

Career & Education

This week's Interpersonal Edge: Your office adversary can actually teach you something.

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Base Movie Schedule

Jungle Cruise, The Protege, PAW Patrol: The Movie, Candyman, Free Guy, Venom: Let There Be Carnage.

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SIXTY-FIRST YEAR NO. 22
THURSDAY, SEPTEMBER 23, 2021

TWO YEARS LATER, THE NAVY CONTINUES TO SUPPORT EFFORTS TO REHABILITATE DAMAGED INFRASTRUCTURE AT NAVAL AIR WEAPONS STATION CHINA LAKE

RIDGECREST, Calif - Within the span of 48 hours, two sizable earthquakes rocked central and southern California during the summer of 2019, leaving billions of dollars of damage in its wake.

These significant seismic events occurred at Naval Air Weapons Station (NAWS) China Lake. The first 6.4 magnitude earthquake event occurred on July 4, 2019, and the second more severe 7.1 magnitude earthquake event occurred on July 5, 2019. China Lake is the Navy's largest single landholding, representing 85 percent of the Navy's land for research, development, test and evaluation or RDT&E - for scale, China Lake accounts for 12 percent of California's total airspace.

The damage sustained in the consecutive earthquakes deemed NAWS China Lake and its largest tenant command Naval Air Warfare Center Weapons Division or NAWCWD, temporarily "not mission capable" as it was operating at approximately 50 percent of its normal capacity. Base infrastructure and utilities (approximately 3,600 structures altogether) underwent surveying after the earthquakes, with damage totaling nearly \$2.9 billion. Nearly \$2.3 billion of the total damage assessment will



In this file photo, Naval Air Weapons Station China Lake was shutdown for damage assessment after multiple earthquakes occurred July 4-5, 2019. Courtesy photo

replaced with new infrastructure through military construction projects, while the remaining funds will either repair or replace specialized equipment, furniture, machine tools, telecommunication assets, and other facility needs.

Naval Facilities Engineering and Expeditionary Warfare Center - the only warfare center within the Naval Facilities Engineering Systems Command Enterprise - is supporting Naval

Facilities Engineering Systems Commands, Southwest and Officer in Charge of Construction China Lake by providing damage assessments, design review, and consultation pertaining to explosives, explosive safety, and blast and fragmentation efforts for several repair projects administered by OICC CL earthquake recovery program aboard NAWS China Lake.

Immediately following the earthquake, the public works

department at China Lake began the assessing damage. NAVFAC EXWC formed a magazine storage assessment team and mobilized them to NAWS China Lake in mid-July of 2019. The week following, NAVFAC EXWC began the process of assessing the high explosive storage magazines and towers for incurred damage.

At NAWS China Lake Propulsion Laboratory test area, the Motor Assembly Compound, a

series of interrelated buildings, set to undergo infrastructure changes to increase personnel capacity and equipment.

Four facilities, including the explosive operations building, inert operations building, inert storage building, inert design recommendations from NAVFAC EXWC for personnel and equipment protection for the new motor assembly building, redesigned to meet the explosives safety and quantity distance requirements per NAVSEA OP-5.

The Navy's premier static rocket motor test facility, the Skytop Propulsion Test Complex (Skytop), which supports every level of propulsion research and testing efforts for the Department of Defense.

The primary use for Skytop's large motor test bays are for the Strategic Systems Program - a highly specialized workforce of military, civil service, and defense industry partners who develop, produce, secure and provide lifecycle support for the

see **China Lake, page 8**

National Hispanic Heritage Month

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

This year's theme is: "Esperanza: A Celebration of Hispanic Heritage and Hope."

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402.

The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30-day period.

Hispanic Americans have been integral to the prosperity of the U.S. Their contributions to the nation are immeasurable, and they embody the best of American values. The Hispanic-American community has left an indelible mark on the U.S. culture and economy.

AFTER 25 YEARS IN JAPAN, USS CURTIS WILBUR ARRIVES IN HOMEPORT SAN DIEGO

SAN DIEGO - *Curtis Wilbur* guided-missile destroyer arrived to her new Navy homeport here Sept. 16 after 25 years as a forward-deployed ship in Yokosuka Japan.

Commander, Naval Surface Force, U.S. Pacific Fleet directed *Curtis Wilbur* to return to San Diego for scheduled maintenance. Following routine repairs and upgrades, the ship will join 3rd Fleet, which leads naval forces in the Indo-Pacific and provides the realistic, relevant training necessary for an effective global Navy.

"Following 25-plus years of service in the forward-deployed naval forces Japan, *Curtis Wilbur*, her crew, and our families are excited to arrive to our new homeport of San Diego," said Cmdr. Anthony Massey, the ship's skipper. "We bring with us our 'Steel Hammer' professionalism and proud history of service and look forward to preparing for, and executing, operations in support of 3rd Fleet and [the Indo-Pacific]."

In the months leading up to the ship's change in homeport,

Curtis Wilbur deployed to the South China Sea and conducted anti-submarine warfare tasking, a bilateral exercise with the Royal Australian Navy, and freedom of navigation operations, including two transits of the Taiwan Strait.

Curtis Wilbur was commissioned in 1994 and joined U.S. 7th Fleet in Yokosuka, Japan in September 1995, making it the longest forward-deployed naval asset in recent history. In its previous area of operations, *Curtis Wilbur* is known for forging and strengthening relationships with



like-minded naval forces, as well as its demonstrated lethality in warfare exercises.

With an advanced Aegis Ballistic Missile Defense (BMD) suite as the mainstay of *Curtis*

Wilbur's capabilities, the ship will be a unique asset to U.S. 3rd Fleet. While the destroyer's primary mission set provides defense against hostile ballistic missiles, the ship is also proficient in multiple warfare missions including anti-air, anti-submarine, anti-surface, and strike warfare. *Curtis Wilbur's* capabilities are amplified by the training and readiness of the crew, many of which are veterans of the high operational tempo found in U.S. 7th Fleet.

The Navy's surface force in the Pacific is the most preemi-

nent, combat-capable surface force in the world.

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Army, Navy SATCOM mission areas shifting to U.S. Space Force

by Jim Garamone,
DOD News

The Chief of Space Operations announced the transfer of Army and Navy satellite communications billets, funding and mission responsibility to the U.S. Space Force.

Space Force Gen. John W. "Jay" Raymond made the announcement at the Air Force Association meeting in Washington Jan. 21. The transfers are scheduled to be effective Oct. 1, 2021, if the DOD budget is passed and signed.

