

Career Advice

Interpersonal Edge: Coping with grief at work.

See page 8

AutoMatters & More



Public transportation can be a very good and necessary thing.

See page 10

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Navy Marine Corps Coast Guard Army Air Force

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SIXTY-FIRST YEAR NO. 31
THURSDAY, NOVEMBER 25, 2021

CORONADO HONORS LOCAL SERVICE MEMBERS DURING HOMETOWN HEROES BANNER CEREMONY

Petty Officer 1st Class
Peter Burghart,
USS Tripoli (LHA 7)

CORONADO - The City of Coronado hosted their biannual Hometown Heroes Banner ceremony at Coronado High School Performing Arts Center, Nov. 6.

Navy Capt. Jennifer Ellinger, commander, Amphibious Squadron (CPR) 7, and Marine Corps Col. Christian Ellinger, command inspector general, Marine Corps Recruit Depot San Diego, were honored with banners during the ceremony.

The Hometown Banner Program recognizes military service members and veterans, living or deceased, who live or have lived in Coronado. The City began the program in 2014 with help from the Veterans of Foreign Wars Post 2422, the Avenue of Heroes Neighborhood Association, Hometown Hero Banner Committee, and the Coronado Historical Association.

"We have been blessed to call Coronado our hometown for nearly 20 years," said Jennifer Ellinger, "where we have raised our children, left and returned from deployment, and have been embraced by an amazing community that has been the



Capt. Jennifer Ellinger, left, and husband Marine Corps Col. Christian Ellinger, are shown here with their son during a Hometown Heroes Banner ceremony. Navy photo by MCSN Maci Sternod

home of countless veterans and their families - and true military heroes. We are forever grateful to our fellow service members, friends, and extended family within the community that have enabled us to serve with peace of heart and mind."

The City of Coronado recognized the Ellingers for not only their long-term residence while serving but also for their

participation with various local community organizations.

"I believe it recognizes individuals who serve our city, and serve our country," said Lee Fulmer, a member of the Heroes Hometown Banner Committee and VFW Post 2422. "Myself being a member of the VFW and a retired service member, it's fabulous to see all these people honored."

Banners are hung along Third and Fourth Streets, the City's "Avenue of Heroes" from Orange Avenue to Naval Air Station North Island.

"My husband and I are truly humbled and honored to be nominated into the Hometown Heroes Banner Program," said Jennifer Ellinger.

The ceremony marked the

first live presentation in two years due to the COVID-19 pandemic with previous ceremonies being postponed or livestreamed.

Amphibious Squadron 7 commands, coordinates, plans, integrates, and executes the

deployed amphibious operations of an expeditionary strike group in conjunction with a marine expeditionary unit. CPR 7 is responsible for the full combat integration of an LHD, LSD, and an LPD in support of an expeditionary strike group and national objectives.

Defense department announces cost of living increase to retired pay

The Department of Defense announced Nov. 19 that an annual cost of living adjustments will benefit military retirees and survivors during calendar year 2022.

Most military retirees will receive a 5.9 percent increase to their retired pay beginning with the pay they receive on January 1, 2022, which is the largest such increase since 1982. Likewise, survivors of members who died on active or inactive duty, or survivors of military retirees who participated in the Survivor Benefit Plan will, in most cases, see a 5.9 percent increase to their annuities beginning in January.

Survivors who are eligible for the Special Survivor Indemnity Allowance (SSIA) will also receive an increase to their SSIA payments that reflects this 5.9 percent adjustment. The maximum amount of SSIA payable will be \$346 beginning in January, although some survivors may receive less in SSIA as the Department of Defense continues to implement the phased reduction in the Survivor Benefit Plan - Dependency and Indemnity Compensation offset, as enacted by the National Defense Authorization Act for Fiscal Year 2020.

Cost of living adjustments are calculated based on the Consumer Price Index for Urban Wage Earners and Clerical Workers for the four quarters ending with the third calendar quarter of 2021 (July, August, and September 2021).

Those military retirees who retired during calendar year 2021, and all military retirees who retired under the REDUX retirement system may receive a slightly different annual cost of living adjustment. The complete list of updates to military retired and retainer pay, and survivor annuities, allowances, and premiums can be found at <https://militarypay.defense.gov/Pay/Retirement/Cola.aspx>.

Marines on track for worst vaccination record in U.S. military ...

The Marine Corps is set to have the worst vaccination record among military branches, with up to 10,000 active duty personnel set to miss the service's Nov. 28 deadline, the *Washington Post* reported June 21.

At least 94 percent of Marines have already met President Joe Biden's COVID-19 vaccine requirements or are on track, but for those 10,000 it is too late to start and complete the vaccination process by the deadline.

The Marines could not be immediately reached for comment.

The Marine Corps, which is the least-populous branch of the U.S. military, is overseen by the Department of the Navy, which runs the Navy and Coast Guard. The Navy has the highest vaccination rate within the military; 99.7 percent.

At least 97 percent of active duty personnel within the Department of the Air Force, which oversees the U.S. Air Force and Space Force, had been vaccinated by the department's Nov. 3 deadline.

U.S. Attorney's Office celebrates Veterans Diversion Program, now in 5th Year

... Officials in San Diego celebrated the five-year anniversary of the Veterans Diversion Program, which supports military veterans facing criminal charges.

Under the program, a limited number of vets have the opportunity to see their charges set aside if they complete one year of requirements.

Qualified veterans who plead guilty can take part in the court-monitored program, which may involve substance abuse treatment, as well as employment and education counseling.

To take part, veterans must maintain or actively seek employment or schooling and appear before a judge on a monthly basis to inform the court of their progress.

A U.S. Attorney's Office statement said acceptance into the program is "not easy," and requires approval from a committee of 10 federal prosecutors, all of whom are veterans.

Chief of Naval Personnel to determine status for partially vaccinated Sailors ...

Chief of Naval Personnel Vice Adm. John Nowell will decide the career outcomes of active-duty Sailors who have started the vaccination process but will not meet the impending deadline to be fully vaccinated against COVID-19.

All active-duty Sailors must be fully vaccinated by Nov. 28, unless they have been granted or are waiting on an exemption, according to Navy guidance. To be fully vaccinated, a Sailor must be two weeks out from their last dose of the two-shot Moderna, which is under emergency use authorization, or the two-shot Pfizer, which received FDA approval. Sailors can also opt to receive the one-dose Johnson and Johnson version, which is also under emergency use authorization.

It is not clear how many sailors have not received the vaccine in time to meet the deadline, although a Monday news release from the Navy said at least 99 percent of active-duty sailors received the first shot, while 95 percent were fully vaccinated.



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Army releases a two volume book about Operation Enduring Freedom

WASHINGTON - The U.S. Army Center of Military History released *Modern War in an Ancient Land: The United States Army in Afghanistan 2001-2014*, a two-volume history, today.

These volumes, prepared by the Operation Enduring Freedom Study Group, present a first cut operational-level narrative of how the U.S. Army formed, trained, deployed, and employed its forces in Afghanistan from October 2001 to December 2014. At the same time, it delves into the tactical realm when such insights amplify the implications of operational decisions or occurrences.

