

ARMED FORCES DISPATCH



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 Serving active duty and retired military personnel, veterans and civil service employees

SIXTY-SECOND YEAR NO. 9
 THURSDAY, JUNE 16, 2022

FUTURE DESTROYER NAMED FOR TELESFORO TRINIDAD THE ONLY FILIPINO IN THE NAVY TO BE AWARDED A MEDAL OF HONOR

from Secretary of the Navy
 Public Affairs

WASHINGTON - Secretary of the Navy (SECNAV) Carlos Del Toro announced recently that a future Arleigh Burke-class guided-missile destroyer will be named USS Telesforo Trinidad (DDG 139).

Future USS Telesforo Trinidad will honor Fireman 2nd Class Telesforo De La Cruz Trinidad, the only Filipino in the U.S. Navy to be awarded the Medal of Honor.

"My first time learning about Petty Officer Trinidad's story was as a midshipman at the Naval Academy and since being sworn in as Secretary, I have wanted to honor his heroic actions by naming a ship after him," said Del Toro. "This ship and her future crew will be a critical piece in strengthening our maritime superiority while also emphasizing the rich culture and history of our naval heritage."

Trinidad was born November 25, 1890, in Aklan Province, Panay, Philippine Islands. On January 21, 1915, Petty Officer Trinidad was serving aboard USS San Diego when the captain decided to conduct a four-hour full-speed and

SHIP NAMING ANNOUNCEMENT:
USS TELESFORO TRINIDAD (DDG 139)
 MAY 19, 2022

The future USS Telesforo Trinidad (DDG 139) will honor Fireman 2nd Class Telesforo De La Cruz Trinidad, the only Filipino in the U.S. Navy to be awarded the Medal of Honor for his bravery in 1915 aboard USS San Diego, where he risked his own life to save two of his shipmates during a boiler explosion.

CARLOS DEL TORO
 SECRETARY OF THE NAVY

endurance trial to determine if the ship could still maintain its officially rated flank speed. Following the trial, an obstructed tube in one of the ship's boilers gave way, creating a chain reaction. Trinidad re-entered the closed space to the No. 2 boiler to save Fireman 2nd Class R. W. Daly. As he was carrying Daly through the No. 4 fireroom, an explosion of No. 3 boiler hit Trinidad, which burned him in the face.

After seeing Daly to safety and despite his injuries, Trinidad then assisted in rescuing another injured shipmate from the No. 3 fireroom. For his bravery, the U.S. Navy awarded him the Medal of Honor.

"I am pleased to honor Trinidad's life and legacy today, especially during Asian American Pacific Islander Heritage Month {May}," said Del Toro. "Having a ship named after

such a significant figure highlights our diverse culture and that our people will always be our strategic advantage against any adversary. I hope the naming of this ship is a beacon for not only Asian Americans and Pacific Islanders but for all our Sailors, Marines, and civilians who serve across the Department of the Navy. The service and sacrifice of these men and women have made our military and our nation stronger and better."



LIBERTY STATION (May 30, 2022) - More than 200 people gathered at Liberty Station on Memorial Day to commemorate the life and service of Fireman Second Class Telesforo Trinidad, the Navy's only Asian Medal of Honor recipient. Telesforo Trinidad's youngest son, Porfirio Trinidad, is shown holding a photo of his father. Courtesy photo by Don Biadog

Navy aviation units hold safety pause after recent crashes

by Commander, Naval Air Forces Public Affairs

SAN DIEGO - As a result of recent crashes involving Navy and Marine Corps aircraft, Commander, Naval Air Forces directed all non-deployed Navy aviation units to conduct a safety pause June 13 in order to review risk-management practices and conduct training on threat and error-management processes.

"In order to maintain the readiness of our force, we must ensure the safety of our people remains one of our top priorities," according to a statement from Naval Air Forces.

Deployed units will conduct the safety pause at the earliest possible opportunity.

In a Navy press release, the most recent crash came on June 9 when an MH-60S Seahawk helicopter crashed near El Centro while conducting a routine training flight from Naval Air Facility El Centro. All four of the air crew on board survived the crash and have been safely recovered. One of the aircrew has suffered non-life threatening injuries and has been transported to a local hospital. The helicopter was assigned to Helicopter Sea Combat Squadron (HSC) 3, based at Naval Air Station North Island.

NAVY CHILD & YOUTH PROGRAMS HIRING FAIR ON JULY 8

Courtesy Story

Navy Region Southwest

SAN DIEGO - Navy Child & Youth Programs is holding a Hiring Fair July 8, from 9 a.m. to 3 p.m. at the Scottish Rite Center in Mission Valley.

Start your professional career with the Navy with one of our many rewarding and fun entry-level positions caring and programming for military youth, ages 6 weeks to 18 years. Positions are available within numerous Child Development

and Youth Centers throughout San Diego and include on-site training and internal career advancement. The Hiring Fair is your one-stop opportunity to apply, interview and be hired - all in the same day.

Eligible applicants must be age 18 and older and all levels of education (high school diploma or GED minimum) will be considered for full-time and flexible direct care positions for Child & Youth Programs at San Diego Naval installations. Operating

hours at these facilities are 5 a.m. to 7 p.m. and shifts can include weekends, nights and special events. CY Programs include all ages of care: Child Development

Centers (6 weeks to 5 years of age), School-Aged Care (6 to 12 years) and Youth Centers (13 to 18 years).

Applicants with Veterans Pref-

erence (DD214 required) and Military Spousal Employment Preference (current orders in hand) should arrive between 9-10 a.m.. All others are welcome at 10 a.m. The Hiring Fair will include on-site qualifications screening, interviews, and tentative job offers.

All applicants should bring their resume, a photo ID card, SSN card, certifications (CPR, etc.) high school diploma/GED or college transcripts, three references or letters of recommenda-

tion (two professional, one personal), and Veterans Preference or Military Spousal Employment Preference if applicable.

Visit www.navylifesw.com for complete information and to download forms, or call (619) 705-5915, (619) 705-5919 or (619) 705-5909.

Navy Child & Youth Programs provides equal employment opportunities to all employees and applicants for employment without regard to non-merit factors.

