

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985
 Serving active duty and retired military personnel, veterans and civil service employees

SIXTY-FIFTH YEAR NO. 48
 MAY 16-31, 2026



INSPECTION READY Sailors assigned to Naval Base San Diego Force Protection stand in quarters for a dress white uniform inspection, May 6, 2026. Established in 1922, NBSD is the largest west coast naval installation and principal homeport of the Pacific Fleet, supporting more than 60 combatant and auxiliary surface ships and more than 250 shore commands. U.S. Navy photo by Interior Communications Electrician 2nd Class Ulrika Mendiola

COVID-19 Reinstatement and Reconciliation Task Force established

The Department of War continues to take decisive action in support of the many service members adversely impacted by the COVID-19 vaccine mandate. On May 8, DOW Secretary Pete Hegseth established the COVID-19 Reinstatement and Reconciliation Task Force to ensure return-to-service efforts for these warriors are optimized across the force.

He also directed the secretaries of the military departments to ensure their review boards evaluate the records of any former Service member who voluntarily left service, and who now requests to return to service through the COVID-19 reinstatement program, to determine whether they were “unjustly discharged.”

While the boards will evaluate each case individually based on documented evidence, the secretary noted that it is appropriate to consider members as unjustly discharged based on evidence showing that adverse actions effectively ended their careers (e.g., letters of reprimand, active or denied vaccine exemption requests, withdrawn assignments, unsatisfactory participation in a Reserve cComponent, or cancelled enrollments in mandatory Professional Military Education).

The DOW continues to welcome back formerservice members who were separated solely for refusing to take the COVID-19 vaccine. As of April 2026, nearly 170 warfighters have been reinstated or re-accessed, and the military departments are actively tracking more than 800 additional warriors who have expressed interest in returning to service. Individuals now have until April 1, 2027, to take advantage of department policies on reinstatement with a two-year service commitment. More information can be found at <https://media.defense.gov/2026/May/08/2003928563/-1/-1/1/reinstating-service-members-unjustly-discharged-under-the-coronavirus-disease.pdf>.

PSYCHEDELIC DRUGS ON THE VERGE OF APPROVAL FOR MENTAL ILLNESS, BUT FOR VETERANS, HEALING HAS ALREADY BEGUN

by Scott Sutherland
 Staff writer

On the heels of the April 18 executive order by President Trump to accelerate research leading to the use of psychedelic drugs for veterans in crisis, an equine therapy group based in Alpine has already saddled up by offering a different brand of treatment at its facility.

At Saddles in Service, the core purpose is helping veterans, active-duty military, and first responders overcome trauma through equine-assisted healing at no cost to participants. In an e-mail from Mark Rogoff, media relations spokesperson for

Saddles in Service, “Those who have been diagnosed with or are experiencing symptoms related to post-traumatic stress (PTSD), anxiety, depression, job-related stress, and/or traumatic brain injuries are partnered with a horse through their healing journey.”

Unlike the federal executive order regarding psychedelics, which involves numerous agencies including the VA and Health

and Human Services, the work at Saddles in Service is more of a one-on-one experience. Their results speaks volumes - 1,171 heroes have been served, 9,376 program sessions conducted, and 92 percent of participants are reporting reduced anxiety and depression, impacting more than 4,000 lives, including families.

Case studies involving horses to help heal lives demonstrate that animal-assisted therapy significantly reduces anxiety, depression, and loneliness while increasing social engagement and motivation in patients with mental health conditions, dementia, and high stress.

The group Horses for Mental Health advocates for equine-assisted services for mental health. According to their website,

they’re building a movement that “champions horses as powerful partners in healing.”

In their facility in Alpine, Saddles in Service’s equine-assisted healing offers a different path - one that is experiential rather than clinical. According to the e-mail from Rogoff, horses mirror human emotion in real time, helping participants rebuild trust, process trauma and reconnect with purpose.

In a testimonial, Brandon V., a Navy veteran, found Saddles in Service before it was too late. “I was dry firing a pistol into my mouth almost every morning,” he said.

Another Navy veteran, Kasea S., said, “Nothing compares to just being out here with my horse.” see **Therapy**, page 2



Photo courtesy of Saddles in Service

CENTCOM protects U.S. warships transiting Strait of Hormuz

USCENTCOM

TAMPA, Fla. - U.S. forces intercepted unprovoked Iranian attacks and responded with self-defense strikes as U.S. Navy guided-missile destroyers transited the Strait of Hormuz to the Gulf of Oman, May 7. Iranian forces launched multiple missiles, drones and small boats as USS *Truxtun*, USS *Rafael Peralta*, and USS *Mason* transited the international sea passage. No U.S. assets were struck. U.S. Central Command eliminated inbound threats and targeted Iranian military facilities responsible for attacking U.S. forces including missile and drone launch sites; command and control locations; and intelligence, surveillance and reconnaissance nodes. CENTCOM does not seek escalation but remains positioned and ready to protect American forces.

Symbol of sacrifice: Honoring Gold Star families in May

While Memorial Day is a vital day of remembrance, the Navy Gold Star program dedicates the entire month of May to Gold Star Awareness. The program works to educate communities on what it means to be a Gold Star Survivor. Every day, service members make selfless sacrifices to defend our country, and their families stand proudly alongside them. Each year, we lose hundreds of military members to combat, illness, accidents, and suicide. In 2025 alone, the Navy lost 196 active-duty Sailors, leaving behind loved ones who now carry the title of a Gold Star family.

PRSR STD
 ECRWSS
 U.S. POSTAGE
 PAID
 EDM

Local Postal Customer

Read the Dispatch on line!

Pick us up in print on the newsstands on the 1st and 16th of each month. In between find fresh on-line editions at

www.afdispatch.com

Your **FREE** weekly paper

Take one!



Karen Kelly, a research physiologist and principal investigator with Naval Health Research Center, collects blood samples from Marine recruits stationed in San Diego. Researchers used minimally invasive finger-prick tests to collect blood samples and document the vitamin D levels of recruits. U.S. Navy photo by Danielle Cazarez

NHRC RESEARCHERS SEEK TO SUPPLEMENT THE SUN AND RAISE MARINE RECRUIT VITAMIN D LEVELS

by **Danielle Cazarez**

Naval Health Research Center

SAN DIEGO - Researchers from Naval Health Research Center (NHRC) are investigating whether vitamin D-fortified Performance Readiness Bars can prevent broken bones and fatigue among U.S. Marine recruits.

Recent studies indicate that recruits arrive at boot camp with dangerously low levels of vitamin D. While many believe being outdoors in the sun is enough to maintain healthy vitamin D levels, experts say it is not enough to provide the boost needed for the intense physical demands of Marine training.

Without enough vitamin D, the body struggles to function. This can lead to health issues and injuries such as muscle weakness, increased fatigue, weakened immunity and bone fragility.

NHRC researchers are studying whether consuming vitamin D-enriched bars can “armor” the body from the inside out and stave off these health risks. They paired the bar distribution with Marine Corps Recruit Depot’s San Diego, Performance Nutrition Pack schedule. These performance bars were given to the recruits during physical training days.

They were also distributed during the crucible – the final and most physically demanding stage of training – along with

five Meals Ready to Eat.

When recruits assigned to Delta Company first arrived at MCRD San Diego, researchers collected blood samples using an initial finger-prick test to test vitamin D levels in the new recruits. As boot camp graduation approached, trainees underwent a second round of vitamin D testing to evaluate their post-training vitamin D levels.

As the study continues, NHRC researchers are focusing on two main goals:

* Monitoring if vitamin D levels are higher after boot camp.

* Determining whether increased vitamin D levels from consistently eating the bars can

lower the number of bone and muscle injuries.

“In this final phase we are testing for vitamin D levels in recruits pre- and post-boot camp,” said Brenda Niederberger, a research physiologist with NHRC.

“There are a total of four companies participating at MCRD San Diego, two winter cohorts and two summer cohorts. Within those four cohorts, one company received an intervention of a vitamin D fortified Performance Readiness Bar, while the other company received a non-vitamin D fortified bar (control).”

Scientists are still looking

forward to confirming final results at this time, but the search for innovative ways to keep U.S. warfighters equipped and healthy with preventative treatments continues. If successful, these Performance Readiness Bars could become a standard part of every Marine recruit’s gear, helping them stay prepared for the mission and reducing the risk of time lost from the mission.

NHRC supports Navy, Marine Corps and joint U.S. warfighter health readiness and lethality with research and development that delivers high-value, high-impact solutions to the health and readiness challenges the U.S. population faces on the battlefield, at-sea, home and abroad.

FORGING THE DIGITAL BATTLESPACE Five Eyes allies accelerate ‘Project Arcadia’ at the Combined Digital Leadership Summit

The Department of War (DoW) announced May 8 the successful conclusion of the biannual Combined Digital Leadership Summit (CDLS 26.1), marking a pivotal acceleration in joint digital war fighting capabilities and the operationalization of Project Arcadia among the Five Eyes (FVEY) alliance: the United States, Canada, the United Kingdom, Australia, and New Zealand.

The summit’s mandate aligns directly with the strategic imperatives set by Secretary of War Pete Hegseth, who has continually emphasized that technological and operational unity with our partners is the bedrock of global stability.

“The United States is committed to achieving peace through strength,” Secretary Hegseth previously declared, framing the Department’s focus on maintaining a decisive technological overmatch to deter global aggression.

Executing on this vision of strength and deterrence, the Kirsten Davies, the DoW’s Chief Information Officer, closed the multi-day summit by challenging the coalition to

achieve “peace through technical strength” by commending the “fierce dedication” and “unequivocal consensus” of the international delegation.

“The spirit of the Combined Digital Leadership Summit (CDLS 26.1) has affirmed a fundamental truth that will define our future success: we can only achieve our goals when we walk together, not independently,” said the Hon. Davies during her closing address.

“The strategic imperative that has galvanized this remarkable unity is Project Arcadia. It is not merely an IT project, but the operational imperative for our time—the digital backbone that will empower our warfighters with the information dominance they need to win.”

By uniting the Defence Chief Information Officer Forum (DCIOF), the Defence Chief Data Officer Forum (DCDOF), and the Combined Communications Electronics Board (CCEB), the FVEY nations have solidified a binding commitment to utilize the Arcadia platform as the critical infrastructure for operationalizing Artificial Intelligence and mastering Command and Control

data flow. The goal is to turn vast amounts of information into a unified Common Operating Picture (COP) at a pace legacy, hardware-bound networks could never achieve.

