

ARMED FORCES DISPATCH

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SIXTY-THIRD YEAR NO. 18
 SEPTEMBER 23, 2023



View From Above Spectators gather around an Air Force B-52H Stratofortress during an air show at Pease Air National Guard Base, N.H., Sept. 10, 2023. U.S. Air Force photo

U.S. military scouting more Philippine bases for shared access, admiral says

by Seth Robson, Stars and Stripes

The U.S. military is seeking access to more bases in the Philippines, the head of U.S. Indo-Pacific Command told reporters during a press conference Sept. 14.

U.S. forces already have access to nine sites in the country, including four announced in February, under the Enhanced Defense Cooperation Agreement.

The U.S. is looking for more locations, Adm. John Aquilino said in the Philippines alongside that country's armed forces chief of staff, Lt. Gen. Romeo Brawner, according to a Sept. 15 report by NHK.

"General Brawner and I made recommendations to our senior leaders for the consideration of additional sites, but there's still work to do there," the INDOPACOM commander said.

INDOPACOM posts Friday on X, formerly known as Twitter, show Aquilino and Brawner visiting three sites being developed to support U.S. forces in the northern Philippines: Cagayan North International Airport, also known as Lal-lo; Camilo Osias Naval Base; and Cesar Basa Air Base.

The main purpose of the base-sharing agreement is training and disaster response, not for responses to regional security threats, Brawner said in the NHK report. However, recent clashes between Chinese and Philippines coast guard vessels in disputed areas of the South China Sea and a recent exercise by Chinese aircraft carrier **see Bases, page 3**

Miramar Air Show Sept 22-24



www.miramarairshow.com

2023 Miramar Air Show Schedule

The performer lineup and times will be the same for each day of the event. Please note that schedules are subject to change.

8am	Gates Open to the Public
9am	Precision Exotics Runway Races & Kent Pietsch Comedy
10am	USAF U-2 Dragonlady
10:15am	Opening Ceremonies / SOCOM Paracommandos
11am	USMC MV-22 Demo / Vicky Benzing 450 Stearman
11:30am	Hotstreak Jet Streak / Vicky Benzing Race / USMC F-35B Demo / Kent Pietsch Deadstick
12pm	Warbirds over Miramar
12:30pm	Redbull Air Force
1pm	PACAF C-17 Demo / USAF F-16 Viper Demo W/P-51 Heritage Flight
2pm	Kent Pietsch Trucktop
2:15pm	Marine Air Ground Task Force (MAGTF)
3pm	Mike Goulian / Hotstreak Jet Truck and Mike Goulian Race
3:20pm	US Navy Blue Angels with Fat Albert
4:30pm	End of Flying
5pm	Gates Close

WOMEN OF THE WORKFORCE TEAM LEADS COLLABORATION, COMMUNITY OUTREACH

by Maison Piedfort

SAN DIEGO - What compels busy people to take on more work than is asked of them? Who

would log off from work at 4 p.m., grab a trash bag, and pick up litter from a two-mile stretch of the beach?

Many people at Naval Information Warfare Center (NIWC) Pacific, it turns out, earlier this summer. Before that, many attended a Walk/Run/Jog Event in May to celebrate Mental Health Awareness Month. And before that, in March, some of those volunteers collected contributions to a donation drive for local community service organizations in honor of Women's History Month.

At least 20 people, including a steering committee and department representatives, regularly contribute their time to leading NIWC Pacific's Women of the Workforce (WoW), a special interest group built on a grassroots ambition of the workforce to organize around a sense of social responsibility.

"Balancing my daily job re-

sponsibilities and contributing to WoW while maintaining a high level of performance in both areas can be challenging," said Fan Champagne, a NIWC Pacific engineer in the Fleet Installation, Engineering, and Logistics Department. Champagne co-chairs WoW with Bethany Taylor, a scientist in the Finance Department.

"But promoting the visibility and representation of women in the workforce and encouraging women to take on leadership positions are important to me," Champagne said. "When women hold influential roles, it sends a powerful message about the importance of gender diversity and inspires others to pursue leadership positions."

Both NIWC Atlantic and **see WoW, page 8**



Naval Information Warfare Center (NIWC) Pacific teammates pose during a community clean-up event hosted by Women of the Workforce (WoW) at which attendees picked up 25 13-gallon bags of trash from the beach. Courtesy photo

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About Your Health

Read about emerging research, new treatments, diet, exercise, and trending topics in your health and wellness. **See page 11**

Mom delivers baby in car as retirement ceremony begins at NMCS D

by Petty Officer 3rd Class
Raphael McCoy

Naval Medical Center San Diego
Rosealynn Seeley, newborn daughter to Chief Mass Communications Specialist Alexandra Seeley, Trainer, Afloat Training Group, San Diego, was born in the hospital's patient drop-off area and was soon assisted by hospital staff.

"Rosealynn Ariel Seeley made her grand entrance on Aug 31, and we are so in love," said Seeley. "The birthing story was beyond what I could imagine."

Upon early morning evaluation from Naval Medical Center

San Diego (NMCS D) staff, Seeley was sent home with expectations to return once in active labor.

"The patient was evaluated at NMCS D in the early stages of contractions and was sent home with instructions to return to the hospital once she was in active labor for admission," said Capt. Laurie Chavez, NMCS D Nursing Services Director. "That afternoon, her labor became more intense, and they returned to the hospital."

It became a race against time as expecting mother and close family and friends rushed back

to the hospital to deliver the newborn.

"No later than I arrived at my home I hit active labor so my husband, Lt. j.g. Joseph Seeley, drove my friend and I as fast as he could back to the hospital," said Seeley. "We didn't get back in time, so my friend did her best to comfort me as I delivered my own baby in the passenger's side of the car in the patient drop-off area of the hospital."

Once in the parking lot Chavez rushed to Seeley's aid providing quick and effective patient care, making sure the mother and newborn were healthy.

"I rushed to help the couple and assess the baby's condition," said Chavez. "The friend assisted by grabbing a dry blanket which I used to dry and stimulate the baby. The baby girl was crying and in great condition, as well as the mother who had just given birth in the car. A friend and partner were at mom's side helping with the newborn. They both helped tend to the mother and baby that were still connected by the umbilical cord."

Soon after Capt. Elizabeth Adriano, NMCS D's commander, arrived on the scene followed by the NICU staff, Labor and Deliv-



Rosealynn Seeley, newborn daughter to Chief Mass Communications Specialist Alexandra Seeley, a trainer with Afloat Training Group, San Diego, was born in the hospital's patient drop-off area and was soon assisted by hospital staff. Seeley poses in her first environmental photo with her proud parents. . U.S. Navy photo

ery staff, and numerous critical care and emergency personnel to provide support and comfort.