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Face of Defense

Soldier finds strength, resiliency through motherhood

See page 4

Movies On Base

Downtown Abbey: A New Era, Doctor Strange in the Multiverse of Madness



See page 10

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Army

- Yellowstone mountain that honored Army officer who led massacre renamed
- Arlington's Caisson horses still lack space and sanitary conditions, Alabama senator says
- Army CIO: FY23 is "year of inflection" for digital transformation
- "It's not human": Army brings combat robotics closer to battlefield during field testing in Germany
- Army involuntarily extending assignments for recruiters as service scrambles to fill ranks



Navy

- Naval aviation commanders offered \$100,000 retention bonus
- AT&T demonstrates 5G capability for US Navy "smart warehouse"
- Navy SEALs new underwater stealth vehicle?
- Drone swarms that harassed Navy ships off California demystified in new documents

Marine Corps

- Marine son of former LA Dodger Steve Sax killed in California Osprey crash

Air Force

- Military leader warns of 'pre-serial killer tendencies' after 4 mutilated cats found at Nellis Air Force Base
- Bunch: Whole Air Force testing enterprise needs attention and investments, not just ranges
- Lawmakers want USAF to help drone pilots with well being, resiliency
- Wright-Patterson's AFMC wants your game-changing ideas

- First ever F-35 aggressor squadron stands up at Nellis

National Guard

- Pence, not Trump, asked Guard troops to help defend Capitol on Jan. 6, panel says

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- Coast Guard Cutter Eagle arrives in Galveston

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- Fort Eustis unit ready when civilian authorities call
- Service members in Alaska could get extra pay and benefits under proposed legislation to combat suicide
- Facing headwinds, military recruiters seek to make cultural connections

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- Toxic exposure bill on the verge of approval

Overseas Operations

- Swedish, US troops drill on remilitarized Baltic Sea island
- North Korea slams Seoul's part in massive US-led RIMPAC naval exercise
- US service member in Germany infected with monkey-pox

Austin visits U.S. troops, civilian mariners in Singapore

by Jim Garamone
DoD News

"We're not the prettiest looking group, but we're dynamite when the music starts playing."

That's what Frank Wareham III, chief mate of the dry cargo ship USNS *Carl Brashear*, told Secretary of Defense Lloyd J. Austin III during a visit to the men and women who work to make possible U.S. power projection.

Austin met the service members and civilian mariners whose work keeps the international sea and air lanes open during a stop at Singapore's Sembawang Naval Base.

The military members come from all services and work alongside allies and regional partners, and Austin called them "the unsung heroes" of America's Indo-Pacific strategy.

Carl Brashear is one of more than 40 ships that replenish and refuel U.S. Navy ships at sea. They also stand by to help in disaster assistance and humanitarian operations.

The secretary thanked the assembled Defense Department personnel for their professionalism and noted the importance of logistics in all operations. The United States has worldwide reach because of the efforts of small detachments like theirs. "We do it well because of you," he said to them.

The secretary also pointed to the importance of logistical support to counter the Russian invasion of Ukraine as an example of their importance. Russian logistics shortfalls led to the failure of their operation to capture Kyiv, he told them. Now, the war in the Donbas requires logistical support to keep the Ukrainian forces supplied with

arms and ammunition.

He also noted that in Operation Iraqi Freedom in 2003, where he was an assistant division commander behind the 3rd Infantry Division, there were logistics units ensuring the supply to the fuel, food and ammunition needed to succeed.

In answer to a question from the secretary, Wareham talked about life aboard *Brashear* at

sea. "When you are cruising at 13 knots, and there is a carrier on one side and a destroyer on the other, we're hitting on all cylinders," he said, noting that the ship has resupplied U.S. Navy vessels in the 5th Fleet area of operations as well as the 7th Fleet.

Before taking pictures with the service members and mariners, Austin said "we wouldn't be successful without you."

Navy christens transport dock ship USS Richard M. McCool, Jr.

PASCAGOULA, Miss. - Ingalls Shipbuilding division christened Navy amphibious transport dock ship USS Richard M. McCool, Jr., (LPD 29) June 11.

"For nearly two decades, we have had the opportunity to build these amphibious ships, and we look forward to continuing this journey with such a valued partner," Ingalls Shipbuilding President Kari Wilkinson said. "Today we reflect on Richard M. McCool, Jr.'s bravery and heroism in front of a ship that will carry another generation of brave sailors and Marines into missions defending our freedom."

Navy Capt. Richard M. McCool, Jr., was awarded the Medal of Honor for his actions in rescuing survivors from a sinking destroyer and for saving his own landing support ship during a World War II kamikaze attack. His rescue efforts took place exactly 77 years prior to the day Richard M. McCool, Jr., was christened.

"Richard M. McCool, Jr., truly embodied the spirit of service above self," said Under Secretary of the Navy Erik Raven, the keynote speaker. "The Sailors and Marines who will sail on this future ship carry on that legacy following the example of spirit, patriotism and selflessness set by Richard M. McCool, Jr."

When speaking of America's defense capabilities, Raven said, "We're able to deploy exquisite capabilities across the globe in great part due to our dedicated shipbuilders and our talented team."

U.S., UAE forces begin maritime exercise in Arabian Gulf

MANAMA, Bahrain - Naval forces from the United Arab Emirates and United States began a 10-day maritime exercise, June 13, in the Arabian Gulf. Exercise Iron Defender is an annual bilateral training event between U.S. Naval Forces Central Command (NAVCENT) and forces from the United Arab Emirates. The exercise focuses on maritime security operations, mine countermeasures and harbor defense. "The United Arab Emirates is a longstanding strategic partner. This is an excellent opportunity to deepen bilateral ties and train with our highly capable Emirati partners," said Vice Adm. Brad Cooper, commander of NAVCENT, U.S. 5th Fleet and Combined Maritime Forces. "We're stronger when we work together."

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Face of Defense: Soldier finds strength, resiliency through motherhood

by Sgt. 1st Class Neysa Canfield

When Army Capt. Justine Bolten found out that she was pregnant in August of 2020, like most women, she was filled with happiness and joy; however, there was an underlying feeling of anxiousness about this new chapter in her life.

“It felt like I was just starting my career, and now it was ending,” said Bolten, an occupational therapist assigned to the 10th Mountain Division Sustainment Brigade. “At that time, I was so new to the Army, and it just felt a bit scary.”

Motherhood journey

Bolten, who commissioned into the Army in January 2020, added that the feeling of anxiousness came from the fear of being isolated from her peers.

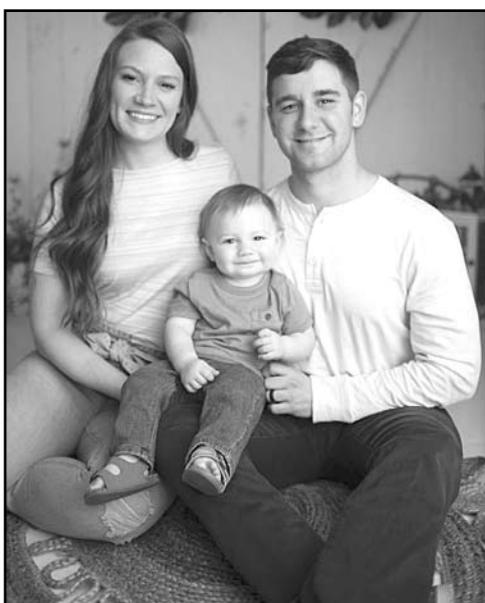
“As a pregnant soldier, you are non-deployable, and so you begin to feel like ‘what good am I for,’ and that really affects you mentally,” she said. “I also never really thought about being a mom. I have always been career driven. So, when I found out I was pregnant, it was very much a surprise.”