To write this history, the study group, led by Edmund J.J. Degen, embarked on an extensive research program that relied heavily on primary source documents. The group also conducted dozens of oral history interviews with key military and civilian leaders. These volumes include fifty maps, a wide range of campaign photography and artwork, and volume-specific indexes.

The Army routinely conducts after action reviews of operations that capture lessons learned and are intended to help guide and inform future decisions by military leaders at all levels.

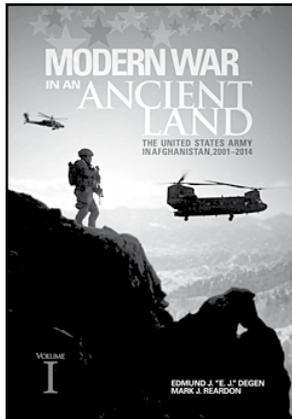
The process of researching, analyzing and writing the history can take several years, Degen noted that, "It's important to capture these historical lessons as soon as we can as they may apply to future wars."

As part of the Army's continuous campaign of learning, CMH will write more in-depth histories of all aspects of the war in Afghanistan, including operations from 2015 to 2021, the evacuation of Kabul, and security force assistance.

The two-volume book set will be released as CMH Pub 59-1-1 and will be available in print, as an eBook, and as a free pdf download starting Nov. 17, 2021. Access to these options are found at: <https://history.army.mil/html/books/059/59-1/>.

The general public can also purchase print copies of these volumes from the U.S. Government Publishing Office, at <https://bookstore.gpo.gov/>.

For additional information about the history of the U.S. Army in Operation Enduring Freedom, visit <https://history.army.mil/catalog/pubs/70/70-83.html> and <https://history.army.mil/catalog/pubs/70/70-131.html>.



Modern War in an Ancient Land: The United States Army in Afghanistan 2001-2014. Volume I. Army photo credit

U.S., Jordan partner on new unmanned systems integration

MANAMA, Bahrain - U.S. Naval Forces Central Command briefed the head of Jordan's navy on U.S. 5th Fleet efforts to integrate new unmanned systems during a visit to U.S. Naval Support Activity Bahrain, Nov. 18.

Personnel from NAVCENT's Task Force 59 briefed Col. Hisham Khaleel Aljarrah, commander of the Royal Jordanian Naval Force, alongside Vice Adm. Brad Cooper, commander

of NAVCENT, U.S. 5th Fleet and Combined Maritime Forces on the task force's new Saildrone Explorer unmanned surface vessel.

The visit signaled 5th Fleet's commitment to partnering with Jordan after establishing the new unmanned task force in September to focus 5th Fleet efforts on unmanned systems and artificial intelligence integration.

The Royal Jordanian naval base in Aqaba, Jordan will be

come a joint hub for Saildrone USV operations in the Red Sea next month. The United States and Jordan share a strong bilateral partnership in maintaining regional maritime security and stability.

"This is a major step in our effort to integrate new unmanned systems with our regional partners," said Cooper. "Our strong partnership with Jordan will help accelerate new system development and integration to enhance maritime domain awareness and strengthen deterrence."

The Saildrone Explorer is a 23-foot-long, 16-foot-tall USV reliant on wind power for propulsion. The vessel houses a package of sensors powered through

solar energy for monitoring the maritime environment.

"We're working harder and smarter to achieve maritime security, in all domains - surface, subsurface, and over the sea," said Hisham. "The Red Sea will witness a significant increase in monitoring and power projection to maintain stability and security within international waters."

The Middle East region's unique geography, climate, and strategic importance offer an ideal environment for unmanned innovation through multilateral collaboration. The area includes the world's largest standing maritime partnership, Arabian Gulf, Red Sea, Gulf of Oman and parts of the Indian Ocean.

Mount Whitney and Porter arrive in Batumi, Georgia

BATUMI, Georgia - Blue Ridge-class command and control ship *USS Mount Whitney* (LCC 20) and guided missile destroyer *USS Porter* (DDG 78) arrived here recently for a scheduled port visit.

The port visit highlights an important relationship between NATO allies and vital Black Sea partner Georgia. Georgia has been a consistent and steadfast partner in promoting peace and stability in the region.

Previously, *USS Donald Cook* (DDG 75) conducted a port visit in Batumi in February 2021. Legend-class Coast Guard Cutter *Hamilton* (WMSL-753) similarly stopped in Batumi in May 2021, after completing interoperability exercises with the Georgian Coast Guard.

"Georgia plays a critical role in maintaining security and stability in the

Black Sea and is a valuable NATO partner," said Rear Adm. James Morley, Deputy Commander, Naval Striking and Support Forces NATO. "We look forward to further enhancing the relationship between NATO and our Georgian counterparts here in Batumi."

U.S. Sixth Fleet and STRIKFORNATO personnel are embarked aboard *Mount Whitney*, operating as an integrated team. The interoperability between the commands, and their presence in the region, demonstrates the U.S. and NATO's commitment to the Black Sea and to working with allies and partners to advance peace and prosperity in the region.

Total Navy Battle Force: 295
Ships underway
 Deployed ships underway: 56
 Non-deployed ships underway: 28
 Total ships underway: 84

Where are our ships at sea

These are approximate positions of the Navy's deployed carrier strike groups & amphibious ready groups throughout the world as of Nov. 22, 2021, based on Navy and public data. You can access this and other information through the U.S. Naval Institute's portal at <https://news.usni.org/topstories>.

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THURSDAY, NOVEMBER 25, 2021 www.armedforcesdispatch.com 3

Austin: U.S. 'committed to preventing Iran from gaining a nuclear weapon'

WE URGE IRAN TO DO ITS PART, AND TO TAKE STEPS TO REDUCE VIOLENCE AND CONFLICT," SAID SECRETARY OF DEFENSE LLOYD J. AUSTIN III.

by David Vergun,
DoD News

America's allies and partners in the Middle East and elsewhere share deep concerns about the Iranian government's destabilizing actions - including its support for terrorism, its dangerous proxies and its nuclear program, Secretary of Defense Lloyd J. Austin III said.

The secretary delivered a major policy speech on the Middle East and North Africa Saturday at the International Institute for Strategic Studies Manama Dialogue 2021 in Manama, Bahrain.

"The United States remains committed to preventing Iran from gaining a nuclear weapon. And we remain committed to a diplomatic outcome of the nuclear issue. But if Iran isn't willing to engage seriously, then we will look at all the options necessary

to keep the United States secure," Austin said.

This week, Iran's negotiating team is set to return to Vienna, Austria, to restart talks on a mutual return to compliance with the Joint Comprehensive Plan of Action, he said.

"We and our partners will return to those talks in good faith. But Iran's actions in recent months have not been encouraging - especially because of the expansion of their nuclear program," he said.

"If Iran comes back with constructive positions, we still think we can quickly resolve our lingering differences to make a mutual return to the JCPOA possible," he added.

