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SIXTY-SECOND YEAR NO. 40
THURSDAY, NOVEMBER 24, 2022

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Career & Education

DoD awards \$78 million grant, USS Midway Museum seeks volunteers, TA/NCPACE funds available

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Local

Navy Sailors administer influenza vaccines at Joy Bright Hancock Elementary School ... VX-31 commanding officer relieved.

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Base movies

Free movies at your base theater. ... Amsterdam, Till, Black Adam, Ticket to Paradise

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Health & Fitness

Feeling fatigued? NIH delves into some of the possible causes and some ways to help fight it.

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Kiowa Veterans: Retired Marine Corps Capt. Robert Poolaw shakes hands with a fellow member of the Kiowa Black Leggings Warrior Society during a Native American Heritage Month celebration at the Pentagon Nov. 10, 2022. US Marine corps photo by Staff Sgt. Aaron Patterson

Searchers find five World War II-era US bombers in waters off Croatia

by Wyatt Olson
Stars and Stripes

Searchers have located the wrecks of five B-24 bombers that crashed into the Adriatic Sea during World War II, three of which are associated with 23 still-missing crew members.

The search mission – conducted over a two-week period in August off the coast of Croatia – was a partnership between Project Recover and the Defense POW/MIA Accounting Agency.

It was the culmination of a lengthy process of researching military records and obtaining needed permits from Croatia, Mark Moline, the mission leader and a cofounder of Project Recover, said in a phone interview Thursday.

Along with the B-17, the B-

24 Liberator was a mainstay for U.S. strategic bombing in the European theater, with almost

The wrecks of an estimated 30 U.S. warplanes are believed to lie submerged in what was a frequent “ditching area” for crippled warplanes in the vicinity of the search area in the Adriatic Sea, which lies between Italy and the Balkans.



A diver searches for clues to the identity of a World War II-era B-24 bomber lying in waters off the coast of Croatia during a two-week search mission in August 2022. Photo courtesy of Project Recover

19,000 of the heavy bombers built during World War II. It was utilized by all the American service branches in Europe and the Pacific.

“Most of those aircraft took off from Italy and would bomb Europe,” Moline said. “Then, if they were attacked and limping and couldn’t make it back to Italy, they didn’t go directly back across the Adriatic.”

DOD survey asks participants to weigh in on Exceptional Family Member Program

by C. Todd Lopez
DOD News

For the first time, the Defense Department will offer those enrolled in the Exceptional Family Member Program, also called EFMP, an opportunity to provide detailed input about their experiences. Feedback will be used to improve how the program provides services to participating families.

“It’s pretty exciting because it’s the first official DOD survey about EFMP,” said Jennifer Wong, a program analyst with the Defense Department’s Office of Special Needs. “It’s a phenomenal chance for families who are enrolled in the program to be heard directly at the DOD policy level.”

About 105,000 active-duty service members are part of the EFMP, which provides support to families with children or adult dependents who have special medical or educational needs.

Every service member with a family member enrolled in EFMP is eligible to take the survey, Wong said. Service members will receive an announcement e-mail containing a unique ticket number. Service members with a ticket number will be directed to go to www.dodsurveys.mil and enter the ticket number to take the survey. It’s expected that those e-mails will be sent out on or after Nov. 17.

According to Wong, EFMP ensures that, among other things, special needs are taken into consideration when a military family is moved to a new duty assignment.

“When a family PCSs to the next location, they may be looking for particular medical services, specialists, therapies, behavioral health — those types of services — and we want to make sure that when they do PCS, they’ll have continuity of care,” Wong said.

Wong said the results of the survey will be used by the department to both improve the program and standardize delivery to all families across the services.

“Within the Office of Special Needs, we are committed to improving support for military families with special medical and/or educational needs,” Wong said. “A vital part of that ... is hearing from families who are enrolled in the program. It’s very important to hear from the families who are in the program so we have feedback that’s representative of the families we serve, and it’s based off their real-life experiences and their interactions with the program. That’s why it’s a great opportunity for families who are enrolled to participate in the survey.”

The EFMP is made up of three components: Identification and enrollment of family members into the program, which is completed by the medical commands; an assignments component that ensures the medical and/or education needs of the family member are taken into consideration with an upcoming PCS, which is completed by the medical and personnel commands; and a family support component, which families can reach out to for information regarding resources and non-clinical case management.

“The survey is going to ask about all three components and what a family’s experience or interaction has been ... so we can see all those different touch points for a family, what’s working or what can be improved upon,” Wong said.

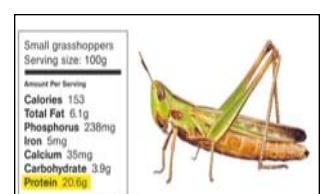
Learn more at the Military OneSource webpage on special needs, <https://www.militaryonesource.mil/special-needs/>.

List of some monthlong observances for December

Nat'l Egg Nog Month
Made In America Month
Universal Human Rights
World AIDS Awareness
Nat'l Pear Month
Buckwheat Month
Worldwide Food Service Safety Month
Tropical Fruits Month
Nat'l Fruit Cake Month
Root Vegetable Month
Noodle Ring Month
Handwashing Awareness

Procrastination Awareness
Nat'l Car Donation Month
TTTS Awareness Month
Learn A Foreign Language
Seasonal Affective Disorder Awareness
Tomato and Winter Squash
Quince and Watermelon
Nat'l simp Month
Art and Architecture Month
Bingo's Birthday Month
Hi Neighbor Month
Int'l Calendar Awareness

Int'l Drunk and Drugged Driving Awareness Month
Nat'l Identity Theft Prevention and Awareness
Nat'l Impaired Driving Prevention Month
Nat'l Sign Up for Summer Camp
Nat'l Stress-Free Family Holiday Month
Nat'l Tie Month
Nat'l Write a Business Plan Poor Looking Winter Month
Read A New Book Month



Safe Toys and Gifts Month
Spiritual Literacy Month
Wear Brown Shoes Month
Write to a Friend Month
Cooked Grasshoppers Month

Five allied carrier strike groups patrol waters in NATO's area of operations

Five Allied aircraft carriers will be operating in the Atlantic Ocean and the North and Mediterranean Seas in November, as part of their regularly scheduled activities.

This occurrence presents an opportunity for Allied nations to coordinate credible combat power throughout the Euro-Atlantic Area and showcases NATO cohesion and interoperability.

Participating forces comprise the carrier strike groups formed in support of French Navy Charles De Gaulle, Italian Navy ITS Cavour, United Kingdom Royal Navy Queen Elizabeth, and U.S. Navy's *George H.W. Bush* and *Gerald R. Ford*.

Although each nation's forces are operating in support of their own mission objectives, the advanced cooperation shows unity towards the collective defence of the Alliance. Ships and assets from various allies and partners are included in the groups, and the activity is coordinated with the Standing NATO Maritime Groups 1 and 2.

"NATO routinely demonstrates its cohesion, coordinating with multiple international maritime assets at once," said Commander, NATO Allied Maritime Command Vice Admiral Keith Blount. "This opportunity demonstrates our ironclad commitment to the stability and security of the Euro-Atlantic Area and the strength of our collective capability."

"Five carriers within our operating area presents a further opportunity to consolidate our approach to air defence, cross-domain cooperation and maritime-land integration," he said.

There is a continuous presence of Allied aircraft carriers around the NATO area of operations, and it is common for multiple CSGs to be deployed simultaneously. The multi-carrier deployment is an opportunity to test the cooperation and practice NATO's Deter and Defend concept as it leverages a deliberate rhythm of military activity across all geographic areas of the Alliance, as well as across all operational domains and functional areas.