But those unsettling feelings slowly diminished as the months progressed.

“I felt super supported by my team and my senior leadership,” she said. “They were encouraging and even pushed me to challenge myself on days when I had that negative mindset. They were all very encouraging not only during my pregnancy but also during my postpartum journey.”

Laura Miller, program director for the 10th Mountain Division Sustainment Brigade’s holistic health and fitness section, was one of the team members who helped Bolten during her time in need.

“I think our role as her teammates was to provide moral support and reassurance to her because it’s a big milestone in



Left to right: Capt. Justine Bolten, Liam Bolten, and Capt. Adam Bolten poses for a family photo. Courtesy photo by Capt. Justine Bolten

her life and it can be terrifying,” Miller said. “We wanted her to be able to take care of herself but also to know that she could rely on us for whatever she needed.”

Becoming a mom

In April 2021, Bolten and her husband Adam welcomed their son Liam Bolten into the world.

A month before, on March 19th, the U.S. Army announced an exception to policy that extended the timeline for postpartum soldiers to meet body fat standards from 180 days to 365 days.

As a new mom and newly commissioned officer, this news came with a sigh of relief, according to Bolten.

“At six months, soldiers are sometimes taking dramatic, and at times dangerous, measures to meet standards that can impact their health and their baby’s health,” Bolten said. “The policy, I think, helped take away that unhealthy pressure.

Now, more than a year later the U.S. Army implemented a new parenthood, pregnancy and postpartum directive, which updated regulations to help support all Army parents and families. Among the updates was the postpartum body fat standards extension.

Bolten, whose postpartum

period ended in April 2022, said the extension gave her the support and time to succeed.

“One year is a great timeframe to be able to perform as a soldier again in a healthy manner,” Bolten said. “It gave me time to learn how to navigate being a mom while also still being a wife to my husband and provider for the soldiers in my unit.”

So, when an opportunity to challenge herself opened up in May 2022, Bolten decided to put herself to the test.

Testing new boundaries

“I don’t like letting the fear of a new challenge or the possibility of failure push me away,” Bolten said. “I knew going into it that earning my would be difficult, but I made it a goal to at least attempt it.”

After two weeks of testing her tactical and technical skills, Bolten earned her EFMB.

“The badge has a different meaning to me now that I am a mom,” she said. “I look at my son and want him to know that his mom is strong, and that because of him, I have learned to be stronger and more resilient.”

For Miller and the rest of the H2F team, Bolten earning her EFMB was no surprise.

“She never gives herself room to have excuses for why she can’t do things, and I think a lot of that has to do with her support system,” Miller said. “She has a very encouraging husband who is always there for her. It is absolutely incredible to watch her be so career-driven but yet be such a wonderful and present mom and wife.”

Strength and motherhood

Aside from being a good role model for her son, Bolten, who is a lead instructor for her unit’s postpartum and pregnancy physical training program, said she also wants to be a role model for soldiers — especially those who are moms or soon to be moms.

“I want these soldiers to see that there is so much more that they can do if they just put their mind to it and that being a parent doesn’t end your career,” Bolten said. “It’s just another motivation to try even harder. I am honored and proud that I can show other females that they too are capable of doing anything they put their mind to, even if it might seem challenging or even impossible.”

Sailor rescues pregnant Soldier from flooded Okinawa underpass

by Frank Andrews

Stars and Stripes

CAMP SHIELDS, Okinawa - A U.S. Navy Sailor rescued a pregnant Soldier from potentially drowning as her car sank in a flooded underpass at this naval installation on Okinawa.

The Soldier drove her white, four-door sedan through the underpass June 2, the military police patrol supervisor that day, Petty Officer 2nd Class Romeo Barcelon, 29, told *Stars and Stripes* last Thursday. The car began to float and then to sink.

Petty Officer 3rd Class Ryan Tottingham, 23, had just finished his last watch and had two days left in the Navy, but intuition told him to check the tunnel for flooding on his way home, he said. He was a master at arms, the military police of the Navy.

“That particular tunnel, it floods often during typhoon season,” Tottingham, of Ortonville, Mich., said June 8. “Everyone knows, for the most part, not to cross it.”

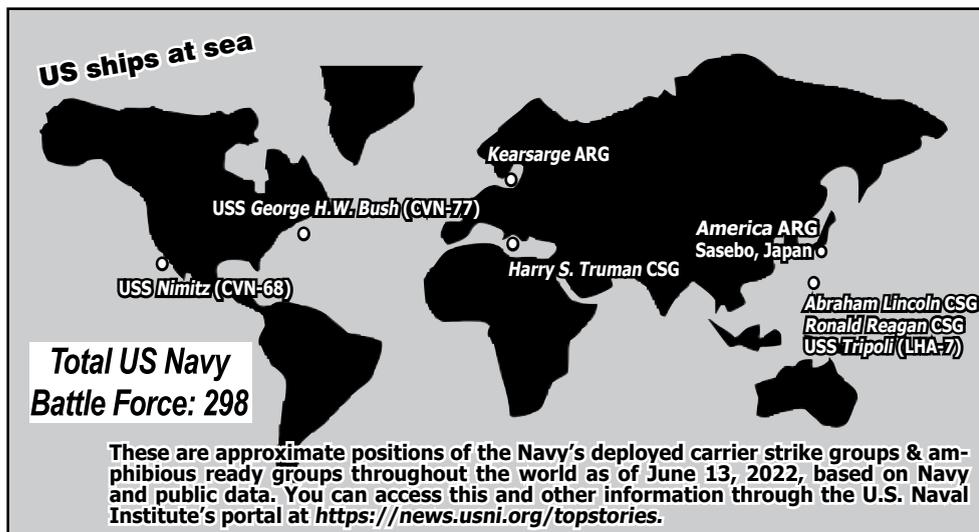
The tunnel links Camp Shields with the O’Donnell Gardens

housing area and has a history of flooding during heavy rainfall.

Rainy season arrived a month early on Okinawa this year, according to the Japan Meteorological Agency. A heavy rain and flood advisory was issued that day, and more than twice as much rain fell on Shields than any day this year.

At the entrance to the underpass, Tottingham saw the Soldier’s car taking on water and heard her screams. He said he ran into the water to help.

see **Rescue**, page 8



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Vice Adm. Ross Myers, commander, U.S. Fleet Cyber Command / U.S. 10th Fleet, right, shakes hands with U.S. Space Force Lt. Gen. Stephen Whiting, commander, Space Operations Command, during the Naval Satellite Operations Center disestablishment ceremony at Point Mugu. US Navy photo by Ensign Drew Verbis

Navy satellite center disestablished; U.S. Space Force assumes command in historic ceremony

by Ensign Drew Verbis
Naval Base Ventura County

POINT MUGU - Six decades of helping America advance maritime superiority came to an end June 6 when Naval Satellite Operations Center, or NAVSOC, transferred to Space Force command, under Space Delta 8 and designated as the 10th Space Operations Squadron, during a historic disestablishment and assumption of command.