Iran's neighbors have tried to talk and improve relations, Austin said. The United States fully supports those efforts.

"We urge Iran to do its part, and to take steps to reduce violence and conflict. But whatever Iran decides, we will continue to work closely with our partners. Iran should have no illusions that it can undermine our strong relationships in this region. And we will defend ourselves, and we will defend our friends and we will defend our interests," the secretary said.

Austin said the Defense Department is working with partners

in the region to address threats from Iran, its proxies and terrorist organizations. Those threats include unmanned aerial vehicles, boats loaded with explosives and ballistic missiles.

Working with partners to counter those and other threats includes joint exercises and training in places such as the United Arab Emirates' Air Warfare Center, he said.

"Thanks to our shared investments, our partners here have their own formidable capabilities to handle the dangers from UAVs," he said.

For example, Saudi Arabia's ground and air forces can now take out 90 percent of UAVs or missiles fired from Yemen and he said the department is working with the kingdom to get that figure up to 100 percent."

Also, across the Middle East, the department is supporting efforts to better integrate air and missile defenses, to strengthen regional security cooperation and to interdict dangerous material at sea.

"We're going to build on our longstanding investments in this crucial region - in security cooperation, and training, and professional military education, capacity building and intelligence sharing and joint exercises," Austin said.

Top 5

- Former D.C. Guard commander calls for retraction of Pentagon watchdogs's Jan. 6 report
- Strike on U.S. base was Iranian response to Israeli attack, Officials say
- U.S. considering returning some evacuees who don't pass vetting process to Afghanistan
- Marines end crisis response force rotations in Africa, Middle East in favor of airlifting Army troops
- The only person charged in the murder of Spc. Vanessa Guillen is trying to get the case tossed out

Army

- Alaska sergeant dies in his Fairbanks home, second in a month
- Sappers blow up local water park - no, really
- Army to begin forcing out soldiers who refuse COVID vaccine, including guardsmen

Navy

- Navy looks to get back on schedule for fielding hypersonic missiles on submarines
- Navy accepts first Freedom LCS since discovering widespread defect in combining gear system
- Navy orders submarine crews to review navigation safety following undersea collision

Marine Corps

- Dual devotion: A Sikh Marine can now wear his turban in uniform. But he wants more
- 94% of active duty Marines at least partially vaccinated as deadline looms
- Marine Corps won't expel all unvaccinated Marines en masse on the Nov. 28 deadline, Navy secretary says

Air Force

- Ellsworth Air Force Base will host its first open house and air show in seven years in 2022
- Air Force tech sergeant just got married in the back of a C-17 cargo jet

Space Force

- U.S. Space Force wants to clean up junk in orbit
- Satellite operators not yet ready to embrace in-orbit servicing

National Guard

- Army secretary to National Guard members who resist the vaccines: Prepare for discipline.
- A traveler, a father, an artist, a trivia fan. The four Wisconsin National Guard members who died by suicide in a five-month span
- What should the Guard do to reduce suicides? More transparency, improved communication, better medication guidance among possible solutions.
- Louisiana National Guard recognizes Native American service member during heritage month

Your Military

- Spouses, kids of vets who die from service injuries, guaranteed in-state college tuition rate under new law
- Volunteers needed at military mailrooms overseas ahead of holiday package surge

Podcasts

- Secretary Gaskin speaks on North Carolina - and Afghanistan
- Israeli, Emirati companies partner up on unmanned surface vessels



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NAVWAR announces Project Overmatch prize challenge winners

by Elisha Gamboa,
NAVWAR Public Affairs

SAN DIEGO - Naval Information Warfare Systems Command (NAVWAR) announced the winners of the Artificial Intelligence and Networks Advanced Naval Technology Exercise (AINetANTX) Prize Challenges, Nov. 17, focused on identifying solutions at speed, for a more lethal, better connected fleet of the future in support of Project Overmatch.

It's a priority Department of the Navy initiative aimed at connecting platforms, weapons, and sensors together in a robust Naval Operational Architecture (NOA) that integrates with Joint All-Domain Command and Control for enhanced Distributed Maritime Operations. Critical to Project Overmatch is the development of networks, infrastructure, data architecture, tools and analytics that support the operational and developmental environment that will enable sustained maritime dominance for years to come.

The Artificial Intelligence (AI) Challenge focused on leveraging the latest in AI-enabled technologies to address current and future warfighting gaps.

The winner of the AI Challenge was Big Bear AI, a company focused on helping government and businesses make the decisions that change markets and define outcomes. The runner up was L3 Harris.

"We are grateful for the opportunity to have participated in such an important competition," said Big Bear AI Chief Technology Officer Brian Frutchey. "This challenge allowed us to demonstrate how our automated

course of action assessment AI can assist the Navy in allowing warfighters to make critical decisions quickly in operationally relevant maritime environments."

The Networks Prize Challenge focused on exploring new networking technologies that will advance the reach, capacity and resiliency of the maritime tactical network of networks.

The winner of the Networks Challenge was goTenna Inc., a startup that specializes in mesh networking technologies. Their technology is currently used for personal safety, disaster response, business continuity, special and tactical operations and industrial internet of things. The runner up was Raytheon BBN Technologies.

"It is truly an honor to be recognized as the winner of this challenge amongst such strong competition," said goTenna Chief Scientist Ram Ramathan. "We feel privileged to be able to support NAVWAR in addressing current and future warfighting gaps, working together to deliver solutions at speed to modernize naval warfighting networks."

Each prize challenge awarded \$100,000 in total cash prizes for the best solutions presented, with first place entries winning \$75,000, and second place entries winning \$25,000.

Both challenges were open

to all U.S. citizens, including commercial, government and academic individuals or teams, lowering the barrier to entry and increasing the competitive landscape to identify the best solutions possible in support of Project Overmatch.

"Overmatch is unleashing the



power of the platform with this AINetANTX," said NAVWAR Science and Technology Director Carly Jackson. "The team put

forward two very challenging problem sets and prize award incentivizes allowing industry to bring their innovations into our platforms, architectures, and to use our data. The participants had less than three months but the results we are seeing are quite compelling. By quickly leveraging the lab infrastructure and expertise resident across the Naval Research and Development Establishment, this new type of digital platform-powered ANTX enables us to identify and field technologies, components, or algorithms at the speed of the threat."

NAVWAR identifies, develops, delivers and sustains information warfighting capabilities and services that enable naval, joint, coalition and other national missions operating in warfighting domains from seabed to space and through cyberspace. NAVWAR consists of more than 11,000 civilian, active duty and reserve professionals located around the world.



