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STAR WARS celebration
— and the beach?

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SIXTY-SECOND YEAR NO. 7

THURSDAY, JUNE 2, 2022

L.A. FLEET WEEK 2022, IN RETROSPECT

AMERICA'S SEA SERVICES ENJOY HOSPITALITY, ENTERTAINMENT IN SAN PEDRO

L.A. Fleet Week returned from the pandemic, drawing huge crowds and enthusiasm for the nation's armed services. Here are a few photos to highlight the festivities.



see LAFW PHOTO CAPTIONS
page 8

New MWR Navy Life websites launched June 1

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Petty Officer 1st Class Christopher Massengill, assigned to littoral combat ship *Sioux City*, mans a M2A1, .50-caliber machine gun as *Sioux City* transits the Suez Canal, May 29. *Sioux City* is deployed. US Navy photo by Nicholas A. Russel

Littoral combat ship on Navy's chopping block now plying Middle East waterways for 5th Fleet

by J.P. Lawrence
 Stars and Stripes

A Navy littoral combat ship has deployed to the Middle East for the first time and is now sailing in the waters of the Red Sea.

USS *Sioux City* and its 75 crew members arrived in the region May 28, a statement Monday by Navy Central Command said.

It had been operating in the Naples, Italy-based U.S. 6th Fleet's area of responsibility since early May for its first mission to Europe after operations in the Caribbean Sea last year.

Cmdr. Scott Whitworth commands the ship, which includes a detachment of two MH-60S Seahawk helicopters from the Sea Knights of helicopter sea combat squadron 22, a Navy statement said.

Navy commissions USS *Oregon* (SSN 793)

GROTON, Conn. - The Navy commissioned fast-attack submarine USS *Oregon* (SSN 793) May 28 at Naval Submarine Base New London. "Oregonians are deeply honored that the 20th Virginia-class submarine will bear the name of our state," said Gov. Kate Brown of Oregon, the ceremony's keynote speaker. The Memorial Day weekend event for USS *Oregon* - the second of the Block IV Virginia-class subs - represented the first in-person submarine commissioning ceremony since the commissioning of *South Dakota* on Feb. 2, 2019. "That's a long time to delay celebrations like this one," Tommy Ross, an assistant with the Secretary of the Navy.

While in the Red Sea, the ship will support Combined Task Force 153, which focuses on missions in the Red Sea, Bab al-Mandeb and Gulf of Aden, the NAVCENT statement said.

"*Sioux City*'s arrival is not only historic but essential to regional maritime security, given its immediate integration with our new multinational naval task force," said Vice Adm. Brad Cooper, commander of NAVCENT, the U.S. 5th Fleet and Combined Maritime Forces.

The deployment comes a week after the Navy's top officer told Congress that the service would like to deactivate its nine Freedom-class littoral combat ships, a group that includes *Sioux City* and some ships that are only two years old.

Freedom-class ships were set to deploy to the Middle East in

2020, but that timetable was delayed after the ships were found to have an engineering flaw in their propulsion systems, Defense News reported in January.

The ships would be ineffective in fighting Chinese submarines, Chief of Naval Operations Adm. Mike Gilday told lawmakers last week, according to a May 26 report by *U.S. Naval Institute News*.

"Unfortunately, the littoral combat ships that we have, while the mechanical issues were a factor, a bigger factor was the lack of sufficient warfighting capability against a peer competitor in China," Gilday said, according to the USNI report.

He added that one possibility is giving them to allied countries in South America to combat drug smuggling.

The littoral combat ship program has been controversial since its inception in the early 2000s, a 2019 Congressional Research Service report said.

The program has seen increasing costs, mechanical problems and concerns over whether the craft are sufficiently armed, the report said.

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Army

- Army spec ops adds Soldier killed during Kabul evacuation to memorial wall
- National commission considers mothballing legendary insignia of the 29th Infantry Division
- Capitol Police were told they likely saw an Army flight. They evacuated anyway

Navy

- Navy SEALs are itching for upgrades to their silent underwater rides
- Navy officer finds missing veteran, then saves his life by administering CPR
- Gilday: Navy could offer retired littoral combat ships to South American nations
- Navy separates more than a 1,000 Sailors for COVID-19 vaccine refusal
- Distraught mother talked out of cliffside suicide on Guam is a US Sailor

Marine Corps

- Hero teacher killed in Texas shooting was a Marine mom
- Marine Corps now has 2 fully operational F-35B stealth fighter squadrons in Japan

Air Force

- Air Force changes formation approach rules - again - after fatal training jet crash
- Ellsworth Air Force Base prepares for B-21 stealth bomber
- Nahom: F-35s must be the aggressors at Nellis and JPARC, contract AdAir not enough
- Next step for AFRL's space-based solar power quest: energy beaming
- Air Force squadron throws itself birthday bash in German skies
- Air Force announces new senior leaders at Wright-Patterson



Austin says DOD must increase efforts to destigmatize mental health care

by C. Todd Lopez
DoD News

Both the White House and the Defense Department, said Secretary of Defense Lloyd J. Austin III, have made taking care of military families a priority. Included in that "sacred obligation," he said, is an increased commitment to providing support to families who have lost a service member and destigmatizing mental health care.

"This is a national commitment, and it's on all of us," he said. "That means working alongside our friends at the VA [Department of Veterans Affairs]. That means working with lawmakers here in Washington and in state and local governments. And that means being good partners with community organizations big and small."

Austin spoke May 28 during the National Military Survivor Seminar and Good Grief Camp's banquet in Arlington, Va. The 28th annual event was sponsored by the Tragedy Assistance Program for Survivors.

The secretary said some of the challenges faced by military families and their loved ones who serve, all challenges DOD

can help with; one challenge involves mental health care.

"It ... means redoubling our efforts to reduce the stigmas on getting help and to lower the barriers and increase the access to mental health care," Austin said. "We continue our critically important work to prevent suicide within our military community and our veteran family. You have heard me say this before, and I intend to keep on saying it: mental health is health, period."

The secretary also said DOD must do more to support families who have lost a service member.

"We've got to make sure that we're doing everything we can to support those who have lost loved ones," he said. "We've got to do more to help our newly bereaved families on every level, [from] finding comfort to figuring out benefits. We know how heavy that load can be. We also have to find more ways to stand together and do whatever we can to make the load even a bit lighter."

The Tragedy Assistance Program for Survivors provides care and assistance to families who are grieving the loss of a

family member who served in the military.

TAPS is one of the organizations, Austin said, that is helping DOD meet its obligation to take care of military families.

"Last year this organization connected with more than 9,000 newly bereaved family members ... and to help on some of the worst days that anyone can go through," Austin said. "You've taken families to ball games so that they can meet one another. You've helped thousands with

your training programs on grief, trauma and suicide prevention. You've provided space to support children and teenagers going through unbearable loss, and you've given people new hope and a strong community that they can rely on."

