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SIXTY-SECOND YEAR NO. 21
THURSDAY, SEPTEMBER 8, 2022

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Things to do around town

Guided nature walks, Greek fest, Grape Day Fest, Midway birthday, blues fest

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Local

Navy ships join partners to combat crime on high seas

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Meat & Potatoes of Life



Dissecting your teen when side-hugs begin

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NEWEST SAILORS SPONSORED BY III MEF

'Navy & Marine Corps integration should start at the very lowest levels'

by Staff Sgt. Caitlin Brink
III Marine Expeditionary Force

GREAT LAKES, IL. - For the first time in history, III Marine Expeditionary Force sponsored a Navy boot camp division as part of the recruit division sponsorship program at Recruit Training Command here, providing mentorship from their first day to their graduation on Aug. 26.

The division sponsorship program allows commands to support boot camp divisions throughout their rigorous eight-week transformation from civilians to Navy Sailors.

"The sponsorship program was developed due to the high interest by military and civilian organizations to learn about the recruit training command, provide mentorship to recruits, and be a part of the Sailorization process," said Senior Chief Carl Haydysch, a Recruit Services Officer and Sponsorship Coordinator. "Sponsorship develops a special bond between recruit divisions and military or civilian organizations. Mentorship and direct contact from these entities enhances basic training and provides a unique learning experience for recruits and sponsoring groups."

Sponsoring commands are highly encouraged to be present at key events such as Battle Stations, a 12-hour culminating event that leads to the capping ceremony where recruits receive Navy ball caps to replace their recruit caps, and finally, the pass-in-review graduation ceremony.

III MEF Command Master Chief Curtis Blunt traveled from Okinawa, Japan to tour RTC facilities, interact with recruits,



Command Master Chief Curtis Blunt, command master chief, III Marine Expeditionary Force, speaks to recruits at USS John F. Kennedy recruit barracks during his visit to Recruit Training Command. III MEF is sponsoring a recruit division for the first time in its history. More than 40,000 recruits train annually at the Navy's only boot camp. US Marine Corps photo by Chief Petty Officer Brandie Nix

and provide mentorship to the Navy's newest sailors. The graduates of Division 263 were given the opportunity to speak to Blunt and ask questions about life as a Sailor and working alongside Marines with III MEF.

"RTC San Diego was 35 years ago for me, but I definitely would have liked to speak to someone that was not a [recruit division commander]," said Blunt. "I spoke to [the recruits] as I would any other Sailor or Marine that I serve with today. From the very start I ensured that no topic was off limits. I believe it motivated them to speak to someone out in the fleet."

"Navy and Marine Corps Integration should start at the very

lowest levels; and I could not think of a better place than Recruit Training Command," said Blunt. "About 10-15 percent of Sailors in our sponsored division will become [hospital corpsmen] or [religious program specialists]. Sailors like to receive as much information as possible, as soon as possible, and any interaction with someone in the fleet will be a building block in their career."

Seaman Benjamin J. Rutledge of Grove City, Ohio, a graduate of Division 263, explained how being sponsored by III MEF and carrying the sponsored flag at the head of his division had the recruits holding their heads a little higher with pride.

"Being sponsored had a huge

impact on not just myself, but our whole division," said Rutledge, who was also named the top Sailor in his training group of 909 graduates. "When Command Master Chief visited us and spoke about how much he loved his job and being in the Navy, that was something we needed to hear from someone outside of boot camp. He even sat with us at chow and was asking us what our life's plans were. He was super inspiring with his advice. That was one moment that will stand out for me in boot camp, talking with master chief."

The sentiment was shared by Blunt, whose visit with the Navy's newest Sailors left him invigorated.

"They left me feeling like our Navy will be in great hands well after I'm out of uniform," said Blunt. "It was especially inspiring that Division 263 was integrated [male and female], a reminder to me that our military see Recruit, page 2

ASYMCA hosts military spouse symposium Sept. 10

Join Armed Services YMCA San Diego this Saturday for its annual Military Spouse Symposium at MCAS Miramar's Officer Club. The annual conference provides a forum for spouses of active duty, reserve, Gold Star, and retired military members of all services and ranks to learn, network, and help each other in their challenging roles as spouses, parents, professionals, and community leaders. "According to the 2018 Blue Star Family Survey the top stressors for military spouses are employment, child education, and the impact of deployments on children. The symposium helps connect our military spouses to vital resources to Strengthen Our Military Family," said Tim Ney, executive director of the Armed Services YMCA San Diego. At the Military Spouse Symposium, more than 100 military spouses will experience a day with a unique opportunity to meet and network with military spouses who truly strengthen our military family. ASYMCA San Diego strives to give military members and their families the support and resources they need to be resilient, confident, connected, and secure. YMCA's mission is to enhance the lives of military members and their families in spirit, mind and body through programs relevant to the unique challenges of military life.

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VA expands airborne hazards and open burn pit registry eligibility

Story courtesy of Military Health System

More than 325,000 service members and veterans have joined the Airborne Hazards and Open Burn Pit Registry to date, and recent updates expand eligibility and make it easier for service members and veterans to participate.

“These updates are important in that they demonstrate the Department of Defense and Department of Veterans Affairs collective resolve to keep our service members and veterans informed about the registry, support requirements in National Defense Authorization Acts, and support the recently signed Honoring our Promise to Address Comprehensive Toxics (PACT) Act of 2022,” according to Steve Jones, Force Readiness and Health Assurance Policy director. “The DOD and the

VA remain committed to better understanding and mitigating the health effects of deployment-related exposures such as airborne hazards and open burn pits.”

In 2014, the VA developed the Airborne Hazards and Open Burn Pit Registry to help service members and veterans document potential exposure to airborne hazards while deployed overseas. The registry is a secure database of health information provided by service members and veterans that helps the VA collect, analyze, and publish data on health conditions that may be related to environmental exposures experienced during deployment.

After completing the online questionnaire, participants have the option to discuss their health care with a provider in an optional medical evaluation.

