exclusive Expanded Aspect Ratio — the film raises the bar not just for the series, but for the entire action genre."

Likewise, the underwater sequences were truly harrowing. They all seemed so real.

I highly recommend "Mission Impossible — The Final Reckoning." To see an extended Paramount Pictures trailer for it, visit the official website at: <https://www.missionimpossible.com/home/>.

To explore a wide variety of content dating back to 2002, with the most photos and the latest text, visit "AutoMatters & More" at <https://automatters.net>. Search by title or topic in the Search Bar in the middle of the Home Page, or click on the blue 'years' boxes and browse. Copyright © 2025 by Jan Wagner — AutoMatters & More #883

Veterans News

California Department of Veterans Affairs offers variety of programs, services

California is home to nearly 1.6 million veterans. They range in age from World War II veterans in their 90's to "Millennials" from the current conflicts. Each generation has a different need and interest and each has a different way to learn about those services and benefits, but the one common element for all of you (and your family) is you stood up, put on the uniform and served in the U.S. Military. You are a veteran and because of that distinction you have earned benefits and services that will help you transition back to civilian life, or help you when you are finished with your civilian career and are now looking at retirement.

CalVet offers a variety of services to honorably discharged veterans from residency in one of our state Veterans Homes to helping you purchase a home through our Home Loan program. This department also advocates for veterans, providing information and representation before the U.S. Department of Veterans Affairs. There are many services, benefits and preferences provided to you by

the people of California as a way to honor your service... explore <https://www.calvet.ca.gov/calvet-programs> and find out what you may have been missing.

CSAAVE

Eligible service members, veterans and dependents can receive GI Bill® benefits when attending college education and job training programs approved and monitored by the California State Approving Agency for Veterans Education (CSAAVE).

CalVet Home Loans

If you are a veteran and want a great home loan, then you need a CalVet Home Loan. You'll find the CalVet Loan will save you money and provide protection for your home and investment.

CalVet Veteran Homes

The Veterans Homes of California range in size from 60 residents on 20+ acre campuses to over 1,000 residents on a 500 acre campus. Each home offers a unique environment, levels of care, and a range of social activities.

CalVet Veterans Services

The Division of Veterans Services is responsible for administering a

number of special programs, benefits and services for California veterans and their families.

Calif. Transition Assistance Program (CalTAP)

California Transition Assistance Program (CalTAP) is a program designed to inform and connect veterans of all eras to their earned federal and state benefits as well as provide continued support and assistance as their needs change over time.

Calif. Veterans Registry

The California Veterans Registry is a permanent record of all California Veterans, past and present, who have served our nation since statehood was established in 1850. Each California veteran is entitled to the basic information.

Cemeteries and Burials

The Department of Veterans Affairs has adopted Sections 460 and 461 of Title 12 of the California Code of Regulations. These regulations establish the eligibility requirements for interment in a

state veterans cemetery

Disabled Veteran Business Enterprise Program

The Office of Small Business and DVBE assists small and disabled veteran businesses by providing certification assistance, participating in outreach events, and supporting businesses through advocacy.

Incarcerated Veterans

It is important justice-involved Veterans are familiar with what happens to VA benefits and benefits they are receiving, if they become incarcerated.

Jobs

State and federal employment assistance program, veterans preference programs, How-to-Get-a-State-Job tutorials, veteran-specific job sites, local job fairs and more.

LGBTQ Veterans

CalVet is committed to ensuring all Veterans have access to and receive the benefits they have earned without regard to sexual orientation, race, ethnicity, national origin, religion, sex, age, national origin, religion, sex, age, national origin or physical disability.

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1,578,509
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(CA 2020)

\$ 8,494,955,000
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(SINCE 1921)

219,850
VETERANS DRIVER LICENSES / ID CARDS
(PROGRAM TO DATE)

CLASSIFIED ADS

SOCIAL SECURITY MATTERS

About Social Security benefits for someone who has multiple ex-spouses

Dear Rusty: If a financially well-off individual had multiple ex-spouses, could it happen that the multiple ex-spouses could each be collecting Social Security based on their own financial situation as compared to their rich ex-spouses? Thus, multiple payouts by SS? Just curious, because there are probably many people in this situation as a result of the ever-increasing number of people involved in multiple marriages that each lasted more than ten years.