Allied maritime forces and NATO Maritime Groups regularly patrol the waters around Europe to assure Allies of the maritime commitment to collective defence.



Aircraft carrier *Gerald R. Ford* transits to Portsmouth, England, for the ship's second international port visit Nov. 14. US Navy photo by MC2 Zack Guth



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National Military

Army

- German garrison town gears up for a thousand US arrivals with incoming Army units
- Army preps for 'contested logistics,' works to boost arms production

Navy

- Navy hopes new funding model can cut sub maintenance delays by 2026
- USS John P Murtha underway again following lube oil system repair

- Navy tells clerks to skip some Sailors' review of discharge paperwork, risking errors
- Navy SEAL convicted for death of Green Beret Logan Melgar has 10-year sentence 'set aside'
- Navy Football class of 2023 seniors receive service assignments
- Red Hill joint task force commander Wade nominated for third star

Marine Corps

- Marine vet's execution date set after 21 years on death row
- Marine Corps budget chief optimistic about upcoming 2024 proposal
- Marine Corps buys 30 more ACVs following rough year of waterborne ops training

Air Force

- Air Force, FBI raid homes of man with Area 51 website
- Airmen who delivered Afghan baby mid-flight during Kabul evacuation to receive Distinguished Flying Cross
- Air Force to cut time spent in the field for airmen at basic training

Space Force

- USSF was almost 'no go' for Artemis moon launch — had to replace a faulty switch

Coast Guard

- Coast Guard, Florida firefighters rescue 2 people and a cat after waves smash sailboat onto jetties

National Guard

- Kentucky National Guard members return home to a crowd of love and cheers

Your Military

- Hawaii bases now allow pregnant Soldiers to move out of barracks sooner

Veterans

- Lawmaker pushes plan to cap attorney fees for Camp Lejeune lawsuits
- Medal of Honor recipient's wise words for young Americans
- VA suicide prevention efforts need more focus on gun safety training
- Veterans Affairs begins hunt for potential toxic exposure ailments
- Veterans are escaping economic uncertainty by starting their own businesses

Education & Transition

- Army's official nonprofit is offering grants and no-interest loans for Soldiers in transition

Military Culture & History

- Iraq War Army vet faces a carving challenge on 'Best in Show'

Cyber, Space & Unmanned

- National Reconnaissance Office seeks commercial hyperspectral imaging

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Official says U.S. committed to Taiwan's defense



by David Vergun

DOD News

WASHINGTON -- The 2022 National Defense Strategy identifies China as the Defense Department's pacing challenge, the assistant secretary of defense for Indo-Pacific security affairs said.

Speaking at the Politico Defense Summit, Ely Ratner said that as a direct result of this strategy, the Indo-Pacific is the priority theater with a focus on integrated deterrence, along with working with allies and partners in a whole-of-government approach.

Regarding Taiwan, Ratner said the goal of integrated deterrence is to dissuade Chinese President Xi Jinping from thinking there's a rapid, low-cost way in which they can execute an invasion.

The U.S. is committed to the defense of Taiwan, he said, and that's spelled out in the Taiwan Relations Act.

The act includes the requirement to provide Taiwan with the arms it needs to defend itself, he said. Also, there's a considerable focus on the non-materiel side,

which includes training, civil-military integration and society wide efforts.

Defense in depth is part of the strategy of denial, Ratner said, noting that the island is mountainous, as well as urban, and Beijing currently doesn't have the capabilities to launch a successful invasion.

Also, Beijing has been watching what's been happening in Ukraine and is most likely taking lessons from that to include seeing the economic costs on Moscow and Russia's dismal performance on the battlefield, he said.

When the fiscal year 2023 defense budget comes out, it will be apparent that there's a careful alignment between strategy and the spending priorities involved in integrated deterrence, he said.

Oiler John Ericsson, during a replenishment-at-sea with amphibious assault carrier Tripoli. US Navy photo

That said, U.S. and DOD leadership are committed to dialog and diplomacy to ensure competition between the U.S. and China doesn't veer into conflict, Ratner said.

Active-duty Marine wins Marine Corps Marathon for first time in 39 years

by Cpl. Alexandra Munoz, 1st Marine Division

Marine Capt. Kyle King is intimately familiar with the sound of the blast from a 105 mm howitzer. As an artillery officer, the sound is music to his ears. This time, however, he wasn't standing on a gun line amongst a battery of artillery Marines. He was at the starting line of the 2022 Marine Corps Marathon, on a mission to secure a victory for the Marine Corps. The Marine Corps Marathon began in 1976. It was founded by Col. Jim Fowler and Maj. Gen. Michael Ryan as a way to bridge the gap between the military community and the civilian population. In 1983, Sgt. Farley Simon finished first in the Marine Corps Marathon. An active-duty Marine would not win for another 39 years. "Since I've been in the Marine Corps, I've seen (the Marine Corps Marathon) won by Navy officers, I've seen it won by Air Force officers, I've seen it won by civilians, and I've always been a little envious," said King.

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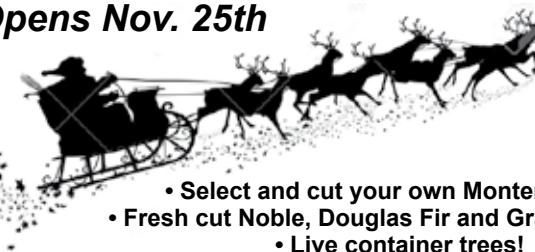
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DOD makes audit progress, but much more needs to happen, official says

by Jim Garamone

DOD News

The Defense Department made progress toward a "clean audit," but not as much as officials hoped.

"The results of the fifth annual DOD-wide financial audit will be a disclaimer of opinion for DOD as a whole," Michael J. McCord, the undersecretary of defense (comptroller)/chief financial officer, said. "This is the same as last year and ... not unexpected. We did expect this disclaimer, but we will also sustain all of our prior year positive opinions, which cover approximately 39 percent of our assets."

The annual audit is a huge undertaking with independent accountants looking at a department with \$3.5 trillion in assets.

The audit looks at every as-

pect of the department - an organization of about 2.9 million people with one of the federal government's largest portfolios of real property. There are more than 643,900 assets - buildings, structures, utilities, roads and fences and more - located on over 4,860 sites worldwide as of the beginning of fiscal year 2022, officials said.

When officials say worldwide, this means assets in all 50 states, the District of Columbia, seven U.S. territories and more than 40 foreign countries. All told this encompasses nearly 25.8 million acres.

And it is more than that: DOD operates one of the largest health care systems in the United States providing medical benefits to more than 9.6 million active duty personnel, military retirees

and their families across the U.S. and overseas.

Bases, posts and stations are the equivalent of small towns across the globe with police, hospitals, grocery stores, schools, transportation systems and housing.

The results released by the DOD Inspector General is a conglomeration of 27 different entities in the department - the services, DOD agencies and several other smaller funds and entities within the department.

The IG consolidates those 27 audits.

Seven components sustained unmodified audit opinions - clean audits - on their fiscal 2022 audits, McCord said. These are: the Military Retirement Fund, the Defense Commissary Agency, the Defense Contract Audit Agency, the Defense Finance and Accounting Service, the U.S. Army Corps of Engineers - Civil Works, the National Reconnaissance Office and the Defense

Health Agency - Contract Resource Management.