“For 60-years NAVSOC has advocated and advanced American maritime superiority,” said Vice Adm. Ross Myers, commander, Fleet Cyber Command /10th Fleet. “NAVSOC enabled satellite communications to afford the United States and her allies the crucial ability to provide defensive measures, conduct over the horizon monitoring and targeting, and project combat power in areas of conflict and instability around the globe.”

NAVSOC, the first military space operations command in history, commissioned in April 1962 as the Navy Astronautics Group. Tasked with operating the Navy’s satellites, the unit commanded TRANSIT, the world’s first satellite navigation system. Navy Astronautics Group was redesignated as NAVSOC in Jun. 1990.

“As we look toward the future of space operations, we see the domain is both crowded and growing,” said Myers. “To lead this next phase of the space race, the United States established the Space Command with the budget and authorities to consolidate joint-capabilities and harness cross-cutting disciplines and services.”

The USSF is a separate and distinct branch of the armed services, organized under the

Department of the Air Force in a manner very similar to how the Marine Corps is organized under the Department of the Navy.

“It’s hard to overstate how impactful this mission is and the critical role this team plays in linking the force across air, land, and sea,” said Lt. Gen. Stephen Whiting, commander, Space Operations Command.

“This activation marks the beginning of DoD’s consolidation of all narrow-band, wide-band, and protected SATCOM to include all associated responsibilities for training, acquisition, and sustainment activities under a single military service for the first time in history.”

U.S. 3rd Fleet changes command

SAN DIEGO - Vice Adm. Steve Koehler transferred command of U.S. 3rd Fleet to Vice Adm. Michael Boyle during a ceremony at Naval Base Point Loma June 16. Koehler, a native of San Diego, assumed command as the 31st commander of 3rd Fleet in June 2021, leading a combat-ready force of more than 68,000 people, 100 ships and 400 aircraft stationed throughout California, Hawaii and Washington. He is scheduled to report to his new assignment as director for Strategy, Plans and Policy, J-5, Joint Staff, and for appointment as senior member of the Military Staff Committee of the United Nations in Washington, D.C. Boyle previously served as the director of maritime operations at U.S. Pacific Fleet. As 3rd commander, he will lead the Combined Task Force for RIMPAC 2022, scheduled to be held from June 29 to Aug. 4.



Surface Division 11 changes command

SAN DIEGO - Capt. Douglas Meagher relieved Capt. Marc Crawford as Commander, Surface Division Eleven (SURFACE-DIVELEVEN) at Veterans Museum at Balboa Park San Diego June 14. Surface Division Eleven is the first division of the LCS fleet to be designated with a specific warfare focus. The division ships are USS Jackson, USS Montgomery, USS Gabrielle Giffords and USS Omaha. “It has been an absolute honor to serve with such an amazing team who continued to support crews and ships as they prepared for any tasking that was sent our way,” said Crawford. “I know that will be continued on well after my time here and look forward to their continued success.” “I m extremely excited to work with the incredible men and women who make up Division Eleven,” said Meagher. “I am looking forward to all the things we can accomplish in the future.”

In addition to the command operation center, NAVSOC transferred the Laguna Peak Facility - three miles from Point Mugu - which supports the Space-Ground Link System (SGLS) and satellite operations.

According to Space Delta 8, the new unit is intentionally numbered the 10th Space Operations Squadron to pay honor to its heritage under U.S. 10th Fleet. “Space has become highly contested,” said Col. Matthew Holston, commander, Space Delta 8. “Our adversaries recognize our reliance on space, and they’re actively seeking ways to create vulnerabilities to take away our competitive advantage.”

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PERIPHERAL NERVE PAIN AND CHRONIC PAIN WARNING

SAN DIEGO, CA -

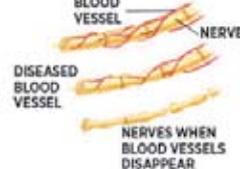
The most common method your doctor will recommend to treat your chronic pain and/or nerve pain is with prescription drugs that may temporarily reduce your symptoms. These drugs have names such as Gabapentin, Lyrica, Cymbalta, and Neurontin, and are primarily antidepressant or anti-seizure drugs. These 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).

In order to effectively treat your nerve pain three factors must be determined.

1. What is the underlying cause?
2. How much nerve damage has been sustained?

NOTE: Once you have sustained 95% nerve loss there is likely nothing that we can do for you.

The treatment that is provided at San Diego Pain Relief Center has three main goals.

1. Increase blood flow.
2. Stimulate and increase small fiber nerves.
3. Decrease brain-based pain.

The treatment to increase blood flow, stimulate small nerve fibers, and get you back to health is

our ElectroChemical Stimulation (EC Stim) treatment.

In addition, we use a state-of-the-art diagnostics like the TM Flow diagnostic unit to accurately determine the increase in blood flow and a small skin biopsy to accurately determine the increase in small nerve fibers.

The EC Stim electric cell signaling system delivers energy to the affected area of your body at varying wavelengths, including both low frequency and middle frequency signals. It also uses amplitude modulated (AM) and frequency modulated (FM) signaling. During a treatment session, the EC Stim system automatically changes to simultaneously deliver AM and FM electric cell signal energy

THE GREAT NEWS IS THAT IT’S USUALLY COVERED BY MEDICARE, TRICARE AND MOST INSURANCES

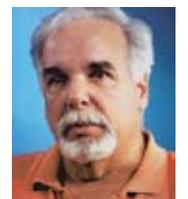
Depending on your coverage your treatment could be little to no cost to you.

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.

PATIENT TESTIMONIAL

“I was diagnosed with Peripheral Neuropathy by another office. They did not offer any treatment and I didn’t ask. I had no options until I saw Dr. Harper. I have found Dr. Harper to be caring, concerned and he showed he’s interested in me. The staff are just the same. Here is just the flip side of the other offices. Here you are the customer, the client, the patient and we are here to treat you. We are here for you and that started literally on that first phone call. I wouldn’t hesitate to share my experience with Dr. Harper and his treatment.”



- Tom Schmidt, San Diego

THIS SCREENING IS OFFERED FROM NOW UNTIL JUNE 22, 2022

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NAVWAR releases New Strategic Vector

by Elisha Gamboa

Naval Information Warfare Systems Command (NAVWAR) top leaders and subject matter experts recently introduced the workforce to the new NAVWAR Strategic Vector 2022, laying out the command's mission, vision and strategic objectives, all focused on cultivating a culture of excellence for One NAVWAR.

The Vector aims to align the command with the Chief

of Naval Operations Navigation Plan and describes a data-driven approach to the goal of making NAVWAR the world's preeminent provider of information warfare capabilities driving operational dominance from seabed to space.