"We're one team with our sister services and over the last year-and-a-half we have worked with the Army and the Navy and the Air Force to determine which capabilities come over to the Space Force," Raymond said. "The intent was to consolidate (and) increase our operational capability; increase our readiness and do so in a more efficient manner."

The changes are "a first tranche," he said.

This is the latest step in building the new service. The idea behind the U.S. Space Force was "to create a unity of effort around our space enterprise,"

said Space Force Lt. Gen. B. Chance Saltzman, the service's deputy chief of space operations for operations, cyber and nuclear. Simply forming the service made the idea of looking for efficiencies possible.

"We need to create this unity



of effort around our space missions, to ensure we're up to those challenges that we face, because the space domain has rapidly become far more congested, and far more contested than ... when I was a lieutenant or a captain operating space capabilities," Saltzman said.

The performance of satel-

lite communications will be enhanced by this sort of unity of effort.

On the Navy side, the Navy's narrow band satellite constellation will transfer 76 manpower authorizations to the Space Force, as well as 13 satellites - a mix of the new multi-user objective system and the UHF follow-on satellite constellation.

The Army will transfer roughly \$78 million of operations, maintenance and manpower authorizations. This will include five wideband SATCOM operations centers, and four regional SATCOM support centers. This will affect about 500 manpower authorizations.

All told, 15 global units with 319 military and 259 civilian billets from the Army and Navy combined will transfer to the Space Force.

These are crucial defense capabilities. The units can't stop just because the function is

transferring to the Space Force. The capabilities are needed 24/7 and they will be, Saltzman said.

The move puts basically all of the DOD's narrowband, wideband and protected SATCOM under control of U.S. Space Force. "Now all of that - training, operations, acquisition and sustainment and follow-on activities, user allocations - all

of that, will be consolidated under the Space Force to create that unity of effort, and hopefully gain the ability to be more resilient, more dynamic, and ultimately more efficient with that mission set," Saltzman said.

The Soldiers, Sailors and Army and Navy civilians are not obligated to move to Space

Force. There is a process and those involved must volunteer to move. For civilians, the process is relatively easy — simply moving from an Army or Navy system to becoming Department of the Air Force employees.

For Soldiers and Sailors, this requires release by their respective services and acceptance by the Space Force.

Nation will never leave a fallen comrade, joint chiefs vice chair says

by David Vergun, DOD News

Secretary of Defense Lloyd J. Austin III and Gen. John E. Hyten, vice chairman of the joint chiefs of staff, provided remarks at a POW/MIA Recognition Day ceremony in the Pentagon Hall of Heroes last week.

Hyten spoke of service members still missing in action and thanked the Defense POW/MIA Accounting Agency for its ongoing efforts to find them.

Austin, speaking to prisoners of war and their families as well as to the families of the missing, said "We're humbled by your sacrifice and your resilience. We still feel the pain of those missing from conflicts for generations ago, and we share the uncertainty that many of you endure. We also thank you for your advocacy and involvement in our work to recover our fallen, and our missing."

More than 81,600 U.S. personnel still remain unaccounted for, but DPAA personnel are still searching for them and identifying their remains when found, the secretary said.

Of the many who were recovered and identified in recent years, Austin mentioned three. Maj. Harvey H. Storms was a member of Headquarters Company, 3rd Battalion, 31st Infantry Regiment, 7th Infantry Division, which was part of the 31st Regimental Combat Team.

He was reported missing in action on Dec. 1, 1950, when his unit was attacked by enemy forces near the Chosin Reservoir, North Korea. Following the battle, his remains could not be recovered. DPAA announced he was accounted for on July 29, 2019.

Sgt. John V. Phillips was a member of Headquarters Company, 31st Infantry Regiment, when Japanese forces invaded the Philippines. Intense fighting continued until the surrender of the Bataan peninsula on April 9, 1942, and Corregidor Island on May 6, 1942.

Phillips was captured during the fighting on Corregidor and died as a prisoner of war on July 27, 1942. DPAA announced that he was accounted for on Dec. 11, 2019.

Cmdr. Paul C. Charvet was the pilot of an A-1H Skyraider attack aircraft assigned to Attack Squadron 215 aboard aircraft carrier USS Bonhomme Richard. During a mission on March 21, 1967, near Thanh Hoa Province, North Vietnam, his plane disappeared, and he was declared missing in action. DPAA announced that he was accounted for on March 1, 2021.

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DOD marks 10-year anniversary of 'don't ask, don't tell' repeal

by David Vergun, DOD News

Monday marked the 10-year anniversary of the "don't ask, don't tell" repeal, which ended the 17-year military personnel policy enforced by the Defense Department and the military services.

Secretary of Defense Lloyd J. Austin III, in a statement Monday, said, "The 10th anniversary today of the repeal of 'don't ask, don't tell' reminds us that when we strive for greater inclusivity, we help strengthen our nation's defenses.

"By insisting on standards of merit and allowing to serve in uniform all those who are qualified, we avail ourselves of more talent, better leaders and innovative solutions to the security challenges we face around the world."

"We're also reminded today that we have more work to do, particularly as it relates to righting old wrongs," said Austin. "No veteran should bear a less

than honorable discharge based solely on sexual orientation or gender identity.

"As secretary of defense, I'm committed to improving diversity, equity and inclusion across the force," he said. "It makes us more representative of the nation we defend. It makes us wiser. And, without question, it makes us stronger. On behalf of the entire department, I thank our LGBTQ+ service members - and your families - for the service you render each and every day."

Austin said those who believe they were unjustly discharged or retain an error in a service record, should contact the military department's Board for Correction of Military/Naval Records or Discharge Review Board.

Virginia Penrod, acting undersecretary of defense for personnel and readiness, spoke at a Center for a New American Security event. She was the DOD's chairperson for the implementation of the repeal in 2011.

Implementation of the policy's repeal required coordination among Congress, DOD and service-level leadership, and it included the perspectives of service members, veterans and advocates, she said.

Refer to <https://www.defense.gov/Explore/News/Article/Article/2782167/dod-marks-10-year-anniversary-of-dont-ask-dont-tell-repeal/source/GovDelivery/>.