The summit concluded with a ceremony rich in symbolism as the United States officially transitioned hosting duties to Australia. The Hon. Davies passed the ceremonial taonga—Māui’s hook—to Australia’s Defence CIO, Chris Crozier, signifying the handover for the next CDLS cycle.

As the host country and in commemoration of the upcoming 250th anniversary of the American Declaration of Independence, Davies also presented the Australian delegation with a sculpted Eagle. “The American flag in its talons is a reminder that wherever this mission flies next, the United States will be right there with you,” she noted.

Joint development on Project Arcadia and rapid-prototyping initiatives will continue at a sprint pace as Australia carries this mission forward to the next summit, scheduled to convene in Sydney, Australia, in November 2026.

Therapy

continued from page 1

SIS is on board with the exploration of emerging therapies, including psychedelics, in appropriate medical settings. Key psychedelic therapies for veterans include MDMA-Assisted Therapy, or methylenedioxymethamphetamine, often regarded as the most promising treatment for PTSD, and Psilocybin-Assisted Therapy used to treat treatment-resistant depression, anxiety, and PTSD.

According to information provided by Saddles in Service, while national attention turns

toward emerging therapies, the crisis remains urgent. According to the VA’s 2025 National Veteran Suicide Prevention Annual Report, nearly 18 veterans die by suicide every day in the U.S., and first responders are more likely to die by suicide than in the line of duty.

“Many of the people who protect our country and communities carry invisible wounds of service, including PTSD, depression, and suicidal thoughts,” said David Perloff, Saddles in Service Vice President of Marketing & Community Relations. “Saddles in Service helps save

lives by giving these heroes a path to rebuild trust, purpose, and connection.”

There is a waitlist of heroes seeking help. A donation of \$7,500 sponsors a full healing journey for one participant, moving them from the waitlist into the program. Of course smaller donations to help support the program are welcome. “Let’s get behind this program and make sure they have the resources they need,” said Robert M. of U.S. Customs & Border Protection.

Visit the Saddles in Service website for more information at <https://saddlesinservice.org/>.



The USS Midway Museum is currently recruiting for docents, air craft restoration, ship restoration and safety volunteers. These weekly or monthly assignments are a regular commitment of at least 6 months.

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



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. Subscriptions mailed USPS First Class.

Department of War releases Unidentified Anomalous Phenomena files in historic transparency effort

On March 8, the Department of War announced the initial release of new, never-before-seen files on Unidentified Anomalous Phenomena (UAP) as part of the Presidential Unsealing and Reporting System for UAP Encounters, or PURSUE.

This interagency effort includes The White House, the Office of the Director of National Intelligence, the Department of Energy, the DOW's All-domain Anomaly Resolution Office, National Aeronautics and Space Administration, the Federal Bureau of Investigation, and additional components of U.S. intelligence agencies. The collection will be housed on *WAR.GOV/UFO* and additional files will be released by the Department of War on a rolling basis.

This release follows the direction of President Donald J. Trump to begin the process of identifying and declassifying government files related to UAP in the interest of total transparency. No other President or administration in history has followed through on this level of UAP transparency.

The American people can now access the federal government's declassified UAP files instantly. The latest UAP videos, photos, and original source documents from across the entire United States government are all in one place – no clearance required. While past administrations sought to discredit or dissuade the American people, President Trump is focused on providing maximum transparency to the public, who can ultimately make up their own minds about the information contained in these files.

The American people have asked for more transparency on these topics, and President Trump is delivering. While all of the files have been reviewed for security purposes, many of the materials have not yet been analyzed for resolution of any anomalies.

Secretary of War Pete Hegseth: "The Department of War is in lockstep with President Trump to bring unprecedented transparency regarding our government's

understanding of Unidentified Anomalous Phenomena. These files, hidden behind classifications, have long fueled justified speculation — and it's time the American people see it for themselves. This release of declassified documents demonstrates the Trump Administration's earnest commitment to unprecedented transparency."

Director of National Intelligence Tulsi Gabbard: "The American people have long sought transparency about the government's knowledge of unidentified anomalous phenomena. Under President Trump's leadership, the Office of the Director of National Intelligence is actively coordinating the Intelligence Community's declassification efforts with the Department of War to ensure a careful, comprehensive, and unprecedented review of our

holdings to provide the American people with maximum transparency. Today's release is the first in what will be an ongoing joint declassification and release effort."

FBI Director Kash Patel: "The FBI is proud to stand alongside President Trump and our interagency partners in this landmark release of UAP records. For the first time in history, the American people have unfettered access to declassified government files on Unidentified Anomalous Phenomenon - a level of transparency that no prior administration has delivered. The FBI remains committed to supporting this rolling declassification effort with the same rigor and integrity we bring to every national security matter. As these files continue to be reviewed and released, the American people can be confi-

dent that their security remains our highest priority."

NASA Administrator Jared Isaacman: "I applaud President Trump's whole-of-government effort to bring greater transparency to the American people on unidentified anomalous phenomena. At NASA, our job is to bring the brightest minds and most advanced scientific instruments to bear, follow the data, and share what we learn. We will remain candid about what we know to be true, what we have yet to understand, and all that remains to be discovered. Exploration and the pursuit of knowledge are core to NASA's mission as we endeavor to unlock the secrets of the universe."

WAR.GOV/UFO is a dedicated Department of War webpage to stay up to date with the latest UAP file releases.



USCENTCOM
TAMPA, Fla. - U.S. forces disabled M/T Sea Star III and M/T Sevda, May 8, prior to both vessels entering an Iranian port on the Gulf of Oman in violation of the ongoing U.S. blockade.

U.S. Central Command enforced blockade measures against two Iranian-flagged unladen oil tankers attempting to pull into an Iranian port on the Gulf of Oman. A Navy

F/A-18 Super Hornet from aircraft carrier *George H.W. Bush* disabled both tankers after firing precision munitions into their smokestacks, preventing the non-compliant ships from entering Iran.

U.S. forces also disabled Iranian-flagged M/T Hasna, May 6, as it attempted to sail to an Iranian port in the Gulf of Oman. An F/A-18 Super Hornet from aircraft carrier *Abraham*

Lincoln disabled the unladen oil tanker's rudder by firing several rounds from a 20mm cannon gun.

All three vessels are no longer transiting to Iran.

"U.S. forces remain committed to full enforcement of the blockade of vessels entering or leaving Iran," said Adm. Brad Cooper, CENTCOM commander. "Our highly trained men and women in uniform are doing incredible work."



Top 5

- U.S. and Iran exchange fire as Trump says war will 'be over quickly'
- Lawmakers introduce bill to lower drug costs for service members, veterans
- Kelly's profile rises as he heads toward another likely victory over Hegseth
- Gulf states lift restrictions that blocked 'Project Freedom' in Strait of Hormuz
- A small town in Germany braces for end to decades of life with U.S. troops

Pentagon

- Pentagon watchdog declines to probe Kid Rock flights
- Pentagon takes charge of Navy's next-gen jet in show of support

Congress & Politics

- White House casts cartels, jihadists and left-wing extremists as 'significant and pervasive' threats to US
- Military spouses head to the Hill, push for removal of barriers to small businesses to boost retention

Your Military

- Military moves to issue medical disqualifications earlier in the recruitment process
- Presidential Fitness Test to be required at Defense Department schools

Army

- Army aviator who hid behind dating profile alias convicted of rape

Navy

- 'Maverick Act' saves last 3 F-14 Tomcats from destruction
- Naples naval installation verifies presence of radon in buildings

Air Force

- From boneyard to flagship: B-1 pulled from retirement returns to service at Dyess

Cyber, Space & Unmanned

- Pentagon turns to AI targeting to help troops shoot drones
- Anthropic to consider using SpaceX orbital data center satellites

Defense Industry

- Europe defense autonomy is in reach at €50 billion a year: German experts
- Missile unveiled by Turkey has a range of 6,000 kilometers
- Rocket Lab joins Raytheon on space interceptor program for Golden Dome



PCS ORDERS VEHICLE INSPECTION
FAST • RELIABLE • MILITARY FRIENDLY SERVICE
Getting ready for your PCS move?
MAKE SURE YOUR VEHICLE IS ROAD-READY
with trusted local experts.

OZZIE'S AUTO SERVICE
KEEPING MILITARY FAMILIES SAFE • OCEAN BEACH • SAN DIEGO

- Complete PCS Vehicle Inspections • Quick Turnaround Times •
- Honest, Experienced Technicians • Convenient Location

AVOID DELAYS IN YOUR MOVE • GET YOUR INSPECTION DONE RIGHT THE 1st TIME
CALL TODAY TO SCHEDULE - ONLY \$69.95
619-222-5358 • 6676 Sunset Cliffs Blvd • SD 92107

VA Disability Claim Denied?
Know Your Rights and
Don't Take "No" for an Answer!
Don't Risk a Permanent Denial and Lose Back Pay
Call the Professional Advocates Today!
Claims Agents Have over 80% Success Rate on Appeals
No Fees Unless You Win - Free Consultation!
800-921-0310
www.VetDisabilityAid.com

El Indio
Mexican Restaurant
and Catering

Family Owned & Operated
Since 1940

**Best Mexican Food
in San Diego**

Free Parking! 10% Military Discount

3695 India Street • www.elindiosandiego.com • 619-299-0333
Open Daily 9am - 8pm

Argentine and U.S. navies conduct bilateral maritime engagement in Atlantic Ocean

by Seaman Apprentice Raven Fraser

The Argentine and U.S. navies conducted a bilateral maritime engagement as part of U.S. Naval Forces Southern Command (USNAVSOUTH)/U.S. 4th Fleet's Southern Seas 2026 deployment in the Atlantic Ocean, April 28-May 1.

The engagement, focused on increasing interoperability between the two navies, included participation by Argentine Navy Almirante Brown-class destroyers ARA La Argentina (DD 11) and ARA Sarandi (D 13), Espora-class corvettes ARA Rosales (P 42) and ARA Robinson (P 45), Gowind-class offshore patrol vessels ARA Piedrabuena (P 52) and ARA Bartolome Cordero (P 54), U.S. destroyer USS Gridley (DDG 101), and aircraft carrier USS Nimitz (CVN 68).

Aircraft involved also included an Argentine P-3 Orion maritime patrol aircraft and SH-3 Sea King and AS550 Fennec helicopters, and U.S. Navy MH-60S and MH-60R helicopters assigned to Carrier Air Wing (CVW) 17.

