

Career & Education

Navy announces single CY22 fitness cycle, updates 2021's admin details.

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Base Movie Schedule

Dune, Eternals, Ron's Gone Wrong, The French Dispatch, Antlers, Clifford the Big Red Dog

See page 10

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SIXTY-FIRST YEAR NO. 32
THURSDAY, DECEMBER 2, 2021

COMMANDER OF THE U.S. PACIFIC FLEET INSPIRED TO SHARE USS ARIZONA RELICS WITH SAILORS

by MC1 Sean La Marr

JOINT BASE PEARL HARBOR HICKAM, Hawaii -- On October 17, 1916, Woodrow Wilson was president and the average pay for an ensign in the Navy was \$141.67 per month. The world was embroiled in World War I and the United States was preparing for the reality of having to join the bloody battle. The same year, USS Arizona (BB-39) was commissioned at the New York Navy Yard in Brooklyn.

Throughout the ship's 25-year career, it operated around the globe, serving the nation in times of war and peace. Having provided defense to the United States during World War I, Arizona assisted in escorting President Wilson to the Paris Peace Conference, where the terms of peace were established following the war. She was then transferred to the Pacific Fleet.

In the early morning hours of December 7, 1941, Arizona, along with 1,177 Sailors and Marines, were lost during the Japanese attack on the Pacific Fleet at Pearl Harbor.

"Yesterday, December 7, 1941- a date which will live in infamy - the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of



Adm. Samuel Paparo, commander of Pacific Fleet, presents a relic from the USS Arizona (BB-39) to the crew of destroyer USS Chung-Hoon in remembrance and commemoration of the 80th anniversary of the attack on Pearl Harbor. Navy photo by MC1 Nate Laird

Japan," said President Franklin D. Roosevelt during a speech before Congress. "The attack yesterday on the Hawaiian Islands has caused severe damage to American naval and military forces. I regret to tell you that very many American lives have been lost."

Among the 335 survivors was Pvt. Russell J. McCurdy, a 23-year-old assigned to Arizona's Marine Detachment who had just

come off watch when general quarters sounded. In an October 20, 1999 interview with Budd Nease, USS Arizona Reunion Association Historian, McCurdy detailed his detachment's quick muster, efforts to reach their battle stations, the devastating destruction and resulting acts of heroism that took place.

"The ship was shaking, tossing and went up out of the water, then the bow rose up forty feet

into the air and the bow opened up like a petal of a flower," said McCurdy. Once he was able to swim to safety he reported for duty on the USS Tennessee (BB-43). Of the 88 Marines assigned to Arizona only 15 survived.

The attack lasted just under four hours, but Arizona burned for more than two days with temperatures reaching more than 8000 degrees Fahrenheit. Ultimately she sank and took more

than 900 Sailors and Marines with her to their final resting place.

Even as the island buried their dead and tended to the wounded, the military had to move quickly to ensure they were prepared for the possibility of additional attacks on Oahu. Arizona's Turrets III and IV were removed, restored and placed at shore coastal artillery sites; Battery

Arizona and Battery Pennsylvania. Each site was named in honor of the Arizona, the USS Pennsylvania (BB-38) being Arizona's sistership. Guns and mounts from Turret II were refurbished and installed on USS Nevada (BB-36), who was aft of the Arizona during the attack on Pearl Harbor. After additional repairs at Puget Sound Naval Shipyard, Nevada returned to see **Arizona, page 8**

Active duty now eligible for Navy League membership

The Navy League of the United States - a nonprofit civilian, educational and advocacy organization that supports America's sea services: the Navy, Marine Corps, Coast Guard and U.S.-flag Merchant Marine - has opened its membership to active duty service personnel from every branch of the military to join the organization as individual members. This historical change in the Navy League's bylaws, passed by its board of directors, has shifted its membership from an all-civilian organization to a joint civilian and active duty organization. "This important shift in our membership eligibility will lend to greater diversity and gravitas to the Navy League's mission of education, advocacy and support to our sea services and its members," said Navy League National President Dave Reilly. "This change also provides an important growth opportunity for the Navy League as we continue to expand our membership and the Navy League's impact on our sea services." Navy League councils offer service members important ties to their community and a direct way to continue to serve the country once they transition out of service. Refer to <https://navyleague-sd.com/> for more information.



80 years ago, Japan attacked the U.S. naval base at Pearl Harbor, killing 2,403 service members and civilians and bringing the U.S. into WWII. Pictured above Battleship USS West Virginia 7 USS Tennessee engulfed in flames and smoke during the attack on Pearl Harbor on Dec. 7, 1941. On Pearl Harbor Remembrance Day, we honor the service and sacrifice of those who gave their lives on Dec. 7, 1941. #Pearl-Harbor

DECEMBER MONTHLY OBSERVANCES

Serious, fun & odd observances this month!

Art and Architecture Month
Bingo's Birthday Month
Buckwheat Month
Car Donation Month
Colorectal Cancer Education and Awareness Month
Decembeard Month
Decembeaver Month
Egg Nog Month
Exotic Fruits Month
Farm to Food Bank Month
Handwashing Awareness Month
Hi Neighbor Month

International AIDS Awareness Mo.
International Sharps Injury Prevention Awareness Month
Learn a Foreign Language Mo.
Made in America Month
National Drunk and Drugged Driving Prevention Month
National Egg Nog Month
National Fruit Cake Month
National Identity Theft Prevention and Awareness Month
National Impaired Driving Prevention Month
National Pear Month
National Sign Up For Summer

Camp Month
National Tie Month
Noodle Ring Month
Operation Santa Paws (1-24)
Procrastination Awareness Mo.
Quince and Watermelon Month
Read a New Book Month (Also in the Month of September)
Rising Star Month
Root Vegetables Month
Safe Toys & Celebration Month
Safe Toys and Gifts Month
Seasonal Affective Disorder Awareness Month
Sign Up for Summer Camp Mo.

Spiritual Literacy Month
Stress-Free Family Holidays
Take a New Year's Resolution to Stop Smoking Month (TANYRSS) - Dec. 17 - Feb. 5 (51 days starting on Dec. 17)
Tomato Month
Tropical Fruits Month
TTTS Awareness Month
Universal Human Rights Month
Winter Squash Month
Write a Business Plan Month
World AIDS Awareness Month
Worldwide Food Service Safety
Write to a Friend Month

Five-nation Pacific naval drills

send precautionary message to adversaries, admiral says

by Alex Wilson,
Stars and Stripes

ABOARD USS CARL VINSON in the Philippine Sea - The commander of the U.S. 7th Fleet, speaking from the cavernous belly of one of America's most powerful warships, issued a message to potential adversaries.

U.S. naval forces in the Indo-Pacific train frequently alongside its allies, said Vice Adm. Karl Thomas, to deter "aggressive or authoritarian" countries from overreaching in the region.

Thomas said events like ANNUALEX, an exercise involving forces from five nations, send a message to would-be aggressors that "maybe today is not the day."

The annual exercise, hosted by the Japanese Maritime Self-Defense Force, included approximately 35 warships and 40 aircraft from the U.S., Japan,



(left) An F/A-18E Super Hornet prepares to launch off aircraft carrier Carl Vinson during Annual Exercise Nov. 29. (top) A Sailor gets instruction during a live-fire exercise on the fantail of Carl Vinson. Navy photos by MCSA Isaiah B. Goessl

Australia, Canada and, for the first time, Germany.