"To greet me, was the Commanding Officer of NMCS D, a female obstetrician, who rushed to the door to inspect the newborn, along with many high-ranking Naval officers and other personnel of whom were attending a retirement ceremony a few meters from where I gave birth," said Seeley. "It felt nice to know that the baby was okay and someone was there to be sure of

that. She acted quickly to assist with getting us taken care of, I'm so glad she was there to help."

NMCS D staff swiftly took control moving the new mother and child inside as applause and cheers erupted from NMCS D Sailors and Staff who happened to be attending the retirement ceremony.

"The team quickly took over and cut the baby's cord, assessed the mother and baby, and transferred the family into the hospital to continue caring for mom and

baby," said Chavez. "The mother and baby were discharged home several days later."

While a surprise turn of events for Rosealynn's first day, the Seeleys and all of NMCS D welcome her with love and excitement.

"It's not every day you get a round of applause after giving birth," said Seeley. "This was beyond what I could have imagined, and I'm still in shock, but Rosealynn and I are healthy and happy. Welcome to Earth, Rosealynn."

If you miss the Miramar Air show catch the Pacific Air Show in Huntington Beach Sept. 29-Oct. 1

Now in its seventh year, attracting 3 million live spectators, the three-day spectacle in the sky will feature over five hours of programming each day, showcasing a wide selection of aircrafts pushing the boundaries of speeds and skills. The Air Force Thunderbirds, F-22 Raptor Demonstration Team and Canadian Forces Snowbirds will be headlining alongside F-15 combat pilot Tom "Lark" Larkin and the 122d Fighter Squadron F-15s from the Louisiana Air National Guard. Additionally, the Red Bull Air Race World Champion Matt Hall will be joined by Australian aerobatic pilot Emma McDonald for her United States

debut, flying their MX and Extra 300 aircrafts. The Army Golden Knights and Navy Parachute Teams will help kick-off the show followed by appearances by the Opener Blackfly and Red Bull Bo-105 Helicopter, flown by Aaron Fitzgerald. For tickets & info visit <https://pacificairshowusa.com>.



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DoD won't stop looking until all POW/MIAs are home

by C. Todd Lopez
DOD News

Nearly 81,000 American service members remain missing after having served in World War II, the Korean War, the Vietnam War, and other conflicts involving the U.S.

During a recent event at the Pentagon to commemorate National POW/MIA Recognition Day, Deputy Defense Secretary Kathleen Hicks reassured the families of service members who never returned home that the Defense Department would never stop looking for them.

"We know that enduring the grief and uncertainty throughout the years is difficult," Hicks said. "Please know that your missing family members are not forgotten. The Defense POW/MIA Accounting Agency works tirelessly to find answers for you, year in and year out. And, each year, we gather on this National POW/MIA Recognition Day to assure you that we remember them and that we will not give up on our mission to account for them."

According to DPAA, in fiscal year 2023, the agency recovered the remains of 127 service members: 88 from World War II, 35 from Korea, and four from Vietnam.

Among those accounted for this year, Hicks said, is Army Air Corps 2nd Lt. Fred L. Brewer — a member of the Tuskegee Airmen. Hicks' cousin was in attendance at the event.

"More than seven decades ago, Brewer departed Ramitelli Air Base in Italy to support bombers to their targets in Germany," Hicks said. "On the way, his bomber group encountered heavy clouds. Lt. Brewer attempted a steep rise above them,

but his engine stalled causing his plane to crash."

Until last month, Hicks said, Brewer had been one of 26 Tuskegee Airmen whose whereabouts were unknown. Now that he has been recovered, she said, a rosette will be placed next to his name at the Florence American Cemetery in Italy to indicate that he has been accounted for.

The DPAA can't do its work alone, Hicks said. Today, DPAA cooperates with 45 nations to

"We know that enduring the grief and uncertainty throughout the years is difficult. Please know that your missing family members are not forgotten."

Deputy Defense Secretary Kathleen Hicks

locate missing service members around the world. In April 2021, one of those partners, South Korea, uncovered remains from a battle fought in 1951.

"The remains were carefully exhumed and sent to a lab for testing," she said. "The following October, the ministry turned over those remains to DPAA. After DPAA sent the remains to its own lab for analysis, it was able to identify U.S. Army Sgt. Stanley Turba. Soon, his daughter, Sandra, will welcome him home — more than 72 years after he went missing in the Korean War."

Right now, more than 1,200 service members are still missing from the Vietnam War, and Hicks said Vietnam has also been a good partner in helping recover remains.

"During the height of COVID-19, when restrictions prevented our DPAA team from traveling to Vietnam, [Vietnamese] teams — trained by DPAA — traveled to multiple sites looking for the remains of American personnel," Hicks said.

In March 2021, she said, a

team from Vietnam visited the crash site of a U.S. F-4 aircraft, and they recovered the remains of Air Force Col. Ernest DeSoto and Air Force Capt. Frederick Hall.

"Col. DeSoto was given a dignified burial in June, and Capt. Hall will finally be laid to rest next month, on October 10," she said. "These are several of the many stories of those recovered and returned to their families — stories of sacrifice, hope and resolve. For you families of the missing, please know your strength motivates us each day as we do this work and follow through on our solemn and unwavering commitment to achieve the fullest accounting possible of our missing personnel."

Retired Air Force Col. Michael Brazelton, a pilot and four-time Silver Star recipient, was held as a prisoner of war in Vietnam for nearly seven years. He was captured after being shot down on August 7, 1966, and was finally released on March 4, 1973.

Brazelton said that while the parents of those who have gone missing from the United States' wars have mostly passed on, most have other family members who still feel the pain of their loss.

"Their brothers and sisters are my age, in their 70s and 80s," he said. "Their children are in their 50s and 60s. But, still, at the very least, they want to know what happened to their loved ones. I cannot think of a more noble mission to determine what happened to our missing compatriots than to bring the remains home, if possible, or to provide information on when, where, and how unrecoverable friends met their fate."

Bases

continued from page 1

rier Shandong carrier off the Philippines' northern coast are driving Washington and Manila closer, according to Leland Bettis, director of the Pacific Center for Island Security on Guam.

The threat posed by Chinese missiles to large operating bases has spurred efforts by U.S. forces to develop skills needed to fight from many smaller locations throughout the region.

"All the U.S. services are looking for more 'places' to operate from in the first (and second) island chain to support their distributed and dispersed operating concepts," Bettis said in an e-mail Sept. 15. "The Philippines is no doubt looking to bolster more U.S. operational support for enforcement of their national claims" in the South China Sea.