This summer, the VA added Egypt, Syria, and Uzbekistan to the list of eligible deployment locations. If you are a service member or veteran who served any amount of time in the Southwest Asia theater of operations or Egypt beginning August 2, 1990, or in Afghanistan, Djibouti, Syria, or Uzbekistan beginning Sept. 11, 2001, you are eligible to sign up for the Airborne Hazards and Open Burn Pit Registry—regardless of whether you recall being exposed to airborne hazards.

These regions include the following countries, bodies of water, and airspace above these locations: Afghanistan, Bahrain, Djibouti, Egypt, Gulf of Aden, Gulf of Oman, Iraq, Kuwait, Oman, Qatar, Syria, United Arab Emirates, Uzbekistan, and waters of the Arabian Sea, Persian Gulf, and Red Sea

Additionally, the VA has adjusted the registry’s functionality to enable participants to return to the registry portal at any time after initial submission to add deployments. “This enhancement is especially useful for participants who initially joined while on active duty, and it enables users to create a more complete picture of their exposure history for themselves and their health care providers,” said Dr. Eric Shuping, director of operations, the VA Health Outcomes Military Exposures. “We ask that you wait at least 90 days after your return from deployment to log in and update your registry profile; this allows time for the DOD deployment information to be cycled into VA databases.”

To check whether you’ve already joined the registry and make additional entries in your

profile, visit <https://veteran.mobilehealth.va.gov/AHBurnPitRegistry/VA> mobile health airborne hazards, burn pit registry and click “Get Started” to log

in using your DS Logon Level 2 account. Then, to add deployments, click “Next Steps” and “Add New Deployments.”

see **Registry, page 6**

Recruit continued from page 1

is a place of opportunity for anyone that desires to serve their Nation. I believe that there is at least one future general, admiral, [sergeant major] or [command master chief] within every recruit division or company; it’s our job as fleet Sailors to do everything we can to motivate them, and if III MEF sponsorship helped just one Sailor reach a goal, then it was worth our efforts.”

III MEF’s goal is to sponsor a RTC division yearly, continuing to indoctrinate recruits into the Navy and Marine Corps team mindset.

“There is no better example of

teamwork than the Navy-Marine Corps team,” said RTC Command Master Chief Nicholas Wallace. “Throughout our history there hasn’t been a conflict where this team hasn’t demonstrated some form of teamwork. While every Sailor may not have the privilege to serve alongside our Marine counterparts, RTC strives to instill teamwork in every new Sailor that graduates boot camp. Shifting the mindset of ‘doing something for themselves’ to ‘doing something to support the Team’ is critical. This mind shift to working as a team not only supports the Navy, but also spills over into the role the Navy plays in joint warfare.”

September’s list of monthlong observances: Yoga, mushroom, wine

Nat'l Chicken Month
Nat'l Yoga Month
Nat'l Preparedness Month
Nat'l Apple Month
Childhood Cancer Awareness
Nat'l Americana Month
Nat'l Child Awareness
Classical Music Month
College Savings Month
Whole Grains Month

Nat'l Honey Month
Nat'l Mushroom Month
Nat'l Prime Beef Month
Nat'l Biscuit Month
California Wine Month
Blood Cancer Awareness
Nat'l Leukemia and Lymphoma Awareness
Nat'l Children’s Good Manners
Responsible Dog Ownership

Nat'l Rice Month
Nat'l Organic Harvest Month
Nat'l Alcohol and Drug Addiction Recovery Month
BioDiversity Month
Nat'l Fall Hat Month
Nat'l Food Safety Month
Organic September
Happy Cat Month
Nat'l Service Dog Month

Nat'l Campus Safety Awareness
All American Breakfast
Hunger Action Month
Nat'l Ethnic Foods Month
Gynecologic Cancer Awareness
Nat'l Save a Tiger Month
Nat'l Shake Month
Nat'l Infant Mortality Awareness
Nat'l Translation Month
Nat'l Bourbon Heritage

Nat'l Sickle Cell Awareness
Nat'l Indoor Mold Awareness
Int'l Self-Awareness Month
Int'l Square Dancing Month
Nat'l Wild Rice Month
Healthy Aging Month
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National Preparedness Month: Readiness resources, information for military families

September is National Preparedness Month and Commander, Navy Installations Command is observing this year's theme, "A Lasting Legacy: The life you've built is worth protecting. Prepare for disasters to create a lasting legacy for you and your family," by offering educational webinars, informational resources and guidance to educate Navy families about disaster preparedness.

"Emergency preparedness is a prevention measure. Focusing on your and your family's emergency readiness will prevent risk, stress, property damage and many other hardships that follow natural disasters and large scale emergencies," said

Judith Wright, Family Emergency Response Program Analyst with Fleet and Family Support



Program for CNIC. "During National Preparedness Month, the Navy and other federal organizations are offering numerous opportunities to learn how to in-

crease your family's emergency readiness. We hope our Sailors and their spouses take advantage

of the available resources. No one can prevent a disaster but you can be prepared!"

Each week in September will

focus on different preparedness themes: Make a Plan; Teach Youth about Preparedness; Protect Your Family & Your Property; and Tapping into Your Navy Response Support. Fleet and Family Support Program will provide helpful information about these topics during their online webinars, which are open to Sailors, personnel and family members at no cost at <https://ffsp.zeiders.refineddata.com>. Webinar schedule:

- Sept. 28, 10 a.m., Pacific Time, Financial Preparedness for Disasters

Sailors, Navy personnel and their family members can ready themselves for disasters and unexpected emergency events by:

- Creating an emergency kit with at least three days' worth of food, water, essential supplies
- Developing and practicing a family emergency plan with the whole family, including children
- Keeping your family's information updated in Navy Family Accountability and Assessment System (NFAAS), <https://navy-family.navy.mil>
- Adding the phone number for your local Fleet and Family Support Center to your phone now. During a crisis, they are your best

resource for Navy assistance and support

•Familiarizing yourself with Emergency Family Assistance Center (EFAC) services. Installations will stand up EFACs following significant emergencies to provide Navy families a one-stop-shop resource and information hub with the latest information, legal support, counseling resources, financial support and more

•Taking advantage of other checklists and guidance available on the Federal Emergency Management Agency disaster

preparedness website, www.Ready.gov.