Marking the end Tuesday of the 10-day series of drills, Thomas described the participating navies as those of "like-minded nations" that share the same hopes for the region.

"There's no stronger peace of symbol and unity, and we work together out here to show the world what can happen when you maintain the security of this region," Thomas said. "This region is more vital to the world than almost any other region when you look at global domestic product, or container movement or populations."

the South China Sea and Taiwan.

China claims sovereignty over nearly the entire sea and has steadily increased its military presence there by building artificial islands and remote military installations.

ANNUALEX included a variety of training scenarios focusing on tactics such as anti-submarine and electronic warfare, flight operations and ship-to-ship communications. The exercise began Nov. 21.

Working with multiple aircraft carriers and a large number of ships from other countries is a complex operation that requires routine practice to ensure the participants are prepared to meet any potential threat, Thomas said.

He avoided calling out China by name, but the exercise took place as tensions in the Indo-Pacific continue to escalate, particularly between the U.S. and China over

Beijing has also been increasingly vocal about reunification with Taiwan, which it considers a breakaway province, possibly by force. In October, China sent a record number of military aircraft toward the island's air defense identification zone, and has continued to dispatch high numbers of aircraft since.

Moscow and Beijing indicated on Nov. 23 that the two countries share an interest in strengthening their partnership. Russia has also been more visibly active in the region, often engaging in patrols between the Korean Peninsula and Japan and in the East China Sea.



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Navy ship rescues Iranian mariners in Gulf of Oman

GULF OF OMAN - A U.S. Navy vessel rescued two Iranian mariners Nov. 27 from a fishing vessel after it was adrift for eight days in the Gulf of Oman.

Dry cargo ship USNS *Charles Drew* (T-AKE 10) responded after the Combined Maritime Forces, and international maritime coalition headquartered in Bahrain, received a distress call from the stranded mariners at 10 a.m. local time.

Charles Drew arrived on scene six hours later and provided food, water and medical care.

"This is what we are trained and ready to do," said Vice Adm. Brad Cooper, commander of U.S. Naval Forces Central Command, U.S. 5th Fleet and Combined Maritime Forces. "As professional mariners, we have a responsibility to help people in need at sea."

Charles Drew safely transported the mariners to an Omani coast guard vessel sailing near Muscat, Oman. The mariners were in good health and spirits at the time of the transfer.

"We appreciate the government of Oman for its assistance and support in helping us re-



Two Iranian mariners signal for assistance Nov. 27 after their fishing vessel is adrift for eight days in the Gulf of Oman. *Charles Drew* dry cargo ship responded and provided food, water and medical care. Navy photo

turn the mariners home," said Cooper.

Combined Maritime Forces consists of 34 nations and is the largest naval partnership in

the world. Its naval vessels and personnel operate in the Red Sea, Gulf of Aden, Northern Arabian Sea, Gulf of Oman, Indian Ocean and Arabian Gulf promoting security and stability.

SEALs, Green Berets train with Greek special operators as bilateral military ties deepen

by John Vandiver,
Stars and Stripes
STUTTGART, Ger-



Greece has been a priority over the past couple of years as units increase rotations to the region.

many - Navy SEALs and Green Berets operated alongside their Greek counterparts last week in Athens, where watercraft recently donated by the U.S. to an elite Greek unit were on display.

"I've been so impressed to see not only the growth in the U.S.-Greece Special Forces partnership but also the way the Hellenic Special Forces are working across a wide region," Geoffrey Pyatt, U.S. ambassador to Greece, said in a statement after a joint training event in the Greek capital.

For the U.S., finding ways to step up military cooperation with

The U.S. recently donated four Mark V special operations craft to Greece. The high-speed patrol vessels, once used by SEALs but now withdrawn from service, originally cost a total of about \$21 million, Pyatt said. They were given to Greece under the U.S.'s excess defense articles program.

Last Wednesday, U.S. Special Operations Command Europe troops patrolled off the coast of Athens to showcase the capabilities of the donated boats.

Pacific Fleet commander orders Red Hill investigation

PEARL HARBOR, Hawaii - Adm. Samuel Paparo, commander, Pacific Fleet, ordered a command investigation into the Nov. 20, 2021, recovery of about 14,000 gallons of a water-and-fuel mixture from a fire suppression drain line, located about ¼ mile downhill of the fuel tanks at the Red Hill Bulk Fuel Storage Facility. The command investigation will include a new review of the fuel leak of the pipeline at the facility on May 6, 2021.

The investigation, led by Rear Adm. Christopher Cavanaugh, director, U.S. Pacific Fleet Maritime Headquarters, will start immediately. The investigation will focus on the causes of the May 6 and Nov. 20 releases and whether the fuel found in the Nov. 20 release was related to the May 6 release.

"In conducting your investigation, you will determine the facts and circumstances regarding what caused both incidents; calculate

the quantity of fuel that may have been released into the environment; identify the role and impact of material failures, technical competence, and human error; evaluate whether reporting of both incidents was timely, accurate and thorough; and recommend appropriate remedial actions," Paparo wrote to Cavanaugh in the letter directing the one-star admiral to conduct the investigation.

The Navy is committed to the safe and secure operation of the Red Hill facility and the continued protection of the surrounding environment. This investigation underscores that commitment. Paparo listed three "fundamental priorities: in his letter to Cavanaugh - ensuring there are no additional spills; ensuring Red Hill operations are environmentally safe and secure; and identifying the root causes and remedial actions to safeguard the local environment and ensure this does not happen again.

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Navy putting chaplains aboard every destroyer in the fleet

by Alison Bath,
Stars and Stripes

NAPLES, Italy - Chaplains are being assigned to every destroyer in the U.S. Navy in a bid to build and sustain resiliency among sailors, the service said.

Placing a chaplain with a ship across the deployment cycle, typically four months on patrol, four months in port and four months back on patrol, fosters deeper connections with the crew and command, U.S. 6th Fleet said in a statement Nov. 24.

The regular contact helps sailors be ready to do their jobs and contributes to their well-being, said Command Master Chief Petty Officer Jan Vadelspou, who serves aboard destroyer USS *Porter*.

Chaplains also offer an important outlet for ship leaders, who sometimes need to find



Chaplain (Lt.) Eric Brown speaks during a burial-at-sea ceremony aboard USS Paul Ignatius in the Atlantic Ocean, June 13, 2021. The Navy announced chaplains will be assigned to every destroyer in the fleet. Navy photo by Nathan Beard

“an avenue to freely speak and express feelings with confidentiality,” Vadelspou said.

Destroyer Squadron 60, based at Naval Station Rota, Spain, has already placed chaplains aboard USS *Porter*, USS *Ross*, USS *Arleigh Burke*

and USS *Roosevelt*, 6th Fleet said.

Deployments can put service members under stress as they cope with being away from friends and family and confront the potential for military action while at sea.

For example, recent tensions in the Black Sea included Russian ships shadowing USS *Por-*

ter while it was on a routine patrol earlier this month.

Russian maneuvers included a helicopter flyover near the *Porter* and the nearby command ship USS *Mount Whitney*, *The Wall Street Journal* reported Saturday.