The TAPS organization, Austin said, makes a difference every day within the military community.

"It's moving, it's important, and it is inspiring," he said. "Thank you for all of your hard work."

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Our Members Are the Mission

Ukraine's military needs change as battle with Russia continues

by Jim Garamone

The United States is supporting Ukraine's fight against Vladimir Putin's unjust war for the long run and is laser-focused on getting Ukrainian service members the equipment and supplies they need, Pentagon Press Secretary John F. Kirby said May 27.

U.S. officials are in constant touch with Ukrainian leaders and continue to work within DOD and with allies to ensure Ukraine gets the capabilities it needs to

fight the battles it confronts.

There have been 10 presidential drawdown authorities that are supplying Ukrainian forces with everything from Javelins anti-armor weapons and Stinger anti-air missiles to armored personnel carriers and howitzers. In addition, the United States has provided ammunition, medical supplies, rations and personal equipment to the embattled Ukrainian forces. "Our goal from the very beginning has been to try to help them

in the fight that they're in today," Kirby said. "That's why these packages get kind of parceled out over time because you want to be able to be adapted to what they're facing."

At the beginning of the Russian invasion, the capabilities the Ukrainians most needed were anti-armor and anti-air systems. The Russians felt the effects of these systems the closer they got to the Ukrainian capital of Kyiv.

The Ukrainian forces pushed the Russians back from Kyiv and Russian President Vladimir Putin shifted the center of his misguided war to the Donbas region in eastern Ukraine. "It is in many ways, a very close and intimate fight; I think I've described it as a knife fight," Kirby said. "There are places — towns, villages hamlets — that the Russians and Ukrainians are in very close contact, and it's very dynamic."

Now the fight calls for long-range fires, and more than 100 M777 howitzers have been delivered to Ukraine with more

than 80 of the guns firing on the enemy right now.

These towns could fall to the Russians one day, and may be retaken by the Ukrainian military the next. "There's still a lot of back and forth," the press secretary said. "What we are focused on is making sure that the Ukrainians can succeed on

Kirby said. "We're going to be smart about this and we're going to be in lockstep with the Ukrainians and with our allies and partners."

The effects of the war are being felt worldwide and there is the looming specter of starvation due to Russia's blockade in Ukrainian Black Sea ports.

Mr. Putin is now doing."

The international community sees this threat to populations far removed from Europe, Kirby said, and nations are working together to find solutions.

This was Kirby's last day as Pentagon press secretary. President Joe Biden asked him to take a job at the White House. "Thank you for the way you put me through my paces even today," he told Pentagon reporters. "Even on my last day I got stretched, I got pushed. That's what makes you guys so important. That's what makes this place so special.

"I can't say that every day up here was pleasant, but I can say that I felt every day I was up here was meaningful," he continued. "That's not because of me. It's because of you. It's because of the questions you asked and the way you pushed and prodded and not only did your outlets proud, but I think you did the American people proud."

“The United States has a lot of confidence in the Ukrainian military and people. The \$40 billion supplement passed earlier this month is a concrete example of this. With the supplement, there is more drawdown authorities available and contracting funds to help Ukraine in this fight.”

the battlefield and ... that's the nature of the conversations that we have."

The United States has a lot of confidence in the Ukrainian military and people. The \$40 billion supplement passed earlier this month is a concrete example of this. With the supplement, there is more drawdown authorities available and contracting funds to help Ukraine in this fight. "We're going to marshal and use that resource just as smartly as we've done, the last 10 sets of drawdown packages,"

Ukraine is the world's second-largest grain supplier. "One of the things that Ukrainians have said they want help with is coastal defense," Kirby said. "And so coastal defense assets, including from the United States, are being sent to Ukraine to help them. The world community is mindful of the weaponization of food that



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 Deployed ships underway: 56
 Non-deployed ships underway: 24
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<p>St. Luke's Lutheran Church 5150 Wilson Ave., La Mesa, CA 91942 Phone: (619) 463-6633 website: www.st-lukes-la-mesa.org Worship: 9am Pastor: Mark Menacher, PhD. We thank you for your service!</p>	<p>Living Water Lutheran Church "Whoever believes in me, streams of living water will flow from within him." Meeting at Hampton Inn Corner of Carmel Mountain Rd. and El Camino Real Join us for worship at 8:45am (858)792-7691 LivingWaterSD7@gmail.com Pastor: Rev. Steven Duescher</p>	<p>St. Luke's Lutheran Church 5150 Wilson Ave., La Mesa, CA 91942 Phone: (619) 463-6633 website: www.st-lukes-la-mesa.org Worship: 9am Pastor: Mark Menacher, PhD. We thank you for your service!</p>

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Interpersonal Edge: Turn lemons into options

by Dr. Daneen Skube
Tribune Content Agency

Q: I know I don't deal with disappointments or challenges at work well. I always think if I were smarter, more respected, or more successful I wouldn't have to cope with so many problems. Is there a more effective way to manage the lemons of working for a living?

A: Yes, one of the most powerful tools I teach private clients is how to transform the lemons of working into meaningful stories that open up opportunity. Notice that in your question you assume adversity only visits the stupid or unsuccessful. The reality is misfortune is not able to judge your value or lovability.

If you stop interpreting problems as a negative criticism of your character, you're free to make up better stories. We can decide everything that happens to us means the world is out to get us. Or we can more effectively decide that everything that happens to us is trying to benefit or teach us.

The Christian tradition has a saying which could be useful to any of us. The phrase is, "All

things work together for those who love God." The way I think about this advice is that if we're

Interpersonal Edge



by
Dr.
Daneen
Skube

willing to perceive the universe as our ally, we may discover opportunity even in our disappointments.

Obviously, if we're making up the story that everyone and everything hates us, we're in a poor position to respond. If we can look at disappointment and look around for what else we can take advantage of, we thrive.

Let's say you do not get a job that you're excited about. If you assume you are too stupid to get the job, you'll get depressed. If you assume there's a better job coming your way, you keep searching and land that better job.

I'm not advising a "Polyanna

everything is beautiful" belief. You have every right to feel disappointed or frustrated. What I am advocating is the capacity to search for the many opportunities that still remain when your preferred option closes down.

If we are having an intense fight about our self-esteem or intelligence when we don't get what we want, it's impossible to invent new paths. We end up hanging out at a permanent funeral for our broken dreams rather than imagining new dreams.

I promise you that every time you experience a setback there are still rich possibilities awaiting you. You may think it's silly to believe that the universe is trying to help you when you're disappointed. Then, again, this attitude will quickly help you learn, and make a new plan rather than obsessively blaming yourself.

