

# The Ghosts We Carry

From Combat to the Disconnected Generation

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## AUTHOR'S NOTE

***Editorial Note: Parts I through IV reflect revisions completed as of June 3, 2025. Subsequent sections remain in draft form and require substantial revision.***

What follows is a first draft in its rawest form. Themes repeat, organizational structure remains fluid, and certain passages may appear without their eventual context. This is by design. I intend to refine, restructure, and significantly expand this material before publication. The final work may differ substantially from what you encounter here. I share this early version not as a polished product, but as an honest introduction to the tone and transparency that define this project. The unflinching examination of personal failure, the exploration of isolation amid connection, the pursuit of meaning through discipline—these elements will persist regardless of future revisions. By engaging with this draft, you glimpse not just what the book will be, but how it comes to be. Consider this an invitation to decide whether the uncomfortable truths and persistent questions raised here are ones you wish to explore further when the complete work emerges.

# PROLOGUE

This is a draft, last updated June 3, 2025.

The desert taught him about distance. First, the physical kind—miles stretching between outposts, between bodies, between then and now. Later, the kind that exists in the mind. The separation between past and present, war and peace, who he was and who he became.

But war never really ended. It just stretched into something quieter, more insidious. The battlefield changed, but the fight remained. At eighteen, barely a man, he found himself in Kuwait, then quickly thrust into the invasion of Iraq. His unit rolled across the border in the opening days of Operation Iraqi Freedom, a reconnaissance team in Humvees navigating terrain that looked nothing like the lush forests of his LRRP books that compelled him to enlist.

Barely more than a year later, he would find himself in urban combat in Ramadi with the light infantry, clearing houses and patrolling streets that reeked of garbage and char. Two deployments in a three-year contract—the military efficiency in extracting maximum utility from young men who hadn't yet learned to value their own lives.

There are nights when the isolation becomes so palpable he can feel its weight pressing against his chest, restricting his breath. On these nights, the thought arrives with disturbing clarity: it would be so easy to end it all. To silence the endless internal critique, to stop the exhausting performance of normalcy, to release himself from the burden of his own disappointments.

The thought doesn't frighten him. It's simply there, a door that remains perpetually unlocked, an option he acknowledges with an odd detachment. He won't walk through it—not yet, maybe not ever—but knowing the door exists provides a strange comfort. A final control in a life where so much seems beyond his grasp.

It's the optimism that keeps him here. The stubborn, inexplicable belief that tomorrow might reveal something worth staying for. That connection remains possible. That meaning exists, even if he hasn't fully found it. It's a thin thread, but so far, it's been strong enough to hold him.

Maybe this is the war now. The long, slow battle against himself. And maybe, just maybe, he is still fighting to win.

## THE GHOSTS WE CARRY

*From Combat to the Disconnected Generation*

## PART I: ORIGINS

The bar is clean tonight. Too clean. The glasses shine like brass on a dress uniform. His mind never stops. Even here, watching the bartender polish glasses, he's calculating the angle of reflection, wondering about the chemical composition of the cleaning solution, recalling an article about the bacterial colonies that thrive on bar rags. Thoughts like cars racing around a track, never slowing, never stopping, the constant whirl of mental machinery that exhausts him more than any physical exertion ever could.

The middle of the bar offers solitude where the wood is worn smooth from ten thousand elbows, where someone might stop to order and stay to talk. The bartender knows to leave him alone except to nod and refresh his old fashioned when the ice starts to melt. That's good. That's what he pays for.

The whiskey helps. It doesn't silence the thoughts completely, but slows them down enough to bear. Like turning down the volume on a radio that won't switch off. Very few things quiet his mind. Which is part of the reason he's inclined toward depressant substances. The old fashioned is good. Light on the simple syrup. Sweet masks the whiskey, and he didn't come here to hide from anything. Not anymore.

The irony doesn't escape him. Seeking connection in a place designed for its shallow approximation, surrounding himself with people while remaining fundamentally separate. The contradiction defines his existence: desperately craving intimacy while systematically ensuring its impossibility. It would be funny if it weren't so goddamn tragic, this perpetual orbit around what he most desires, never quite allowing himself to land. He's developed quite a talent for maintaining just the right distance. Close enough to feel the warmth, far enough to avoid getting burned.

Before leaving the apartment, he'd performed the ritual that preceded any public appearance. Inspecting his face in the bathroom mirror under harsh lighting, turning it slightly to catch every angle. The day's water retention had left a subtle puffiness around his eyes. Without hesitation, he'd pressed an ice cube against the skin, moving it in small circles, watching the flesh contract and tighten. A trick learned years ago, never mentioned to anyone, just one of those private solutions to the small indignities of physicality. Now, sitting at the bar, he unconsciously touches the spot, feeling the lingering coolness, the temporary perfection achieved through this silent habit.

His mind won't shut up. The memories come in the wrong order now. War first, barely old enough to buy the bullets they gave him. Then college, that strange oasis where he learned people could still laugh and mean it. Where friendship was as simple as sharing a class, a beer, a stupid joke at midnight. Before he threw himself back into the fire, chasing Special Forces selection like it could burn the past clean.

He watches the bar mirror instead of the people. It's safer that way. Nobody catches you looking in the mirror. They're all watching themselves anyway. In combat, they taught him to scan

rooms, to clear corners, to always know the exits. The college bars were different. Chaotic. Alive. Full of friends who didn't count the doors or flinch at sudden movements. Now he's back to scanning faces, looking for something lost between the war and the dream that broke him.

College was different. Real friends who asked about the war and actually wanted to know, who listened and understood, or at least tried to. The last people he trusted enough to tell the whole truth. Now he has his team at work. Good people. Professional trust. But it's not the same, and even that feels like it's slipping away, another foundation cracking under his feet.

He brings the drink to his lips, savoring the first sip as his eyes drift to the screen above the bar. Tonight it's Boondock Saints, last week a Korean film he couldn't name but couldn't stop watching. The bar's weekly ritual of screening cult hits and rare movies has become his own ritual too. The one place he allows himself to watch films. At home, there's only studying, building, coding. No movies, ever. But here, with an old fashioned in hand, he permits himself this indulgence. A tiny meditation within the chaos of a public space, his attention split perfectly between the burning sensation of whiskey across his tongue and the subtitles flickering across the screen. The subtle flavors bloom in sequence. Oak, caramel, smoke. While the story unfolds above him, both experiences momentarily drowning out the persistent hum of loneliness that follows him everywhere else.

He sits at the bar, The Clash and Dead Kennedys pushing against the walls. Fingers move across the screen while he steals glances at the women around him, then back to his phone. There's a certain safety in maintaining the mystery, in being the enigmatic figure at the end of the bar rather than the transparent soul bleeding his history onto the mahogany.

Part of him wants to stand up right now, read these words to the whole bar, scream them from rooftops until someone truly sees. All this work, all these miles run, all these weights lifted, all these battles fought. And for what? To sit here in silence, burning with the contradiction of being simultaneously too much and not enough. He wants them to look past the surface, past the guy alone at the bar with his phone, and see the depth of everything that brought him here. But what's worse? Being invisible or being seen and judged for all of it? Such a lonely world, where we're all carrying stories we can't quite bring ourselves to tell.

Walking back to his apartment building later, he notices the glow of screens from his neighbors' windows. In the four-unit complex, three are occupied. All single men about his age. The neighbor upstairs is playing video games; he recognizes the sound effects filtering through the ceiling. The other neighbor, a fellow Philadelphia sports fan, has his TV tuned to highlights of last night's game. They'll nod if they pass in the courtyard, maybe exchange a few words about the Eagles' offensive line or the Flyers' power play, but nothing more.

The pattern extends beyond his building. At the gym, there's Nick, who he's known but never really known since he first started working out in Long Beach. They both transferred from the local boutique gym to the new luxury gym when it opened, nodding in recognition that first day, acknowledging their shared history with a half-smile that never developed into actual conversation. For years they've occupied the same spaces, followed similar routines, even

spotted each other on occasion when no one else was available, but remained perfect strangers despite countless opportunities to bridge the gap.

They're all living parallel lives, separated by walls thinner than the invisible barriers they've constructed around themselves. A perfect microcosm of his generation—digitally connected to everyone, yet somehow more profoundly alone. Each apartment a node in the vast network of millennial isolation, where curated profiles replace authentic presence.

Sometimes the loneliness feels like a physical presence, a weight on his chest that makes it difficult to breathe. On these nights, the thought arrives with alarming simplicity: I could just end this. Not with drama or spectacle, just a quiet exit, a closing of the book mid-chapter. The thought should frighten him, but instead it offers a perverse comfort. A reminder that he retains this final control, this ultimate agency over his existence. He won't do it, not while some stubborn flame of optimism still flickers within him. But the possibility remains, a conversation he returns to in moments of particular despair, an option he acknowledges with clinical detachment.

Recently, he's found a different kind of temporary relief. The strip club provides a peculiar solution to his social paralysis. A controlled environment where companionship can be purchased without the risk of rejection that haunts regular bars. What he pays for isn't the obvious attractions that drew most patrons, but conversation, the rare experience of a beautiful woman's undivided attention without the pressure of having to prove his worthiness for it. There's an honesty in the transaction that regular social interactions lack, a clarity of expectations that his generation seems to have lost somewhere between swipe-right culture and authentic connection.

## PART II: CHILDHOOD AND EARLY FORMATION

The thing about lacking male role models is that the boy, the young man, will create them, for better or for worse. His biological father's presence had been sporadic. Weekends on the Delaware, chicken tied to rope pulling up crabs, fireworks over Veterans Stadium with beer in hand. Not enough to form a foundation. His stepfather was physically present but emotionally inaccessible, an alcoholic who could drink a hundred beers in a weekend. Not abusive, but adrift in his own battles. Growing up in North Dakota, their relationship remained strained by dueling challenges with alcohol. An adult alcoholic and a high school one, both driving his mother to literal mental sickness. He felt his stepfather's love but gained no guidance. No lessons transmitted. No path illuminated. And so, he manufactured his own ideals from the material available.

The basketball court had been his first real sanctuary in North Dakota. In Hamburg, Pennsylvania, he'd been a different kind of exceptional. Not for his athleticism but for his mind, placed in programs for gifted students in third grade, learning Spanish and Quick Basic programming well before his peers. But here, on the hardwood, his body seemed to understand things his mind couldn't yet articulate. The vertical leap that defied his height, the coordination that made him seem older than fourteen, the instinctive understanding of angles and momentum. He could dunk as a freshman when seniors couldn't touch the rim. Coaches noticed his natural ability, spoke quietly among themselves about what he might accomplish with dedication.

Then, inexplicably, he walked away. Put down the ball mid-season, never returned to practice. His teammates were bewildered, his coaches frustrated, his parents confused but characteristically permissive about his choice. "It's your decision," they said, unknowingly reinforcing the most dangerous pattern in his developing character. The pleasure he took in his own abandonment was puzzling even to himself. A perverse satisfaction in watching something valuable slip away through his own deliberate inaction. Only years later would he recognize this moment as the template for so many subsequent surrenders, the first significant victory of some self-destructive impulse that would eventually shape his most consequential decisions.

For him, it was the Special Forces soldiers. These men became his heroes, their mission uniquely compelling. Learn foreign languages, deploy with a 12-man team, brothers in an otherwise unforgiving country. Raise a foreign internal defense among local forces. A fascinating mix of combat tactics and diplomacy. He devoured books about Long Range Reconnaissance Patrol teams in Vietnam while sprawled across his bedroom floor in North Dakota, surrounded by winter's perpetual darkness. He'd lose himself in stories of men moving like ghosts through triple-canopy jungle. The romance of it captivated him. The specialized training, the elite mystique, the brotherhood forged in isolation.

Before them, it was Jim Morrison. The poet, Dionysus convincing him that a life lived brightly was better than one lived long. The combination proved intoxicating. Morrison's reckless artistic abandon merged with the tactical discipline of elite warriors. Both existed outside conventional



boundaries. Both promised escape from the predictable rhythms of small-town existence. Both suggested paths toward significance beyond the confines of this microscopic community.

When meeting his father for the final time, he was struck not by grief but by the realization that absence had shaped him more than presence ever could. The funeral felt like closing a book he'd barely read. Pages filled with weekends on the Delaware, a boat cutting through murky water, the gentle rocking as they waited for crabs to take the bait. Watching airplanes land at Philadelphia Airport from Tinnicum Island. Fireworks over Veterans Stadium, his father always with beer in hand, the sweet-sour smell of marijuana smoke curling around them both. Those moments, sparse as they were, had planted something in him. A yearning for water, for the clean break of waves against a hull, for horizons that kept their distance. Strange how the things we long for most are those half-remembered, half-imitated. His father's traits now living in him, their relationship never personal but transactional, yet somehow still defining.

North Dakota had taught him a different relationship with landscape. After Philadelphia's dense urban grid, the prairie's vast emptiness initially excited him. The fourth-grade transplant, exhilarated by horizons that stretched infinitely, by skies so enormous they seemed to expand his very being. Winter brought temperatures that made breathing painful, wind that cut through any number of layers, snow that transformed familiar landmarks into alien geometries. But gradually, the harshness became a point of pride. The boy who could endure what others couldn't imagine.

The 500-person town operated by unwritten rules. Everyone knew everyone. Their histories, their failings, their place in the invisible hierarchy. For a newcomer, this meant performing under constant observation. Every achievement and stumble witnessed and remembered. He adapted by developing dual selves: the public persona that participated in small-town rituals, played basketball, nodded politely at adults' questions; and the private self that roamed the fields alone, dreaming of elsewhere, of significance beyond the confines of this microscopic community.

His bedroom became a sanctuary and laboratory. There, surrounded by books about far-off conflicts and maps of places he'd never seen, he constructed elaborate fantasy lives. Sometimes soldier, sometimes explorer, sometimes the lone survivor of some apocalyptic event. Always moving through landscapes of consequence, always the protagonist of a story that mattered. He'd spend hours writing HTML on Notepad, creating digital spaces where distance didn't exist, where he could connect with others who shared his interests without the mediation of physical proximity.

This duality became a lifelong pattern. The public conformist and the private dreamer. In Ramadi, in college, in Washington, in California. Always performing competence and normality while maintaining an interior life rich with complexity, doubt, and longing. The gap between these selves widened with each relocation, each reinvention, until sometimes he wondered if they could ever be reconciled. If anyone could ever know both versions simultaneously.

This widening gulf between his public and private selves created a profound isolation. Even in his most connected moments, the camaraderie of combat, the brotherhood of his fraternity, the

intimacy with Dania, he remained partially hidden, parts of himself locked away behind walls built from accumulated self-doubt. The loneliness wasn't about physical solitude. He'd learned to be alone from childhood. But about the existential solitude of never being fully known, fully seen, fully accepted.

In his darkest moments, usually during those long solitary hours of early morning reflection, he would wonder if such connection was even possible, or if everyone moved through the world equally isolated, equally fragmented, equally alone in their own experience. These thoughts led to the dangerous door again. The consideration that perhaps the struggle to bridge this gap wasn't worth the continuous effort, the perpetual disappointment. The door remained unlocked, waiting. But in the morning, some stubborn optimism would reassert itself. The irrational belief that perhaps today, something would change.

During those North Dakota winters, books about Long Range Reconnaissance Patrol teams became his constant companions. Stretched across his bedroom floor, winter's endless darkness beyond his windows, he absorbed stories of elite soldiers operating in impossible terrain. Small teams operating far behind enemy lines, surviving by stealth and discipline. The romance of it captivated him. The specialized training, the elite mystique, the brotherhood forged in isolation. Those LRRP teams, operating without support, carrying everything they needed on their backs, making life-or-death decisions without higher command. He'd trace their routes on the maps included in the books, memorizing the terrain of a country he'd never seen, falling asleep to dreams of navigation through impossible green labyrinths.

He always read with a deliberation that bordered on reverence. Because he himself aspired to write, he approached other writers' work with profound appreciation for their craft. Each word received his full attention, especially adjectives and adverbs. Those careful modifiers that transformed plain description into precise experience. He deeply considered how situations were portrayed, mentally placing himself within the conditions described, testing the truthfulness of each scene against his own understanding of the world.

A single page might take him three times longer than most readers, as he found himself returning to passages, rereading them to ensure complete comprehension, absorbing not just the content but the technique. He would often pause to quiz himself about what he had just read, challenging his recall and understanding, treating each book as both entertainment and education. In this way, reading became not just consumption but conversation. An active engagement with ideas, a deliberate practice rather than passive reception.

He had grown up fascinated by these stories, studying them religiously, imagining the near-mystical endurance of those men. Crawling through dense vegetation, unseen, unheard, surviving on skill and instinct. He read about their discipline, their silent communication, their ability to disappear into the jungle, ghosts armed with suppressed weapons and unwavering patience. There had been a romanticism to it, something mythical about the way they operated. And then, reality came in the form of Ramadi.

Sometimes he wonders if the isolation that defines his generation is simply the logical conclusion of the trends that began in those small towns. The breakdown of communal spaces, the retreat into screens and self-sufficiency, the transformation of shared experience into parallel existences. His childhood isolation had been geographical; now it's become existential. A condition shared by millions who live alone in crowded cities, who maintain digital connections while physical ones wither, who construct identities around consumption rather than contribution. Even as he sits studying at his wobbly desk, he can hear his neighbor's video game through the ceiling, the hollow victories and digital companions filling the silence of an empty apartment. Another soul navigating the modern paradox: never more connected, never more alone.

He knows why he misses the barracks, the apartment shared with college friends, even North Dakota. Places where authenticity required no translation. The subsequent years have placed him in an invisible cage of his own construction. Wild by nature but subdued by circumstance, he presents a carefully curated version of himself to those who know him now. They encounter only the moderated edition, unaware that the essential self remains shackled by the chains of accumulated caution.

He has never learned to trust enough to remove the restraints, to reveal the unfiltered truth beneath the performance. For years now, he has experienced life with the volume deliberately turned down, a muted existence compared to the full-spectrum chaos of his earlier self.

The present bears no resemblance to Camp Hovey in South Korea, with its savage revelry, where recreation involved pellet guns and physical risk. Gone are the testosterone-fueled wrestling matches with Hopp and Shallow that inevitably ended with someone's temporary unconsciousness. Absent are the communal bottles passed among brothers, the shotgunned beers, the drunken howling of "Werewolves of London" in empty dormitory rooms at midnight.

