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SIXTY-SECOND YEAR NO. 42
 THURSDAY, DECEMBER 8, 2022

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Local



Orion spacecraft returns to Earth Dec. 11, splashdown in waters off San Diego
See page 5

Career & Education

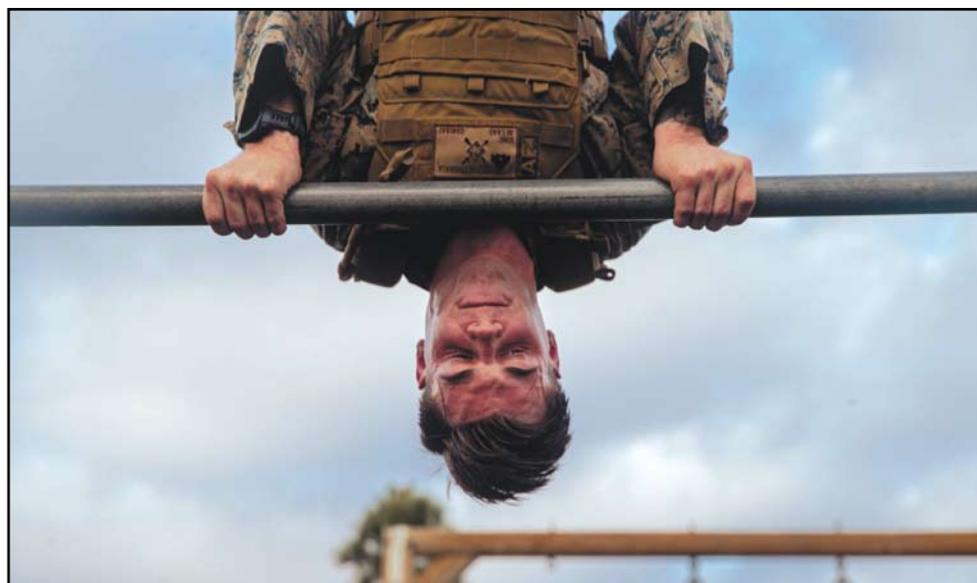
Record number of students sit for career aptitude test at Air Force base in Japan
See page 8

Things to do around town

Holiday festivals & plays, Christmas in the Park, boat parade of lights, ice skating by the sea.
See page 10

Are you a puzzler?

Challenge yourself with our weekly crossword puzzle and Roy's sudoku. Give your brain a workout!
See page 10



Grip and Flip. Marine Corps Cpl. Cameron Gottschalk, a radio operator with 3rd Marine Aircraft Wing, flips over a high bar during a martial arts instructor course physical training session at Camp Pendleton Nov. 30. US Marine Corps photo by Lance Cpl. Gadiel Zaragoza

How the U.S. military acclimates units to high-altitude operations

by Claudia Sanchez-Bustamante
 MHS Communications

High altitude—generally considered at about 8,000 feet or more above sea level—can negatively affect service members' health as well as their physical and mental performance, especially if they're not properly acclimated to it.

The lower pressure in that environment means there's decreased availability of oxygen in the air around you, which lowers the oxygen supply to your body. It can cause altitude illness within hours after arriving at high altitudes as your body tries to adjust and you may require oxygen and medication to feel better.

Yet even operating in locations above 4,000 feet above sea level can cause acute mountain sickness, the most common and mild form of altitude illness, and decreased performance. Symptoms can include head and muscle aches, shortness of breath, dizziness, and nausea, and may take between 1-3 days to subside.

Training and acclimating your body to operate optimally at altitudes higher than what you're used to is key.

How the Military Approaches Acclimation

Operating at high-altitude environments

"is inherently hazardous," said Air Force Maj. Elliott Reed, chief of the physiological training branch at the Air Force Research Laboratory's 711th Human Performance Wing, at Wright-Patterson Air Force Base near Dayton, Ohio.

"The Air Force takes a holistic approach to high-altitude operations, ensuring operational success by focusing on personnel selection, training, and equipment," he added. "This is similar to fire fighters, who are not conditioned to work in fires but are instead prepared to mitigate the risk."

For air crews to operate at high altitudes, "the human system must be seamlessly integrated into the aircraft system," he explained. "While oxygen is important, so is the need to control the altitude through the use of cabin pressurization systems."

And depending on the mechanical structure of a given aircraft, other equipment may be necessary, he said, such as a full-pressure suit for U-2 pilots or a G-suit [an anti-gravity garment] for high-performance aircraft operators.

However, pilots are not the only service members operating at high altitudes in the air. Service members routinely operate on land at mountainous locations of varying altitudes to which they must properly acclimate.

The Marine Corps Mountain Warfare Training Center, in Bridgeport, runs an eight-course curriculum designed to train U.S., joint, and allied militaries to operate in mountainous, high-altitude, and cold weather environments. One course teaches mountain medicine.

"We teach both Navy corpsmen and other joint and allied force medics and medical personnel, high-altitude physiology and pathology, or illnesses," said Navy Lt. (Dr.) Kevin Lawrence, the officer in charge of the course in mountain medicine.

The three-week-long course is divided into didactic classroom learning, some conditioning, and mobility and technical skills, he said. And since the training center is located on thousands of acres of national forest land with variable elevations, it's an "ideal" location to train for acclimation, said Lawrence.

"Base camp is at 6,200 feet," said Navy Lt. Michael Gumpert, a medic and head of the Branch Health Clinic Bridgeport, Naval Hospital Twentynine Palms. "From there, there are multiple elevations, up to the 10,000-foot level, so there's a lot of variability depending on what the mission set is they're training towards."

See ACCLIMATING page 11

Tripoli returns home from inaugural deployment

NAVAL BASE SAN DIEGO - Amphibious assault carrier *Tripoli* (LHA-7) returned from its maiden deployment Nov. 29 after operating for seven months in the Indo-Pacific.

Tripoli's deployment to the 3rd and 7th Fleet areas of operations was particularly significant for its diplomatic and military engagements with regional partners and allies, as well as successful integration with the 31st Marine Expeditionary Unit to support maritime security operations, theater security cooperation, crisis response, and maintaining a forward Navy-Marine Corps presence.

"I'm proud of {the crew of} *Tripoli* for a successful first deployment," said Rear Adm. James Kirk, commander, Expeditionary Strike Group 3. "The ship and crew are on the leading edge, setting the example and testing the limits of the assault carrier. LHAs are designed to support the future of the Marine Corps Air Combat Element, and *Tripoli* has done just that. I'm excited to see what else they can bring to the fight."

The Marine Corps embarked 16 F-35Bs aboard *Tripoli*, which flew missions during exercises Valiant Shield and Noble Fusion. The Navy and Marine Corps team integrated to complete training and certification exercises before joining the Armed Forces of the Philippines for bilateral exercise Kamandag. Overall, the crew completed 2,052 hours of flight operations and traveled 40,303 nautical miles during exercise support. *Tripoli* operated alongside other partners and Allies throughout the Indo-Pacific during the deployment, including Japan and Singapore. Port calls included stops in Tasmania, Australia, Japan, Singapore, and the Philippines.

"The Sailors and Marines aboard *Tripoli* went above and beyond to demonstrate the unique capabilities of this ship," said Capt. John C. Kiefaber, *Tripoli's* skipper. "Whether launching and recovering aircraft at night, or serving as an instrument of diplomacy to our ally and partner nations, the crew performed their duties professionally and demonstrated why they are the Navy's greatest asset. I couldn't be more proud."



Families and friends welcome home Sailors assigned to USS Tripoli. US Navy photo by MC2 Brett McMinoway

CARRIER NIMITZ DEPLOYS FROM SAN DIEGO

NAS NORTH ISLAND - (Dec. 3)
Navy Sailors prepare to stow line aboard aircraft carrier Nimitz after getting underway.