No matter how brilliant, experienced, or successful we are we cannot avoid disappointments. The joke that life is what happens when we had other plans is a wise observation. Stop criticizing yourself when you do not get what you want.

If you do not believe me, start reading biographies of successful people and highlight all their failures and road blocks. The only difference between people who are content with their results and people who are miserable is the capacity of the former to turn lemons into meaningful options.

You get to choose what story you tell yourself. Does your story depict you triumphing despite initial setbacks or you not deserving the right to begin again more intelligently? Your decisions and not your value determine your results!

The last word(s)

Q: When my employees screw up I often ask them why they made these mistakes. They just get defensive. Is there a better way to push employees to perform better?

A: Yes, tell employees what you want and if they make mistakes ask them how they made the mistakes. Employees perform better when they can combine the what (goal) with the how (process of arriving at goal).

Navy mandates CWP black rank tab wear

by MC1 Mark D. Faram
Chief of Naval Personnel Public Affairs

The Navy is mandating wear of the Cold Weather Parka rank insignia on all uniforms with rank tabs effective on Oct. 1, announced in the uniform update May 27. Also updated were policies for required female uniform items and grooming standards for retirees while wearing Navy uniforms.

"Navy uniform regulations apply to all Sailors equally, regardless of their rank, grade, ethnicity, position held or community assigned." Robert B. Carroll, director of Navy Uniform Matters and Emerging Issues Branch. "Any difference between male and female grooming policies recognizes the differences between the genders."

Updated rank tab rules

Starting Oct. 1, wear of the Cold Weather Parka black rank tab is mandatory for all uniform items with rank tabs, to include NWU Types II and III, parkas, and black or brown fleece liners. After that date, wear of the matching camouflage-pattern rank tab is limited to tactical training and operations at the commanding officer's direction.

Women's uniforms and hosiery

The belted slacks from the female officer and chief petty officer Summer White Service Uniform are now re-designated as official slacks for both Summer White and Service Dress White Uniforms. As part of this change, the beltless dress white slacks are now optional for wear with the female Service Dress White Uniform.

It's now optional for female Sailors to wear hosiery with slacks and skirts while wearing pumps or flats. When hosiery is not worn, shoe liners or no-show socks must be worn for hygienic purposes and as a protection against abrasions or blisters caused by rubbing between the foot and shoe.

Retired male Sailor uniform grooming standards

Retired male Sailors are now authorized to have beards while wearing Navy uniforms during approved events. The beard must be properly groomed and can be no longer than 2 inches in length as measured from the face outward.

Feedback is welcome

The Navy Uniform Matters Office welcomes feedback and recommendations from Sailors about uniform and grooming policies via the MyNavy UNIFORMS App or MyNavy Portal. Once signed into MNP, select Professional Resources, then select U.S. Navy Uniforms and "Ask the Chiefs."

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Navy announces 28th Rim of the Pacific exercise

Twenty-six nations, 38 surface ships, four submarines, nine national land forces, more than 170 aircraft and approximately 25,000 personnel will participate in the Rim of the Pacific exercise scheduled June 29 to Aug. 4, in and around the Hawaiian Islands and Southern California.

RIMPAC 2022 is the 28th exercise in the series that began in 1971.

As the world's largest international maritime exercise, RIMPAC provides a unique training opportunity designed to foster and sustain cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's interconnected oceans.

The theme of RIMPAC 2022 is "Capable, Adaptive, Partners." Participating nations and forces will exercise a wide range of

capabilities and demonstrate the inherent flexibility of maritime forces. These capabilities range from disaster relief and maritime security operations to sea control and complex warfighting. The relevant, realistic training program includes amphibious operations, gunnery, missile, anti-submarine and air defense exercises, as well as counter-piracy operations, mine clearance operations, explosive ordnance disposal, and diving and salvage operations.

This year's exercise includes forces from Australia, Brunei, Canada, Chile, Colombia, Denmark, Ecuador, France, Germany, India, Indonesia, Israel, Japan, Malaysia, Mexico, Netherlands, New Zealand, Peru, the Republic of Korea, the Republic of the Philippines, Singapore, Sri Lanka, Thailand, Tonga, the United Kingdom, and the United States.

Hosted by Commander, Pacific

Fleet, RIMPAC will be led by Commander, 3rd Fleet, who will serve as Combined Task Force (CTF) commander. Royal Canadian Navy Rear Adm. Christopher Robinson will serve as deputy commander of the CTF, Japan Maritime Self-Defense Force Rear Adm. Toshiyuki Hirata as the vice commander, and Fleet Marine Force will be led by U.S. Marine Corps Brig. Gen. Joseph Clearfield. Other key leaders of the multinational force

will include Commodore Paul O'Grady of the Royal Australian Navy, who will command the maritime component, and Brig. Gen. Mark Goulden of the Royal Canadian Air Force, who will command the air component.

RIMPAC contributes to the increased interoperability, resiliency and agility needed by the Joint and Combined Force to deter and defeat aggression by major powers across all domains and levels of conflict.

Archaeological dig at Presidio of Monterey solves mystery

by Winifred Brown

Army Garrison Presidio of Monterey PRESIDIO OF MONTEREY — A team of archaeologists has solved the mystery of what lies under a layer of abalone shells on a proposed construction site here.

Laura Prishmont-Quimby, the archaeologist and cultural resource manager for U.S. Army Garrison Presidio of Monterey, said that when storm water exposed the shells a few months ago, she knew right away that archaeologists would have to investigate.

Abalone are large sea snails, and since humans eat them, discoveries of their shells means humans put them there.

The question was whether Native Americans deposited the shells—a frequent indication of a burial site—or others such as Army personnel.

A team of four contract archaeologists spent May 17-19 carefully digging and examining the site, and after finding a horseshoe-shaped object and a hand-blown wine bottle more than a foot below the shells, the team determined Army personnel most likely deposited the shells.

"Given what I know about the history of the Presidio, which goes back a long way, this all appears to be early to mid-19th century stuff," said John Schlagheck, project archaeologist for Dudek, a construction services company contracted for

the project. Prishmont-Quimby concurred.



Lani Roos, left, and Kolin Taylor, archaeologists with Dudek, a construction services company, work at a proposed construction site on the Presidio of Monterey May 18. US Army photo by Winifred Brown

"When you see a big, thick layer of abalone like this, but then un-

derneath it you're finding bottles and horseshoes, you know from the stratigraphic sequence that the abalone pavement came well after the historic period," she said.

The Army officially established the installation as the Presidio of Monterey in 1904, and Native Americans lived on the land where the Presidio stands today long before then.

They also lived on the land before Spanish explorers first ar-

rived in Monterey Bay in 1602, or began colonizing in 1769.

Prishmont-Quimby said the archaeologists' determination is significant because government officials need to know what lies under construction sites before crews start digging.