Everyone, including himself, has grown up, exchanging the vibrant blur of youthful intensity for the slow, steady drip of adult restraint. He's adapted through his regimented discipline, but some essential part of him remains allied with chaos. A partnership incompatible with conventional achievement unless chaos itself becomes the goal.

As the likelihood of realizing certain dreams diminishes, he finds himself haunted by the accumulating years spent estranged from his authentic nature. The Saturday night escapes provide brief mental returns to that hallowed space of unconstrained being, but they cannot transport his body, his energy, his spirit back across the threshold of age and consequence.

He understands the impossibility of recapturing what time has taken. Youth escapes everyone eventually. What he truly seeks is not merely the adventure or the thrill, but the companionship of kindred spirits. Liberation-seekers, truth-tellers, mind-expanders, individuals who challenge conventional boundaries. People with whom the full-volume version of himself might once again find voice.

## PART III: WARFARE

During his first tour of Iraq, his team leader, Osama, Arabic and Spanish speaking, was picked up by the local Special Forces A-Team. Through him, he glimpsed a different war entirely. The SF compound in Baghdad's Mansour district operated like some impossible oasis, their combat lifestyle somehow lavish despite the ravages surrounding them. Air conditioning hummed against the desert heat. Hot meals appeared on schedule. Equipment bore the patina of quality rather than desperation. It stood in stark contrast to his unit's existence on their makeshift outpost, an abandoned urban airfield where luxury meant a working generator and meals came from pouches heated over small flames.

The contrast planted seeds of longing that would later bloom into obsession. These weren't just soldiers but artists of warfare, men who spoke foreign languages and navigated foreign cultures with the same precision they applied to foreign violence. They represented everything he believed the military could be, everything he had read about in those LRRP books that had first drawn him to service. Watching them operate was like glimpsing a more evolved species of warrior.

Yet even this glimpse of elite brotherhood couldn't anchor him when the deployment ended. The temporary desertion after his first Iraq tour surprised even him. One day he was Sergeant, with responsibilities and subordinates; the next, he was in Pennsylvania with his biological father, absent without leave, watching baseball games and drinking beer as if the Army and Iraq had been mere figments of imagination. For these stolen weeks, he existed in a strange limbo of civilian pleasure and increasing awareness of his inevitable return.

The pattern would repeat throughout his military service, this oscillation between devoted soldier and reckless deserter. Alcohol became both catalyst and excuse, the liquid courage that transformed discipline into chaos. There was at least one night in Baghdad when the drinking carried him past any reasonable boundary. His team guarded the Central train station, a structure that promised engineers future prosperity. In return, those engineers brought the forbidden currency of alcohol to American soldiers who thirsted for more than water in that parched landscape.

They would drink with their Iraqi counterparts under stars that seemed closer in the desert air, firing celebratory rounds skyward or into an abandoned caboose that squatted like some industrial corpse beside the main building. They chased away looters and thieves, playing at being protectors in a city coming undone around them. But one night, he crossed a threshold that couldn't be uncrossed.

The alcohol had transported him somewhere beyond reason, somewhere darker than the Baghdad night. His team sergeant, Phil, already built like the bench press champion he would later become, attempted to prevent him from driving their Humvee. Who maintained that vehicle in the scorching desert sun? Who navigated it through Kuwait's midnight training exercises with night vision that turned the world electric green? The questions burned through his drunken mind like acid, building toward an unforgivable conclusion.

When Phil positioned himself before the vehicle, refusing to yield to dangerous stupidity, he tried to run him down. The memory fragments like broken glass. Phil ripping him from the driver's seat. Fists connecting with his face in the necessary violence of military correction. Pain masked by alcohol's numbing embrace. This was justice as the Army understood it, swift and educational, delivered by brothers who knew that some lessons could only be taught through impact.

Morning arrived with swollen eyes nearly sealed shut and Captain Sinclair's firm command echoing in the airport tower they called home: "Do not fucking leave until you heal." The beating had been earned, deserved, a violent form of teaching necessary in a culture where mistakes could kill more than just the one making them. Everyone maintained the protective silence afterward, understanding that some transgressions required private resolution rather than official punishment.

Months later, when the deployment ended and the moment of decision arrived, the return from his unauthorized absence proved almost absurdly anticlimactic. No dramatic arrest materialized, no military police pursued him across state lines. Just his own voluntary surrender to duty, walking back through gates he had abandoned weeks earlier. His reputation from Iraq served as unexpected armor against serious consequences, though the pattern of insubordination would follow him like a shadow.

The cycle continued during his time in Georgia, this self-destructive streak that should have derailed his career but instead resulted in something approaching miraculous intervention. Orders to South Korea arrived like divine providence, monumentally unlikely for a soldier on a three-year contract. As if someone in the chain of command recognized potential worth salvaging, worth redirecting away from the trouble he seemed magnetized toward.

Even in those stolen weeks with his biological father, the deeper patterns had been establishing themselves. His father asked no questions about the legality of his presence, either unwilling or unable to consider consequences that extended beyond the immediate moment. This shared tendency toward escape rather than confrontation, toward pleasure over duty, haunted him with its familiarity. He could see his own DNA written in his father's choices, the same capacity for abandonment that had shaped his childhood now manifesting in his own abandonment of duty. Neither man acknowledged the parallel, but it hung between them with the weight of inherited weakness.

The train station encounters had introduced him to men whose stories would haunt him long after Baghdad's dust settled. Salaam Salaam, the engineer with more academic degrees than he himself had years of adulthood, who spoke English with more precision than most Americans could manage. The guard whose back bore the written language of Saddam's regime, scars mapped in the brutal dialect of batons and electrical cords. These men carried their histories in their flesh, walking testimonies to the complexity of the country he was helping to tear apart and rebuild.

He remembered another day with crystalline clarity, pulling security on the communication re-trans truck atop a highway overpass. Junior soldiers from another unit had begun playing around an abandoned piece of Iraqi air defense artillery, bombed-out wreckage that should have warned them away. The fragment detonated with casual violence, spinning one soldier like a child's toy, his leg departing his body with surgical precision. The biblical parting of medics when the Special Forces team emerged from beneath the bridge told its own story about hierarchy and competence in places where both mattered more than rank.

Prior to the invasion, they had visited Camp Doha in Kuwait, that fascinating congregation of multinational forces where government and non-government organizations mingled in the artificial democracy of shared purpose. He watched Navy SEALs and Special Forces soldiers with the fascination of an apprentice studying masters, noting their easy competence, their casual authority. In the Udairi Range, Rangers raced modified desert buggies through practice missions that looked like choreographed violence, beautiful and terrible in their precision.

Later, in Ramadi, they would occasionally work alongside these elite units, close enough to identify the subtle differences between groups. The quiet professionalism of 10th Group teams contrasted sharply with the more aggressive cowboy mentality of 5th Group operators. They pulled security while Australian SAS seized high-value targets under cover of darkness, the commandos arriving in little bird helicopters with feet dangling outside like something from an action film made real.

April 7, 2003, remains etched in his memory with the clarity of trauma, a date that divided his life into before and after with surgical precision. For years afterward, the sound of low-flying aircraft would trigger the body's memory of that morning, sending him ducking involuntarily while his mind raced back to a warehouse outside Baghdad where death screamed from the sky.

During the invasion, they had lived in their Humvees like nomads of mechanized warfare. His vehicle sheltered Phil and Mike, three men compressed into a space designed for efficiency rather than comfort. They fought from that Humvee, slept within its armored embrace, ate cold meals while dust infiltrated every crevice of their equipment and bodies. Existence compressed to the essential: survival, mission, brotherhood.

On April 6, they reached the first permanent structure they had inhabited since the invasion began. A warehouse split between the 2nd Brigade's tactical operations center and a Special Forces detachment, representing the first taste of stability in weeks of movement. That night, one of his country boy mates had somehow acquired duck and fried it over an improvised flame. Their first cooked meal in longer than memory, the taste made precious by scarcity and the knowledge that such luxuries remained rare in their nomadic existence.

Their Humvee waited outside the warehouse, separated by a stone wall from the communication equipment and antenna arrays that marked their temporary home. Empty highways stretched in all directions like the arteries of a dying body. The fringe of southern Baghdad loomed beyond their perimeter, close enough to remind them that safety remained relative. A swollen corpse lay beside an inoperable car nearby, nobody willing to expend the



effort required to remove the dead. Such sights had become mundane, part of the landscape of war.

On the morning of April 7th, he sat outside their Humvee with Mike and Phil, their protective gear abandoned beside their sleeping area inside the warehouse. His mind occupied itself with a simple digital Yahtzee game, the tiny screen providing escape from the enormity of their situation. In the distance, an airplane approached with the familiar sound of his Forward Observer training, engines growing steadily louder against the desert morning.

Then the sound changed. What had been approach became arrival, mechanical noise transforming into something primal and terrifying. The scream that followed contained every frequency of incoming death, a sound that compressed eternity into milliseconds before the world exploded in fire and metal and chaos.

The warehouse disappeared behind them in a eruption of flame and debris that painted the morning sky in shades of destruction. Concrete and steel and human ambition transformed instantly into smoking ruin, the 2nd Brigade tactical operations center vaporized as if it had never existed. A massive object crashed onto their Humvee's roof as he threw himself into its protective embrace, recognizing with terrible clarity that the familiar sound had been no airplane but death announcing its arrival.

They found themselves without protective gear while flames reached toward them with hungry fingers. Mike and Phil raced back into the smoldering remains of what moments before had been their shelter, now a hellscape of char and ash and scattered dreams. Their mission transformed from protecting equipment to rescuing people, armored vehicles that had shared their morning coffee now replaced by a crater that spoke of forces beyond human comprehension.

The destruction compared only to footage he had watched two years earlier, September morning in New York when the world had learned new vocabularies of loss. But this was immediate, personal, the taste of ash on his tongue and the weight of debris in his lungs. The sound that had preceded it rewired something fundamental in his nervous system, creating pathways that would never fully heal.

For years afterward, aircraft overhead would trigger the body's memory before the mind could intervene. College friends would laugh when he ducked involuntarily, unaware they were witnessing the echo of a morning when existence had narrowed to a single point of pure survival instinct. Shell shock in its most literal form, the sound teaching him how gossamer-thin the membrane between ordinary life and absolute chaos truly was.

The transition to Ramadi represented a different kind of warfare entirely. No longer the mechanized advance of invasion, this was something more intimate and infinitely more complex. Streets that reeked of garbage and human desperation replaced the open highways of the march to Baghdad. The enemy here wore no uniforms, carried no flags, appeared and disappeared like smoke in the urban maze of a city that had become their prison.

Movement to Contact missions became their daily rhythm, dismounted patrols that rarely followed streets lined with improvised death. Instead, they moved through residential backyards like trespassers in a domestic nightmare, carrying makeshift ladders to scale the stone walls that separated each family's private space. Wall after wall after wall, the rhythmic climb-and-drop becoming as natural as walking, each barrier a small victory over terrain designed to channel them toward killing zones.

It was beside one of those walls that they lost Diaz, his death as sudden and senseless as all the others that would follow. The romance he had read about in childhood books evaporated in the face of this reality. No silent movement through lush landscapes, no mystical communion with nature. Just the brutal mathematics of urban combat: push forward, clear the next compound, search the next doorway where families cowered behind furniture while soldiers with faces like children searched for enemies who might be neighbors, might be fathers, might be ghosts.

The Movement to Contact missions perverted every boyhood fantasy of elite warfare. Instead of avoiding the enemy, they deliberately provoked engagement, emerging from residential yards into narrow streets wearing full kit that added twenty pounds to frames already exhausted by heat and fear. Body armor dug into shoulders while sweat pooled beneath helmets, the taste of grit constant between teeth that ground against the awareness of exposure.

In Ramadi, he learned to distinguish the sounds of fate. The low, distant cough of a mortar launching from the city's concrete belly. The heartbeat pause before impact when a man could wonder if this round carried his name written in Arabic script. Their Combat Outpost occupied a concrete island barely the size of a football field, where men waited and watched and sometimes hoped for the clean escape that a wound might provide.

The Freedom Bird arrived nightly, rotors beating rhythms of salvation against air thick with dust and possibility. No one admitted wanting to be a coward, but everyone calculated what injury might earn passage on that flight toward medical care and home. The purpose of their presence was simple and terrible: become the target. Draw fire. Identify enemy positions through the expedient of allowing themselves to be shot at, then respond with firepower that turned buildings into mathematics problems.

The heat was suffocating, amplified by structures that trapped it like ovens designed to cook the life from anything that moved. Not the humid embrace of jungle warfare but a dry consumption that cracked lips and parched throats and made each breath an act of will. Uniforms stiffened with salt from evaporated sweat, abrasive against skin already raw from constant friction with gear and gravity and the simple act of staying alive.

Yet within this hell, they discovered moments of clarity that bordered on transcendent. Time became elastic, seconds of terror stretching toward infinity while hours of boredom compressed to heartbeats. They developed senses that conventional training never addressed, an almost supernatural awareness of which alleyway concealed ambush, which rooftop hid a sniper's



patience. They moved as organisms with distributed intelligence, communicating through glances and gestures too subtle for outsiders to recognize.

This wasn't the romantic isolation of his childhood LRRP fantasies but counterinsurgency in its most complex form. Moving through neighborhoods where every face might mask an enemy, engaging with locals whose cooperation could mean survival or death, searching homes for weapons caches while children watched with eyes that had seen too much. Most firefights began with ambushes or happened at distances that reduced human targets to thermal signatures and muzzle flashes.

The enemy rarely revealed themselves directly, preferring to attack and vanish like heat mirages in the desert air. They planted improvised explosive devices and observed from shadows, a war of patience and persistence where intelligence mattered more than firepower and relationships with civilians could determine who lived to see another dawn. The proximity was psychological rather than physical, the knowledge that somewhere in the urban maze, eyes watched and hands prepared death for the unwary.

No childhood book had prepared him for making eye contact with an Iraqi child who observed with clinical calm, then signaled to an adult who fired an RPG rocket over his head. His first significant firefight in the Mulaab neighborhood, an area that would achieve legendary status within their unit for its concentrated violence. Or for the peculiar silence that followed intense engagements, when even the city's dogs and birds seemed to hold their breath in deference to what had just transpired.

The books had failed to mention how combat rewrites neural architecture, creating pathways that never fully dissolve. How the smell of rotting garbage on a hot California day would instantly transport him back to Ramadi's streets. How low-flying aircraft would trigger flashbacks to that April morning when death screamed from the sky. How he would spend the remainder of his life slightly apart from civilians who had never crossed that line into parallel reality where death formed the underlying premise of every moment.

The military had taught him about purpose, then demonstrated its fundamental hollowness. A war that became impossible to justify with each passing day. Dreams that remained forever out of reach. Now even work feels uncertain, the last solid ground shifting beneath feet that had learned to navigate terrain where nothing remained stable for long.

Walking the dark beach with only his dog's shadow for company, he sometimes wonders if solitude represents the inevitable price for seeing through lies, for trusting institutions that never deserved such faith. The waves provide no answers because they need provide none. They simply continue their eternal advance and retreat, like his thoughts, like his doubts, like tomorrow's approach whether he welcomes it or not.

Tomorrow he will run until thoughts burn away in his legs. No music, no distractions, just the rhythm of feet against pavement and the endless cycles of work and regret and self-hatred that have become his most reliable companions. Achievement means nothing when you cannot trust

yourself to deserve it. But in those moments when pain clarifies everything, when the body's demands overwhelm the mind's accusations, he understands exactly who he is. Only in stillness does he lose himself.

Sitting in the bar later, he searches faces for someone who might understand this hunger for dissociation. This need to split consciousness and exist in multiple realities simultaneously, to be present in this dimly lit sanctuary while also back in Iraq with Phil and Mike in that cramped Humvee, or with his brothers in the 1/503rd in that sweltering outpost no bigger than a football field. Where the enemy had their position calculated with mathematical precision, mortars dropping with regularity, each impact sending another friend home in pieces or not at all.

His old fashioned catches the light as he raises it slightly, wondering which of these strangers might recognize the sacred nature of what he pursues. Not escape but expansion. Not oblivion but illumination. This isn't mere drunkenness he seeks but something approaching the divine, standing at the threshold between realities with fingers pressed against that gossamer membrane that separates what was from what is.

His mind travels back to those college days after Iraq, 2006 to 2009, crowded into the apartment he shared with Charlie, Chewy, Ian, and Jeff. While they played video games or argued about movies, he would disappear into the corner with his laptop, lost in Grumpy media videos that mixed military footage with motivation and brotherhood. His roommates never understood what he was watching, but they recognized what those videos did to him.

The transformation would begin gradually, then accelerate beyond control. The screen would dissolve. The walls would disappear. Suddenly he wasn't watching Iraq but inhabiting it again, the weight of body armor pressing against his chest, dust coating his tongue, the impossible blue of desert sky stretching toward infinity. The main highway into Ramadi where their Entry Control Point had been obliterated one night, Iraqi Police body parts scattered like confetti across concrete painted with blood and ambition.

He remembered picking a severed finger from the concertina wire, fascinated by the clinical precision of the separation. How they had found those responsible and administered justice in ways that would shock the people who think they know him now. His friends witnessed these transformations, understood they were observing something authentic and terrible. They never shied away from the beast that lived within him but welcomed it as the most genuine part of who he was.

Strange alchemy transformed pain into something approaching pleasure through distance and alcohol. Music merged with remembered gunfire. Two worlds existed simultaneously, both equally real, both demanding his presence. His college friends didn't fear the darkness they witnessed but recognized it as essential, irreducible, worthy of respect rather than therapy.

That perfect dissociation is what he chases now, that splitting of consciousness that allows simultaneous inhabitation of multiple realities. And someone to share the journey with. Not merely warm bodies in darkness but a soul willing to travel between worlds. He thinks of Alyssa,

wrong in so many ways but right in the one that mattered most. She never feared the beast. She ran beside it.

DRAFT

## PART IV: GHOSTS AND GUILT

The ghosts don't follow him everywhere. That's the thing about ghosts—they appear without warning, when it cuts deepest. Not metaphorical ones. He's too literal for that. These are the actual dead, sharp as photographs in his memory. They might sit in the empty chair at breakfast on a Tuesday morning. Ride shotgun during a routine drive to the store. Materialize in his peripheral vision while he's coding at his desk.