After joining up with its battle group in San Diego, Nimitz left Dec. 3 for a Western Pacific deployment. Nimitz is the flagship for Carrier Strike Group (CSG) 11. The carrier left Naval Base Kitsap, Wash., Nov. 28 with 2,500 sailors aboard. The carrier deployed with USS Bunker Hill, USS Decatur, USS Paul Hamilton, USS Chung-Hoon, USS Wayne E. Meyer and USS Shoup. During its last deployment in 2020, Nimitz was deployed for almost 8 1/2 months, during the COVID-19 pandemic. US Navy photo by MC3 Joseph Calabrese

Air Force halts use of troubled myEval performance reporting system

by Jonathan Snyder
Stars and Stripes

The Air Force rolled out the myEval system in February 2022, replacing the Virtual Personnel Center the service used to process performance reports.

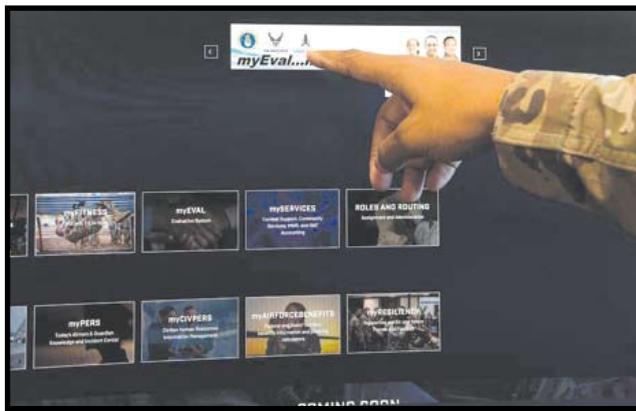
The Air Force admitted recently that its new system for collecting airmen and guardians' performance reports is broken and directed a return to the old system a week before reports for 44,857 technical sergeants were due.

Chief Master Sgt. of the Air Force JoAnne Bass announced Nov. 21 on her official Facebook page that use of the myEval system is temporarily paused, nearly 10 months after it was unveiled by the Air Force.

"We get it, folks. We have seen the memes and the jokes ... more importantly, we have seen the legitimate concerns and feedback about myEval," she said. "As it stands now, the system is not able to seamlessly process reports into a member's official records. Effective immediately, we'll begin using PDFs from e-Pubs to complete enlisted and officer evaluations."

The myEval issues included various evaluation errors, evaluations routed to the incorrect rating officials and training challenges, Air Force spokeswoman Deana Heitzman told *Stars and Stripes* by e-mail Dec. 1.

"The most important consideration is that we ensure there are no negative impacts to any



The Air Force rolled out the myEval system in February 2022, replacing the Virtual Personnel Center the service used to process performance reports. US Air Force photo by Cheyenne Lewis

of our Airmen, while we review the way forward with myEval," Bass said.

The Air Force halted use of myEval for enlisted and officer performance evaluations based on feedback from the field, Heitzman said. "myEval conducted a beta test, which was completed in December 2021, prior to the initial myEval launch in February 2022," she said. "The future myEval will launch when additional testing is complete."

Bass' Nov. 21 announcement received more than 340 comments, many echoing the same concerns she mentioned.

"I will never get back the countless hours that I lost trying to navigate through that system instead of doing my actual job," Master Sgt. Kari Torres at Edwards Air Force Base replied on Nov. 22. "We shouldn't have to stress out about this kind of stuff. Please, please make sure the system works in all aspects before making the whole Air Force suffer."

Bass promised a better version of myEval on the next rollout.

"We owe you a better system, and more transparency...and we will deliver," she wrote on Facebook.

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US COAST GUARD ART PROGRAM (Dec. 5; 2022 - Coast Guard cutter approaches a mariner at sea. US Coast Guard Art Program 2003 Collection, Ob ID # 200314, "Paratus Gerere," Tom Austin, gouache, 14 x18. US Coast Guard Art Program photo by Maryann Bader

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Pentagon chief: US faces pivotal years in countering China

by Tara Copp

Courtesy of Stars and Stripes

SIMI VALLEY, Calif. - The U.S. is at a pivotal point with China and will need military strength to ensure that American values, not Beijing's, set global norms in the 21st century, Defense Secretary Lloyd Austin said Dec. 3.

Austin's speech at the Reagan National Defense Forum capped a week in which the Pentagon was squarely focused on China's rise and what that might mean for America's position in the world.

Last Monday it released an annual China security report that warned Beijing would likely have 1,500 nuclear warheads by 2035, with no clarity on how China would seek to use them.

On Friday in a dramatic nighttime rollout, Austin was on hand as the public got its first glimpse of the military's newest, highly classified nuclear stealth bomber, the B-21 Raider, which is being designed to best the quickly growing cyber, space and nuclear capabilities of Beijing.

China "is the only country with both the will and, increasingly, the power to reshape its

region and the international order to suit its authoritarian preferences," Austin said Saturday. "So let me be clear: We will not let that happen."

The Pentagon is also concerned about Russia and remains committed to arming Ukraine while avoiding escalating that conflict into a U.S. war with Moscow, he said at the forum, held at the Ronald Reagan Presidential Library.

"We will not be dragged into Putin's war," Austin said.

"These next few years will set the terms of our competition with the People's Republic of China. They will shape the future of security in Europe," Austin said. "And they will determine whether our children and grandchildren inherit an open world of rules and rights — or whether they face emboldened autocrats who seek to dominate by force and fear."

Still, between the two nuclear power threats, China remains the greater risk, Austin said.

To meet that rise, "we're aligning our budget as never before to the China challenge," Austin said. "In our imperfect world, deterrence does come

B-21 Raider makes public debut; will become backbone of Air Force's bomber fleet

Courtesy story, Secretary of the Air Force Public Affairs

In a tangible display of the nation's resolve in meeting security threats, the Air Force on Dec. 2 publicly unveiled the B-21 Raider, the first new, long-range strike bomber in a generation and an aircraft specifically designed to be the multifunctional backbone of the modernized bomber fleet. While the B-21 isn't expected to be operational and introduced into service for several more years, the formal unveiling ceremony hosted by Northrop Grumman at its production facilities in California is a significant milestone in the Air Force's effort to modernize combat capabilities. The B-21 is designed to be a more capable and adaptable, state-of-the-art aircraft that will gradually replace aging B-1 Lancer and B-2 Spirit bombers now in service. According to design requirements, the B-21 is a long-range, highly survivable stealth bomber capable of delivering a mix of conventional and nuclear munitions. The aircraft will play a major role supporting national security objectives and assuring U.S. allies and partners across the globe. *Continue reading and view photos on the Air Force newsstand, <https://www.af.mil/News>.*

through strength."

The bomber is part of a major nuclear triad overhaul underway that the Congressional Budget Office has estimated will cost \$1.2 trillion through 2046.

It includes the Raider serving as the backbone of the future air leg of the triad, but it also requires modernizing the nation's silo-launched nuclear intercontinental ballistic missiles and its nuclear submarine fleet.

The Defense Department has

the largest discretionary budget of all the federal agencies, and it may receive up to \$847 billion in the 2023 budget if Congress passes the current funding bill before this legislative session ends.

However, defense advocates argue it is still not enough to modernize and keep up with China because much of that spending goes to military personnel. The CBO estimates that about one-quarter of the defense budget is spent on personnel costs such as salaries, health care and retirement accounts.