If personnel discover a site during construction, all work comes to a halt, and the government is still on the hook for paying the construction crew, Prishmont-Quimby said.

The site is located at Bldg. 279, a dilapidated former wagon shed, and garrison officials plan to address the installation's critical parking deficit by building a parking lot at the site, Prishmont-Quimby said. The installation currently uses the area for parking, but it is haphazard

and unsafe. A well-constructed parking lot would allow for more space.

In addition to highlighting the importance of investigating potential archaeological sites before construction, the project also brings to light how the Presidio's Intergovernmental Support Agreement with the City of Monterey makes obtaining services more efficient, Prishmont-Quimby said.

The company that performed the work is the city's on-call archaeology company, so the Presidio had direct access to the company through the IGSA, Prishmont-Quimby said.

"This is an example of good partnering with the City of Monterey," said Prishmont-Quimby.



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3rd Marine Aircraft Wing C-130 pilot receives Distinguished Flying Cross

by Cpl. Rachaelanne Woodward
3rd Marine Aircraft Wing

MARINE CORPS AIR STATION MIRAMAR - Pittsburgh, Pennsylvania native Capt. Michael Wolff, a KC-130J Super Hercules pilot with Marine Aerial Refueler Transport Squadron 352, Marine Aircraft Group 11, 3rd Marine Aircraft Wing, received the Distinguished Flying Cross from Maj. Gen. Bradford J. Gering, 3rd MAW commanding general, for his life saving actions during an emergency landing in 2020.

Wolff is receiving the award for landing a KC-130J Super Hercules successfully after losing two engines in flight. With the help of his 6 Marine crew and co-pilot Capt. Wolff landed safely in a farmer's field in California.

"I'm thankful how everything turned out. I'm happy to be alive" said Wolff, "I still love flying, and I was happy to get up in the air as soon as I could afterwards" Wolff also stated that "everyone did their part and came together".

3rd MAW continues to "Fix, Fly and Fight" as the Marine Corps' largest aircraft wing, and remains combat-ready, deployable on short notice, and lethal when called into action.

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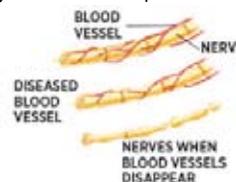
The most common method your doctor will recommend to treat your chronic pain and/or nerve pain is with prescription drugs that may temporarily reduce your symptoms. These drugs have names such as Gabapentin, Lyrica, Cymbalta, and Neurontin, and are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.

Chronic pain and/or peripheral nerve pain is a result of damage to the nerves often



causing weakness, pain, numbness, tingling, and the most debilitating balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet, which causes the nerves to begin to degenerate due to lack of nutrient flow. As you can see in Figure 2, as the blood vessels that surround the nerves become diseased they shrivel up, causing the nerves to not get the nutrients to continue to survive. When these nerves begin to "die" they cause you to have balance problems, pain, numbness, tingling, burning, and many additional symptoms.

The main problem is that your doctor has told you to just live with the problem or try the



drugs which you don't like taking because they make you feel uncomfortable. There is now a facility right here in San Diego that offers you hope without taking those endless drugs with serious side effects. (See the special nerve pain severity screening at the end of this article).

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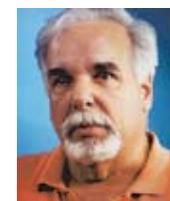
Depending on your coverage your treatment could be little to no cost to you.

The amount of treatment needed to allow the nerves to fully recover varies from person to person and can only be determined after a detailed neurological and vascular evaluation. As long as you have not sustained at least 95% nerve damage there is hope! San Diego Pain Relief Center will do a chronic pain and nerve severity screening to determine the extent of the nerve damage as a public service to you and/or your family and friends.

The nerve pain/chronic pain severity exam will consist of a detailed sensory evaluation, extensive peripheral vascular testing, and a detailed analysis of the findings of your pain.

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- Tom Schmidt, San Diego



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IWTC San Diego officer saves life of Navy veteran

SAN DIEGO – Lt. Jonathan Hilzinger, an instructor at Information Warfare Training Command (IWTC), San Diego, was awarded a Navy and Marine Corps Commendation medal for non-combat heroism on March 25 from Capt. Marc Ratkus, commanding officer, Center for Information Warfare Training, for saving the life of a Navy Veteran.

The life-saving incident occurred on Jan. 20, 2022, while Hilzinger was out for a run at a local park in Chula Vista, Calif.

Hilzinger was initially stopped and asked to aid in locating a missing person. Upon locating the individual in a locked vehicle, he helped remove the convulsing Veteran and immediately provided first aid, including checking the airway and providing cardiopulmonary resuscitation (CPR) efforts until

first responders arrived at the scene. Hilzinger's 45 minutes of effort providing medical assistance saved the life and prevented further medical injury to the Navy Veteran, father, and husband.

"When I was initially briefed on this incident, I was not shocked that Lt. Hilzinger would do something like this," said Cmdr. Tim Raymie, commanding officer, IWTC San Diego, who presented the award on behalf of Capt. Ratkus.

"He has always placed others before himself, and as this incident clearly shows, this extends to fellow citizens who do not wear the uniform. In life we say many things are 'meant to be' and it was meant to be that Jon was in the right location at the right time, to not only save the life of this Veteran, but also to save the family from losing

a loving husband and father. Words can't truly express how proud I am of Jon."

Hilzinger has also been the IWTC San Diego's Culture of Excellence (COE), Warrior Toughness (WT), and Expanded Operational Stress Control lead. He has implemented over 12 unique COE case studies and 38 distinct COE/WT initiatives for 3,300 staff and students, helping to establish and fortify signature behaviors across the entire command.

"Jon is a really close friend of mine and his life saving efforts does not surprise me," said Lt. Elizabeth Powers, an instructor at IWTC San Diego.

"His actions speak to his character and how he always thinks of others first. As a fellow junior officer and colleague of Jon, I couldn't have thought of

a better person at our command to lead the Navy's programs that serve as role models of acceptable behavior. Through this incident, Jon's example isn't just delivered through discussions, but is amplified by his personal actions."

IWTC San Diego, as part of the Center for Information Warfare Training, provides a continuum of training to Navy and joint service personnel that prepares them to conduct information warfare across the full spectrum of military operations.