Those circumstances require split-second decisions by sailors in determining if an enemy’s action is a threat to the ship and its crew and, accordingly, how to respond.

Such job-related stress can result in anxiety, depression and other difficulties, states Militaryonesource.mil, which advises service members experiencing stress-related problems to seek help from chaplains as well as other sources.

The chaplains and religious program specialists work with mental health resources on-board ships and shore-based support services to help sailors and their families, the 6th Fleet statement said.

Army _____

- Kentucky National Guard Soldiers deploying to eastern Africa
- Ex-Army civilian sentenced for offering kickbacks on Kuwait base contract



- Army plans to turn on first hybrid electric Bradley in January
- Former Fort Bragg employee indicted, arrested on sexual assault of a patient charge

Navy _____

- Navy gears up for single physical fitness assessment cycle, and scored planks, in 2022
- Navy Reserve Sailor from Texas dies of COVID-19 complications
- Navy investigating possible fuel, chemical contamination of water at Joint Base Pearl Harbor Hickam
- Navy warns House cut could delay MQ-25 contract, squadron deployment

Marine Corps _____

- How big data might help the Marine Corps improve recruiting and retention
- The U.S. practiced striking a ‘peer adversary’ in the Pacific that sounds a whole lot like China

Air Force _____

- COVID-19 testing rules change at Air Force terminals around the world
- Ender’s Game-style augmented reality coming soon to Air Force’s 60s-era trainer
- A.F. orders 15 Silent Arrow cargo delivery drones for tactical, humanitarian roles
- Sutherland Springs families, survivors seek bigger payments from government
- San Antonio airman is back on the job with an artificial foot

Space Force _____

- It’s a FOBS, Space Force’s Saltzman confirms amid Chinese weapons test confusion
- How the Space Force is fast-tracking new tech to clean up orbital debris

National Guard _____

- Austin denies Oklahoma National Guard bid for exception to vaccine mandate

Military History and Culture _____

- Dwayne Johnson surprises Navy vet by giving him his personal truck
- China’s biggest movie is about how a U.S. Marine division held off 12 Chinese divisions
- *You can actually buy MRE toilet paper, but why the hell would you?
- Your Military _____**
- At Joint Base McGuire-Dix-Lakehurst, help for Afghan evacuees starting new lives
- VA has the second-worst COVID vaccination rate among all federal agencies
- 79-year-old alleged mobster has been indicted for defrauding Tricare, CHAMPVA



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Marines, Sailors rehearse joint maritime strikes

by Capt. Marco Valenzuela,
1st Marine Aircraft Wing

IWAKUNI, Japan. - U.S. forces with 1st Marine Aircraft Wing and the Navy's 7th Fleet conducted a joint rehearsal of tactics and simulated strikes on naval targets off the coast of Okinawa, Japan, recently. Between the two services, the participating aircraft platforms included the F/A-18 (C, E, and F variants), E-2D, and KC-130J.

The joint planning for the rehearsal took place over a six day time period with planners coordinating their efforts from three separate locations in the Indo-Pacific: Okinawa, mainland Japan, and aboard USS *Carl Vinson*.

"This training offered a vital opportunity to practice lethal maritime actions with elements of the Navy and Marine Corps operating against a peer adversary," said Lt. Col. Jeremy Siegel, current operations officer for 1st MAW and lead planner for this exercise.

"This was extremely valuable because it allowed us to further refine our tactics, techniques and procedures for carrying out joint maritime strikes and it also provided us the opportunity to practice command and control

of a diverse organizational structure.

"Through events like these, we are able to establish a repeatable framework that can be applied to similar actions in the future," said Seigel.

U.S. forces in the Indo-Pacific routinely train and rehearse maritime mission sets in order to maintain readiness to carry out a wide range of operational tasks in a region characterized by vast oceans, seas, and waterways.

"The Navy is committed to consistent forward presence in the Indo-Pacific region," said Rear Adm. Dan Martin, commander, Carrier Strike Group One. "As part of the larger U.S. Joint Force and alongside our allies and partners, our strategy is simple - develop and maintain warfighting capabilities, readiness, and sustainment necessary to guarantee freedom in the maritime domain.

"We train and rehearse so that, if necessary, we can act in the global community's interest in upholding the rules-based international order that has ensured the sovereignty and prosperity of all nations."

U.S. armed forces continue to train and operate with each other as well as strengthen regional alliances and partnerships to ensure that the Indo-Pacific remains peaceful, as it has largely been for over 70 years.

For more information, visit the event's feature page <https://www.dvidshub.net/feature/JMSR>.



(left) A Marine Corps F/A-18C Hornet aircraft with Marine Fighter Attack Squadron 112 takes off from MCAS Iwakuni, Japan, Nov. 18. (right) Marine Corps Capt. Michael Fineis readies his Hornet for flight at Iwakuni. Marine Corps photo by Sgt. Booker T. Thomas III



Naval Base Ventura County helps ease shipping congestion

OXNARD, Calif. - Officials are using a California

The Ventura County Star reports Sunday that the Port

of Hueneme has an agreement with Naval Base Ventura County to use a wharf, two buildings and land inside the base.



Aerial view to the southwest of the Naval Base Ventura County - Port Hueneme deep water port. Navy photo by Vance Vasquez

Base spokesman Drew Verbis says the wharf is typically used by the Navy to tie up war ships.

He says the joint-use agreement dates back to 2002 but this is the first time in more than a decade that it has been acti-

naval base to help alleviate congestion at Los Angeles County ports in time for holiday shopping.

dated. It was activated earlier this month.

The goal is to help alleviate port congestion to the south. Ships have been waiting offshore to unload their goods at the ports of Los Angeles and Long Beach. Naval Base Ventura County working with Calif. port to ease shipping congestion.



Containers are unloaded at the Los Angeles and Long Beach port complex as dozens of container ships wait offshore.

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Austal USA awarded a Navy service contract for littoral combat ships deployed to western Pacific

MOBILE, Ala. - Austal USA has received a contract from the Navy to provide services and support for littoral combat ships (LCS) deployed to the Western Pacific and Indian Ocean.

This is the third major Navy service contract for Austal USA following the company's significant investment in its service business and service centers in Mobile, San Diego, and Singapore over the last four years.

The \$72.5M single award, indefinite-delivery/indefinite-quantity contract provides for emergent repair and continuous maintenance for littoral combat ships deployed to the Western Pacific and Indian Ocean, and the countries and ports therein.

If all options are exercised the contract will be for five years and bring the total value to \$215.8M. This award, which supports Navy requirements within the Western Pacific and

Indian Ocean, complements recent awards for littoral combat ship repair and maintenance on the east and west coasts, the Sustainment Execution-East and Sustainment Execution-West contracts.

In addition to the three major contract awards, Austal USA recently announced the approval of a lease for a waterfront repair and maintenance facility in San Diego. This provides Austal the capability to support both variants of the Littoral Combat Ship globally.

"We've made it clear to our customer that we are committed to the continued service and support of the LCS throughout its lifecycle," Austal USA President Rusty Murdaugh said. "We've demonstrated this commitment through our continued investment in our people, processes, and facilities - and our customer has responded with confidence."