DoD's Early Bird Brief Headlines

Army

- ✓Five Soldiers with 10th Mountain Division jailed on rape charges
- ✓Fort Bragg bringing back beloved toy drive after three-year gap

- ✓American military's first medical mission to Angola in a decade bears fruit

Navy

- ✓Navy faces mental health crisis after suicides
- ✓Three months after Fat Leonard escaped, feds remain mum on details
- ✓Navy sends a message to adversaries with a rare submarine port visit in Indian Ocean
- ✓Navy base increases security after explosive devices sent to offices in Spain

Marine Corps

- ✓Appeals court weighs order to force Corps to accommodate Sikhs
- ✓Marine recruiter accused of sexually assaulting prospective recruit
- ✓Marine vet in Russian prison contacts family, brother says
- ✓Vaccine mandate is hurting recruiting, top Marines general says

Air Force

- ✓'Bittersweet': Air Force begins phased withdrawal of F-15 Eagles from Okinawa
- ✓Air Force chief: Military must 'pick some winners' among startups

Space Force

- ✓Central Command welcomes space ops shop in Florida

Coast Guard

- ✓Coast Guard rescues crew from sinking boat off Outer Banks

National Guard

- ✓Veterans groups press for long-shot expansion of GI Bill eligibility for Guard and Reserves



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Navy seizes 50 tons of ammo and rocket fuses from boat that set sail from Iran

by J.P. Lawrence
Stars and Stripes

The U.S. Navy released photos of a fishing trawler it says carried more than 50 tons of ammunition rounds, fuses and propellants for rockets when it

was boarded Dec. 1 in the Gulf of Oman.

Iran is being accused of continued "unlawful transfer of lethal aid" after the U.S. 5th Fleet said it seized more than

50 tons of ammunition rounds, fuses and propellants for rockets from a fishing trawler in the Gulf of Oman.

Sailors from sea mobile base USS *Lewis B. Puller* intercepted the stateless vessel in the Gulf of Oman on Thursday along a maritime route from Iran to Yemen, the Naval Forces Central Command said in a statement Saturday.

The Navy says Sailors found more than 1 million rounds of 7.62mm ammunition; 25,000 rounds of 12.7mm ammunition; nearly 7,000 proximity fuses

for rockets; and over 2,100 kilograms of propellant used to launch rocket propelled grenades.

"This significant interdiction clearly shows that Iran's unlawful transfer of lethal aid and destabilizing behavior continues," Vice Adm. Brad Cooper, commander of NAVCENT and 5th Fleet, said in the statement.

Saturday marked the second declared weapons seizure by the U.S. within a month. Navy destroyer USS *The Sullivans* and Coast Guard cutter *John Scheuerman* boarded a fish-

ing vessel Nov. 8 that the 5th Fleet said had more than 170 tons of potentially explosive chemicals.

In both cases, the Navy said the boats were found a route historically used to traffic weapons to the Houthi militant group in Yemen.

Experts say Iran and Middle East allies of the U.S. are locked in a cold war of armed proxy groups and covert attacks.

Iran has been accused of transferring rifles, rocket-propelled grenades and missiles

to Houthi rebels in Yemen despite a United Nations arms embargo.

And the U.S. says that militant attacks have increased in recent years in the busy shipping lanes of the Middle East, and that the number of weapons seized from ships tripled in the last year.

Both vessels were checked as part of "flag verification boarding." International law generally allows the boarding of potentially stateless vessels to check if they are registered under any country's flag.



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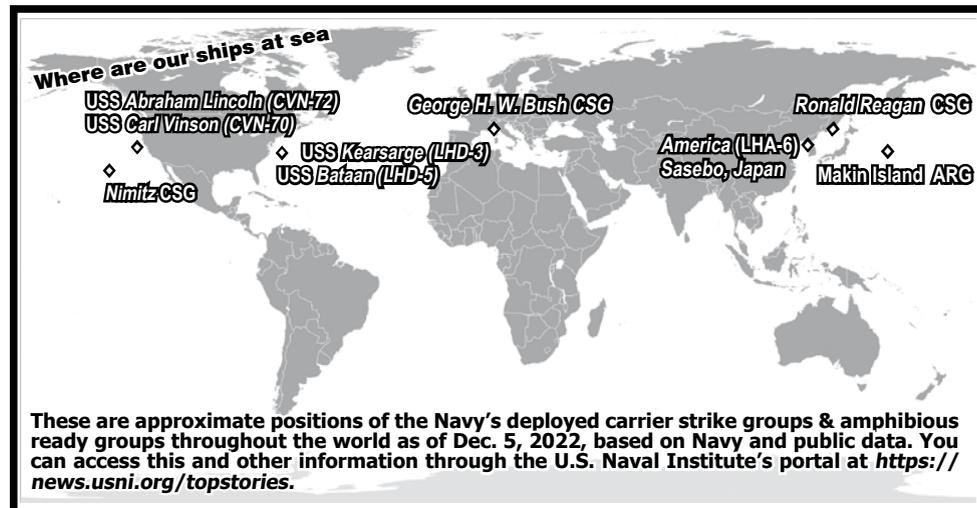
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Ships Underway
Total Battle Force: 293 (USS 237, USNS 56)
Deployed ships: 104 (USS 70, USNS 34)
Non-deployed ships: 72 (41 Deployed, 31 Local)
Ships Deployed by Fleet
2nd Fleet, 3: 3rd Fleet, 6
4th Fleet, 2: 5th Fleet, 13
6th Fleet, 21: 7th Fleet, 59
Total 104

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Abe extinguishes fire



US Navy courtesy photo

On the morning of Nov. 29, there was a fire aboard San Diego-based aircraft carrier USS *Abraham Lincoln* (CVN 72). The fire was quickly identified and extinguished through the crew's fire-fighting efforts. Nine Sailors aboard are reported to have suffered minor injuries and have been treated aboard the ship.

Abraham Lincoln was conducting routine operations approximately 30 miles off the coast of Southern California when the incident occurred. The cause of the fire is under investigation. *Abraham Lincoln* will continue to operate in the area.

Splashdown, San Diego

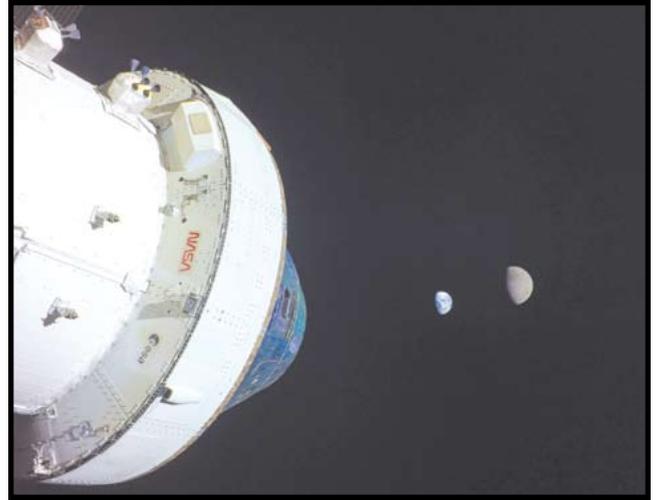
NASA will provide live coverage of the Artemis I uncrewed Orion spacecraft's return to Earth on Dec. 11, when it lands in waters off San Diego.

NASA will provide live coverage on NASA Television, the agency's website, and the NASA app.

Orion began its return trek toward Earth, completing a burn Dec. 1, to exit a lunar orbit thousands of miles beyond the Moon, where engineers have been testing systems to improve understanding of the spacecraft before future missions with astronauts.

Return lunar flyby coverage began Dec. 5. The return powered flyby burn featured the spacecraft harnessing the Moon's gravity and accelerated back toward Earth. The spacecraft flew about 79 miles above the lunar surface, just before the burn.

Live coverage as Mission Control, Houston, monitors the spacecraft's entry, descent, and splashdown off the coast of San Diego will begin at 11 a.m. this Sunday, Dec. 11. Splashdown is expected at 12:40 p.m., after which the exploration ground



systems recovery team from NASA's Kennedy Space Center in Florida, working with the U.S. Navy, will recover the spacecraft.

NASA also is hosting a STEM event in collaboration with the San Diego Air and Space Museum at 9 a.m. Sunday for students and families to learn about Orion and the science, technology, engineering, and math that ensures the success of the agency's missions.

Participants will be able to watch a live stream of the splashdown, participate in STEM hands on activities, and hear from NASA experts and Department of Education Deputy Secretary Cindy Marten.