Niedermeier shows up unexpectedly. A fellow forward observer who wasn't on all missions, but he was on the one that mattered. His gravestone appears on Facebook during anniversaries—Arlington's white marble stark against green grass. The photos send him down rabbit holes of pleasant memories and tormented regrets. The ghost arrives during mundane moments—while buying groceries, while watching the news—sudden and uninvited, like all the others.

The ghosts are uninvited yet familiar in ways that the living are not. They require no small talk, no careful navigation of social boundaries. No pretense about shared interests or manufactured enthusiasm for weekend plans. The dead arrive with perfect honesty, carrying only what mattered. While he struggles to connect with neighbors who share his building, his generation, even his profession, these visitors from Ramadi need no introduction. They know him completely. The irony cuts deep—his most authentic relationships exist with men who no longer exist at all.

Kuhns and Kinslow carry different weight. Their visits pierce deeper than the others, sharp with personal guilt rather than general grief.

They come to him while he brushes his teeth. The bristles move methodically across each tooth. He feels their shape, their arrangement. And thinks of Kuhns.

The teeth tell the whole story.

After his first Iraq tour, the Army stationed him in South Korea with a Combat Observation Lasing Team. Team leader. Two soldiers under his care. Relative safety. Purpose. Then came that night in TDC—the ville—when alcohol and youth and boredom conspired toward catastrophe.

The drinking. The blackout. The arrest by Korean police. Something about a car's spoiler torn from its mounting. He can't remember if his hands did the damage. The memory exists in fragments. Disconnected images. The confusion of foreign detention. Korean voices he couldn't understand. The slow recognition that some lines, once crossed, reshape everything that follows.

His punishment arrived with mathematical precision. Removal from the COLT team. Reassignment to Baker Company, 1/503rd Infantry. Just as they prepared for Ramadi.

He understood immediately. Light infantry meant danger. The difference between Camp Ramadi's relative security and the exposed Combat Outpost in the city's heart. It felt like a death sentence wrapped in military efficiency. A message about consequences.

What haunts him is the replacement.

Sergeant Kuhns took his slot. A man whose face had become inextricably linked with his own. They shared the same dental condition—crowded teeth that spoke of childhoods without orthodontists. But Kuhns laughed freely. Never covered his mouth. Never calculated angles to hide his smile. It was like staring at an alternate version of himself. One unburdened by shame.

In Ramadi, their divergent paths crystallized. While he patrolled hostile neighborhoods with Baker Company, Kuhns operated from his former position. Same Humvee. Same crew. Zimmerman and Kinslow.

The grenade fell without warning.

An Iraqi insurgent dropped it through the turret. Kuhns and Kinslow died instantly. Zimmerman survived, barely. The knowledge arrived with terrible simplicity: it should have been him in that vehicle.

Had he maintained discipline. Had he not gotten blackout drunk. Had he not participated in—or failed to prevent—the vandalism. He would have been in that turret instead of Kuhns. The same grenade. Different blood.

His life purchased with another man's death. A substitution he never consented to but cannot escape.

Every thought about his teeth becomes a reminder. Of their interchangeability. Of the arbitrary mathematics of survival. The pliers he once used in desperate self-correction weren't addressing vanity. They were attempting to correct fundamental inequity. As if changing his appearance could alter the reality of who lived and who died.

When he finally received proper dental treatment years later, the transformation created new dissonance. The visible reminder of his connection to Kuhns was being erased. The daily confrontation with their similarity literally straightened away.

Relief. And strange new guilt.

As if correcting his teeth represented another divergence from the man who died in his place. Another benefit Kuhns would never receive.

The ghosts don't speak. They don't need to. Their presence communicates everything. Constant reminders of debts that can never be repaid. Of survival's random cruelty. Of the spaces we continue to occupy because others cannot.

They're not accusatory. That would be easier to bear. They simply exist. Witnesses to the life he continues living. The opportunities he continues having. The breaths he continues taking because someone else stopped.

These conversations never reach conclusions. Never provide absolution. How could they? The dead don't answer. They watch with patient, eternal attention as the living continue their temporary dance.

Every word he writes, every mile he runs, every rep he completes becomes an act of penance. The discipline others admire is really self-flagellation disguised as virtue. Sixteen miles at dawn isn't training—it's punishment for breathing while Kuhns cannot. The relentless pursuit of improvement, the endless coding projects, the obsessive tracking of progress—all of it atonement for sins that can never be absolved. He punishes his body because he cannot resurrect theirs. Perfects his mind because he cannot undo his mistakes. The ghosts don't demand this suffering, but he offers it anyway, hoping that enough pain might somehow balance the scales of survival.

The weight isn't just that they died while he lived. It's that their deaths trace directly to his removal from the COLT team. Consequence of the stark dichotomy that defined his military career. On duty: exemplary performance, focus, discipline. Off duty: chaos, risk, indulgence.

This split had followed him through life. Compartmentalized selves that rarely intersected until that night in Korea when the walls collapsed catastrophically. The consequences rippled outward to Kuhns and Kinslow. This failure to maintain separation between his selves shapes everything after. His subsequent rigidity. His obsessive control. His insistence on perfect discipline in all areas. Desperate attempt to prevent personal chaos from bleeding into professional worlds and affecting others.

Yet despite discipline, despite achievements, despite relentless forward motion, the ghosts remain. No amount of running outpaces them. No professional success erases them. No physical transformation leaves them behind.

They are permanent companions. Silent witnesses to a life that continues only because theirs ended.

In honest moments, he acknowledges their presence as appropriate. Not punishment but perspective. Not burden but balance. Necessary reminder of his continued existence's cost. Not just Kuhns and Kinslow. All of them who didn't return. Who didn't get to build careers or fix teeth or fall in love or watch Pacific sunsets.

They keep him honest. Prevent complacency. Ensure he never takes for granted the gift of additional time granted to him instead of them, for reasons he'll never understand.

The ghosts aren't leaving. He's stopped expecting them to. Instead, he's learned to make space. To acknowledge their presence. To recognize that his life is lived partly on their behalf.

Not owing them extraordinary achievement. Not grand justification for survival. But simple commitment to experience fully what they cannot. To taste and touch and see and feel with awareness of the privilege it represents. To never sleepwalk through the life they were denied.

Sometimes, tongue tracing the straightened formation of his teeth, he thinks of Kuhns. Of what was and what might have been existing simultaneously with what is. The barrier between living and dead seems permeable. The distinction between continued and ended less absolute than we pretend.

We carry the dead within us. Their influences shape our choices. Their absences define our presences. Their stories intertwine with ours in ways that transcend chronology.

The teeth in his mouth belong to him alone. But the life he lives belongs partly to them. To all who didn't get to continue their stories. Who exist now only in the memories of those who carry them forward.

This knowledge is both burden and blessing. Both wound and suture. Both source of deepest pain and most profound connection to what it means to be human.

His ghostly companions stand in stark contrast to the absence of living ones. He thinks of Austin, encountered at the gym wearing an old unit shirt. Austin recognized the insignia immediately. Fellow 1/503rd veteran, different deployment. That initial recognition sparked brief, intense exchange. The kind only possible between men who'd shared the same dust, same fear, same bizarre humor that makes combat bearable.

They exchanged numbers. Promised beers. Stories. Connection.

But months later, they remain gym acquaintances. Nods of recognition. Brief updates about mutual connections. Then separate workouts. Potential brotherhood withering not from lack of foundation but lack of cultivation.

The potential hovers between them like static electricity that never discharges. Hallmark of their generation. Unprecedented access to others. Unprecedented isolation from them.



## PART V: TRANSITIONS

The transition from soldier to student had been particularly disorienting. One day, carrying a weapon through hostile urban terrain, responsible for the lives of his squad; the next, sitting in a classroom discussing political theory with nineteen-year-olds whose most traumatic experience was a bad breakup. The cognitive dissonance was almost physically painful. He'd find himself mentally calculating fields of fire during lectures, automatically noting exits, unconsciously categorizing his classmates by their potential utility in a combat situation.

College had proven unexpectedly sustainable. Unlike basketball, unlike his first Army stint, unlike so many other pursuits, the academic environment never triggered his abandonment reflex. Perhaps because intellectual achievement came naturally to him, or because the structure of semesters created built-in completion points, or because the GI Bill and student loans removed financial pressure. Whatever the reason, he collected credits, papers, grades with methodical consistency, developing the illusion that perhaps the pattern had been broken.

His fraternity brothers knew nothing of his history of surrender, saw only the aspects he allowed them to see—the combat veteran with academic focus, the disciplined runner, the man whose experiences set him apart without alienating him completely. They accepted his occasional absences, adapted to his idiosyncrasies, created a space where he could gradually relearn civilian patterns of being. Though leadership would emerge as a defining characteristic later in his government career, here he was simply finding his footing in a world that operated by different rules than the military had. The fraternity offered something rare—a community that neither demanded perfection nor expected failure, that allowed him to exist without constant performance or explanation.

The constant internal racing made academic focus nearly impossible. Each line of a textbook spawned a dozen tangential thoughts, each lecture point triggered cascades of associated ideas, mental hyperlinks leading endlessly away from the subject at hand. Substance helped. Weed especially was effective, but socially and professionally maligned, so he was forced to avoid it in the collegiate environment where observation was constant and judgment swift. But when he could access it, cannabis allowed his mind to quiet. It enabled a focus that otherwise proved elusive, a state reminiscent of those rare experiences on a high school basketball court, the clarity that came from adrenaline while flying in a speeding, low-flying Army helicopter. Weed's benefit was misunderstood, not a toxic substance of abuse but a genuine medication that enhanced his productivity and thus his life quality. But it remained a mistress denied to him in most contexts.

Instead, he developed coping mechanisms—exhaustive physical training that temporarily depleted his mental energy, meticulous note-taking that externalized some of the internal chaos, strategic social disengagement when the racing became too intense. His fraternity brothers noticed his occasional disappearances, attributed them to PTSD flashbacks rather than cognitive overwhelm, and adapted accordingly. Their acceptance of these unexplained absences constituted a kind of care he hadn't experienced previously and wouldn't find again.



Yet college also offered unprecedented freedom. After the rigid hierarchy of the military, the ability to choose his own schedule, his own focus, his own companions felt almost overwhelming. Unlike many veterans who struggled with the transition, he found himself fortunate—academic studies came naturally to him, an enjoyable pursuit rather than a challenge. He stumbled through Arabic and Hebrew classes without the methodical determination that characterized his military service, yet still managed to absorb enough to get by. The Honors College thesis on genocide prevention interested him genuinely, less an obsession and more an opportunity to reflect on his combat experience, to place it within a broader context of organized violence that somehow made his own experiences more comprehensible.

His fraternity brothers became the first civilians to truly see him. Not completely—parts of him remained inaccessible, locked behind doors he couldn't or wouldn't open—but enough that he could relax the constant vigilance, enough that laughter came naturally again. They accepted his occasional thousand-yard stare, his startled reactions to sudden noises, his inexplicable absences when memories pulled him back to Iraq. They adjusted around his edges without demanding explanations, created a space where he could gradually relearn civilian patterns of being.

Those friendships formed his last experience of true belonging. Moving through subsequent decades, he would form connections, build professional networks, even sustain intimate relationships, but never again feel that unquestioned acceptance, that certainty of his place within a community. Part of him remained forever in that fraternity house, in those sun-drenched Florida afternoons when identity seemed fluid, when reinvention felt not just possible but inevitable, when the future stretched before him unmapped and full of promise.

After college came the broken leg. A stupid, drunken accident that changed everything. The pain wasn't the worst part. It was the helplessness, the sudden fall from self-reliance to absolute vulnerability. No family safety net, no savings, nothing but a surprise check from the Army that arrived like some cosmic joke—just enough money to start over in a city too expensive for broken men.

Washington welcomed him like it welcomes all strays—with indifference disguised as opportunity. The FAA job came after months of rejections, each one reinforcing what Iraq had taught him: survival isn't about deserving, it's about enduring. So he endured, climbing the federal ladder one administrative rung at a time, building a career as methodically as he'd once cleared rooms in Ramadi.

When his Special Forces dream shattered at the Selection course, something in him broke permanently. It wasn't failure that haunted him—it was the inexplicable surrender. Quitting when he was excelling. Walking away from the thing he'd rebuilt himself to achieve. The shame of that moment became the engine that drove everything after. Each morning run, each project completed, each professional success—all attempts to outrun a question he couldn't answer: why did he stop when he could have continued?

The move to California came as both escape and pilgrimage. North Dakota had taught him space and silence, Philadelphia gave him roots and allegiances, but California had always existed in his mind as some impossibly golden alternative—a place where Jim Morrison's ghost still walked Venice Beach, where reinvention was the state religion. Long Beach, with its strange mix of decay and renewal, suited him perfectly. Not quite paradise, but close enough to believe that transformation was still possible.

The California years brought Roux into his life. Twenty pounds of rescue dog who understood more about loyalty than most people he'd met. Their evening walks along the shore became a ritual, the closest thing to prayer he'd practiced since Iraq. The dog never asked about the past, never flinched when nightmares jolted him awake, never questioned his silences. In return, he gave her the only promise he knew he could keep: that he would never leave.

His apartment building represents just one node in the vast network of millennial isolation stretching across America. Four-unit complexes filled with individual men and women, each paying separate rent, maintaining separate lives, all while sharing walls thin enough to hear a neighbor's cough or sigh. The generation raised on promises of connectivity produced adults who stream the same shows, listen to the same podcasts, scroll the same feeds—all while sitting alone. His building's three occupied units house three separate men with three separate lives who might have been friends in another era. Instead, they exist as satellites in loose orbit around each other, aware of each other's presence but never truly intersecting.

## PART VI: FULL CIRCLE

War creates patterns invisible to those who haven't experienced it—strange symmetries, unexpected connections, moments where the chaos briefly resolves into something resembling meaning. These patterns don't suggest purpose or design; they're simply the result of thousands of lives being compressed into small geographic spaces, of intense experiences shared under extreme conditions, of the statistical inevitability that in the maelstrom of conflict, paths will sometimes cross in ways that seem impossible.

One such pattern emerged for him on Camp Casey in South Korea, on a night so dark the world seemed reduced to silhouettes and whispers. He was sitting on a sidewalk with other soldiers, waiting for pickup, already dreading the coming deployment to Ramadi. The demotion from COLT team leader to forward observer with the 1/503rd still fresh, still stinging. At twenty years old, he was a buck sergeant with a combat patch—rare on the Korean Peninsula at that time, a visible marker of experience that set him apart from peers who hadn't yet seen war.

The darkness surrounding them was almost textural, the kind of darkness that seems to have substance, that presses against the skin with palpable weight. The sodium lamps spaced along the camp's walkways created pools of sickly yellow illumination, surrounded by seas of impenetrable shadow. It was from one of these shadows that the massive figure emerged, materializing suddenly as if the darkness itself had taken human form. Moving toward him with deliberate menace, the shape resolved into a man built like a comic book superhero—shoulders impossibly broad above a narrow waist, flame tattoos licking up massive forearms visible even in the dim light.

The man stopped directly in front of him, his face still partially obscured by shadow, lending his words an otherworldly quality: "What the fuck do you know about Iraq?" The question came as a challenge, aggressive, testing, the voice emerging from darkness like some primal judgment.

In that moment, he felt the weight of his youth, his relative inexperience despite the combat patch, the tenuousness of his authority in this new unit where he'd been sent as punishment. But he had his stories, his truth. So he began recounting a mission from the invasion—a special operations extraction in rain-soaked terrain, a battlefield littered with disabled tanks and burnt equipment, the surreal experience of watching elite operators emerge from literal holes in the ground where they'd been hiding.

He described giving IVs to the haggard men, the strange juxtaposition of their apparent fragility after what must have been extraordinary endurance, the silent drive back to the makeshift area of operations. It was a small story in the grand scheme of the war, a brief intersection with something larger than his own experience, but it was authentic, a piece of the chaos he had witnessed firsthand.

As he spoke, the imposing figure's posture changed. The aggression dissolved, replaced by something like recognition, then disbelief. When he finished, the man—Staff Sergeant Latulippe—did something entirely unexpected. He hugged him. Hard. Latulippe had been there,

had been one of those operators, part of the 18th Airborne Corps Long Range Surveillance team they had extracted. The massive soldier remembered their arrival, remembered being pulled from the earth, remembered the IV drip that restored him after days of deprivation.

In the statistical nightmare of war, with thousands of soldiers rotating through multiple theaters, the odds of this particular reconnection were vanishingly small. Yet here they were, the rescued and the rescuer, finding each other by chance on a sidewalk in South Korea years later, about to deploy together to another corner of the same conflict.

The coincidence created an immediate bond, cutting through the normal hierarchy of rank and experience. From that night onward, Latulippe became a mentor, a protector, a standard to aspire to. The man was everything he secretly wanted to be—physically imposing, tactically brilliant, respected by enlisted and officers alike, possessed of a clarity of purpose that seemed unshakable even in the most chaotic situations.

Their connection eased his transition into the infantry unit, provided context for the coming deployment, offered a framework for understanding what Baker Company would face in Ramadi. Latulippe's stories from previous tours became road maps, his tactical advice became gospel, his approach to leadership became a template. The pattern that had brought them together seemed to suggest some purpose in his reassignment, some potential meaning in what had felt like pure punishment.

In Ramadi, this mentorship took on its true form. Latulippe was no balanced philosopher-warrior seeking harmony between violence and restraint. He was a cold-blooded killer, a modern Viking with his blond hair and white skin, the embodiment of pure masculinity and proud of it. His approach to combat was not tempered by empathy or concern for the broader implications—it was direct, brutal, efficient. The staff sergeant operated with a clarity of purpose that left no room for hesitation or doubt. In battle, he became something primordial, tapping into an ancient current of warrior energy that most modern soldiers glimpse only briefly, if at all.

What made Latulippe extraordinary wasn't just his physical capabilities or tactical knowledge, but his complete embrace of his nature. There was no internal conflict, no wrestling with the morality of violence in a war zone. He understood exactly what he was—a weapon, a predator, a force of nature—and he embodied this identity without apology or inner turmoil. This congruence between self-conception and action gave him a presence that was both terrifying and magnetic.