In addition, the Medicare-Eligible Retiree Health Care Fund received a qualified opinion. Another positive in the process is military pay and civilian pay. "Both of these processes received unmodified opinions again this year," McCord said. "I highlight these because although we have a lot of work to do, the one thing that we have to make sure we do first is [take] care of people."

The military and civilian pay, the unmodified opinion on the military retirement fund and the military retiree health care fund show the emphasis is in the right place. "You have this kind of concentration of higher performance on the pay and benefits side which is important," he said.

Refer to <https://www.defense.gov/News/News-Stories/Article/Article/3219566/dod-makes-audit-progress-but-much-more-needs-to-happen-official-says>.

sister, Brianne Garrelts, inspired him to begin his running career in middle school. In his eyes, she was a track star. He ran track and cross country at Eastern Washington University for four years, and one year at the University of Oklahoma. His running did not stop there. In 2016, King ran his first race with the Marine Corps running team. In June, King ran a half marathon in England with the team, and in July he officially decided and began his training for the MCM. His teammates can vouch for the kind of person and runner King is.

months of hard work leading up to race day, he had his partner by his side day-in, day-out.

"I'm very thankful for Hope, my partner, with all the support she gave me throughout the last four months training for it."

The only way King was going to accomplish his goal while balancing a full-time job was waking up really early. That meant many 4 a.m. days. His priorities were running and getting to work on time. King admits that, although simple, it was at times a boring lifestyle.

Hope Sweetnam played a vital role in King's journey. Not only did King dedicate a lot of early mornings and late evenings to running, but his partner did as well. She was right there next to him. For many of his harder workouts, she would ride her bike alongside him.

"I'm mostly relieved to see fewer 4:15 a.m. alarms," Sweetnam said. "The race was a celebration of many months of discipline and exceptional toughness and I was grateful to see it all come together in D.C. with tons of stoked Marines cheering him on."

In December, King is running a 100 km race in Virginia. After that, he plans to take a break from running marathons for the next six months, and instead just run for leisure.

"Any Marines who read this, no matter what their goals are, I hope they can find some inspiration in it; and how you prioritize your life and your work towards your goals," said King. "I hope I can inspire people to commit to that."

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King

continued from page 3

"It's always kind of bothered me that a Marine hasn't won the Marine Corps Marathon."

On Oct. 30, King, the assistant operations officer with 3rd Battalion, 11th Marine Regiment, 1st Marine Division, took home the first place trophy for the 47th Annual Marine Corps Marathon. King crossed the finish line with a time of 2:19:19, with approximately three minutes between him and the second place runner. The fact that a Marine hadn't won since 1983 very much influenced his decision to run the Marine Corps Marathon - he wanted to be the one to change that.

"I was definitely nervous, but I like being nervous before a race," said King. "It means you're prepared and you're emotionally in it. If you're not feeling nervous, I think that is actually more of a problem."

Despite his nerves, King also knew how many hours he had put into training. He was confident in his abilities. His nervousness would be much better described as eagerness.

By mile nine, the strain of enduring the race had made King's body ready to quit. At this point, his body felt like it was being fatigued more than he would

have hoped. His mind had to fight his body's urge to stop, but he fell back on his Marine Corps training to fight the mental battle he was presented with.

Marine Capt. Kyle King, the assistant operations officer with 3rd Battalion, 11th Marine Regiment, 1st Marine Division, and Hope Sweetnam, King's partner, pose for a photo after an evening run in Yucca Valley, Calif., Nov. 8. US Marine Corps photo by Sgt. Alexandra Munz

"I do think it helps with my mental toughness. I think sometimes when we're training, you question if you're capable of it or if there is more in your metaphorical tank," said King. "My running over the years has shown me that you can always find a little more, if you want it bad enough."

Although he may have crossed the finish line alone, during the

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Career and Education

Women Sailors get measured now for better fitting uniforms in the future

NAS NORTH ISLAND - The Navy Exchange Service Command's Navy Clothing & Textile Research Facility held a Female Size Standardization fit evaluation here recently.

During the event, 100 women Sailors volunteered to have their measurements taken and try on several prototype uniforms to collect data with the ultimate objective of establishing a consistent fit for uniforms in the future.

"Over the past four years, we have been working with anthropometric data on current female body types/sizes and clothing industry experts to update the patterns to reflect an accuracy in the development of a new Navy fit type and sizing for women Sailors," said Dr. Brianna Plummer, Supervisory Textile Technologist, Design & Testing Group at NCTR. "The ultimate goal of this effort is to update all uniform patterns to create better fit that require fewer alterations and resulting in the commonality of sizing across all uniform items."

During the fit evaluation, Sailors worked individually with NCTR clothing designers and textile technologists to have their measurements documented. Sailors then tried on multiple

dress uniform items, including two overblouse prototype design concepts in the new sizing system to be worn with Summer White and Service Dress Blue uniforms.

The data gathered during the West Coast fit evaluation, along with the data gathered from previous fit evaluations, will signifi-

cantly contribute to the direction of our research," said Plummer. "It was important that we had a wide diversity of female body types and sizes documented, so we would have a complete view of today's women Sailors. NEXCOM is committed to providing certified, high-quality Navy uniforms with a focus on continuing improvements to fit, comfort,

design and durability."

This West Coast fit evaluation was the third and final one to collect instrumental data to assess the fit, comfort, consistency of sizes based on prototyped construction features. NEXCOM's two previous fit tests were held in Virginia Beach, Va., in 2019 and Norfolk, Va., in July 2022.

Interpersonal Edge: Plan for the best, prepare for the worst

by Dr. Daneen Skube
Tribune Content Agency

Q: With COVID-19 still happening, the flu starting, and the economy on a wild ride, I'm not sure how to plan my career. Do I hunker down and wait till everything settles down? Do I continue to take risks to move into interesting, lucrative jobs? How do you advise your clients to make career decisions during uncertain times?

A: I advise my clients that they'll always be in some kind of uncertain times. If we cannot make decisions when things aren't settled, we get stuck in career ruts. The best way to plan a successful career is create a spectrum of planning choices including best and worst case scenarios.

Grab a piece of paper and write the numbers 1-10. Underneath the number 1 write the worst circumstances you can imagine in the upcoming months. Under the word 10 write the best circumstances you can imagine. Feel free to put increasing improvements to your conditions between 2 and 9.

Now take two separate pieces of paper. On the first page, write the conditions you are most fearful you could experience and make a plan to cope. On the second page, write the best conditions and make a plan to

take advantage of this opportunity.

Now comes the tricky part, put both pages in front of you and ask yourself what actions you can now take that protect you against the worst situations while still leaving you open to enjoy the best possibilities.

You'll quickly notice that you have tradeoffs with any risk you take. If you take a new job, you may be the first one laid off during a down economy.

Part of your decision making is to be honest with yourself on your risk tolerance. If you enjoy change, easily adapt, and pivot quickly, taking more career risks makes sense. If you can't sleep at night when anything changes, you may realistically have to be more conservative with your choices.

When we're living in uncertain times all humans long for the security and predictability of someone telling them, "It's going to be OK." However, the reality is our circumstances will only be OK if we keep our heads and make good choices. Our experience

will include times when it's not OK and times when we adapted and made it OK again.

The good news is our capacity for self-advocacy is our power to make our situation OK for us. We cannot just leave our wellness up to others, the government, or our company. Anytime you're worried or fearful about your future, ask yourself what power you can bring to bear if what you fear comes to pass.