Signed: Curious Ex-Spouse

Dear Curious Ex-Spouse: A former spouse can only collect one SS benefit – either their own SS retirement amount, or an amount as an ex-spouse if the marriage lasted 10 years or more. And it is possible for multiple ex-spouses of a marriage to the same person to qualify for benefits from those unions, if each marriage lasted at least 10 years. But each ex-spouse can only qualify for one benefit payment – either their own earned SS benefit, or their benefit as an ex-spouse. In other words, someone with two (or more) ex-spouses might have their ex's collecting full benefits on their record, provided that each marriage lasted at least 10 years. But an ex-spouse can only get one benefit – their own SS retirement amount or an ex-spouse amount – whichever is higher).

It's possible, also, that an ex-spouse can collect benefits from a former spouse at the same time as a current spouse is also collecting spouse benefits on the same record. And there is no detriment to either's amount because multiple spouses or ex-spouses are collecting on a one person's SS record (Social Security is, after all, a means for spouses, or ex-spouses, to avoid poverty). However, an ex-spouse's own SS retirement benefit (from their personal lifetime work record) must be less than any ex-spouse benefit they are entitled to from a former spouse. Essentially, if the "10-years-married" rule is satisfied, ex-spouses are subject to the same benefit rules as a current spouse.

You are correct that we see some cases like this these days, but each eligible ex-spouse can only get one benefit, and their ex-spouse benefit is always offset by any personal SS retirement benefit the ex-spouse may also be entitled to on their own lifetime work record.

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An ounce of prevention: Pros and cons of disease screenings

NIH News In Health

Lots of diseases start silently. Conditions like high blood pressure, high cholesterol, and even cancer may have no symptoms at the start. Screening refers to looking for signs of disease in seemingly healthy people. Finding problems early can help you start treatment and make helpful lifestyle changes as soon as possible. Some screening tests have been shown to improve health and are widely recommended.

“We have great screening tests that have really lowered our rates of death and disease,” says Bob McNellis, a public health expert at NIH. Teams of experts develop guidelines for who should be screened with these tests, and how often.

A new study looked at how screening contributed to help lower cancer deaths in the U.S. over the last five decades. “We found that 8 out of 10 cancer deaths averted over the last 45 years were due to prevention and screening efforts,” says Dr. Katrina Goddard, a cancer control expert at NIH. Screening was the main cause of the drop in deaths from cervical cancer and colorectal cancer.

But screenings don't always make sense for everyone. Some tests may have potential downsides, or harms. “These could be physical harms. They can also be things like stigma or psychological stress,” McNellis explains. For example, a test may suggest that you have a disease when you actually don't. This is called a false positive result and can lead to stress and unnecessary follow-up testing that may come with a risk of side effects. Other times, tests may miss cases of a disease. These are called false negative results.

Sometimes, a screening test finds a real disease that never would have caused issues over the person's lifetime. But that person may receive treatment because of the test results. This is called overdiagnosis and over-



treatment. “Basically, there are no perfect tests,” McNellis notes.

Experts continue to track the impact of screening tests over time and adjust recommenda-

tions. For example, screening tests for prostate cancer used to be common for older men. But studies found high levels of overdiagnosis. This led to many men having major surgery they

didn't need. So prostate cancer screening is not commonly recommended for men 70 and older.

“Screening guidelines do change over time,” Goddard explains. This happens because new research is always being done. For example, guidelines now suggest that many people start screening for colorectal cancer at age 45 instead of 50. Cancer rates have been rising in younger people, “and we have new evidence that they may benefit from colorectal cancer screening,” McNellis says.

Your doctor will take many factors into account when recommending screening tests. These include your age, overall health, and personal preferences. Talk with your doctor before having a screening test.

Questions to ask can include: What are the potential harms of the test? How often do they occur? What's the chance of finding a disease that wouldn't have caused a problem? How effective are the treatment options if you find something? Am I healthy enough to have treatment if you discover a disease?

Many screening tests need to be repeated regularly to get the

most accurate results, McNellis says. So even if you've been given a clean bill of health, let

your doctor know if you experience any worrisome symptoms in between tests.



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- Cancer, including colorectal, cervical, breast cancer, and lung cancer in some current and former smokers.
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Adapted from the U.S. Preventive Services Task Force.

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