For him, naturally inclined toward intellectualism, with the savage aspects of his nature buried deep beneath layers of thought and analysis, Latulippe represented a radical alternative. The staff sergeant didn't teach balance or compartmentalization—he taught liberation from the constraints of civilized thinking in contexts where such thinking became a liability. He provoked the darkest aspects of his nature, drew out the predator lurking beneath the thinker, awakened capacities for violence and decisiveness that might otherwise have remained dormant.

In the killing fields of Ramadi, this awakening served him well. The intellectual's tendency toward hesitation, toward consideration of multiple perspectives, toward awareness of moral complexity—these became potentially fatal liabilities in urban combat. Latulippe's influence provided a direct channel to a more primal self, one that could act without the delays imposed by excessive thought, one that could commit fully to violence when violence was necessary, one that could temporarily suspend the burden of reflection in order to survive.

After each operation, he would feel the intellectual self beginning to reassert control, questions and doubts starting to form about actions taken, alternatives not explored, consequences not considered. But before these thoughts could fully crystallize, there would be another mission, another moment requiring immediate action, another situation where Latulippe's example showed the path forward. The cycle continued, the warrior ascendant, the thinker subdued, the balance shifted toward survival rather than comprehension.

Years later, reflecting on Latulippe's influence, he recognized how profoundly it had shaped him. Not by teaching balance or integration, but by revealing the warrior beneath the intellectual, by demonstrating the power of embracing one's darkest capacities when circumstances demanded it. The lesson wasn't about maintaining humanity in inhumane situations—it was about accessing the inhumane within oneself when survival depended on it.

This awakening had marked him permanently. Though the savage nature had since remained mostly buried, returning to dormancy as he built his civilian life, he remained aware of its presence, conscious that beneath the articulate federal manager, the thoughtful analyst, the disciplined runner existed a capacity for violence and decisive action that few of his colleagues would recognize or understand.

The pattern that had brought them together—that statistically improbable reconnection on a darkened sidewalk—had created ripple effects far beyond the immediate military context. It had revealed aspects of his nature he might never have discovered otherwise, had demonstrated the existence of capacities he might never have acknowledged, had connected him to an ancient lineage of warriors that transcended the sterile professionalism of modern military training.

Such patterns exist throughout war stories—the soldier who misses a patrol due to illness, only to have his entire squad killed in an ambush; the chance encounter that leads to lifelong friendship; the split-second decision that separates the living from the dead. These patterns don't reveal divine intervention or cosmic justice. They simply demonstrate the density of experience in conflict zones, the ways that compressed time and space create connections that would be impossible in normal life.

Yet despite their statistical inevitability, these patterns feel meaningful to those who experience them. They create a sense of coherence in the midst of chaos, suggest the possibility of order within disorder, offer glimpses of narrative in what often feels like pure randomness. They become anchors for memory, frameworks for understanding, touchstones for communication with others who weren't there.

The Camp Casey sidewalk. The massive figure emerging from darkness. The challenge: "What the fuck do you know about Iraq?" The recognition. The embrace. The mentorship that followed. The lessons that extended far beyond the immediate context. The lasting influence on character and approach. A pattern that, despite its statistical predictability when thousands of lives intersect, nevertheless feels like something approaching meaning.

And perhaps that feeling itself is what matters—not whether the pattern reveals some underlying purpose or design, but whether it helps make sense of experience, whether it connects one moment to another, whether it creates continuity in the fragmented narrative of war and its aftermath. Not meaning imposed from outside, but meaning created through the recognition of connection, through the human capacity to see pattern within chaos, to create narrative from events, to find relationships between seemingly disparate moments.

In this sense, the story of Latulippe becomes not just an anecdote about coincidence, but a metaphor for the broader process of making sense of war experience—finding the patterns that connect, recognizing the influences that shape, acknowledging the relationships that define. Not to impose false coherence on fundamentally chaotic events, but to honor the genuine connections that emerge from them, the real influences that extend beyond the immediate context, the actual relationships that transcend the artificial boundaries of deployment dates and geographic theaters.

The massive staff sergeant with flame tattoos. The extraction mission during the invasion. The improbable reconnection in South Korea. The mentorship that followed. The lessons that extended into civilian life. One pattern among many, one thread in the complex tapestry of war experience, one connection that helped transform chaos into something approaching coherence. Not the whole story, but a significant strand within it. Not the entire meaning, but a glimpse of what meaning might look like within the fundamentally meaningless context of conflict.

Years later, in quiet moments, he still hears Latulippe's voice offering guidance, still sees the massive figure demonstrating tactical movements, still feels the impact of that unexpected embrace on a darkened sidewalk. The pattern continues, the influence extends, the connection remains—a small piece of coherence within the larger chaos, a reminder that even in the most disordered circumstances, human relationships create their own form of order, their own kind of meaning, their own version of truth.

The irony doesn't escape him—how in war he found the kind of immediate, authentic connection that now seems impossible in civilian life. There, in the chaos of combat, men recognized each other instantly, bonds formed in minutes that would last lifetimes. Now, in the ordered safety of apartment complexes and office buildings, people can live side by side for years without truly knowing each other's names. Sometimes he'll stand in his kitchen, hearing his upstairs neighbor's footsteps or the muffled bass from the next unit over, and wonder why Latulippe could reach across rank and circumstance to embrace him as a brother, while he and his neighbor—both Philadelphia sports fans, both the same age, both living alone—can't manage

more than a nod in the hallway. It's as if his generation has forgotten how to recognize each other, how to bridge the distances technology has paradoxically both eliminated and amplified.

DRAFT



## PART VII: SPECIAL FORCES SELECTION

Special Forces selection had been his north star for years. The culmination of boyhood dreams, the vindication of his manufactured role models, the ultimate test of everything he believed about himself. After college, after the broken leg, after the administrative purgatory of his early FAA career, he had rebuilt himself with singular purpose.

The preparation had been maniacal. Pre-dawn ruck marches through Washington D.C., starting in Tenleytown, down through Georgetown, into Arlington, back to Union Station, metro home. Bleeding feet in government office shoes, blisters like stigmata marking his physical devotion. After work, hill sprints on the sloping streets near the room he rented from the kind Tenleytown family. Protein shakes, calculated macros, abstention from alcohol and anything else that might compromise recovery.

The National Guard's Special Forces preparation had become his religion, the monthly challenge weekends his holy days. Three initial qualification weekends, then continued participation as he awaited Selection orders. First place finishes in most events. Teaching land navigation to other candidates. Eventually joining cadre to facilitate exercises rather than participate in them. The orders to the Operational Detachment, the assignment as an 18E communications sergeant—all signs pointing toward culmination, toward completion, toward the fulfillment of boyhood LRRP fantasies.

How then to explain the surrender? How to articulate the inexplicable circuit breaker that tripped during one of the final days of Selection? No external force had compelled his withdrawal—no injury, no failure, no insurmountable obstacle. He had been succeeding, had been marked for advancement, had been all but guaranteed his place among the elite. The decision defied logical explanation, emerged from some deeper, darker impulse that overrode conscious intention, that sabotaged years of preparation with a single moment of capitulation.

But the thing is, when you choose your role models, you remain oblivious to their flaws. Many of these people lived hard lives, not only prone to violence but desirous of it. Many lacking empathy, living in a cold world of black and white realities. He didn't have any role models that told him to value education. To understand that the decisions made between 18 and 24 would shape the rest of his life in ways that he may never be able to correct. His heroes lived hard and partied hard. His dalliance with alcohol wasn't cautioned but condoned. He saw in them the reckless abandon that he desired to embody.

After college, after the broken leg, after the administrative purgatory of his early FAA career, he had rebuilt himself with singular purpose. Every morning run, every workout, every meal, every hour of sleep calibrated toward that goal. He studied maps and memorized procedures, conditioned his body to function on minimal sustenance, trained himself to operate in states of extreme deprivation. The National Guard had been merely a vehicle, a path back to the world of elite warfare where he believed he belonged.



Special Forces selection had been the answer. Or so he thought. The last great test, the chance to prove something, to himself, to the ghost of the soldier he used to be. He trained for years, sculpted his body into a weapon, steeled his mind against weakness. And then, at the crucial moment, he walked away. Not because he failed—failure would have been easier. He quit. A word that still burned in his mouth like whiskey.

When the day finally came, he was ready. More than ready—he was exceptional. The physical challenges that broke other candidates barely winded him. The sleep deprivation that clouded other minds left his clear and focused. The psychological pressures that unraveled other personalities strengthened his resolve. Instructors noted his performance, his leadership qualities, his unwavering commitment. He was marked for success, tracked for advancement, all but guaranteed his place among the elite.

Then came the inexplicable moment—the surrender without external cause, the voluntary withdrawal when victory was within reach. Even now, years later, he cannot fully articulate what happened. Some internal circuit breaker tripped, some fundamental connection severed. One moment he was advancing toward his lifelong goal; the next, he was walking away from it, betraying not just his ambition but his very conception of himself.

The aftermath was a special kind of hell. The knowledge that he had not been defeated but had defeated himself. That his failure couldn't be attributed to external circumstances, bad luck, or inadequate preparation. That he had simply... stopped. Chosen to stop. It violated everything he believed about himself, about perseverance, about earning his place in the world through sheer force of will.

The self-hatred that followed was corrosive, eating away at his core like acid. He would lie awake replaying the moment of surrender, imagining alternate outcomes where he persisted, where he earned the green beret, where he became the man he'd trained to be. The cycle of self-recrimination became so intense that there were nights when the thought of suicide seemed like rational relief—a way to silence the relentless internal prosecutor that never tired of cataloging his failures. What kept him tethered was partly fear—not of death, but of relinquishing his chance to somehow redeem himself—and partly a strange, inexplicable optimism that insisted his story wasn't finished yet. It was a fragile balance, this tension between self-destruction and self-preservation, but it created just enough space for him to continue.

This inexplicable surrender became the negative space around which he constructed the rest of his life. Every subsequent achievement a response to it, every success measured against what might have been. He drove himself with merciless intensity, as if sufficient accomplishment might retroactively justify or erase that moment of capitulation. But the shadow remained, a constant companion, a voice that whispered that no matter what heights he reached, he would always be the man who quit when it mattered most.

After that, he drifted, or maybe marched, but the path never felt chosen. The Federal Aviation Administration. A career built on logic, data, order. A role that required trust in systems, even as he understood too well how systems fail. He climbed, proved himself, became a leader, but that

hollow space inside him never quite filled. The same one that made him watch the bar mirror instead of faces.

The sense of alienation that haunts his generation seems amplified in him, magnified by the specific contours of his experiences. While his peers drift through digital landscapes seeking connection through pixels and likes, he carries the additional burden of knowing what true brotherhood feels like—the bond forged in combat, the unity of purpose that transcends individual identity. Having tasted that communion and lost it, the shallow approximations offered by modern technology feel not just insufficient but insulting, pale shadows that only emphasize what's missing. While his upstairs neighbor sings triumphantly into his gaming headset, celebrating virtual victories with online teammates he'll never meet, the distance between contemporary connectedness and genuine connection stretches wider, a chasm that seems increasingly impossible to cross.

## PART VIII: LOVE AND LOSS

Saturday nights had established their own rhythm. First the regular bars, where he would nurse an old fashioned, observing women from a distance, constructing elaborate fantasies of approach and connection that never materialized. Each beautiful woman a reminder of his own paralysis, his inability to bridge the distance between wanting and having. Then, as the night deepened and the loneliness intensified, he would find himself at the strip club—a recent addition to his routine, but one that had quickly become essential.

Dania had recognized the pattern before he acknowledged it himself. "You're already planning your exit," she said one night, her voice quiet but certain, as they lay in the dark of their shared apartment. "I can feel you calculating the distance to the door."

He had denied it, of course. Pointed to their compatibility, their shared interests, their obvious happiness together. But she had seen through the performance to the underlying truth—that even as his body lay beside her, some essential part of him was already withdrawing, already preparing for the end he would eventually manufacture.

When he finally ended it, the decision felt both absolutely right and unforgivably wrong. Right in that it followed the pattern that had defined his life since childhood; wrong in that it represented yet another surrender to that pattern, another abandonment of something valuable, another victory for the self-destructive impulse that had claimed so many previous potential futures.

He wasn't interested in the lap dances that most patrons sought. The simulation of desire without its fulfillment seemed more torturous than satisfying. What he paid for instead was conversation—the companionship of women who, for the right price, would sit with him, laugh at his observations, ask about his life, create the illusion of interest. He understood the transaction perfectly, recognized that their attention was professional rather than personal, yet still found relief in it. At least here, the rules were clear. The exchange straightforward. The rejection impossible as long as his money held out.

There was a strange freedom in this commercialized intimacy. No need to impress, no need to perform, no need to hide the broken parts of himself. He could simply exist, purchase time with women far outside his normal social reach, briefly experience what it might feel like to be the kind of man who naturally attracted such attention. The strip club removed the barriers that haunted regular social situations—the self-doubt, the anticipated rejection, the paralyzing awareness of his own perceived inadequacy. For a few hours, through this peculiar economic arrangement, he could step outside the loneliness that defined his existence.

He knew what this said about him. How it confirmed his inability to form authentic connections, his retreat into transactions rather than relationships. But in a life defined by isolation, even simulated intimacy provided a kind of relief. Even paid attention felt better than none at all. Even artificial connection seemed preferable to the void that waited at home, where only Roux's undemanding companionship stood between him and complete solitude.

The gym offered its own particular form of isolation, perhaps the most perverse kind—a space filled with people sharing the same values, the same commitments, the same daily struggles toward self-improvement, yet remaining as distant as stars in the same constellation. Beautiful women with disciplined bodies and focused minds moved through the same spaces he did, day after day, year after year. He recognized their faces, knew their routines, observed their progress, and they his. The possibility of connection hovered constantly in the air, charged with potential but never discharged into reality.

He'd notice the occasional lingering glance, the ambiguous smile between sets, the brief moment of synchronicity when they'd reach for the same weight at the same time. These fleeting encounters might have been openings, invitations, opportunities—or might have been nothing at all. His own thoughts about himself would never let him believe the former. The woman with the perfect form on squats, who always seemed to finish her workout around the same time as him. The runner with the intricate back tattoo, who sometimes took the treadmill beside his despite others being available. The quiet powerlifter who once asked him to spot her bench press, creating five minutes of intense shared focus that dissolved back into separateness.

So many people with aligned desires, beautiful, likely with similar goals and matched challenges. People whose dedication to physical discipline suggested a deeper compatibility, whose presence in this temple of self-improvement hinted at shared values and compatible worldviews. Yet, no connection formed because of the prohibitions dictated by respect for space, the sense that the gym was a sacred place not to be violated by mere acts of flirtation. The unwritten rule that serious training required serious boundaries. The fear that misreading signals here would not just result in personal rejection but in the loss of this sanctuary, this church of iron and sweat where he found his most reliable solace.

A microcosm of his generation's larger dilemma—proximity without intimacy, awareness without engagement, desire without permission to desire. The old social scripts torn up but not replaced with functional new ones. The heightened consciousness of boundaries and consent creating not just necessary protection but also unnecessary isolation. So they continued their parallel workouts, existing in the same space for years, witnessing each other's struggles and triumphs at a distance that might as well have been interplanetary, all while the primitive parts of their brains screamed in frustration at what might have been.

The move to Washington, D.C. coincided with a particular manifestation of his self-denial. For years, he didn't own a bed. By choice, he slept in a sleeping bag on the bare floor of his apartment, a deliberate asceticism that served multiple purposes. Partly pragmatic—the memory of financial devastation after his leg injury left him pathologically risk-averse, hoarding money against future catastrophe. Partly psychological—the discomfort a form of penance, a daily reminder that he hadn't earned comfort, that he'd forfeited the right to ease when he walked away from Selection. Partly strategic—the spartan environment ensuring he wouldn't put down roots, wouldn't mistake this transitional space for home, wouldn't stop pushing forward toward some undefined but necessary next phase.

Every morning, he would roll the sleeping bag with military precision, tuck it into the closet, and close the door. The apartment would transform from sleeping space to living space, with no visible evidence of the night's arrangements. Visitors, on the rare occasions he invited any, never suspected. At night, he would retrieve the bag, lay it out with perfect alignment to the room's corners, and slip inside, fully clothed except for shoes. The floor's hardness against his spine became a familiar comfort, a concrete reality check against mental drift. Sometimes, falling asleep, he would press his palm flat against the floor beside him, grounding himself in the solid pressure, the tangible present.

Visitors found the arrangement disturbing, further evidence of his peculiarity. But to him, it made perfect sense. The world was precarious. Comfort was dangerous. Settlement was surrender. And his back actually felt better on the firm surface, a fact that provided convenient cover for what was essentially a form of self-punishment, a physical manifestation of his persistent sense of unworthiness.

This same unworthiness drove his intellectual pursuits. Television held no appeal except for Philadelphia sports—a connection to his origins, a rare indulgence in tribal belonging—and professional wrestling, with its choreographed narratives of struggle and redemption. Instead, he filled his non-working hours with self-improvement: coding projects, data science tutorials, YouTube lectures on quantum mechanics, endless exploration of fundamental physical forces. As if understanding quarks and bosons might somehow explain the forces that moved within him, might provide some equation that could balance his internal contradictions.

The massive hours devoted to fitness served a similar purpose. Running wasn't just exercise but exorcism, each mile an attempt to outpace the persistent sense of inadequacy. Weight training wasn't merely strength-building but proof of worth, each repetition a demonstration of discipline, each increment of progress a tangible measure of value. The body became a project, something that could be perfected through sufficient effort, unlike the mind with its stubborn doubts, unlike the spirit with its persistent wounds.

And beneath it all, unacknowledged but ever-present, were his teeth. The braces removed too early to join the Army, the slow migration back to crowded imperfection, the constant self-consciousness that shaped every social interaction. Each smile hidden behind a hand, each laugh carefully modulated, each important conversation preceded by a quick check in any reflective surface. A thousand daily moments of remembering his deficiency, his difference, his fundamental unacceptability.