For instance, many of the companies I work with use extensive credit lines. Right now credit is expensive and no one knows how high interest rates will go. Many of my management teams are paying down credit lines and not overextending themselves because this is what they have the power to do.

At work, we can always look around and see everything we do not feel we can control and feel anxious and powerless. Instead I recommend you look around at anything you can influence or control and focus all your efforts in these areas.

Uncertainty will always be a central feature of a mortal life. However, if you can prepare for the worst and plan for the best you'll be ready to adapt for what is around your next corner.

TA/NCPACE funding runs through Dec. 16

Navy College Program (VOLED) is currently funding TA/NCPACE requests up to and including Dec. 16, 2022. Navy College thank you for your patience. Please continue to submit your applications up to 120 days in advance of and no less than 14 days prior to your school's published term start date. To learn more about policy waivers, visit Tuition Assistance/NCPACE and click on "Reimbursement and Waivers" in the left side menu.

DoD awards \$78 million grant to replace school on Naval Air Weapons Station China Lake

The Department of Defense announced last week the award of a \$78,011,069 grant from the Office of Local Defense Community Cooperation to the Sierra Sands School District to replace the current Richmond Elementary School facility with a new school on Naval Air Weapons Station China Lake. Upon completion, the new school will serve up to 505 students pre-kindergarten through 5th grade and address capacity and facility condition deficiencies that placed Richmond Elementary as the 37th school on the 2019 Deputy Secretary of Defense "Public Schools on Military Installations Priority List" (Priority List). Funding for this grant is provided under the Department's Public Schools on Military Installations Program. In making these funds available, the Office of Local Defense Community Cooperation must give priority consideration to military installations that have schools with the most serious capacity and facility condition deficiencies, as determined by the Priority List.

Volunteers needed at USS Midway Museum

Join the dynamic team at the Midway Museum to support this exciting visitor destination. This 'city at sea' now serves as an aircraft carrier museum located at 910 North Harbor Drive, San Diego. Fun and meaningful experiences await those who can make a monthly commitment for at least six months. Positions include docents, safety team, knot team, data entry, aircraft restoration, or ship restoration. Veterans and civilians encouraged to apply! Monthly orientation is offered for those who apply. For more information, visit <https://www.midway.org/give-join/volunteers> or contact the museum at (619) 398-8289 or volunteering@midway.org.

"A man's mind, stretched by new ideas, may never return to its original dimensions." – Oliver Wendell Holmes Jr.



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Local Military



Hospitalman Corpsman 2nd Class Adam Venezia, left, administers a flu vaccine to a local member of the community as part of a shot exercise at Joy Bright Hancock Elementary School. Part of NMRTC San Diego's mission is to deliver high quality healthcare services and shape the future of military medicine. US Navy photo by MC2 Jacob Woitzel

CHINA LAKE: VX-31 commanding officer relieved

On Nov. 17, Naval Test Wing Pacific Commodore Capt. Ryan Bryla relieved Cmdr. Cassidy Reese, commanding officer of Air Test and Evaluation Squadron (VX) 31, due to a loss of confidence in her ability to command.

The loss of confidence is a result of actions leading to a Nov.

4 arrest and charges for driving while intoxicated at Naval Air Weapons Station China Lake.

Reese has served as the VX-31 CO since March 2022. Cmdr. Christopher Putre, currently VX-31 chief test pilot, will assume command.

Reese will be temporarily

reassigned to Naval Air Warfare Center Weapons Division.

Navy COs are held to high standards of personal and professional conduct. They are expected to uphold the highest standards of responsibility, reliability, and leadership, and the Navy holds them accountable when they fall short of those standards.

Navy Sailors administer influenza vaccines at Joy Bright Hancock Elementary School

by MC2 Jacob Woitzel
Naval Medical Center San Diego

Navy Medicine Readiness and Training Command (NMRTC) San Diego's Pediatrics Department hosted an influenza shot exercise at Joy Bright Hancock Elementary School Nov. 16.

The Pediatrics Team, which primarily serves the needs of children at the hospital, distributed influenza vaccines to adults and children of the San Diego community.

"The benefit of this is that the flu vaccines are being given right in the military community so they don't have to waste gas and drive to Balboa," said Hospital Corpsman 1st Class Amanda Blyrd, NMRTC San Diego's Pediatrics Department Leading Petty Officer. "It's bringing it right to the center of where we live, and allowing people to have access to care outside of Balboa."

Abigail Avila, Joy Bright Hancock Elementary School's Community Site Coordinator, appreciated the accessibility and opportunity given by NMRTC San Diego.

"It's not about when the appointment is available, or when they have free time, it's right at the school campus," said Avila. "You can go to the hub and know that students are already going

to be here. It's very exciting. Honestly, it is a big win."

Being a member of the immediate area, HM1 Blyrd states that the convenience is a big deal for the community.

"It makes me feel great to be able to come to the community," said Blyrd. "This is a community

that I live in, so it is great to see the family members come in, get their vaccines, and not have to stress over telling their kids 'hey we're going to get shots,' so it's honestly easier."

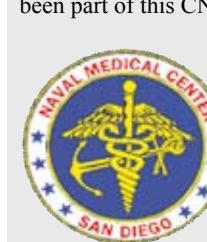
Eighty adults and children of the community were given influenza vaccinations during the shot exercise.

Medical center personnel lend a hand at care event

NAVAL BASE SAN DIEGO - Sailors and civilians from Naval Medical Center San Diego were in full support of the 2nd Annual Navy Region Southwest (CNRSW) Wounded Warrior Care Event, held Nov. 17 at the Admiral Baker Clubhouse.

According to a NMCSD's Facebook post, the Department of Defense has no higher priority than caring for wounded, ill, and injured service members.

November is Warrior Care Month, a chance to honor the wounded warriors who exhibit so much strength and resilience - physically, mentally, and spiritually - everyday. The Facebook post noted that "NMCSD values and cares deeply for our wounded warriors - and their caretakers (often times comprised of immediate family members) and are honored to have been part of this CNRSW event."



Courtesy photos from Naval Medical Center San Diego Facebook page

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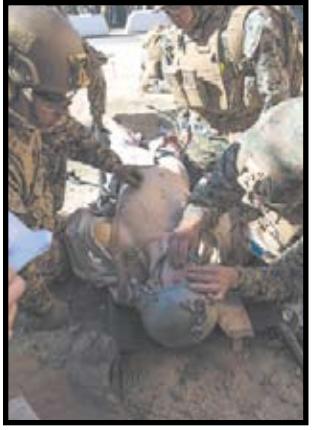


Branch 61 is a veteran's service organization open to all enlisted Navy, Marine Corps, Coast Guard active duty, Reserve, Retired, and Veterans. As part of a National Organization, no one lobbies more effectively on behalf of all Sea Service personnel. www.fra.org is the website to learn more. The FRA has been working to solve career problems, to preserve and protect benefits and quality of life programs for all Sea Service personnel.

Club 61 provides a meeting place and an opportunity to socialize with your peers in a relaxed atmosphere. Come in and have a drink, shoot some pool, or listen to music. We offer dinners on Saturday nights, Karaoke on the 1st and 3rd Thursdays and 2nd and 4th Saturdays, free pool every Sunday.