Currently, the Navy has mul-



Littoral Combat Ship USS Independence is capable of operating three different mission packages: mine, surface and anti-submarine warfare. The lightweight, highly maneuverable ship can reach speeds upwards of 40 knots or near 50 mph, making it one of the most versatile and unique ships available today. Marine Corps photo by Lance Cpl. Scott Reel/Camp Pendleton

tiple Independence-variant LCS deployed to the Western Pacific. This contract positions Austal USA to be the prime contractor for all continuous and emergent maintenance on the LCS as they transit and operate in the region.

In 2017, Austal USA established a service center in Singapore adjacent to the Changi Naval Base to support deployed LCS and Austal-built expeditionary fast transports. Over the last four years, Austal USA's service and support business has grown in size and scope with continued investment from the company.

In 2018, the company expanded its presence in San Diego adding more engineering and technical expertise to support the continued delivery

of the LCS homeported in San Diego.

In September 2020, Austal USA purchased additional waterfront, facilities, and equipment along the Gulf Coast here. The new Austal USA West Campus Ship Repair facility includes 15 acres of waterfront property, a pier front capable of mooring vessels up to 1,000 feet, a 20,000-ton Panamax-class floating dry dock, 300,000 square feet of outside fabrication space, and 100,000 square feet of covered repair facilities.

Austal's overall investment strategy includes its new construction business as the company is on schedule to complete a new state-of-the-art steel production line in April to support future Navy and U.S. Coast Guard steel ships.

THIS WEEK'S SNAPSHOTS



STRAIT OF MALACCA
Nov. 27, 2021

From front, USS Tulsa littoral combat ship, Royal Malaysian Navy frigate KD Lekiu (FFG 30) and corvette KD Lekir (F 26) sail in formation during Maritime Training Activity (MTA) Malaysia 2021. MTA Malaysia 2021 is a continuation of 27 years of maritime engagements between the U.S. Navy and Royal Malaysian Navy. Navy photo by MCI Devin M. Langer



CAMP PENDLETON
Nov. 19, 2021

Marines with I Marine Expeditionary Force Information Group participate in a seven-mile conditioning hike. Through consistent physical and technical training, Marines sustain basic combat skills and knowledge to be successful on the battlefield. Marine Corps photo by Cpl. Nicolas Atehortua



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McInnis assumes command of USS Zumwalt

SAN DIEGO - USS *Zumwalt* (DDG 1000) held a change of command ceremony at Naval Station San Diego, Nov. 24.

The ceremony marked the transfer of command from Capt. Gary L. Cave to Capt. Amy M. McInnis, who became the ship's 5th commanding officer. Cave assumed command of *Zumwalt* in August 2020 after serving nearly two years as executive officer.

"I am tremendously proud of the officers and crew of *Zumwalt*, who have consistently shown resiliency, self-reliance, and tremendous character while balancing competing demands of fleet operations, training and certification, and critical activation and testing of our first-in-class stealth destroyer," said Cave. "These incredible Sailors are the reason we continue to make progress in delivering 21st century capabilities to the Fleet."

During Cave's time in command, *Zumwalt* completed first-in-class testing, including final heavy weather certification, standard missile live fire events, and events leading to final certification of the MK46 30mm cannons. Other operations at sea validated new technologies inherent in the *Zumwalt* class design and pioneered tactics and concepts of operation in coordination with Surface Development Squadron One.

"The joy and fulfillment I have experienced in my time in command is almost exclusively due to this incredible crew," said Cave.

"During my tour, we have experienced some tremendous successes and we have come together to weather some devastating setbacks. As Adm. *Zumwalt* noted 'the best warships in the world are of no avail without the crews to sail and fight them.' I count myself incredibly fortunate to have been blessed with an outstanding group of Sailors from start to finish."

McInnis has served as *Zum-*



Vice Adm. Roy Kitchener, commander, Naval Surface Forces, Pacific Fleet, salutes Capt. Amy McInnis during USS *Zumwalt* change of command. McInnis assumed command from Capt. Gary Cave. Photo by MC2 Alex Millar

walt's executive officer since June 2020. She previously commanded USS *Howard* (DDG 83). Her other afloat assignments include USS *Ashland* (LSD 48), USS *Porter* (DDG 78), USS *Hewitt* (DD 966), and USS *Higgins* (DDG 77) where she participated in UNITAS, three carrier strike group deployments to the Arabian Gulf, and a U.S. 7th Fleet deployment.

Commissioned in 2016, USS *Zumwalt* is named in honor of Adm. Elmo R. Zumwalt Jr., a native of Tulare, Calif., and 1942 graduate of the U.S. Naval Academy. After serving as the Commander, Naval Forces

in Vietnam, he was appointed as the 19th Chief of Naval Operations, the youngest admiral to hold the position.

Known as a reformer, innovator, and Sailor advocate, his programs had lasting impact on the Navy's warfighting readiness and most importantly bettered the branch of service through quality of life improvements and institutionalizing equality for minorities and women in the Navy.

THIS WEEK'S SNAPSHOTS



**CAMP PENDLETON
Nov. 22, 2021**

Marines with I Marine Expeditionary Force participate in a game of dodgeball during a Turkey Bowl. Competition is conducted to increase morale and unit camaraderie before the Thanksgiving weekend liberty period. Marine Corps photo by Lance Cpl. Kristy Ordonez Maldonado



**GULF OF AQABA
Nov. 15, 2021**

USS *Portland* amphibious transport dock, front, and Israeli corvette INS *Hanit*, conduct a passing exercise. *Portland* and the 11th Marine Expeditionary Unit are deployed to the 5th Fleet area of operations. Official Navy photo

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Navy announces single CY22 fitness cycle, updates 2021's admin details

by MC1 Mark D. Faram

Navy personnel officials announced plans for a single fitness test cycle in calendar year 2022 and mandated unit-level tracking of 2021 fitness data on Nov. 24 in NAVADMIN 264/21.

“Recognizing the foreseeable conditions to include continued pandemic, PRIMIS-2 rollout and modality validation, there will be a single PFA cycle for calendar year 2022,” Vice Adm. John B. Nowell, Jr., the chief of naval personnel, wrote in the message. “All medically cleared Sailors must participate in the CY2022 Physical Fitness Assessment (PFA) cycle.”



Sailors warm up for physical readiness test events. Photo by MC2 Justin R. Pacheco

Though a single testing cycle meets all military members' annual Department of Defense fitness testing requirement,

it will not allow the Navy to offer exemptions to those who had scored overall excellent or above performance on their

2021 assessment. That incentive will only be possible again when the Navy can safely return to testing twice a year.

However, commanders are authorized to use appropriate incentives at the local level to reward performance.

The message highlighted that planks will count in 2022, whereas in 2021 the planks were only there to further baseline the performance standards and were not calculated in the overall total.

Sailors who take the fitness test in 2022 will be scored in all three events - push-ups, forearm plank and cardio or alternate cardio.

To help commands navigate both the 2021 and 2022 cycles, the Navy has updated Navy Physical Readiness Program Guide 10, which is available on the Navy Physical Readiness Program Website.

The update includes details on how to manually calculate their overall score without planks, using only scores from the push-ups and cardio or alternate-cardio events. The update also details the use of the Official Navy Physical Fitness mobile app to score stationary bike events.

The recent message also provides guidance to Command Fitness Leaders on maintaining hard-copy fitness records since

the Physical Readiness Information Management System Two (PRIMS-2) is delayed. Performance scores will be documented on Fitness Reports and Evaluations. Y

CFLs were also instructed to manually track and monitor Sailors assigned to the Fitness Enhancement Program.