NAVWAR Commander Rear Adm. Small presents AINetANTX first place prize to Big Bear AI. Photo by Elisha Gamboa



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OCTOBER 9 TBA SOSU VS. NEW MEXICO	OCTOBER 30 7:30 PM SOSU VS. FRESNO STATE	NOVEMBER 13 7:30 PM SOSU VS. NEVADA
	NOVEMBER 26 9:00 AM SOSU VS. BOISE STATE	

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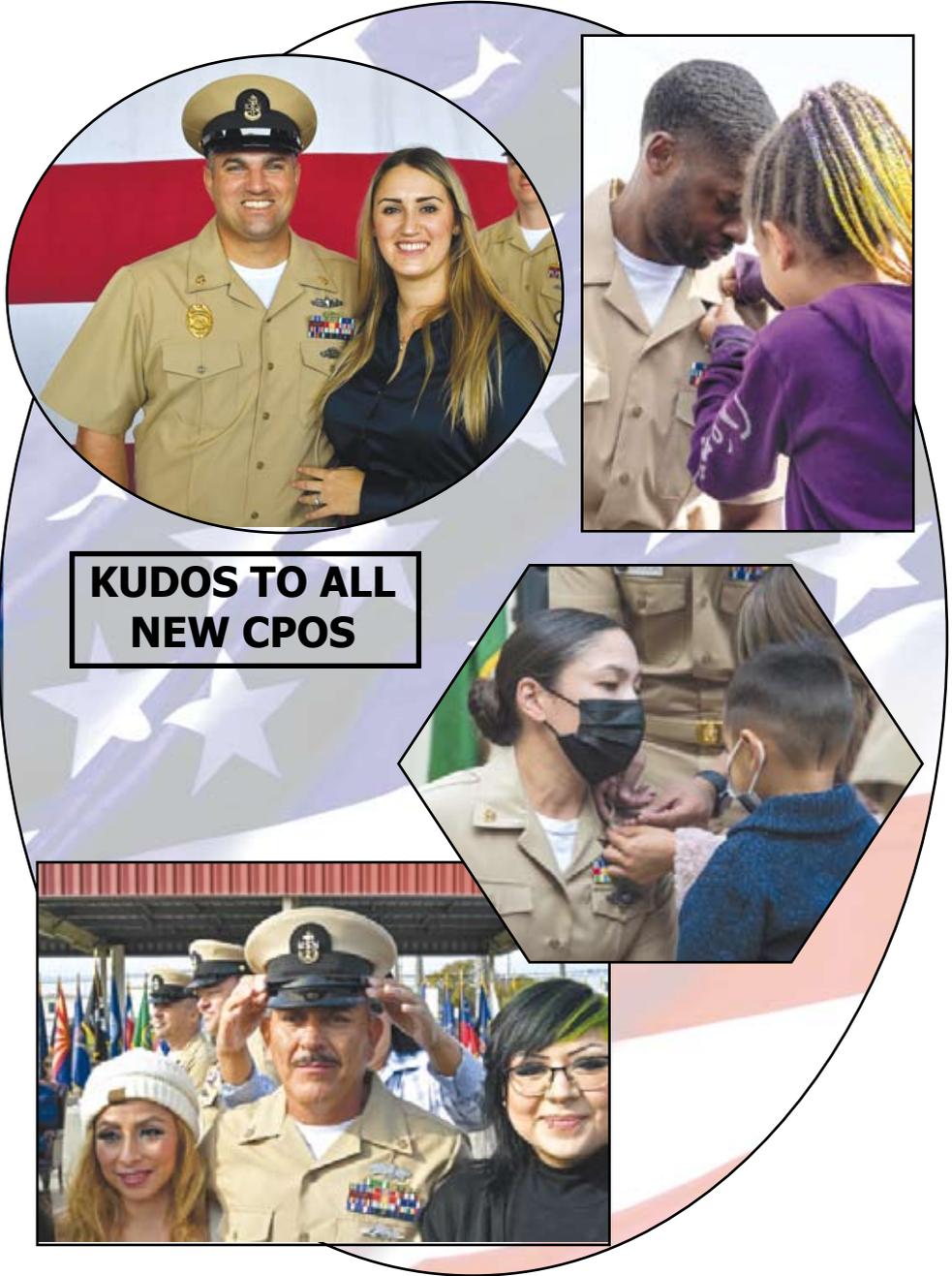
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THIS WEEK'S SNAPSHOTS



**KUDOS TO ALL
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PORT HUENEME
Nov. 19, 2021

A cargo vessel unloads commercial containers onboard Naval Base Ventura County. NBVC in partnership with the Oxnard Harbor District has activated a standing joint use agreement to provide Navy resources in direct support of decreasing port congestion in Los Angeles County and reducing the national supply-chain shortage. Photo courtesy of the Navy

Sailors conduct maintenance on an F/A-18F Super Hornet, assigned to the "Bounty Hunters" of Strike Fighter Squadron (VFA) 2, in the hangar bay aboard Carl Vinson aircraft carrier.

Navy photo by
MC3 Erin C. Zorich



PHILIPPINE SEA
Nov. 16, 2021



SAN BERNARDINO STRAIT
Sept. 27, 2021

Ronald Reagan aircraft carrier and guided-missile destroyers USS Stockdale and USS Chafee conduct archipelagic sea lane passage.

Navy photo by
MC1 Rawad Madanat

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USS CARL VINSON, at sea
Nov. 19, 2021

Chief Operations Specialist Maurice Gibson, shown here during his CPO pinning. Navy photo by MC3 Isaiah Williams

6 www.armedforcesdispatch.com THURSDAY, NOVEMBER 25, 2021

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USNCC president visits Sailors on ships; Talks education at sea

by MCC Xander Gamble

SAN DIEGO - The U.S. Naval Community College's president visited with leadership and enlisted Sailors at U.S. Third Fleet; U.S. Naval Surface Forces, Pacific Fleet; and three naval vessels recently.

President Randi R. Cosentino discussed operational requirements at sea, access to educational resources, and enlisted Sailors' and Marines' interest in education while afloat.

"This was a great opportunity to see Sailors in their environment and a very productive visit," said Cosentino. "These discussions will help the USNCC make a better educational program that takes the deployed and operational Sailor and Marine into consideration in how we can deliver a quality educational model to the fleet."

During her visit aboard *Abraham Lincoln* aircraft carrier, Cosentino talked with Capt. Amy Bauernschmidt, the ship's commanding officer, about improvements in access for Sailors aboard naval vessels. Cosentino then toured the aviation intermediate maintenance department spaces and spoke with AIMD Sailors who described their jobs, technologies, and capabilities, both in port and at sea. Cosentino said this will help her better understand how to develop the USNCC's planned Aviation Maintenance Technology degree program planned for 2022.

When Cosentino met with senior leaders and Sailors on amphibious dock landing ship USS *Germantown* (LSD 42) and Arleigh Burke-class destroyer USS *Paul Hamilton* (DDG 60), she was able to understand the difference in expectations for Sailors and Marines deployed at sea while forward-deployed in the U.S. Seventh Fleet area of operations as well as the interests and concerns of junior enlisted service members regarding higher education while at sea.

"Being able to interact with those young men and women was the highlight of my visit," said Cosentino. She also said that this will help her develop a possible educational format that can be implemented into existing shipboard technology to provide access, at a minimum, to the naval core courses offered by the USNCC.

The U.S. Naval Community College is the community college for the Navy, Marine Corps, and Coast Guard.