Commander, Navy Installations Command oversees 48,000 employees located across 70 Navy shore installations in 10 regions around the world and is charged with sustaining the Fleet, enabling the fighter and supporting the family.

For more news from CNIC, visit www.cnic.navy.mil or follow the command's Facebook, Twitter and Instagram.

Navy commences construction of first Constellation class frigate

WASHINGTON - The first Constellation class guided missile frigate, a highly capable and survivable multi-mission warship, began construction Aug. 31 at Fincantieri Marinette Marine shipyard in Marinette, Wisc. The start of construction follows a detailed Navy assessment of the maturity of the design and readiness of the shipyard to begin construction through a successful production readiness review milestone on July 20. Future USS Constellation (FFG 62) is the lead ship of the Navy's newest class of warships. Constellation class frigates are a key component of the recently released Chief of Naval Operations Navigation Plan (NAVPLAN) 2022, which envisions a future

hybrid fleet composed of 350 manned ships and approximately 150 unmanned ships. The Constellation class frigate will "be capable of defending the fleet, striking adversary forces in all domains, and expanding interoperability with allies and partners," according to the NAVPLAN. "Our team has worked tirelessly with industry partners to develop an innovative acquisition approach to efficiently procure and produce a 21st century frigate. The start of Constellation's construction marks a key milestone on our path to build and deliver this new capability to the fleet," said Rear Adm. Casey Moton, Program Executive Officer, Unmanned and Small Combatants.

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PETA calls for Navy to end 'horrific' decompression sickness testing on sheep

by Caitlin Doornbos
Stars and Stripes

WASHINGTON - A leading animal rights group is calling on Defense Secretary Lloyd Austin to force the Navy to stop conducting painful and often lethal decompression sickness tests on sheep.

People for the Ethical Treatment of Animals will send a letter this week urging Austin to end the Navy's conduct and financial support of "horrific" decompression sickness and oxygen toxicity tests on animals, according to PETA's vice president of international laboratory methods, Shalin Gala.

The tests aim to develop ways to combat the sickness, commonly known as "the bends." It occurs when nitrogen gas bubbles

form in the blood, muscles and organs, including the brain, as bodies decompress from highly pressurized environments, such as underwater.

Decompression sickness tests involving Navy scientists took place at Walter Reed National Military Medical Center in Bethesda, Md; Naval Medical Center San Diego; and the Naval Medical Research Center in Silver Spring, Md., according to a 2021 report published in the Undersea and Hyperbaric Medical Journal.

"Sheep were locked in high-pressure chambers and exposed to significant atmospheric pressure equivalent to what a diver would experience at 257 feet below sea level - and left in that state for 31 minutes," PETA said

of the tests. "The animals were then forced to decompress, which caused them to endure severe [decompress illness.]"

As part of the process, the sheep endured "crippling joint pains, bloating treated by stomach puncture and cardiovascular collapse or spinal cord injury, causing distress or paralysis and frequently resulting in death," according to the letter, which cited the 2021 report.



Sheep at Travis Air Force Base May 6, 2022. People for the Ethical Treatment of Animals is calling on Defense Secretary Lloyd Austin to force the Navy to stop conducting painful and often lethal decompression sickness tests on sheep. US Air Force photo by Heide Couch

"In this experiment, the sheep were then injected with an experimental oxygen-carrying substance that failed to reduce mortality," Gala said. "Following all of these procedures, the sheep were then killed and dissected."

The Navy previously funded similar testing at the University of Wisconsin-Madison but stopped in 2010 after PETA and local animal-rights group Alliance for Animals petitioned for the practice to end, arguing it violated state law.

"However, after UW-Madison subsequently persuaded the state legislature to exempt experiment-

ers from state cruelty-to-animals statutes ... it appears that the Navy has resumed conducting and funding such experiments on

animals," PETA said in its letter.

Gala said the tests, which have been abandoned by the British and French navies, are less accurate than other test models that do not involve animals, such as using modern technology to study decompress sickness based on human tissue and data from divers.

"The Naval Medical Research Center has actually publicly admitted that these experiments do not accurately translate to humans," he said. "There's a whole slew of non-animal methods that are much more human-relevant and can actually advance human medicine rather than relying on non-human animals."

Early Bird Brief

Welcome to the Early Bird Brief, a morning round-up of the day's most important military and defense-industry stories. To receive Early Bird Brief, get it directly to your inbox. Subscribe at <http://link.defensenews.com/join/5ba/sign-up-ebb>.



Top 4

- Vets can apply for all PACT Act benefits now after VA speeds up law
 - Army cracks down on foreign foot march badges, sparking backlash
 - US ending Operation Allies Welcome, shift to new Afghan refugee help
 - 1st Black Marine 4-star takes trip to Africa as new AFRICOM leader
- Army**
- Residents are less happy with Army family housing, survey finds
 - Army electronic warfare office seeks to adapt now for future threats
 - Fort Bragg moves 100 soldiers from mold-plagued barracks, plans to move 1,000 more by month's end
 - Former Army chaplain who sexually abused inmates gets 7 years in prison
 - Army not bound by new energy-saving measures in Germany
- Navy**
- Pearl Harbor tests new workflow to boost timely submarine repair
 - Navy crew behind massive cocaine bust awarded Coast Guard ribbon
 - Navy football looking to 'throw out' past two nightmare seasons
 - Navy seeks to up space game, including via Space Force
- Marine Corps**
- Family of Marine killed in Kabul revives Alec Baldwin defamation suit
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The 70 percent time solution

by Dr. Daneen Skube
Tribune Content Agency

Q: Since the pandemic it seems nothing in my work or personal life has gone to plan. Every time I think I'm prepared, an unexpected event throws me off my game. I work super hard to predict challenges but every day is full of the unexpected. How do you counsel your clients to adapt when it is impossible to predict our work week?

A: I counsel my clients to enter every work day only booking 70 percent of their time and anticipate the other 30 percent to be used by unexpected problems. If you plan for unexpected, you'll be much less upset when it predictably enters your organized day!

A quote attributed to the spiritual teacher, Buddha, points out, "Blessed are the flexible for they shall not be bent out of shape."