"There is no second best, no runner up, when it comes to information warfare," said NAVWAR Commander Rear Adm. Doug Small. "We have got

to be the best in the world so that we can compete and win against our adversaries."

Vectors are defined by direction and magnitude. With the direction being higher level guidance like the CNO's NAVPLAN, the Vector enables the measure of progress toward the objectives defined while aligning to the guidance provided.

The Vector identifies three strategic objectives - Fostering a World Class Workforce, Ensuring Information Readiness and Leading Naval Digitalization.

"It all starts with you - our amazing workforce - our top priority," said Small. "NAVWAR will be the first choice and best place to work, where every individual is treated with dignity and respect, leaders take care of, develop and remove barriers for their teams, in a safe and positive environment where everyone's input is valued from day one."

With NAVWAR's top priority being the workforce, it only makes sense that the first strategic objectives described in the document is Fostering a World Class Workforce, through empowering a culture of excellence, enabling a data driven culture and inspiring a mission mindset.

The second strategic objective, Ensuring Information Readiness, focuses on winning today, while developing and delivering information warfare

capacity for a larger, more capable future hybrid fleet.

The third objective, Leading Naval Digitalization, aims to create the IW capabilities and environment needed to deliver on Project Overmatch, a high priority Department of the Navy initiative aimed at connecting platforms, weapons and sensors together in a robust Naval Operational Architecture that integrates with Joint All-Domain Command and Control for enhanced Distributed Maritime Operations.

Critical to Project Overmatch is the development of networks, infrastructure, data architecture, tools and analytics that support the operational and developmental environment that will enable sustained maritime dominance for years to come.

Moving forward NAVWAR will work across the One NAVWAR enterprise to achieve the goals described, constantly

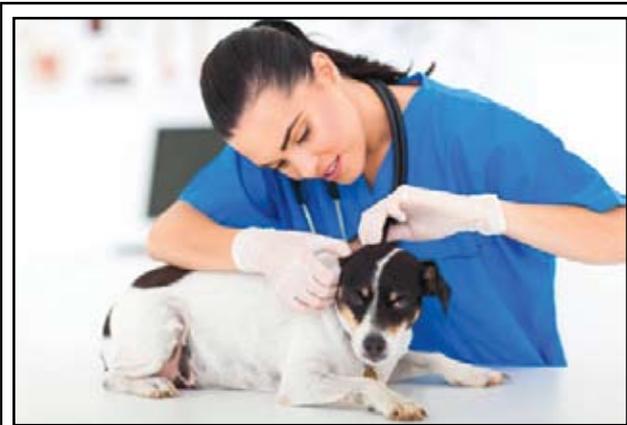


Rear Adm. Douglas Small, Commander, Naval Information Warfare Systems Command (NAVWAR) discusses Strategic Vector mission during an all-hands held at NAVWAR's Old Town Complex. NAVWAR's strategic vector is to identify, develop, deliver, and sustain information warfighting and enterprise capabilities and services to enable Naval, Joint, national, and coalition operations in warfighting domains from Seabed to Space. US Navy photo by Ramon Go

learning, improving and adjusting as needed to deliver a more lethal better connected future fleet.

NAVWAR identifies, develops, delivers and sustains information warfighting capabilities

and services that enable naval, joint, coalition and other national missions operating in warfighting domains from seabed to space and through cyberspace. NAVWAR's workforce consists of more than 11,000 around the world.



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San Diego County Fair passes now available on site

DEL MAR - More than 150,000 fairgoers have visited the San Diego County Fair during the first five days of its 2022 season, and those who have purchased Fair admission, concert tickets, and parking passes have done so in advance online, allowing them to better plan their day and streamline parking access.

With the purpose of giving guests additional flexibility and more buying options, all tickets and passes can now be purchased at the fairgrounds with the use of a debit or credit card. While the Fair encourages purchasing all tickets and passes

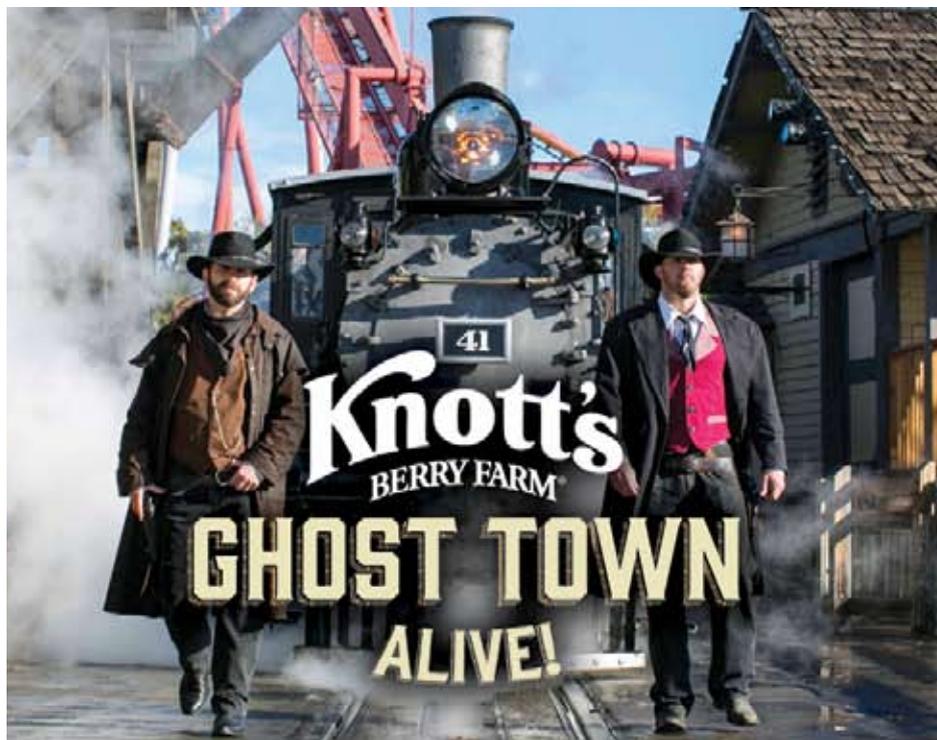
in advance online to avoid waiting in line, on-site availability will accommodate guests who prefer a more traditional system. For all ticket options, visit [sdfair.com/tickets](https://www.sdfair.com/tickets).

San Diego County Fair

\$3 off military ticket discount

Discount admission tickets are available at <https://www.govx.com/> to those with appropriate military ID: •Active duty •Veterans •Reservists •Retirees •Dependents •DoD employees

Admit One



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Marines, Seabees complete airfield damage repair

by Petty Officer 1st Class
Stephane Belcher
NMCB-5

Marines with Marine Wing Support Squadron (MWSS) 373 are completing a portion of Operation Turning Point, also known as their Field Training Exercise (FTX) in Vandenberg Space Force Base.