"Training with allies like Argentina builds the trust required to operate together in complex environments," said Rear Adm. Cassidy Norman, commander of Carrier Strike Group 11. "Working through realistic scenarios with our Armada de Argentina counterparts deepened our understanding of each other's systems, sharpened our interoperability, and strengthened our ability to accomplish our many shared maritime objectives."

Training conducted included subject matter expert exchanges, communications drills, a live-fire gunnery exercise, maneuvering in formation and air defense exercises.

Nimitz also hosted a visit of senior Argentine government and military leaders including President, Javier Milei; Minister of Defense, Gen. Carlos Alberto Presti; and Foreign Minister, Pablo Quirno.

The visit was one of many planned opportunities for distinguished visitors to observe carrier operations aboard Nimitz during Southern Seas 2026.

While onboard, the Argentine delegation met with Norman and Capt. Joseph Furco, commanding officer of Nimitz. The leaders discussed the Southern Seas 2026 mission and the role of maritime cooperation in the alliance between Argentina and the U.S.

Visitors also observed flight operations and an air power demonstration from Nimitz' flight deck.

The visit and bilateral training demonstrated the Southern Seas 2026 mission to strengthen existing regional partnerships, and encourage the establishment of new relationships, through the exchange of maritime mission-focused knowledge and expertise.

Southern Seas 2026 marks the 11th iteration of the exercise, launched in 2007. Like the previous deployments, Southern Seas 2026 is designed to foster goodwill, strengthen maritime partnerships to counter threats, and build the U.S. Navy's team alongside partner nation maritime services.

During the deployment, the Nimitz Carrier Strike Group is scheduled to conduct passing exercises and operations at sea with partner nation maritime forces as the ships circumnavigate the continent of South



Argentine Navy destroyer ARA La Argentina (DD 11) steams alongside aircraft carrier USS Nimitz during a bilateral maritime engagement in the Atlantic Ocean, April 29. U.S. Navy photo by MC2 Peter K. McHaddad

Secretary of War general officer announcements

Secretary of War Pete Hegseth announced May 5 that the president has made the following nominations:

Air Force Lt. Gen. Daniel H. Tulley for appointment to lieutenant general, with assignment as commander, Air Mobility Command, Scott Air Force Base, Illinois. Tulley is currently commander and president, Air University, Maxwell Air Force Base, Alabama.

Air Force Maj. Gen. Paul D. Moga for appointment to lieutenant general, with assignment as superintendent, Air Force Academy, Colorado Springs, Colorado. Moga is currently commander, Third Air Force, U.S. Air Forces in Europe, Ramstein Air Base, Germany.

Air Force Maj. Gen. David G. Shoemaker for appointment to lieutenant general, with assignment as deputy commander, U.S. Forces Korea; commander, Combined Air Component Com-

mand, United Nations Command; commander, Combined Air Component Command, Combined Forces Command; and commander, Seventh Air Force, Pacific Air Forces, Osan Air Base, South Korea. Shoemaker is currently deputy commander, Ninth Air Force (Air Forces Central) and deputy commander, Combined Forces Air Component Command, U.S. Central Command, Air Combat Command, Al Udeid Air Base, Qatar.

Air Force Brig. Gen. Robert K. Bogart for appointment to major general. Bogart is currently director, Defense Health Network Central and commander, Air Force Medical Readiness Command-Alpha, Joint Base San Antonio-Lackland, Texas.

Air Force Brig. Gen. Leigh A. Swanson for appointment to major general. Swanson is currently as the surgeon general, Headquarters Air Mobility Command, Scott Air Force Base, Illinois.



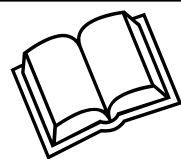
LUZON FLIGHT An Army UH-60 Black Hawk helicopter assigned to Task Force Saber, 25th Combat Aviation Brigade, flies over open water to conduct a routine air mission request in a multi-ship UH-60 Black Hawk helicopter flight as part of Exercise Balikatan 2026 over the Luzon Strait, Philippines, May 2, 2026. U.S. Army photo by Sgt. Olivia Cowart



BOMB ROBOT Explosive ordnance specialists show a demonstration of a 'telerob,' a robot designed to help personnel stay out of harm's way while disarming explosives, in support of Exercise Wolverine, April 26, 2026. Utah National Guard photo by Senior Airman Kyle Blackham



ISLAND HOPPING An Army M142 High Mobility Artillery Rocket System moves onto land from a vessel during maritime key terrain security operations as part of Balikatan at Balabac Island, Palawan, May 3, 2026. U.S. Army photo by Staff Sgt. Vadim Bolfun



Places of Worship



Bayview Church

Attract... Assimilate... Activate Terry W. Brooks, Sr. Pastor
6134 Pastor Timothy J. Winters St., San Diego 92114 • (619) 262-8384
Sunday Worship Services 7:30am, 9:15am, 11:15am
Studies In Christian Living (formerly Sunday School) Tues & Thurs online only 6pm (contact Church for sign up). In person Saturday 9am & 10am
www.bayviewbc.org info@bayviewbc.org

Bethany Lutheran Church

Lutheran Church - Missouri Synod
2051 Sunset Cliffs Blvd., Ocean Beach 92107
(Parking lot off the Alley - North of the building)
Worship 11am Sundays
Bible Class, Wednesdays 10am
(619)222-7291 Office@BethanyLutheranOB.org

Christ Community Church

"Helping people love God, find community and make a difference"
Sunday services at 8:45am and 10:30am
Children's ministry for all kids. Life groups for teens and adults.
9535 Kearny Villa Rd. Mira Mesa, 92126. Just off I-15 and Miramar Rd.
More Info: www.gotoChrist.com

First Baptist Church of Coronado

"Reach Up, Reach Out, Reach Our World"
Jim W. Baize, Pastor www.fbcoronado.com
Sunday Adult Bible Study 8:45am, Sunday Worship Service 10am
Meeting in person and online on YouTube or Facebook
FB: First Baptist Church of Coronado email: secretary@fbcoronado.com
445 C Ave., Coronado, CA 92118 (619) 435-6588

Mesa View Baptist Church

Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.)
Seeking Sinners; Saving Souls; Strengthening Saints
Sunday School at 8:45am • Morning Worship at 10am
Wednesday Night Bible Study 7pm
13230 Pomerado Rd., Poway • 858-485-6110 • www.mesaview.org

Military Outreach Ministries Int'l Church

"Supporting all families, all people, at all times"
Dr. Dennis Eley, Jr, Th.D., MBA
Sunday Worship Service 12:30-2:30pm in person
Thirsty Thursday Bible Study 7-8pm (on Zoom)
Location: Murphy Canyon Chapel, 3200 Santo Road, San Diego, 92124
619-733-0621 • www.militaryoutreachministries.org

Mt. Zion Missionary Baptist Church San Diego

"Teamwork Makes the Dream Work" - Nehemiah 4:1-6
Join us for worship services: Sunday School 9:30am, followed by Morning Worship at 11am
Rev. Dennis Ray Anderson, D. Min., Pastor
3045 Greely Ave., San Diego, CA 92113
619-233-3296 - office

Southwest Baptist Church

"To know Christ and to make Him known"
Welcome All | Retired Military/Chaplain as Pastors
Sunday Bible Study: 9:30am | Sunday Worship Service: 11am
Wednesday Prayer Service: 7pm
2295 Leon Avenue, San Diego, CA 92154 | Phone: (619) 423-2477
Email: pastor@swbcsd.org | www.swbcsd.org

St. Luke's Lutheran Church

5150 Wilson Ave., La Mesa, CA 91942
Phone: (619) 463-6633
website: www.st-lukes-la-mesa.org
Worship: 9am
Pastor: Mark Menacher, PhD.
We thank you for your service!

Place your ad in our 'Places of Worship' directory...as low as \$15 per week!

Coast Guard responds off Santa Barbara

Fire on non-operational natural gas platform

LOS ANGELES – Coast Guard and agency partners responded to a fire onboard a non-operational natural gas platform offshore Santa Barbara, Monday.

Responders and platform personnel reported that the fire was extinguished at 11:40 a.m.

At 6:30 a.m. a fire occurred aboard platform Habitat when platform personnel were conducting decommissioning operations for the platform.

“The safety of personnel and protection of the environment remain the Unified Command’s highest priorities,” said Lt. Cmdr. Matthew Marler, chief of incident management division for Coast Guard Sector Los Angeles-Long Beach. “We are grateful for the interagency coordination amongst all of our partner agencies during this response.”

There are currently no indications of oil being released from the platform into the



Coast Guard and agency partners respond to a fire on board a non-operational natural gas platform offshore Santa Barbara, May 11. A fire occurred aboard platform Habitat when platform personnel were conducting decommissioning operations for the platform. All crew members were evacuated with no reported injuries. Photo courtesy of U.S. Coast Guard

water and no current impacts to wildlife or the public.

An investigation will be conducted to determine the cause of the incident.

Platform Habitat, a non-oil producing platform, is located approximately 8 miles southwest of Santa Barbara. The platform produces natural gas and is in the process of being

decommissioned.

Additional information will be released as it becomes available.

Agencies involved:

- Coast Guard Southwest District
- Coast Guard Sector Los Angeles-Long Beach
- Coast Guard Station Channel Islands

- Ventura County Fire Department
- Ventura City Fire Department
- Santa Barbara County Fire Department
- Santa Barbara City Fire Department
- Bureau of Safety and Environmental Enforcement
- Marine Spill Response Corporation

Fleet Readiness Center Southwest hosts NAVSUP leadership

by Michael A Furlano, Fleet Readiness Center Southwest

Fleet Readiness Center Southwest hosted leaders from Naval Supply Systems Command for a May 8 tour of the commands additive manufacturing capabilities. During the visit, SES Lynn Kohl, Vice Commander of Naval Supply Systems Command Weapon Systems Support, SES Karen Fenstermacher, Vice Commander of Naval Supply Systems Command, and Dan Olson, NAVSUP Director of Command Operations, received detailed demonstrations on the operational potential of Cold Spray technology and its growing role in fleet sustainment efforts.