AIR FORCE

- Michigan lawmaker presses Air Force to recover remains from Alaska 1952 plane crash
- USAF spent \$549M on planes for Afghan Air Force that were sold for scrap
- Alaska air base declares public health emergency amid rise in COVID-19 cases
- Grand Forks AFB selected for new satellite mission
- Air Force flies 2 MQ-9 Reaper drones from mainland to Hawaii as part of new maritime emphasis



ARMY

- Fort Drum division, called to Afghanistan more than any Army unit, stands down after 20 years
- Army planning for robots to identify dangerous animals and bacteria before soldiers enter caves
- North Dakota National Guard resumes COVID-19 duty
- Army unit uses high-altitude balloons for first time to coordinate rocket attack in Norway exercise

NAVY

- Improved maintenance pier at US naval base in Japan is on time, on budget, managers say
- Colorado man working to get USS Arizona unknowns identified
- Diving after a 50-year-old mystery: Was helicopter wreckage found off San Diego the famed Helo 66?
- Navy's monthly Taiwan Strait transits continue with destroyer USS Barry
- USS Ronald Reagan returns to 7th Fleet waters after assisting Afghanistan withdrawal

MARINE CORPS

- Mourners in California honor 3 Marines killed in Afghanistan
- Lost grave markers surface from a distant World War II battlefield
- Marines may scale up Australia rotation under new defense pact, security expert says
- Baby girl born to widow of Marine killed in Kabul bombing
- Okinawa governor wants on-site scrutiny after water samples show toxic discharge from Marine base

COAST GUARD

- Coast Guard rescues 6 people crashes off coast of Beach Haven, NJ
- Congress to consider funding another Great Lakes ice-breaker

Low-level commanders need authority to counter information operations, Northcom leader says

How's the United States doing in its efforts to counter the information and propaganda campaigns waged by adversaries to undermine American democracy? Not so good, the commander of U.S. Northern Command said.



"I think we're getting, and I'm on the record, I think we're getting our rear end handed to us in the information space because we're so risk-averse in the environment that we operate in today," Air Force Gen. Glen D. VanHerck said Sept. 21 during a presentation with the Air Force Association.

The general said he thinks the United States must speed up its ability to respond if it's going to protect things like elections or prevent the spread of misinformation and propaganda by the likes of Russia and China. - by C. Todd Lopez, DOD News

Read the entire story at <https://www.defense.gov/News/News-Stories/Article/Article/2785305/low-level-commanders-need-authority-to-counter-information-operations-northcom/>.

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DoD identifies most remains of those killed on USS Oklahoma

by David Vergun,
DOD News

The Defense POW/MIA Accounting Agency has identified most of those killed on the USS Oklahoma when the Japanese attacked Pearl Harbor, Hawaii, in 1941.

Between June and November 2015, personnel from DPAA exhumed the unidentified crew members from the National Memorial Cemetery of the Pacific for anthropological analysis. Of the 429 killed, 394 had been buried as unknown persons. As of Sept. 15, 2021, 346 had been identified.

Nevada-class battleship USS Oklahoma was commissioned in 1916 and was the pride of the American fleet. The ship was notable for being the first American class of oil-burning dreadnaughts. The vessel saw duty in World War I, protecting Allied convoys to Europe.



Artist's rendition of battleship USS Oklahoma, circa 1941.

As fate would have it, the Oklahoma was moored at Ford Island Pearl Harbor, Hawaii, on Dec. 7, 1941, the day the Japanese attacked.

During the attack, several torpedoes from Japanese airplanes hit the Oklahoma's hull, and the ship capsized. A total of 429 crew members died.

Survivors jumped off the ship into burning, oil-coated water

or crawled across mooring lines that connected the Oklahoma and the battleship USS Maryland.

Some of the sailors and Marines inside escaped when rescuers drilled holes and opened hatches to rescue them.

From December 1941 to June 1944, Navy personnel recovered the remains of the crew; they were interred in the Halawa and

Nu'uaniu cemeteries in Hawaii.

In September 1947, tasked with recovering and identifying fallen U.S. personnel in the Pacific Theater, members of the Army's American Graves Registration Service disinterred the remains of U.S. dead from the two cemeteries and transferred them to the Central Identification Laboratory at Schofield Barracks, Hawaii.

At that time, the laboratory staff was only able to confirm the identifications of 35 men from USS Oklahoma. The AGRS buried the unidentified remains in 46 plots at the National Memorial Cemetery of the Pacific, known as the Punchbowl, in Honolulu.

In October 1949, a military board classified those who could not be identified as not recoverable.

DPAA has been working to identify the remains since 2015 when the USS Oklahoma project began. Scientists from the Armed Forces Medical Examiner System have used mitochondrial DNA and autosomal DNA analysis.

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NewsBytes: NDAA, suicide report, PFAS chemical provisions

NewsBytes is Fleet Reserve Association's weekly legislative update.

House NDAA scheduled to move forward

The House plans to debate floor amendments and approve its version of the FY2022 National Defense Authorization Act next week. The FRA is supporting two amendments to the NDAA; Concurrent Receipt and the Military Retiree Survivor Comfort Act. Members are strongly urged to



use the FRA Action Center to weigh in on these amendments.

The Senate Armed Services Committee has approved its version of the FY2022 NDAA and the full Senate is expected to debate floor amendments and approve its version later this year. Once both chambers approve their bill, a conference committee will be appointed to resolve the differences between the two bills and then submit a final bill to be voted on in the House and Senate. If the bill is approved, it shall be sent to the president to be signed into law or vetoed.

VA report: Veterans suicides declining

The Department of Veterans Affairs recently released its 2021 National Veteran Suicide Prevention Annual Report. The report shows a decrease from 2018 to 2019 in the total number of veteran suicide deaths (6 percent) and a decrease in the rate of veteran suicides. Specifically, the VA reported that there were 6,261 veteran suicide deaths in 2019 — 399 fewer than in 2018. Of the 17 veterans who died by suicide per day on average in 2019, approximately ten of them had no recent interaction with the VA health care system. The data also revealed that the female veteran suicide rate decreased by almost

13 percent, which is the largest rate decrease for female veterans in 17 years.

House NDAA includes PFAS chemical provisions

As reported in the Sept. 3, 2021, NewsBytes, the House Armed Services Committee (HASC) marked up and approved the FY2022 National Defense Authorization Act. Among the many provisions added to the bill, are provisions requiring the Department of Defense (DoD) to clean up per- and polyfluoroalkyl substances, or PFAS, contaminated sites on military installations. The cleanup must comply with state standards. Additional PFAS requirements added to the

bill include:

- Requiring the DoD to offer PFAS exposure evaluation and testing for service members who want that as part of their annual examination;
- Requiring the agency to publish the results of drinking and ground water PFAS tests conducted on or near military installations or former defense sites; and
- Requiring the DoD to report by March 1, 2022, progress it's making identifying firefighting foams that don't contain PFAS, but can effectively address the high-risk jet fuel and other fires with which military bases deal.