A candidate for another shared base is in the Batanes islands, where a U.S. team recently assessed a port less than 125 miles from Taiwan, Jay Batongbacal, director of the University of the Philippines' Institute for Maritime Affairs



Adm. John Aquilino, left, head of U.S. Indo-Pacific Command, and the Philippines' military chief, Lt. Gen. Romeo Brawner, recently visited three sites being developed to support U.S. forces in the Philippines. U.S. Indo-Pacific Command photo

and Law of the Sea, said in an X message to *Stars and Stripes*.

The U.S. is looking to enhance its ability to respond to contingencies in the South China Sea and involving Taiwan, according to Ralph Cossa, president emeritus of the Pacific Forum think tank in Hawaii.

Rumors suggest the Navy seeks to regain access to Subic Bay and a return by the Air Force to nearby Clark Air Base can't be ruled out, he said by e-mail Sept. 16.

Subic and Clark formed

America's largest overseas military presence before both were damaged in the 1991 eruption of Mount Pinatubo and soon after returned to the Philippines.

"A US return to either Clark or Subic would be a real attention-getter both positively (as a message to China) and negatively (as a rallying cry for anti-US elements)," Cossa wrote.

Seeking access to smaller facilities still sends a message to China but would likely draw less attention and complaints, he added.



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Active-duty troops, some DOD employees could work without pay during government shutdown, Pentagon says

by Doug G. Ware, Stars and Stripes

WASHINGTON- The U.S. military will keep active-duty troops and a limited number of civilian defense employees at their posts during a federal government shutdown, Pentagon officials have said. But they might have to go without pay until lawmakers reach a budget agreement.

The Defense Department has yet to elaborate on how it's preparing for a possible shutdown, but officials have released an outline of what the situation could look like if Congress lets the fiscal year end on Sept. 30 without approving at least temporary funding for the government.

"The department will continue to defend the nation and conduct ongoing military operations," the Pentagon wrote in a guidance document on preparing for a possible shutdown. "[The military] will continue activities funded with any available budgetary resources that have not lapsed, as well as excepted activities such as those necessary for the safety of human life and the protection of property."

Air Force Brig. Gen. Pat Ryder, the top Pentagon spokesman, said it is difficult for the military to plan without reliable funds.

"We are, of course, hopeful that Congress can reach a funding agreement before the end of the [fiscal] year," he said. "We do need predictable, adequate and sustained and timely funding."

The threat of a shutdown is being instigated by the Freedom Caucus, a group of a few dozen Republican lawmakers in the House who have threatened to withhold funding unless certain demands are met. One is the closure of the Pentagon's Office for Diversity, Equity, and Inclusion. Another demand calls for resuming construction of a wall along the U.S. and Mexico border. Other complaints include the Justice Department's actions against former President Donald Trump and restricting military aid to Ukraine.

The shutdown also could affect pay for troops. However, a Pentagon official who spoke on condition of anonymity said troops and civilian defense workers who are deemed "essential" would receive back pay once a shutdown ends and new funding is approved.

"Members of the Army, Marine Corps, Navy, Air Force and Space Force are not guaranteed to be paid during a funding lapse," said Brian Kelly, president of Military Officers Association of America, a nonprofit group that supports troops and a strong national defense. "Lapses in compensation to essential services stymie the ability to grow, equip and maintain the force necessary to meet national security needs and jeopardize retention, recruitment and the readiness of our all-volunteer uniformed services."

Rep. Adam Smith of Washington state, the top Democrat of the House Armed Services Committee, underscored the impact a shutdown would have on the armed forces, especially because some congressional Republicans are upset with the Pentagon over an abortion policy and claims of other types of "wokeism" — a catch-all term that refers to progressive initiatives.

"Troops literally don't know when they're going to get paid again," Smith said last week about the impact of a shutdown on military pay. "No one is going to be happy not knowing if and when they're going to get paid again. It would be unbelievably disruptive to the ability of our servicemen and women to do their jobs and protect our country."

There are about 804,000 civilian defense employees, according to the Pentagon's planning document. Roughly 166,000 of them don't rely on congressional funding and would continue to work during a shutdown. Almost 200,000 of them would have to keep working without pay because they're considered "necessary to protect life and property." The document also lays out additional effects of a shutdown, including restrictions on permanent changes of duty stations and emergency furloughs for hundreds of thousands of nonessential civilian workers.

"Civilian personnel ... who are not necessary to carry out or support excepted activities, are to be furloughed," the 14-page document states. "Only the minimum number of civilian employees necessary to carry out excepted activities will be [exempted] from furlough."

Pentagon spokeswoman Sabrina Singh said: "If there is a shutdown, we will take the proper measures to ensure we can keep operating."

Some troops and civilian workers might be able to withstand a gap in pay, but some might not, said Mark Cancian, senior international security adviser of the Center For Strategic and International Studies, a Washington-based think tank.

Continue reading this story at <https://www.stripes.com/theaters/us/2023-09-19/pentagon-shutdown-military-pay-congress-11427460.html>.



Marines swim through open water during cold weather survival training as part of a bilateral cold weather training exercise at Isla Dawson, Chile, Aug. 20, 2023. U.S. Marine Corps photo by Sgt. Cameron Hermanet



CHURCH CREEK, Md (Sept. 17, 2023) Secretary of the Navy Carlos Del Toro announces a Navy ship will be named after American abolitionist and social activist Harriet Tubman. The future USNS Harriet Tubman (T-AO 213) follows the tradition of naming John Lewis-class oilers after civil rights leaders. U.S. Navy photo by MC1 Omar Powell

CORAL SEA (Sept. 1, 2023) Members of USCGC Myrtle Hazard (WPC 1139) and an officer from the Papua New Guinea Defence Force transit aboard the



over-the-horizon boat for fisheries boarding on a People's Republic of China-flagged fishing vessel during a combined patrol. U.S. Coast Guard photo by Chief Warrant Officer Sara Muir

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VA News: Learn how to reduce or prevent your risk of malnutrition

by **Maria Zamarripa**
Registered dietitian

Malnutrition is a serious condition in which the body does not receive the nutrients it needs to function properly. Contrary to popular belief, it can affect people of all ages, shapes and sizes. In recognition of Malnutrition Awareness Week, Sept. 18-22, VA is encouraging veterans to learn what malnutrition means and how you can reduce or prevent your risk of malnutrition.

Your body requires adequate amounts of calories, protein, and other nutrients to function each day. Lack of healthy foods can lead to malnutrition in as little as five days.

The risk of malnutrition increases with the following challenges:

- Poor appetite
- Certain medical conditions
- Chronic Obstructive Pulmonary Disease/COPD
- Cancer
- Cirrhosis
- Dysphagia
- Bariatric surgery
- Alcoholism
- Unreliable access to food often due to homelessness, limited finances or lack of transportation

Symptoms of malnutrition:

- Increased risk of falling
- Low energy
- More time in the hospital
- Loss of strength
- Higher risk of bed sores (pressure injuries)

If you or a loved one is at risk for malnutrition, eating more often and choosing high calorie/high protein foods will help your body get the nutrients it needs. If you have a poor appetite, then you should eat small meals every two to three hours. Some examples of foods high in

calories and protein are peanut butter, eggs, avocados and whole milk dairy products.