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Marines simulate combat engagement, hostage rescue, casualty egress and point of injury care with high fidelity manikins at Naval Expeditionary Medical Institute during Operation Firebreak Nov. 15. Operation Firebreak evaluates operational readiness through simulated point of injury treatment and transport of casualties to the next level of care. US Navy photo by MC2 Russell Lindsey

Sharpening the scalpel: Medical providers hone skills in Operation Firebreak

by MC2 Russell Lindsey

CAMP PENDLETON.—In combat when a casualty occurs it's an overload to the system. There often is smoke, gunfire, screaming and the person you've often shared years of experiences with is down. To sum it up in a word, chaos. How do you prepare for that chaos in a classroom? How do you deal with the tactile problems after our service members are critically injured?

To train for those real-world problems faced by our Navy and Marine Corps medical providers, Navy Expeditionary Medical Training Institute (NEMTI) worked with Marine Corps units and Fleet assets on Camp Pendleton, executing the latest iteration of Operation Firebreak on Nov. 15.

NEMTI, the expeditionary

On Thursday, Nov. 17, the Armed Services YMCA San Diego hosted a very special food distribution with turkeys, pies, fresh food, and produce to more than 300 military families.

"We want to make this holiday very special for families as they gather together after a two-year separation because of COVID-19. We believe in 'Distribution with Dignity' and are asking the families to pre-register for the event to ensure that every participant will receive a food package with a short wait time," said Tim Ney, Executive Director of the Armed Services YMCA San Diego.

This event is made possible by our generous supporters and volunteers, including the Glen Scripps Ranch, JMI Realty, Jackson & Blanc, Clark Construction, and CRC Cares.



medical training detachment of Navy Medicine Operational Training Command (NMOTC), is the Navy's preeminent leader in expeditionary medical training and is utilized by Navy Medicine teams, Marine Corps units, and Surface Forces Pacific Surgical Teams. The exercise, staged on Tuesday, marked the third iteration

of this operation that has gone on from a mere proof of concept a year ago to a fully-fledged critical training operation, producing visible results for Third Fleet aligned Navy and Marine Corps leadership one year later.

"This operation not only demonstrates our partnerships, which are the strength of Navy Medicine, but also gives leadership glimpses about what we can do better and how to make those partnerships stronger," said Navy Capt. Kimberly P. Toone, commanding officer of NMOTC. "NMOTC makes the best caregivers in the world even better! It's our specialized detachments, unique trainings environments and operations like Firebreak that allow us to showcase the skill sets that make us so effective. Each time we train we come away with more knowledge and insight that al-

lows us to keep that edge."

The origins of Operation Firebreak were conceived in fall of 2021, after identifying critical areas where integrated cooperation among medical teams could make the difference between life and death for our service members. After analyzing these

areas centering around the "golden hour" of injury and need to have advanced lifesaving interventions, NEMTI engaged with Marine Corps leadership and laid the foundations for training that would be focused on medical personnel and the interoperability between different roles of care with a focus on point of injury providers, surgical teams and other Role 2 providers aimed at escalating care upward.

"NEMTI has an enduring partnership with the Naval Surface Force Pacific Fleet Surgical Teams and I Marine Expeditionary Force. With every iteration we want to take it to the next level and improve readiness for every medical provider asked to excel in chaos," said Lt. Alexandra McGaha, NEMTI academics and training department head.

In this evolution of Opera-

tion Firebreak, the ERSS team integrated with 2nd Battalion, 1st Marines and Fleet Surgical Team 5 to provide Role 1 and specifically Role 2 health care providers to train and focus on Point of Injury Care, Valkyrie Whole Blood transfusion, communication, patient tracking and patient movement within a simulated distributed maritime environment in one realistic training evolution. During the scenario, every attempt at immersive realism was given attention including sound, vehicles, and props all used in a cinema quality training environment. For patient care high-fidelity manikins were used to provide audible and physical feedback to the providers were used to simulate actual casualties so lifesaving interventions such as blood infusions and hyper-realistic surgery was made possible with cut-suit simulators.

"The overall mission of Operation Firebreak is to integrate point of injury TCCC (Tactical Combat Casualty Care), Valkyrie emergency whole-blood transfusions, Role 1 damage control resuscitation, Role 2 damage control surgery, and, when available, Role 3 Expeditionary Medical Facility care in a contested, distributed environment," said McGaha.

Operation Firebreak also pro-

vides Navy Corpsmen a chance to better understand how they can improve point of injury treatments, provides an opportunity to learn the capabilities of other medical teams within the continuum of care, and potentially relieve some moral injury that occurs when an untrained team faces real-world casualties. This is one of the areas that Cdr. Virginia Damin, NEMTI's officer in charge, wants to bring focus to; mitigating the burden of moral injury by properly training and equipping medical teams to face the future fight. Damin went on to say studies have shown that the more individuals feel prepared for the problems, realities, and scenarios that they will likely encounter in combat, the less likely they are to suffer psychological trauma afterward.

"Feeling well prepared for whatever may come your way on the battlefield is one of the best things we can do for our warfighters. Feeling unprepared and helpless when your Soldier, Sailor or Airmen is down can be more damaging in the long run impacts our ability to fight," said Damin. "Operation Firebreak is essential in preparing our men and women to deal with those scenarios and allow them to not only practice those critical skills, but also to allow them to feel prepared and make them more resilient for the future."

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Medal of Honor Spotlight: Marine Corps 1st Lt. William Hawkins

by Katie Lange
DOD News

Marine Corps 1st Lt. William Deane Hawkins gave everything he had to help the Allies wrestle control of the strategic atoll of Tarawa from the Japanese during the latter half of World War II. While he never returned home from that small island, his efforts earned him a posthumous Medal of Honor.

Hawkins was born on April 19, 1914, in Fort Scott, Kansas, to parents William and Clara Jane Hawkins. When he was 3, Hawkins suffered severe injuries after accidentally being scalded by a pot of boiling water. According to a 1986 *El Paso Herald-Post* article, burns covered a third of his body, and it left him with "one leg drawn up and an arm so crooked that doctors wanted to cut the muscle to straighten it." The young boy persevered, though, relearning how to walk and recovering better than expected.

Within a few years of the incident, Hawkins' parents relocated to El Paso, Texas. His father died when he was 8, according to a 1980 *El Paso Times* article, so his mom, who was a nurse, went back to school to become a

teacher to better support him.

Hawkins was an excellent student. His keen intellect allowed him to skip fifth grade and, according to the El Paso Historical Society, he once won the state chemistry essay contest.

After graduating from El Paso High School at 16, Hawkins went to the Texas College of Mines — now the

University of Texas at El Paso — on a scholarship to study engineering. During that time, he worked a lot of odd jobs to make money, including laying pipeline in New Mexico when he was 17, the historical society said.

When the U.S. was plunged into World War II, Hawkins felt compelled to serve. He was denied entry into the Army and Navy, so on Jan. 5, 1942, he joined the Marine Corps. He

attended scout sniper school in July 1942 and was sent to the Pacific not long after with



Marines put up a signpost on Tarawa Atoll in the Gilbert Islands to make themselves feel at home before posing for a hitch-hiking picture, Jan. 29, 1944. Photo courtesy of Navy/National Archives

the 2nd Marines, 2nd Marine Division.

Hawkins' superiors noticed he was a natural leader, so he was promoted a few times rather quickly. He accepted a battlefield commission in the Solomons Islands on Nov. 18, 1942, during the Guadalcanal campaign. By June of the following year, he'd been promoted again to first lieutenant.

By the fall of 1943, he had been named the commanding officer of a scout sniper platoon attached to the assault regiment that was preparing to attack Japanese-held Tarawa Atoll. The small island of Betio on the southwest side of the atoll had a strategic airfield, of which the Allies wanted to gain control.