With four schoolhouse commands, a detachment, and training sites throughout the United States and Japan, CIWT trains approximately 26,000 students every year, delivering trained information warfare professionals to the Navy and joint services. CIWT also offers more than 200

LAFW PHOTO CAPTIONS

continued from page 1

- 1 - Army parachutist performs during a Memorial Day ceremony at Green Hills Memorial Park in Rancho Palos Verdes, California, as part of Los Angeles Fleet Week, May 30. US Marine Corps photo by Cpl. Sydney Smith
- 2 - Fleet Week 2022, as seen from the upper levels aboard USS Iowa Museum. US Navy photo by MC3 David Negron
- 3 - Electronics Technician 1st Class Christopher Bermudo, left, and Electronics Technician 3rd Class Tanar HarrisThomas, pose with the Los Angeles Rams Cheerleaders aboard amphibious assault ship Essex. US Navy photo by MCSN Donita Burks
- 4 - Essex Sailors volunteer at the Veterans Affairs hospital. US Navy photo by MC3 Kelsey S. Culbertson
- 5 - The 1st Marine Division "Brass Breed" Band perform at the Griffith Observatory May 27. US Navy photo by MC3 Kelsey S. Culbertson

courses for cryptologic technicians, intelligence specialists, information systems technicians, electronics technicians, and officers in the information warfare community.

Armed Forces DISPATCH

SOME JUNE OBSERVANCES: FIREWORKS, PTSD, AVOCADO, SURF MUSIC

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 Nat'l Safety Month
 Nat'l Steakhouse Month
 Nat'l Fireworks Safety Month
 Nat'l Rose Month
 Nat'l Candy Month
 Nat'l Iced Tea Month
 Country Cooking Month
 Nat'l Frozen Yogurt Month
 Nat'l Lemon Month
 Nat'l Fresh Fruit and Vegetable Month
 Alzheimer's & Brain Awareness
 Turkey Lovers Month

Nat'l Papaya Month
 Pelvic Organ Prolapse Awareness Month
 Nat'l Dairy Alternative Month
 Nat'l Homeownership Month
 Nat'l DJ Month
 Christianity Month
 Nat'l Pet Preparedness
 Women's Golf Month
 Nat'l Migraine and Headache Awareness Month
 Child Vision Awareness
 PTSD Awareness Month
 Nat'l Scoliosis Awareness
 Dravet Syndrome Awareness

Nat'l Corn and Cucumber
 California Avocado Month
 Hydranencephaly Awareness
 Nat'l Mango Month
 Nat'l Pluot and Aprium
 Lesbian, Gay, Bisexual and Transgender Pride Month
 Sorghum Month
 Nat'l Sun Safety Month
 Adopt a Shelter Cat Month
 Antiphospholipid Antibody Syndrome Awareness Month
 Audiobook Appreciation
 Beautiful in Your Skin Month
 Cataract Awareness Month

Effective Communications
 Entrepreneurs Do It Yourself
 Marketing Month
 Equine Colic Awareness
 Fight the Filthy Fly Month
 Great Outdoors Month
 Int'l Surf Music Month
 Lane Courtesy Month
 Men's Health Education and Awareness Month
 Not Parent Expected (NPE) Awareness Month
 Nat'l Accordion Awareness
 Nat'l Aphasia Awareness
 Nat'l Bathroom Reading

Nat'l Camping Month
 Nat'l Caribbean-American Heritage Month
 Nat'l Celibacy Awareness
 Nat'l Congenital Cytomegalovirus Awareness
 Nat'l Disaster Preparedness Month for Animals
 Nat'l Myasthenia Gravis Awareness Month
 Nat'l Rivers Month
 Nat'l Scleroderma Awareness
 Nat'l Student Safety Month
 Nat'l Zoo and Aquarium
 Perennial Gardening

Pharmacists Declare War on Alcoholism Month
 Potty Training Awareness
 Professional Wellness Month
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LANCASTER, Calif.
May 8, 2022

Eighty-one years after being killed during the attack on Pearl Harbor, Shipfitter 1st Class Charles F. Perdue, assigned to Nevada-class battleship USS Oklahoma (BB-37) (below), was laid to rest May 8. Lt. Cmdr. Yoon Choi, chaplain, Naval Base Ventura (NBVC) and the NBVC Honor Guard provided Naval ceremonial customs and courtesies. NBVC is comprised of three distinct operational facilities - Point Mugu, Port Hueneme and San Nicolas Island. It is Ventura County's largest employer and protects Southern California's largest coastal wetlands through its award-winning environmental program. US Navy illustration by Ensign Drew Verbis



U.S. Marines and allies mark 104th anniversary of the Battle of Belleau Wood

CHATEAU-THIERRY, France - U.S. Marines participated in a memorial ceremony alongside representatives from the French and German militaries at the Aisne-Marne American Cemetery in Belleau, France, May 29. The ceremony is held annually in recognition of the Marines, Soldiers and Sailors of all three nations who

fought and died in the Battle of Belleau Wood in June of 1918.

to the cause of liberty, just as it was necessary then, our relationships and our collective commitment will be pivotal in the fights ahead.”

The Battle of Belleau Wood is remembered for the intensity of the fighting and the heavy casualties sustained, as well as for the participation of the 5th and 6th Marine Regiments. To this day, Marines assigned to these two regiments wear the French French fourragère on the left shoulder of their uniforms as a reminder of their unit's distinguished service during the First World War.



Lance Cpl. Carlos Rivera, a U.S. Marine Forces Europe and Africa administrative specialist, stands as part of the Color Guard for a memorial ceremony in Belleau Wood, France, on May 30. US Marine Corps photo by Brytani Musick

“We can never repay the debt owed to those who rest here,” said Army Lt. Gen. (Ret.) Mark Hertling, who now serves as the Secretary of the American Battle Monuments

Commission. “But we can and we will honor their service. These honored dead represent a legacy of our families, the diversity and values of who we are as a people, and what we represent as a nation.”

Delegations from the U.S., French and German militaries, as well as civilian leaders from the nearby

French town of Chateau-Thierry, delivered remarks, read poems, and laid wreaths at the memorial. The ceremony concluded with the playing of the French and American Taps, a traditional song of the German military - and a rifle salute.

“The cultures of remembrance that our societies have developed over decades to commemorate the soldiers and civilians who suffered and died in past wars bring us together at places like this,” said Podzus. “The solemn commemoration that we hold here at Belleau Wood is not simply a banal ritual or sterile act of duty, but an essential part of the work for peace, and a foundation for the prevention of future wars.”

The remains of more than 2,000 American servicemembers, including Medal of Honor recipient Navy Lt.j.g. Weeden Osborne, are laid to rest at the Aisne-Marne American Cemetery, and the names of an additional 1,060 American service members who were missing in action are inscribed on the walls of the chapel.

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

“We’re looking at a ninety-two degree high, but it’ll feel like one hundred today,” the weatherman said while we sipped our morning coffee. I was visiting my daughter, Anna, and it was going to be an unusually hot spring day in Manhattan.

When Anna moved to New York City to start work as a fashion designer, we worried. So many people. So much garbage. So much crime. However, much to our surprise, she and two college friends found a lovely apartment in the East Village’s “Stuytown.” The well-kept buildings are nestled in a sylvan campus-like setting, with a cohesive mix of elderly retirees, graduate students, and young professionals, not to mention adorable dogs and babies.