Here are a few easy high calorie/high protein snack ideas:

- Peanut butter and jelly sandwich on whole wheat bread
- One cup of Greek yogurt topped with granola and chia seeds or nuts
- Two scrambled eggs in a tortilla with beans and cheese
- Add pesto, oil, or butter to pasta, rice, soup and stews
- Mix up a high protein, high calorie smoothie.

Check out a few more ideas for how to eat more calories and protein. Depending on where you live, if you have difficulty preparing meals and are over the age of 60 (or are considered homebound and disabled), you may be eligible for community meal delivery programs. Contact your local VA outpatient social worker for more information.

Registered dietitians are trained to provide medical nutrition therapy to treat or prevent malnutrition. Contact your local VA to request an appointment with a registered dietitian.

House Republicans demand data on VA abortion procedures

ARMY TIMES - Republican leaders from the House Veterans' Affairs Committee are threatening to subpoena data on abortions performed at Veterans Affairs facilities if the department keeps refusing to turn over the information.

In a letter to VA Secretary Denis McDonough, committee Chairman Mike Bost, R-Ill., and health subcommittee Chairwoman Mariannette Miller-Meeke, R-Iowa, said they will schedule a vote to force the department to turn over the information if it is not released to their panel by the end of the month.

"American taxpayers funding these abortion procedures at VA deserve to know how VA is carrying out the policy," the pair said in a statement.

The demand is the latest in a series of increasingly tense exchanges between the committee and VA leadership over the issue of abortion. In September 2022, department leaders announced plans to offer abortion access to veterans and eligible dependents in cases of rape, incest and pregnancies that endanger the life or health of an individual, saying the change was needed in the wake of numerous states limiting and outlawing the procedure.

Republican lawmakers have decried the move, saying it violates state and federal laws. Committee leaders have repeatedly asked for in-depth data on the number of abortions performed and where the procedures took place.

In May, VA officials told committee members that they had provided 54 surgical or medical abortions over the previous nine months. Of those, 10 were cases of rape, incest or imminent danger to the life of a patient. The others fell under the general category of adverse effect on the health of a veteran.

But McDonough, in response to the committee, declined to release any more specifics on the procedures, citing patient confidentiality.

Committee members have not received any updates since then. A recent letter dismissed VA's privacy concerns and demanded more information, particularly on what is included in the health concerns category used to justify abortion services.

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Surface Force leaders gather to discuss the future of surface warfare at SNA

by Karli Yeager

Commander, NSF/Pacific Fleet

SAN DIEGO – Leaders from across the Navy and defense industry gathered to discuss the future of naval surface warfare at the fourth annual Surface Navy Association (SNA) West Coast Waterfront Symposium aboard Naval Base San Diego, Sept. 13-14.

The theme of the professional development event was “Ready Today, Preparing for Tomorrow,” which transitioned well from the focus of the SNA National Symposium held in January, which was “Getting Ready: Sharpening Our Competitive Edge.”

Rear Adm. Yvette, Davids, acting commander, Naval Surface Forces, delivered the keynote remarks on SNA’s theme. She emphasized the importance of warfighting readiness and maintaining a strong, connected, and innovative Surface Force.

“We are serving in a decisive decade and we need to be ready,”

said Rear Adm. Davids. “We need to have these conversations about readiness and how we strengthen our warfighting culture. Our readiness for the fight relies on sound strategy, and our strategy is the Competitive Edge.”

Force Master Chief Greg Carlson, Commander, Naval Surface Force, U.S. Pacific Fleet spoke on a panel about Warfighting Culture and Chief Petty Officer perspectives, emphasizing the Surface Force is defined by experience, grit, and tenacity, and the integral role of chiefs to ensure the Navy is ready to fight and win.

Expanding on the readiness, Carlson noted the importance of Sailor wellness initiatives and the proximity of mental health and counseling services in locations near the waterfront.

“The entire goal of our mental health portfolio is how to invest in prevention to reduce the crisis, and we aim to always have our mental health facilities as close



Rear Adm. Yvette M. Davids, Acting Commander, Naval Surface Force, U.S. Pacific Fleet, talks with crewmembers aboard USS Lenah Sutcliffe Higbee (DDG 123) during a Surface Warfare Flag Officer Training Symposium ship tour. U.S. Navy photo by MC2 Stevin C. Atkins

to the waterfront as possible,” said Carlson.

Panels during the two day event highlighted how the Surface Force is continuing to improve maintenance practices with industry partners, the chal-

lenges and opportunities with fleet training, focus on the future fight, and operational perspectives from junior officers. Vice Adm. Gene Black, Deputy Chief of Naval Operations for Operations, Plans, and Strategy (N3N5) delivered the keynote

closing remarks emphasizing readiness and technological innovation within the Surface Force.

The Surface Navy Association was incorporated in 1985 to promote greater coordination

and communication among the military, business and academic communities who share a common interest in naval surface warfare and to support the activities of Surface Naval Forces. The SNA is dedicated to recognizing the continuing contributions of the United States Navy and Coast Guard’s surface forces, showcasing professional excellence within the surface naval forces, dealing with the challenges faced by surface naval forces, nurturing communication among military, academic and business communities, enhancing and preserving the heritage of the surface naval forces, and providing forums on professional matters affecting the surface naval forces.

The mission of CNSP is to man, train, and equip the Surface Force to provide fleet commanders with credible naval power to control the sea and project power ashore.

For more news from Naval Surface Forces, visit <https://www.surfpac.navy.mil/>.

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Entries must be submitted online by October 15.

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AUG 26	SEPT 2	SEPT 9
SEPT 22	OCT 21	NOV 4
NOV 25		

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Army

•Sexual contact charge dismissed for ex-Fort Cavazos brigade commander

•Sergeant sentenced to 25 years in prison for fatal shooting still in Army 4 months later

•New U.S. artillery regiment readying to strengthen air defense in Europe

•Army recruiting: better than last year, still short of goal, officials say

•Army set to end pandemic-era program that allowed NCO promotions ahead of required courses

Navy

•Crew of USS Pueblo reunites, 55 years after capture by North Korea

•10 years later survivors, service come together to commemorate lives lost in Navy Yard shooting

Marine Corps

•2 Marine Corps Ospreys diverted after 'cockpit caution' warnings force landing in Japan

•America prepares for a Pacific war with China it doesn't want

•Crashed F-35B Found in Rural South Carolina, Marines Order Aviation Safety Standdown

Air Force

•Air Force picks 4 more Guard wings to fly C-130J airlifters

•SAIC hires former Air Force CIO Knausenberger for tech innovation role

•The Air Force wants you to play video games in the name of national security

•Air Force to fall short of annual training goal by about 120 pilots

•Air Force releases most detailed images yet of secretive Raider nuclear stealth bomber

Space Force

•Service was a second chance for the Space Force's enlisted leader. He tried to give others the same shot.