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Your office adversary can actually teach you something

by Dr. Daneen Skube,

Tribune Content Agency

Q: There is one guy in my office who drives me up a wall. He is self-centered, arrogant, and always putting others down. I have tried rising above it but that doesn't work. I try feeling sorry for him and that doesn't work. The truth is I'd like to tar and feather him and ride him out of town. How can you work with someone you truly detest?

A: To work with someone you truly detest start out internally allowing all of your really nasty emotional reactions to be present. You don't need to act on this. However, rather than rising above negative feelings, pettiness, or revenge plots sit down and have lunch with your feelings.

The Sufi poet Rumi commented on the spiritual inspiration found in our most negative reactions. He observed in his poem "The Guest House," that it is critical to greet all our emotions with curiosity and openness. He wrote, "Welcome and entertain them all! Even if they are a crowd of sorrows, who violently sweep your house empty of its furniture, still, treat each guest honorably. He may be clearing you out for some new delight.

The dark thought, the shame, the malice meet them at the door laughing and invite them in. Be grateful for whoever comes, because each has been sent as a guide from beyond."

Now the last thing in the world

INTERPERSONAL EDGE:

most of us believe is our negative feelings could actually be sent as a guide to inner work we need to do from some universal source of wisdom. Mostly we judge ourselves for even having negative feelings. Somehow we believe we should only be happy, peaceful, patient and without judgment. Show me someone who says they can do this and I will show you someone who is lying.

The theory that only bad people have bad feelings is wrong. The truth is absolutely everybody has bad feelings. The people who act well are more likely to acknowledge and get to know their negative feelings so that they have the impulse control to not act badly when they feel badly.

The silly and impossible idea

we should rise above our negative emotions is a cause of suffering in our workplaces.

Since being around our adversary makes it crystal clear we feel like a baby, we actually get a shot at admitting emotions

that are going on everywhere else as well. Once we can admit what we feel, we can respond differently to the challenge our adversary triggers within us.

The people we hate are the people who make us feel the way we already feel but don't like to admit. Everyone has a different nightmare they'd like to avoid. For some it is the fear you truly are an idiot, for some it is that you don't deserve to ask for anything, and for others it is that you should never have any needs. These messages are the ones we thought our parents told us and as adults anything that reeks of these themes makes us want to run for the hills or fight to the death.

Believe it or not, your worst adversary is perfectly constructed to show you the nightmare

you avoid. I will sometimes tease my clients that they would have to pay someone a lot of money to get them to show up and drive them this crazy but their adversary is willing to do it for free.

Next time, your enemy acts badly, ask yourself this, "What nightmare do you enter when your adversary triggers you." Realize that this belief is probably irrational but nevertheless it currently has great power over you emotionally.

Now ask yourself how long you have feared this nightmare is true? When do you first remember believing this idea about yourself? Who do you believe told you these things during your life?

Lastly, ask yourself if everyone has agreed with this idea? If not, who disagreed? Ask yourself what you would do if God came down in a burning bush and told you this wasn't true?

Now consider that you actually have the freedom once you can see the jail you've kept yourself in, to keep acting in ways that reinforce your misery or to stop. Try this next time someone accuses you of acting in the

Army to hire more linguists, cultural advisors to support Afghan welcome mission

by Joseph Lacadan, Army News Service

Editor's note: Access this story at <https://www.army.mil/>.

WASHINGTON - To help with the refugee efforts for Afghan families, the Army plans to hire additional civilians within and outside the force to process evacuees at different locations. Following the departure of the U.S. military from Afghanistan after two decades, the Defense Department pledged to welcome all Afghan families who left to seek refuge in the United States and other nations. DOD aims to provide safety, shelter and security to Afghans who departed their home country as part of Operation Allies Welcome, including temporary housing for up to 50,000 people. Last month, the DOD airlifted at-risk Afghans who assisted U.S. operations out of the country. "We will help these Afghan friends as they now turn to the task of beginning new lives in new places," Secretary of Defense Lloyd J. Austin said in a statement released on Aug. 31. "We will provide [the Afghan people] with temporary living spaces, medical care, and sustenance at military facilities at home and abroad."

way you most fear ... agree with them. They will be surprised and completely stop.

If anyone in your workplace says you are "insert intolerable insult here," and you calmly look at them and say, "You might be right," notice how you just took all the wind out of their sails. Realize that you now have the freedom to stop arguing if you are no longer arguing with your most important adversary - yourself.

The last word(s)

Q: Is there any easy way to get

a career that pays what you want that you love?

A: The short answer is, "No," and the long answer is, "Nooooooooooooooooooooo!"

Daneen Skube is an executive coach, trainer, therapist and speaker. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything." You can contact Dr. Skube at www.interpersonaledge.com.

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Essex Amphibious Ready Group enters 5th Fleet

by Petty Officer 2nd Class
Brett McMinoway

ARABIAN SEA - Amphibious assault ship USS *Essex*, flagship of the *Essex* Amphibious Ready Group, along with amphibious transport dock USS *Portland*, dock landing ship USS *Pearl Harbor* and embarked 11th Marine Expeditionary Unit entered the U.S. 5th Fleet area of operations, Sept. 12.

While in the 5th Fleet area of operations, the ESX ARG and 11th MEU will operate and train alongside regional and coalition partners.

As an inherently flexible maneuver force, capable of supporting routine and contingency operations, the ARG/MEU's presence demonstrates the U.S. Navy and Marine Corps commitment to regional partners and maritime security.

U.S. 5th Fleet area of operations encompasses about 2.5 million square miles of water and includes the Arabian Gulf, Gulf of Oman, Red Sea and parts of the Indian Ocean. The expanse is comprised of 20 countries and includes three critical choke points at the Strait of Hormuz, the Suez Canal, and the Strait of Bab al Mandeb at the southern tip of Yemen.