The first time he saw Dania, the world shifted. Nothing dramatic—no angels singing, no slow-motion cinematic moment—just a subtle realignment, like a bone setting properly after years of being slightly out of place. Their relationship unfolded with a shocking absence of effort. They moved through the world in perfect sync, dancing through grocery store aisles, finishing each other's sentences, building a language of inside jokes and shared references that made everyone else feel like outsiders.

The pandemic that confined others felt like a gift to them. Days blurred together in their shared space, both working from home, finding endless ways to make the ordinary extraordinary. They cooked elaborate meals, created ridiculous challenges, turned their living room into a dance floor, a movie theater, a fort made of blankets and promises. It was childhood and adulthood simultaneously, both playful and profound.

Then came the slow, inexplicable drift. Nothing dramatic, nothing worth fighting about. Just an accumulating awareness that loving someone completely doesn't guarantee forever. When he ended it, the decision felt both absolutely right and unforgivably wrong. He knew with bone-deep certainty that it was the correct choice, even as he understood he was walking away from a connection he would never find again.

The loss lingered like phantom pain, present even in its absence. Dating after Dania felt like speaking a language he'd forgotten—all the words familiar but the grammar gone, the meaning lost in translation. Saturday nights at bars became exercises in hope and disappointment, scanning crowds for someone who might understand both the beast and the man who carried it.

The loneliness that followed her departure was total, enveloping. Not the familiar solitude he'd known most of his life—the isolation that had been his default state since childhood—but a new, more acute variety born from having briefly known its opposite. Having experienced genuine connection, its absence felt like deprivation rather than mere condition. The depth of this loneliness frightened him, its intensity suggesting that perhaps he wasn't as self-sufficient as he'd convinced himself he was. On the worst nights, when the emptiness felt like a physical wound, the thought would return—the simple calculation that perhaps non-existence would hurt less than this continued longing for what seemed increasingly impossible to reclaim. What anchored him was a mixture of stubbornness and that persistent, irrational optimism—the belief, against all evidence, that somewhere ahead lay the possibility of connection that wouldn't end, of belonging that wouldn't dissolve, of a self that wouldn't need to fragment to survive.

The bar becomes his refuge, every Saturday night. Lou Reed's voice hangs in the air like smoke, the melancholy notes of "Heroin" weaving between bottles and conversations. It's always Velvet Underground when he needs it most—the soundtrack to his isolation. He sits, invisible on his barstool, typing words of depth that no one will ever read, feeling the weight of having so much to offer with no one to receive it. The pain is exquisite. Sometimes he thinks naively that the only difference between Elon Musk and himself is hereditary income—potential unrealized due to circumstance rather than capability.

If connection is the goal, his methods betray him. He waits, the stoic figure hoping to be approached, while around him a thousand similar men actively pursue what he merely contemplates. His self-awareness is both blessing and curse; he recognizes his failings yet refuses to address them. In every other aspect of life—physical, intellectual, professional—he excels through discipline and effort, but here in this realm of human connection, he allows himself to remain weak, and so he suffers. The bar teems with possibilities, more women than men, a sea of potential connections. He carries more depth, more experience, more strength than most, yet will he ever demonstrate it? He continues typing instead, living in this digital



realm while his physical self remains anchored to the barstool, straddling two realities but belonging fully to neither.

Later, it will be the strip club. The transition from regular bar to gentleman's club has become part of the Saturday night ritual. There, at least, he won't have to wonder about the rules of engagement, won't have to risk the rejection that feels so devastatingly personal. There, the transaction is clear—money for attention, cash for company.

Then comes the Uber ride home. The driver attempts conversation, then quickly recognizes the signals and falls silent. Earbuds in, The Doors playing—always The Doors when he reaches this state, Jim Morrison's voice the perfect soundtrack to dissolution. "This is the end, beautiful friend, the end..." The lyrics seem to address him personally, a message from the void he contemplates more often than he'd admit to anyone.

The world outside the car window blurs. Street lights smear into lines of meaningless illumination. In this moment, suspended between the artificial connection of the strip club and the genuine isolation of his apartment, a wave of pure regret washes over him. He regrets everything—joining the Army, leaving Special Forces, pursuing this career, ending things with Dania, every decision that has led to this specific moment of profound confusion and loneliness.

The alcohol in his system doesn't numb these feelings but rather intensifies them, strips away the protective layers of rationalization and discipline that normally keep the existential dread at bay. In this unguarded state, the thought returns with particular force—the consideration that perhaps ending it all would be simpler than continuing this cycle of hope and disappointment, of reaching out and pulling back, of wanting connection but ensuring its impossibility. What keeps him from acting on this thought isn't certainty but its opposite—the confusion that permeates everything, the lingering possibility that tomorrow might somehow be different, that some path toward meaning might yet reveal itself if he just continues a little longer.

The Uber arrives at his apartment building. He tips generously—a small attempt at human connection, at acknowledging another's existence, at momentarily mattering to someone else. Then he's alone again, walking the familiar path to his door, to Roux's welcoming presence, to another night of sleep that will reset this cycle, that will return him to the disciplined, competent professional who bears little resemblance to the confused, regretful man in the back of that Uber. Morning will come. The run will happen. The structure will reassert itself. Until the next Saturday night, when the cycle begins again.

On his way up the stairs, he hears his neighbor's gaming session in full swing, the excited chatter of teammates coordinated through headsets, fighting digital battles together from bedrooms across the country. The sound follows him as he passes the apartment where his other neighbor lives—the Philadelphia sports fan whose life parallels his own in so many ways. He wonders what that man is doing tonight. Watching highlights alone? Texting with distant friends about tomorrow's game? Sleeping already? Three men in three separate units, experiencing three variations of the same millennial condition—unprecedented connectivity coupled with unprecedented isolation. The technology that promised to bring them together has

instead given them the tools to maintain comfortable distance, to simulate connection without risking actual intimacy. They live behind screens that serve dual purpose: windows to a wider world and barriers against genuine encounter. He reaches his door, key in hand, and realizes he doesn't even know their names.

DRAFT



## PART IX: FIRE

He created the website before departing to Maui, intending to document an ordinary vacation. Instead, he found himself chronicling disaster.

Maui's beauty had exceeded all expectations. Exotic flowers grew wild along paths to their rental. The Pacific Ocean stretched endlessly from their backyard. Sea turtles basked nearby on beaches, creatures older than the state itself. He'd felt immediately at home—an island where outdoor activities were the social currency, where his preferences didn't mark him as an outsider.

The Aloha spirit appeared everywhere. At Hawaiian Village Coffee where locals treated them like neighbors. On Kaanapali Beach where he snorkeled for the first time, floating above schools of fish, urchin, eels, even a reef shark. On the Paragon catamaran during their sunset sail from Lahaina Harbor, the crew extending a welcome he couldn't quite articulate but intensely felt.

Then came Tuesday, August 8, 2023. No electricity in their rental. No warning of danger.

They'd driven the Kahekili Highway—"Death Road"—around the volcano's perimeter, marveling at the scenery while winds nearly pushed their car off cliffs. The desolation hadn't registered as ominous, merely unusual. West Maui existed in an information vacuum—no power, spotty cell service, complete ignorance of the catastrophe unfolding in Lahaina.

By noon, they'd found themselves in Lahaina amid chaos—downed power lines, blocked intersections, police redirecting traffic. They'd discovered a rough side road along the eastern border of the residential area, following it until reaching a closed gate. Only when backtracking did they find another passage through the neighborhoods, eventually escaping to their rental. Hours later, all those areas burned.

On the website, he wasn't sharing these details to confess naivety, but to illustrate how easily anyone could be trapped. How a seemingly trivial decision contained life-or-death consequences. How impossible it is to react appropriately to danger you don't recognize.

Their ignorance continued. Hungry, they'd actually headed back toward the fire, mistaking it for a containable wildfire like those they'd witnessed in California. Only while waiting outside a Kaanapali resort did he finally sense peril—hurricane-force winds, damaged structures, debris and smoke filling the air. They returned to their rental with only macadamia nuts for dinner. While Lahaina burned, they watched the sunset. Children played in the pool nearby. No one understood what was happening mere miles away.

He didn't truly believe the reports until Thursday's drive to the airport. Even as a combat veteran, the destruction left him shaken.

At Kahului Airport, stranded overnight without access to checked luggage or security, they'd prepared to sleep in the terminal. Instead, local volunteers had appeared with blankets,

pineapple, water, toiletries, food—so much they eventually turned offerings away. Though a visitor, he felt embraced by the 'Ohana.

He learned later of families diving into the thrashing ocean to escape flames, of profound acts of protection and sacrifice. These stories echoed his combat experiences, revealing everyday heroes whose actions matched any elite military unit's courage.

Through it all, Alyssa had remained his constant companion, refusing frustration when circumstances demanded it, maintaining necessary levity. Of the truly defining moments in his life, he would always value sharing this one with her.

Lahaina. The day everything burned. They bonded in trauma. Shared something deeper than love. Survival. Witnessing destruction. Holding each other when the world went silent. And then he abandoned her. Just like that. Another retreat. Another mission completed. Another connection severed.

The pattern was so obvious it would be laughable if it weren't so painful. Each time connection deepened, each time it approached some threshold of significance, he withdrew. The specific reasons varied—timing, compatibility, circumstances—but the underlying mechanism remained consistent: a deep-seated belief in his own unworthiness combined with an even deeper fear of eventual rejection. Better to end things himself than risk abandonment. Better to control the narrative than surrender its authorship.

The resulting loneliness was partly self-imposed, a consequence of his own defensive patterns, but knowing this did nothing to alleviate its weight. If anything, it added the burden of responsibility—the knowledge that his isolation wasn't simply bad luck but the predictable outcome of his own choices. In moments of particular despair, this realization led back to that familiar thought—perhaps the simplest solution was to simply stop. End the cycle permanently. These thoughts arrived with disturbing clarity, not clouded by emotion but presented as rational calculation. Only that stubborn thread of optimism held him back—the inexplicable belief that perhaps, despite all evidence, he might still learn to accept connection without retreating, to receive love without questioning its validity, to belong without constantly preparing for exile.

Looking back at the Maui experience from his empty apartment, he realizes the fire revealed something fundamental about human connection that his generation seems to have forgotten. In crisis, strangers became family without hesitation. The locals who brought food to stranded tourists, the families who moved as one toward the safety of the ocean—these weren't connections mediated by screens or algorithms. They were immediate, visceral, necessary.

In his building of four units, three occupied by single men who barely acknowledge each other's existence, he wonders what disaster would be required to break down the invisible walls between them. Would it take a fire? A flood? Or has digital isolation calcified into something more permanent—a generational inability to recognize each other without the familiar interface of a screen between them?

## PART X: ALGORITHMS

The technology came easily to him, more naturally than human connection. Even as a child in North Dakota, writing HTML code on Notepad, building primitive websites, he had recognized a peculiar affinity—the logical progression of commands, the clear relationship between input and output, the reliability of syntax. Unlike people, who changed their rules without warning, technology followed consistent patterns. Unlike relationships, which defied diagnosis when they failed, code could be debugged systematically, the error identified and corrected.

The coding projects provided perfect metaphors for his psychological contradictions. The discipline required to build complex systems, to track variables, to anticipate exceptions—these mirrored his capacity for sustained effort in physical training, in professional advancement, in intellectual pursuit. Yet the same mind that could maintain focus through hundreds of lines of syntax contained some fundamental error in its deeper programming, some recursive loop that triggered abandonment at critical junctures.

He sometimes wondered if there existed an algorithm that could predict these moments of surrender, if sufficient data points could reveal the underlying pattern, if some complex equation could explain why the same person capable of sixteen-mile predawn runs and meticulously tracked weight progression would walk away from Special Forces Selection at the moment of imminent success. As if quantification might provide justification, as if pattern recognition might offer absolution.

But even here, his racing mind complicated the process. When coding, he wanted to explore the backstory and context to every piece of syntax. What exactly was inheritance? How was it best used? How was it developed? AI chatbots had become his mentors, constantly answering his never-ending inquisitive wondering, his guides down so many rabbit holes. The curiosity was genuine, the pursuit intense, but also exhausting—each line of code a potential universe of exploration, each function a doorway to endless corridors of inquiry.

Cannabis, when he could use it, transformed this experience entirely. The racing thoughts slowed to a manageable pace. He could actually achieve flow state, that elusive condition where time dissolved and focus crystallized, where he could write hundreds of lines without distraction or detour. What others misunderstood as intoxication was actually medication—a corrective lens for a mind that otherwise couldn't stop its constant acceleration.

This affinity served him well at the FAA, where his division's responsibility for enabling Artificial Intelligence represented the intersection of bureaucratic process and technological innovation. The contradiction fascinated him—using the most advanced algorithmic systems to optimize an organization defined by its procedural caution, its institutional resistance to rapid change. It was like grafting a supersonic engine onto a steamship, a marriage of radically different operational tempos that required careful negotiation.

Yet in this tension, he found unexpected satisfaction. The challenge of translation between technical possibility and institutional reality, between the mathematicians who designed

algorithms and the administrators who approved budgets, between the coders who built systems and the operators who used them. He became fluent in multiple languages—not just Python and .NET and SQL, but also the dialects of regulation, of risk management, of organizational politics.

The work provided objective markers of success, quantifiable improvements in efficiency, demonstrable enhancements to safety systems. These concrete achievements offered temporary relief from the persistent sense of inadequacy that drove him, brief moments when the evidence of his competence temporarily silenced the voice that whispered of insufficiency. Each successful implementation became another piece of armor against the doubt that had followed him from North Dakota to Ramadi to Florida to Washington to California.

What he rarely acknowledged, even to himself, was the deeper parallel between his professional expertise and his personal psychology. Both involved pattern recognition, prediction based on historical data, the attempt to optimize future outcomes based on past performance. Both reflected a fundamental belief that with sufficient information, with appropriate analytical tools, with rigorous methodology, uncertainty could be reduced, risk could be managed, chaos could be contained.

In his personal time, he pursued coding projects with the same intensity that characterized his running and his weight training—methodical, disciplined, measured in tangible outputs. Each GitHub contribution, each functioning application, each elegant solution to a complex problem became another demonstration of worth, another proof of value. The hours disappeared in the flow state that coding induced, the perfect absorption that temporarily suspended self-consciousness, that brief escape from the burden of identity.

His apartment reflected his pragmatic approach to technology. A single, aging monitor perched on a makeshift stand. A laptop with just enough processing power to handle the tasks at hand. No ergonomic considerations, no designer workspace—just functional equipment arranged for utility rather than aesthetics. The spartan setup spoke to his ability to accomplish complex work with minimal resources, to extract maximum performance from what others might consider inadequate tools. There was a certain pride in this approach—using rag-tag equipment to achieve what others needed expensive setups to accomplish. The physical space mirrored his lifelong pattern of adaptation, of making do, of finding sufficiency where others might see limitation.

The physical space enabled virtual exploration, the concrete environment subordinated to abstract engagement. Books on machine learning, texts on data visualization, manuals on system architecture shared shelf space with volumes on quantum physics, collections of philosophy, histories of warfare—the intellectual architecture that supported his digital constructions.

What drew him particularly to artificial intelligence was its fundamental promise—that with sufficient data, with appropriate algorithms, with adequate processing power, patterns could be discerned in apparent randomness, meaning extracted from apparent noise, prediction

established in apparent chaos. That the underlying order of reality, while not immediately apparent to human perception, could be revealed through computational analysis.

This same belief sustained him in less tangible domains—that there must be patterns to be discovered in his own experience, meaning to be extracted from his accumulated choices, some algorithmic understanding that could render coherent the disparate elements of his life. That with sufficient perspective, with appropriate analytical tools, with adequate processing of memory and emotion, the underlying logic of his existence might be revealed.

Late at night, after Roux had settled into sleep, he sometimes attempted to formalize this analysis. Spreadsheets tracking variables of experience—locations, relationships, professional roles, physical conditions. Visualizations mapping connections between events, identifying potential correlations, highlighting anomalous outcomes. Text files attempting to articulate the fundamental algorithms that governed his decisions, the core functions that determined his reactions, the basic parameters that defined his identity.

These efforts never yielded the clarity he sought. Unlike the digital systems he mastered professionally, human experience resisted computational analysis. The variables were too numerous, too interdependent, too resistant to quantification. The data was incomplete, corrupted by memory's distortions, insufficient for reliable modeling. The patterns that emerged were partial, contradictory, subject to multiple interpretations.

Yet he persisted in the attempt, driven by the same impulse that had led him from HTML on Notepad to complex AI systems at the FAA. The belief that beneath apparent randomness lies discernible order, that behind apparent contradiction exists fundamental consistency, that within apparent chaos operates comprehensible logic. That with sufficient effort, with appropriate methodology, with adequate persistence, understanding is possible.

This belief sustained him professionally as his team navigated the complex terrain of AI implementation in a federal agency. It motivated him personally as he continued to process the disparate elements of his experience—military service and academic achievement, professional success and relational limitation, physical discipline and emotional uncertainty. It offered a framework for continuing engagement with existence, a methodology for extracting meaning from the raw data of life.

What he rarely considered was the possibility that the algorithmic approach itself might be limiting, that the computational metaphor might be reductive, that some aspects of experience might be irreducibly non-quantifiable. That alongside pattern recognition might exist pattern creation, alongside prediction might exist intention, alongside optimization might exist valuation. That human consciousness might be not merely a processor of information but a generator of meaning.

Yet even in his most rigorous analytical moments, something escaped the algorithms, something exceeded the models, something transcended the patterns. The unexpected surge of emotion watching sunset over the Pacific. The inexplicable sense of recognition encountering

certain music, certain literature, certain faces. The persistent capacity for hope despite accumulated evidence of disappointment. These anomalies in the data, these exceptions to the patterns, these deviations from prediction—they suggested domains of experience that resisted algorithmic understanding.

In his professional role, he recognized these limitations. He understood that AI systems, however sophisticated, captured only certain dimensions of reality, that their outputs required human interpretation, that their recommendations needed ethical evaluation. He acknowledged the necessary partnership between algorithmic analysis and human judgment, between computational processing and conscious assessment, between mathematical optimization and moral consideration.

This recognition had not yet fully transferred to his personal domain, where the algorithmic approach remained dominant, where the computational metaphor still structured his self-understanding, where the engineering perspective continued to shape his engagement with experience. Yet the anomalies persisted, the exceptions multiplied, the deviations accumulated—suggesting alternative frameworks, pointing toward different metaphors, hinting at other ways of understanding.