On Nov. 20, Hawkins' platoon was tasked with landing on Betio ahead of the primary wave of troops to make way for them. The island, which was only 2 miles long and about 800 yards wide, was well-defended by the Japanese, so they faced intense fighting immediately — a first for any of the Pacific campaigns.

Hawkins was the first to get off the transport. Without hesitation, he moved forward through heavy enemy fire, quickly working to neutralize enemy emplacements. Throughout the day and night, he led his men in joining other Marines trying to gain a foothold on the nearby beachhead and repeatedly risked his life to direct and lead attacks on pillboxes and other enemy strongholds.

At dawn on the 21st, the platoon continued its effort to clear the small beachhead of enemy resistance. Hawkins initiated an assault on a position fortified by five enemy machine guns. During a moment of withering

fire, he crawled forward toward the emplacement, fired his gun point-blank into it and then destroyed it with grenades.

Hawkins was seriously wounded five times during the battle, including in the chest during that last assault. However, he refused treatment and kept fighting. Hawkins destroyed three more pillboxes before he was severely injured by Japanese shellfire.

According to the El Paso Herald-Post, he died that evening aboard a hospital ship. However, his daring tactics during a crucial phase of the battle gave inspiration to the men around him, which was instrumental in the 2nd Marines taking the island and winning the entire atoll.

"It's not often that you can credit a first lieutenant with winning a battle, but Hawkins came as near to it as any may could," said assault commander Col. David M. Shoup after the battle. "He was truly an inspiration."

On Aug. 30, 1944, Hawkins' mother received the Medal of Honor on her son's behalf from President Franklin D. Roosevelt during a White House ceremony.

Hawkins was initially buried on Tarawa, but his remains were reinterred in 1949 at the National Memorial Cemetery of the Pacific in Honolulu.

In the first lieutenant's honor, a naval destroyer originally called USS Beatty was renamed USS Hawkins and commissioned in February 1945. The air strip on Betio Island that his fellow Marines helped capture was also named Hawkins Field. As recently as 2020, Hawkins' alma mater, UTEP, created a scholarship for deserving undergrads in his name. Hawkins' Medal of Honor is housed at the El Paso County Historical Society in El Paso.

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NewsBytes

Veterans toxic exposure screening starts

As a result of the enactment of the comprehensive veteran's toxic exposure act, (PACT Act) all patients visiting the Department of Veterans Affairs (VA) health care facilities will undergo new toxic exposure screening. This new effort will look for signs of illness to better inform veterans that they may qualify for new benefits. The five-minute screening will involve a series of simple questions regarding veterans' time in service, possible exposure to toxic substances and current health status. Veterans will undergo the screening during their first visit after Nov. 8, (regardless of the reason for the visit) but will not repeat the questions on follow-up appointments. Officials plan to conduct the screening for every patient once every five years.

DHA announces TRICARE costs for 2023

As required by law, the Defense Health Agency (DHA) recently announced TRICARE fees for 2023. Many fees are indexed to the retiree COLA increase, which will be 8.7 percent in 2023. Every year, TRICARE costs may change based on the law, the federal cost of living adjustment, changes in the cost of health care services and prescription drugs, and other factors. The FRA opposes any indexing of future TRICARE fee increases beyond CPI indexed to COLA increases. The FY2017 National Defense Authorization Act mandates pharmacy and therapy increases every year until 2027. The FRA is working to repeal these arbitrary increases.

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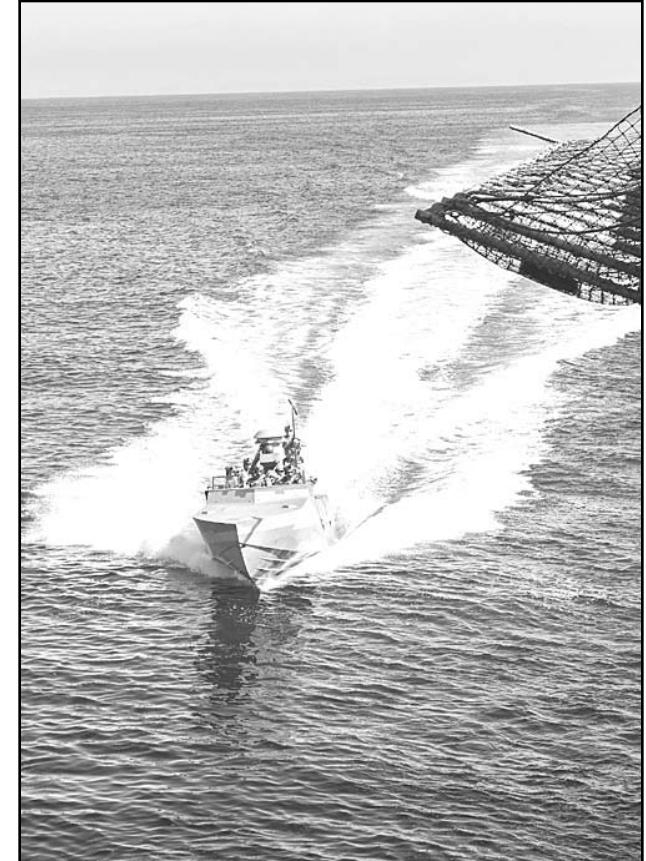
Local photo gallery



MARINE CORPS AIR GROUND COMBAT CENTER, Twentynine Palms (Oct. 8, 2022) - Julo, a military working dog with the Provost Marshal Office here, and Lance Cpl. John Cataldo, a military working dog handler with PMO, demonstrate their search procedures on Lance Cpl. Joseph Ostrowski, another military working dog handler, during a showcase at Palm Vista Elementary School in Twentynine Palms. This event showcased the abilities and uses of military working dogs. US Marine Corps photo by Lance Cpl. Andrew Bray



PACIFIC OCEAN (Nov. 17, 2022) - Capt. John Kiefaber, commanding officer of amphibious assault carrier USS *Tripoli*, speaks to the crew during an all-hands call in the hangar bay. *Tripoli* is operating in the U.S. 7th Fleet area of operations to enhance interoperability with allies and partners and serve as a ready response force to defend peace and maintain stability in the Indo-Pacific region. US Navy photo by MC2 Malcolm Kelley



SAN DIEGO (Oct. 28, 2022) - West Coast-based Naval Special Warfare operators approach dry cargo and ammunition ship Washington Chambers from a combatant craft medium (CCM) while rehearsing military interdiction operations. Naval Special Warfare is the nation's premier maritime special operations force, uniquely positioned to extend the fleet's reach and deliver all-domain options for naval and joint force commanders. US Navy photo by MC1 Daniel Gaither



MARINE CORPS AIR GROUND COMBAT CENTER, Twentynine Palms (Sept. 28, 2022) - Firefighters with the fire department here conduct vehicle fire drills on a training car. Firefighters conducted vehicle fire drills to hone their skills in a controlled environment. US Marine Corps photo by Lance Cpl. Christy Yost

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

I never buy a Thanksgiving turkey that feeds my family. I buy one so big, it could feed the entire neighborhood. When a ten-pounder will do, I buy twenty. When twenty pounds is enough for Thanksgiving dinner, sandwiches and a casserole or two, I select a gargantuan bird that barely fits in the oven.

My motivation is not gluttony, but rather, a need to be resourceful. As a military spouse, I've always enjoyed the challenge of making my family happy within our limited military budget. Other than one awful mud-splattered camping trip, a few bizarre pre-PCS meals, and the time my daughter broke her arm on a questionable playset I procured for free from our neighbors, my efforts to creatively satisfy my family inside the bounds of our modest resources were generally a smashing success.