A Navy MH-60S Sea Hawk helicopter attached to HSC 21 transports cargo during a replenishment-at-sea between USNS *Wally Schirra*, right, and *Essex* amphibious assault ship. Marine Corps photo by Lance Cpl. Patrick Katz

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Carl Vinson crew sets milestone, delivers over 1M gallons of fuel since January

by MC1 Tyler R. Fraser
PHILIPPINE SEA - USS *Carl Vinson* aircraft carrier conducted a fueling-at-sea (FAS) with USS *Lake Champlain* guided-missile cruiser Sept. 17, delivering more than 150,000 gallons of fuel and setting a milestone of more than 1 million gallons delivered to other ships since January.

Vinson refueled nine different ships, including destroyers, cruisers and littoral combat

ships, during 15 separate FAS evolutions.

“Although carriers have the capability to deliver fuel to ships using their FAS rig, it is normally for certification only,” said Lt. Cmdr. David Roach, *Vinson*’s first lieutenant. “One million gallons is a typical amount of fuel if we were a fleet oiler, but for an aircraft carrier, it is not.”

At-sea fueling operations enable ships to continue their mission without pulling into port for fuel.

Capt. P. Scott Miller, *Vinson*’s commanding officer, said FAS keeps assets on station longer, keeping them in the fight.

“It’s vital that our assets are ready to conduct any required mission in support of peace and stability throughout the Indo-Pacific,” said Miller.

“Successfully conducting FAS operations to this degree speaks volumes to the capability and proficiency of our Sailors. It also demonstrates the operational readiness of our strike group and our commitment to our network of allies and partners in the region. Fueling-at-sea keeps ships on station and puts our jets in the air, ensuring

we can continue to fly, sail and operate wherever international law allows.”

Chief Warrant Officer Mae Lazo, *Vinson*’s bos’n, said fueling evolutions are no small feat and require coordination across multiple departments.

“To make this evolution happen is a ship-wide affair,” said Lazo. “It requires careful planning among the aviation boatswain’s mates (fuels) in air department, boatswain’s mates in deck department, electrician’s mates and machinist’s mates in engineering department and Sailors on the bridge with the navigation department.”

In addition to coordination among the carrier’s crew, Destroyer Squadron (DESRON) ONE led planning and coordination for many of the ships receiving fuel.

“Fueling at sea ensures our destroyers, cruisers and littoral combat ships maintain a high level of warfighting readiness and sustain operations underway where our ships are most needed,” said Capt. Gilbert Clark, DESRON ONE’s commodore. “Our continued at sea presence in the Indo-Pacific region promotes security and stability, which in turn drive the

peace and prosperity that benefit all regional countries.”

FAS was first developed around 1900 for transferring coal and was perfected by the U.S. Navy in the 1920s and 1930s. For transferring liquids such as fuel, ships pull alongside each other with the receiving ship pulling alongside the supplier at a distance of approximately 30 yards. A gunline, pneumatic line thrower, or shot line is fired from the supplier, which is used to pull across a messenger line. This line is used to pull across other equipment such as a distance line, phone line, and the transfer rig lines. These rigs are then used to transfer fuel between the ships.

VINCSG’s multiplatform team of ships, aircraft and more than 7,000 Sailors is capable of carrying out a wide variety of missions around the globe. VINCSG is deployed to the U.S. 7th Fleet area of operations in support of a free and open Indo-Pacific region.

7th Fleet conducts forward-deployed naval operations in support of U.S. national interests in the Indo-Pacific area of operations. As the U.S. Navy’s largest forward-deployed fleet, 7th Fleet interacts with other maritime nations to build partnerships.

Aviation Structural Mechanic (Safety Equipment) 3rd Class Magdana Dantes replaces an environmental control system valve on a Super Hornet aboard Carl Vinson aircraft carrier Sept. 21. Navy photo by MC3 Isaiah Williams

China Lake continued from page 1

Navy’s submarine-launched fleet ballistic missiles and strategic weapons systems. The injuries sustained during the earthquake rendered Skytop firing bays 1, 2, and 4 unsafe for occupancy.

The Thermal Dynamic Test Facility (T-Range), a test environment that simulates high temperature and high velocity flow conditions, is receiving both repairs and new construction because of the earthquake. As it stands today, the T-Range has consolidated existing operations into one succinct control building as repairs to its infrastructure continues. The new control building will replace the pre-existing control room, and will consolidate both data acquisition

and the wind flow tower into one operational facility.

The T-Range also sustained damage to its firing pad. The repairs—all designed in accordance with NAVSEA OP-5 requirements—will consist of new piping, a concrete firing pad, and new structural components that support a moveable test enclosure and an integral overhead bridge crane with rails bolted onto the firing pad.

The firing range will undergo infrastructure changes by adding a single-story 1,200 square-foot reinforced concrete control room facility and associated firing pad capable of testing various ordnance items up to 249 lbs. net explosive weight. To support this effort, the NAVFAC EXWC Shore Technical Department is providing NAVFAC SW a

design review and consultation for explosives safety.

“The Thermal Dynamic Testing Facility (T-Range) is staffed and equipped to carry out testing of materials and components in simulated hypersonic free-flight environments,” said Spencer Pickett, NAVFAC EXWC Structural Engineer of the Shore Technical Department. “These environments produce intense heat and pressure conditions which are replicated on the firing pad. The scientists and engineers operating T-Range collect data for the critical evaluation of weapons systems and components.”

NAVFAC as a whole will render solutions to NAWS China Lake for conservatively another three years; NAVFAC EXWC will support for another year.

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Army photo

DOD: Best time to take military spouse survey is now

by C. Todd Lopez,
DOD News

Back in July, the Defense Department released the Active Duty Spouse Survey - something it does every two years. In the past, the survey was available by invitation only to a select few military spouses. But not this year.

Through late October, all spouses of active-duty military members - more than 600,000 of them - can visit the OPA Survey Portal and tell the Pentagon what they think about being "married to the military."

The results of the survey will be used to give Pentagon decision-makers a better idea about how they can adjust family policy and programs in the coming years - especially in relation to military benefits, financial stability, spouse employment, child care, and the overall health and

well-being of spouses, children and families.

"Leadership across the DOD takes the [survey] seriously," said Eddy Mentzer, the associate director for strategic initiatives within DOD's military community support programs office. "From the office of the secretary of defense to the military service headquarters, [survey] results are shared and utilized to shape future programs and resources. The survey results are also shared outside the DOD with Capitol Hill and the White House."