Coast Guard

•Cover-up of Coast Guard sex abuse cases prompts Senate inquiry

Your Military

•Military could lower suicide rate with focus on quality of life

HEADLINES NEWS

Mine warfighting center hosts industry partners for SURFRG outbrief

SAN DIEGO - Members of the Naval Surface and Mine Warfighting Development Center (SMWDC) engaged with several key industry leaders Sept. 13 to discuss surface warfare tactical priorities identified in the inaugural Surface Requirements Group (SURFRG) cycle.

The primary function of SURFRG is to align fleet, program office, and resource sponsor efforts to provide technical and tactical solution recommendations and divestment opportunities on near-term and future tactical weapons, sensors, and combat system capabilities to better enable the systems development process.

The SURFRG injects the expertise of surface Warfare Tactics Instructors (WTIs) and other tactical experts into the acquisitions and systems development process.

The group identifies and prioritizes the Force's tactical needs as near, medium, or long-term, and establishes a structure and holistic approach to advocate for resourcing of solutions and divestment opportunities with various industry partners.

In a cooperation with the Surface Navy Association West Coast Symposium, industry participants were integrated within the SURFRG cycle through an opportunity to be briefed at the classified level

on the tactical priorities identified by the tactical experts and endorsed by Commander, Naval Surface Forces.

"We are very excited to have so many of our industry partners here today," said Capt. Gil Clark, SMWDC deputy commander. "We need this partnership to provide our Sailors with the technical solutions to the tactical challenges they will face in the high-end fight."

Over 100 industry participants, representing over 30 organizations attended the briefing. Attendees were able to interact with WTIs, resource sponsor, and program office representatives to discuss the tactical priorities and the technical solutions development process.

SURFRG will be conducted on an annual basis to account for changes, improvements, and developments in fleet capabilities over the course of a year.

Serving as the executive agent for the SURFRG, SMWDC is the Surface Warfare community's premier warfighting development center.

The primary mission is to increase the lethality and tactical proficiency of the Surface Force through advanced tactical training; WTI production; doctrine and tactical guidance development; operational support; and capability assessments, experimentation, and requirements support.



Ships Underway

Total Battle Force
296 (USS 237, USNS 59)

Deployed
98 (USS 65, USNS 33)

Underway
58 (32 Deployed, 26 Local)

Ships Deployed by Fleet

2nd Fleet - 0

3rd Fleet - 1

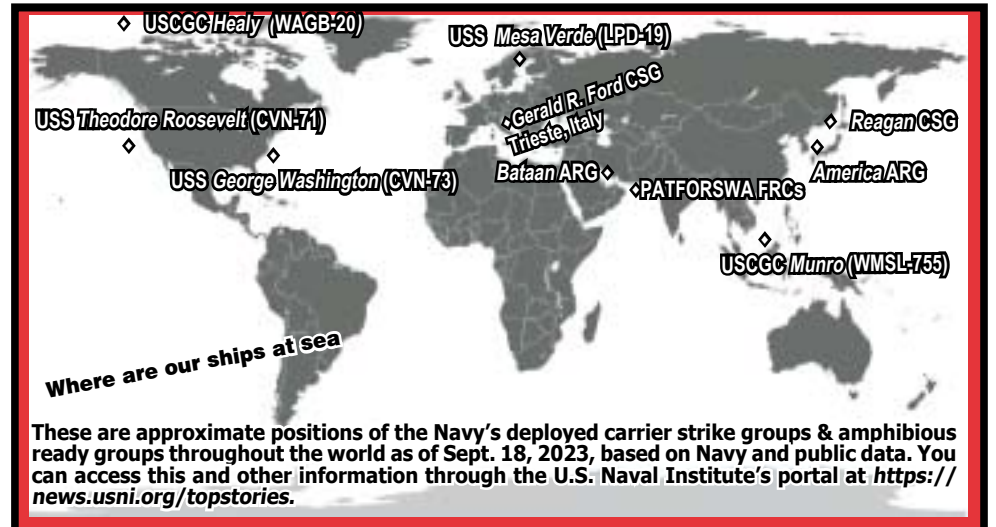
4th Fleet - 3

5th Fleet - 14

6th Fleet - 20

7th Fleet - 60

Total - 98



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Two Japanese Maritime Self-Defense ships visit San Diego and open for public tours

Two ships from Japan Training Squadron, *JS Kashima* and *JS Hatakaze* of the Japan Maritime Self-Defense Force (JMSDF), will make a friendly port visit to San Diego, from Thursday, September 21 to Sunday, September 24, 2023 for the purpose of overseas training and international goodwill between Japan and the United States. The following events are scheduled during the visit:

The two ships, *JS Kashima* and *JS Hatakaze*, will be available for the public to visit on Saturday, September 23 from 10am-12pm and 1-4pm at the south side of B Street, Cruise Ship Terminal, 1140 North Harbor Drive, San Diego, CA 92101.

If you're free Saturday, September 23rd enjoy music with our friends at an International Friendship Concert at Balboa Park (see information at right). "Together we promote friendship and goodwill and we support the vision of a free and open Indo-Pacific."

International Friendship Concert
"2 Countries, 3 Bands"

Saturday, September 23, 2023, 1 pm to 3 pm
Spreckels Organ Pavilion, Balboa Park
Free to the Public



US Navy Band Southwest
Japanese Navy Training Squadron Band
Kearny Mesa Concert Band

WoW

continued from page 1

NIWC Pacific chartered women's advisory groups, open to all civilian and military personnel, in 2012 for development of a culture in which women and men work together toward satisfying and rewarding careers.

Carmela Keeney, NIWC Pacific executive director at the time, and Fleet Installation, Engineering, and Logistics Department Head Mavis Machniak, who is also WoW executive champion, led an inaugural WoW presentation in January 2013. The event included a Grace Hopper Brown Bag Women Luncheon. Rear Adm. Grace Hopper was a computer scientist and one of the Navy's first female admirals.

Since then, volunteers — committee members, department representatives, and other helping hands — have organized monthly events, most recent of which was a Women's Equality Day Panel and Potluck held August 23. The Center's WoW, Equal Employment Opportunity (EEO) office, and its Culture Team hosted the hybrid in-person and virtual event, where workforce members shared their personal and professional backgrounds and experiences in the workplace.