The uncrewed Orion spacecraft reached a maximum distance of nearly 270,000 miles from Earth during the Artemis I flight test before beginning its journey back toward Earth. Orion captured imagery of the Earth and Moon together from its distant lunar orbit, including this image on Nov. 28, taken from camera on one of the spacecraft's solar array wings. NASA photo

The agency will hold a 5 p.m. Thursday, Dec. 8, news conference to preview Orion's entry through Earth's atmosphere, descent, and splashdown in the Pacific Ocean off the coast of San Diego.

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Carrier *Abraham Lincoln*, strike group at sea for training

The *Abraham Lincoln* Carrier Strike Group commenced its Sustainment Exercise, or-SUSTEX, demonstrating its commitment to maintaining America's advantage at sea Nov. 29.

The strike group, commanded by Rear Adm. Kevin Lenox, includes flagship *Abraham Lincoln*, squadrons of Carrier Air Wing 9, and ships from Destroyer Squadron 21.

During SUSTEX, ABCECSG will execute flight operations with CVW 9's carrier-based aircraft and undergo a myriad of integrated training evolutions that test every core warfare area including information warfare, air defense,

long-range strike and surface and subsurface warfare.

"Since returning from deployment in August, the ships and squadrons of CSG-3 have trained continuously to ensure that they are ready to answer the call if needed. SUSTEX takes that training to the next level, emphasizing the integration and teamwork that gives us competitive advantage in all warfighting domains against any potential adversary," said Lenox. "These talented Sailors stand ready to respond, compete and win across the full spectrum of competition and conflict."

The ABCECSG returned to North Island in August after a

7-month deployment in support of maritime security operations in the 3rd and 7th Fleet areas of operation. The more than 5,500 Sailors assigned to CSG-3 ships and units support maritime security, maintain freedom of the seas in accordance with international law and customs, and promote regional stability in the Indo-Pacific.

Support elements: cruiser USS *Mobile Bay* (CG 53); destroyers USS *Fitzgerald* (DDG 62), USS *Gridley* (DDG 101), USS *Sampson* (DDG 102), USS *Spruance* (DDG 111), USS *Preble* (DDG 88), USS *Momsen* (DDG 92) and Pre-Commissioning Unit *Lenah Sutcliffe Higbee* (DDG 123).

Military leaders kick-off 2024 Rim of the Pacific planning

Senior military leaders from seven partner nations kicked off planning for the 29th iteration of the Rim of the Pacific (RIMPAC) military exercise at the 2022 Senior Leadership Summit, held in Victoria, B.C. this past week. The seminar – hosted by commander, Maritime Forces Pacific, and deputy commander, RIMPAC Combined Task Force, Royal Canadian Navy Rear Adm. Christopher Robinson – provided an opportunity for RIMPAC 2022 Senior Leadership Group and Executive Steering Committee members to discuss lessons learned from RIMPAC 2022 to guide RIMPAC 2024 planning. "RIMPAC 2022 was a tremendous success, showcasing the integration of 26 capable, adaptive partners," said Robinson, "This week, we finalized that chapter and began writing the next, bringing these senior leaders together to provide the initial planning guidance and intent for RIMPAC 2024." RIMPAC is the world's largest maritime exercise aimed at providing training opportunities and strengthening relationships between partner nations. The SLS is one of the initial conferences for RIMPAC 2024. More than 40 partner nation representatives, support staff and key exercise working group leaders participated in the seminar, discussing topics including focus area reviews, lessons learned, command and control, as well as business rules and an Executive Steering Committee round table. Commander, 3rd Fleet, and commander, RIMPAC Combined Task Force, Vice Adm. Michael Boyle, charged those at those at the summit to improve on last summer's exercise. "At the start of this summit, I charged the team to look at everything through the lens of, 'How do we make this exercise better?' and 'How do we move the ball forward?'" said Boyle. "We did that, and what the team has done here laid the foundation for RIMPAC 2024 to continue as the world's premier joint and combined maritime exercise and showcase the enduring interoperability of our coalition partners." RIMPAC began in 1971 and has been held biennially since 1974. The founding nations are United States, Australia, and Canada.



OCEANSIDE (Dec. 1, 2022) - Eddie Lee Pendleton, Gale Pendleton Spagnolo, and Lesta Vogel, the great grandchildren of Maj. Gen. Joseph H. Pendleton, stand in front of Maj. Gen. Joseph H. Pendleton's monument on Camp Pendleton. Camp Pendleton unveiled a historical monument dedicated to Pendleton for his efforts to establish a permanent Marine Corps presence in Southern California. "... the good weather and proximity of the harbor to the new Panama Canal makes San Diego a natural choice as a base for the Marine Corps' Advanced Base Force to be stationed on the West Coast," said Pendleton. US Marine Corps photo by Lance Cpl. Nataly Espitia

18 people found stranded at sea after 5 days without food or water, Coast Guard says

According to news sources, eighteen people were stranded at sea for five days when their boat broke down, the U.S. Coast Guard told news outlets.

The boat was found about 50 miles off the coast of Mexico Nov. 23. The 20-foot boat's motor broke down, and it started taking on water on its deck, said the Coast Guard.

The passengers couldn't call for help, but a passerby spotted the boat and called authorities, according to ABC News.

The passengers, including a 4-year-old boy and 2-year-old girl, were stuck on the boat with no food or water, officials told NBC San Diego. They were "suffering from sun overexposure," according to the news outlet.

At least three people were taken to hospitals in the U.S., the Coast Guard told ABC News. Officials did not report their conditions.

The occupants were "presumed migrants," according to the news outlet.

Adam Stanton, a spokesman for the Coast Guard, told NBC San Diego the sea conditions were "brutal," and rescuers were surprised the boat didn't sink in the rough sea.

The passengers were all wearing life vests and were found in the boat.



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Kudos to MCRD San Diego's 1st first female honor grad

by Cpl. Elliott Flood-Johnson

SAN DIEGO – Golf Company, Second Recruit Training Battalion, graduated hundreds of new Marines at Marine Corps Recruit Depot San Diego Dec. 2. One of them, Lance Cpl. Madison D. Franklin, who was recruited out of Recruiting Station Indianapolis, has a particularly interesting distinction – she is the first female company honor graduate.

“Knowing that I’m the first female company honor graduate from the West Coast...it’s not even about me,” Franklin said. “It’s so that every other female out there who has doubts knows that anything is possible. People say that, but not everybody believes it.”

The Recruit Depot has been making Marines for 99 years, but until this past year, they have all been male. Female recruits started training on the West Coast in 2021, mirroring the integrated training that has been conducted at MCRD Parris Island, S.C.

Franklin didn’t get to where she is now on her own, though. She had encouragement and guidance from her drill instructors. One of them, Senior Drill Instructor Gunnery Sgt. Vernita M. Finley, remembers watching Franklin transform over the course of her training.

“She definitely grew into her role as a guide,” Finley said. “She was so unselfish...She looked out for everybody.”

Being a guide was a big adjustment for Franklin, though. It helped her transform into a new and better



Lance Cpl. Madison Franklin, shown with her family following a graduation ceremony at MCRD San Diego. US Marine Corps photo by Cpl. Grace J. Kindred

version of herself.

“Having to hold 50 to 60 other people to the same standard that you hold yourself to...or even little things like, ‘Hey, make your rack’ or ‘Hey, your uniform looks wrong. It was a big adjustment for a lot of us,” Franklin said. “It was the complete opposite of who I was before boot camp...it took a lot of breaking down and building back up, but it was probably the best thing that I could have asked to get out of boot camp.”

Though her drill instructors kept her motivated throughout training, she also had the other encouragement as well.

“Females are way more powerful than they think. I think that now that I’ve done it, everybody else can know that they can do it,” Franklin said. “I kept that in my mind the whole time. I have to set the example.”

The Marine Corps is an inclusive and diverse organization. Finley, who has been in the Marine Corps for almost 15 years, understands the value of seeing women succeed in the military.