This year, some military spouses will still get mail and/or email invitation to participate. Those spouses will get a "ticket number" they can enter to begin the survey. All military spouses can get a ticket number by selecting "click here" at www.DoDSurveys.mil. The DOD

Marines begin service level training

by 2nd Lt. Erin Scudder
MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS - 3d Marines are conducting Service Level Training Exercise 1-22 until Nov. 5.

SLTE is a series of separate exercises designed to prepare the Marine Air Ground Task Force to respond to crises and conflicts around the globe by increasing their ability to integrate actions across the full range of military operations.

"SLTE provides effective and intense training in an expeditionary environment to ensure 3d Marines remains a lethal warfighting organization that is ready to fight now," said Col.

ID number on the back of the spouse's common access card, along with the date of birth, will be used to access the survey.

While some military spouses will remain silent about life being married to an active-duty service member, others will want to let the Pentagon know directly what's grinding their gears. Mentzer said more spouses should let military leadership know what's going on in the trenches at home.

"While military spouses share common experiences, each military spouse has a unique story,"



Pfc. Kitana King, a communications specialist with 3d Marines, sets up an antenna in preparation for Service Level Training Exercise. Photo by Cpl. Juan Carpanzano

Brady, 3d Marines CO..

SLTE participants include elements of 1st Marine Division, 2d Marine Division, 3d Marine Division, 12th Marines, Marine Special Operations Command, Marine Air Group 13, and other aviation units.

Mentzer said. "Military life can result in a number of challenges. By allowing their voice to be heard and sharing their experiences, military spouses can ensure they are able to have a voice in the future programs that support them."

According to the Defense Department's Office of People Analytics, which is conducting the survey, the data collected is reported in aggregate to protect the identity of participants. That aggregate data will eventually be made available publicly so participants can see how other military spouses responded.

This week's snapshots

A new Marine is greeted by a loved one following graduation ceremony. As recruits, their only means of contact were through letters during their 13-week training cycle. Once the recruit company was dismissed, their friends and families were able to meet them on the parade deck to congratulate them. Photo by Cpl. Grace J. Kindred



MCRD SAN DIEGO
Sept. 17, 2021



USS CARL VINSON, at sea
Sept. 17, 2021

An F/A-18E Super Hornet, assigned to the Stingers of Strike Fighter Squadron (VFA) 113, taxis on the flight deck aboard Carl Vinson aircraft carrier. The Carl Vinson Carrier Strike Group is on a scheduled deployment in the U.S. 7th Fleet area of operations to enhance interoperability through alliances and partnerships while serving as a ready-response force in support of a free and open Indo-Pacific region.

Navy photo by MC3
Jeff D. Kempton

Don't be fooled by fall's evil trickery

Well, folks, fall is upon us.

Every year at this time, a cozy crispness infuses the cooling air with the scent of blown leaves and wood burning fires. Our ears prick at the sound of blown whistles and distant marching bands. The jets under our tongues fire in anticipation of cinnamon-sugar-crust apple cider doughnuts and simmering crockpots of savory chili. We dig into the depths of our dressers to resuscitate our softest sweaters, relieved to put the thick, sticky, artificially-refrigerated days of a mosquito-bitten, frizzy-haired summer behind us.

Finally!

But as we nibble warm pumpkin bread and peer out at the technicolor foliage, we are blissfully unaware of being perched on the treacherous slippery slope of seasonal change.

The long, hot, seemingly endless summer lulled us along, over a sunny, green plateau. Spoiled by the abundances of the season, we forgot that the Earth would tilt, the Sun would wander off, and we would begin our inevitable descent. Autumn is nature's decoy. Like a tumbling yellow leaf luring a blue-eyed kitten toward a sheer cliff, fall baits us into the deep, dark crevasse of winter, where we must wait for spring to throw us a line to climb back to the light.

Take these fanciful metaphors as your warning: Prepare yourself now for what's to come.

Personally, I refuse to be fooled by autumn's trickery. I know that vegetation isn't the only thing that will shrivel and die this season. I

may love the changing leaves, but I will hate watching my skin fade to a sickly pale, dry up, and flake off. No amount of pricey face cream will plump my crepe-y wrinkles. It would take a vat of Vaseline to keep my body from sloughing. Each night, when I remove my sweater and bra to get ready for bed, I'll unleash a blizzard of skin fragments that'll fall to the floor like flurries.

No sooner will the September



The Meat & Potatoes
of Life

by
Lisa
Smith
Molinari

Equinox wave good-bye to the Sun as she journeys south of the Equator, than my nasal cavities will invite excess mucus to occupy my sinuses. I'll fish the neglected tube of Chapstick out of the bottom of my purse, pick off the lint and sand, and slather it over my chapped lips, but it won't delay the onset of a scabby, repellant cold sore.

Over the summer my hair resisted my constant attempts to straighten her natural kinks, soaking herself in the warm, curling humidity. But during fall, she will finally surrender. Once she has dried to a malleable crisp, her lifeless, dull, dehydrated strands will be ready for harvesting and baling.

After a short period of respite from summer's annoying bugs, I'll

notice a long trail of ants, marching crumbs in lock-step along our kitchen counter, through our dining room, and entering a crevice in the floorboards to their bustling colony somewhere between the studs. Mice will show up in our house seeking shelter from the oncoming cold, but only when we have company over so as to maximize our embarrassment.

Occasionally, I will be seen jumping and shouting like a lunatic, wapping at the bathroom walls with a rolled up magazine, in a futile attempt to squash terrifyingly fast-moving Scutigera Coleoptera — the damp-loving house centipede.

When winter comes, cloaking the Northern Hemisphere in darkness, I'll begin my annual battle with ubiquitous salt stains, static-y hat hair, and sooty snow chunks under my fenders. Spring will arrive just as I decide I can't take it anymore, mercifully melting all the snow. I'll exhale a breath of relief, only to notice four months worth of hidden dog doo piles in our yard.

Now that I've warned you of fall's hidden pitfalls, I must confess.

Despite it all, I love the changing seasons. The satisfying twitch of tired muscles after raking leaves. Warm ovens baking delicious things. Watching football while cocooned in blankets on the couch. The silence of snow's glittering sound absorbency. Staring in wonder at the crystalline intricacy of frost on the windowpane. Tender buds heralding fresh hope.

Purity, beauty, bounty, shelter, rest, renewal, tradition, family, life, love, seasons.

AutoMatters™ & More



by Jan Wagner

From the early 1970s until recently, I have mostly shot with Nikon DSLR cameras. At first, about the only electronic component in those cameras — at least that I was aware of — was a light meter. Settings were done manually, as was focusing, and advancing the film from shot-to-shot (motor drives were available for some cameras as expensive, add-on options).

