

# ARMED FORCES DISPATCH



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FIFTY EIGHTH YEAR NO. 49  
THURSDAY, MAY 9, 2019

## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

### Military Spouse Appreciation Day: Is it real?

The calendar is full of obscure national holidays.

Why, in the last week alone, we've been encouraged to celebrate National Outdoor Intercourse Day, Beer Pong Day, Scurvy Awareness Day, and National Lumpy Rug Day. Let's just hope that no one threw a party to commemorate all four of these events at one time.

Last month, we were afforded the opportunity to recognize Ex Spouse Day, National Shrimp Scampi Day, High Five Day, Bat Appreciation Day, and my personal favorite, National Cheeseball Day. And next month, we'll gear up for World Jugglers' Day, Hug Your Cat Day, National Bubba Day, Monkey Around Day, and Waffle Iron Day.

And nestled in there - among all those weird holidays praising Paul Bunyan, Peach Blossoms, and Ear Muffs - appropriately on the Friday before Mother's Day, is Military Spouse Appreciation Day.

With all these nonsense events on the national calendar, one might wonder, is Military Spouse Appreciation Day a real holiday? Or is it just another unsung observance like Extraterrestrial Abductions Day and Tell a Fairy Tale Day?

According to the Congressional Research Service, there are only "11 permanent federal holidays established by law ... New Year's Day, Martin Luther King Jr.'s Birthday, Inauguration Day (every four years following a presidential election), George Washington's Birthday, Memorial Day, **continued on page 11**

## O-Level Reform



### Lemoore strike fighter squadrons returning more jets to flight line

by Jeff Newman

LEMOORE, Calif. - Two Navy Super Hornet squadrons at Naval Air Station Lemoore have reduced maintenance turnaround times and are boosting aircraft readiness as part of naval aviation's maintenance reform initiatives under the Naval Sustainment System.

The NSS initiative leverages best practices from commercial industry to help reform aspects of naval aviation's fleet readiness centers, organizational-level (O-level) maintenance, supply chain, engineering and maintenance organizations and governance processes. Initially, the NSS is concentrating on getting the Navy F/A-18 Super Hornet fleet healthy before rolling out the approach to every Navy and Marine Corps aircraft.

Strike Fighter Squadrons (VFA) 22 and 122 were the first to implement O-level maintenance reforms following visits from commercial aviation consultants in December and January.

Reforms include assigning crew leads to manage the maintenance on each aircraft and reorganizing hangar spaces, parts cages and tools.

The most significant change has been the delegation of ownership over each aircraft in for

repairs from the squadrons' maintenance material control officers, or MMCOs, to individual crew leads comprised mostly of first-class petty officers.

Traditionally, MMCOs must keep track of the status of each aircraft in for maintenance as well as the Sailors working on them, and that's in addition to deciding what maintenance actions are required for each jet and which aircraft are safe to release for flight. Assigning junior-level crew leads to each jet removes some of that burden from the MMCOs and has led to improved communication and increased accountability.

"The crew leads are not making the maintenance decisions; that's still done by the maintenance controllers, but what it allows for is it sheds those maintenance control chiefs of having to know every status of every jet, of every person, all day long," said Lt. Cmdr. Brandon Michaelis, O-level Reform Champion for Commander, Naval Air Forces (CNAF). "So, they can focus on releasing safe aircraft by empowering those first-class petty officers, who can now own that process and know where the people are, know the status of the parts, and brief that up the line."

For the petty officers accus-

Official Navy file photo of F/A-18E Super Hornets from VFA 136 "Knight-hawks" flying in formation over the California coast.

tomed to doing their job a certain way, reform did not come easy. But the benefits have been evident, said Aviation Electronics Technician 1st class Victor Perez, the leading petty officer for VFA-122's avionics shop and one of the squadron's selected crew leads.

"At first the changes didn't feel productive because we didn't really understand it, but now that we've had some time with it, it's definitely helped improve our processes and communication," Perez said.