To the extent we feel entitled to our work day going to plan, every day will feel like dancing with the unwelcome guest of chaos. If instead you set a place at your table for the unanticipated, you already have room for tasks you didn't know you had to do.

As an executive coach and

counselor for over 35 years, I've given a lot of thought to the problem of human misery. As adults, I find most misery occurs because there's a gap between what we feel entitled to and what's happening. The ability to murmur to yourself

Interpersonal Edge



by
Dr.
Daneen
Skube

gently, "Okay, so this is what we are doing now," is a meditation in resiliency.

Often our immediate reaction to what we don't like includes a string of swear words I cannot repeat in this column. Obviously being mad is fine. But, being stuck in being mad means we cannot adjust to what is now demanding our attention.

The idea of the 70 percent agenda solution means we have room to expand our agenda to include what we cannot predict. Even my longest term and most talented clients cannot see around corners. They can,

however, immediately pivot and respond when they have 30 percent of their time left over.

At first only booking 70 percent of your work day, may feel like cheating. "What kind of productive employee only schedules 70 percent of their day," the ambitious part of you may exclaim. However, as the 70 percent schedule becomes normal, you'll discover you're less frustrated, more peaceful, and more capable of responding to problems.

If you keep doing the "normal" thing and schedule your day down to the last minute, any unexpected problem will overwhelm you because you have no time to respond. Think of the 70 percent solution as part of an essential new self-care program at work.

Now, I don't recommend you announce to the masses that you'll only book 70 percent of your day because some columnist thought it was a good idea. Like many workplace strategies I recommend, quietly implement this plan. If the unexpected doesn't suck up every minute, you can always pleasantly surprise your team by doing more.

As many songs and philosophers have wished, "If we could put

DOD takes proactive measures as sexual assault annual report numbers released

Defense Department released its fiscal year 2021 Annual Report on Sexual Assault in the Military on Sept 1.

The congressionally mandated report indicates that unhealthy conditions have been on the rise in the military. In 2021, the Department estimates that 8.4 percent of active-duty women and 1.5 percent of active-duty men experienced at least one incident of unwanted sexual contact in the year before the survey was conducted.

"The results are a tragic reminder of the challenges we face and the absolute need for continued leadership engagement," Elizabeth Foster, executive director of the office of force resiliency, said. "On day one of

his taking office, Secretary [of Defense Lloyd J.] Austin [III] prioritized action to improve how the department addresses sexual assault. We are taking unprecedented action to prevent sexual assault and restore the trust of service members in the military justice process."

Details of the annual report along with the department's current efforts to support and invest in the Sexual Assault Prevention and Response Office were announced by Foster, among other senior advisors at SAPRO.

Also, shortly after becoming secretary, Austin established the Independent Review Commission on Sexual Assault in the Military to take an impartial

look at the changes required to improve efforts in accountability, prevention, climate and culture and victim care.

Foster noted that all the approved 82 recommendations made by the IRC have or are being implemented wherever possible.

In addition to the annual report release and press briefing, Austin released a memorandum for senior defense leaders, noting that the release of the report, "demonstrates in stark detail that sexual assault and sexual harassment remain persistent and corrosive problems for our service members. The report underscores the importance and urgency of our work."

"The unprecedented investments that we are making now and in the forthcoming years are intended to restore the trust of our service members, as well as those considering military service."

Refer to <https://www.defense.gov/News/News-Stories/Article/Article/3148495/dod-takes-proactive-measures-as-sexual-assault-annual-report-numbers-released/>.

time in a bottle." Obviously of all the products having supply chain issues, a shortage of time is a constant. By only scheduling 70 percent of your time, you've bottled an additional 30 percent that you can use as you need or wish.

The last word(s)

Q: We have an ongoing crisis at work that my team is in deadlock about. Is there a way

to think about a crisis so my team can persevere until we find a solution?

A: Yes, persevere by considering this advice from Jawaharlal Nehru, founder of the modern Indian state, "Crises and deadlocks, when they occur, at least have this advantage: They force us to think." To solve your crisis, you'll have to think outside of your normal box!



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Navy ships join partners to combat crime on high seas

PACIFIC OCEAN - Independence-variant littoral combat ships USS Jackson (LCS 6) and USS Oakland (LCS 24) deployed to the Oceania region with embarked U.S. Coast Guard Pacific Tactical Law Enforcement Team detachments to con-

duct maritime law enforcement operations in support of U.S. and Pacific Island nations fisheries laws, August 2022.

The Oceania Maritime Support Initiative (OMSI) is a Secretary of Defense program that le-

verages Department of Defense assets transiting the region to improve maritime security and maritime domain awareness, ultimately supporting regional stability and partnerships in Oceania.

“The joint Navy and Coast Guard OMSI mission capitalizes on the agility and mission adaptability LCS was designed for,” said Cmdr. Derek Jaskowiak, commanding officer of Oakland. “It is our privilege to support our partner nations through presence in Oceania and to ensure



Soldiers patrol in Syria in front of a Bradley tank. Service members and veterans that deployed to Syria beginning September 11, 2001, are now eligible to join the Airborne Hazards and Open Burn Pit Registry. Courtesy photo

Registry

continued from page 2

If you are eligible based on your deployment history and have not yet signed up, join the Airborne Hazards and Open Burn Pit Registry and encourage your fellow service members and/or veterans to join, too.

Participation is a key component in taking control of your own health and supporting the DOD and the VA research efforts. In fact, registry data supported VA’s recent decisions to establish service connection for certain conditions as a result of presumed exposure to fine particulate matter.



USS Oakland’s inflatable boat stands by to retrieve Tactical Law Enforcement Team Pacific Coast Guardsmen. US Navy photo by MC2 Ian Zagrocki

continued security, stability, and prosperity throughout the region.”

Finishing up their OMSI patrol in late August, Oakland and



her crew operated alongside the U.S. Coast Guard, a detachment from Helicopter Maritime Strike Squadron 35, and partners throughout the region to suppress illicit maritime activities like illegal, unregulated, unreported fishing and transnational crime.