Over the years, more electronics were introduced into DSLRs, including autofocus, but their images were still recorded on film.

A major revolution in photography occurred around the turn of this century with the introduction of digital, versus film cameras. Especially at first, their image quality was somewhat inferior to that of film cameras, but no longer did we photographers have to pay to have film processed and printed, nor were we restricted to only 24 or 36 exposures per roll of one-time-use-film. Instead, we used reusable memory cards of increasing capacity. Furthermore, we could immediately see a reasonable facsimile of what we shot in the camera's monitor, instead of having to wait — and hope — until we got the pictures back from the lab. I switched to digital and retired my trusty Nikon F2AS film camera.

Over the past few years we have seen another — albeit more subtle — revolution in serious amateur and professional, interchangeable

Another revolution in photography, JPL & changing systems

lens cameras, with the ascendance of mirrorless cameras.

DSLR cameras use mirrors to let the photographer see, in an optical viewfinder, what they are about to shoot. Then, when they press the shutter release, the mirror momentarily flips out of the way from between the lens and the film or image sensor, and a mechanical shutter opens and closes to take the picture. All of this happens very quickly, and each time a clicking noise is made.

Mirrorless cameras use an electronic viewfinder (EVF) instead of an optical one, so they can be smaller and lighter. Some are completely silent.

I started to give serious consideration to mirrorless while I was shooting at one particular event, a few years ago, while on a guided public tour at the Jet Propulsion Laboratory in Pasadena, California. There were lots of interesting things to see, so I took lots of pictures.

At one point in the tour we were invited into a darkened auditorium to see a video presentation. I stood at the back of the room and switched my professional Nikon DSLR to its 'Quiet' setting (somewhat muffled). My camera could only perform truly silent photography in its "Live View" mode, which provides seriously inferior performance, so I rarely used it.

After the presentation, as we filed out of the auditorium, an audience member approached me and began speaking. She was furious, accusing me of ruining her enjoyment of the presentation because of that (expletive deleted) clicking of my (expletive deleted) camera. I apologized profusely but she just stormed away — and several other audience

members glared at me too.

I never forgot that experience. That woman would likely be pleased if she knew that, ever since that moment, I have been much more conscious of the environments that I have been shooting in, and have acted accordingly.

Mirrorless cameras have come a long way. Sony's top-of-the-line mirrorless cameras offer features that not even my professional Nikon DSLRs could match, including amazing subject tracking, incredibly high burst speed, silent operation, smaller size and weight, much higher resolution and more programmable buttons and controls.

I bought one of Nikon's mirrorless cameras — the Z6 — to try out the technology. Generally I liked it, but its operation was slower than that of my Nikon professional cameras.

A new, professional Nikon mirrorless camera is on the horizon, but instead I made the difficult decision to sell my Nikon-related gear and switch to Sony's Alpha I cameras. I bought two of them, so that I will no longer have to remember which controls do what on different camera models, while on a shoot. I also needed to buy new lenses, batteries and other gear.

Now I need to learn how to operate my new Sony cameras. Their 54 menus (plus submenus) and controls are very different from my Nikons. My first challenge will be shooting the Acura Grand Prix of Long Beach this weekend.

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RUMMAGE SALES

Ocean Bluffs - Annual rummage sale at 3340 Del Sol Blvd. (92154) Sat. Oct. 2nd. 8am-12 noon. Community effort with over 260 homes participating. Jewelry, housewares, tools, collectibles, clothing, small appliances, Christmas items and more!!

3	7	4	5	1	2	8	9	6
9	6	2	7	8	1	5	7	
1	8	5	9	6	7	4	2	8
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5	4	9	8	7	1	2	6	8
6	1	8	8	2	5	7	4	9

September is National Preparedness Month: Include pet arrangements in emergency plans

During National Preparedness Month in September, we want to remind pet parents to include animals in emergency planning. Here are five tips to help ensure you and your beloved pets are ready.

1. Prepare an Emergency Kit

Put all your daily pet supplies in a sturdy container. Gather a two-week supply of food, water and your pet's medications. Don't forget shot records, bowls, crates, bedding and toys. Keeping your pet comfortable will reduce stress during an evacuation.

2. Practice Transporting Your Pet

Make sure your pet is comfortable getting into a carrier and know where your pet hides when they are stressed and scared. If necessary, do regular crate training sessions with treats. Also, if you own multiple pets, be sure you are able to transport all of them at the same time. Mark crates with your pets' names and your contact information. The same goes for trailers or travel containers for large animals.

3. Research Where to Stay

Not all evacuation shelters accept pets, so it's important to prepare. County information sources such as ReadySanDiego.org and ListoSanDiego.org (Spanish) can help. Research hotels outside your area for pet policies and ask friends or family if you and your pets can stay with them in the event of a disaster.

4. Update Identification

Make sure your pets are wearing proper ID at all times. This includes animals who don't normally go outside. Having your pet microchipped can also help identify them if they become lost. If your pet already has a microchip, be sure to update your contact info if you've moved or have a new phone number or email.

5. Be Ready

Your animals will rely on you to help them escape, and keeping your pets comfortable will reduce stress during an evacuation. The more prepared you are, the safer you and your pets will be!

Roy's sudoku

	4	7				3	1	
		2					4	
			6		9			8
				5	2			
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MOVIES AT THE BASES

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

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

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

Thursday, Sept 23

6pm Jungle Cruise* (PG-13)

Friday, Sept 24

6pm The Protege

Saturday, Sept 25

3:20pm Paw Patrol: Movie (G)

6pm Candyman (2021) (R)

Sunday, Sept 26

1pm Paw Patrol: The Movie (G)

3:30pm Free Guy (PG-13)



Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, Sept 18

1:30pm The Suicide Squad (R)

Limited to PME's only at 40% capacity.

Bob Hope Theater 577-4143
MCAS Miramar Bldg 2242 ★

Friday, Sept 24

6pm Candyman (2021) (R)

Saturday, Sept 25

12pm Paw Patrol: The Movie (G)

3pm Respect (PG-13)

6pm Free Guy (3-D) (PG-13)

Please verify online before attending

Lowry Theater - NASNI, ★

619-545-8479

Bldg. 650

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

Debit and credit cards accepted only

Friday, Sept 24

6pm Candyman (2021) (R)

Saturday, Sept 25

3pm Free Guy (PG-13)

6pm The Protege

Sunday, Sept 26

1pm Paw Patrol: The Movie (G)

4pm Respect (PG-13)

For most current information visit <https://sandiego.navy-lifesw.com/>



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For more information, visit your local military ticket office or call (619) 767-6000 to find a location near you.