The Marines at Vandenberg Space Force Base work hand-in-hand with Seabees with Naval Mobile Construction Battalion (NMCB) 5 to train on airfield repair. They set up ADR as a specific mission to fix the runway.

Before the Seabees repair the runway, the Marine Explosive Ordnance Disposal team installs charges around the runway to create holes for notional missiles. Then the Seabees and Marines work together to repair the runway during a short timeline.

The team conducts the training to support future missions requiring continuous repairs, even in places receiving missile



Builder 2nd Class Stacy Baly uses a magnesium float to repair a damaged spall during Operation Turning Point. US Navy photo by Utilitiesman 3rd Class William Ramirez

attacks on the airfield.

Their ultimate goal is to repair a minimum operating strip of 600 feet, which would have at least 30 craters, in less than

12 hours. However, they have their challenges, like managing logistics, such as materials and construction equipment maintenance.

“The construction mechanics have been working hard on maintaining the equipment,” said Lt. Gerardo Prattsperez, the airfield damage repair officer in charge at NMCB-5. “It’s just that things happen; it was expected. That’s why we have a team of mechanics. And I have to see how much cement and aggregate I’m utilizing. Then, when we get the attacks, I’ve got to balance. That’s one of our main challenges, too, material management.”

Like the rest of the FTX details, the ADR team must self-sustain with food, water, sleeping arrangements, and security support. They also have to keep communications with the battalion’s main body detachment and the airfield commander to feed them information on when they can land aircraft again.

“The reality is, if I’m conducting this in a Marine or Navy installation, I will have the support of the base in some aspects. But if I’m on an island alone with my team, I need to be fully independent and self-sufficient.”

In addition to the ADR site, NMCB-5 has sites throughout Southern California, onboard Naval Air Weapons Station China, Naval Base Ventura County Port Hueneme, and San Clemente Island. Once the battalion completes FTX, they will be qualified to deploy.

NMCB-5 is homeported out of Port Hueneme. Marines with Marine Wing Support Squadron (MWSS) 373 are stationed at from MCAS Miramar.

City of Oceanside Water Utilities Department
Vandergrift Boulevard Exit Ramp Closure
I-5 Northbound Waterline Repair

TRAFFIC ALERT THROUGH JUNE 17

Detour 1:

- Exit 54A SR-76/Coast Highway Exit
- Keep left for SR-76W/Coast Highway
- Turn left onto SR-76W
- Turn right onto North Coast Highway
- Turn right onto Harbor Drive

Detour 3:

- Exit 62 Las Pulgas Road Exit
- Turn left onto Coast Highway
- Turn right onto Monterey Drive
- Turn right onto Carmelo Drive
- Turn right onto Harbor Drive

Notice of I-5 northbound Camp Pendleton exit ramp closure

There’s a construction work zone established on the northbound Camp Pendleton I-5 exit ramp to conduct a waterline repair and tree removal by City of Oceanside Water Utilities and Caltrans.

Entry to the main gate via Harbor Dr. will remain open. Drivers should expect delays. Outbound traffic will be unaffected.

The following are alternative routes for your commute.

- Detour 1:**
- Exit 54A SR-76/Coast Highway Exit
 - Keep left for SR-76W/Coast Highway
 - Turn left onto SR-76W
 - Turn right onto North Coast Highway
 - Turn right onto Harbor Drive
- Detour 2:**
- Exit 54C Harbor Drive Exit

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**TWENTYNINE PALMS
May 21, 2022**



Keri Kelli, Jack Blades, and Brad Gillis, Night Ranger band members, perform during the We Salute You Celebration at Marine Corps Air Ground Combat Center. The event honored the service of Marines, Sailors, and families of the combat center with performances by Night Ranger and country music artist Lauren Jenkins, activities for children, food and beverages. US Marine Corps photo by Lance Cpl. Andrew Bray

**Rescue
continued from page 4**

“By the time I made it to her she was in the back seat, so I just pulled her out through the back door,” Tottigham said.

He moved her to an adjacent embankment, but onlookers were photographing the scene, so he moved her to his patrol car, he said.

“She was in shock and very traumatized. She was hysterically crying and screaming on the phone for her husband to come home,” Tottigham said.

The 18th Security Forces Squadron at Kadena and the Naval Military Police at Shields declined to identify the soldier

or provide further information about the incident.

Barcelon arrived at the underpass after hearing Tottigham’s radio call.

“He is upstanding. Probably one of our best patrolmen we’ve had,” Barcelon said. “He proved his worth with the team and he is proven his worth as an as-



Petty Officer 3rd Class Ryan Tottigham, shown here after heroic actions at Camp Shields, Okinawa, June 2. US Navy photo by Danielle Speelman

set for sure. He will be highly missing since he’s now out of the Navy.”

Tottigham completed 3 ½ years in the Navy but was released early from active duty two days after the ordeal to attend a police academy in Michigan in August.

“It has been my lifelong dream to be a police officer,” he said. “I always had a desire to help people. I was a Navy Sea Cadet at 9-years-old; that started my drive for public service.”

“There needs to be more positivity in the world especially with law enforcement,” Tottigham said. “I feel like I could be that positive change.”

LOCAL PHOTO GALLERY



**PORTLAND, ORE.
June 9, 2022**

Destroyer USS Michael Monsoor passes beneath the Broadway Bridge as the ship visits Portland Fleet Week 2022. Portland Fleet Week is a time-honored celebration of the sea services and provides an opportunity for the citizens of Oregon to meet Sailors, Marines and Coast Guardsmen, as well as witness firsthand the latest capabilities of today’s maritime services US Navy photo by MC2 Jasmine Suarez



**NAVAL BASE CORONADO
June 10, 2022**

Commander, Naval Air Forces Kenneth Whitesell addresses outgoing Commander, Naval Air Force Reserve Rear Adm. Scott Jones during the CNAFR change of command. CNAFR mans, trains and equips the Naval Air Force Reserve in order to provide enduring operational support and strategic depth to Navy forces that win in combat. US Navy photo by MC1 Chelsea Milburn



**CAMP PENDLETON
May 24, 2022**

Marines with 1st Reconnaissance Battalion, Alpha Company, 13th Marine Expeditionary Unit, launch a diver propulsion device into the water during subsurface dive sustainment training. The refinement of advanced dive infiltration and exfiltration techniques provides the MEU commander with the capability to employ reconnaissance teams in operational environments while forward deployed. US Marine Corps photo by Cpl. Marcus Melara

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1950's SERVICE HONORED



SAN PEDRO, Calif. (June 10, 2022) - Capt. Rebecca Ore, commanding officer Coast Guard Sector Los Angeles-Long Beach, presents Rikio Izumi, Coast Guard veteran, with the National Defense Service Medal for his service during the Korean War. Izumi, born in Hawaii in 1930 served in the Coast Guard from 1951 to 1953. US Coast Guard photo by Petty Officer 3rd Class Aidan Cooney

VA launches Pathfinder, a virtual concierge to streamline procurement and innovation

WASHINGTON - The Department of Veterans Affairs launched Pathfinder.va.gov in early June serving as the “front door” for vendors and innovators to engage with VA while providing useful resources.