The contradiction was particularly evident in his relationship with his team at work. While his analytical approach to management yielded impressive results—clear objectives, measurable outcomes, efficient processes—his most valued contributions often emerged from distinctly non-algorithmic capacities. Intuitive recognition of unspoken concerns, empathetic understanding of unstated needs, creative connection of apparently unrelated domains. These human abilities, resistant to formalization, irreducible to computation, essential to effective leadership.

Similarly, his most meaningful personal experiences—running along the Pacific shore at dawn, walking with Roux at sunset, rare moments of genuine connection with others—derived their significance not from their optimization value but from their intrinsic quality, not from their instrumental function but from their inherent character, not from their computational efficiency but from their experiential richness. These aspects of life that algorithms might utilize but could never fully comprehend, that systems might model but could never truly appreciate, that computation might process but could never actually experience.

The tension between these perspectives—algorithmic and experiential, computational and conscious, systematic and sentient—remained unresolved. Not a problem to be solved but a condition to be navigated, not a contradiction to be eliminated but a complexity to be engaged, not a bug to be fixed but a feature to be explored. Another dimension of the ongoing integration of disparate elements, another aspect of the continuing negotiation of multiple perspectives, another facet of the persistent dialogue between different modes of understanding.

Like his work implementing AI in a traditional bureaucracy, this integration required neither wholesale rejection of the algorithmic nor uncritical embrace of the experiential, but rather thoughtful engagement with both. Recognition of the value and limitations of computational



approaches, appreciation of the richness and constraints of conscious experience, exploration of the productive tension between systematic analysis and sentient awareness.

In his more reflective moments, usually during those long runs or late nights, he glimpsed the possibility that this integration might offer a more comprehensive framework than either perspective alone. That the algorithmic might provide structure without determining content, that the experiential might provide meaning without sacrificing coherence, that together they might enable engagement with reality that was both rigorous and rich, both systematic and significant, both analytical and authentic.

This integration remained aspirational rather than achieved, a direction rather than a destination, a process rather than a product. But in its incomplete, ongoing development, it reflected something essential about human consciousness itself—not a fixed state but a dynamic activity, not a stable entity but a continuing engagement, not a final algorithm but an evolving program constantly rewriting itself through interaction with experience.

The code continues to run, processing new inputs, generating new outputs, modifying its own functions based on accumulated results. The algorithms evolve, incorporating new data, adjusting their parameters, refining their operations through iterative engagement with reality. The system remains open, responsive to feedback, capable of learning, oriented toward improvement without expectation of perfection.

In this ongoing operation, this continuous processing, this persistent engagement with existence through multiple frameworks, multiple perspectives, multiple modes of understanding—perhaps here, rather than in any final resolution, lies the essence of consciousness, the nature of intelligence, the character of humanity. Not in achieving perfect algorithms but in maintaining open systems, not in eliminating all anomalies but in remaining responsive to exceptions, not in optimizing against all variation but in preserving capacity for surprise.

The anomalies persist. The exceptions multiply. The deviations accumulate. And in their persistence, their multiplication, their accumulation—not bugs in the system but features of existence, not errors in the code but invitations to evolution, not failures of prediction but opportunities for discovery. The algorithms continue to process. The consciousness continues to experience. The dialogue between them continues to unfold.

His generation, the millennials, seem particularly caught in this algorithmic trap. Social media feeds designed to optimize engagement rather than connection. Dating apps reducing human compatibility to swipeable parameters. Careers tracked through quantifiable metrics that miss the qualitative dimensions of contribution. All around him, he sees his peers trapped in the same illusion—that with sufficient data and the right filters, the messiness of human experience can be tamed, that the perfect algorithm might solve the fundamental problem of existence. As he listens to his upstairs neighbor grinding through another night of online gaming, he wonders if they're both seeking the same thing—a world with clearer rules, more immediate feedback, more reliable cause-and-effect relationships than the bewildering complexity of actual human



connection. The algorithms seduce with their promise of order, but deliver only simulation, a carefully curated approximation of the rich disorder that constitutes genuine experience.

DRAFT

## PART XI: RHYTHMS

The rhythm of his days has a military precision that both grounds and isolates him. Four a.m. comes without the need for an alarm—his body wakes automatically, a residual discipline from years of deployment. The pre-dawn darkness still holds the slight disorientation of waking in unfamiliar places, a momentary confusion about which country, which year, which life he's inhabiting. Then Roux shifts at the foot of the bed, and reality assembles itself around that small center of warmth.

The morning runs had taken on ritual significance. Sixteen miles along the shore, no music, no distractions, just the rhythm of feet against pavement and the endless loop of thoughts. These hours represented his most consistent victory against the pattern of surrender. Each mile completed, each run finished regardless of discomfort or fatigue, accumulated as evidence against the defining narrative of abandonment, suggested the possibility that different choices remained available.

The contradiction wasn't lost on him—how the same person who quit basketball, who went AWOL, who walked away from Special Forces Selection, who abandoned the National Guard, could simultaneously maintain this relentless physical discipline, this unyielding commitment to daily suffering. As if the body were trying to compensate for the mind's betrayals, as if the visible discipline might somehow counterbalance the invisible surrenders.

The running shoes wait by the door, old and worn, purchased cheap online before he finally began investing in better footwear in recent years. No technical shirts or specialized gear—just whatever old t-shirt and shorts are clean. No compression sleeves or supports despite the occasional complaints from joints that have carried him thousands of miles. His GPS watch—the one concession to modern running technology—keeps track of his miles, a digital record of his physical discipline. Every movement born of necessity rather than optimization, every mile an exercise in pushing through discomfort rather than attempting to mitigate it. The spartan approach to running mirroring his approach to everything else—making do, embracing the bare minimum, finding strange satisfaction in accomplishing with less what others require extensive gear to achieve.

Outside, Long Beach is still sleeping. The streets belong to him and the occasional delivery truck, the rare fellow runner with whom he exchanges the briefest nod of recognition. He starts slow, letting his body warm, the first mile always the hardest as joints protest and muscles remember their purpose. By mile four, he's found the pace—not punishing but persistent, a tempo that he could maintain for hours if necessary. His breath settles into a pattern that matches his footfalls, a meditation of movement.

The route varies but always includes the shoreline. Something about the meeting of land and sea speaks to him—the boundary between elements, the endless negotiation of waves against sand. He runs past palm trees that still seem exotic to him, past luxury homes and homeless encampments, past the infinite variations of California life that both fascinate and perplex him.

The sky lightens, coloring from black to deep blue to the particular shade of morning that still, even after all these years, surprises him with its clarity.

By mile twelve, the endorphins have taken over, and his mind detaches from the mechanics of running. This is when the thinking happens—not the anxious spirals of late-night contemplation, but a clearer, more distanced assessment. Problems at work, the uncertainties of his future, the lingering questions about his past—all examined with a strange objectivity, as if he's considering someone else's life. Sometimes solutions emerge; more often, acceptance. The rhythm of movement imposes order on his thoughts, separates signal from noise.

There's a specific shift in his mindset when fatigue begins to set in during his runs. Around mile ten, his focus turns analytical—he begins to think about biomechanics and kinesiology, transforming running into an algorithm to optimize. Each step becomes a problem to solve, an equation to balance. He recalls the contradictory expert advice he's accumulated over years—fall forward to leverage momentum; no, stand upright to lengthen your gait—and works to integrate these opposing theories into some coherent movement pattern. His mind drifts back to high school basketball training, when plyometrics served him so well he could dunk as a six-foot freshman. He remembers to run on his toes, to barely let his feet touch the ground, to float more than run. This mental exercise, this transformation of physical activity into intellectual challenge, carries him through the fatigue that would otherwise slow him. The body wants to quit; the mind refuses to let it.

The morning runs provide temporary relief. Around mile twelve, when physical exhaustion finally begins to outpace mental energy, a brief window of relative quiet opens. The constant internal commentary fades beneath the louder signals of protesting muscles and laboring lungs. This momentary reprieve is as addictive as any substance—the rare experience of being fully present without the accompanying cognitive static.

The last mile is always pushed, a final burst of effort that leaves him gasping. There's something purifying about this voluntary suffering, this chosen exhaustion. He finishes where he began, the loop completed, sweat-soaked and temporarily emptied of doubt. This is the best part of his day—the moment when mind and body align in simple fatigue, when the past releases its grip and the future hasn't yet reasserted its anxieties.

Running isn't simply exercise for him—it's exorcism, therapy, proof of worth. Each mile logged is a quantifiable measure of discipline, a tangible counter to the persistent sense of inadequacy that has driven him since childhood. The physical discomfort serves as both distraction from and atonement for deeper pains. When his legs burn and his lungs heave, the more abstract forms of suffering—regret, doubt, loneliness—temporarily recede. The voice that constantly critiques, that whispers of insufficiency, that compares his achievements to an impossible standard, is momentarily silenced by the loud simplicity of physical strain.

This same drive manifests in his weight training—methodical, scientific, relentlessly progressive. Each workout meticulously tracked, each increment of improvement noted with a satisfaction more intense than most experience from major life events. The gym offers a perfect meritocracy,

an environment where effort correlates directly with result, where the variables can be controlled, where progress can be measured in plates added and repetitions completed. Unlike the messiness of human relationships, unlike the capriciousness of professional advancement, unlike the arbitrary distribution of genetic gifts, the weight room promises a direct relationship between input and output. Do the work, get the result. A simplicity he craves.

Music has been another constant rhythm in his life, a thread connecting disparate chapters of his story. In North Dakota, he had supported his friend Ryan's band, managing their online presence before "content manager" was even a term in the late 1990s. Ryan had introduced him to The Doors, whose mystique and mythology later drew him to California. Jim Morrison's poetic rebellion and early death had fashioned his teenage ideology, convincing him that living brightly mattered more than living long—a philosophy that shaped his reckless twenties.

His musical tastes defied easy categorization. As much as classic rock formed his foundation, he had fallen asleep to classical symphonies on Prairie Public radio as a child, finding their complex arrangements soothing to his racing mind. In rural North Dakota, he had to conceal his love for electronic music, aware that the conservative culture associated it with homosexuality, which at the time represented the ultimate social transgression. This musical secrecy became one more facet of his compartmentalized existence, another aspect of himself kept hidden.

The Army had brought Madrigal into his life, a rare kindred spirit who shared his musical sensibilities. Using his friend Adrian's ID, they would escape to Hiphuggers on River Street in Savannah, a temporary respite from military rigidity. His coding skills had developed partly from necessity—navigating remote servers via Internet Relay Chat, writing scripts to hunt and download music otherwise inaccessible in his geographic isolation.

During college, the online radio station Digitally Imported had accompanied every study session. He would lose himself in Future Sounds of Egypt with Aly & Fila, Trance Around the World with Above & Beyond, and A State of Trance with Armin Van Buuren, engaging with fellow listeners on message boards, analyzing new "choons" with a community that existed purely in digital space. While wearing the uniform, he had dreamed of visiting Ibiza, though financial constraints kept the electronic music mecca beyond reach.

California had finally provided direct access to the scene he had long admired from a distance. For months, he visited LA clubs nearly every weekend—Avalon in Hollywood, Exchange in downtown, the Palladium, Sound, the Academy. He witnessed Markus Schulz deliver epic 8-12 hour sets, experienced his favorite producer Eric Prydz in a dark warehouse setting that embodied the authentic rave spirit he had imagined for years. His personal mixes gained enough of an audience on Soundcloud to validate the effort, another domain where his obsessive approach yielded tangible results.

Home again after his run, the shower washes away the physical evidence of effort, but the mental clarity remains. Breakfast is functional rather than pleasurable—protein, complex carbohydrates, calculated nutrients. He eats standing at the kitchen counter, scanning news on

his phone, already transitioning to his professional persona. Roux watches hopefully for dropped morsels, her presence a gentle anchor to the domestic present.

The morning's intellectual routine is as disciplined as the physical one. While others might turn on morning shows or scroll mindlessly through social media, he allocates his time with deliberate purpose. YouTube lectures on particle physics, explanations of quantum mechanics, explorations of fundamental forces that govern the universe. The curiosity genuine, the pursuit intense, but also serving as another form of compensation—the boy with crooked teeth proving his worth through intellect, the soldier who quit finding redemption through understanding, the perennially insufficient man creating value through knowledge acquisition.

Television holds little appeal, its passive consumption an anathema to someone who measures his worth in productivity, in tangible outputs. The exceptions are telling—Philadelphia sports, a connection to origin and identity, a rare indulgence in tribal belonging; and professional wrestling, with its choreographed narratives of struggle and redemption, its simplified moral universe where effort and perseverance are rewarded, where storylines reach satisfying conclusions unlike the messiness of actual experience. These exceptions stand out precisely because they represent rare moments of surrender to simple pleasure, brief armistices in the ongoing war against his own perceived inadequacy.

Instead of television's easy distraction, evenings often find him hunched over his laptop, coding new projects, building data science applications, creating digital architectures that reflect his need for order, for control, for measurable achievement. Each completed program a concrete demonstration of mastery, each solved problem a small victory against chaos. The hours disappear as he loses himself in the clean logic of algorithms, the predictable syntax of programming languages, the satisfaction of watching complex systems emerge from his direction.

This relentless drive—physical, intellectual, professional—stems from a place of profound insecurity that he can neither fully acknowledge nor completely escape. Each achievement not a source of satisfaction but merely the temporary alleviation of anxiety, each accomplishment not a destination but merely a waypoint on an endless journey toward a worthiness that constantly recedes before him. The more he achieves, the higher he sets the bar; the more competent he becomes, the more harshly he judges his inevitable limitations.

The resulting loneliness isn't situational but existential—not merely the absence of others but the absence of genuine connection with those present. Even in his most accomplished moments, even when surrounded by colleagues who respect him or acquaintances who admire him, he remains fundamentally separate, isolated by the gap between external perception and internal experience. This isolation sometimes becomes so acute that the thought occurs with chilling clarity: perhaps the simplest solution is to end it entirely. The idea presents itself not as emotional desperation but as logical conclusion, a rational assessment of the cost-benefit ratio of continuing. What pulls him back from this precipice isn't reason but a stubborn, inexplicable optimism—the belief, against all evidence, that perhaps tomorrow might bring the connection he seeks, that meaning might yet be discovered, that his story might still find resolution. This thread

is thin, but it has proven surprisingly resilient, a lifeline in moments when by all rational calculation, he should have surrendered.

At work, the racing helps and hinders simultaneously. The ability to process multiple problems along parallel tracks, to anticipate complications before they arise, to generate solutions from seemingly unrelated domains—these cognitive gymnastics serve him well in complex situations. But the same racing makes simple tasks torturous, straightforward meetings exhausting, casual workplace interactions a complex calculation of socially acceptable responses.

Working from home has proven both blessing and curse. The boundary between professional and personal life blurs, with his workspace integrated into his living environment. There's no physical transition, no buffer zone between roles. The same walls witness both his professional competence and his private doubts. Yet the arrangement suits his solitary nature, removing the performative aspects of office presence, the energy drain of constant social navigation. In video meetings, he can focus purely on content rather than the complex choreography of in-person interaction. Only his apartment walls witness the moments between calls when the professional mask slips, when he momentarily exists in the liminal space between personas.

But always, beneath the surface of meetings and emails and strategic planning sessions, runs the current of his other life—the one that contains Ramadi and Special Forces selection and all the versions of himself he's been and tried to be. Sometimes a phrase in a presentation, a particular quality of light through the office window, a specific cadence in a colleague's voice will trigger the overlay of memory, and for a moment he's adrift between realities. He's developed techniques for these moments—a deliberate focus on physical sensation, a mental recitation of present facts, a momentary excuse to step away until the wave passes.

The evening brings its own ritual. The change from work clothes to running shorts, the walk with Roux along the shore as sunset transforms the Pacific. If it's Thursday, dinner with his parents—the rare space where he allows himself complete vulnerability, where he shares even his darkest thoughts without filter or deflection. These meals represent his most genuine human connection, a sanctuary where he doesn't need to perform or hide. They listen, understand, offer perspective without judgment. In a life characterized by walls and distance, his parents remain the exception—the relationship where authenticity isn't just possible but natural.

They worry about him, he knows—his solitude, his relentless self-sufficiency, his apparent inability to form lasting intimate connections beyond family. He doesn't hide these aspects of himself from them, doesn't feel the need to present a sanitized version of his life. The Thursday dinners and Saturday brunches with his mom represent not just ritual but authentic engagement, moments when he feels most connected to his own history, most grounded in the continuity of his existence.

Sometimes, sitting across from them at dinner, he wonders what they see when they look at him. Do they recognize the small boy who once needed them so desperately? Can they discern the accumulated scar tissue of his experiences, the weight of decisions made and unmade? Do they sense the questions that keep him awake at night—not just about his career or his



relationships, but about meaning itself, about purpose in a universe that appears fundamentally indifferent to human striving?

These existential questions have become his most consistent companions. Not in an abstract, academic sense, but as lived experience. What constitutes a life well-lived? What obligations do we bear to ourselves, to others, to the dead? Is meaning created or discovered? Is connection possible across the inevitable gaps between consciousnesses, or are we all ultimately alone in our perception of reality?

He finds partial answers in unexpected moments—in Roux's unqualified affection, in the perfect execution of a technical challenge at work, in the brief but genuine interactions with baristas and store clerks and others who populate the periphery of his life. In sunrise over the Pacific, in the satisfaction of physical exhaustion after a long run, in the small kindnesses he witnesses between strangers. Not answers that resolve the questions permanently, but temporary stays against confusion, moments of clarity in the ongoing turbulence of existence.

Sleep becomes a battleground. His mind accelerates as external stimuli decrease, thoughts spinning faster in the darkness, each one triggering cascades of associations, memories, questions, plans. Sometimes he lies awake until 3 a.m., watching the ceiling, trying to exhaust his brain into submission. Sometimes he succeeds. Often he doesn't.

Night is the most difficult time. When the routines end, when the distractions fade, when the carefully maintained boundaries between past and present grow thin. This is when the whiskey sometimes helps, when the bar sometimes beckons, when the phone sometimes feels like the only tether to a world beyond his own mind. But even in these dark hours, the discipline holds. Tomorrow will begin again with the reliability of sunrise, with the rhythm of feet against pavement, with the temporary clarity of physical exertion.