On that steamy Saturday, Anna planned to take me to Stuytown’s Annual Flea Market, where residents sell second hand items, collectibles, and crafts along the curved walkways surrounding the apartment complex’s parks and fountains.

In Anna’s air-conditioned apartment that morning, we tag teamed in the mirror. I dressed to feel cool, in shorts, a linen shirt, and practical tennis shoes. Anna dressed, not to feel cool but to look cool, in a pleated Jean-Paul Gaultier skirt, a fringed denim handbag, and vintage Harley Davidson platform shoes adorned with red flames, echoing Anna’s long, wavy red hair.

Outside on the hot sidewalk, we ex-

Complex in the City: What I learned about humans in a Manhattan flea market

pected to be blasted with whiffs of steaming garbage, stagnant carbon monoxide, and the aroma of dead things floating in the Hudson River. But instead, we found the warm weather quite tolerable, enjoyable even, among the mature trees in Stuytown’s verdant complex.

Like an injection, we entered the flow of customers winding through the flea market’s veins. Anna found a funny game. I scored nautical brass bookends for my Navy husband. Children ran to stalls selling toys. Dogs pulled on their leashes, seeking shade under tables.

The eclectic mix of flea market goods reflected the residents selling them, and I found myself investigating the people as much as their merchandise. A woman with a thick Asian accent insisted that I was her long lost friend Brenda. “I swear, my name is Lisa,” I told her.

“Are you sure?” she asked skeptically.

On our way to another stall, I spotted an elderly woman dressed to the nines. Her bleached hair sat under a bubblegum pink felt hat, which precisely matched her shoes and bright floral dress. She didn’t walk or stroll, she strutted with her head held high, like a pink peacock. Unlike shoppers, she had no bag for carrying newly-acquired treasures. Like vendors, she was there to display her wares for others to covet.

An old woman in a shirt embroidered with pansies explained why she had so many tractors for sale — she had had a long career in mechanical drafting. “No one uses these anymore,” she said, wistfully.

I bought a lithograph of an antique

typewriter from a man who was a sports-writer. We chatted about writing, and his collection of first responder patches. “Here, take any one you want,” he offered as a gesture of camaraderie.

I elbowed my way between two women at a table glittering with bold costume jewelry, rhinestone-crusting vanity items, and a long ebony cigarette holder. “These were my mother’s and my aunt’s,” the seller boasted.

“Whoever they are, I want to party with them!” I joked in return.

“Mother!” Anna whisper-shouted behind me.

“What?”

“You don’t have to talk to everyone!” Anna said, “It’s embarrassing!”

“Embarrassment is a wasted emotion. Shame is worth feeling, but if you haven’t done anything wrong, there’s no good reason to be embarrassed,” I lectured. Anna rolled her eyes.

Later that night the city cooled, and we walked to dinner. Anna had braided her red locks into three long plaits and wore a cropped shirt, cowgirl printed skirt, and metallic pink stiletto boots. By the time we reached the Italian restaurant, six New Yorkers had commented on her style.

I realized that humans are complex. We all want to connect, but we do it in different ways. That night, I shamelessly chatted with anyone I found interesting, while my daughter strutted with her head held high, like a peacock in pink metallic boots.

AutoMatters™ & More



by Jan Wagner

STAR WARS Celebration was a fantastic event, beyond my wildest expectations. Held in the Anaheim Convention Center from Thursday, May 26 through Sunday, May 29, this was a convention for the fans that celebrated all things STAR WARS. There was not enough time to see everything and all of the celebrities, but I did manage to see the incredible, museum-quality Mandalorian Experience (props, costumed characters in elaborate dioramas and even space ships!), Jon Favreau, Dave Filoni, Anthony Daniels (C-3PO), Kathleen Kennedy, a full-scale Yoda recreation built from the original molds by one of the original builders, an animatronic C-3PO, Doug Chiang, the Rancho Obi-Wan exhibit and Steve Sansweet, Ashley Eckstein, Grogu, cosplay characters too numerous to mention, Droid Builders, Funko, R2D2, and way more!

Thank goodness for photography, because this mega-event defies description by mere words. I took thousands of photos with my professional Canon EOS R3 camera, many of which I have edited for you, for publication in my “AutoMatters & More” website version of this column, at <http://automatters.net>.

My extensive photography will show you much of what was there. However I may, in the future, expand upon some of those visual experiences

STAR WARS celebration - and the beach?

with additional columns in which text will provide further description and explanation.

Before we proceed with the photography, I would like to explain my choice of a title for this article. What’s with it ending with “and the beach?” Surely every fan has their own stories about STAR WARS Celebration. As you will soon learn, that is related to my personal story about this convention — something that has made it uniquely memorable for me.

My coverage of this convention took every bit of stamina that I could muster, and I covered it on a frugal budget. So as to avoid an expensive hotel stay, each of the four days I departed San Diego early and drove to Anaheim, in order to arrive in time to go through the Security and COVID protocols, and enter the convention area by its daily 10:00 AM opening time. Then I scrambled to cover as much as I could, each and every day (10-7 Thursday through Saturday, 10-5 on Sunday).

Thursday was a brutal day for me. Not wanting to risk the possibility of leaving something at home in San Diego that I might need, I had loaded up my backpack to the point that it was heavy.

Around noon, I took up a good viewing vantage point on the cement floor to watch and cover what was being presented on an elevated stage. I mostly shot still photos, but occasionally I shot videos, too, which required me to stand very still and lean back. You may be able to appreciate that after 2-3/4 hours of this physical torture,

my lower back was aching — so much so that I had difficulty walking, let alone bending over. Furthermore, my lower legs had swollen badly, as they do when I stand for too long.

By the end of Thursday I could barely walk back to where my RAV4 was parked. Each short shuffle-step was painful, as was finally stepping up to get into the driver’s seat. I feared that might be the first and last day that I could cover STAR WARS Celebration. Thankfully, by Friday morning my back hardly ached at all, and I was good to go — after I unloaded much of what was in my backpack!

So, what is with “and the beach?” in the title? On Memorial Day Monday I was not in any pain but I was totally and completely exhausted. Faced with the prospect of sitting in front of my office computer for what will surely be days of sorting through and individually editing some of the thousands of photos that I’d taken, as well as transcribing some of the audio that I’d recorded for later use in the text of my coverage, and writing the column that you are reading now — instead I played hooky at Moonlight Beach in Encinitas! I proceeded to spend hours taking photos (with my iPhone) of people enjoying and celebrating their Memorial Day at the beach. And now you know the rest of the story...