However, there was one Thanksgiving several years ago when leftover turkey became hazardous to my health.

It was Monday morning after Thanksgiving, and I'd just dropped my husband, Francis, at the airport for TDY to Bahrain. I wondered what to make the kids for dinner. In the four days since Thanksgiving, I'd already cooked leftover turkey tetrazzini, turkey pot pie, and turkey enchiladas. They'd begun to complain, but I still had turkey bones and meat in our

Turkey soup and other hazards

fridge. Waste not want not.

However, it was a busy Monday. I had to walk the dog, get a mammogram, swing by the commissary, do laundry, iron dress shirts, start my column, return emails, balance the checkbook, take a shower and try to look human — all before my three-o'clock school pick up. I decided I had less than five minutes to throw a pot of turkey soup together before heading out to my 9:30 am mammogram appointment.

I chopped onions and carrots in flash, sautéing them in a pan alongside the pot of simmering turkey bones. Next, I plopped four celery ribs down and began slicing. I was coming to the end of the bunch when, shshshwing!

The very tip of my thumb lay neatly on the cutting board.

Slow-motion, controlled panic ensued. My uncut hand grabbed the severed cap of flesh and placed it back on the tip of my thumb, albeit crooked, and unraveled paper towels to wrap my bleeding appendage. I flicked the stove off, grabbed my purse, and jumped into my minivan, mumbling, "it's gonna be fine, it's gonna be fine, it's gonna be fine."

"Hi, I'm here for a mammogram [nervous laughter] ... you're never going to believe this [nervous laughter] ... I just cut the tip of my thumb clean off," I jabbered to the lady behind the clinic check-in desk. Despite her look of utter apathy, the woman said a doctor would check out my thumb after

my mammogram.

As the adage goes, you learn something new every day. On this particular day, I learned that it's nearly impossible to unhook your own bra strap with one hand. Like an awkward boy on prom night, I managed the task just before the technician came in to squash my bits and pieces between two glass plates. After several painfully humiliating images were procured, I was free to dress and attend to my bleeding thumb.

With only one of the three hooks of my bra strap precariously fastened, I thanked the doctor for seeing me on the fly, then waited at immunizations for a tetanus shot. Four hours after entering the clinic doors, I left with an injection Band-Aid, wilted mammarys, a cartoonishly-bandaged thumb, and a completely neglected To Do list.

Despite the chaos, I finished preparing the soup back at home, needing it more than ever. At dinnertime, I ladled the hot elixir into bowls, careful not to slosh broth onto my bandages, and placed them on our table with oyster crackers. The kids and I inhaled the salty steam in silence, blowing gently on spoonfuls.

"I can't believe you made soup from the rest of the turkey with all that craziness going on today, Mom," my compassionate child said with a slurp. "Mmmm," she murmured, "not bad, Mom."

In the grand scheme of things, she was right, it was not bad at all.

Jill On Money: Is the tech rout over?

by Jill Schlesinger
Tribune Content Services

It has been almost a year since the NASDAQ Composite and the NASDAQ 100 indexes hit all-time highs. Since then, a lot has changed.

To start, the Federal Reserve got busy raising interest rates, which tends to hurt the earnings of growth companies, like those in the technology sector. Rate hikes might have been manageable but compounding the problem for the once-high flying tech sector is a simple fact: management got it wrong.

The storyline a year ago was that the pandemic had accelerated the trends that were in place: consumers, workers, and businesses were moving to a full online existence, where brick and mortar would be a thing of the past and so too would in-person experiences like going to the gym, attending concerts and events, and shopping for everything from toilet paper to cars to houses.

After cashing in on huge pandemic era profits, the leaders of many tech companies staffed up as if the trends would continue to fuel even more profits in the future.

A year later, the once-lauded geniuses of these companies had to sheepishly admit that they had gotten ahead of themselves. In a letter that announced a 13 percent reduction in workforce (11,000 workers), Meta CEO Mark Zuckerberg outlined the problem that he and many of his fellow tech CEOs made: "At the start of COVID, the

world rapidly moved online and the surge of e-commerce led to outsized revenue growth. Many people predicted this would be a permanent acceleration that would continue even after the pandemic ended. I did too, so I made the



decision to significantly increase our investments. Unfortunately, this did not play out the way I expected."

Meta, Getir, Twitter, Lyft, Carvana, Stripe, Opendoor, Netflix, Shopify, Snap, Peloton, Twilio — along with more than 700 other companies, have laid off almost 120,000 tech workers this year, according to Layoffs.fyi. These losses are occurring amid a labor market which has added an average of 290,000 workers per month for the past three months.

So where does this leave investors in the once high-flying companies?

The NASDAQ Composite and NASDAQ 100 indexes have dropped by almost 30% from year ago high prints, and many of the biggest names are down two times

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those who think they are all
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THINGS TO DO AROUND TOWN

Oceanside Turkey Trot. Thurs, Nov 24. "Move your feet before you eat" this Thanksgiving at annual O'side Turkey Trot 5M or 5K run/walk www.osideturkeytrot.com

SD Jazzfest and Swing Extravaganza, Thurs-Sun, Nov 24-27. \$20-\$40. Enjoy listening & dancing to 20+ traditional jazz and swing bands from across the country. Town and Country Hotel and Convention Center, 500 Hotel Circle North, Mission Valley.

Native American Heritage Day

Friday, Nov 25.

World Cup Viewing Party, Fri-Sun, Nov 25-27, 7am-4pm. Free outdoor viewing party, all ages beverages garden. Gaslamp Quarter

Boarded! A Pirate Adventure Sat, Nov 26. Tickets sdmaritime.org

Guided Nature Walk, Saturday, Nov 26, 8:30-10am. Free. Kumeyaay Lake Campgnd, Santee. mtrp.org

Guided Nature Walk, Saturdays, Nov 26, Dec 3, 9:30-11am. Mission Trails Regional Park. mtrp.org

Holiday Festival at Camp Christmas, Sat, Nov 26, 5:30-9pm. \$10-\$17. Holiday festival with 20 nights of holiday joy with the Pine Valley Train Depot, a Tree Top Climbing Wall, Bow & Arrow Arcade, Winter Wonderland Hayrides, Rick's Bar-B-Q, Baker's Dozen Donuts, and Alpine Peak Buffet. The altitude at Camp Christmas is 4,000 feet and the evenings can be a bit chilly. Warm clothing – winter jackets, snow hats, scarves, and gloves – are recommended. 8668 Pine Creek Road, San Diego, 91962

Guided Nature Walk, Sun, Nov 27, 9:30-11am. Free. Starts at Visitors Center, Mission Trails Regional Park, One Father Junípero Serra Trail, San Carlos. mtrp.org

Julian Certified Farmers' Market, Sundays, 11am-4pm. Free. Wynola Farms Marketplace, 4470 Highway 78, Julian.

Bluegrass Jam, Sun, Nov 27, 1-3pm. Live music with the San Diego Bluegrass Society. Duck Foot Brewing Company, 8920 Kenamar Dr, Miramar.

Friendship Pop Up Market Sundays, Nov 27, Dec 4, 11, 18, 11am-4pm. Free. Small home-based business market with vendors. Chula Vista Friendship Park on F St.