After talking mental health over appetizers at Liberty Station, clearing 25 13-gallon bags of trash from the community, and sharing potluck dishes over a panel, WoW's in-person events are back in full swing, many accommodating virtual access for colleagues at the Center's other sites. From those in San Diego, WoW committee members started getting the feedback a year or so ago: We're ready for more in-person events.

"I became more involved with WoW in 2020 and I really appreciated that I was a part of this amazing special interest group," Champagne said. "I was able to maintain my mental health during the pandemic because of WoW. I was able to collaborate with different groups at the Center like EEO, and coordinate events, and also do some outdoor community outreach events last year."

Up next for WoW is a speed networking event in October, where registrants will meet NIWC Pacific leaders, mentors, and colleagues in a speed dating-style forum. "The networking opportunities are for everyone in the workforce, and they're really impactful," Champagne said. "These events enable men and women to connect, learn from each other, and develop professionally."



Flying Osprey A Marine Corps MV-22B Osprey flies over Marine Corps Air-Ground Combat Center Twentynine Palms Sept. 7, 2023. U.S. Marine Corps photo by Lance Cpl. Jennifer Sanchez



Marines with 1st Air Naval Gunfire Liaison Company fire at night during Basic Skills Package at amp Pendleton Sept. 15, 2023. U.S. Marine Corps photo by Lance Cpl. Brandon Marrero

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

On Monday morning, I sat at the kitchen island to write my To Do list for the week. Company was coming on Thursday, and there was much to do.

This wasn't just any company. Not our siblings, who were easy-going enough to ignore the tumbleweeds of dog hair blowing through our house. Not our mothers, who were too old to see the moldy caulk in the corner of the shower. Not our high school or college friends, who we had enough blackmail "dirt" on to keep them from complaining.

The houseguests coming Thursday were Doug and Suz, Navy friends we'd met in 2001, while stationed in Norfolk, Virginia. Although Doug and Suz were Navy folks like us, our lives had been very different. When we met, we were in our mid-thirties. Our family lived in a suburban house on a cul-de-sac with a playset in the backyard. I drove a minivan sprinkled with cold french fries, and my idea of luxury was taking long showers at the YMCA while the kids were in childcare.

Doug had recently left active duty to be an airline pilot, so he and Suz bought a house in a cool part of Virginia Beach, steps from the ocean. Without any kids to worry about, they owned a vintage red Jeep Wrangler, and their "family room" contained a large pool table and a stocked liquor cabinet. Their

The misery of expecting company

home decor included original paintings from their favorite modern artists. They went to rock concerts, took winter ski vacations, and ate at Michelin Star restaurants around the globe.

At the top of my To Do list, my hand-writing started at a pleasingly legible 16-point script. But as I thought of more and more tasks to squeeze onto the small slip of paper, it became barely visible. "I can't let them see our kitchen like this... they make their own sushi for crimony's sake," I muttered, as panic set in.

I dug underneath the sink like a deranged underground miner, coming up with three sponges, six bottles of cleaning products, and the frayed toothbrush I used to scrub dog doo out of tennis shoe treads. In a frenzy, I scoured the cabinets, appliances, and backsplash. I feather-dusted the fan blades, mopped the floor and collected cobwebs in the corners.

While wiping up crumbs, I spied the melange of health aids I kept on the countertop for easy access — Metamucil for regularity, and a large pill organizer packed with a self-prescribed assortment of vitamins intended to delay my eventual demise. "How embarrassing," I realized, quickly stuffing it all into a drawer.

On Tuesday, while vacuuming the living room, I noticed the water rings on Aunt Millie's buffet and the fresh chew marks on my parents' 1978 coffee table from our seven-month-old lab, Gilligan. The hodgepodge of second-

hand furniture that once passed for "shabby chic" suddenly looked like dusty old junk. Remembering Doug and Suz's sleek modern home decor, I futilely plumped pillows and hid knickknacks.

On Wednesday, while putting fresh sheets on the guest bed, I saw myself in a mirror and gasped. I was young when I met Suz. In the last 22 years, I'd raised three children while moving seven more times. I'd lost my legal career, countless friends, and bladder control. I'd grown squishier, wrinklier, saggier and infinitely more tired. Conversely, Suz and Doug had spent that 22 years living at their beach house, developing careers, working out, straightening their teeth, and growing their enormous friend group.

"The Navy did this to me!" I scrambled for an explanation for why I'd let myself go, envisioning Suz looking me up and down with her damned aqua-blue eyes, blonde locks and lean frame.

Just then, the retro "dance" ringtone I'd selected on my phone startled me. "Hello, Suz?" I answered, apprehensively. We discussed their arrival time and our plans for the weekend, before I confessed, "I'm really old now, by the way."

To my surprise, my military spouse friend of 22 years replied, "Me too," and we shared stories about the pains in our hips and knees. They say, "Misery loves company," but I was just happy that my friend and I still had something in common after all.

Book review of 'NASCAR 75 Years'

NASCAR 75 Years, by Kelly Crandall, Jimmy Creed, Mike Hembree and Al Pearce is the official history of the first 75 years of NASCAR stock car racing. Throughout its 224 fully illustrated pages, an intricately woven story will guide you through the history of NASCAR (the National Association for Stock Car Auto Racing), beginning with the 1940s and 1950s, and continuing all the way to 2022.

local gas station before your family's vacation road trip.

long-time driver of the Number 24 car? I think not.

"It wasn't a grand start for Lee Petty. His tank of a race car broke a panhard bar and crashed hard. He finished seventeenth. 'I don't know how Daddy explained it to the guys who owned the

AutoMatters™ & More



by Jan Wagner

The illustrated narrative will quickly draw you in, bringing the story of NASCAR to life and compelling you to read, comprehend and appreciate it.

This story begins with an eleven-year-old kid by the name of Richard Petty, long before he would be known as The King of NASCAR. Back then, as he wandered around Charlotte Speedway, his father, Lee, and brother Maurice, were racing in a 200-lap, 150-mile event on what was, at that time, a three-quarter-mile dirt track — a far cry from what today is a 1.5-mile superspeedway.

Those were the good old days. As we were told: "Lee, a thirty-five-year-old truck driver who had worked numerous jobs (including occasional transportation of illegal moonshine), was sailing around the dirt track like a madman, his 1948 Buick Roadmaster bouncing over the holes and banging into cars driven by others."

"I remember getting in the car and riding to Charlotte," Richard Petty said, more than 70 years later. "Daddy pulled it up to a Texaco station and put it up on the rack and changed the oil and greased it up, checked the air in the tires and took the muffler off." It was ready to race."

Can you imagine that? These were true stock cars, with little more pre-race preparation then you might do at your

car," Richard said. Lee had "borrowed" the car to run the race."