More information is available in NAVADMIN 264/21.

For more news from the Chief of Naval Personnel, follow on Facebook at <https://www.facebook.com/mynavyhr>, Twitter at <https://twitter.com/mynavyhr> or visit <https://www.navy.mil/cnp>.

Arizona

continued from page 1

serve throughout the war. As salvage efforts continued, Arizona materials resting above the waterline were removed to prevent deterioration and were deposited locally on Waipio Peninsula.

In early January 2021, Adm. John Aquilino, commander, Indo-Pacific Command, was inspired by these remaining materials and began planning

what would result in the USS Arizona (BB-39) Superstructure Relic Program (ASRP). Aiming to connect today's Sailors to the nation's naval history.

“Distributing solemn pieces of our naval history to ships throughout the Pacific Fleet highlights our commitment to honor those that came before us,” said Aquilino, “and ensures today's Sailors always remember the fighting spirit and sacrifices made by the warriors who

fought for our freedom many years ago.”

The ASRP members include Navy History and Heritage Command, Pacific Fleet, Navy Region Hawaii and Construction Battalion Mobile Unit 303. The program was created to deepen connections between Sailors of today and those of the past. The team oversaw the planning, construction and distribution of 138 relics to Pacific Fleet ships and submarines.

“We received outstanding support from everyone involved,” said Bruce Stewart, Pacific Fleet logistics planning director. “From NHHHC's conservation experts, who advised how to handle and display the relics, to the ASRP, who took care to ensure the relics are available to inspire future generations. Each relic was preserved and mounted in a display case built and sealed with shipboard safe materials. Additionally, guidelines were created to ensure the relics will be passed-

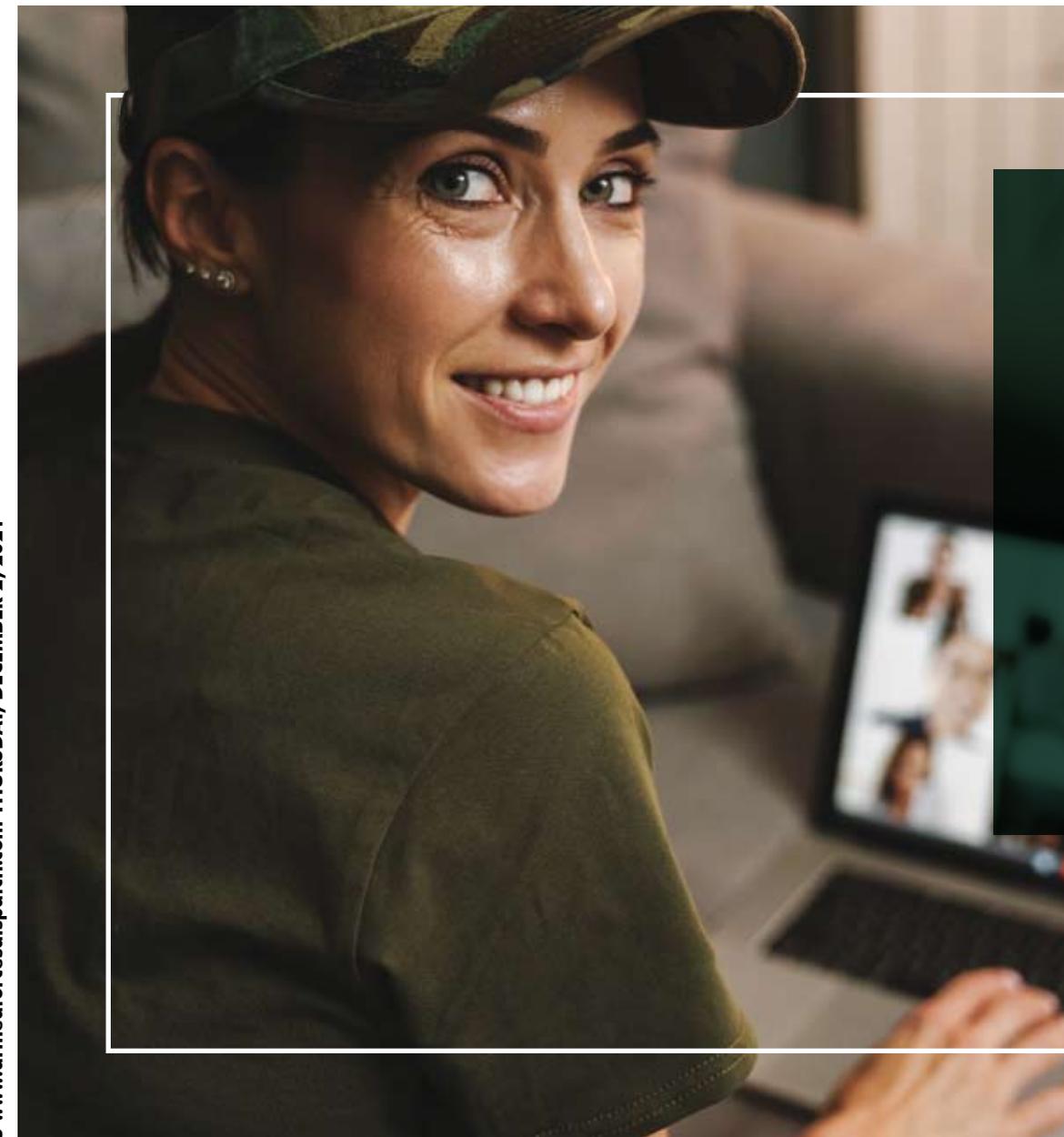
down when a ship or submarine is decommissioned.”

Destroyer *Chung-Hoon*, honored for Rear Adm. Gordon Chung-Hoon, the Navy's first Hawaiian-born admiral, was presented the first relic display in a ceremony on board May 21. All 138 Pacific Fleet ships and submarines will receive relics.

The Arizona relics fall under the remit of the Naval History and Heritage Command and are coded and tracked. As these

relics belong not to individuals, but to every American, distribution to individuals or private for-profit entities is not authorized. The ASRP members have ensured these relics would be cared for by those who continue to serve in the Pacific Fleet.

“While the distribution to every Pacific Fleet ship and submarine is a sizable undertaking, it was made easy with the amazing support that we received across the Navy,” said Stewart.



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Medal of Honor Spotlight: Army Staff Sgt. Robert Pruden

by Katie Lange

Army Staff Sgt. Robert Pruden volunteered to join the Army as the Vietnam War raged because he'd told his family he wanted to make a difference there. Pruden never returned from war, but he did make all the difference to the men in his unit who were able to come home because of him. For that selfless sacrifice, he earned the Medal of Honor.

Pruden was born Sept. 9, 1949, in St. Paul, Minn. He was the second son to Lawrence and Marlys Pruden, who went on to have 11 more kids – four more boys and seven girls. As one of the elder children, Pruden helped out around the house, but he also had time to enjoy life, playing baseball, football and hockey.

Not long after Pruden graduated from Harding High School in 1967, he joined the Army. He went on to complete Ranger school and joined the Rangers of the 75th Infantry Regiment. His unit, Company G, was sent to Vietnam in early February 1969.