As part of the engagement, each attendee had the opportunity to personally operate the Cold Spray unit under the guidance of command Material Lab subject matter experts. The hands-on demonstrations provided senior leaders with a direct look into how additive

manufacturing technologies are transforming maintenance and repair capabilities across the Navy. While the demonstrations were conducted in a training and familiarization environment rather than on operational components, they highlighted the precision, flexibility, and future potential of these types of applications within naval aviation. The visit focused heavily on how additive manufacturing can improve readiness, reduce supply chain delays, and provide more responsive sustainment solutions for the Fleet and it reinforced the importance of continued collaboration between FRCSW, NAVSUP, and NAVFAC. Integration of technologies such as Cold Spray into future maintenance and repair strategies allows the Navy to better meet mission requirements while enhancing warfighter support across the enterprise.

Special & General Court-Martial tried within Navy Region Southwest

The following reports the most recent results of every Special and General Court-Martial tried within Navy Region Southwest.

Reference to the inclusion of a waiver of an administrative separation board in the plea agreement will only be reported in those cases where a punitive discharge is not adjudged as part of the sentence.

• At a General Court-Martial in San Diego, Seaman Jovany L. Jabro pled guilty to one specification of sexual assault of a child who attained the age of 12 years old, but had not attained the age of 16 years. The military judge sentenced him to 18 months confinement and a Dishonorable Discharge

• At a Special Court-Martial in San Diego, MMC Patrick Z.

Jackson pled guilty to one specification of incapacitation from duty due to drunkenness. The military judge sentenced him to a reduction in rank to E-4.



• At a Special Court-Martial in San Diego, an E-5 was tried for one specification of use of a controlled substance. A military judge found the accused not guilty.

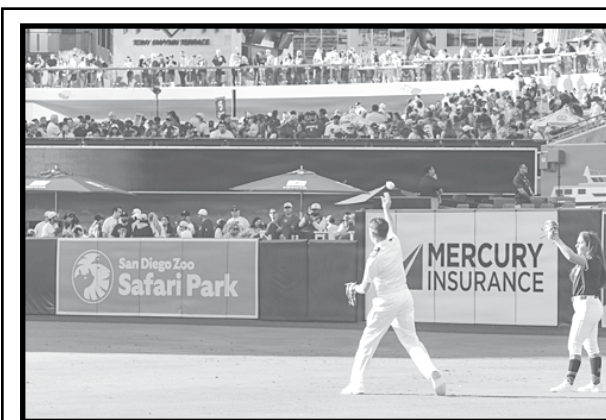
• At a Special Court-Martial in San Diego, HM2 Jake E. Dimmitt pled guilty to one specification of being drunk and disorderly. The military judge sentenced him to 31 days confinement and a

reduction in rank to E-5.

• At a Special Court-Martial in San Diego, AO3 Ethan K. Erickson pled guilty to four specifications of assault consummated by a battery. The military judge sentenced him to 10 days confinement, reduction in rank to E-1, and a Bad Conduct Discharge.

• At a Special Court-Martial in San Diego, BMSN Kevaune S. Williams pled guilty to one specification of willfully disobeying a superior commissioned officer. The military judge sentenced him to 83 days confinement and a reduction in rank to E-2.

The Navy JAG Corps provides public access to court-martial results, dockets, and filings for Navy and Marine Corps cases. These records cover special and general courts-martial, featuring summaries of findings and sentences, with updates usually posted on Mondays.



FIRST PITCH Capt. Loren Jacobi, commanding officer of Naval Base Coronado, warms up to throw the ceremonial first pitch with the Padres ball girls during NASCAR Day at Petco Park prior to a baseball game between the San Diego Padres and the St. Louis Cardinals, May 8, 2026. NASCAR San Diego Weekend will take place at Naval Base Coronado June 19-21. U.S. Navy photo by MC1 Charles J. Scudella III



WARRIOR NIGHT Marine Corps Cpl. Allen Lillard, an ordnance system technician with Marine Aviation Logistics Squadron 39, Marine Aircraft Group 39, 3rd Marine Aircraft Wing, conducts a fireman's carry during a squad competition at a Warrior Night at Camp Pendleton, May 7, 2026. The event strengthens bonds within the Hellhound family and fosters the esprit de corps essential to operational excellence. U.S. Marine Corps photo by Staff Sgt. Fatima Delgadillo

Cahill III announcement from Secretary of War

Secretary of War Pete Hegseth announced May 5 that the president has nominated Navy Rear Adm. **Joseph F. Cahill III** for appointment to vice admiral, with assignment as commander, Naval Surface Forces/commander, Naval Surface Force, U.S. Pacific Fleet, San Diego. Cahill is currently commander, Naval Surface Force, Atlantic, Norfolk, Va.

Come Pitch With Us!

Southern California Horseshoe Pitchers Association (SCHPA), a charter of the National Horseshoe Pitchers Association (NHPA), has clubs all over the southern half of California. These clubs all have first class horseshoe courts built to official specifications.

- Organized tournaments most weekends year around
- All skill levels and ages welcome. When you enter a tournament, you will be seeded with other players with similar skill levels for fair, enjoyable and friendly competition.
- Local clubs located at Balboa Park, Carlsbad, Encinitas
- For info visit <https://socalhorseshoes.weebly.com/>
- Join today and we'll see you at the pits!



NHPA
National Horseshoe Pitchers Association
"Come Pitch with Us!"



Community of Heroes

Now Leasing

Active Duty, DoD, Reservists, Retirees, Veterans, Bachelors & GEO Bachelors.

760-430-5000
LIVECPEN.COM

Oceanside and San Clemente

VETERAN COMPENSATION SERVICES

VETERANS WITH LESS THAN 100% VA RATING
WE CAN HELP YOU!

- ✓ Risk-Free Consultation
- ✓ Experts in VA Documentation
- ✓ Veteran Friendly Doctors
- ✓ Over 95% Success Rate
- ✓ Thousands of Veterans Served
- ✓ Experienced A+ Rated with BBB

www.VeteranComp.com

ON THE HORIZON: Expeditionary airfields built by robots?

Military Times reported May 8 that for Marines who have toiled over assembling airfields in austere environments, relief may be on the way.

The Marine Corps wants to develop robots that can do the grunt work of laying down the matting used to quickly construct Expeditionary Airfields, or EAF, in amphibious beachheads and other remote locations, according to the news report.

“Currently, assembling EAF matting is a manual process carried out by Marines — a task that is physically demanding, labor-intensive and exposes personnel to potential hazards,” explained the Small Business Innovation Research proposal, which has a deadline of June 3.

Information gathered on the



Arresting gears being utilized on land-based landing. Photo courtesy of Naval Air Systems Command

Navy Air Systems Command website explains that expeditionary airfields, or EAF, allow military aircraft to launch and land in any flat terrain, making it an in-disposable commodity for U.S. armed forces and NATO allies.

EAF is a shore-based, aviation support system that permits rapid deployment and recovery of aircraft within range of ground forces.

Although an EAF can be as basic as a grass landing zone to support helicopter operations, the installation of one or more EAF subsystems adds versatility and/or durability to the site. EAF equipment provides not only mobile matting, but also arresting gear and lighting for “runway” guidance.

The project, titled “Automated Expeditionary Airfield Assembly,” calls for robots capable of operating on “uneven or unstable surfaces.” They must also “manipulate and position heavy EAF mat sections with precision” while enduring “harsh environmental and operational conditions,” according to the proposal.

CHAKRA OASIS

MEDITATION THERAPY
CHAKRA BALANCING

INNER HARMONY
REIKI HEALING

\$15 OFF WITH MENTION OF THIS AD
(619)319-5416



**THANK YOU
FOR YOUR
SERVICE**

WE HONOR YOUR COMMITMENT, DEDICATION & SERVICE THROUGHOUT THE WORLD.

This National Military Appreciation Month, University of Maryland Global Campus (UMGC) celebrates servicemembers, veterans and military families everywhere for their dedication to our country.

For more than 75 years, UMGC has proudly supported the military community—here at home and around the globe. Wherever you serve, we’re here to help you succeed again.

WE SALUTE YOU UMGC.EDU/THANKS

The appearance of U.S. Department of Defense visual information does not imply or constitute DOD endorsement.



**UNIVERSITY OF
MARYLAND
GLOBAL CAMPUS**

AT YOUR SERVICE SINCE 1947

© 2026 University of Maryland Global Campus

Marines to phase out F/A-18 Hornet for the F-35 Lightning II

Multiple news agencies reported earlier this month that the Marine Corps will complete a switch from the F/A-18 Hornet to the new fifth-generation F-35 Lightning II by 2030, according to official announcements from the Marine Corps.

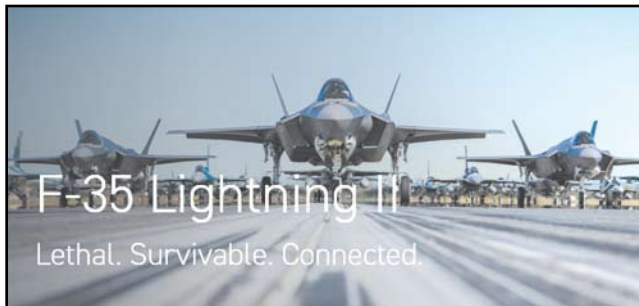
Stars and Stripes reported that the Hornet will be retired from Marine service, and maintenance jobs tied to the F/A-18 Hornet fighter attack plane will be eliminated.

Variants of the Hornet have served in the Marine Corps since 1983. The service has been planning to phase out the Hornet since it received its first Lightnings in January 2012.

This finalizes a major aviation restructuring, which includes retiring all remaining F/A-18 squadrons, such as at Marine Corps Air Station Beaufort by August 2028 and Marine Corps Air Station Miramar by August 2029.

The plan is to phase out the F/A-18 from its squadrons over a two-year timeline: MCAS Beaufort, S.C., by Aug. 1, 2028; MCAS Miramar, by Aug. 1, 2029 and Naval Air Station Joint Reserve Base Fort Worth, Texas, by Aug. 1, 2030.

The administrative message says Marines with Military Occupational Specialties affected



Internet screenshot from Lockheed Martin Corporation

by the change include F/A-18 mechanics and specialists on power plants, airframe and safety equipment. Positions for technicians on navigation/radar systems and electrical systems are also being eliminated.

Marines in those specialties are encouraged in the memo to retrain for similar roles on the

F-35. They can also retrain for other specialties or opt to leave the Marine Corps at the end of their current enlistment contract. Marines who do not make a choice to change specialties will be transferred.

https://www.stripes.com/branches/marine_corps/2026-05-08/marines-phase-out-fa-18-hornet-21615038.html

Veterans Helping Veterans

DO YOU HAVE Medicare but your needs have changed?
ARE YOU TURNING 65?