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit AutoMatters.com and 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 #744r1

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AROUND TOWN

Beach Soccer Championships at Oceanside Harbor, June 3-5. www.beach-soccer.org

Wildlife Tracking Walk, Sat, June 4, 8:30-10am. Free. Guided walk on Oak Grove Loop Trail. mtrp.org

VANC Annual Car Show Fundraiser. Sat, June 4, 9am-2pm. 100+ cars, live music, food for sale. Free admission for spectators. 1617 Mission Ave, Oceanside. www.vanc.me

Sam Hinton Folk Festival, Sat, June 4 10am-4pm. Free. Storytellers, music jams. Old Poway Park, 14134 Midland Rd.

Exploring Accessible Nature Trails at Tijuana Slough NWR. Sat, June 4 9am-1pm. Free. Guided trail walk. Tijuana River Estuary, 301 Caspian Way, IB.

Guided Nature Walk, Sat, June 4, 9:30-11am. Free. Start from Mission Trails Regional Park Visitors Center. mtrp.org

Backstreet Boys at NI Credit Union Amphitheatre, Sat, June 4, 7:30pm. **SD Cactus & Succulent Society Show & Sale**. Sat-Sun, June 4-5, 10am-3pm. Casa del Prado, Balboa Park. Free entry. **Heineken 0.0. Rock 'n' Roll Running Series** San Diego, Sat-Sun June 4-5. www.runrocknroll.com

Pokemon GO Fest. Sat-Sun, June 4-5, noon. Balboa Park Activity Center, 2145 Park Blvd. Work together with millions of Trainers around the world.

Tears for Fears at North Island Credit Union Amphitheatre, Sun, June 5, 7:30pm. www.ticketmaster.com

The Taming of the Shrew at The Old Globe. June 5-July 10. theoldglobe.org

SD Padres vs. NY Mets at Petco Park, Mon, June 6, 6:40pm. mlb.com/padres

Rodgers and Hammerstein's Cinderella at Moonlight Amphitheatre. June 8-25. www.moonlightstage.com

SD County Fair theme is 'Heroes Re-Unite!' June 8-July 4. Toast of the Coast, Distilled, Competitive Exhibits and Competitions, SD Intl Beer Festival, Toyota Concert Series, Coors Light, Paddock Concert Series, Solid Gold, Gospel Festival, SD Fair Days & Ways to Save \$

The Outgoing Tide at North Coast Repertory Theatre. June 8-July 3. www.north-coastrep.org

Chris Stapleton at North Island Credit Union Amphitheatre, Thurs, June 9, 7pm. www.ticketmaster.com

SD Bay Festival at Embarcadero Marina Park North, July 19, noon-10pm. www.sandiegobayfest.com

Promenade Market downtown San Diego. 10am, Ongoing Saturdays thru Dec. Free. Enjoy crafts, coffee, and street food including Mexican, woodfired pizza, gyros, smashed avocado toast, kettle corn, waffles and crepes, and more. Ruocco Park, 585 Harbor Lane, San Diego, 92101.

ROY'S SUDOKU

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MOVIES AT THE BASES

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

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

FREE entry to the first 300 customers (per showing), no outside food, concessions will be available.

Thursday, June 2

6pm Memory r

Friday, June 3

6pm Doctor Strange in the Multiverse of Madness pg13

Saturday, June 4

3:10pm Doctor Strange in the Multiverse of Madness pg13

6pm Memory r

Sunday, June 5

1pm The Bad Guys pg

3:10pm Doctor Strange in the Multiverse of Madness pg13

Lowry Theater - NASNI,

619-545-8479

Bldg. 650

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

Friday, June 3

6pm Memory r

Saturday, June 4

3pm Doctor Strange in the Multiverse of Madness pg13

6pm The Northman r

Sunday, June 5

1pm Doctor Strange Multiverse pg13

4pm The Bad Guys pg

Bob Hope Theater 577-4143
 MCAS Miramar Bldg 2242

Friday, June 3

6pm Dr Strange in the Multiverse of Madness (PG-13)

9pm Memory (R)

Saturday, June 4

1pm The Bad Guys (PG)

4pm Dr Strange in the Multiverse of Madness (PG-13)

7pm The Northman (R)

Sunday, June 5

noon The Bad Guys (PG)

3pm Dr Strange in the Multiverse of Madness (PG-13)

Pendleton Theater and Training Center

Bldg 1330 Mainside (Across from Mainside Center)

Saturday, June 4

1:30pm Fantastic Beasts: The Secrets of Dumbledore pg13

Saturday, June 11

1:30pm The Bad Guys pg

Q-Zone - NAB

Bldg. 337 • 619-437-3190

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Tues, Thur, Sat: 11 am. NDVDs

All movies below are NDVDs and have Free Admission



CROSSWORD PUZZLE

Across

- Nannies and billies
- Skylit courtyards
- Toyota Prius, e.g.
- Tin Pan ___
- Transactions with interest
- Pub pour
- *Data transmission science
- Khaki-colored
- Pedal pusher
- Full moon, e.g.
- Cartoon maker of iron bird seed
- Sailing teen who says, "I prefer stories about squalor"
- *Elementary school fundraiser
- Whistle blower
- Piece for three instruments
- They're often pop-ups
- Major artery
- Irritate
- Quick swim
- Fell behind
- Golf ball holder
- Stockpile
- Dig deeply (into)
- Pigs out (on), briefly
- Blacken in a pan
- Dictator Amin
- *Rank for TV's Columbo
- "Shoo!"
- The "I" in MIT: Abbr.
- Ceremonial conical structure
- Tran-__: refrain syllables
- ___, humbug!
- Track meet infractions ... or short words hiding at the beginning of the answers to starred clues
- Musician Brian
- Had the flu, say
- Cove, e.g.
- Tennis do-over
- Sanctify

Down

- Faux pas
- Mixed bags
- "Tuesdays With Morrie" author Mitch
- Wobble
- Leb. neighbor
- A, as in Athens
- Invoice word
- Employee's reward
- Motivate
- Biblical feast of burden
- Not be fooled by
- San Antonio mission
- Continue to subscribe
- Decide on
- 22 Z ___ zebra
- Swapped
- Irritates, as a restaurant
- Oral health org.
- Not bright, as a light
- Many a NASA mission
- "Far out, dude!"
- White-__: formal
- Every one
- Ref. work that added "YOLO" in 2016
- Proposer's preferred response
- Paperless party announcements
- ___ up! "Quiet!"
- Sell directly to the consumer
- Manhattan or Staten
- Defame in print
- Foolish
- Woman's name backward or forward
- Vaulted alcoves
- Requirements
- Monte ___
- Raise a hemline on, say
- Sample, as food
- Tide alternative
- Spanish aunt

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Military/Veterans Crisis Line
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VEHICLE TEMPERATURE

Outside Temp (F)	Inside Temp (F)
	10mins 30mins
70°	89° 104°
75°	94° 109°
80°	99° 114°
85°	104° 119°
90°	109° 124°
95°	114° 129°

COMPANIONS

Facility dogs play vital role in patient recovery across MHS

by Janet A. Aker,
MHS Communications

The Defense Department's first facility dog program began back in 2005, when then-Army Sgt. Harvey Naranjo saw the positive impact that man's best friend can have on troubled soldiers.