“Partnering with the U.S. Navy in support of the OMSI mission enables the Coast Guard to extend our reach into and throughout Oceania as the tyranny of distance when operating

in the Pacific is exceptionally vast,” said Lt. C.K. Williams, chief intelligence officer of USCG Sector Honolulu.

Jackson will continue the OMSI mission through September 2022.

U.S. 3rd Fleet operates naval forces in the Indo-Pacific in addition to providing realistic and relevant training across the full spectrum of military operations – from combat operations to humanitarian assistance.

USS Oakland littoral combat ship stations behind a fishing vessel while Tactical Law Enforcement Team Pacific Coast Guardsmen conduct an Oceania Maritime Support Initiative (OMSI) vessel compliance boarding, Aug. 19. US Navy photo by MC2 Ian Zagrocki



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Navy wants new destroyer with lasers, hypersonic missiles

by David Sharp

Special report for Stars and Stripes
Read this story in its entirety
at <https://www.stripes.com/>.

BATH, Maine -The Navy's workhorse destroyer went into production more than 30 years ago, when Tom Stevens was a young welder.

Now, the Navy is getting ready to turn the page as it looks to a future ship brimming with lasers that can shoot down missiles and attack enemies with hypersonic missiles topping 3,800 mph.

Stevens, 52, said the warship provides an opportunity to build something new after a historic production run of the Arleigh Burke class.

"It will be an impressive destroyer that will absolutely launch us into the next generation of ships," said Stevens, director of ground assembly at Navy shipbuilder Bath Iron Works.

The stakes are high when it comes to a replacement for the backbone of the fleet as the Navy faces a growing threat from China, whose numerical advantage becomes greater each year.

The first design contracts were awarded this summer to General Dynamics' Bath Iron Works in Maine and Huntington Ingalls Industries in Mississippi for a large surface warship that

would eventually follow production of the ubiquitous Burke destroyers.

All of that warfighting gear won't come cheap. The average cost of each new vessel, dubbed DDG(X), is projected to be a third more expensive than Burkes, the latest of which cost of about \$2.2 billion apiece, according to the Congressional Budget Office.

The Navy has vowed that it won't repeat recent shipbuilding debacles when it rushed production and crammed too much new tech into ships, leading to delays and added expense with littoral combat ships, stealthy Zumwalt-class destroyers, and USS

Gerald Ford aircraft carrier.

"Rather than tying the success of DDG(X) to developmental technology, we're using known, mature technologies on a flexible platform that can be upgraded for decades to come, as the technology of tomorrow is matured and demonstrated," said Jamie Koehler, a Navy spokesperson.

A shipyard in Wisconsin started construction last week of the first in a new class of frigates, which are smaller than destroyers. Those ships used an existing design, and there are no new weapon systems.

Still, there continues to be

concern about the destroyer's cost. A high price tag would reduce the number of ships the Navy can afford to build, said Bryan Clark, defense analyst at the Hudson Institute.

"You'll end up with the sur-

face fleet that, instead of growing, it would be shrinking," Clark said.

Production of the new ship is still years away.

Continue reading at <https://www.stripes.com/>.

First operational anti-missile laser installed on San Diego-based destroyer

Lockheed Martin has installed the first operational anti-missile laser aboard a San Diego-based destroyer for testing over the coming year. The HELIOS laser was installed on USS *Preble* and integrated with its sophisticated Aegis radar and fire-control system during maintenance at Naval Base San Diego. Lockheed Martin describes the laser as "a transformational new weapon system, providing deep magazine, low cost per kill, speed of light delivery and precision response." Published reports indicate the weapon can be used to both "dazzle" and destroy cruise missiles, drones and small boats. - by Chris Jennewein

Golden Opportunity: Navy SBIR/STTR spotlights sponsored tech at Gold Coast ...

Small Business Innovation Research and Small Business Technology Transfer programs unveiled a first-of-its-kind Innovation Center at the DoN Gold Coast Small Business Procurement Event, which concluded today at the San Diego Convention Center. The innovation center is a cohort of 20 DoN-sponsored small businesses that showcased their technologies at exhibit booths and Tech Talks. This is the first time the Navy SBIR/STTR Programs created such a cohort. "Gold Coast brings all 10 Navy buying commands together in one place to network," said Chief of Naval Research Rear Adm. Lorin Selby.

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Presidio of Monterey: No drone in this zone

by Winifred Brown
PRESIDIO OF MONTEREY
- The operation of unauthorized unmanned aircraft systems, such as personal hobbyist or commercial drones, is prohibited at the Presidio of Monterey and all other military installations.

Unauthorized UAS can surveil, disrupt or potentially strike military assets, and commanders can authorize necessary actions to protect the installation, said

Tom Davis, the Presidio's anti-terrorism officer.

"While the Army regrets any loss to personal property, it is our duty to protect our people, missions and assets and to treat any unauthorized unmanned aircraft systems as a threat," Davis said.

The Federal Aviation Administration has designated the airspace over military installations as no-drone-zones, Davis said.

In addition to the loss of equipment, unmanned aircraft operators who violate FAA flight restrictions may be subject to enforcement action, including potential civil penalties and criminal charges, Davis said.

Military officials found it necessary to prohibit the use of unofficial unmanned aircraft because of the increase in the devices' popularity and technology, Davis said.

"It's very important that we don't allow drones over our military installations because, for our own force protection and physical security, we don't know if they're for nefarious acts or not," Davis said.

For drone enthusiasts who want to make sure they're operating in a safe place, the FAA has an app called "B4UFLY" that uses phone location information to determine whether it is safe to use a drone or not, Davis said.

"It automatically has everything built in and it will say, 'Yes, you're safe to fly here,' or, 'No, and here are the restrictions,'" Davis said.

The app also states why drone use is not allowed in certain places, Davis said. For example, some places are within a restricted airspace.

In addition, the app will also note if drone use is allowed but only below a particular height, such as 400 feet, Davis said.

Davis said he encourages people to report drone use around the Presidio and other military installations.

Garrison officials work closely with local law enforcement to ensure the safety of our community and assets, Davis said.

To report any sighting of an unmanned aircraft system or drone on your military installation, contact the base police.