Are you TRICARE or a Veteran using VA Benefits?
ARE YOU A SENIOR?

Do you have Medicare Part A & B?

YES! Then you are **ELIGIBLE** up to Additional **\$223/mo.** added to your **S.S.**

Vince Parra • 619-763-2425

SERVING ALL OF CA. • CA LIC: 0M89123

Struggling to afford your (Life Insurance) premiums?

Secure funds from your Life Insurance Policy Now!

Do Not Let Your Life Ins Policy Lapse

Pre-Plan: **FUNERAL OR CREMATION** starting at **\$40/mo.**

Pre-Plans for Military, Civilian, Retired, Seniors



Real Transformations. Proven Results.

See what advanced implant dentistry can do for your smile.

At **Affordable Dental Health Providers (ADHP)**, we specialize in restoring confidence through precision, technology, and expert care. Explore our Before & After transformations and discover how modern dentistry can restore both function and aesthetics.

Complimentary Consultation

with xrays, same day treatment with 20% discount

20% DISCOUNT

With decades of experience and a dedication to high-standard care, ADHP provides tailored treatment plans designed for long-term results and patient comfort. Transform your smile with confidence. Schedule your consultation today.



Call or text us Today!

760-723-1193

www.adhp.com

3108 HWY 76 • FALLBROOK CA 92028

THIS MEMORIAL DAY

Let's honor what was given.

They put on the uniform.

They answered the call,
knowing the risks.

They made the ultimate
sacrifice on our behalf.

Beyond what was lost, let's
remember all they gave —

Their service to our country and
the legacies they left behind.



usaa.com/memorialday

USAA means United Services Automobile Association and its affiliates.
No Department of Defense or government agency endorsement. ©2026 USAA. NC-0526



Navy's Directed Energy Systems Integration Lab to train Sailors on laser weapons

by **Thomas McMahon**
Naval Surface Warfare Center
Port Hueneme Division

Sailors can now get certified in operating and maintaining the fleet's most prevalent directed energy system through a new training program at Naval Surface Warfare Center, Port Hueneme Division's Directed Energy Systems Integration Laboratory, with the first course completed in late March.

The Navy recently designated DESIL as the official schoolhouse for the Optical Dazzling Interdictor, Navy (ODIN), seven of which sit on Navy ships. The courses will build the fleet's knowledge base on that system specifically and directed energy more broadly, while also enabling Sailors to earn a new Laser Weapon System Operator

Navy Enlisted Classification that NSWC PHD spearheaded.

While weapon system instruction for fleet personnel normally falls under Surface Combat Systems Training Command, DESIL's in-house directed energy subject matter experts, equipment and infrastructure make it uniquely equipped to serve as the ODIN schoolhouse, according to Davidson Sim, directed energy sustainment systems engineer.

"Our facility has the SMEs — and subsequently the trainers — and a resident ODIN system," said Sim. "And we have access to a test range, allowing us to actually emit and use the laser in a training environment."

DESIL, perched on the ocean-

front at Naval Base Ventura County Point Mugu, is the Navy's only facility for testing directed energy in a maritime environment — offering line-of-sight to the Point Mugu Sea Range and access to sea, air and land targets.

Although ODIN is not a Navy program of record at this time, NSWC PHD pitched SCSTC on the need for an official training program because of how the fleet has been using the directed energy system and how it has matured since it went into service in 2020.

ODIN's dazzling laser is designed to blind the sensors of unmanned aerial systems. The system also offers powerful intelligence, surveillance and reconnaissance features, such as

cameras and a telescope, allowing operators to see farther and capture footage of adversaries in high detail and resolution.

That technology is only effective in the hands of sailors trained to operate and maintain it, which is where the schoolhouse comes in, according to Lawrence Averion, directed energy branch manager.

"It's about making sure the warfighters are ready to use the systems, and giving them the confidence that they can actually meet the mission," Averion said.

The schoolhouse will also provide a new professional development opportunity for sailors working with directed energy systems.

Dept. of the Navy releases Fiscal Year 2027 Shipbuilding Plan

WASHINGTON — The Department of the Navy released its Fiscal Year 2027 Shipbuilding Plan May 11, outlining the administration's long-term strategy to expand fleet capacity, strengthen the maritime industrial base, and deliver a more capable, ready, and lethal naval force.

"The United States is at a strategic inflection point, and rebuilding American maritime dominance requires urgency, accountability, and sustained commitment," said Acting Secretary of the Navy Hung Cao. "This Shipbuilding

Plan provides a roadmap for the Golden Fleet, to grow a larger, more capable Fleet while revitalizing the industrial base, strengthening our workforce, and ensuring our Sailors and Marines have the platforms they need to defeat any adversary for decades to come."

The Shipbuilding Plan reflects a shift toward disciplined execution, industrial base revitalization, and delivery of a more capable, ready, and lethal naval force. The plan prioritizes a balanced high-low mix of platforms and emerging capabilities, strengthens

workforce and shipyard capacity, and reinforces accountability to deliver ships on time.

The plan also reflects lessons learned from current operations, evolving global threats, and the need to rapidly adapt force design and acquisition approaches. Continued partnership with Congress remains essential to sustaining momentum and ensuring the Fleet of the Future meets the Nation's security needs.

The department noted that the plan includes adjustments to fu-

ture force structure priorities and select future platforms, informed by operational assessments, industrial base analysis, affordability considerations, and department-wide strategic planning. The department will continue refining future force structure and shipbuilding requirements in close consultation with Congress and stakeholders.

"The President's budget request for fiscal year 2027 makes a \$65.8 billion generational investment in U.S. Navy shipbuilding. This plan details these investments and the Administration's 30-year investment plan to expand our nation's Navy shipbuilding capacity and deliver the Golden Fleet," said Jason Potter, performing duties of Assistant SECNAV for Research, Development and Acquisition.

In a May 11 USNI report by Mallory Shelbourne, the new Trump-class battleship will be powered by a nuclear reactor and is not a successor to the Arleigh Burke-class guided-missile destroyers, the Navy revealed in its annual 30-year shipbuilding blueprint.

The full Fiscal Year 2027 Shipbuilding Plan is available at <https://media.defense.gov/2026/may/11/2003928909-1-1/1/navy%20shipbuilding%20plan%20may%202026.pdf>.

Man-on-the-Street

What would be your vanity license plate?

BLESSED

"We went through some hard times, but it's good now, and I'm blessed."

AO1 **Jorge Gomez**
Fleet Readiness Center Southwest



ULIKTHT

(YOU LIKE THAT! refers to a S.D. Padres' fan chant) "Padres were playing the L.A. Dodgers and we chanted!"

Melissa Corona
Fitness Specialist



P-STAR

"My new car has the brand logo on the body, but not the make."

ETC **Chris Deditz**
Littoral Combat Ship
Training Facility Pacific



OSTFRNT *(The Eastern Front)

"I was born after the war in Germany, so Ostfront has some historical value for me."

Rick Komisars
MWR assistant

*See historical reference below



MYWIFEY

"We celebrated our Silver Anniversary on April 28."

John Garcia
NASNI Fitness Center



*Ostfront, or The Eastern Front of WWII, was the largest and deadliest theater of conflict, fought between Germany (and Axis partners) and the Soviet Union from June 22, 1941, to May 8, 1945.



ARENA FOOTBALL FRONTWAVE ARENA OCEANSIDE

San Diego Strike Force is a professional indoor football team in the Indoor Football League (IFL) based in San Diego County. The team provides fast-paced 8-on-8 arena football, serving as San Diego's only professional football team.

www.sdstrikeforce.com



HOME GAMES AT FRONTWAVE ARENA

- Mon., March 23, 6pm NAZ Wranglers at San Diego Strike Force*
- Fri., April 17, 5pm Quad City Steamwheelers at San Diego Strike Force
- Sun., April 26, 4:30pm Tucson Sugar Skulls at San Diego Strike Force*
- Sat., May 23, 7pm NAZ Wranglers at San Diego Strike Force*
- Fri., June 19, 7pm Vegas Knight Hawks at San Diego Strike Force*
- Mon., July 6, 6pm Arizona Rattlers at San Diego Strike Force*
- Sat., July 18, 8pm New Mexico Chupacabras at San Diego Strike Force*
- Fri., July 24, 6pm Tucson Sugar Skulls at San Diego Strike Force*

*Conference

**For guaranteed BEST price ...
pick up discount tickets at your local
Military Ticket Office!**

NASCAR SAN DIEGO WEEKEND

PRESENTED BY ANDURIL

JUNE 21, 2026 | 4 PM ET / 1 PM PT



by Jan Wagner

Stuff Manufacturing at CES '26 - Consumer silicone products designed & made in the USA

products, kitchenware, household items, tech products, health & beauty items and more.

Designing and manufacturing their products in the USA gives STUFF MFG many important advantages over offshore manufacturers.

Their products are protected from tariffs that increase the cost of goods — and subsequent price increases — from overseas manufacturers.

Since their products are made in the USA, ground freight to ship them to their US customers is much less expensive and quicker than ocean freight costs for goods that come from overseas. That contributes significantly to STUFF MFG's products being price-competitive with the landed cost of goods from overseas manufacturers.

STUFF MFG's services include high-quality and precise compression molding, transfer molding, extrusion, kitting, design, prototyping, mold tooling, large format 3D printing and more. They specialize in custom HCR silicone and thermoset molding, offering a wide range of capabilities.

Compression molding is like using a big waffle maker, except instead of using batter to make waffles, they use raw, high-con-

sistency rubber silicone to fill each cavity. It is then squished with high-heat, vacuum and pressure to “cook” the material (also known as vulcanize) into the final product.

Transfer molding is a simple way to better control the efficiency and flashing in a part's manufacturing process. Material is put into a pot at the top of the mold and then rammed with a plunger, through runners that are built into the mold, to fill the cavity with high-pressure and vulcanizing heat.

An especially important benefit of working with STUFF MFG over working with distant, overseas manufacturers is the protection of intellectual property. Additionally, they offer year-round production, low Minimum Order Quantities, easy communication and faster lead times.

For more information, visit: <https://www.stuffmfg.com>.

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

Copyright © 2026 by Jan Wagner – AutoMatters & More #928

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

“Thank you Ma’am,” the informed young man nodded at my military ID. The Naval Health Clinic was a ghost town. I spied only one other patient, a young OCS trainee in khakis waiting at the pharmacy.