Rules-based international order must be protected with allies, partners, Indo-Pacom commander says

by Terri Moon Cronk

The 80-year-old rules-based international order has done everything it's designed to do for all nations by enabling security, stability and prosperity for all around the globe, Navy Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command, said.

Speaking at the Halifax International Security Forum in Halifax, Nova Scotia, Canada, the commander said the Indo-Pacific region represents global security and prosperity, but international norms are under direct attack.

It is an "absolute necessity," he noted, "for all nations to defend the rules-based international order for their benefit and for the benefit of all."

Aquilino emphasized the relative military and economic situations existing today are much different from 20 years ago.

"We adapted to a post-Cold War environment," the commander said. "And we presented with a focus on terrorism. In the past two decades, I would make the argument the military and economic centers of gravity have shifted to the Indo-Pacific."

The region hosts four of the most populous nations, three of the largest democracies, three of the largest economies, he said. It's responsible for 60 percent of the world's gross domestic product. Two-thirds of the present, global economic growth is driven from the Indo-Pacific.

On a military level, he added, seven of the world's 10 largest armies, five of the world's declared nuclear nations and the most-sophisticated navies all reside in the Indo-Pacific.

The sea lanes support the world's nine largest ports, and every day, half of the global container cargo and 70 percent of the shipboard energy supply flows through those maritime spaces, Aquilino said.

"It didn't happen by itself — the rules-based international order facilitated this dramatic growth and its development," he said. "The important work of the regional nations in the Indo-Pacific fostered an environment for all to prosper. Adherence to those international norms and our other values — to include mutual respect for sovereignty and territorial integrity, human rights, resolving disputes peacefully, and

freedom of navigation — all have created greater stability."

The importance of the Indo-Pacific is not an anomaly, because the world has benefited from rules-based international order, the commander said, but added that the order is under attack by revisionist, autocratic powers that seek to disrupt and displace the order in ways that benefit themselves at the expense of all others, Aquilino said.

Coercion and intimidation are the tools they use to achieve their objectives, he said, adding, "This assault on the rules-based international order should be concerning to all of us."

On a positive note, Aquilino said, the vast majority of countries throughout the region and the globe continue to strive for a free and open Indo-Pacific. "This is defining the security landscape of the 21st century, and how we deal with this will matter," he said, adding that working together with like-minded nations, allies and partners is critical.

And in working with other nations, such collaboration proves what can be achieved when allies and partners work together, Aquilino said. "Individually, we are strong, but together, we are stronger. So as we go forward into the future, we need to continually confront ... challenges."

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Interpersonal Edge: Coping with grief at work

by **Dr. Daneen Skube**,
Tribune Content Agency

Q: Many family members have died of COVID-19, I was unemployed for a while, and my industry is struggling with hard changes. I find myself anxious, irritable, and just waiting for the next blow. I know loss is part of life but how do I best cope at work?

A: You can cope with loss in and out of the workplace if you allow yourself to feel the sadness, fear, and irritability. Notice I did not say dump these feelings into the workplace as doing that would undermine you. Find people outside of work to talk about your feelings and acknowledge the reality that your old life is gone.

Americans tend to avoid grief. Our culture values the “happy face” at all times. When we experience multiple losses our happy face is not available.

In the aftermath of serious losses we’ll also experience an irrational amount of fear. Our psyche is shell shocked and starts anticipating more big heart breaks.

Americans value self-suffi-

ciency at all times but in the face of loss we need support from others. We need a village to heal. There are grief groups, counseling, and even crisis lines where

Interpersonal Edge



by
Dr. Daneen Skube

you can share your burdens.

We also have to surrender our old lives and often old identities when we grieve. Grief unexpectedly rips away former habits, relationships, and roles and forces us into new places. If we can accept that it’s impossible to return to our old life we’ll also recover more rapidly.

Give yourself permission to be angry your old life is gone. Yes, it’s unfair, and yes, you did not ask for this, and yes, no one puts loss on their calendar. Loss is difficult in part because it travels with shock and shock makes it hard to adapt.

We all know Darwin’s law

of adapt or die but we may not realize there’s a second reality of adapt or suffer more. Once loss has arrived we only have two options: refuse to accept and suffer more, or work to accept and suffer less.

At the moment of loss all humans feel shock, fear, numbness, and a lack of reality. Our psyches go into shock to try to protect us from the full impact of the grief. We may feel detached from others, or dissociated from ourselves.

Over time full feeling comes back and with it the full impact of grief. Grief generally travels with irritability. Intense sadness is so painful that everything may annoy us.

Grief is unpredictable. A psychiatrist, Elisabeth Kubler-Ross, suggested stages of grief; denial, anger, bargaining, depression, and acceptance. However, my experience is my clients don’t go through these stages logically. Instead it’s normal to bounce around on an hourly or daily basis between stages.

If people at work ask you about your subdued mood it’s fine to acknowledge you’re

going through loss. However, minimize your grief discussions at work. Most people do not deal with their own grief well and feel flooded by the grief of others.

Outside your workplace chose the people you talk to about your losses carefully. Select people that have had good therapy, done personal growth, or been through their own losses and are thriving.

Be careful to steer clear of destructive coping mechanisms.

Too much alcohol, sugar, being sedentary, or other unhealthy habits will slow your healing. Our physical health is essential when we’re healing from a big loss.

There’s a wise saying whose source is unknown which observes that the bird does not rest easily on the branch because it trusts the branch but because it trusts its wings. We will not and cannot avoid profound loss and intense change. We can trust in our ability to cope and be resilient as we adapt

to our new realities.

The last word(s)

Q: Is there one interpersonal skill you teach that you think is most important to master to be successful at work?

A: Yes, listening skills. Lending an ear is the first step of persuasion.

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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 375 customers (per showing), no outside food, concessions will be available.

Friday, Nov 26
5:30pm Ron's Gone Wrong (PG)
8pm Antlers (R)
Saturday, Nov 27
2:20pm Dune (PG-13)
6pm The French Dispatch (R)
Sunday, Nov 28
1pm Ron's Gone Wrong (PG)
3:30pm The French Dispatch (R)



Pendleton Theater and Training Center
Bldg 1330 Mainside (Across from Mainside Center)
Saturday, Nov 27
No movie showing

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242 ★

Friday, Nov 26
Theater closed
Saturday, Nov 27
Theater closed



Lowry Theater - NASNI,
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Bldg. 650 ★

Outside food and beverage are NOT permitted: Sales from the snack bar support the movie program.