PHOTO GALLERY



CORONADO
Aug. 25, 2022

A Naval Aircrewman (Helicopter), assigned to the Chief of Naval Operations Search and Rescue Model Manager (SARMM) component of Helicopter Sea Combat Squadron 3, jumps from MH-60S helicopter during a dynamic proof of concept exercise in Glorietta Bay. SARMM tested the practicality of using two rescue swimmers versus the traditional one, as well as alternative litter deployment and recovery method, to decrease the time required to affect a rescue, and give future flight crews increased flexibility in a variety of different personnel recovery scenarios. US Navy photo by MC1 Sara Eshleman



MCRD, SAN DIEGO
Sept. 1, 2022

Marine Corps 1st Lt. Nicole Tavenner, series commander for Bravo Company, 1st Recruit Training Battalion, oversees recruits during a Marine Corps Martial Arts Program test. US Marine Corps photo by Lance Cpl. Elliott A. Flood-Johnson



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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

OPENING SCENE: [Mom cheerfully sweeps kitchen floor. Front door opens. Brooding Teen enters, shuffles down hall toward bedroom.]

MOM: "Hi Honey! How was school today?"

TEEN: [Without looking.] "Nghu."

MOM: "What was that?"

TEEN: "Nghoo."

MOM: "I'm sorry, Sweetie, but I don't understand. One more time."

TEEN: "Ngood." [Teen slams bedroom door, leaving Mom dumbfounded in hall.]

END SCENE.

If this after school vignette sounds familiar to you, then you have teenagers. Our own son, Hayden, reenacted this scene day after day, week after week, month after month, for about four years until he left for college.

Hayden's father and I used to rock his world. He'd burst out of elementary school each day and find me waiting there to walk him home. His eyes would light up, and he'd plow into me with open arms. He'd linger a few seconds so I could run my hand through his sandy hair and kiss him on the head.

But soon, Hayden grew into a teenager, and all affection, conversation and attention became forced. No more open-armed greetings or shampooscented smooches. A reluctant side-hug was as good as it was gonna get.

When Hayden first started withdrawing from us, I panicked and thought, "Why did I let him watch that PG-13 movie when he was twelve?! He's always resented me for those bowl hair cuts I used to give him. I should have never yelled at him when he put that waffle in the VCR! Oh God, what have I done!?!?"

We worried and watched, waiting for a call from the police informing us that Hayden was holding the school principal hostage or that he was hitchhiking across the country on a crime spree.

The police never called, but we feared that Hayden's withdrawal from us was clear evidence that he was on the brink of a teenage breakdown, all caused by our overbearing demands and inadequate parenting.

Dissecting your teen when side-hugs begin

Eventually, we did receive reports of Hayden's behavior, but not from law enforcement or school authorities. Other parents told us what Hayden had done.

"My daughter told us the funniest story about Hayden at supper last night — apparently he had the whole literature class laughing yesterday at school."

"That skit Hayden did for our Cub Scout den was priceless. We videotaped it!"

"Hayden was so chatty and polite when I gave him a ride after football practice yesterday."

"You must be so proud that the Biology teacher played Hayden's cell project video to all the classes. It was so well done."

Initially, we thought, "Are you sure you have the right kid here? Hayden is the one that wears a hooded sweatshirt, doesn't make eye contact and grunts. What skit? What cell project?"

Slowly, we began dissecting this brooding man-child living in our house. When we stopped blaming ourselves and instead, began discretely examining Hayden's separate parts and distinct personalities, we started to understand the creature our son was becoming.

We discovered that Hayden wasn't

an axe murderer, he was just a teenager.

Outside our home, he was a smart, funny, outgoing football player, scout leader, band geek and math tutor. When he arrived home, Hayden hid his burgeoning identity from us, afraid that we'd interfere or attempt to change him. His "split personality" gave him the freedom to grow, mature, and as much as we hated it, become independent from of us.

Eventually, we gave Hayden space to create himself without interference. In the meantime, we discovered meaning in the grunts and grumbles he emitted.

We learned that "Nghu" really means, "Thanks for asking about my day at school, Mom — it went quite well despite the fact that I missed you terribly and couldn't wait to come home and eat your delicious home cooking."

While side-hugging Hayden, I interpreted the pained expression on his face to mean, "Mother, my gratitude and respect for you are so intense that I can only bear it for a second or two before I must shove you away."

Another thing I learned: Asking one's teen for a kiss on the cheek definitely requires bribery. Chocolate chip cookies always worked for me.

Cost-effective Dorman remanufactured Toyota Prius Hybrid batteries at AAPEX

Each year, the automotive aftermarket industry gathers at the trade-only SEMA Show and AAPEX in Las Vegas. There they showcase OEM and custom vehicle debuts, thousands of new products, interactive experiences, service and repair, celebrity appearances and exciting motorsports events.

In 2021, AAPEX was expanded to enhance its education program by including more experiential learning opportunities for automotive aftermarket industry professionals. New was "Joe's Garage," a simulated real-world shop experience on the AAPEX show floor. It featured eight service bays, lifts and demos.

One of the participants at Joe's Garage was Dorman Products, Inc. They demonstrated the installation of one of their remanufactured Toyota Prius Hybrid batteries.

Dorman OE FIX battery packs are thoroughly restored, and upgraded with nickel-plated bus bars and soldered safety disconnect terminals to prevent corrosion and ensure conductivity. All components are completely cleaned or replaced with new components.

As Jeremy Hartman, Dorman

Product Manager explained to me, by remanufacturing hybrid battery packs, they give a second life to them instead of their being sent to scrap yards and junk yards. Dorman purchases hybrid batteries from low-mileage wrecked vehicles, completely disassembles them and

AutoMatters™ & More by Jan Wagner



then puts them through their remanufacturing process.

This process begins with an initial test of the individual battery modules, screening-out perhaps ten percent of them. The rest go through more advanced individual testing, where they get hooked up to cycling equipment that charges and discharges them, and lets them sit idle to monitor how much they self-discharge over time. This simulates their use in a vehicle — for example, accelerating hard and braking hard — replicating the energy transfer. This process takes from four to 4-1/2 hours, and is done to each individual module. During that process, data is collected every second, to see how each module is performing.