Down the empty hall, I presented my ID at Patient Check In, glad to see the receptionist who always reminds me that kindness makes the world a better place.

“Uh oh, two minutes late for my appointment,” I admitted.

“Oh, that’s fine, my dear,” she replied with a thick Rhode Island accent.

I hustled past deserted Immunizations to Family Medicine. Two young men in uniform sat behind an enormous U-shaped desk between two large waiting areas, each with a door leading to examining rooms and staff offices. Other than the three of us, there wasn’t a soul to be seen.

I’d just taken my seat when a corpsman in fatigues called my name, leading me through the door and past empty examining rooms and offices. She took my blood pressure and asked the usual questions. Full name, Lisa Smith Molinari. Birthdate, June 4, 1966. Problem being seen for, high blood pressure. Height, five-foot-four. Weight, ... no need to

Five minute family medicine

bore anyone with more details.

“The doctor will see you shortly,” she said before closing the exam room door. Almost instantly there was a knock.

“Come in!” I yelped, fumbling for the blood pressure log and list of four health concerns I’d brought with me. Although I’d been coming to this Naval Health Clinic since my family PCSed here in 2013, I’d only seen this provider once, after she was assigned as my new PCM in 2025. My PCM had changed so many times over the years as providers came and went, I’d stopped memorizing their names.

“Good morning, Mrs. Molinari, do you take any medications?” she asked with minimal eye contact. She had no records except a one-page form and my blood pressure log. She scribbled on the form, then took a quick listen to my heart and thumped a few times on my torso. Apparently, everything was fine, because it was over in a flash.

“The diastolic number is still too high, so I recommend a combination medication,” she said without looking up from her paper. Her instructions were so rapid-fire, I had trouble processing what she was saying before she moved on. I tried to ask questions, but she interjected, repeating rote what she’d previously said as if in a rush.

“Can I ask about my,” I started, wanting her take on the nagging shoulder pain I’d had for almost three years, but she interrupted and handed me the form on which she’d been scribbling. I knew she wouldn’t allow me to go over my four health concerns. I’d need to

call for another appointment, and even then, I’d have to wait another month because the schedule was so backed up.

But one issue was too important. “My hands have been shaking a lot lately,” I blurted, and my PCM turned to look at me. I held my trembling hands out for her to see.

“Yes, I see. That’s neurology, I’ll authorize a referral,” she said, and scribbled again. No time for questions, no time for answers. She handed me the paper and I was on my way.

While grumbling in the pharmacy waiting area about why I was rushed through my PCM appointment in a virtually empty health clinic, I noticed an ICE comment QR code at the bottom of the doctor’s paper, which I’d never submitted before. I opened the link on my phone and began typing.

The comment space allowed for up to 4000 characters, so I relayed the whole story about my five minute appointment in a clinic with very few patients. I described how my assigned PCM seemed rushed and unwilling to allow adequate time for patient questions and concerns.

When finished, I clicked “Submit.”

“Improper Submission!” the screen read. “You are receiving this error because the form you submitted was timed out. Please go to ICE and enter your suggestion again. We apologize for the inconvenience...” I should’ve known. They have no time for my questions or concerns, and clearly they have no time for my complaint either.

Veterans News

Lawmakers introduce legislation to lower prescription drug costs for veterans, others

WASHINGTON, D.C. - U.S. Representatives recently introduced legislation to lower prescription drug costs for service members, military families, and veterans while saving taxpayers billions.

Eugene Vindman (Va.-07) and Pat Ryan (N.Y.-18), both retired Army veterans and members of the House Armed Services Committee, are advancing a bill they dubbed the MISSION RX Act.

Building on the success of the Inflation Reduction Act’s drug price negotiation program, the MISSION Rx Act would require TRICARE and the Department of Veterans Affairs to pay either the CMS-negotiated price or the program’s original price for prescription drugs, whichever is lower.

“After serving 25 years in uniform, I know firsthand the sacrifices our service members, veterans, and military families make every single day. The last thing any of them should have to worry about is whether they can afford the prescription drugs they need,” said Vindman. “The veterans and service members I

represent in Virginia’s Seventh District have earned every benefit this nation can give them. That’s why I’m leading this commonsense effort to reduce the crushing cost of prescription drugs for those who have served and sacrificed.”

“Military families have sacrificed so much for our country – it’s absolutely unacceptable that they’re being forced to pay more than other Americans for the same medication,” said Ryan. “Our bill corrects this egregious oversight by ensuring that military families have access to the same lower drug prices that others do. Especially amid rising healthcare costs nationwide, leaving military families to bear the burden is simply un-American. They’ve stepped up and sacrificed for us – now we need to do right by them.”

The MISSION Rx Act is also sponsored by Representatives Chrissy Houlahan (Pa.-06) and Maggie Goodlander (N.H.-02), top name a few.

“As healthcare costs continue to rise across the country, the MISSION RX Act is a straight-

forward approach to reduce prescription drug costs,” said Houlahan. “As the Centers for Medicaid Services negotiate reduced prices for citizens on Medicare and Medicaid, it only makes sense to pass those same lower prices to the people who sacrificed the most for our nation: our veterans and military families.”

“Our bill will lower costs for America’s veterans, servicemembers, and military families by ensuring they pay the lowest price the federal government has already negotiated for prescription drugs,” said Goodlander. “No gimmicks, no new bureaucracy — just commonsense and a promise kept to the patriots who served our country.”

By paying the lowest available government-negotiated price, TRICARE and the VA would reduce spending on prescription drugs for servicemembers and

their families while saving taxpayers billions. CMS estimates this policy could save up to \$6



billion annually.

As CMS expands its drug price negotiations, the bill is designed to grow alongside the program, applying to any additional drugs subject to negotiated pricing in the future.

The MISSION Rx Act is supported by Veterans of Foreign Wars, the Marine Corps League, the Fleet Reserve Association, Air Force Sergeants Association, and Commissioned Offi-

cers Association Public Health Service.

“The Marine Corps League endorses the MISSION Rx Act for its intent to provide fairness and affordability for our military and veterans,” said Bob Borka of the Marine Corps League. “Lifesaving medication should be equally available to all Americans receiving federal benefits, including our military families and veterans. Ensuring access to affordable medication aligns with our Nation’s promise to those who have served.”

According to Theodosius Lawson, Director of Legislative Programs, Fleet Reserve Association, “FRA supports the goals of this legislation to reduce prescription drug costs for TRICARE and VA beneficiaries by ensuring access to the lowest available federal prices,” said “This approach aligns with FRA’s longstanding advocacy on behalf of sea service veterans, retirees, and their families.”

“The Commissioned Officers Association of the U.S. Public Health Service is very proud to support the MISSION Rx Act.

This legislation takes a commonsense approach to lowering prescription drug costs for TRICARE and VA beneficiaries by ensuring they have access to the lowest available federal price for prescriptions,” said Jasmine Stuart, Director of External and Legislative Affairs. “Access to affordable medications is critical for those who serve and have served our nation. We appreciate the leadership behind this effort and its focus on improving affordability and access for our uniformed services and veteran communities.”

Military Times reported that the proposal is designed to allow Tricare beneficiaries and Department of Veterans Affairs patients to pay for prescription drugs at whichever is the lower of two prices: the rate negotiated by the Centers for Medicare & Medicaid Services, or CMS, or the cost offered through their existing coverage.

Refer to <https://www.militarytimes.com/news/pentagon-congress/2026/05/07/lawmakers-introduce-bill-to-lower-drug-costs-for-service-members-veterans/>.

CLASSIFIED ADS

MOVIES AT THE BASES

MOVIE SCHEDULES ARE SUBJECT TO CHANGE SO PLEASE CHECK THE WEB SITE DAY-OF

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

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

NAS NORTH ISLAND
<https://coronado.navylifew.com/programs/>

select recreation from top tab and drop down to movies

NAS NI Lowry Theater Policy

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

NBSD 32ND STREET
<https://sandiego.navylifew.com/>

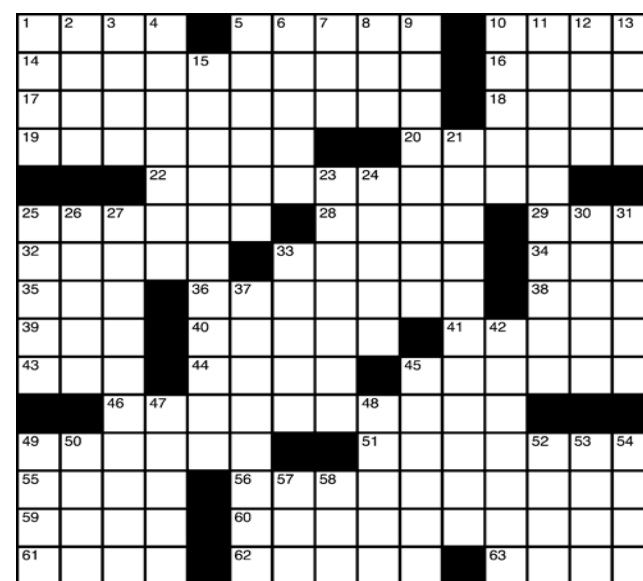
NBSD Theater is temporarily closed for renovations as we work to bring you a better movie experience. We appreciate your patience and can't wait to welcome you back in summer 2026.

In the meantime, catch the latest films at NASNI Lowry Theater! Open, and ready to serve you!



CROSSWORD PUZZLE

- Across**
- From ___: faintly
 - Demanding quality
 - Yamaha's Grizzly and Kodiak, briefly
 - Francis used a Jeep Wrangler as one in 2015
 - Creep up on
 - Distortion for a cause
 - "Santa Claus and His Works" artist, 1866
 - Cloud-based access provider?
 - Silver Spring, Md., is part of it
 - 22 Places to learn perspective
 - "Given what we know ..."
 - Likely to carry
 - Sanctions
 - Its co-founder said, "I do get disappointed that so many members spend so much time solving puzzles"
 - French toast word
 - Dandy
 - Irregular, as a job
 - Most provocative
 - Unsettle
 - Backpacker's chain
 - Bucks
- Down**
- Cell lineup
 - Stronghold
 - Per
 - Wins again
 - Writer's resource
 - Bridge beams
 - Negroni need
 - Worn out
 - Screen displays
 - Year's record
 - Emotional oxymoron
 - Pottery wheel product
- 13 Mex. title**
- Like Amazonian society
 - Some WWII message transmitters
 - Certain horse race
 - Tweaks
 - It may lead to unmatrimony
 - Ritual Jewish feast
 - The Mahabharata, e.g.
 - Billabong Zoo resident
 - Sail-extending pole
 - Red Baron attire, Snoopy-style
 - Carrier to Malta
 - 1994 sci-fi memoir
 - Derby dads
 - Thrill
 - Cosmetic counter name
 - Make ready
 - Musical with the song "Another Pyramid"
 - Bash
 - Seine summers
 - Catch one's breath
 - Overnight spot
 - March Madness network



ARMED FORCES DISPATCH CLASSIFIEDS

To place your ad, please call our Classified Advertising Department at (619) 280-2985.