"Images from the NASCAR archives and the sport's top photographers bring it all to life alongside a retrospective written by a roster of veteran NASCAR journalists and historians. Follow NASCAR's explosion from a small, innovative family business to a leader in sports entertainment enjoyed each week by millions in person and on television. Witness the evolution of the vehicles—from modified family sedans to 700-horsepower race-built machines, all the way through the "Next Gen" cars that debuted in 2022—and celebrate the drivers who have piloted them around tracks like Daytona, Talladega, Darlington, Martinsville, and more, battling wheel to wheel, week after week, across the United States."

Is it a coincidence that the section entitled "The 1990s" begins with a photo — on page 124 — that features Jeff Gordon (and the legendary Dale Earnhardt), multi-time NASCAR Champion and

One of my most memorable NASCAR moments happened when, near the end of an especially important race, Cup Series driver and watermelon farmer Ross Chastain — who celebrates his victories by smashing a watermelon on the track — floored the gas pedal and rode around on the outside wall of the Martinsville track, all but destroying the passenger-side of his car, to pass Denny Hamlin and secure a place in the final Championship Four of the 2022 playoffs — an absolutely unbelievable move that he had learned by playing video games: <https://youtu.be/Q8iegEovAt0?si=4o1gQXV-OSGL-dr7> NASCAR changed the rules afterwards to try to prevent that from ever happening again.

"NASCAR 75 Years" should delight everyone from diehard NASCAR fans to more casual followers of the sport. Not only that, but it will enable family members — who put up with their loved ones as they are glued to their comfy chairs to watch the near-weekly races unfold — to better understand and appreciate what it is about NASCAR stock car — and truck — racing that has engendered such a loyal fan base.

"NASCAR 75 Years," by Kelly Crandall, Jimmy Creed, Mike Hembree and Al Pearce, is available from Barnes and Noble, and Amazon.

To explore a wide variety of content dating back to 2002, with the most photos and the latest text, visit "AutoMatters & More" at <https://automatters.net>. Search by title or topic in the Search Bar in the middle of the Home Page, or click on the blue "years" boxes and browse. Copyright © 2023 by Jan Wagner — AutoMatters & More #808

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Integrity: the quality of being honest and having strong moral principles; moral uprightness.

San Diego Restaurant Week returns with abundant flavors for fall

100 restaurants throughout San Diego County, from Oceanside to Chula Vista are participating from September 24th through October 1st.

San Diego's foodie favorite event returns for eight days of delicious dining deals. During San Diego Restaurant Week, presented by the California Restaurant Association, diners will be treated to diverse menus featuring special prix-fixe pricing

for both lunch and dinner. Guests can enjoy two-course lunches and three-course dinners starting at just \$20 and increasing in \$10 increments. This savory fall dining extravaganza offers the perfect opportunity to dine out while enjoying delicious culinary fare at tantalizing price points.

Please check individual restaurants for participating hours via <http://www.sandiegorestaurantweek.com>

Read our weekly issues online at www.afdispatch.com

SYPHILIS from page 11 Is there a cure for syphilis?

Yes, syphilis is curable with the right antibiotics from your healthcare provider. Penicillin, a common inexpensive antibiotic, remains the preferred treatment. However, treatment might not undo any damage the infection has caused.

Penicillin may not be suitable for everyone, and it is in short supply in the U.S. Your healthcare provider can help determine the best treatment for you. Follow-up testing by your healthcare provider is necessary to make sure your treatment was successful.

Can I get syphilis again, after receiving treatment?

Yes. Having syphilis once does not protect you from getting it again. You do not develop immunity. Even after successful treatment, you can get syphilis again.

How do I prevent syphilis?

It may not be obvious that a sex partner has syphilis. Syphilis sores in the vagina, anus, mouth, or under the foreskin of the penis can be difficult to see.

The best defenses against syphilis are the consistent use of condoms

during sexual activity, along with regular testing, especially for individuals with multiple or new partners.

If you are diagnosed with syphilis, inform your current and past partners immediately so they can get tested and, if needed, treated for the disease.

Where can I get more information?

Service members can combat syphilis through awareness and open discussion with partners and healthcare providers, preventive actions, testing and swift treatment.

For more information on syphilis, review this CDC Factsheet www.cdc.gov/std/syphilis/stdfact-syphilis.htm, or talk to your healthcare provider.

“Syphilis isn't just a health issue,” says Danaïla, “It's a mission readiness issue. Leaders should share awareness without stigmatizing this disease, and encourage prevention, testing, and treatment.”

NOTE: The mention of any non-federal entity and/or its products is for informational purposes only, and not to be construed or interpreted, in any manner, as federal endorsement of that non-federal entity or its products.

MOVIES AT THE BASES

Schedules subject to change. Check for updates on line at: <https://sandiego.navylifefsw.com/> select movies from dropdown menu on left <https://miramar.usmc-mccs.org/dining-entertainment/movies> <https://pendleton.usmc-mccs.org/dining-entertainment/theater>

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242

Friday, Sept 22-Sunday, Sept 24
Closed in support of the Air Show

Naval Base Theater - NBSD,
619-556-5568, Bldg. 71
3465 Senn Rd.

No outside food, concessions available.

Thursday - September 21
6:30 PM Blue Beetle pg13

Friday - September 22
6:00 PM The Hill pg

Saturday - September 23
3:00 PM The Hill pg

6:00 PM Blue Beetle pg13

Sunday - September 24
1:00 PM The Hill pg

4pm Ninja Turtles: Mutant Mayhem pg

Thursday - September 28
6:30 PM The Hill pg

Friday - September 29
6pm The Last Voyage of the Demeter r

Saturday - September 30
3:10 PM Blue Beetle pg13

6:00 PM The Hill pg

Sunday - October 1
11:00 AM The Hill pg

3:40pm The Last Voyage of the Demeter r

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, September 23
1:30pm Teenage Mutant Ninja Turtles: Mutant Mayhem (PG)

Saturday, September 30
1:30pm Blue Beetle (PG13)



Lowry Theater - NASNI,
619-545-8479
Bldg. 650

Outside food and beverage are NOT permitted. Debit/credit cards only.

Friday - September 22
6:00 PM The Hill pg

Saturday - September 23
1:00 PM The Hill pg

3:30 PM Meg 2: The Trench pg13

6:00 PM The Equalizer 3 r

Sunday - September 24
1pm Ninja Turtles: Mutant Mayhem pg

3:30 PM Blue Beetle pg13

Updates: navylifefsw.com

SOCIAL SECURITY MATTERS

Will opening a joint account affect my disabled father's 'SSI'?

Dear Rusty: I live in Michigan and my senior disabled father lives in rural Kentucky. His income is part Social Security and part disability. I talked to a local credit union near his home and explained I would like to open a joint account. They said as long as he comes in with his ID it's possible. My question is - will adding money to our joint account affect his SSI and disability?