“It’s important for them to put

eyes on people like me...who are in my position,” Finley said. “For them to know it’s possible and something they can aspire to.”

Though her time at MCRD San Diego has come to an end, she will always have the memories of recruit training. The bond that she formed with the Marines in her platoon is one she won’t soon forget.

“It was hard for a lot of us,” Franklin said. “It just shows how as a platoon we started as people who didn’t know each other to crying on the parade deck after graduation because we didn’t really want to leave.”

Almost every week new Marines march across the parade deck at MCRD San Diego, and all are instilled with the core values that the Marine Corps was built on: honor, courage, and commitment. As the company honor graduate, Franklin was chosen as the Marine who best demonstrates all three of those traits. As she moves forward in her military career, she will continue setting the example, using the memory of this historic day to motivate herself and others she meets in the future.

Local military photo gallery

PACIFIC OCEAN (Nov. 9, 2022) - Gas Turbine Systems Technician (Mechanical) 3rd Class Anna Lou Roman inspects a sample of incoming fuel during a replenishment-at-sea aboard amphibious assault ship *Makin Island*. US Navy photo by MC3 Eloise A. Johnson



MCRD, SAN DIEGO (Nov. 29, 2022) - Marine Corps recruits with India Company, 3rd Recruit Training Battalion, conduct exercise during a physical training event. Recruits completed a circuit focused on balance, agility, speed, and explosiveness. US Marine Corps photo by Cpl. Grace J. Kindred

MCAS MIRAMAR (Dec. 2, 2022) - Gilbert Cisneros, Jr., the Under Secretary of Defense for Personnel and Readiness, and Marines, discuss the use of social media for recruiting. Cisneros was also shown Miramar’s microgrid and power plant. US Marine Corps photo by Lance Cpl. Jose S. GuerreroDeLeon



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Interpersonal Edge: The how of the now

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

Q: I enjoy reading personal growth books. They always talk about being present. I do not see how this would help me as my present is usually stressful. Why do so many personal growth teachers recommend being in the "now." How would it help my work to be present anyway?

A: The reason that being present would help your work is the only way we can engage our reality is in moment that is now available. Yes, the price is we have to experience everything going on within us and around us and that can be stressful.

Even though being in the now can reveal upsetting truths, what we feel we can heal.

Think of feelings as being emotional riptides that if you relax pull you off shore. As the riptide pulls you away from familiar land, you may feel afraid. But, if you relax, the current will only take you a little ways off shore and then you can swim parallel to shore and come back to land.

Fighting a rip tide will only result in your drowning. Fighting an internal emotion will only exhaust and upset you. Think of each emotion as different colors

of energy. Sadness dissolve our past. Anger fuels change. Fear keeps us safe. Joy motivates us. In the now, we can use each emotion

Interpersonal Edge



by
Dr. Daneen Skube

to drive a solution.

If you avoid your present moment because the color of energy you experience is one you judge as wrong, then you lose the benefits of that energy. No emotion is wrong, although behaviors you may chose when you're upset can be destructive to yourself or others.

There's an highly effective therapy called Dialectical Behavior Therapy (DBT). The main point of this therapy is our ability to act well when we feel bad. This is central to effectiveness in life and work. How can we regulate our emotions, if we refuse to be present in the now when the emotions are happening?

Try this exercise to discover the

how of the now: Sit on your couch making sure you are warm, your back is straight, and close your eyes. Scan your body, starting at your head while you pay attention to all the physical sensations. Lastly, listen to your feelings and observe. Now listen to the chatter in your mind. The point of this exercise is to observe, not change, and breathe.

When you open your eyes, what did you discover about what's happening to you now? Remember, in this exercise you are allowing yourself to be conscious. Just be, and breathe. You'll notice that being present, no matter what you discover, will calm you and make it easier for you to think.

We do not know what the future will bring, but we can guarantee many moments of now will continue to be uncomfortable. Being in the now we lean into each moment no matter how uncomfortable, and consider discomfort life's swimming lesson.

I frequently think of people who have an illness that makes them unable to feel physical pain. These people hurt themselves all the time because their bodies do not give them feedback. No matter how painful the now may be, your present moment is giving you essential feedback for your

long-term well-being.

The last and most powerful how of the now is the more we take care of our present, the better our future becomes. When we fail to show up in our now, we mortgage our future because our decision making is impoverished without the data of our present.

On Monday morning, no matter your judgments, opinions, or thoughts about your now, start the habit of now and see what you discover. The discomfort of the now is temporary, but the wisdom and improved decision making you'll gain are permanent.

The last word(s)

Q: Often at work I end up feeling like a small cog in an enormous machine. The worst part is I struggle to feel like what I do matters or who I am counts. Is there a way you counsel your clients to think about themselves in the world?

A: Yes, I agree with Eckhart Tolle, a German-born spiritual teacher and author, who recommends that we remember the following: "You are the universe, experiencing itself as human for a while." Consider the Hubble telescope photos, and realize your inner world is that infinite and awesome.

Record number of students sit for career aptitude test at Air Force base in Japan

by **Joseph Ditzler**
Stars and Stripes

YOKOTA AIR BASE, Japan - A record 144 students at Yokota High School recently sat for a battery of tests to discover their career potential, according to the Defense Department school system in the Pacific.

The Armed Services Vocational Aptitude Battery Career Exploration Program identifies students' skills and interests and provides them "an opportunity to explore career and post-secondary options as well as various college major and career field pathways," according to a news release from Miranda Ferguson, spokeswoman for DoD Education Activity-Pacific.

Generations of service members are familiar with the ASVAB, a series of tests the military uses to match recruits with the jobs they're best suited for. Similarly, the ASVAB Career Exploration Program, an aptitude test, provides students with possible matching careers, highlights their academic strengths and offers an "interest inventory," along with career exploration tools that students can discuss with parents, according to the release.

The Career Exploration Program is a voluntary test sponsored by the Department of Defense, and although the results are available to military recruiters, students and their parents may opt out of that release, Ferguson said by email to Stars and Stripes on Thursday.

Last year, 116 students at Yokota High in western Tokyo took the test battery, but this year another 28 signed on for a record number of test-takers at the school, she said.

"The school attributes this increase to sustained work promoting and explaining the ASVAB Career Exploration Program to multiple audiences, including faculty, students, and parents," Ferguson said. "Faculty encouragement, student word-of-mouth and parent interest contributed to robust participation."

Nearly three-quarters, or 72 percent, of eligible students in grades 10 to 12 took the test this year, according to the release.

"The test was offered on four separate days to ensure all interested students had the opportunity to participate," Ferguson said last Thursday.



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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Many of us might remember our mothers driving to stationary stores to peruse boxes of holiday cards, back before the tech revolution brought us digital cameras and printed photo cards. My Mom would select heavy stock Christmas cards printed with Currier and Ives snowy scenes, or cheery plaid bows tied on embossed gold french horns, or leaping white reindeer silhouettes, or sprigs of pine adhered with iridescent glitter mimicking snow.

She bought a dozen or two Christmas cards to give out to her family and dearest friends. Sitting in our sunroom with a cup of hot coffee playing a Johnny Mathis Christmas cassette on one of my brother's abandoned boom boxes, she wrote simple, yet personal notes to each recipient in her perfect first-grade teacher cursive, twinged with her Kentucky lilt. "Let's try camping again when the kids are out of school — what a hoot that was. If only Ron hadn't broken his toe. Much love and glad tidings to y'all!"

A generation later, my holiday card routine is entirely different. Every year, I reluctantly sit down at my laptop, and brace myself to endure the soul-crushing process.

First, I peruse several hundred digital photos stored on my phone from the previous year. None of them were printed

Holiday photo cards: Tradition or dysfunction

or framed or placed lovingly in a photo album to be cherished. They exist only in a digital black hole. Every so often, I transfer my phone photos to an external hard drive with more storage than I can fathom. Practically speaking, no human will ever enjoy those photos again.