Toyota applies a barcode to every battery module at the factory. That contains a serial number — a unique identifier. Dorman scans that and traces it through their whole process, so that they know how each individual battery module performed at every step in their process.

Then the battery modules are placed into a massive, robot-controlled library that contains 6,000 individual modules. From these, for each battery, the robot selects 28 modules that have the closest properties to one another.

For example, if a particular module is reading six volts, the Prius will use it down to three or even two

volts, but what the car cares more about is that all of the modules are in balance with each other. If one is performing at six volts and another is only performing at three volts, those would be way too far apart, creating an imbalance. Since the hybrid battery is only as good as its weakest link, that imbalance would trigger a warning light in the Prius, notifying its driver that a new hybrid battery is needed.

If, on the other hand, all of the modules wear more evenly, the battery would have a longer life. The hybrid batteries were designed to last much longer than ten years, as long as they can stay in balance with one another.

Like a tire, these modules will not wear precisely evenly. Certain areas in the battery pack — generally in the middle, never get as cool as on either end, so the central modules get more accelerated wear due to more heat. To counteract this, the robot positions the modules in a specific sequence, so that the modules will wear more evenly overall, resulting into longer battery life.

For more information, visit <https://www.dormanproducts.com/p-66461-587-001.aspx>.

AAPEX 2022 will be at the Venetian Expo & Caesar's Forum in Las Vegas from November 1 to 3, while the SEMA Show 2022 will be over at the L.V. Convention Center from Nov. 1 to 4. Then on Friday, after the SEMA Show, the public will watch from grandstands as an hours-long parade of show vehicles leaves the LVCC for the SEMA Cruise, on their way over to "SEMA Ignited," the official after-party of the SEMA Show. The cars from the OPTIMA Ultimate Street Car Invitational (OUSCI) will drive over to the Las Vegas Motor Speedway for a weekend full of invitation-only, motorsports competitions.

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit AutoMatters.net. On the Home Page, search by title or topic, or click on the blue 'years' boxes. Copyright © 2022 by Jan Wagner — AutoMatters & More #758

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RENTALS ROOMS

BONITA - Bedroom with own bath. No stairs, available now, parking. \$1300/mo. 619-818-6420. 9/29

PARADISE VALLEY - Military pref. 1 person only. \$550/mo. electric included. Clean & Quiet. Must be employed. 619-709-7389.

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THINGS TO DO AROUND TOWN

Party in the Park, Fri, Sept 9, 4:40-6:40pm. Age 21+. Pregame drinks, live music, games. Petco Park.

SD Padres vs. LA Dodgers at Petco Park. Sept 9-11.

Guided Nature Walk from Kumeyaay Lake Campground, Sat, Sept 10, 8:30-10:30am. Free. mtrp.org

Electronic Recycling Event, Sat, Sept 10, 9am-3pm. Free. Stater Bros-Encinitas, 1048 El Camino Real.

Escondido Grape Day Festival, Sat, Sept 10, 10am-4pm. Free. Family Friendly, old time entertainment, historical demos. Grape Day Park, 321 N. Broadway, Escondido

San Diego Iris Society Annual Rhizome Sale, Sat, Sept 10, 10am-4:30pm. Free. Casa del Prado, Balboa Park.

Cardiff Greek Festival, Sat, Sept 10, 10am-10pm. Free-\$3. Public invited. Food, entertainment, marketplace, fun zone. Saints Constantine and Helen Greek Orthodox Church, 3459 Manchester Avenue, Cardiff by

the Sea.

USS Midway Birthday & Multi-Cultural Celebration, Sat, Sept 10, 11am-4pm. Free community gathering with music, dance, birthday cake, history! USS Midway Museum

San Diego Blues Festival, Sat, Sept 10, 11am-7pm. \$60-\$100. Embarcadero Marina Park North.

Taste of Barrio Logan, Sat, Sept 10, 1-4pm. \$45-\$60. Barrio Logan along Logan and Newton Avenues.

Kumeyaay Ethnobotany Hike with a Ranger, Sat, Sept 10, 2-4pm. Free. Chollas Lake, 6350 College Grove Dr, SD 92115

Boots In The Park, Sat, Sept 10, 6pm. \$129-\$349. Tim McGraw, Dustin Lynch, Chris Lane, more. Waterfront Park, downtown SD.

Twilight Bat Walk, Sat, Sept 10, 6:15-8:15pm. Free. Guided walk. Mission Trails Regional Park. mtrp.org

Country Dance: Horse Shoe Lucky Band, Sat, Sept 10, 6:30-10pm. 18+. 2-step lesson. Escondido Elks Lodge, 2430 South Escondido Blvd, Escondido, 92025

ROY'S SUDOKU

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

Thursday, September 8

6pm Easter Sunday pg13

Friday, September 9

6pm The Invitation (2022) pg13

Saturday, September 10

3:40pm Easter Sunday pg13

6pm The Invitation (2022) pg13

Sunday, September 11

1:30pm DC League of Super-Pets pg

3:50pm The Invitation (2022) pg13

Thursday, September 15

6pm The Invitation (2022) pg13

Friday, September 16

6pm Beast r

Q-Zone - NAB

Bldg. 337 • 619-437-3190 ★

Family Friendly Movies:

Tues, Thur, Sat: 11 am. NDVDs

Friday, September 9

5pm Top Gun: Maverick pg13

Saturday, September 10

11am The Bad Guys pg

Monday, September 12

5pm Firestarter (2022) r

Tuesday, September 13

11am Ron's Gone Wrong pg

5pm Footloose (2011) pg13

Wednesday, September 14

5pm Mission: Impossible III pg13

Thursday, September 15

11am Inside Out pg

5pm Jurassic World Dominion pg13

Friday, September 16

5pm Where the Crawdads Sing pg13

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

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

Friday, September 9

6pm The Invitation (2022) pg13

Saturday, September 10

3pm Easter Sunday pg13

5pm The Invitation (2022) pg13

Sunday, September 11

1pm DC League of Super-Pets pg

3:30pm The Invitation (2022) pg13

Friday, September 16

6pm Beast r

Saturday, September 17

3pm The Invitation (2022) pg13

6pm Beast r

Pendleton Theater and Training Center ★

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, Sept 10

1:30pm Nope (R)