On Nov. 29, 1969, Pruden, a reconnaissance team leader, was on duty in the Quang Ngai Province of South Vietnam. His six-man team had been inserted by helicopter into Viet Cong-controlled territory. Their mission was to gain intelligence on enemy movements and set up an ambush position.

When they reached the area in which they were supposed to set up, Pruden divided his men into two groups on opposite sides of a well-used trail. As they began to set up their defensive positions, one of the team members who was out in the open suddenly got trapped by heavy enemy fire.

Pruden, who quickly realized their ambush position had been compromised, directed his team to fire back. As soon as they did, they were hit with

heavy fire from a second enemy position.

Pruden quickly jumped out of hiding and fired back. He ran toward the enemy, hoping



Army Staff Sgt. Robert J. Pruden takes a minute to rest while serving in Vietnam. Photo courtesy of Vietnam Veterans of America

to draw their fire away from his men. Pruden was wounded twice, but he continued attacking until he fell for a third time in front of the enemy's position.

The few moments the 20-year-old had left to live were spent directing his men into defensive positions and calling for evacuation helicopters, which safely withdrew his soldiers. Pruden died that day,

but his actions took out several Viet Cong soldiers and led to the enemy's withdrawal.

Pruden's body was returned home and buried in Fort Snelling National Cemetery in Minneapolis.

On April 22, 1971, President Richard M. Nixon presented the Medal of Honor to Pruden's entire family during a White House ceremony. Two other fallen soldiers, Army Sgt. Rodney Evans and Army Spc. Michael Blanchfield, also received the high honor that day.

In 1992, Pruden was inducted into the Army Ranger Hall of Fame, the first year it was established. His unit, now known as the 75th Ranger Regiment, holds a tactical field skills competition every year called the Pruden Competition.

Darmed forces
Dispatch

VA statement on GPO printing and mailing delay

WASHINGTON - Due to supply chain and staffing shortages, the vendor contracted by the Government Publishing Office to provide printing services for the Department of Veterans Affairs is experiencing delays in printing and mailing notification letters to Veterans and claimants. The disruption may impact the ability of some claimants to meet required deadlines via written correspondence with VA.

In response to the mailing delays and to protect the best interest of claimants, the Veterans Benefits Administration is extending their response period by 90-calendar days for claimants with letters dated between July 13, 2021 and Dec. 31, 2021.

If a claimant does not reply to a time-limited notification, such as, making an election of benefits or services, or reporting for a scheduled compensation and pension examination, VBA will not take adverse action to deny, reduce or terminate benefits and services unless: 1) the claimant is contacted and there is documentation of their right to respond; 2) the requested information has been received; or 3) the response period has lapsed.

VA and GPO are proactively working to quickly address the mailing delays. For questions on this matter, Veterans and claimants can contact VA at 800-827-1000.

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AutoMatters™ & More



by Jan Wagner

2021 San Diego Comic-Con special edition



Slowly but surely, life is getting back to normal. Events that I had covered every year for many years were all cancelled in 2020, and then again into the early part of 2021, but science saved us. Thanks to the vaccines and boosters, in combination with face masks, finally we can safely venture back out into the world.

I have already covered all sorts of events, large and small, far and wide, including the fantastic Acura Grand Prix of Long Beach, the massive SEMA Show in Las Vegas, IMAX movies and new exhibits at the Fleet Science Center in San Diego, car shows including the Goodguys Del Mar Nationals, the opening of a massive expansion of San Diego's public transportation system with the addition of the San Diego Trolley's Blue Line, and more. I even returned to Disneyland — twice.

This past weekend I did something that I have been unable to do for 2-1/2 years. I went to San Diego Comic-Con (Special Edition) and had a wonderful time.

As always, I travelled to and from downtown on the San Diego Trolley, but it was easier this year, thanks to the Blue Line expansion, which comes much closer to serving where I live.

This Comic-Con was much smaller than usual — more comparable to WonderCon in Anaheim, but it retained the marvelous variety of pop culture things to see and do that make Comic-Con

truly special and unique. Despite its significantly smaller size, I still ran out of time and didn't get to see everything that I wanted to see.

It was great seeing people walking around in costumes again, and watching the traditional Saturday night Comic-Con Masquerade, with Mistress of Ceremonies Sue Dawe. The audience was thrilled when, at the start of the event, John Cena in his full Peacemaker costume, along with backup entertainers, made a surprise appearance.

After the Masquerade contestants had all left the stage, and while the judges were deliberating, we in the audience were entertained by the frenetic, ultra-high-energy dance moves of The Corps Dance Crew, followed by a Star Wars-themed light saber show by the Saber Guild.

The exhibit halls were filled with all sorts of tempting merch, and works of art in Artists' Alley. I tried to resist but I could not, adding to my small collection of Funko Pops (three Comic-Con toucans), some pins, a couple of comic books, some San Diego Comic-Con souvenirs and more.

Programming included a full slate of interesting panels. I had highlighted far more in my program book than I could possibly have seen, but two that I did see were excellent:

"Fandom Has Saved SciFi Franchises" and "The Origin of Comic-Con from the 'Kids' That Started It" — a panel that actually brought people to tears.

As always, some of the best things to see and do were outside of the San Diego Convention Center, many of which were free to the general public. One was for the NBC T.V. series "La Brea," which I watch. Last night was the season one finale. Another activation was for the "Peacemaker" series, which will be streaming January 13 on HBO Max. They both had activities and giveaways. Meanwhile, games and pinball were over at the Marriott Marquis hotel.

As usual, I found some very cool things totally by accident, including a very physical battle among realistically costumed, armored knights reliving the chivalry of the Middle Ages, performed by members of the international Society for Creative Anachronism. The fighting was real, not choreographed. For safety, the combatants followed rules of engagement.

Comic-Con is scheduled to return to the San Diego Convention Center on July 21-24, 2022. WonderCon will return to the Anaheim Convention Center on April 1-3, 2022. I can hardly wait! Hopefully they will both be bigger and better than ever. For more information, visit www.comic-con.org

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit AutoMatters & More at AutoMatters.net. On the Home Page, search by title or topic, or click on the blue 'years' boxes.

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The Meat & Potatoes of Life



by Lisa Smith Molinari

It's December, and we haven't managed to snap a decent picture for our annual family photo cards. I haven't even started buying gifts for my various relatives, friends, family, neighbors and pets. I haven't baked Francis' favorite Cranberry Pinwheels or Hayden's favorite Onion Swiss Bread or Grammy's favorite Cheese Ball. I haven't moved the Elf on the Shelf from his box in our basement.

And I'm embarrassed to say, we haven't even bought a tree yet.

The stress is beginning to build, but I won't panic because I already did the one thing that keeps me grounded through the holidays.

No, I didn't put a shot of Jamesons in my morning coffee. I didn't book a flight to Cancun to hide out from my family. And I didn't convert to Buddhism to avoid the holiday altogether.

All I did was plug in my old ceramic Christmas tree.

If you were born before 1990, you know what I'm talking about. Our mothers, aunts and grandmothers made them at local ceramics shops back in the day. When I was a kid, it seemed there was a ceramic Christmas tree glowing in the window of every split-level, double-wide, and brick ranch in town.

Problem was, we didn't have

Finding goodness and light

one in our brick ranch. Why? My mother thought they were tacky. Sigh ...