DOGS

Is a Service Dog Right For You? Visit vetdogs.org/dispatch to find out. Service dogs, guide dogs, PTSD service dog, seizure response dog, hearing dog, military facility dog. America's VetDogs can provide world-class training and customized service.

Apply Today!
VetDogs.org/Dispatch

RENTALS APARTMENTS

CORONADO - 2BR/1.5BA upstairs. New appliances, remodeled bath. Pool & laundry onsite. No pets \$3500/mo. 619-437-0181.

AVAILABLE NOW!!!

1, 2 or 3 BR's
 Apartments, Townhouses & Houses

MOVE-IN SPECIAL! LEADINGHAM REALTY

1062 Palm Ave., Imperial Beach
 619-424-8600

LEMON GROVE - 1BR/1BA Charming Renovated Gem. Fully updated, move-in ready. Steps from shops, dining, trolley. \$1675/month. (619) 916-9187.

RENTALS APARTMENTS

NORTH PARK - 2BR/1BA, Ready on May 15. 760 sq.ft. Nice neighbors \$2500/mo. 619-992-9927.

RENTALS HOUSES

SAN DIEGO - 3BR/1BA, garage. 5 miles east of Coronado base. \$3800/mo. Call 619-843-3558.

RENTALS STUDIOS

SAN DIEGO - Stainless steel applis, laminate floors, priv entrance, utilities incl \$1950/mo. 2 people max. ADRIANA 619-921-1010.

RENTALS TOWNHOUSES

OCEANSIDE - 3BR/2BA, fireplace, patio, W/D in garage, new windows & blinds. Water/trash paid. Military Discount on deposit. \$3550/mo. 858-229-6785

STORAGE CONTAINERS

On-site Storage 15' & 20' Containers

Delivered to your home or job site

\$199 per month
 \$99 deliver/
 \$99 return
 Same/next day service

Available today

DrivewayOnsiteStorage.com
 Call/Text 619-571-4755

HOMES FOR SALE

NOW Is the Time to Buy in Imperial Beach.

Record Inventory. Low buyer demand. But there's an expiration date: when rates drop and the cross-border sewage repairs finish, IB won't be this affordable again!

940 Calla Ave. #15 Penthouse
 Price Reduced \$575K - 4BR/2BA
 Unobstructed Bay Views!

270 Dahlia Ave #5 Price Reduced
 \$665K (Appraised at \$680K)
 3BR/2BA Rooftop Deck Ocean View

425 8th St.
 Unobstructed Bay Views
 3BR/2BA \$985K

+All VA Approved

BUYER BONUS:
 Deborah Pays for Your Appraisal
 At Close of Escrow*

Deborah Vance
 #1 Realtor in Imperial Beach since 2019

619-884-8783

Deborah@radiantrealtyca.com
www.DeborahVanceRealty.com
 +Many more upcoming listings soon!
 *Applies to buyers represented by Deborah Vance in a successful close of escrow. Call for details.
 DRE #01817973

ROY'S SUDOKU

	6	5			8			
9					6		7	
		2	9					1
7				3	8			
	3		7		9		4	
			6	1				8
1					6			
2		8						3
	5				4		7	

2	7	1	4	8	3	6	9	9
3	9	4	5	6	1	8	7	2
5	6	8	9	7	2	3	4	1
8	3	7	2	1	9	4	6	5
9	4	2	6	9	7	1	3	8
6	1	9	8	3	4	9	2	7
1	9	3	2	9	6	7	8	4
7	2	9	3	4	8	9	1	6
4	8	6	1	2	5	7	9	3

J	S	V	A	L	S	E	I	N	V	E	O	V	A	P
S	E	T	O	S	H	E	N	N	I	T	I	O	E	
E	L	V	W	H	E	I	L	T	I	V	A	D	I	R
H	E	G	I	E	L	S	E	R	F	L	T	E	P	
S	K	A	V	E	R	F	L	E	V	E	N			
J	V	A	V	L	P	E	B	I	H	V	B	E		
I	T	O	I	V	S	W	V	T	O	I	E	R		
H	V	R	I	S	E	I	O	V	R	D	O	O		
D	O	J	E	I	N	V	S	I	L	E	W			
S	K	O	E	N	O	L	S	I	L	I	S	V		
S	T	O	O	H	O	S	I	L	V					
V	E	R	V	O	D	H	E	I	E	D	I	S		
J	S	V	N	V	D	N	V	D	O	H	E	D		
H	V	E	N	E	T	I	E	O	W	E	D	O		
S	A	L	V	H	O	F	I	R	V					

Visit our military museums

The Veterans Museum at Balboa Park. The Veterans Museum and Memorial Center is a museum located in historic Balboa Park of San Diego, California. Founded in 1989, it is dedicated to create, maintain, and operate an institution to honor and perpetuate the memories of all men and women who have served in the Armed Forces of the United States of America. <http://www.veteranmuseum.org/>
 Active duty military, Museum Member, Children under 12: Free
 Veterans/Seniors: \$4 • Adults: \$5 • Student ID: \$2
 2115 Park Blvd, San Diego (Balboa Park) • (619) 239-2300
 Hours: Call for current hours (619) 239-2300

MCRD Command Museum & Historical Society. Museum focusing on Marine Corps history from the 19th century to today is also a research library. <https://www.mcrdmuseum.org/>
 Free admission • The Pass and ID Center may issue day passes to visitors who wish to visit the museum and do not possess military ID-call (619) 524-4200 for information on base access.
 1600 Hochmuth Ave, San Diego, 92140 • (619) 524-4426.
 Hours: Mon 8am-3pm, Tue-Fri 8-4; Family day 8-5:45; Sat 10:30-5, • Closed Sunday

USS Midway Museum. The USS Midway Museum is a maritime museum located in downtown San Diego at Navy Pier. The museum consists of the aircraft carrier Midway. The ship houses an extensive collection of aircraft, many of which were built in So Cal. FREE for children 3 & under and Active Duty military including reservists (w/valid ID). Adult \$39 (ages 13+). Youth \$26 (ages 4-12). Veterans (w/ID) \$26*Must show ID at entrance. Open daily 10-5, last admission 4pm. <https://www.midway.org/>

The Ranch House Complex at Camp Pendleton. Listed as the Santa Margarita Ranch House Nat'l Historic Site and as a California State Historical Landmark. Docent-led tours are available by appointment; masks required. Please email your request to: MCBCAMPEN_history@usmc.mil or phone (760)725-5758 The Camp Pendleton Historical Society is a 501(c)3 organization in support of the base's History and Museum's programs. Go to: www.camppendletonhistoricalsociety.org/ for information. Hours: Open Mondays 10am-2pm

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

Armed Forces Dispatch • (619) 280-2985

Published by Western States Weeklies, Inc.
 2604 B-280 El Camino Real, Carlsbad, CA 92008
 E-mail: editor@navydispatch.com

BUSINESS & SERVICE DIRECTORY

ADVERTISING

ADVERTISE YOUR BUSINESS TO ACTIVE DUTY AND RETIRED MILITARY, VETERANS & THEIR FAMILIES

CATERING

EL INDIO
 Mexican Restaurant and Catering
 Open Daily 9am-8pm • Free Parking!
 10% Military Discount
 3695 India Street • Downtown San Diego
 619-299-0333
 Family Owned & Operated Since 1940
www.ElIndioSanDiego.com

FINANCIAL SERVICES

Edward Jones
 > edwardjones.com
 Member SIPC

It's never too early to start saving for tomorrow. We offer in-person guidance.

Caroline Talebi
 Financial Advisor
 2424 Vista Way Ste 325
 Oceanside, CA 92054
 760-439-9019

EJB-19325-A-E-DA-1

SERVICES OFFERED

PSYCHIC
 • PALMS • TAROT CARDS •
 • AURA BALANCING
\$15 OFF WITH MENTION OF THIS AD
619-891-3165

SOCIAL GROUPS

MARINE CORPS LEAGUE
 Camp J.H. Pendleton O'side Det 21
 760-271-7369
 Meeting monthly, 3rd Thursday @ 6pm
 Veterans Association of North County
 1617 Mission Ave. Oceanside 92058

MISSION VALLEY UFW POST 3787
 Service to Veterans, Active Duty and their families
 • Taco Tuesday-2nd Tuesday 4-6:30pm \$10
 • Cookout-1st&3rd Saturday 11am-2pm \$10
 • Fish/Shrimp Fry-1st&3rd Friday 4:30-7pm
 \$15-Full Meal + Dessert. Public Welcome!
 (619) 281-0137 • Facebook UFW3787
 4370 Twain Ave, San Diego, 92120

VOLUNTEER

BECOME A USO VOLUNTEER
 Volunteers are our greatest asset and the backbone of the USO. Help improve the quality of life of service members & boost their morale.
<https://volunteers.uso.org>

Health & Fitness

Know your exposure story: Military provides access to individual occupational and environmental exposure records

In a significant move toward greater transparency and health care empowerment, the Military Health System (<https://health.mil/>) is urging service members to “Know Your Exposure Story.”

Starting March 23, 2026, U.S. service members and civilian employee personnel have direct access to their career-long environmental and occupational exposure data.

The key to unlocking this personal exposure and health narrative is the Individual Longitudinal Exposure Record, or ILER. This secure, web-based system compiles the detailed story of a service member’s potential exposures to environmental and occupational hazards during their entire military career, including data from training exercises, deployments, and garrison-duty assignments.

“If you’ve ever wondered what exposures are listed, from what you may have encountered during service, ILER helps you see what is on record – in one place, securely, and for your benefit,” noted Steve Jones, program director, comprehensive exposure monitoring policy in the Office of the Assistant Secretary of War for Health Affairs.

“We are excited about this next step in the ILER story.”