The loneliest moments arrive in this transition between wakefulness and sleep, when the mind's defenses are at their weakest. It's then that the full weight of his isolation presses down, the awareness of all the connections severed, all the intimacies avoided, all the retreats executed. The thought presents itself again—the clear, calm consideration that perhaps ending it all would be simpler than continuing this endless cycle of hope and disappointment, of reaching out and pulling back, of wanting connection but ensuring its impossibility. The intellectual calculation seems sound in these moments, the cost-benefit analysis pointing toward a single conclusion. What keeps him here isn't logic but its opposite—that persistent flame of optimism that refuses to be extinguished despite all evidence, that insists against reason that tomorrow might yet reveal something worth continuing for.

It's not happiness, not in the conventional sense. But it's a life built with intention, a structure created to contain the chaos of experience, a practice of continuing despite uncertainty. And sometimes, in rare moments—watching the perfect curve of a wave, feeling the precise balance of a well-crafted sentence, witnessing the unconditional welcome in Roux's eyes—it approaches something like peace.



## PART XII: THRESHOLDS

Life is measured in thresholds crossed, boundaries traversed, lines drawn and then stepped over. The physical ones are easiest to recognize—the doorway of his childhood home left for the last time, the plane ramp boarded for deployment, the hospital exit after the shattered leg, the Special Forces training gate he walked away from, the threshold of each new apartment, office, relationship. Each crossing marked a before and after, a visible demarcation between states of being.

But the internal thresholds are more significant and harder to pinpoint. When exactly did the North Dakota boy become a soldier? Not at basic training—that was just pantomime, playing at soldiering. Not even in Kuwait, where war still seemed like an abstract concept, a problem to be solved through planning and preparation. Perhaps it was that first firefight in Iraq, when theoretical danger became actual bullets, when the sound of gunfire transitioned from training exercise to survival imperative. Or perhaps later, after enough combat that killing and the risk of being killed became mundane, accepted, simply the parameters of daily existence.

When did the soldier become a student? Not at orientation, certainly, where he sat among teenagers and felt like a time traveler from another dimension. Not in those first classes, where he performed adequacy while feeling fundamentally separate. Maybe during that philosophy seminar where, for the first time, the discussion of ethics and existence seemed more urgent than tactical considerations. Or in the rare, precious nights of genuine connection with his fraternity brothers, when laughter came easily and war receded to a distant shore.

The transition from student to bureaucrat had no clear moment of transformation. It was a slow surrender to pragmatism, a gradual acceptance that dreams require financing, that principles must occasionally bow to practicality. The day he put on his first suit for the FAA interview? The moment he accepted the offer? The first performance review that confirmed his competence in this unexpected arena? Or perhaps the realization, years in, that he had built a career where he had intended only a temporary refuge.

Most elusive was the threshold between connection and isolation. There had been moments of perfect communion—with combat brothers in Iraq, with friends in college, with Dania during their time together. Moments when the barriers between self and other seemed permeable, when understanding flowed freely in both directions, when he was fully seen and fully accepted. But these states never sustained. Something in him always withdrew, always reinforced the boundaries, always returned to the safety of separation.

Was there a specific moment when this pattern became fixed? When temporary withdrawal calcified into permanent distance? When the habit of self-protection overwhelmed the hunger for connection? He can't identify it, can only recognize its effects—the succession of relationships that reached a certain depth and then stalled, the friendships that faded when intimacy loomed, the professional connections that remained rigidly within their prescribed contexts.

The human tendency is to create narratives, to impose pattern and meaning on the chaos of experience. To say: this caused that, this led to that, this explains that. But experience rarely conforms to narrative logic. Events don't lead inevitably to outcomes; choices don't emerge from clear motivations; character isn't destiny. Life is messier, more contingent, more influenced by chance and circumstance than we care to admit.

Maybe there was no moment of transformation, no single threshold that changed everything. Maybe the story is more fractal than linear—patterns repeating at different scales, small decisions reinforcing or altering trajectories, identity emerging not from dramatic pivots but from the accumulation of ten thousand unremarkable choices. Maybe he is still becoming, still crossing thresholds, still capable of surprising himself.

The question haunts him: is there a threshold between the life he has and the life he wants? A clear line that, if crossed, would lead to greater contentment, deeper connection, more authentic engagement with his own existence? Or is the very idea of such a demarcation an illusion, a fantasy that somewhere, through some single transformative act, a more satisfying reality awaits?

Perhaps the most difficult recognition is that thresholds work both ways. That crossing from one state to another doesn't prevent return. That the soldier still exists within the civilian, the child within the adult, the warrior within the bureaucrat. That all previous versions of the self persist, overlapping, contradicting, enriching each other. That identity isn't replaced but accumulated, layers upon layers of experience creating depth and complexity rather than simple progression.

This understanding offers both comfort and challenge. Comfort in knowing that nothing is truly lost, that all capacities and insights remain accessible. Challenge in accepting the responsibility of integration, of acknowledging all these selves as legitimate aspects of a single consciousness, of finding some center that can hold such multiplicity without fragmentation.

The philosopher William James wrote of the "blooming, buzzing confusion" of reality before the mind imposes order. Maybe authentic living requires becoming comfortable with this confusion, this ambiguity, this refusal of simple categories and clean transitions. Maybe the goal isn't to cross some final threshold into certainty but to remain poised at the boundary, balanced between knowing and questioning, between definition and possibility.

He stands now at such a boundary. Career in flux, middle age approaching, the future less defined than at any point since leaving the military. The usual response would be to push forward, to cross quickly into new certainty, to replace the threatened identity with another solid construction. But perhaps this time, the invitation is to linger in the liminal space, to resist the urge for immediate resolution, to explore the creative potential of uncertainty.

The threshold itself might be the destination. Not a line to cross but a place to inhabit, a perspective that encompasses both what was and what might be, both memory and anticipation, both the solid ground of accumulated experience and the open sea of continuing

discovery. A place of both/and rather than either/or, of integration rather than selection, of wholeness rather than partiality.

From this threshold perspective, the disparate elements of his life—soldier and scholar, athlete and intellectual, leader and loner—appear not as contradictions but as complementary aspects of a complex whole. The North Dakota childhood that taught endurance. The military service that revealed both the depths of human capacity and the costs of violence. The academic exploration that expanded intellectual horizons. The bureaucratic career that developed different kinds of strength. The relationships that, even in their impermanence, demonstrated his capacity for connection.

This integration doesn't erase the pain, the regrets, the sense of paths not taken. But it places them within a larger context, a more encompassing narrative that acknowledges both loss and gain, both failure and achievement, both the specific life he has lived and the universal human experience he shares with others. A narrative not of either redemption or tragedy but of ongoing engagement with the fundamental questions of existence.

The waves break against the shore, neither fully of the land nor fully of the sea but participants in both realms. The boundary is not fixed but constantly negotiated, constantly recreated through the eternal conversation between elements. Perhaps this is the model—not the clear line crossed once and for all, but the dynamic interaction that acknowledges separation while creating connection, that maintains integrity while allowing influence, that preserves identity while enabling growth.

He watches the waves from his beach apartment, feels the pull of their rhythm, recognizes something of himself in their endless movement between states. Roux settles against his leg, anchoring him to the present moment even as his mind ranges across thresholds of time and possibility. The ghosts keep a respectful distance, acknowledging this moment of potential transformation.

No dramatic decision presents itself, no clear directive emerges. Just a subtle shift in perspective, a slight alteration in the quality of attention, a new willingness to hold contradictions without immediate resolution. Not an ending but a continuation, not an arrival but a deepening into the journey itself.

The threshold remains. He remains at the threshold. Both have changed through their encounter. Both continue to change. This is the nature of boundaries—not divisions but interfaces, not barriers but points of contact, not endings but beginnings. Places where separate realities meet and, in meeting, create something new.

In the courtyard of his apartment building, he sometimes passes his neighbor—the Philadelphia sports fan—taking out the trash. Their ritualized exchange rarely varies: a nod, perhaps a comment about last night's game, sometimes a brief complaint about the building's management. He recognizes their interaction as another threshold, one neither of them seems willing to cross. From casual acquaintanceship to actual friendship lies a gulf that feels

unbridgeable, not for lack of potential connection but for lack of practice. Like so many of his generation, the muscles required for spontaneous friendship seem atrophied, weakened by years of digital intermediation where relationships can be managed, controlled, kept at comfortable distance. The skills his parents' generation took for granted—dropping by unannounced, sharing a meal without planning, building friendship through proximity rather than algorithm—have become foreign, almost threatening in their directness. The threshold between isolation and connection stands clear before them, but the courage to cross it eludes them both.

DRAFT

## PART XIII: RECONSTRUCTION

It wasn't until his mid-thirties, settled in California and established in his FAA career, that he finally addressed his teeth. The decision came after years of hard work, promotions, achievements that should have conferred confidence but somehow never quite did. The dental work was expensive—painfully so for someone still haunted by financial insecurity—but necessary in ways that transcended aesthetics.

The dental transformation had paralleled his ongoing struggle with the pattern of surrender. Years of self-consciousness about crowded teeth, attempts at self-correction with pliers, the failed Invisalign effort during his DC years—all leading eventually to the definitive solution in his California period. The cosmetic dentistry represented a rare instance of completion, of seeing something difficult through to conclusion, of refusing to abandon a goal despite financial cost and physical discomfort.

Yet even this achievement carried the shadow of his defining pattern. The newly straightened teeth sometimes felt like imposters, like foreign objects in his mouth, their perfection at odds with his internal sense of incompleteness. As if his body were rejecting the suggestion of resolution, as if his very tissues rebelled against the implication that any part of him could be fully reconstructed, fully realized, fully finished.

The process wasn't the gradual transformation that orthodontics would have provided. He had tried that route once—a failed attempt with Invisalign during his early career in DC that proved insufficient for his dental issues. Instead, after finally overcoming the financial debt accumulated during his college years, he visited a cosmetic surgeon for a more definitive solution. One day he walked in with crowded teeth and walked out with a smile he could finally be proud of. An immediate, seismic shift rather than an incremental change. No months of appointments, no gradual adjustments, no metal brackets to trace—just a before and after with a clear line of demarcation between them.

The suddenness of the transformation was disorienting in its own way. The first time he smiled without self-consciousness was like suddenly losing a chronic pain he'd grown to identify with. Social interactions became less exhausting without the constant calculation of angles, the strategic positioning to hide his profile, the reflexive hand-to-mouth gesture that had become so ingrained he'd ceased to notice it.

The change created its own anxiety. Who was he without this particular brokenness? What identity remained when this central deficiency was corrected? The physical fix revealed how much of his personality—the intensity, the drive, the intellectual compensations—had been constructed around this perceived flaw. Like removing a foundational stone from a tower and watching the entire structure shift and settle.

The dental transformation coincided with his most significant professional advancement, supervising AI implementation across the FAA. There was symmetry in this—artificial intelligence representing the pinnacle of logical systems, the ultimate expression of order

imposed on chaos, while his newly aligned teeth represented a similar victory of design over natural disorder. Both reflected his fundamental belief that sufficient application of will, of effort, of intelligence could correct any deviation, overcome any obstacle.

Yet neither transformation brought the resolution he'd expected. The newly regularized smile still felt foreign, belonged to someone he was still becoming rather than someone he recognized as himself. The impressive job title still felt partly fraudulent, a role he performed competently but not one that fully encompassed his complexity, his contradictions, his capacity.

The real reconstruction wasn't physical or professional but internal—the slow, uneven process of integrating the person he had been with the person he was becoming. Of accepting that the crooked-toothed boy from North Dakota, the adrenaline-charged soldier from Ramadi, the ambitious student from Florida, the ascetic bureaucrat from Washington, and the accomplished division manager from California were not sequential identities but concurrent aspects of a single, continuous self.

This integration remained incomplete, a project rather than an achievement. Some days the disparate elements aligned into coherence; other days they fractured into contradiction. The physical discipline that drove sixteen-mile runs and rigorous weight training existed alongside intellectual curiosity that consumed quantum physics videos until dawn. The professional competence that managed complex government systems coexisted with profound doubts about institutional purpose. The capacity for intense connection demonstrated with Dania persisted despite the habitual isolation he maintained.

Perhaps complete integration was neither possible nor desirable. Perhaps the tension between these elements—the productive friction of competing drives, perspectives, needs—was itself a source of energy, of creativity, of growth. Perhaps the goal wasn't resolution but dynamic balance, not fixed identity but continuous becoming.

The teeth became a private metaphor. Physically aligned but bearing subtle evidence of their history, the invisible memory of their former positions encoded in roots and nerves. Functional, aesthetic, but carrying an interior narrative unknown to casual observers. A surface correction that reflected but couldn't completely resolve deeper patterns.

Still, the change was real and consequential. However partial, however ongoing, the reconstruction created space for new possibilities. The energy once consumed by self-consciousness became available for other pursuits. The barriers once erected against intimacy, while not demolished, developed potential points of passage.

The question remained whether he would use this capacity, whether the theoretical possibility of deeper connection would translate into actual relationships. Whether the reconstructed smile would become a genuine expression rather than another carefully calibrated performance. Whether the integrated self would engage more fully with others or simply become a more sophisticated form of isolation.

For now, the process continued. Each morning run, each coding project, each professional achievement, each tentative social engagement both an expression of who he had been and an experiment in who he might become. The reconstruction neither complete nor abandoned but ongoing, a daily practice rather than a destination reached.

And in this incompleteness, this refusal of simple resolution, there was its own kind of authenticity. The acknowledgment that identity is not fixed but fluid, not singular but multiple, not achieved but continuously negotiated. That the self is not a building completed but a conversation continuing, not a problem solved but a question explored.

The newly straightened teeth smile at this recognition. Not a finished project but a work in progress. Not perfection but improvement. Not an end but a beginning. The reconstruction continues.

He wonders sometimes about the reconstruction happening in the lives around him—his silent neighbors, his distant colleagues, the strangers he passes on Long Beach streets. How many of them are engaged in similar projects of integration, of reconciliation with past selves, of negotiation with present limitations? His generation speaks the language of personal growth with fluency, but often experiences it in isolation, sharing the journey through carefully curated social media posts while keeping the messy reality private. The authentic struggle remains hidden behind Instagram filters, Twitter philosophizing, LinkedIn achievements. A generation reconstructing themselves in parallel, each believing their process unique, never recognizing the universal patterns they all share.

In his building of four units, three men navigate invisible reconstructions, separated by walls and silence but united by the quintessential millennial experience—trying to build coherent identities from the fragments of broken institutions, collapsed economies, and digital distortions of human connection.

He knows why he misses the barracks, the apartment shared with college friends, even North Dakota—places where authenticity required no translation. The subsequent years have placed him in an invisible cage of his own construction. Wild by nature but subdued by circumstance, he presents a carefully curated version of himself to those who know him now. They encounter only the moderated edition, unaware that the essential self remains shackled by the chains of accumulated caution.

He has never learned to trust enough to remove the restraints, to reveal the unfiltered truth beneath the performance. For years now, he has experienced life with the volume deliberately turned down, a muted existence compared to the full-spectrum chaos of his earlier self.

The present bears no resemblance to Camp Hovey in South Korea, with its savage revelry, where recreation involved pellet guns and physical risk. Gone are the testosterone-fueled wrestling matches with Hopp and Ramos that inevitably ended with someone's temporary unconsciousness. Absent are the communal bottles passed among brothers, the shotgunned beers, the drunken howling of "Werewolves of London" in empty dormitory rooms at midnight.



Everyone—including himself—has grown up, exchanging the vibrant blur of youthful intensity for the slow, steady drip of adult restraint. He's adapted through his regimented discipline, but some essential part of him remains allied with chaos—a partnership incompatible with conventional achievement unless chaos itself becomes the goal.

As the likelihood of realizing certain dreams diminishes, he finds himself haunted by the accumulating years spent estranged from his authentic nature. The Saturday night escapes provide brief mental returns to that hallowed space of unconstrained being, but they cannot transport his body, his energy, his spirit back across the threshold of age and consequence.

He understands the impossibility of recapturing what time has taken—youth escapes everyone eventually. What he truly seeks is not merely the adventure or the thrill, but the companionship of kindred spirits—liberation-seekers, truth-tellers, mind-expanders, individuals who challenge conventional boundaries. People with whom the full-volume version of himself might once again find voice.

## PART XIV: PRESENT

The collapse came with clinical precision, a systems failure he should have anticipated but couldn't prevent. Several years ago, when work had threatened to overwhelm him for the first time, his mind—that reliable instrument of analysis—finally betrayed him. He had weathered a deeply personal humiliation the night before, the kind that burrows beneath the skin and nests there. By morning, he found himself shouldering a multimillion-dollar project, colleagues looking to him for guidance, his technical competence the assumed foundation upon which everything rested.

Then the thoughts began racing beyond his control, accelerating past their usual velocity, synapses firing in chaotic patterns. Voices around him faded beneath the crackling static of his own consciousness. The mental machinery that had always defined him—however exhausting—suddenly collapsed under its own momentum. A catastrophic pile-up of thoughts, the world narrowing to a single point before expanding into darkness.

In this altered state, he found himself reaching out to the Veterans Crisis Helpline, the shame of seeking help overwhelmed by the visceral need for it. The act itself felt like a surrender, another threshold crossed without his conscious permission.

The veterans hospital received him with institutional efficiency. For a week, he inhabited a space of clinical intervention that felt like someone else's story—a weaker man's narrative that he'd somehow stumbled into. The experience unfolded like a surreal psychodrama, equal parts necessity and humiliation.

He emerged not healed but validated by official diagnosis—a taxonomic confirmation of something he had always felt but never named. The week remains quarantined in his memory, rarely acknowledged even to himself. Yet it stands as empirical evidence of what his mind can do to him when the delicate machinery of control fails.

Drinking remains dangerous with his tendency toward addiction. He limits it to one day a week, maintaining strict boundaries around the ritual.

There's a certain pride in this management, a sense of discipline imposed on potential chaos.

The irony isn't lost on him—another system of control layered over natural entropy, another attempt to regulate forces that resist regulation.

Meanwhile, the racing thoughts continue their perpetual circuit, his mind an engine that consumes energy without useful output, generating heat without light, exhausting without accomplishing.

