1.) What to Know Before TRICARE Open Season This Fall / 2 NOV 18
Navy Live Blog, Katie Lange
http://navylive.dodlive.mil/2018/11/02/what-to-know-before-tricare-open-season-this-fall/

There have been a lot of changes to TRICARE in the past several months. Soon, you'll have the chance to make
enrollment choices for 2019 during TRICARE open season, which runs from Nov. 12 to Dec. 10.

2.) Stopping Suicide / 2 NOV 18
All Hands Magazine, Mass Communication Specialist First Class Jessica Bidwell

“All the signs and symptoms were there, and I think people were afraid, or maybe thought that I wasn't the type
of person that would be suicidal,” said Senior Chief Information Specialist Jillian Cardoza. “It's not always easy to
come right out and say, 'Are you thinking of killing yourself?'”

3.) Navy Veteran, Lakota Woman Warrior / 2 NOV 18
All Hands Magazine, Mass Communication Specialist 2nd Class Anita C. Newman

Danielle DeCoteau, Navy veteran and a member of the Sisseton Wahpeton Oyate Sioux Tribe, is in Denver for
the 44th Annual Denver March Powwow. She carries the U.S. flag for the Lakota Women Warriors, a Native
American veterans group.

4.) Minority Students Realize 'Professional Dreams' While Strengthening US Navy / 1 NOV 18
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When describing how he benefited from an internship through the Department of the Navy's (DoN) Historically
Black Colleges and Universities/Minority Institutions (HBCU/MI) Program, Devan Addison-Turner didn’t hold
back.

5.) Supplemental Articles bi-weekly roll-up:
Every other week, we roll up the latest supplemental articles from around the Fleet. Below are the latest:
(URLs on Last Page)
- Remembering Cole: One Sailor’s Emotional Experience
- The chief of naval research on AI: ‘If we don’t all dogpile on this thing, were going to find ourselves behind’
- Richardson Works to Strengthen Pacific Contacts, Alliances
- Air Boss: Spouses Critical to Aviation Readiness in Era of Dynamic Force Employment

To sign up for the @USNPeople Weekly Wire, email usnpeople.fct@navy.mil,
or find it online at www.navy.mil/cnp
There have been a lot of changes to TRICARE in the past several months. Soon, you’ll have the chance to make enrollment choices for 2019 during TRICARE open season, which runs from Nov. 12 to Dec. 10. But first, you need to know what’s available to you, right?

There are two TRICARE plans that require enrollment: TRICARE Prime and TRICARE Select.

TRICARE open season will apply to any enrollment changes you want to make for these two plans. If you like your current TRICARE Prime or TRICARE Select coverage and will still be eligible, there’s nothing you need to do during open season.

How Do Prime and Select Differ?

TRICARE Prime is similar to a managed care or health maintenance organization option, commonly called an HMO. You get most of your care from a primary care manager, who manages and coordinates your care.

With TRICARE Select, you manage your own health care and may get care from any TRICARE-authorized provider you choose without a referral.

The two TRICARE plans have different costs, enrollment fees and referral rules and choices for beneficiary categories. Costs are also determined by your initial enlistment or appointment date in the uniformed services. But we’ll touch on those in upcoming blogs.

What if I’m no longer eligible for TRICARE Prime or Select?

If that’s the case, there are premium-based TRICARE plans that you may be eligible to purchase:

- TRICARE Reserve Select
- TRICARE Retired Reserve
- TRICARE Young Adult
- Continued Health Care Benefit Program

These plans are available to certain National Guard and Reserve members; certain family members, including young adults who age out of their parents’ TRICARE coverage; and certain individuals who lose TRICARE eligibility.

The Traditional Assistance Management Program provides 180 days of premium, free transitional health care benefits after regular TRICARE benefits end.

TRICARE for Life may be another option. It’s Medicare-wraparound coverage available to TRICARE beneficiaries who are entitled to Medicare Part A and have Medicare Part B, regardless of age or where you live.
The woman smiles when she talks, and alternates between making eye contact and then looking at the floor. She sits straight, and has the military bearing of someone who has spent half of her life serving the country. She chuckles occasionally. At other times, she talks for minutes without blinking.

“All the signs and symptoms were there, and I think people were afraid, or maybe thought that I wasn't the type of person that would be suicidal,” said Senior Chief Information Specialist Jillian Cardoza. “It's not always easy to come right out and say, 'Are you thinking of killing yourself?'''