Debit and credit cards accepted only
Friday, Nov 26
6pm The French Dispatch (R)
Saturday, Nov 27
3pm Ron's Gone Wrong (PG)
6pm Dune (PG-13)
Sunday, Nov 28
1pm Ron's Gone Wrong (PG)
4pm Antlers (R)
Updates: sandiego.navylifefsw.com

CROSSWORD PUZZLE

Across

- Two-mile-high city
- Numb skulls
- Ate
- Sister of Euterpe
- Satellite's path
- "I ___ you one!"
- V
- Carried the day
- Brainstorm
- Spanish pronoun
- Understated way to put it
- Old PC display
- City west of Hong Kong
- V
- Scribble (down)
- Read (over) closely
- Wind into rings
- Look into closely
- Egg: Pref.
- Suspends operations, with "down"
- European erupter
- Low card
- Female antelope
- V
- La Scala locale
- Word with rolling or bowling
- Slanted, in a way
- Diamonds, slangily
- Bar requests
- A.L. East team
- V
- It may need a boost
- Revered ones
- Official Wimbledon timekeeper
- Summer shade
- Article of faith
- Title feeling "beyond power of speech," in an "Into the Woods" song

Down

- Son of Jacob
- Dry as a bone
- Go back and forth
- Include with an email
- Wild place
- Clothing store department
- Estimate phrase
- Kimono closer
- Classic fast-food sandwich since 1967
- Gift bearer, informally
- Polite greeting
- MP's quarry
- Disallow
- Old-school
- Door securer
- Ready to pluck
- Soda order
- Rich dessert cake
- Building artisan
- Trampled
- Emphatic refusal
- Mountaineer's tool
- "Is there something ___?"
- Photoshop image acronym
- Culinary herb
- Org. seeking far-out life
- Playful prank
- Summon up
- False appearance
- Dazed
- "Yeah, sure!"
- ___ party
- "Lost" setting
- Word before votes or shadows
- Stitch's movie pal
- Fifty-fifty
- Hot
- Long division?
- Mexican Mrs.

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Wishing you eight nights of light and joy!
Sunday, November 28 to Monday, December 6

EVENTS AROUND TOWN

Nov 19-26: **Ebenezer Scrooge's Big Christmas Show** at The Old Globe.
Nov 22-Jan 2: **Skating by the Sea** at Hotel Del Coronado. www.hoteldel.com/activities/skating
Nov 25: **Thanksgiving**
Nov 25: **O'side Turkey Trot** www.osideturkeytrot.com
Nov 25: **Coronado 5K Turkey Trot**, 8-11am, Coronado Tidelands Park.
Nov 25: **Macy's Thanksgiving Day Parade** in New York, macys.com
Nov 26: **Christmas Arts, Crafts and Vintage Market** at Bates Nut Farm, 9am-4pm. batesnutfarm.biz
Nov 26-27 **Holiday Lights** at Antique Gas and Steam Engine Museum. www.agsem.com
Nov 26-28: **42nd Annual San Diego Jazz Fest & Swing Extravaganza** (virtual this year)
Nov 26-28: **Comic-Con Special**
Nov 28: **Wild Holidays at San Diego Zoo Safari Park**, 4-8pm. www.sdzsafari.org/wildholidays
Nov 28: **Hanukkah** (1st of 8 nights)
Nov 28: **Visit and photos with Santa and Mrs. Claus** at Del Mar Highlands Town Center, 11-2pm. delmarhighlandstowncenter.com
Nov 28: **Hanukkah Celebration** with Chabad Poway at Westfield North County Level 2, 4-6pm. Nov 30: **Men's Basketball SDSU vs. Long Beach State** at Viejas Arena. www.goaztecs.com
Nov 30-Dec 5: **My Fair Lady** at SD Civic Theatre. sandiegotheatres.org
Dec 3: **Coronado Holiday Parade**, 6-7pm. Free.
Dec 3-5: **Taste of December Nights**, 11am-10pm. Inspiration Point Way, Balboa Park. <https://www.sandiego.gov/taste-of-december-nights>
Dec 1: **Irish Christmas in America** at California Center for the Arts Escondido, 7:30pm. www.artcenter.org
Dec 1-23: **Photos with Santa** at Seaport Village. seaportvillage.com
Dec 1-31: **Dr. Seuss's How the Grinch Stole Christmas** at The Old Globe. www.theoldglobe.org
Dec 1-31: **Seas 'n' Greetings at Birch Aquarium**
Dec 1-Jan 5: **Christmas Celebration at SeaWorld San Diego**.
Dec 2: **Visit and photos with Santa and Mrs. Claus** at Del Mar Highlands Town Center, 11am-2pm. www.delmarhighlandstowncenter.com
Dec 3-23: **Miracle on 34th Street** at Avo Playhouse in Vista tix at www.moonlightstage.com
Dec 3: **LA Lakers vs. LA Clippers** at Staples Center, 7pm. www.nba.com/lakers
Dec 3: **A Drag Queen Christmas** at Balboa Theatre, 8pm. www.sandiegotheatres.org

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Visti <https://sandiego.navylifefsw.com/> for more information and links to sign up.

Family Holiday Party • Sat., Dec. 4 • 9am-1pm • Free
NBSD Admiral Prout Fields
Join us for a fun day of activities that includes rides, inflatables, resource fair, Santa's Village, snow, and more! Don't miss out, San Diego Zoo Animal Encounters will be there! Food will be available for purchase. FREE LEGOLAND California child vouchers* with the purchase of an adult ticket inside Santa's Village, for ages 3-12 yrs. only. *Only while supplies last. The child must be present to receive a voucher.

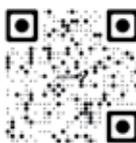
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NewsBytes: NDAA, Medicare costs increase, House vets legislation

NDAA slows down in Senate

Progress on the National Defense Authorization Act (H.R.4350) slowed as Senate leaders attempted to expand the scope of the bill to include trade policy with China.

There are 945 Senate floor amendments that have been filed for consideration. Votes on hundreds of amendments are expected to be extended. Several of these amendments are supported by FRA. The amendments include:

- Provisions of the “Major Richard Star Act” (S.344) that expands concurrent receipt to

include Combat-Related Special Compensation (CRSC) beneficiaries who are medically retired with less than 20 years of service;

- Provisions of the “Military Retiree Survivor Comfort Act” (S.1669) that would authorize the retention of the full final month’s retired pay by the surviving spouse for the month in which the member was alive for at least 24 hours;

- Amendment repealing the 180-day delay for retirees applying for DoD civilian positions GS-13 and below;

- Amendment to require a joint

report from DoD and the VA to designate the next national cemetery that affords full military honors as Arlington National Cemetery reaches capacity and directs DoD to not change ANC eligibility until after the report is submitted; and

- Amendment to prohibit forced arbitration provisions in financial contracts for service members and re-employment disputes for reserve component members.

Medicare costs increase in '22

For 2022, Medicare premiums will increase an average of 14.5 percent. That means the average Medicare user will pay \$170.10 monthly, a \$21.60 increase from the 2021 average monthly premium of \$148.50.

Medicare is the federal government health insurance program for:

- People 65 years of age and older; and

- Some people with disabilities under age 65.

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If a beneficiary does not enroll in Medicare when first eligible, they will have to pay penalties or higher rates when they do enroll.

When a TRICARE beneficiary enrolls in Medicare they are automatically enrolled in Tricare for Life, a no-cost Medicare wrap-around insurance package which pays for some things Medicare does not cover. TRICARE for Life also provides the option for beneficiaries to continue to use TRICARE’s pharmacy program.