Via the Pathfinder website, users can submit their innovative ideas, solutions, products or ser-

Website aims to transform customer experience for those seeking to sell to or innovate with VA

vices — and provide information about themselves, company or organization.

“This is a focused point of entry to selling and innovating with VA for our industry partners,” said VA Chief Acquisition Officer Michael Parrish. “It fills a gap we’ve found in the acquisition lifecycle by creating the fusion of acquisition and innovation with this intelligent system.”

Pathfinder allows an opportunity for VA to move forward in vendor engagements in a way that is unprecedented. It supports a backend system that ensures vendors have transparency, equity and support throughout the entire process in a timely and visible

manner. This also improves VA’s response time to companies or individuals looking for the status of their submission.

“In order for VA to provide the highest quality care to Veterans, we must offer a more customer-focused pathway to engage industry, academia and Veteran advocates who are actively working to solve Veteran and health care challenges,” said VA’s Office of Healthcare Innovation and Learning Community Engagement Director Suzanne Shirley. “Our goal is to remove barriers and assist vendors and innovators in navigating the organization while collaboratively improving care and services for Veterans and their caregivers.”

“Pathfinder provides the road map to allow interested businesses of all sizes to understand the landscape and processes of identifying opportunities, and it walks them through the process with a real interaction,” said VA’s Director of Category Management Support Office Ernest Reed, Ph.D. “This allows VA to move forward in vendor engagements in a way that is unprecedented. Many vendors have never experienced the process of doing business with VA or the federal and government.”

Get information at *Pathfinder.va.gov*.



Volunteer opportunities at USO San Diego

There are countless ways volunteers support USO San Diego. Whether you’re volunteering at a special event, welcoming home service members, manning the front desk or providing a listening ear, your efforts are the reason service members and military families know USO San Diego is always by their side.

USO offers volunteer shift positions at five centers as well as outreach events that take place all over San Diego County and on Camp Pendleton Base.

The locations are Camp Pendleton Center, Liberty Station Center, Military Entrance Processing Center and Neil Ash Airport Center (San Diego International Airport), and San Diego Warehouse Center.

These positions help to facilitate day-to-day operational needs to assist military members and their families while they are in the center.

Other opportunities such as delivering USO San Diego programs or helping with special events are available as well. Several recurring programs include Mobile Farmers Market, Wednesday Night Dinner and our MilSpouse & Teen Talk programs.

Some special events include our USO Baby Shower, Santa Store and Giving Tree as well as countless others.

Visit <https://www.volunteers.uso.org> to sign up. There’s always an opportunity for volunteers to get involved.

AutoMatters™ & More



by Jan Wagner

2022 San Diego County Fair — HEROES REUNITE!

galore. Most are made by individuals right here in our community. Enjoy their masterful, unique creations that include woodworking, photography, fine art, collections, cakes and baked goods, flowers and gardens, and so much more.

Entertainment ranges from buskers roaming the Fair to star-studded, top-tier talent that includes country’s Chris Young and Sam Hunt, rockers John Fogerty and the Goo Goo Dolls, Gabriel “Fluffy” Iglesias and more, in the Toyota Summer Concert Series. Every night sit back, relax and enjoy, or dance to, the live entertainment on-stage in the Pad-dock with awesome tribute bands. The Albertsons/Vons Funville Stage hosts the best in community entertainment.

What would the San Diego County Fair be without the Swiftly Swine Racing Pigs?! Yes, they’re back in all of their glory, as are the Extreme Dogs. For many fairgoers, their Fair experience would not be complete without seeing those cute little piggies race around the track.

Speaking of animals, there is plenty of livestock, with everything from “goats to guinea pigs” in the Chevy Livestock Barn.

Of course, there are plenty of opportunities for shopping at the Fair, with gadgets and gizmos, jewelry, apparel, kitchen utensils, tools and more — many of which you may only find here. I even saw mattresses and hot tubs for sale!

Head over to the Midway where you will find a dazzling array of 80 thrilling rides, as well as games of chance. The colorful lights at night are spectacular, and I saw many happy fairgoers carrying huge stuffed animals. I wanted to

ride the Giant Wheel and take pictures of the Fairgrounds at night, but there is a requirement that at least two people ride in a passenger car. Alas, I was there solo.

For the truly brave (or crazy), the human slingshot experience is back. Needless to say, I most definitely did NOT try that! I will limit my participation in that experience to taking pictures of it, thank you.

Last, but certainly not least, there was Fair food — lots and lots of Fair food, with choices to satisfy every taste. Unless you have tremendous willpower, there’s no way that you’ll stick to your diet here.

My favorite choice for dinner was Eddie’s Asian Inspired Cuisine (look for the sign with the large green dragon). I had the Orange Chicken and Beef/Broccoli. It was delicious. Unfortunately, when I asked where their brick & mortar restaurant is, I think they said Fresno, which is far away.

There are new things added to see and do every day of the San Diego County Fair, which runs from June 8 to July 4 (closed Mondays and Tuesday, except for Independence Day — the Fourth of July). To find out what is happening so that you can plan your visit, to purchase tickets and parking (advance purchases are highly recommended), and for more information, visit: <https://sdfair.com>.

To see the most photos and the latest text, and to explore a wide variety of content dating back to 2002, visit AutoMatters & More at AutoMatters.net. On the Home Page, search by title or topic, or click on the blue ‘years’ boxes. Copyright © 2022 by Jan Wagner — AutoMatters & More #746

The Meat & Potatoes of Life



by Lisa Smith Molinari

In the back room of a Patuxant River game store, on the third Thursday of every month, men gather at long tables formed into a square. They aren’t there for the video and board games. Nor are they there to play Dungeons and Dragons, which takes place in the store’s back rooms. They are the Southern Maryland Scale Modeling Club, and they come to discuss and work on plastic models of miniature military aircraft, ships, armored tanks and artillery.

As black-t-shirted gamers wander the store, these men take turns sharing their models with the group. Most are military active duty members, veterans and retirees, like club president, Capt. (Navy-Ret.) Timothy Holland.

Others, like my brother-in-law Paul Warren, come for their interest in military battles and equipment. “Building airplanes, tanks, ships, and artillery honors those who served and fought in wars,” Warren told me recently. “The club I belong to [has] mostly retired Navy guys,” he explained. “Modeling gives them something to keep the brain stimulated and they connect with the aircraft and ships they served on.”

Their regional club has approximately sixty members between age eight and 80, currently all men, but

Modelers pay tribute to military moments and memories

women have participated over the years. The club is a regional chapter of the International Plastic Modelers Society (IPMS), which has about 220 US chapters, and other chapters throughout 64 countries, alphabetically from Argentina to Venezuela.