And it can be even harder when someone is drifting away.

“You don't want to be around [your loved ones], especially if you are feeling that bad about yourself and your situation,” said Cardoza. “And that was where I didn't trust in my own abilities to bounce back. I didn't think there was anything that anyone could do, and that there was only one thing that I could do to get out of the situation.”

While Cardoza was going through the hardest part of her life, she found it difficult to open up. She felt pathetic. “I thought I was weak for having those thoughts and that I was weak or if I said anything about it. I just let it consume me.”

“From not having your family there, to working with other, different personalities, just trying to do your best and be the best ... over time the stress starts to accumulate,” sympathized Information Technician First Class Nicole Gallardo. “When it piles up and you don't have the support or someone you trust, you hold on to it. [The suicidal feeling] comes to those who are strong, those who are strong to others and those who help others. A thought can come into your head, but it's how you go about controlling those thoughts.”

Be strong enough, she said, to ask for help controlling suicidal thoughts and depression. Seeking the assistance of a therapist does not make a person weak. Rather, it makes that person a stronger individual.

“After you get your healing, life goes on; you will not be the same person,” said Gallardo. “You will be more aware of your surroundings, you will know when you need to talk, you will know that you can no longer just hold on to things, and you realize that people do care. Thoughts are thoughts, but if you don't deal with those thoughts, they become actions.”

Healing doesn't mean things will immediately go back to normal, however, said Cardoza. Healing takes time.

“After my suicide attempt, and then coming back to my family,” who had no idea she was struggling, she said, “it was difficult. It was gradual. You can't expect that things are going to bounce back right away and you're going to be okay, but really, the light for me was my family and going to therapy.”

In fact, Cardoza's family was shocked. They had been clueless as to her struggle — until they found her.

In many suicide attempts, this is the case. No one knows something is wrong until it's too late.

Aviation Ordnanceman Third Class Marrissa Cross was on deployment when she lost her best friend to suicide. She had no clue as to the “why” or the “what” behind his actions.
“We ask ourselves why ... they did this, but I saw no signs — nothing,” said Cross. “The fact that I had no clue for myself, that I didn't even realize that all this was happening, made me think, 'Does that make me a good best friend? Did that make me not care in a way?' There were just so many thoughts. I was just so confused.”

Being underway didn't help either. The helplessness of the distance and lack of communication took its toll, both emotionally and physically.

“It's not like I could go on social media and see what was going on. It's not like I could talk to anyone. It's not like I could go to his own funeral and be there with him,” she said, noting that the atmosphere of an underway naval vessel isn't necessarily conducive to mourning. “For anyone who hears news like that while underway, it can be difficult because you're surrounded by people, and yet you feel so utterly alone. Find somewhere, go be with your emotions and take some time because you need to feel everything, and if you need to cry, then cry; do what you need to do.”

Sometimes that grief is compounded by deep sense of self-blame.

Aviation Ordanceman First Class Jacob Learned lost his mother to suicide when he was only 13. “It made me not merely blame myself, but it made me question, 'Was I not worth sticking around for?' The aftermath was just complete turmoil. I didn't know where to go; I didn't know if I should talk to anybody, if I should keep it locked up inside or, if I did talk, how did I talk about it?

“If you are a parent who is thinking about [suicide], or even had a weak point in your life where you've thought it was the easiest way out, I can't deny the fact that you are not wrong,” he added. “But the harder path is always the one that leads to the greater gift. If you go down the easy pathway, you'll never get what you could have had.”

Suicide victims ultimately deny themselves the opportunity to see how things may have turned out differently one day, one week and even one year down the road.

For those left behind when someone commits suicide, the natural tendency is to feel selfish — after all, the pain they may feel at the loss of their loved one couldn't possibly compare to the pain of the person who took his or her life. Those who have been left behind just want one more day, one more conversation, one more laugh and one more chance.

“The story that is going to be told to your kids and your grandchildren is the one you write for yourself,” said Learned. “If you take yourself out of it, there's no one to tell that story.”