Naranjo was working with injured Special Forces warfighters in a therapeutic horse riding program. He was struck by how the wounded warriors interacted with the stable dogs.

"These tough guys, who have gone through traumatic injuries, amputations, and had been shot—all of a sudden I see them rolling around on the floor, baby talking to the dogs, and I saw them put their guard down," Naranjo recalled.

He could see a "true personality emerge from the very reserved service members for the first time."

"I thought of how much more I could do for them if I had a dog," said Naranjo, who now runs the adaptive sports program for the Occupational Therapy Department at Walter Reed National Military Medical Center in Bethesda, Maryland.

At the time, Naranjo mentioned this observation to a hospital volunteer, who soon sent him a chocolate Lab named Deuce.

"And before I knew it, there was a dog in the clinic," Naranjo said.

Since then, the facility dog pro-

gram at Walter Reed has grown and the concept has spread to other military medical treatment facilities.

Facility dogs can help patients with stress, depression, and anxiety. They provide distraction, unconditional love, and comfort, helping patients to recover or better cope with health problems. And they help to decompress staffs and patient families.

There are currently seven facility dogs at Walter Reed. All are highly trained by outside organizations and include Golden Retrievers, Labradors and one German Shepherd.

Handlers say that for every hour the dogs work, they have a positive impact on 12 patients and their families. On average, these dogs work over 200 hours per month, collectively, and have contact with 2,500 people.

Before COVID-19, five to seven inpatients specifically requested a facility dog (therapy support dog) visit every day. Currently, the dogs are supporting staff, patients, and families in outpatient settings. (Handlers ensure the individual dogs' workdays are limited and that each canine gets plenty of rest.)

The dogs often fill an important role in the care of injured or ill service members or other patients who may have a long path of recovery, Naranjo said. "Our service members are miss-

ing their homes, and they're missing their families and their pets. This is like an extension of their pets," Naranjo said.

Walter Reed's Facility Dog Program

Today, the Facility Dog Program at WRNMMC includes Sully, a yellow Lab who was former President George H.W. Bush's service dog.

Each dog has his or her own rank, service, and uniform and is inducted in an enlistment or commissioning ceremony.

Each dog initially undergoes traditional service dog training with an accredited outside organization, which prepares them to be paired with a disabled service member or veteran to provide assistance with tasks and companionship. After that, the dogs at WRNMMC undergo additional training to become a "facility dog" who works in a clinical setting like a hospital.

Amy O'Connor and Patty Barry oversee the facility dog program at Walter Reed, and Naranjo is the program service dog patient Education & Referral liaison.

"I've had the privilege to be part of this program for over 15 years and have a wonderful group of handlers that are primarily active duty service members who do the handling of the dogs as a collateral duty. This program is truly nobody's job; we all

give a little bit of ourselves to make it work," O'Connor said

"We try to switch them up in their daily duties," said Navy Hospital Corpsman Skylor Cervantes, the lead handler. "Different dogs can go to different areas, and different people can meet the different dogs, have different interactions with them because they all have their own unique personalities. Some of the dogs do work in specific locations, but they also get to visit other locations."

For example, children who have cancer tend to be at the medical center for a long time. "These dogs become part of their treatment plan, they become part of their family," O'Connor noted.

One area the dogs visit every day is the Military Advanced Treatment Center, where wounded warriors rehabilitate, O'Connor explained. Truman, a chocolate Lab with the rank of Army master sergeant, is the resident MATC dog, Naranjo said.

Additionally, the dogs work as part of community reintegration, Naranjo said, adding that some service members may develop anxiety about traveling after losing a limb.

"Having the dog with them plays a huge role in deflecting some of the stares that they may get from people or just their anxiety in general from accessing community again in a new body," Naranjo explained.



Luke, a German Shepherd facility dog at Walter Reed National Military Medical Center, stays with wounded warrior Heath T. Calhoun at the Military Advanced Treatment Center facility while Calhoun undergoes rehab therapy. Luke is officially a Navy Hospital Corpsman Third Class.

How Are Therapy Dogs Trained?

All the WRNMMC dogs are "purpose-bred and -trained to be service dogs for our wounded warriors. And in that process, they are trained for 18 to 24 months," O'Connor said.

"We don't stop learning and working to get better," O'Connor said. Each Walter Reed therapy dog handler goes through a training program, the Personnel Qualification Standard, to ensure confidence, consistency, and solid handling skills. It generally takes about six weeks of training with two to three hours a week of practice, she said.

At the end of the day, all facility dogs go home with their owner-handler, so it's a full-time commitment.

Program Growth

WRNMMC's therapy dogs pro-

gram has been such a success that other military hospitals and clinics are following suit. These include

- Naval Medical Center San Diego's LC and Cork, a golden Lab and black Lab, respectively

- Brooke Army Medical Center-Fort Sam Houston, San Antonio, Texas. It is getting a facility dog named Budd. A yellow Lab, Budd will be commissioned on June 6 as an Army major.

- Madigan Army Medical Center has a new facility dog named Earl. The black Lab just started with the Peer Support Program on May 16

- The California Air National Guard's 144th Fighter Wing also has a facility therapy dog named Paige.

In the end, "facility dogs must be suited for the complex environment of a hospital with multiple interactions," O'Connor said.

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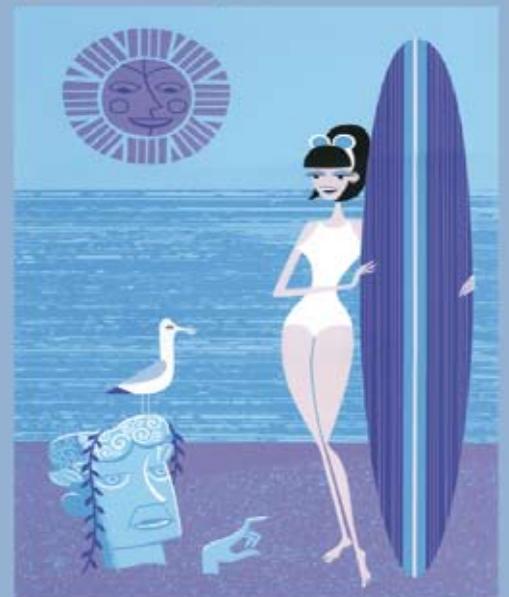


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