Sometimes, we visited our friend's house who had a huge ceramic tree in the front window. I couldn't stop staring at it. The vivid colors of the plastic pegs, glowing from the light bulb within, seemed impossibly pure. Cobalt blue, emerald green, golden yellow, ruby red and hot magenta. It was an irresistible feast for my ceramic-tree-deprived eyes.

To me, that lighted tree somehow symbolized everything good about the holiday season.

Twenty years later, I was pushing our stroller through a seedy indoor flea market in an abandoned strip mall in Virginia Beach, when I saw it.

Francis was deployed and I had three kids under the age of five. Needless to say, I was stressed. I have no idea what possessed me to wander into the flea market, but three isles in, past the creepy dolls, the handbag knock-offs, and the suspicious electronics, there it was -- a beautiful 1971 ceramic Christmas tree gleaming like a beacon in that broken down strip mall.

"Eleven dalla?" the sweet Filipino vendor suggested from behind a table heaped with old junk. I counted out the paltry sum and took my prize home. There on my kitchen counter, radiating precious jewel tones beside my toaster, was my sanity.

The mesmerizing sight of the vintage tree transported me away from the mayhem. Away from the

obligation to spend hundreds on meaningless gift cards for people we hardly know. Away from the photo cards mailed out to so many recipients, there's no time to even sign our names. Away from the minute-by-minute distraction of cell phones. Away from the 24-hour line-up of holiday television programming clogging up our DVRs.

Instantly, the lighted tree catapulted me back to childhood. To a time before the Internet, digital photos, virtual reality, Black Friday, Cyber Monday, and Throwback Thursday.

When we scratched the frost off of our windows with grubby fingernails, and couldn't wait to get outside. When we ate all our peas at dinner because "A Charlie Brown Christmas" was airing at seven o'clock. When Christmas cards were special because we only got ten. When candy canes were a pretty big deal. When we called to thank our aunt for the crocheted hat from the rotary phone on the kitchen wall. When we laid under the tree in footed pajamas, gazing into the saturated colors of the dangerously hot incandescent bulbs, our bellies full of chocolate chip cookies.

When the holidays, and life in general, were simple and sweet.

Nowadays, the first thing I do to prepare for the holiday is plug in my ceramic Christmas tree to remind me of the simple joys of the season. But there's no need to run out to a seedy indoor flea market in search of a handmade relic like mine. Just find the simple things that bring goodness and light to your holiday.

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FREE entry to the first 375 customers (per showing), no outside food, concessions will be available.

Thursday, Dec 2
6pm Dune (PG-13)

Friday, Dec 3
6pm Eternals (PG-13)

Saturday, Dec 4
3:10pm Ron's Gone Wrong (PG)
6pm Eternals (PG-13)

Sunday, Dec 5
1pm The French Dispatch (R)
3:40pm Eternals (PG-13)



Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, Dec 4
1:30pm Dune (PG-13)

Bob Hope Theater 577-4143

MCAS Miramar Bldg 2242

Friday, Dec 3
6pm The French Dispatch (R)
9pm Antlers (R)

Saturday, Dec 4
6pm Eternals (PG-13)

Lowry Theater - NASNI,

619-545-8479
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, Dec 3
6pm Eternals (PG-13)

Saturday, Dec 4
3pm Dune (PG-13)
6pm Eternals (PG-13)

Sunday, Dec 5
1pm Ron's Gone Wrong (PG)
4pm Eternals (PG-13)

Updates: sandiego.navylifefsw.com

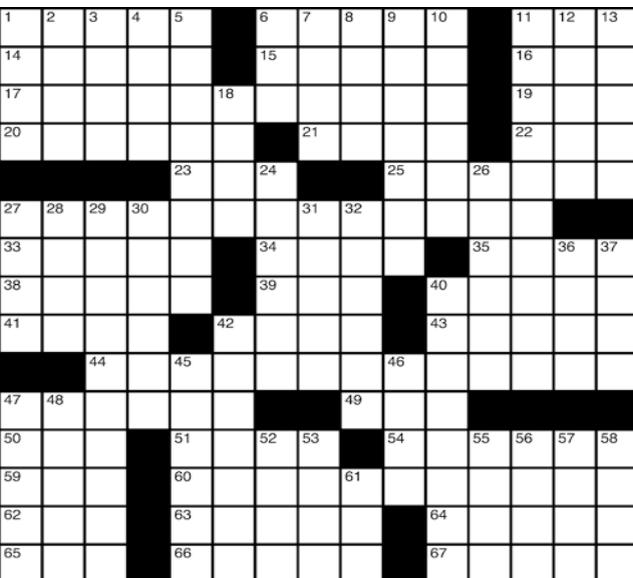
CROSSWORD PUZZLE

Across

- Two-mile-high city
- Numbskulls
- Ate
- Sister of Euterpe
- Satellite's path
- "I ___ you one!"
- V
- Carried the day
- Brainstorm
- Spanish pronoun
- Understated way to put it
- Old PC di/////splay
- 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
- Stanted, 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.



EVENTS AROUND TOWN

Thru Jan 2: **Skating by the Sea** at Hotel Del Coronado. www.hoteldel.com/activities/skating

Thru Jan 5: **Christmas Celebration at SeaWorld** San Diego.

Thru Dec 5: **My Fair Lady** at SD Civic Theatre. sandiegoteatres.org

Dec 3: **Coronado Holiday Parade**, 6-7pm. Free.

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.sandiegoteatres.org

Dec 3: **Queen Nation** at Belly Up, 9pm. www.bellyup.com

Dec 3-4: **Holiday Lights** at Antique Gas and Steam Engine Museum. www.agsem.com

Dec 3-5: **Taste of December Nights**, 11am-10pm. Inspiration Point Way, Balboa Park. <https://www.sandiego.gov/taste-of-december-nights>

Dec 4: **Tree Lighting, Vendor Market & Photos with Santa** at San Marcos Civic Center, 1-7pm. www.san-marcos.net

Dec 4: **Holiday at the Rancho** at Leo Carrillo Ranch, 5-8pm. www.carlsbadca.gov

Dec 4: **40th Annual Fallbrook Christmas Parade** on Main Avenue in downtown Fallbrook, 5pm. www.fallbrookchamberofcommerce.org

Dec 4: **Breakfast with Santa at San Marcos Community Center**, 7:30-11am. www.san-marcos.net

Dec 4: **Andrew Santino Live** at Balboa Theatre, 7pm. www.sandiegoteatres.org

Dec 4: **Freestyle Explosion Holiday Jam** at Pechanga Arena San Diego, 7:30pm. www.pechangaarena.com

Dec 4: **Encinitas Holiday Parade**

Dec 4-5: **Coaster Holiday Express**

train rides at Oceanside Transit Center www.gonctd.com

Dec 4-5: **Wild Holidays at San Diego Zoo Safari Park**, 4-8pm. www.sdzsafari.com/wildholidays

Dec 4-5: **Tree Lighting, Vendor Market & Photos with Santa** at San Marcos Civic Center, 1-7pm. www.san-marcos.net

Dec 5: **La Jolla Christmas Parade & Holiday Festival** on Girard Avenue in La Jolla, 1:30pm. www.ljparade.com

Dec 5: **SoNo Fest & Chili Cook-Off** on 32nd Street & Thorn Street in North Park, 11am-5pm. www.sonofestchilicookoff.com