Signed: Caring Daughter

Dear Caring Daughter: First, I need to clarify that there are two types of disability programs administered by the Social Security Administration – Social Security Disability Insurance (SSDI), and Supplemental Security Income (SSI). The acronym “SSI” normally refers to “Supplemental Security Income” which is a benefit for disabled senior adults (and children) who have very little income and very few assets. “SSI” is not Social Security income; rather it is a general benefit program jointly administered by the Social Security Administration and the State in which your father lives. In contrast, Social Security Disability (SSDI) benefits are earned from working and are not affected by the recipient's assets, as are “SSI” benefits.

From what you've written, I assume that your father may have a small Social Security retirement benefit (because he has reached his full retirement age and SSDI isn't available after full retirement age), and he is also receiving Supplemental Security Income (SSI) disability benefits. If this is the case, although your father's Social Security retirement benefit would not be affected by opening a joint account at the credit union, his Supplemental Security Income (SSI) disability benefit likely will be. As co-owner of the joint account your assets would count towards your father's “SSI” asset limit, and your assets, as well as any “in kind” assistance you otherwise provide, would likely put your father over the SSI income/asset eligibility limit and result in his SSI benefits being terminated.

So, although the credit union may be willing to open a joint account for you and your father, I'm afraid that would result in your father losing his SSI (Supplemental Security Income) benefits, leaving him with only his small Social Security retirement benefit. You may wish to review the SSI eligibility information at this link: www.ssa.gov/ssi/eligibility or you could contact the Social Security Administration and ask to speak with someone experienced with Supplemental Security Income matters. For clarity, “SSI” assistance is jointly administered by the Social Security Administration and each State's Human Services department, and assistance available varies somewhat depending on the recipient's state of residence. Thus, since your father lives in Kentucky, you might also contact that state's human services agency to discuss your options for providing remote assistance to your father without jeopardizing his Supplemental Security Income (SSI) benefit: www.chfs.ky.gov/Pages/contact.aspx.

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Syphilis, STIs growing threat to U.S. Armed Forces

by V. Hauschild, MPH,
Defense Centers for Public
Health – Aberdeen

ABERDEEN PROVING GROUND, Md. – Syphilis, gonorrhea, and chlamydia are continuing to spread in the United States – affecting millions of men and women of all racial and ethnic groups. The Centers for Disease Control and Prevention describes the continuing rise of these sexually transmitted infections, or STIs, as an epidemic that is not slowing down.

STIs have also been increasing in U.S. active-duty populations. The March 2023 Department of Defense Medical Surveillance Monthly Report, or MSMR, shows STIs steadily increasing among U.S. active-duty service members between 2014 and 2022.

As previously reported by the Defense Centers for Public Health–Aberdeen, service members are considered a high-risk subgroup of the overall U.S. population because they largely fall within the highest risk age group of 15–24 years old. Service members also report behaviors that may increase STI risk, such as binge drinking, and may also have unique risks due to increased travel and mission-related stressors.

Syphilis example

Based on its most recent surveillance report, from 2021 data, the CDC reported an all-time high of syphilis, with an increase of more than 30 percent in one year.

The MSMR indicated a slight dip in military STI rates in 2019 for all STIs except syphilis; its rate has continued to rise. Syphilis rates have consistently been highest among non-Hispanic Black service members, especially women under 25 and men under 34.

“Among military service members, there was a 40 percent rise in reported syphilis from 2020 to 2022,” says Magdalena Danaila, a registered public health nurse at the Defense Centers for Public Health –Aberdeen. “The military’s syphilis rate is now double that of 2014. This is an alarming increase.”

“Syphilis has been around for centuries – and was historically a known problem among Soldiers and Sailors,” says Danaila. “Though penicillin was discovered to be an effective treatment for syphilis almost a hundred years ago, syphilis itself never went away.”

Danaila provided answers to some commonly asked questions about syphilis to increase awareness among service members and encourage testing and treatment.

What is syphilis?

Syphilis is a bacterial infection transmitted from contact with a syphilis sore during vaginal, anal or oral sex. Symptoms can look like those of many other diseases. However, syphilis typically follows a progression of stages that can last for weeks, months or even years.

There are four stages of syphilis



Reported rates of syphilis among active-duty service members have increased by 40 percent from 2020 to 2022 and doubled from 2014 levels. Defense public health experts say this is an individual and public health issue that also impacts mission readiness. Defense Centers for Public Health–Aberdeen graphic illustration by Jessica Saval

infection. The first, or primary, stage is a painless sore or ulcer that usually appears at the initial infection site between 10 days to 3 months after sex with someone who has syphilis. The sore, which may be faint and hard to notice, may last up to 6 weeks and go away, even without treatment. This does not mean you no longer have syphilis.

Without treatment, syphilis bacteria spread through your blood. During this secondary stage, there may be a skin rash such as on the palms of your hands or bottoms of your feet. Effects to the brain and nervous system, the eyes, or the ears may occur, such as headache, fever, swollen glands, or vision and hearing problems.

If still untreated, syphilis will move to a latent stage in adults. This

stage, which is a period when there are no visible signs or symptoms, can last for years. A blood test can still identify the infection.

Some people with untreated syphilis can develop the most severe form of the disease 10 to 30 years after the infection began. At this point, damage to the heart and blood vessels or the brain and nervous system can result in permanent mental illness, paralysis or death.

How do you get syphilis?

You can get syphilis if part of your body touches the skin ulcer or rash of someone with syphilis. This happens most often during sex. A pregnant person with syphilis can also pass the infection to their unborn child. This type of the disease is called congenital syphilis.

How do I know if I have

syphilis?

Most of the time, healthcare providers will use a blood test to test for syphilis. Some will diagnose syphilis by testing fluid from a syphilis sore. Only laboratory tests can confirm whether you have syphilis.

Some STI testing may be included as part of wellness visits for young military women, but male service members who don’t have symptoms are less likely to get tested, and they might infect others. The only STI required for testing among all military active-duty is HIV, so if you are sexually active, talk to your healthcare provider about testing for syphilis.

All pregnant people should receive syphilis testing at their first prenatal visit and may need follow-up testing.

Others at higher risk for syphilis are persons who have had a partner who tested positive for syphilis; gay or bisexual men; and individuals with HIV or who are taking pre-exposure prophylaxis (PrEP) for HIV prevention.

I’m pregnant. How does syphilis affect my baby?

If you are pregnant and have syphilis, you can give the infection to your unborn baby. Having syphilis can lead to a low-birth-weight-baby. Babies infected with syphilis can have health problems, such as cataracts, deafness, or seizures, and can die. To protect your baby, you should receive syphilis testing at least once during your pregnancy. Receive treatment right away if you test positive.

See **SYPHILIS** page 10

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