Request a Personal ILER Account

- Introducing new Personal ILER Access (PIA) which will enable you, as a service member with a CAC to view your own exposure and health data, enhancing transparency, informed care, and continuity across the DoW healthcare systems with planned expansion to include Department of Veterans Affairs systems.
- The Personal ILER role will allow access:
 - ✓ To securely view your own ILER Exposure Summary record.
 - ✓ To access your “My Profile” to update your account information.
 - ✓ The ability to print your personal ILER data report, if a record is available.

Your service is also a health story

For years, a service member’s singular health record hasn’t always told the full story of their exposures during service. The ILER system is designed to change that, giving service members the transparency to know their own exposure story.

By linking service history to known events and incidents, ILER creates a comprehensive electronic record that helps empower users and their health care providers.

Knowing your exposure story can directly contribute to:

- Preventive health: Helping you proactively identify health risks before they become problems
- Clinical care: Equipping clinicians with the information they need for more accurate diagnoses and treatments
- Benefits determinations: Providing the documented exposure data needed to support benefits claims

The VA is forecasted to offer similar access and self-reporting capabilities to veterans starting in the fall of 2026.

A critical tool for health care providers

This initiative also marks a significant step forward for medical personnel. Both DOW and VA clinicians are using ILER information to better understand a patient’s exposure story, leading to more informed care.

“By using ILER, we’re not only strengthening individual care — you’re supporting force readiness, and long-term health outcomes,” added Jones.

Designed to complement existing electronic health records like MHS GENESIS, ILER provides real-time access to available exposure data that can inform risk assessments, screenings, and early interventions. This broader federal commitment to compiling and making available exposure data creates more transparency. Health stories of service members and veterans will be better heard and recorded.

To learn more about how you can access and contribute to your health narrative, visit Health.mil/ILER for common questions and answers, facts, and a training video.

New policy to increase efficiency in military accessions

by **Derrik Noack**

NORTH CHICAGO, Ill. -- In collaboration with Service recruiting partners, U.S. Military Entrance Processing Command implemented a policy, “Conditions Unlikely to be Waived,” effective May 4, that stops processing for applicants with one or more of 28 medical conditions designated as unlikely to be waived by Service partners.

tions before applicants reach the medical floor, USMEPCOM can redirect resources more effectively and recruiters can focus on applicants more likely to join. The policy also reduces workload for service waiver authorities. Although CUW applies to a relatively small percentage of applicants, estimated at a very small percent daily, the cumulative impact could be significant.

By identifying these conditions earlier in the process, CUW will reduce unnecessary medical evaluations, thereby conserving resources and allowing USMEPCOM personnel and recruiters alike to focus on applicants more likely to qualify for service.

“In an environment where resources are limited, USMEPCOM must focus on policy changes and technical solutions that increase our operational efficiency,” said Navy Capt. Christopher Carmichael, USMEPCOM Western Sector commander. “CUW improves operational efficiency by both relieving pressure on USMEPCOMs center of gravity, our people, and ensuring that the focus is placed on the applicants that qualify to serve.”

Identification of one of these conditions during the medical prescreen prevents applicants from coming to MEPS for a physical except in rare cases as approved by the Service waiver authority. Recruiters will work with their chains of command to determine whether to pursue processing for applicants with CUW.

In addition to increased efficiency, the CUW policy complements Department initiatives to strengthen standards and ensure military readiness. In July 2025, the Secretary of War signed a memo identifying 13 conditions ineligible for Service waiver and 13 conditions which require Service secretary approval for a waiver. USMEPCOM implemented a process the following month to identify these conditions during the prescreen process and halt processing.

“Our high standards are a cornerstone of lethality, and the Department must remain vigilant in preserving those standards,” the memo reads.

“This is a shift in order,” said Army Col. Megan McKinnon, USMEPCOM command surgeon. “Instead of doing complete processing and then handing it to the waiver authority, we’ve created a trigger on the front end for these specific conditions that requires additional Service sign off, because all Services agreed that they are unlikely to be waived on the back end.”

In alignment with department-wide focus on efficiency, USMEPCOM and the Army waiver authority developed the initial list of conditions, which USMEPCOM then coordinated with other partners. Each Service reviewed the list against its own waiver practices. The finalized list identifies 28 conditions unlikely to be waived, including those such as any replacement of a heart valve and narcolepsy.

By identifying CUW condi-

THINGS TO DO!

- Cajon Cruise Nights**, Wednesdays, through July 22, 5-7:30pm, Main Street and Prescott Promenade. Live music, great food, and a welcoming community vibe. www.downtowncajon.com/do/cajon-cruise
- San Diego International Fringe Festival**, May 12-24, Brings the beautiful, the bizarre and the unexpected. <https://sdfestival.org/>
- Navy Bay Bridge Run**, May 17, 8am, Hilton Bayfront Park. Sign up today. <https://www.navybaybridgerun.com/>
- Escondido Street Festival**, May 17, 10-6. Grand Avenue Festival, a cherished annual event for over 30 years, vendors, live music.
- Encinitas Cruise Night** May 21, 5:30-7:30pm Third Thursdays May-Sept. Live music, hot rods, classics, woodies, Hwy 101. encinitas101.com
- Valley Center Western Days**, May 22-23. Parade, Stampede Rodeo & Festival, pancake breakfast, 5K fun run. “Celebrating America” Parade, May 23, Grand Marshal – American War Hero and local resident Captain E. Royce Williams, USN (ret). Join us as we honor Captain Williams and celebrate America’s 250th birthday. <https://www.westerndays.org/>
- Santee Street Fair & Craft Beer Festival**, May 23, santeestreetfair.com
- Julian Rocks Gem Show**, May 23-25. visitjulian.com/julian-rocks-gem-show/
- Vista Strawberry Festival**, May 24, 8am-6pm. Free Strawberry Festival. Arts & Crafts, competitive pie eating... vistastrawberryfest.com
- Fiesta del Sol**, Fletcher Cove, Solana Beach, May 30-31. Free 2-day music festival. Beer Garden, kids rides, vendors, food. www.fiestadelosol.net
- Scottish Highland Games**, June 20-21. Competitions, vendors, live music, whiskey, herding dogs. SDSU Mission Valley River Park. sdhighlandgames.org

This system is a joint effort between the Department of War and the Department of Veterans Affairs to create a historical and easily accessible record of available exposure data, an ultimate view of a patient’s environmental health story.

Tell your own story

The initial rollout in late March 2026 will expand access to active duty, National Guard and Reserve, and DOW civilian personnel with a Common Access Card.

Users will also have an opportunity to enter self-reported information that might be missing, such as specific deployments, garrison locations, or other environmental exposure updates. This helps make their story as complete and accurate as possible.

SoCalTruck.com
ACCESSORIES & EQUIPMENT

10460 Mission Gorge Rd.
Santee, CA 92071

619-749-0742

Work Smarter, Play Harder!

- Truck Bed Covers • Camper Shells
- Side Steps • Truck Racks
- Tool Boxes • Fuel Tanks
- Carpet Kits • Tow Hitches

MILITARY DISCOUNT
Get \$25 off \$300 or more with this ad

Spray on Bedliners

MAIN AUTO REPAIR

“ALL WORK GUARANTEED”

FREE ESTIMATES - Serving Military for Over 25 years

<p>BRAKE SERVICE SPECIAL</p> <p>from \$140</p> <p><small>Per Axle, Parts & Labor included. Most Cars Standard Brake Packages</small></p>	<p>A/C Service</p> <p>\$95</p>	<p>Body Work and Paint</p>	<p>CLUTCH</p> <p>\$319</p> <p><small>Most Cars. Parts & Labor included. Includes: Pressure plate and disc. Adjustment. New throw out bearing. Pilot bearing. Inspect flywheel</small></p>
<p>TIMING BELT SPECIAL</p> <p>from \$199</p> <p><small>Most Cars. Parts & Labor included</small></p>	<p>CV JOINT AXLE</p> <p>from \$220</p> <p><small>Most Cars. Parts & Labor included</small></p>	<p>FUEL INJECTION SERVICE</p> <p>from \$89</p> <p><small>Most Cars. Parts & Labor included</small></p>	

3714 Main Street, San Diego • 619-238-4385

Put down roots, even on the move.

Use your VA home loan benefit and start owning this PCS.



Whether it's your PCS or your ETS, there's never a wrong time to put down roots.

Not only will buying a home help you build equity, but your VA home loan requires no money down - plus we'll waive your \$1,440 lender fee.* And in some areas, owning a home is actually cheaper than renting.

Let us help find the right VA Loan for you

Contact me today to explore your options!



Mohamed Tawy

Producing Branch Manager/SVP of Mortgage Lending



C: (619) 599-5643

rate.com/mohamedtawy mohamed.tawy@rate.com

12625 High Bluff Dr Suite 110, San Diego, CA 92130



THE
TAWY
TEAM

Apply on line and receive expert advice with 100% transparency, including rates and payments.

Proud partner of the USO

We are one of a small group of lenders that partner with the USO and their USO Pathfinder® program.

Great savings & choice

We waive the lender fee (\$1,440) and have loan options for credit scores of 550 and up.

FREE appraisal on home purchase or refinance

In honor of your service and to show our gratitude, we are offering a FREE Appraisal on a home purchase or refinance through June 30, 2026.

A dedicated team of VA loan experts

Our VA specialist team includes 55 Vets and has processed more than \$12 billion in VA loans.



EQUAL HOUSING LENDER

Receipt of application does not represent an approval for financing or interest rate guarantee. *Restrictions may apply, contact Guaranteed Rate or Mohamed Tawy for current rates and more information. CA: Licensed by the Department of Financial Protection and Innovation

under the California Residential Mortgage Lending Act. Mohamed Tawy NMLS ID: 450660, AZ - 1018822, CA - CA DFP1450660, CO - 100522433, CT - LO-450660, DC - MLD450660, FL - LO81708, GA - 450660, HI - HI450660, ID - MLO-2080450660, IL - 031.0065248, KS - LO.0049014, KY - MC738712, LA - Licensed, MA - MLO450660, MD - Licensed, MN - MN-MLO-450660, MO - MO-450660, MT - 450660, NC - I194568, NH - Licensed, NJ - Licensed, NV - 69645, NY - Licensed, OR - Licensed, TN - 227350, TX - Licensed, VA - MLO-62142VA, WA - MLO-450660 Guaranteed Rate Inc.; NMLS #2611; For licensing information visit nmisconsumeraccess.org