LA Lakers vs. Indiana Pacers at Crypto.com Arena, Mon, Nov 28, 7:30pm. www.nba.com/lakers

Broadway San Diego presents: To Kill a Mockingbird, Nov 29-Dec 4. San Diego Civic Theatre. www.sandiegotheatres.org

SD Gulls vs. Colorado Eagles at Pechanga Arena San Diego, Nov 30, 7pm. www.sandiegogulls.com

Jake Shimabukuro at Balboa The-

MOVIES AT THE BASES

Movies & times subject to change. * Indicates last showing
Visit navydispatch.com/entertainment_03movies.htm to find your base theatre information

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

FREE entry to the first 300 customers (per showing), no outside food, concessions will be available.

Thursday, Nov 24-CLOSED

Friday, November 25

5:50pm Black Adam pg13

Saturday, November 26

3pm Till pg13

6pm Black Adam pg13

Sunday, November 27

1pm Ticket to Paradise pg13

3:20pm Prey for the Devil pg13

Thursday, December 1

5:50pm Black Adam pg13

Friday, December 2

6pm Armageddon Time r

Saturday, December 3

3:40pm Prey for the Devil pg13

5:50pm Black Adam pg13

Sunday, December 4

12:50pm Armageddon Time r

Lowry Theater - NASNI, 619-545-8479

Bldg. 650

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

Friday, November 25

6pm Till pg13

Saturday, November 26

3pm Black Adam pg13

6pm Prey for the Devil

Sunday, November 27

1pm Black Adam

3:30pm Till pg13

Friday, December 2

6pm Armageddon Time r

Saturday, December 3

3pm Black Adam pg13

6pm Ticket to Paradise pg13

Bob Hope Theater

577-4143
MCAS Miramar Bldg 2242

Friday, November 25

6pm Till (PG-13)

Saturday, November 26

3pm Ticket to Paradise (PG-13)

6:30pm Black Adam (PG-13)

Sunday, November 27

12pm Black Adam (PG-13)

3pm Prey for the Devil (PG-13)

Check <http://www.mccsmiramar.com/theater/>

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, November 26

1:20pm Amsterdam (R)

Saturday, December 3

1:30pm Halloween Ends (R)

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Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDs

Thursday, November 24

Feeling fatigued? A look at some possible causes

Exhaustion seems to be on the rise. Fatigue is one of the symptoms most often reported by people with COVID-19, and their tiredness can linger. Add this to the many other causes of fatigue that existed before the pandemic—such as lack of sleep, mental health concerns, and health conditions like anemia or heart disease. Overall, it seems, we are one weary nation.

Fatigue can be helpful. It can be a warning sign that you need to ease up after strenuous exercise. Or it can make you rest if you get sick. But more often, fatigue creates problems. It can be an overwhelming and lasting feeling of exhaustion that makes it hard to do everyday tasks.

"There are different aspects of fatigue. It's generally agreed that the sensation of fatigue can involve difficulty in starting or continuing an activity," says Dr. Vicky Whittemore, who is involved in NIH's fatigue-related research programs. "It can involve the perception that the effort to perform an activity is more than should be needed."

Fatigue itself is not a disease. Rather, it's a symptom. It can be caused by viral infections, certain medications, unhealthy eating, cancer and its treatments, depression or anxiety, and more.

Because it has so many possible



causes, it can be hard for doctors to diagnose the origins of someone's fatigue. This can make it difficult to develop an effective treatment plan. But your doctor can help you figure out where to start.

Making lifestyle changes can provide some people with relief (see the Wise Choices box for ideas). But these changes may not be enough for everyone. Certain health conditions can contribute to exhaustion. Some are treatable, such as a vitamin or mineral deficiency. But not much is known about other causes of fatigue.

One cause of debilitating fatigue

is a serious disease called myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS). ME/CFS causes long-lasting, severe exhaustion, along with flu-like symptoms (called post-exertional malaise). People with ME/CFS may also have sleep problems, pain, or "brain fog." Brain fog is when you have trouble thinking or concentrating. Physical or mental activity can make ME/CFS symptoms worse.

Researchers have not yet found an effective way to diagnose or treat ME/CFS. However, its symptoms overlap with those seen in people with Long COVID. Long COVID arises when COVID-19 symptoms last weeks or months after infection. Experts estimate that around 20% of individuals with Long COVID will also be diagnosed with ME/CFS.

These similarities create new opportunities for scientists to uncover the biology behind fatigue. So, NIH is bringing together researchers from different fields and is providing new funding to help scientists

tackle the mysteries of these and other forms of fatigue.

"The study of Long COVID is bringing light to many issues that the ME/CFS community has been

exploring for years," Whittemore says. "I think this research will help us better understand fatigue and get at the underlying mechanisms."

Many types of exercise can lengthen older adults' lives

Getting enough physical activity is vital for your health at any age. Guidelines recommend that adults get at least 150 minutes (or two and a half hours) of moderate exercise each week. But does it matter what types of activities you do?

A team of researchers asked this question about older adults. They looked at data from more than 250,000 participants in a national survey. People answered questions about their participation in seven different recreational activities. These included running or jogging, swimming, racquet sports, golf, and walking. The survey also tracked cycling and other aerobic exercise. Participants were first surveyed in the 1990s. Their average age was 70 when they

Older adults who got the recommended amount of activity had a 13% lower risk of death compared with those who were inactive. Playing racquet sports or running showed the greatest risk reductions. But all activities provided benefit.

"The most important thing an inactive older adult can do to improve their health is find an activity that they enjoy and can stick with," says NIH researcher Dr. Eleanor Watts, who led the study.

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VA study shows Paxlovid reduces risk of Long COVID

This month the VA released a study showing the medication Paxlovid can reduce the risk of symptoms of "Long COVID," which affects millions of people in the U.S. and around the world. In the interest of public health, the study, "Nirmatrelvir and the risk of post-acute sequelae of COVID-19," was released before peer-review on the pre-print server medRxiv.

The study, which included more than 56,000 Veterans with a positive SARS-CoV-2 test, showed that those given the oral antiviral medication in the first 5 days of a COVID-19 infection had a 25% decreased risk of developing 10 of 12 different Long COVID conditions studied—including heart disease, blood disorders, fatigue, liver disease, kidney disease, muscle pain, neurocognitive impairment and shortness of breath.

The decreased risk of long COVID associated with Paxlovid treatment exists regardless of whether it was a participant's first infection or a reinfection and regardless of whether the participant was unvaccinated, vaccinated or boosted.

"Paxlovid reduces the risk of severe COVID-19 in the acute phase, and now, we have evidence that it can help reduce the risk of long COVID," said Dr. Ziyad Al-Aly, chief of research and development at the VA St. Louis Health Care System and clinical epidemiologist at Washington University in

St. Louis, who led the study. "This treatment could be an important asset to address the serious issue of long COVID."

"This groundbreaking study is going to improve the lives of Veterans and all Americans," said VA Secretary Denis McDonough.

"VA's researchers have conducted life-saving studies throughout the pandemic, and Dr. Al-Aly's excellent work here is yet another example of VA leading the way."

In December 2021, the FDA approved Paxlovid for COVID-positive patients at a high risk for

severe COVID-19. Paxlovid is a combination of two medications—nirmatrelvir and ritonavir. Paxlovid has been shown to lower the risk of hospitalization and death COVID-19 in infected patients. Paxlovid has to be prescribed within five days of symptoms.

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2022 AZTEC FOOTBALL HOME SCHEDULE

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SEPTEMBER 24 (TBA)
US COAST GUARD RECOGNITION



NOVEMBER 3 (TBA)
US MARINE CORPS RECOGNITION



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