Saturday, Sept 17

1:30pm DC League of Super-Pets (PG)

Bob Hope Theater 577-4143 ★

MCAS Miramar Bldg 2242

Friday, Sept 9

6pm The Invitation - 2022 (PG-13)

9pm No Movie

Saturday, Sept 10

1pm DC League of Super-Pets (PG)

4pm Easter Sunday (PG-13)

7pm The Invitation - 2022 (PG-13)

Sunday, Sept 11

12pm DC League of Super-Pets (PG)

3pm Easter Sunday (PG-13)

CROSSWORD PUZZLE

Across

1 Promotes on TV, say

6 Ellitist sort

10 Great Salt Lake state

14 Kayak kin

15 Skating medalist Lipinski

16 Corn bread

17 "Embezzled"

19 Dirt road grooves

20 Arrange, as a shawl

21 Acts with passion

23 Starfish's five, usually

26 Call from the rear?

VA will offer abortion counseling and — in certain cases — abortions to pregnant Veterans and VA beneficiaries

WASHINGTON — On Sept. 1, the Department of Veterans Affairs submitted to the Federal Register an interim final rule that will allow VA to provide access to abortion counseling and — in certain cases — abortions to pregnant Veterans and VA beneficiaries. Specifically, VA will provide access to abortions when the life or health of the pregnant Veteran would be endangered if the pregnancy were carried to term, or when the pregnancy is the result of rape or incest. VA beneficiaries enrolled in CHAMPVA will also have access to this care.

These services will be authorized immediately after the interim final rule is published, and the rule will be available for public comment for 30 days thereafter. Once the rule is published, VA will immediately prepare to provide these services in as many locations as possible. For more information about abortion services at VA, visit VA.gov/ReproductiveHealth and click on "Abortion Services."

"This is a patient safety decision," said Denis McDonough, Secretary of Veterans Affairs. "Pregnant Veterans and VA beneficiaries deserve to have access to world-class reproductive care when they need it most. That's what our nation owes them, and that's what we at VA will deliver."

"VA will be able to offer abortion

counseling and abortions to pregnant Veterans and VA beneficiaries in cases of rape, incest, or when the life or health of the Veteran would be endangered if the pregnancy were carried to term — in accordance with generally accepted standards of medical practice," said Dr. Shereef Elnahal, VA's Under Secretary for Health.

Veterans are also at greater risk of experiencing pregnancy-related complications due to increased rates of chronic health conditions. Therefore, to protect the life and health of pregnant Veterans and eligible beneficiaries, VA determined that it was necessary to provide access to abortion counseling and — in some cases — abortions.

The determination of whether the "life and health of the pregnant Veteran would be endangered if the pregnancy were carried to term" will be made on a case-by-case basis. In cases of rape or incest, self-reporting from a Veteran or VA beneficiary will constitute sufficient evidence that an act of rape or incest occurred.

VA is taking steps to guarantee Veterans and other VA beneficiaries abortion-related care anywhere in the country. VA employees, when working within the scope of their federal employment, may provide authorized services regardless of state restrictions.

Tactical care training improves survivability

by Air Force SSgt. Cheyenne Lewis, 325th Fighter Wing Tactical Combat Casualty Care, which implements the best medical practices in battlefield trauma care, is now replacing Self-Aid Buddy Care techniques for providing basic care to wounded airmen before they get to a medical facility.

Comparisons to previous versions of pre-hospital care show massive hemorrhages are the leading cause of preventable death across the Defense Department. Because of this, TCCC trainers use the acronym "MARCH" to help service members remember which order to provide care to increase a wounded service member's chances of survival.

"The five skills associated with TCCC are 'M' for massive bleeding, 'A' for airway and resuscitation, 'R' for respiration, 'C' for circulation and 'H' for hypothermia," Vicks added. "Because people can die from massive bleeding and hemorrhages at a faster rate, that needs to be addressed first. There's no point in treating hypothermia if someone dies from blood loss."

TCCC was created by the Committee on Tactical Combat Casualty Care, which is composed of 42 voting members across the Air Force, Army, Navy and Marine Corps. These members use research data and real-world expertise to develop the best practices for medical response. "The committee sits down and looks at what is and isn't working,"

Air Force Staff Sgt. Alan Garcia, right, a 325th Fighter Wing command post emergency management controller, checks to see if Air Force Senior Airman Bertrand Vicks, the wing's safety technician, has feeling in his hand after applying a pressure bandage at Tyndall Air Force Base, July 21, 2022. Applying pressure bandages is one of the skills taught in Tactical Combat Casualty Care, a pre-hospital medical care technique implemented to reduce the number of battlefield deaths. USAF photo by Staff Sgt. Cheyenne Lewis.



said Air Force Staff Sgt. Ashley Madry, 325th Medical Group non-commissioned officer in charge of education and training. "They do research and compare it to [previous wartimes]. After evaluating the numbers, TCCC is shown to save more lives."

The actions of first responders or a fellow wingman often make the difference between life or death after an airman is injured on the battlefield.

"Switching to TCCC gives us a wider variety of skills that can be utilized on the battlefield," said Air Force Senior Airman Bertrand Vicks, 325th Fighter Wing safety technician. "It's not just because this can be better used in real-world scenarios, but because there may not always be medics available. This allows the average airman the ability to provide a basic level of life-saving care."

Another change associated with the switch to TCCC is the teaching

style. Aside from some instructional videos, TCCC is primarily taught hands-on.

"My favorite part of training [service members in] TCCC is the hands-on skills training," Vicks continued. "Personally, I think you learn more from a hands-on environment versus written training. I will work with you until you pass and have the necessary skills."

Air Force Staff Sgt. Eric Dowell, the 325th Medical Group's non-commissioned officer in charge of education and training, compared the new combat casualty care as being SABC "on steroids."

Since the development of TCCC, the U.S. military now has the best casualty survival rate recorded in history and is now the accepted pre-hospital care across DOD.

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