The task of finding a few acceptable photos to create our annual photo card is tedious and often takes me several sittings. Once I've identified the photos, I must then digitally upload them into an acceptable retail platform such as Shutterfly or VistaPrint to create our annual holiday cards. To make my job more complicated, the photo card companies offer hundreds and hundreds of templates to choose from, each with multiple options for color, size, number of photos, text boxes, fonts, embossing, stock quality, gloss or matte finish, and envelope printing.

Once all the selections have been made and photo uploading begins, I enter a second round of mind-boggling frustration, involving spinning digital wheels, loading errors, pixel inadequacies, and other technical complexities that make me want to stick a fork in my eye.

Even after I've typed in the unpersonalized salutation "Merry Christmas from The Molinaris" and saved my draft, my task isn't complete. There's another difficult choice to be made — how many cards to order. Back in the day, my mother never bought more than a couple dozen, but today, holiday photo cards are typically ordered in pricey bulk

quantities of 60 or 100 or more.

To be fair, photo cards are useful for military families, who acquire scores of fast friends and colleagues in all the different places they've lived and worked. People their families connected with, but can't practically visit. I have to admit, photo cards are a great way to reach across the divide with a picture of smiling faces. Yet, I worry that this trend is stripped of personal connection.

My finger trembles over my laptop touchpad as I debate whether to order 100 or 120 photo cards. At a buck a pop, it's a significant expense, and that doesn't even include postage. I know there won't be time to personalize all those cards. Once the boxes arrive, I'll barely have enough time to print out my seven-page address spreadsheet, stuff and address all the envelopes, peel and stick the stamps, and haul them off to the post office in a reusable shopping bag.

Unlike my nostalgic memories of mom with her hot coffee and Johnny Mathis inking Christmas greetings, my annual holiday card task is drenched in the nog of dysfunction, a sticky mix of reluctance, entrapment, panic, and guilt.

So why do I do it? If I skipped photo cards this year, would anyone really notice or care? Probably not, but like so many modern inconveniences in today's chaotic world, I do it because, well ... If I didn't, it just wouldn't be Christmas.

AutoMatters™ & More by Jan Wagner



A favorite tradition in San Diego has long been the annual "December Nights" in beautiful Balboa Park — a kickoff celebration to the holiday season, in which almost the entire park participates in a gigantic, open house. The coronavirus pandemic changed all of that, since it made large gatherings of people unsafe and therefore out of the question. For the past two Decembers "December Nights" as we knew it became, out of necessity, a drive-through, food trucks sort of event. Now that there are effective treatments for COVID-19 (including preventative vaccinations and Paxlovid), and after an agonizingly long gap of three years, a full-scale celebration of "December Nights" returned to Balboa Park, on its traditional dates of the first Friday and Saturday in December.

You can see some of my hundreds of photos, as well as coverage from previous years, at <https://automatters.net>. Just type "December Nights" into the Search Bar in the middle of the Home Page.

To help visitors navigate "December Nights," the Fleet Science Center provided free maps and simplified schedules. Museums opened free-of-charge, some with 'make-&-take' crafts opportunities; singers and dancers entertained on outdoor stages around the park, hand-made crafts were available for purchase, and there were numerous food and merchandise vendors.

'December Nights' celebration returns to Balboa Park

Cottages at the International Villages opened — offering visitors ethnic entertainment and traditional foods representative of those found in the home countries. As in past years, the House of Spain prepared giant pans of their fantastic paella. I took home a tin filled with fresh baked goods from the House of England, and once I began to eat them I could not stop until I finished the whole entire tin!

At the International Cottages outdoor stage, I shot a lot of video at was an especially emotional presentation by the House of Ukraine, in which a host defiantly discussed the tragedy that Russia has brought to that country through war.

A young woman passionately sang the Ukrainian national anthem — and more, to the accompaniment of her father on guitar. He is recording a documentary in Ukraine.

A choir that included a young amputee named Ivan — who was run over by a Russian tank, proudly sang traditional songs in Ukrainian; and an adorable little four-year-old girl named Carolina — whose home in Mariupol was destroyed in February by Russia, and whose father is still in Ukraine, sang "Czerwona Kalina" — a famous wartime song that was covered by Pink Floyd and Andriy Khlyvnyuk in a video entitled "Hey Hey Rise Up" (<https://youtu.be/zVih5Y718I>), in support of the Ukrainian resistance.

There was a reenactment of the story of Christmas at the 'Living Christmas tree' in the Organ Pavilion, and much more. For coverage of past events, including lots of photos, simply search for "December Nights" in the Search bar in

the middle of the "AutoMatters & More" Home Page at automatters.net.

The incredible variety of scheduled entertainment and activities also included the Raylin Cloggers, the San Diego City Guard Band, the eKlectic Dance Company, Ballet Folklorico la Joya de Mexico, Billy Lee & the Gulf Coasters, line dance lessons by Greg Benusa and Lori King, the Brian Jones Rock 'n' Roll Revival, flamenco with Roots Performing Arts, the San Diego Gay Men's Chorus, "On The Town" by the JCompany Youth Theatre, the Legendary Lion Dance Association, Mariachi Victoria de San Diego, the Makana Kai Polynesian Dance Troupe, the San Diego Civic Dance Arts with Rockettes-style dancing, the Old Globe Theater with the Grinch and Scrooge, the San Diego Zoo with Skyfari rides over the zoo, the San Diego Natural History Museum with the Pomerado Brass Quintet and the TubaFours, the Japanese Friendship Garden with cultural demonstrations, the San Diego Air & Space Museum with holiday music, the Fleet Science Museum with the opportunity to build your own tiny cardboard Gingerbread House in Studio X.

"December Nights" is an extremely popular event, attracting visitors to converge on Balboa Park from all around San Diego County. I strongly advise that when you go to "December Nights," go early.

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit [AutoMatters & More](https://automatters.net) at <https://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 #770

Veterans News

WWII legend Tom Rice of Coronado dies at 101; Hundreds of San Diegans turn out to honor him



Photo by Jeffrey Rease of the WWII Veterans Portraits of Honor Project.

Coronado native and D-Day veteran Tom Rice, died on November 17. Rice, a US Army veteran from the 101st Airborne Division, 501st Parachute Infantry Regiment, dedicated his life to ensuring Americans didn't forget the sacrifices made during the global conflict.

After being honorably discharged in 1945, Tom returned to live in his hometown — Coronado, attended college, graduated from San Diego State University, fathered five children, and taught social studies and history in San Diego for 44 years.

Tom continued to participate in commemorations of D-Day and the Battle of Normandy. At age 97, he parachuted in tandem in France during celebrations of the 75th anniversary of D-Day. On his 100th birthday in August 2021, he made another tandem jump landing on the beach in Coronado.

Hundreds of people attended Rice's memorial on Saturday, Dec. 3, in Coronado. The family has requested that donations be made to Honor Flight San Diego. The donations are tax-deductible and will help get more of Tom's military brothers and sisters on their Honor Flight.

WWII Sailor disinterred from USS Oklamona laid to rest at Fort Rosecrans

Chief Firecontrolman Daniel Harris, who died while assigned to USS Oklahoma during the Dec. 7, 1941 attack on Pearl Harbor, was laid to rest at Fort Rosecrans National Cemetery Dec. 7.

Capt. Robert McMahon, Director of Navy Casualty, which oversees the processes for family visitations, transport of the deceased, and coordination of the Pearl Harbor vet laid to rest at Rosecrans burial, attended along with Harris' surviving family members.

Fire Controlmen were highly skilled technicians responsible for the operation of various forms of range finding gear, as well as the solving of ballistics calculations to control the firing of the ship's guns.

USS Oklahoma was hit by several Japanese torpedoes during the country's attack on Pearl Harbor. With its port side torn open over much of its length, the ship rolled over and sank to the bottom of the harbor.