Dec 5: **Holiday Market** at 251 North City Drive, San Marcos, 9am-4pm. (760) 744-1270 www.sanmarcos-chamber.com

Dec 5: **Sensory-friendly Santa** at Westfield North County Center Court, 9-11am. www.westfield.com/north-county

Dec 5: **Visit and photos with Santa and Mrs. Claus** at Del Mar Highlands Town Center, 11am-2pm. www.del-marhighlandstowncenter.com

Dec 5: **Holiday Extravaganza** featuring Taste of Cardiff and Kringle Mingle at on Aberdeen Drive, 12-6pm. www.cardiff101.com

Dec 5: **Winter Fiesta** in downtown Vista Village www.discovervista.com

Dec 5: **North Pole by the Sea and tree lighting** in Del Mar Village, 3-5pm. www.visitdelmarvillage.com/holidaysintheheart

Dec 5: **Holiday Tree Lighting** at Fletcher Cove Park. www.ci.solana-beach.ca.us

Dec 7: **Pearl Harbor Day**

Thru Dec 23: **Photos with Santa** at Seaport Village. seaportvillage.com

Thru Dec 31: **Dr. Seuss's How the Grinch Stole Christmas** at The Old Globe. www.theoldglobe.org

MWR EVENTS

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.

ROY'S SUDOKU

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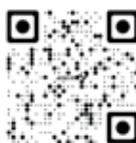


Wishing you eight nights of light and joy!

Sunday, November 28 to
Monday, December 6



1. Indispensable mobile APP for Veterans and their families
2. Practical information to help streamline the VA process
3. Connection with physicians and certified VA attorneys
4. Connection with other veterans
5. Corporate hiring events
6. Free tips on resume building



Military/Veterans Crisis Line
1-800-273-8255

Confidential chat at MilitaryCrisisLine.net or text 838255

Feeling stressed? Stress relief might help your health

Winter holidays—do they fill you with joy or with worries about gift-giving and family gatherings? Do summer vacations leave you relaxed or fretful over travel and money? If you're feeling stressed out over supposedly fun things, it might be time to reassess. Take a few moments to learn how stress affects your health and what you can do about it.

Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most—for instance, competing in sports, working on an important project, or facing a dangerous situation. The hormones and other chemicals released when under stress prepare you for action. You breathe faster, your heartbeat quickens, blood sugar rises to give you energy, and your brain uses more oxygen as it shifts into high alert.

Chronic stress

But if stress lasts a long time—a condition known as chronic stress—those “high-alert” changes become harmful rather than helpful. “Stress clearly promotes higher levels of inflammation, which is thought to contribute to many diseases of aging. Inflammation has been linked to cardiovascular disease, diabetes, arthritis, frailty, and functional decline,” says Dr. Janice Kiecolt-Glaser, a leading stress researcher at Ohio State University. She and other researchers have found that

stress affects the body's immune system, which then weakens your response to vaccines and impairs wound healing.

Research has linked chronic stress to digestive disorders, urinary problems, headaches, sleep difficulties, depression, and anxiety.

“Some studies have found the physical, emotional, and social effects of a disease like cancer to be stressful for patients, caregivers, and long-term cancer survivors,” says NIH's Dr. Paige Green McDonald, an expert on stress and cancer biology. “However, there's no definitive evidence that stress causes cancer or is associated with how long one survives after a cancer diagnosis.”

Top causes

The top causes of stress in the U.S. are money and work-related pressures, according to a 2013 survey from the American Psychological Association. Stress can also arise from major life changes, such as the death of a loved one, divorce, illness, or losing a job. Traumatic stress is brought on by an extreme event such as a major accident, exposure to violence, or a natural disaster such as a hurricane or flood.

Caring for a person with severe illness—such as dementia or cancer—can also be a significant source of stress. More than a dec-

ade ago, studies by Kiecolt-Glaser and others showed that the stressful demands placed on caregivers can lead to poorer health, lower responses to vaccines, increased inflammation, and a more than 60% higher death rate compared to non-caregivers.

It's not clear why some people can sidestep or recover more quickly from stress than others. These resilient people seem to “bounce back” more easily after stressful situations. Recent studies of animals suggest that resiliency may depend at least in part on our genes. But learning healthy ways to cope with stress can also boost your resilience.

Ways to cope

“There are many different ways to cope with stress. We know from a lot of different studies that having close personal relationships—people with whom you can talk, with whom you can share your feelings—can be helpful,” says Kiecolt-Glaser. “So spending time with family and friends in order to maintain those relationships is perhaps one of the most crucial things you can do as a stress reducer.”

Unfortunately, Kiecolt-Glaser adds, “when we're stressed, we tend to do the worst things that are not at all helpful to our health.”

For instance, stressed out people may tend to isolate themselves and not seek social support. “Exercise

To reduce stress

- Get enough sleep.
- Exercise regularly. Just 30 minutes a day of walking can boost mood and reduce stress.
- Build a social support network.
- Set priorities. Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload.
- Think positive. Note what you've accomplished at the end of the day, not what you've failed to do.
- Try relaxation methods. Mindfulness, meditation, yoga, or tai chi may help.
- Seek help. Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.
- If you or someone you know is in crisis, call the toll-free, 24-hour National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

is a great stress reducer. But when people are stressed, exercise becomes less common and less appealing,” Kiecolt-Glaser says. “Instead of maintaining a healthy diet—also important to reducing stress—some people who are stressed tend to eat more donuts than vegetables.”

You may think that the agitation brought on by stress might help to burn calories. But evidence hints that the opposite is more likely. Kiecolt-Glaser and colleagues found that, compared to nonstressed people, those who were stressed burned fewer calories after high-fat meals and they produced more of the hormone insulin, which enhances fat storage. “So stress may contribute to weight gain and obesity through these biological routes,” Kiecolt-Glaser adds.

Getting enough sleep is also key to resilience and stress relief—although stress itself can interfere with sleep. To improve your sleep habits, go to bed the same time each night and get up the same time each morning, and limit the use of light-emitting electronics like computers and smartphones before bed. The light can reduce production of a natural sleep hormone called melatonin, which then makes it hard to fall asleep.

Mindfulness

Beyond recommendations for exercise, healthy diet, social contacts, and getting enough sleep, Green McDonald says, “studies have also shown that mindfulness (focused attention on one's own emotions) and other meditative practices can effectively relieve stress.”

“Mindfulness means staying aware and conscious of your experiences. No matter what we're doing, we can always make time to bring our attention to our breath and body and stay there for a short period of time,” says NIH psychologist Dr. Rezvan Ameli, who specializes in mindfulness practice. “Recent studies show that even short periods of mindful attention can have a positive impact on health and well-being.”

Other NIH-funded studies have shown that mindfulness meditation can reduce stress, alter brain structure and function, and have a positive effect on the immune system.

“Mindfulness is a simple and effective tool that anybody can use to reduce stress,” Ameli says. Although the concept is simple, becoming more mindful requires commitment and practice. You can learn more about mindfulness meditation from local resources like yoga or meditation classes, mindfulness-based stress-reduction programs, or books.

If you feel overwhelmed by stress, talk with a health care provider or mental health professional. Medications or other therapies might help you cope. In the long run, reducing stress may help you to slow down and enjoy your time with the people and activities you really care about.



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