4.) Navy Veteran, Lakota Woman Warrior / 2 NOV 18
All Hands Magazine, Mass Communication Specialist 2nd Class Anita C. Newman

Her hair is plaited neatly in two French braids. Her eagle plumes are tied into a piece of hair on top of her head, making them lay gracefully over the left braid. Each braid is wrapped in red cloth with beaded blue hair ties; dentalium shells are attached to each end. She is wearing a red United Women's Veterans Association long sleeve shirt, a blue ribbon skirt she made herself, beaded blue leggings and moccasins.

Danielle DeCoteau, Navy veteran and a member of the Sisseton Wahpeton Oyate Sioux Tribe, is in Denver for the 44th Annual Denver March Powwow. She carries the U.S. flag for the Lakota Women Warriors, a Native American veterans group. DeCoteau served in the U.S. Navy from 2001 to 2004 on active duty, then from 2005 to 2011 in the Navy Reserves as an aviation boatswain's mate (fuel).
The Lakota Women Warriors and two other women's Native American veteran groups make up the United Women's Veterans Association. Together with the Native American Women Warriors, the association members carried the colors for each grand entry at the Denver March Powwow, held March 23 to 25, 2018.

"Joining the military was tradition, and it's our duty as Natives to protect our lands and our people. We are known as Akicita, which means 'warriors' or 'protectors,'" said DeCoteau. "It's an honor to be a veteran, serving this country and protecting the lands that are ours. If we can't protect this land, how are we going to protect the people? And being part of the warrior society, it's a part of who we are to protect our people, our land, and it goes for the same for any other nationality that lives within this country.

"Being the oldest of my dad's kids, I felt I had a calling to follow the footsteps of my great-grandfathers, grandfathers, my uncles and my dad to serve, so that is what I set out to do," she continued. "I also am very happy because being in the Navy, I was broken down and built back up to be the person I am today. I'm not afraid of a challenge; I have a voice and I am a mentor, not only for my kids but for our youth within my community."

DeCoteau joined the Navy in January 2001 and was assigned to USS John C. Stennis (CVN 74). The ship was returning to San Diego after completing work-ups when 9-11 happened.

"I was working night check at the time; it was the end of my shift and I was supposed to be delivering the flight plan of the day. I was walking the mess decks and saw the TV; the first tower had just been hit. I thought it was a movie until I saw 'breaking news.' Then I saw the other tower hit; that's when I ran up to the flight deck control. We could see San Diego from a distance. I was told we would be going to war; we were going to have to settle all our personal things to get ready to deploy.

"A few weeks later, my ship was loaded and we were heading out. I remember once we got to the Gulf, our planes were being loaded with live missiles and coming back empty. That's when reality hit: They were no longer using the blue missiles. They were using the yellow for live ammunition! Then that's when work really began and I was mentally ready for anything to happen."

Despite the danger of wartime service, DeCoteau loved being on deployment and being out on the water. She enjoyed supporting the mission and working in the organized chaos of the flight deck.

"I know it may sound different, but I love the smell of the exhaust working up on the flight deck, all the action — that's what I loved," she said.

One of her favorite, albeit less intense, Navy memories is also from 2001. She and a fellow Native American Sailor asked their commanding officer if they could honor Native Americans on Columbus Day, calling it Native American Heritage Day. The CO agreed and allowed them to share their culture, and how proud they are as individuals and as a people.

"It was really awesome getting to share our experiences and a little bit of our culture," said DeCoteau. "Not only that, we got to show how to make fry bread in the chiefs mess!"

When she returned home to South Dakota after her time in the military in 2012, she realized there were a lot of tribal veterans who had also served in Iraq and Afghanistan. She started the Desert Era Veterans at her tribe to help them cope with post-traumatic stress disorder (PTSD), military sexual trauma (MST), and separation from the military. She didn't want anyone to feel like he or she had to deal with PTSD or MST alone.
Her goal, she said, was "just being able to let them know that we are there, that I’m there for them, and that we can get the help that we need so that they don't have to deal with the traumatic issues that they've seen, that they've dealt with, alone. We also stopped a few from suicide; suicide prevention is huge. Basically, we helped save each other's lives. That is how I look at it."

Five years later, she decided to step down as the Desert Era Veterans commander and join the Lakota Women Warriors, which started in 2014 at the Black Hills Powwow in Rapid City, South Dakota. She said it helped to be around other female veterans.