House passes vets legislation

The House passed several veteran’s proposals that include:

- Electronic Health Record Transparency Act (H.R.4591) to require the Department Veterans Affairs (VA) to submit to Congress quarterly reports that evaluate the performance of Electronic Health Record;

- Legislation (H.R.5671) authorizing VA to furnish season flu shots to veterans;

- VITAL Assessment Act (H.R.5516) to require VA to report on the Veterans Integration to Academic Leadership program and establish uniform best practices across VA medical centers for a support program for student veterans who struggle

to adjust;

- Student Veterans Counseling Centers Eligibility Act (H.R.4233) to require the VA to provide counseling services to veterans and service members who receive VA education benefits;

- Burn Pit Registry Enhancement Act (H.R.2433) that requires VA to ensure it can record the cause of death for Iraq and Afghanistan veterans who may have been exposed to toxic chemicals from open-air burn pits;

- VA AIM Act (H.R.4626) requires the VA to contract with one or more private sec-

tor entities, at least once every decade, to conduct independent assessments of VA’s healthcare services;

- Protections for Student Veterans Act (H.R.5603) would prohibit Academic institutions from penalizing service members who take a leave of absence or withdraw from a program due to military service and modify flight training benefits for veterans;

- Hire Veteran Health Hero’s Act (S.894) that requires VA to ask DoD to refer military healthcare workers to work at VA.

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AutoMatters™ & More



by Jan Wagner

Public transportation can be a very good thing yet, in some ways, the more things change, the more things stay the same and, sometimes, what goes around comes around.

We all depend upon transportation of some sort — whether it be public, private or some combination of both — to be able to leave our homes, beyond just walking on foot, to enjoy the many benefits of what our societies have to offer. Such transportation has evolved throughout the time of human civilization, enabling our ancestors to travel beyond their immediate areas.

Yesterday, here in San Diego, with the cooperation of the San Diego Metropolitan Transit System (MTS), SANDAG (the San Diego Association of Governments) and the California Department of Transportation (Caltrans), a massive public transportation project that was years in the making celebrated its Grand Opening with a wonderful, festive party, to which the public was invited to attend.

The project is the extension of the San Diego Trolley’s light rail transit system northwards from downtown San Diego to the Westfield UTC shopping complex and its UTC Transit Center, with nine new Trolley stations on the UC San Diego Blue Line. It connects to the rest of San Diego County’s Trolley System — northwards up the coast to the University

Public transportation can be a very good and necessary thing

of California San Diego, southwards to the U.S.-Mexico border and into East County, with vital connections via bus to some (but not yet all) of the surrounding communities.

This project is, in partnership with SANDAG and Caltrans, “a comprehensive Multimodal Corridor Plan for the Central Mobility Hub and Connections Corridor” (source: SANDAG and Caltrans). Studied in the plan will be major transportation arteries, including transit connection to the San Diego International Airport.

The primary objective of the plan will be to develop viable alternatives, to “serve as a guiding document to help inform future decision-making on funding and project development.” All communities, including yours, need to be developing and implementing these plans for our future public transportation needs.

What does this major expansion of public transit mean for the average resident of, or visitor to, San Diego County? I can tell you what it means for me, with a real-world example.

I live in a suburban San Diego community in the Carmel Valley area.

Is this enough? No, it is not. My neighborhood is not served by public transportation. I don’t know where the nearest bus route is, but it cannot be close because I have not seen one near here in the over-20 years that I have been a resident. Without transportation, to get to my home and — in fact — my entire neighborhood within the greater Carmel Valley community — requires a walk of several

block, much of which is up a long, fairly steep hill.

I will be turning 68 years old this week. Fortunately, I am still able to drive my car, so I can still drive out of my neighborhood and get around. However, that will not be the case forever, and I’m sure that situation also applies to other residents of my neighborhood. Some may not even be able to drive safely anymore.

Large public transportation projects like the UC San Diego Blue Line are well and good, and are badly needed, but such projects by themselves are not enough. Without the connected infrastructure to transport people from their homes to the Trolley, we will eventually (if not already) be little more than prisoners on our immediate streets — only to be able to leave them to go beyond — for everything from medical care to shopping, recreation, entertainment and more — if we can get rides from friends or expensive private transportation entities. That remains a challenge for the future. Solving this challenge will benefit all of us.

No matter where you live, it will benefit you to get involved. Opportunities may include presentations, public workshops, online resources and more. If you are in San Diego County and are interested in learning more, please visit SANDAG.org/CMCP

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The Meat & Potatoes of Life



by Lisa Smith Molinari

Being stationed overseas in the military has its perks. No, I’m not talking about sightseeing and travel. I’m not referring to exposure to history and culture. I’m not discussing foreign language immersion. What I mean is this: when you PCS overseas, you won’t have to endure as many visits from relatives.

There, I said it.

Unless you’ve been stationed in Hawaii — in which case your home has probably become a revolving door of freeloading family and friends — living overseas affords you a layer of protection against unwanted company, and gives you the ultimate excuse to enjoy the holidays however you wish. E.g., “The airline tickets cost \$700 each, darn it ... Looks like we’ll be Zooming you on Thanksgiving again this year, Aunt Millie.”

When our family was stationed overseas, we couldn’t afford to fly home for the holidays, and our relatives couldn’t afford to visit us often either. At first, it seemed strange celebrating Thanksgiving and Christmas without visits to and from extended family members. But ultimately, we enjoyed some of our most memorable holidays skiing in the Alps, renting a cottage in France, pubbing in Ireland, visiting German Christmas markets, touring Prague, hiking in Switzerland, roaming

Surviving holiday visits from elderly relatives

around Italy. Left to our own devices, we managed to create grand family adventures.

Enjoy the freedom living overseas affords while you can, because you will, one day, receive orders back to the continental US. And as they say, “Payback’s a [rhymes with itch].” Your other relatives have been covering for you during your overseas tours. While you galavanted around in lederhosen, they endured Easter with grumpy Gramps. While you wolfed down Christmas KFC and strawberry shortcake in Japan, they dealt with Gramma Jean’s incontinence. While you ordered another round of tapas in Barcelona, they overheard Sis-in-law Peggy complaining about the canned cranberries. While you tiptoed through the tulips in Europe, they ran to the liquor store to get Uncle Pete another bottle of Wild Turkey.

And guess what? Now it’s your turn.

After returning from our last overseas tour in 2011, I thought it would be easy hosting parents and in-laws who had aged significantly while we were overseas. I mean, how hard could it be? Change some sheets, scramble a few eggs, make a dinner or two, do a little sight-seeing, right?