Over 400 crewmembers, including Harris, died during the attack. McMahon said, "Prior to the 2015 disinterment, which marked the beginning of Project Oklahoma, 388 service members were unaccounted for. Since then, 355 have been individually identified.

Scientists at Defense POW/MIA Accounting Agency (DPAA) labs in Joint Base Pearl Harbor-Hickam, Hawaii, and Offutt Air Force Base, Omaha, Neb., identify past-conflict Sailors.



Chief Firecontrolman Daniel Harris' remains were recovered from the USS Oklamona in Pearl Harbor and he was laid to rest Dec. 7 at Fort Rosecrans.

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THINGS TO DO AROUND TOWN

Ice skating outdoors: Liberty Station, 875 Dewey Road, \$20. Coronado, 1500 Orange Ave, \$40.

Two Pianos Four Hands, Dec 7-Jan 1. North Coast Rep www.North-CoastRep.org

Jingle Terrace Live, Dec 7-10. The Moonlight (Free) www.moonlightstage.com

LA Rams vs. Las Vegas Raiders at SoFi Stadium, Thur, Dec 8, 5:15pm. www.therams.com

Snow N Glow Holiday Festival, Dec 8-Jan 1, Del Mar www.delmar-fairgrounds.com

64th Annual Las Posadas in Old Town. Fri, Dec 9, 7pm. Centuries-old Mexican celebration. Heritage County Park, 2454 Heritage Park Row, Old Town San Diego.

Movie Night: Elf, Fri, Dec 9 at The Moonlight (Free) www.moonlightstage.com

Christmas in the Valley, Dec 9-10. Bates Nut Farm www.batesnutfarm.biz

Christmas in the Valley. Fri-Sat, Dec 9-10, 9am-3pm. Free. Family event. Santa, craft market. Valley Center. batesnutfarm.biz

Snowside Winter Festival, Dec 9-12 in Oceanside at Emerald Isle Golf Course

Scripps Institution of Oceanography Public Tour. Sat, Dec 10, 10-11am. Free. Registration required.

Gingerbread House Decorating, Sat, Dec 10, 10-noon. Free. Canyon Community Church, 610 Paseo Del Rey, Chula Vista, 91910

Merry and Bright Holiday Concert, Sat, Dec 10. The Moonlight (paid event) moonlightstage.com

Oceanside Parade of Lights, Sat, Dec 10. www.visitoceanside.org

Poway Christmas in the Park, Sat, Dec 10. www.poway.org

Breakfast with Santa, Sat, Dec 10. City of San Marcos www.san-marcos.net

Mission Bay Parade of Lights Boat Parade, Sat, Dec 10.

Freestyle Explosion: Holiday Jam at Pechanga Arena San Diego, Sat, Dec 10, 7:30pm. www.pechangaarenasd.com

Winter Express Experience, Sat-Sun, Dec 10-11, 9-11am. \$14-\$25. San Diego Model Railroad Museum,

Balboa Park. www.sdmrm.org/

Guided Nature Walk, Sat, Dec 10 & 24, 8:30-10am. Free. Kumeayay Lake Campground, Santee. mtrp.org

Guided Nature Walk, Saturdays, Dec 10, 17 & 24, 9:30-11am. Free. Mission Trails Regional Park, San Carlos. mtrp.org

SD Sockers Home Opener at Pechanga Arena San Diego, Sun, Dec 11, 5:05pm. sdsockers.com

Native American Indian Flute Circle, Sun, Dec 11, 1-3pm. Free. Open mike, beginners welcome to play or watch. Mission Trails Regional Park, San Carlos

LA Chargers vs. Miami Dolphins at SoFi Stadium, Sun, Dec 11, 1:05pm. www.chargers.com

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

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

San Diego Bay Parade of Lights, Sundays, Dec 11 & 18. 5:30-7:30pm. sdparadeoflights.org

Free Interpretive Nature Walks, Sundays, Dec 11, 18, 9-10:30am. Free. Elfin Forest Recreational Reserve, Escondido.

Jingle Terrace Live, Dec 14-18, at The Moonlight (Free) www.moonlightstage.com

An Irish Christmas at Balboa Theatre, Sat, Dec 17. Tickets www.sandiegotheatres.org

14th Annual Xmas Pet Parade, Sat, Dec 17. www.gaslamp.org

Movie Night The Grinch, Sat, Dec 17. Moonlight Amphitheatre www.moonlightstage.com

How The Grinch Stole Christmas Movie and SD Symphony at Rady Shell. Sat, Dec 17. www.TheShell.org

Movie Night: How The Grinch Stole Christmas, Sat, Dec 17. The Moonlight (Free) www.moonlightstage.com

Hanukkah, Sun, Dec 18 (first night of eight nights)

Ebenezzer Scrooge's Big San Diego Christmas Show. Thru Dec 23. The Old Globe. theoldglobe.org

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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, December 8
6pm Armageddon Time r

Friday, December 9
5:50pm Black Panther: Wakanda Forever pg13

Saturday, December 10
3pm Ticket to Paradise pg13

Sunday, December 11
12:50pm Black Panther: Wakanda Forever pg13

Thursday, December 15
5:50pm Black Panther: Wakanda Forever pg13

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242 ★

Friday, December 9
6pm Black Panther: Wakanda Forever (PG-13)

Saturday, December 10
3pm Ticket to Paradise (PG-13)

Sunday, December 11
12pm Black Adam (PG-13)

Monday, December 12
3pm Black Panther: Wakanda Forever (PG-13)

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

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

Friday, December 9
6pm Black Panther: Wakanda Forever pg13

Saturday, December 10
3pm Black Panther: Wakanda Forever pg13

Sunday, December 11
1pm Black Panther: Wakanda Forever pg13

Friday, December 16
6pm The Menu r

Saturday, December 17
3pm Black Panther: Wakanda Forever pg13

Q-Zone - NAB
Bldg. 337 • 619-437-3190 ★
Family Friendly Movies:
Tues, Thur, Sat: 11 am. NDVDs

Thursday, December 8
11am Minions: Rise of Gru

Friday, December 9
5pm Barbarian r

Saturday, December 10
No Movie. Special Event

Pendleton Theater and Training Center
Bldg 1330 Mainside (Across from Mainside Center) ★
Saturday, December 10
1:30pm

CROSSWORD PUZZLE

Across

- 1 Anger
- 5 List member
- 9 Reheat, in a way
- 12 "That's on me"
- 13 Service station sections
- 14 Crime site
- 16 One may symbolize friendship
- 17 Gets with difficulty, with "out"
- 18 Ctrl+V, commonly
- 19 *Like some pages in used books
- 21 It arrives just before Christmas, for many
- 22 Substituted (for)
- 23 Send an IM to
- 24 Public health org.
- 25 Card game cry
- 26 Like some exams
- 30 MLB's Angels, in sportscasts
- 33 **Mean" Pro Football Hall of Fame lineman
- 35 Before, in Brest
- 36 List-ending abbr.
- 37 Helpers
- 38 *Arcade staple
- 40 Puts away
- 41 Pre-event periods
- 42 Chemical suffix
- 43 Fire remains
- 44 Calls in poker
- 46 Criminal
- 50 Tell when one shouldn't
- 53 Secondary persona, or what's hidden in the answers to starred clues
- 54 Distinctive characters
- 55 Verdi solo
- 56 Paintball souvenir?
- 57 With 7-Down, teary
- 58 Tolerate
- 59 Not worth _
- 60 LAX info
- 61 Rogues

Down

- 1 Fowl
- 2 Facetious target of a series of guides
- 3 Talk of the town?
- 4 *Metaphor suggesting suspense
- 5 Spain and Portugal, mostly
- 6 Unavailable
- 7 See 57-Across
- 8 Ed.'s stack
- 9 Word with lemon or orange
- 10 Pot starter
- 11 Jury member
- 14 English
- 15 *Is a fifty-fifty proposition
- 20 Extends, as a building
- 21 Building extension
- 23 Jigsaw bit
- 25 "No clue"
- 27 Start over
- 28 Over
- 29 No _; surprisingly
- 30 Possess
- 31 Tel _
- 32 Fill with freight
- 33 Casual pants
- 34 React to fightin' words, maybe
- 39 Hebrides native
- 43 Wedding destinations, often
- 45 Like 55-Down
- 46 Inspiration for the 2004 film "Troy"
- 47 Parts of some V's
- 48 Lit up
- 49 Kind of position used for meditation
- 50 "Ditto"
- 51 Pack it in
- 52 _ Major
- 53 Triangle calculation
- 55 See 45-Down

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Acclimating to high-altitude operations

Continued from page 1

They explained acclimating to high altitude is gradual and passive.