Holland, who took over as President of his chapter in 2015, told me he started modeling at age five when his dad gave him and his sister Boeing airplane kits before they were taking their first flight to visit their Nana. “I fell in love with model making,” Holland said.

“Until my teen years, I’d build anything . . . [a]ircraft, cars, rockets, ships, trucks and tanks.” He built small models (1:72-inch scale) to hang from his bedroom ceiling so that he could imagine real battles from the past. “Having a B-17 with a Messerschmitt and Focke Wulf and Mustang, and knowing that 1,000 of each would be in the skies over Germany on any given day with 10,000 men fighting was very impressive,” he recalled.

“I ultimately decided to join the Navy,” said Holland, who after his commissioning from the Naval Academy, served as an Aerospace Engineering Duty Officer and retired as Captain in 2011.

Warren also began plastic modeling as a child. “Most of my childhood was spent at the kitchen table glueing pieces together and painting models,” he told me. He lost interest in his teen years, when girls, sports and cars caught his attention. “It’s

always girls,” he recalled.

After reading about World War II as an adult, Warren began modeling again. “I like propellers and jets. I build the occasional car and I have a couple tanks, but war birds is what I enjoy most. . . I like to tell the story of Pacific theater and European dog fights.”

His favorite project, a 500-piece, 1:32-inch scale, Corsair F4U-1A, took ten months to build. “These planes operated in the harsh Pacific environment. They were island-based and covered in dirt and dust . . . heavily weathered and rarely maintained.”

Warren seeks advice about realism from the military veterans in his group. When Holland is asked for his recollections of real navy aircraft, he said he remembers “which panels typically were open, how dirty they would get, which fluids leaked and from where. These leaks all cause staining and accumulation of dirt and grime that when added to a model makes it appear more realistic, more a miniature of the real thing.”

Warren is also realistic about public perception. “I’ll be the first to tell you, I have a geeky hobby,” he admitted. But like most members of IPMS clubs, Warren feels a sense of honor in his part-time passion.

For a list of IPMS chapters, events, and modeling resources, see ipmsusa.org.

NHRC scientists have big impact on Marine Corps training

by John Marciano

Naval Health Research Center
SAN DIEGO -- After a 2018 Marine Corps Rifle Marksman-ship Lethality Capabilities-Based Assessment (CBA), the Marines identified deficiencies related to their marksmanship programs. These gaps included issues such as availability of relevant live-fire data, technology required to capture data at scale, and various training methods. As a result, this would become a matter for Navy research scientists to solve.

At Naval Health Research Center (NHRC), the Warfighter Performance Department stood up The Marksmanship and Tactical Research Section (MTR), led by Principal Investigator Dr. Rachel Markwald and Program Manager Mr. Joseph Hamilton. The team worked closely with the Office of Naval Research (ONR), and USMC on efforts to address the core questions. Namely, not only how to improve marksmanship, but how to bridge the gap between



Marksmanship and Tactical Research Program Manager, Joe Hamilton working with Marine Infantry School Instructors on Camp Pendleton Firing Range. Amanda Wagner, Naval Health Research Center.

marksmanship and lethality.

The first step was to address the data deficiency. The team created

the Joint Marksmanship Assessment Package (JMAP), enhancing the evaluation by automating data capture – live fire data. The JMAP

enabled granular data collection of speed and accuracy at an unprecedented scale in military training. “We found that, utilizing automation immediately saved hundreds of man hours for the Marine Corps, in acquiring and processing live fire data”, explained Dr. Markwald. Technological development supported new innovations in small arms combat modeling. A quarter-second faster here or a 10% accuracy change became a 16% increased chance of winning

a firefight. More direct connection to lethality, and more actionable information for military leadership. This innovation came with a new test to explore marksmanship performance, The Infantry Marksmanship Assessment or IMA. With this new test also came an evidence-based methodology to explore training packages.

All these advancements set the stage for the true goal—delivering change desired by the Marines. USMC senior leadership ultimately selected the Advanced Marksmanship Training Program (AMTP) to be the foundation for infantry marksmanship. This package includes a curriculum with more than 28 individual modules and over 600 pages of lesson content, but as explained by Joseph Hamilton, MTR Program Lead, “AMTP leveraged lessons learned from previous research and emphasized speed, accuracy, and consistency, which are fundamental components to warfighter

lethality.” AMTP also has the unique disposition as the first marksmanship program selected based on lethality evaluations. These advancements represent the most significant doctrine-level changes to infantry marksmanship training in over a century.

NHRC’s mission is to optimize military operational readiness through cutting-edge research on warfighter, veteran, and family health. NHRC supports military mission readiness with research and development that delivers high-value, high-impact solutions to the health and readiness challenges our military population faces on the battlefield, at sea, on foreign shores and at home. NHRC’s team of distinguished scientists and researchers consists of active-duty service members, federal civil service employees and contractors, whose expertise includes physiology, microbiology, psychology, epidemiology, and biomedical engineering.

All this noise is giving me headaches

Hi, Doc,
I keep getting headaches. I’ve worked in the bowels of a Navy ship nearly my entire career. I love the noise, the smells, and my crews. But as I get older, I’ve become more sensitive to the constant noise and mechanical humming. Lately, I seem to be getting severe headaches at least once a month. I don’t want to stop, but do want to know what I can do. Can you give me some advice?
-- Sr. Chief Henry Humz

I found just the person to talk to about this. I contacted audiologist Dr. Theresa Schulz, the Defense Health Agency’s Hearing Center of Excellence Prevention & Surveillance section chief. She’s in charge of all the programs to help decrease noise-induced hearing loss in the military.

Here’s what Schulz had to say:
It’s important to describe your headaches specifically to medical person-

nel in order to determine possible causes.

Some studies have shown that noise exposure can cause headaches, including migraine and tension-type headaches.

However, there are a variety of other reasons that could be contributing to your headaches, so it’s best to talk with your doctor.

The environment in the “bowels of a destroyer” may include odors from fuels, oils, and other chemicals; heat; and high noise.

It’s also important to work with your safety and medical personnel to ensure that your personal protective equipment properly fits, and that you are wearing it appropriately. Hearing protectors can be individually fitted to enhance protection.

Also, drink plenty of water to stay hydrated, and get adequate sleep.

Make sure you spend time each day in cooler, quieter areas of the ship to enable your ears to recover from the noisy environment. It’s good for your ears and your well-being.

Your safety officer may consult with an industrial hygienist to better understand your exposures to noise and hazardous chemicals. An industrial hygienist would help to recommend the best solution for your work environment.

Sr. Chief, I hope this advice is helpful to you, especially the suggestions about properly wearing your personal protective gear and moving to a quieter part of the ship when you have the opportunity. Also, as soon as you can, talk with your primary care doctor to schedule an appointment for a checkup and hearing evaluation.

Good luck, my friend, and as always...take care out there!



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