"The women's group formed to show their empowerment and strength by coming together as women who have served in the military," explained DeCoteau. "We became mentors to the youth in our communities, sharing our military experiences and information about suicide prevention. We come from all over, different walks of life and different tribes. We travel nationally and internationally as spokespeople and show our support with the honor guard group. I just felt it’s really important that we show who we are to the people and also a little bit of information of what the military has to offer."

Over her years with the Lakota Women Warriors, she has been the head woman veteran dancer in New York, and has brought the colors in for NFL and WNBA games, Professional Rodeo Cowboys Association rodeos, and Professional Bull Riders events, as well as numerous national and international powwows.

"I felt like these ladies saved me," continued DeCoteau. "I no longer felt alone as a woman veteran because in the military and in veteran organizations, no matter where you go, women are always outnumbered. Being with these ladies has been a real delight because we have that sister-bond like you get when you’re in the military. We always have each other's backs; we can always count on them to be there in our time of need, or when we just need that extra shoulder to lean on. Being in the military, I have built bonds that I know will be there for a lifetime."

Author’s Note: I, Mass Communication Specialist 2nd Class Anita Chebahtah Newman, am full-blooded Native American. My mom is Arapaho and my dad is Comanche, both from Oklahoma. This is part three of a multi-part series about Native American culture and its many ties to the military. Read part one here and part two here.

4.) Minority Students Realize 'Professional Dreams' While Strengthening US Navy / 1 NOV 18
Office of Naval Research Public Affairs

ARLINGTON, Va. (NNS) -- When describing how he benefited from an internship through the Department of the Navy’s (DoN) Historically Black Colleges and Universities/Minority Institutions (HBCU/MI) Program, Devan Addison-Turner didn’t hold back.

“This internship was the first step in realizing my professional dreams and goals,” said Addison-Turner, a senior at Prairie View A&M University in Texas. “The Navy’s reaching out to HBCUs and minority-serving institutions is important, because there are a lot of talented students and faculty who can make valuable contributions to the Navy’s mission.”

Addison-Turner, 21, moderated a student-focused discussion panel at the DoN HBCU/MI Program’s 3rd annual Naval Opportunity Awareness Workshop (OAW), recently at Clark Atlanta University in Atlanta.
The workshop was aimed at university and college presidents, vice presidents, provosts, faculty, staff and students from HBCU/MIs. It highlighted research opportunities within the Navy and Marine Corps, summer faculty/sabbatical research opportunities, student internships and scholarships.

This year marked the debut of the student discussion panel, which resulted from feedback from previous attendees who said they wanted to hear from their peers about the rewards of internships within the Navy and Marine Corps.

For example, Addison-Turner - who is studying civil engineering - described his internship experience in 2017 at the Naval Facilities Engineering Command location in Washington, D.C. Most of his projects involved design and project-management work for naval hospitals and medical centers.

“There aren’t a lot of organizations or companies that really get as hands-on with students’ [development] as the Navy,” he said. “The Navy pairs students with mentors who treat you like family. That helped me develop valuable skills that I can carry with me as I continuously progress.”

The yearly OAW provides a critical platform for direct engagement between the Department of the Navy and key stakeholders, potential grantees and future partners. It serves as a recruitment tool to get more HBCU/MI faculty involved in naval-relevant scientific research - and attract students to internships.

“The goal is to help students, faculty and administrators realize that the opportunities with the Navy are limitless,” said Anthony C. Smith Sr., director of the DoN HBCU/MI Program. “Not only will the Navy’s university partners benefit, but so will the warfighter - because we’re reaching out to people who can think outside of the box and offer diverse perspectives on solving naval science and technology challenges.”

The DoN HBCU/MI Program is based at the Office of Naval Research, with the mission of discovering some of the best and brightest minds at HBCU/MIs. The program has three main goals:

1. Expand opportunities for schools to successfully compete for grants and contracts in basic and applied research.

2. Offer scholarships, fellowships and internships to students pursuing degrees in Science, Technology, Engineering and Math (STEM) studies.

3. Promote greater student interest in STEM degrees at HBCU/MIs.

Watch a video about the 2018 Naval Opportunity Awareness Workshop.

Warren Duffie Jr. is a contractor for ONR Corporate Strategic Communications.

Get more information about the Navy from US Navy facebook or twitter.

For more news from Office of Naval Research, visit www.navy.mil/local/onr/.
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For more information affecting Sailors and their families follow @USNPeople on Twitter.