2021 AZTEC FOOTBALL HOME SCHEDULE

All 2021 home games will be played at Dignity Health Sports Park in Carson, CA

SEPTEMBER 4 | 7:30 PM

SDSU VS. NEW MEXICO STATE

SEPTEMBER 18 | 4:00 PM

SDSU VS. UTAH

SEPTEMBER 25 | 12:30 PM

SDSU VS. TOWSON

OCTOBER 9 | TBA

SDSU VS. NEW MEXICO

OCTOBER 30 | 7:30 PM

SDSU VS. FRESNO STATE

NOVEMBER 13 | 7:30 PM

SDSU VS. NEVADA

NOVEMBER 26 | 9:00 AM

SDSU VS. BOISE STATE



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Sat-Sun: 10am to 10pm

Recognizing RSV: More than the common cold

COVID-19 measures lessened how often we get sick from many other viruses. But one common virus has been on the rise this year. It's called respiratory syncytial virus, or RSV.

RSV is usually more common in the fall, winter, and spring. But this year, infections have surged over the summer. This is likely because of the lifting of COVID-19 precautions, like masking and social distancing, says Dr. Barney Graham, a physician who studies viruses at NIH.

Almost everyone catches RSV before the age of 2. It's one of the most common causes of illness in children. But unlike many other viruses that infect the lungs, you can catch RSV over and over again.

"RSV has a number of ways of evading the immune system," says Graham. "So people are re-infected with RSV on average every three to 10 years."

RSV infects the cells that line your lungs and breathing passages. Many symptoms mimic the common cold, like a runny nose, loss of appetite, and coughing or wheezing.

Symptoms usually stay mild in older children and adults. But some people are at risk of more serious disease. These include infants, older adults, and people with a weakened immune system.

Some people develop pneumonia or inflammation in the lungs from



RSV. Watch for symptoms that get worse over time or trouble breathing or drinking fluids. People with these symptoms should see a health care provider right away. A blood test can show if you have RSV or another virus with similar symptoms.

For mild cases, over-the-counter fever or pain relievers may help reduce symptoms. But people with more serious cases may need treatment in a hospital.

RSV spreads easily between people. It can travel in droplets from a cough or sneeze. It can also stay on surfaces like doorknobs and tables. That means you can catch it if you touch an infected surface and then touch your face.

Most people who get mild RSV feel better in a week or two. But people can still spread it even after they stop showing symptoms.

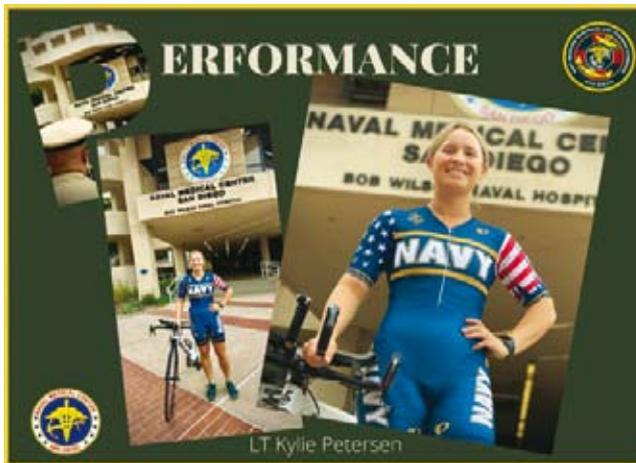
NIH researchers have been working for decades to develop RSV vaccines. Recently, scientists have been able to take detailed pictures of proteins on the virus's outer surface. This allowed them to create a vaccine that better targets the virus.

In early research, "this vaccine has turned out to be radically better than any tried before," Graham says. Researchers hope that a vaccine will soon be available for at-risk groups. Such a shot may be able to protect

newborns by vaccinating their mothers before birth, he adds.

An RSV vaccine could do much more than prevent infection, says Graham. Kids who get severe RSV as infants have a higher risk of other lung problems, like asthma. So, a vaccine might prevent some cases of future lung issues as well.

Until there's a vaccine, good hygiene is the best way to avoid getting RSV and other viruses. See the Wise Choices box for tips.

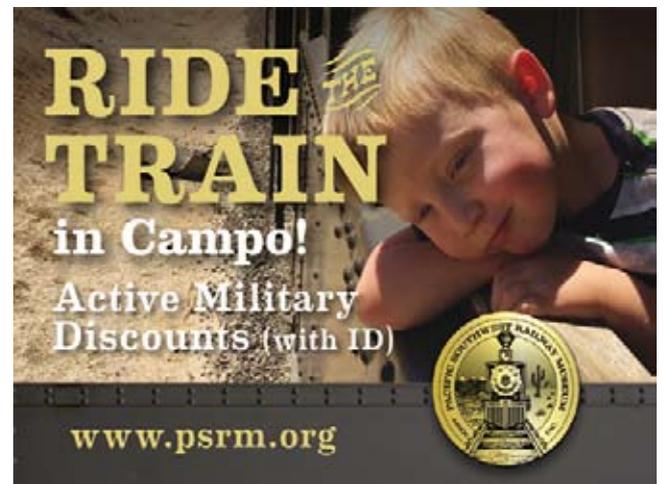


When it comes to the Armed Forces Triathlon Championship, it takes one heck of a Performance to compete. Join us in honoring NMCS D's Lt. Kylie Petersen, ICU nurse. She was an integral part to the All-Navy Triathlon Team that recently competed head-to-head against the All-Air Force and All-Marine Triathlon Teams. As a result of her performance, the All-Navy Team took home the overall title in both the Men's and Women's Team competition finishing with all-time record scoring. BZ Lt. Petersen!



Wise Choices: Protect against germs

- Avoid close contact with people who have cold-like symptoms.
- Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand gel if you're unable to wash them. Be sure it contains at least 60% alcohol.
- Clean and disinfect surfaces that are frequently touched, like doorknobs, toys, and mobile devices.
- Avoid touching your face with unwashed hands.
- Cover your coughs and sneezes with a tissue or upper shirt sleeve, not your hands.
- Stay home when you're sick.



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