"Between 8,000 feet and 10,000 feet is the first stage for human acclimation at altitude," said Lawrence. "Visiting units get a couple of days on base to begin their acclimation to altitude so that they can function well as they move into the training area and get to those slightly higher altitudes," he said.

He added "there's nothing service members can physically do to acclimate faster. People are genetically inclined to either acclimate well or acclimate poorly."

He also clarified that conditioning is separate from "the actual act of acclimating."

"Units are expected to be in a high-physical condition, but that doesn't actually allow them to acclimate any faster," he said.

Medically, Gumpert said lung capacity and being aware of mountain sickness-type symptoms are key factors to pay attention to.

"Besides dealing with higher altitude, it's technically more challenging to accomplish any military mission when you're also fighting the terrain," he said.

Acclimating to Altitude

"Anybody can go from sea level to about 8,000 feet in one go with very minimal risk of developing any kind of illness from that 8,000 to 10,000-foot range," said Lawrence.

To ensure units at MCMWTC don't develop high-altitude illness, they follow a "step-wide" acclimatization process that includes overnight stays and gradual ascents.

"Studies show that sleeping, the actual overnight sleep portion, is the primary acclimating phase," he said.

At the MCMWTC, the acclimation process begins on Day 0, where units spend the night at an intermediate altitude, or elevation. On Day 1, units get set up for training and sleep some more.

"Usually, that's sufficient to acclimate most people who are going

to be operating up to that 10,000 or 11,000-foot zone," said Lawrence.

If units need to acclimate farther, "we recommend limited ascents per day, up to about 14,000 feet, and then an additional day to rest," he explained.

If they need to go above 14,000 feet, they will need to ascend at a slower rate and take more rest days.

Ranges of Altitude Illness

The Army Public Health Center defines the effects of altitude exposure according to different altitude ranges:

Low altitude: Sea level-4000 ft. No effects of acute altitude exposure.

Moderate altitude: 4000-7870 ft. Mild altitude illness and decreased performance may occur

High altitude: 7870-13,125 ft. Altitude illness and performance decrements are more common and greater.

Very high altitude: 13,125-18,000 ft. Altitude illness and decreased performance is the rule

Extreme altitude: 18,000 ft and higher. With acclimatization humans can function for short periods of time.

Altitude Illness Ranges

Even though units at the MCMWTC usually only experience mild altitude sickness symptoms, there are more severe symptoms that people can develop.

"The more severe end of the spectrum of altitude illness is high-altitude cerebral edema, or brain swelling, and that's a medical emergency that requires evacuation," Lawrence said. "But it's rare that it occurs below 11,000 feet."

He explained this can occur when people ascend too rapidly, not giving their bodies enough time to acclimatize.

"Your body employs a variety of physiologic adaptations to prevent that from happening, but they all take time on the order of a couple of days to really be fully engaged," he said. "The risk is going from a very low elevation, like that at Twentynine Palms or Camp Pendleton, to suddenly something like 12,000, 14,000,



A pilot trains in the Research Altitude Chamber1 at the Air Force Research Laboratory's 711 Human Performance Wing, Wright-Patterson Air Force Base, Ohio. The RAC can simulate altitudes of up to 1,000 feet and is one of four chambers used to study the effects of high altitudes on humans and equipment. US Air Force photo by Keith Lewis

or 16,000 feet in one go."

In that case, "you haven't given the body time to actually adapt, and you run the risk of more severe altitude illness," he added.

When that happens, descending to lower altitudes, where there is higher-pressure, is the most effective way to get relief.

At MCMWTC, medical teams use a Gamow Bag, "which is like a mini-deployable pressure chamber where you can increase the air pressure into a moderate degree to try and simulate" an environment with higher pressure, said Lawrence.

Other treatments include supporting patients with a diuretic to help speed the acclimation process, and steroids to help treat the brain swelling and inflammation.

Additional Risks and Symptoms of Altitude Sickness

"The greatest risks associated with high-altitude training and operations are hypoxia, decompression sickness, and barotrauma," added Reed.

Hypoxia refers to low oxygen levels in your body tissues and occurs when people living at sea level ascend to altitudes above 8,000 feet. Symptoms include confusion, restlessness, difficulty breathing, rapid heart rate, and bluish skin.

Decompression sickness occurs when someone ascends quickly to

altitudes above 18,000 feet. The high pressure causes nitrogen to dissolve in the blood and tissues, forming bubbles as pressure decreases. Symptoms can include fatigue and pain in muscles and joints.

Barotrauma refers to injuries, such as of the ear, resulting from steep inclines or descents due to increased air or water pressure during plane flights or scuba diving. With ear barotrauma, the outside pressure is higher than that of the inner ear, causing that stuffy feeling or popping in the ears.

"However, since the factors contributing to these illnesses are well known, a lot of effort is dedicated to mitigation," said Reed. "Preventive medicine is a major part of treating high-altitude sickness."

Like Gumpert's and Lawrence's teams at MCMWTC, he said that the U.S. Air Force's flight medicine providers and technicians "routinely screen and assess aircrew for any pre-disposing conditions," highlighting that those medics are "specifically trained" to diagnose and provide specialty care for such instances.

Healthy Living

To lose weight – relax

Long-term stress causes chemical changes that make it harder to lose extra weight.

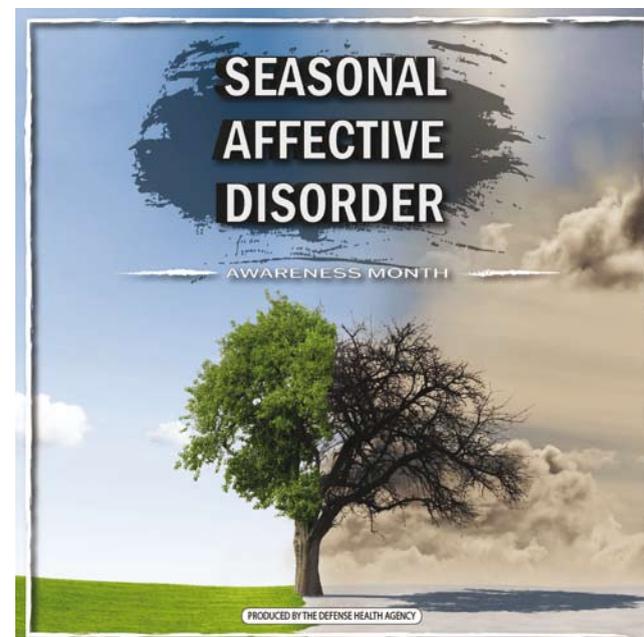
More cortisol ...

• More of this hormone increases appetite, fat around the waist and cravings for fatty, sugary foods

... and less serotonin

• When the brain has less of this neurotransmitter, we crave nicotine, alcohol or high-calorie foods

Source: Suhr Institute.



During the winter months some people experience a type of depression known as Seasonal Affective Disorder, or SAD. Help those you know who may be coping with SAD by sharing this information and resources: <https://www.mentalhealth.gov/what-to-look-for/mood-disorders/sadMentalHealth> webpage #seasonalaffectivedisorder

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