But I soon discovered that roasting the perfect prime rib for Christmas supper is the easy part. It’s learning to keep my cool when my mother-in-law looks at me and says, “Your pants are so tight, if you break wind you’ll blow your shoes off.” It’s taking deep cleansing breaths when

my sister-in-law shakes her head at my home decor and declares, “It’s so ... so ... you.” It’s not reacting when Pap blurts that our daughter “dresses like a streetwalker” while at a fancy restaurant. It’s feigning concern when Grams tells us she’s worried Father Benedict has the hots for her. It’s playing along when Uncle Ron revises history and claims he’s a direct descendent of the Vanderbilts. It’s taking it on the chin when Aunt Marjorie accuses me of stealing the silver tea set she gave to charity five years ago. It’s trying not to bust out laughing when Grammy points to the flowering vine growing on my porch rail and says, “I see you have clamydya.”

In addition to mental preparations, I also prepare my home for our special visitors by cranking the heat, turning on our television’s closed captioning, and purchasing lots of puppy training pads, Tylenol, extra blankets, snacks, tissues, Febreze, coffee (which they drink with everything, because what goes better with General Tso’s Chicken than a nice hot cup of Joe?), booze, and an elevated toilet seat unless I want my towel racks torn out of the wall.

Most of all, I try to convince myself that my old relatives are just like cute little babies: they have no filter, they’re fussy, they get hungry every two hours, they don’t sleep through the night, they get confused, and they wet their pants.

This realization fills me with the nurturing compassion I need to survive our family’s holiday visitors without hopping the next flight back overseas.

For Wounded Warriors, adaptive sports bring camaraderie and confidence

Abbie Johnson, a 32-year-old former Navy Musician 3rd Class from California, was suffering from at-times debilitating post-traumatic stress when she started distance running in 2014 and got involved in the Navy's Wounded Warrior program.

Her commitment to the program intensified over the next several years as she ran, biked and swam in several Ironman competitions. She won a state championship in cycling, and took part in the military's Warrior Games in 2016 and 2018.

Now, Johnson's next goal is to run marathons on all seven continents. She ran one on Antarctica in 2019 and hopes to finish up in Africa next year. "Sports have really helped," Johnson said. "I just have found that setting goals and being active made my symptoms a lot better and just gives me motivation. It's really therapeutic."

The Wounded Warrior programs have been essential to helping her recover from her post-traumatic stress and regain her confidence.

"When I started out, I was a pretty good athlete, but when I got involved in the triathlons ... I never thought I'd be able to do any of this. I did not think that I'd have the endurance to compete in an Ironman."

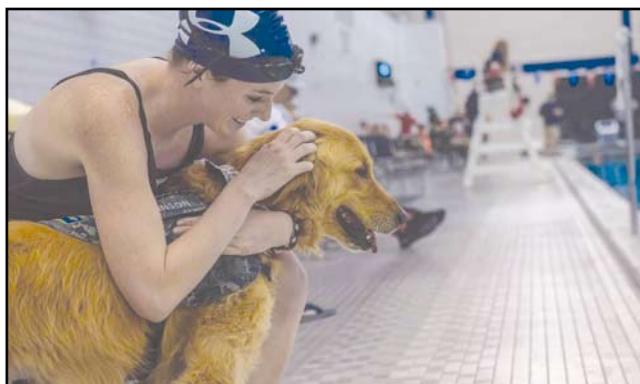
People often talk about sports as an entertaining diversion. But at the Wounded Warrior level, sports

that bring together veterans and can be adapted to accommodate disabilities are literally saving lives. And the sports and other adaptive activities are getting more widespread and popular each year.

"For the Department of Defense, the Warrior Games was really an introduction to some of those activities for servicemembers," said Sandra Mason, the Defense Health Agency's Warrior Care Recovery Coordination office program lead in Arlington, Virginia, which includes the Military Adaptive Sports Program, known as MASP.

"Throughout that process, the programs became more robust. And there was an intent to see what the service programs were providing in terms of adaptive activities and things that would help rehabilitate those that had been wounded, ill or injured."

But MASP "is so much more than sports, and the whole focus is your mind, your body, and your spiritual wellness," Mason said. "It's from a holistic perspective, but also looking at it like, 'What would you like to do?' because there are some individuals who are naturally very good athletes. Even having a disability didn't stop them. But what about those individuals that are just seeking to do better, to have a healthier lifestyle, to reacclimate themselves to some type of normal activities? So, they'll get involved in the [other] aspect in things like art therapy, or music



Former Navy Musician 3rd Class Abbie Johnson pets her service dog Kona during swim practice at the 2018 Department of Defense Warrior Games at the U.S. Air Force Academy in Colorado Springs, Colorado. U.S. Navy photo by MC2 Jacob Milham.

therapy, or things like meditation or yoga."

Service members must be medically cleared to participate in any given sport, she said. "There is an intent there to look at the service member from not only the physical perspective but occupational and mental health," Mason said.

Many people have no discernible physical injury but rather have "invisible wounds" such as traumatic brain injury or post-traumatic stress disorder (PTSD), Mason said.

There are also specialized versions of weight lifting and rowing, among other individual sports that

can be adapted for those with disabilities and contribute to their quality of life. Many of the efforts are aimed at getting servicemembers "off the couch."

Transitioning out of the military is especially life-changing for these types of athletes because that is not how they imagined their life to be, Mason said. "Naturally you will encounter some folks with depression and / or any other mental health issues. This is one way to keep them involved, and keep them focused on what is that next chapter in their lives."

Family members and caregivers contribute to the effort as well, Mason said. Participants who

don't return to their units often find careers outside the military in adaptive sports, she said, as trainers or coaches. Some dedicate themselves to their sports to such an extent that they become Paralympians.

Intra-service camaraderie

Johnson was in the Navy for four years, from 2012 to 2016. Since leaving the service and getting more involved in the Warrior Games program, Johnson said she's established relationships with people from all the services, and has competed against teams from Australia, Great Britain, Canada, and other international squads. Once, while still on active duty and stationed in Hawaii, she traveled to West Point, New York, for the 2016 games.

Johnson later became a surfing coach with another veterans' service organization. She said she is inspired watching other athletes with lower-limb loss, blindness, or people with "paralysis who are out there crushing it on hand bikes."

And she very much agrees with Mason about the camaraderie shared.

"Many will tell you about just how having that opportunity to develop a skill in a sport that they once thought they'd lost, or the camaraderie of being with other individuals," is lifesaving, Johnson said. "Even with competing ser-

vice members, there is still a very large camaraderie among the military services."

Her initial, strong performance in her first Warrior Games "showed me that I'm strong, and showed me that if I work hard and consistently, that I can do things that I didn't think I could a few years ago," she added.

"It's a really, really empowering feeling, especially when I felt so down and so broken when I was going through my sexual assault process in the military."

For extra support for her condition, Johnson also has Kona, her golden retriever service dog. She got Kona out of desperation, and before her involvement in adaptive sports. "He was kind of my lifeline for a while," she said.

She calls her long runs "very meditative," and her other training to be something of a substitute for the many years of training to be a musician playing the flute and piccolo. Going through the worst of her PTSD, she experienced breathing difficulties and panic attacks. It was then that she truly started to lean on her Wounded Warrior community.

"Having somebody reach out to me that could help me when I was really suffering ... having these programs in place when people are kind of at their worst, when they need the most help, is really important," Johnson said.

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