Now his career is in jeopardy. The federal government is downsizing, and despite his success in the FAA, having worked his way up to a division manager position where he is responsible for

the enablement of Artificial Intelligence technology for the entire agency, he feels the ground shifting beneath him again.

The philosophical irony isn't lost on him. Throughout his life, he's sought stability through achievement—as if sufficient accomplishment could anchor him against inevitable change. As if expertise and authority could insulate him from the fundamental impermanence of all things. Yet here he is again, facing the dissolution of a carefully constructed professional identity, confronting the reality that control is always illusion, security always temporary.

The precariousness of his professional situation has reawakened familiar thought patterns. The intense self-doubt. The brutal self-criticism. The conviction of fundamental inadequacy. Despite decades of achievement, despite tangible evidence of his competence and value, his self-perception remains stubbornly rooted in deficiency. It's as if all his accomplishments were built on sand, and with each threatened foundation, the entire structure of his identity risks collapse.

In these moments, the thought returns with persuasive clarity: what if I simply stopped? What if I released myself from this endless cycle of proving my worth only to have the proof questioned, erased, rendered irrelevant? The logical conclusion of such reasoning is obvious, presenting itself not as emotional desperation but as rational problem-solving. What continues to counter this logic isn't reason but its opposite—an irrational optimism that insists on possibility despite evidence, that maintains that tomorrow might reveal something worth continuing for, that connection might yet be found, that meaning might yet be discovered.

His morning runs have taken on a meditative quality. Fifteen miles along the California coast, body moving with mechanical precision, mind cycling through Stoic principles. *Amor fati*—love of fate. The acceptance that external events cannot be controlled, only one's response to them. The understanding that suffering arises not from circumstances but from the judgment one places upon them. Marcus Aurelius and Epictetus speak across centuries, their words merging with the rhythm of his footfalls, the steady in-and-out of his breath.

He keeps running. Sixteen miles every other morning. No music, just the sound of his own breath, the slap of his shoes against the pavement. Pain is clarity. The only time the noise in his head quiets. He runs to forget. He runs to remember. He runs because stopping means facing the stillness, and in the stillness, all his failures catch up to him.

There's a specific shift in his mindset when fatigue begins to set in during his runs. Around mile ten, his focus turns analytical—he begins to think about biomechanics and kinesiology, transforming running into an algorithm to optimize. Each step becomes a problem to solve, an equation to balance. He recalls the contradictory expert advice he's accumulated over years—fall forward to leverage momentum; no, stand upright to lengthen your gait—and works to integrate these opposing theories into some coherent movement pattern. His mind drifts back to high school basketball training, when plyometrics served him so well he could dunk as a six-foot freshman. He remembers to run on his toes, to barely let his feet touch the ground, to float more than run. This mental exercise, this transformation of physical activity into intellectual

challenge, carries him through the fatigue that would otherwise slow him. The body wants to quit; the mind refuses to let it.

Yet philosophy provides cold comfort at three a.m., when sleep evades him and memories surge unbidden. When the weight of all his severed connections presses against his chest, when the faces of the dead and the lost parade before his closed eyes. In those dark hours, abstract principles dissolve against the concrete reality of his isolation, the accumulated cost of his choices, the relentless forward movement that has carried him farther and farther from any sense of home.

The loneliness is most acute in these pre-dawn hours, a physical sensation as much as an emotional one. The bed seems too large, the apartment too quiet, the world too indifferent to his existence within it. It's in these moments that the thought arrives with particular force—the simple calculation that perhaps non-existence would be preferable to this continued isolation. The idea presents itself without drama, a straightforward solution to a persistent problem. What prevents its implementation isn't fear but that stubborn, inexplicable optimism—the belief, contrary to accumulated evidence, that tomorrow might bring connection, that meaning might yet be found, that his story isn't finished. This thread is thin but has proven surprisingly resilient, sustaining him through nights when reason alone would suggest surrender.

Home. The concept haunts him. North Dakota never was, despite years lived there. Philadelphia holds only the ghost of childhood. Washington was merely a stopping point. Even Long Beach, where he has lived longest, remains a place he inhabits rather than belongs to. He owns property here, maintains routines, recognizes landmarks and faces, yet still feels like a visitor passing through—an observer documenting a life rather than fully inhabiting it.

California was a dream. A place he had conjured as a kid in North Dakota, tracing Jim Morrison's footsteps, longing for the ocean. And now he has it. The beach at night, the waves moving with a rhythm he envies. A reminder that some things persist, unchanged, indifferent to human struggle.

His relationship with his parents has evolved into something approaching true friendship. Weekly dinners with them in the condo he purchased, the three of them engaging in conversations that range freely across every topic imaginable. Nothing is off-limits, no subject too sensitive or painful to explore. His biological father's absence shaped him early on, but that void was filled by his stepdad—a man who now lives with his mother in the condo, and whom he considers, without qualification or asterisk, his dad.

The waves roll in. The whiskey burns. The phone buzzes. Another night, another bar, another chance to be seen, or to disappear completely. He thinks about his parents, about Thursday dinners with his mom and the man who became his father in all the ways that mattered—despite their complicated past. The alcoholic who had been unable to guide him had transformed over time into someone he genuinely respected, someone whose company he valued. The irony wasn't lost on him—how they had both traversed their own wilderness of bottles and blackouts to arrive at this imperfect but authentic relationship.

Would it have changed anything to have had a steady hand in those formative years? Would he have still chased the ghost of Special Forces through war zones? Would he have manufactured heroes from books and distant observations? Or would he have absorbed different lessons—about moderation, about consequences, about finding worth beyond physical prowess and tactical excellence?

His relationship with his stepfather now represented something neither of them could have imagined during those troubled North Dakota years—a hard-won peace, a mutual recognition of flaws weathered and partially overcome. No longer seeking guidance from this man, he instead found companionship, a shared history of struggle that needed no explanation. Their parallel journeys with alcohol had nearly broken his mother, yet somehow led to this—Thursday dinners where nothing was off-limits, where the past could be examined without flinching, where belonging required no performance.

This blended family, forged through choice rather than just biology, represents one of the few constants in his life. While he struggles with permanent connections elsewhere, the bond with his parents remains solid, anchored in mutual respect and genuine interest rather than mere obligation. They don't need to tiptoe around his experiences or his choices; they've earned the right to ask direct questions and receive honest answers. And he, in turn, has earned the right to do the same with them—to treat them as complete humans with their own complexities rather than just as parents defined by their relationship to him.

They worry about him, he knows—his solitude, his relentless self-sufficiency, his apparent inability to form lasting intimate connections beyond family. He doesn't hide these aspects of himself from them, doesn't feel the need to present a sanitized version of his life. The Thursday dinners and Saturday brunches with his mom represent not just ritual but authentic engagement, moments when he feels most connected to his own history, most grounded in the continuity of his existence.

And yet, there is Roux. The only constant. A twenty-pound mutt with old eyes and the quiet patience of something that has seen all his ghosts and stayed anyway. The only witness to his sleepless nights, his long runs through empty streets, his tendency to disappear inside his own mind.

Maybe this is the war now. The long, slow battle against himself. And maybe, just maybe, he is still fighting to win.

## PART XV: THE PATTERN OF SURRENDER

The pattern of surrender began early, long before Ramadi, before Special Forces selection, before the weight of adult consequence could fully register. It began in Pennsylvania, in elementary school wrestling matches where the boy first tasted the bitterness of his own capitulation. Small hands raised in defeat, eyes downcast, the sensation of something vital slipping away with each abandonment.

When North Dakota claimed him, football became the next casualty. The pads and helmet gathered dust in the corner of his bedroom while winter winds howled against windows. Each discarded pursuit left an invisible mark, a hairline fracture in something fundamental that wouldn't reveal its true damage until years later.

But it was basketball that taught him the most devastating lesson. The game had been everything—the perfect vessel for his athletic gifts, the rare arena where his body and mind worked in seamless harmony. On the court, the gangly North Dakota transplant transformed into something graceful, something whole. He could dunk as a six-foot freshman, his body understanding physics and momentum with an intuition that his mind would later try to intellectualize during sixteen-mile runs. The plyometrics that had served him then would haunt him later, the memory of what his body once knew, of potential left fallow.

The squeak of sneakers against polished hardwood, the perfect arc of a three-point shot, the camaraderie of the locker room—all surrendered without external pressure. His parents had watched this abdication with confusion and concern, yet held to their philosophy of allowing him to chart his own course, to learn through his own decisions. The freedom that other teenagers might have craved became for him a dangerous absence of boundaries.

"I wish they'd made it so quitting wasn't an option," he once admitted during a Thursday dinner with his parents, the rare confession slipping out between bites, hanging in the air like something radioactive. "But I also appreciate that you let me make my own mistakes."

His mother had looked at him with eyes that carried decades of worry. "We thought you needed to learn your own lessons. We couldn't have known which ones you'd take to heart."

What he had learned, in that critical period when character calcifies into permanent form, was that he could walk away. That commitment was negotiable. That when difficulty or boredom or fear arrived, retreat remained available. It was the wrong lesson, but it had set like concrete.

High school provided yet another stage for the familiar pattern. In those crucial formative years, when most accumulated credits and credentials for college applications, he accumulated absences and alcohol-soaked weekends. After attending Army basic training during the summer between his junior and senior years—a rare achievement that should have prophesied dedication—he returned to civilian student life with stunning disregard for its structures and requirements.

Classes became optional abstractions, hours better spent with BJ in parking lots or empty rec centers, planning the weekend's dissolution. Friday and Saturday nights devoted to the singular pursuit of blackout oblivion at whatever house lacked adequate parental supervision. The school's architecture of accountability—detentions, parent notifications, threatened suspensions—meant nothing compared to the perfect freedom of abandonment.

He was methodically dismantling his future with the same focus he would later apply to sixteen-mile runs, the same discipline he would bring to weight training. His pursuit of academic failure represented commitment of a perverse kind, dedication to dismantling rather than building. The administration watched his trajectory with grim certainty—another statistic forming in real time, another dropout preparing to happen.

Then came the unexpected intervention. His recruiter, SSG Roberson—a man who saw potential where others might have seen only delinquency—became the unlikely architect of completion. Not from any cynical motivation about meeting quotas, but from genuine concern for a young man veering toward self-destruction. The school board meeting where this Army representative made his case, speaking of capacities and promise that transcended the accumulated absences and disciplinary reports. And the board members listened—these educators from a rural district that encompassed nearly all of Nelson County but graduated just forty-five students each year. They knew him, had watched him grow, could see beyond his current rebellion to the possibilities that still existed.

The conversation wasn't about expedience but opportunity. Their agreement came not from indifference but from a collective recognition that traditional structures were failing this particular student, that an alternative path might better serve his specific needs. The hastily arranged competency tests, the bureaucratic exception that allowed him to graduate in April 2002, months before his classmates would cross the same stage—all manifestations of adults who genuinely cared, who recognized potential worth salvaging.

Another paradoxical moment in his pattern—escaping the commitment of school through the commitment to military service. What appeared like quitting was actually, in this rare instance, a form of continuance, enabled by people who saw more in him than his behavior suggested, who were willing to take chances on his behalf that he wouldn't take for himself. The diploma that would later enable his college applications, his government employment, his external markers of success—all because people intervened in the pattern, because they sensed something worth preserving beneath the self-sabotage.

From high school, the trajectory carried him to Fort Sill for training as an Army forward observer, then to Fort Stewart for active duty service. The adolescent who couldn't be bothered to attend morning classes somehow transformed into the soldier who rose before dawn, who maintained equipment with fastidious attention, who memorized radio procedures and artillery calculations with focused precision. The external structure imposed what internal discipline could not yet provide. But the pattern remained, dormant rather than defeated, waiting for circumstances that would allow its re-emergence.



Years later, in the Army, the pattern reemerged with consequences that extended beyond himself. After his first Iraq deployment, the temporary desertion—those weeks AWOL with his biological father in Pennsylvania—represented more than just military dereliction. It was his final connection with the man who had existed primarily as absence in his life, the man whose DNA had programmed both his physical gifts and the tendency toward escape that now defined him. The irony wasn't lost on him—his last act of connection with his father had been an act of disconnection from his duty. As if abandonment were the only language they truly shared.

This strange interlude had preceded his return, his reassignment to South Korea, and ultimately his second deployment to Ramadi—the crucible that would transform him in ways both profound and irreversible. But the pattern persisted, dormant but not defeated.

College had interrupted the cycle temporarily. The academic environment suited his analytical mind, offered challenges that engaged rather than depleted him. The combination of student loans and GI Bill benefits removed financial pressure, while his natural intellect made the coursework manageable. For once, perseverance required less effort than quitting, and so he stayed, collected his honors, wore the robes at graduation. The deviation from his pattern provided no inoculation against its return.

The National Guard experience after college contained both his greatest commitment and his most devastating surrender. The transformation had been total—abstention from alcohol, a training regimen that bordered on self-punishment, a focus that excluded all distractions. Those pre-dawn ruck marches from Tenleytown through Georgetown to Arlington and back to Union Station—bleeding feet in government office shoes, the physical pain a welcome distraction from deeper wounds. The Special Forces challenge weekends where he excelled so consistently that cadre invited him to instruct other candidates. The precious orders assigning him to an Operational Detachment, specifying his future as an 18E communications sergeant. The path so clear, so certain, so earned through sacrifice and discipline.

Then, incomprehensibly, surrender. Again.

On one of the final days of Selection, with success within grasp, he had simply... stopped. Walked away. Abandoned the culmination of years of preparation, the fulfillment of boyhood dreams of elite warrior status. The decision defied rational explanation, remained impenetrable even to himself. In his most honest moments, he recognized it as a fundamental betrayal of his own potential, a capitulation to some dark current that had always run beneath the surface of his achievements.

The immediate aftermath had unfolded with grim predictability. That first dark stout at Rock Bottom Brewery after years of abstinence, the perfect metaphoric venue for his psychological state. The craft beer blog that justified excess, the fifty bottles that never survived a weekend. The nightly drinking that somehow never interfered with professional advancement—his compartmentalization skills allowing him to maintain external competence while internal dissolution progressed unchecked.

His conventional National Guard unit had offered a second chance—Officer Candidate School selection representing potential redemption, a path back toward the man he believed he should have been. And once again, he had quit. Simply stopped showing up, disappeared from the brotherhood that represented his most sacred values. The eventual discharge papers formalized what he already knew—that he had failed not just the institution but himself, had defiled something he revered.

"Two years in Iraq. All of that training for Selection. Unlimited promise and dedication; all just thrown away during an episode of prolonged depression and utter despair." The words emerged during his darkest nights, a confession to empty rooms or sometimes to Roux, who listened without judgment, who accepted his fractured nature without requiring explanation.

The pattern had become the central organizing principle of his existence, more defining than any professional achievement, more persistent than any relationship. In his apartment, surrounded by evidence of his contradictions—the spartan furnishings, the utilitarian arrangements, the workspace stripped to bare essentials—the paradox remained unresolved. How could someone so capable of sustained effort in running, in weight training, in intellectual pursuits, be simultaneously defined by these critical moments of surrender?

Every workout became both penance and reminder. Each rep, each mile, each bead of sweat represented atonement that could never be complete. While living in San Diego, his nightly walks along Imperial Beach had become exercises in self-flagellation, watching black helicopters deliver SEAL teams to Coronado training grounds, his mind repeating its merciless mantra: That should be you. You aren't good enough to be them. You quit.

At forty-one, the regret had metabolized into something almost physical—a presence that occupied his chest, that shaped his posture, that influenced every decision and non-decision. More than love, more than ambition, more than curiosity or fear or desire, regret drove him forward, propelled him through each methodical day, each sleepless night. The emotion had become so familiar that he could no longer imagine existence without it, could no longer conceive of a self not defined by what might have been.

In the gym mirror, between sets, he sometimes caught glimpses of alternative versions of himself—the operator he could have been, the officer he might have become, the man who held fast when others broke. These ghosts maintained perfect form, never faltered under weight, never surrendered to fatigue. They watched him with expressions not of judgment but of patient expectation, as if waiting for him to finally recognize what they had always known—that the capacity for completion existed within him, that the pattern could be broken, that surrender was a choice rather than destiny.

His body, despite the injuries and the years, remained capable of extraordinary endurance. Sixteen miles every other morning, weights pushed to the edge of safety, discipline that younger men envied from a distance. The physical vessel had never been the limitation. The betrayal had always come from elsewhere—from some mysterious circuit in his mind that tripped at

critical moments, that transformed determination into surrender through alchemy he couldn't comprehend.

Perhaps this was why running provided such relief—because for those miles, the circuitry remained intact. The simple act of continuing, of placing one foot before the other regardless of discomfort, represented a temporary victory over the pattern. Each completed run, each full workout, each project carried through to conclusion accumulated as evidence against the defining narrative of surrender. Small completions that could never compensate for the significant abandonments, but that kept alive the possibility that the pattern was not immutable, that different choices remained available.

In his most private thoughts, in those pre-dawn hours when sleep evaded him and the racing mind ran its endless circuits, he nurtured a fragile hope. That the next challenge, the next opportunity, the next moment of decision might play out differently. That the pattern, however deeply inscribed, was not inescapable. That surrender, however familiar, was not inevitable. That completion, however elusive, remained possible.

This possibility, however remote, justified continued effort. It explained the predawn runs, the meticulous tracking of progress, the constant seeking of new physical and intellectual challenges. Not the expectation of redemption—he had lived too long to indulge such fantasies—but the refusal to accept the pattern as definitive, as complete, as the final word on who he was and what he might yet become.

The ghosts followed him, as they always did—Kuhns and Kinslow, the brothers lost in Ramadi, the potential selves abandoned along the way. But now they were joined by other presences, other possibilities—the runner who finished every race, the fighter who never conceded, the man who recognized commitment as non-negotiable. These alternatives existed not as rebukes but as reminders that history, however determining, was not destiny, that patterns, however established, contained within themselves the possibility of variation.

His life had been shaped by surrender, defined by critical moments of abandonment. But it was not yet complete. The story remained unfinished, the pattern not yet closed. Within this incompleteness resided both his deepest regret and his most stubborn hope—that his past need not determine his future, that the boy who mastered quitting might still become the man who masters endurance.