Used to focusing exclusively on avionics, Perez said serving as a crew lead has forced him to approach the maintenance of his assigned aircraft more holistically. The increased responsibility of bringing an entire jet back online ultimately leads to a greater sense of accomplishment, he said.

"You get kind of personal with an aircraft," he added. "Some aircraft are easy, and some are a struggle to get through. Rather than working on a jet for a couple hours to complete the one thing assigned to your shop and then moving on to the next jet, this way you take more **see Lemoore, page 10**



Sailors and Marines aboard amphibious assault ship USS Boxer (LHD 4) depart Naval Base San Diego May 1. Navy photo by MC2 Alex Millar

## Sailors, Marines of Boxer Amphibious Ready Group deploy from San Diego

SAN DIEGO - Sailors and Marines from Boxer Amphibious Ready Group (ARG) and 11th Marine Expeditionary Unit (MEU) departed their homeport here May 1 for a regularly scheduled deployment.

While deployed, the Boxer ARG/11th MEU team will conduct maritime security operations, crisis response operations, theater security cooperation and forward naval presence operations.

"It has been incredible to see the interoperability of the Boxer ARG/11th MEU as they have come together to form a cohesive team, operating from all ships within the ARG," Capt. Brad Arthur, commander of Amphibious Squadron (PHIBRON) 5, said. "Having completed the arduous unit-level and integrated certification cycles, I'm confident that we are trained and ready to accomplish critical mission areas needed to operate across the globe."

The Boxer group includes USS John P Murtha and USS Harpers Ferry. Embarked commands include "Blackjacks" of Helicopter Sea Combat Squadron (HSC) 21, Assault Craft Unit 5, Naval Beach Group 1, Beachmaster Unit 1, Fleet Surgical Team 5, and Tactical Air Control Squadron 11.

"Our blue-green team is ready to deploy," Col. Fridrik Fridriksson, 11th MEU commander, said. "We have trained, on land, in the air and at sea, to respond to events across the range of military operations and we will be prepared if and when we are called to respond."

**"I'm confident that we are trained and ready to accomplish critical mission areas needed to operate across the globe."**  
- Capt. Brad Arthur



### AutoMatters & More



Tolkien - The formative years of the author of The Hobbit.

**See page 11**

### Liberty Call Ideas

Gator by the Bay Festival, Chocolate Festival, Festival of Arts, Mother's Day Tea, Viva La Música.

**See page 14**

### Your Concert Connection

Tedeschi Trucks Band, Keb'Mo, Eric Church, Juanes, Lila Downs, Trevor Noah, Dr. Morissette Amon & Wency Comejo

**See page 15**



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# National Military

## DOD official details continuing Chinese military buildup

by Jim Garamone

WASHINGTON - China continues to build up its military to challenge and supplant the United States as the preeminent power in the Indo-Pacific region, the assistant defense secretary for Indo-Pacific security affairs said May 3.

Randall G. Schriver briefed the Pentagon's press corps following the release of the new China Military Power Report. He said China continues to challenge U.S. military advantages, such as America's ability to deploy and sustain forces anywhere in the world and its unparalleled alliance system.

China is investing money and time into capabilities and capacity, Schriver said.

"Our 2019 report finds that in the coming decades, China seeks to become both prosperous and powerful, and the report notes that China has a stated goal of becoming a world class military by 2049," he said.

China is continuing to build its missile force, Schriver said, and it has begun building a second aircraft carrier. The nation is sailing two new cruisers and is building more, he said. And China's air force has flown its J-20 fifth-generation aircraft, Schriver said. The aircraft has stealth characteristics and many U.S. officials have

said they believe it may contain technologies stolen from U.S. manufacturers.

Chinese conventional forces are moving to improve training and evaluation of ground, sea and air forces, he said. Newly published doctrine "emphasizes realistic and joint training across all domains and tasks the PLA to prepare for conflict aimed at 'strong military opponents,'" Schriver said.

China is emphasizing civil-military integration with civilian companies entering the military market to achieve greater efficiencies, innovation and growth, he said.

The report also touches on Chinese espionage, including cyberheft, targeted investment in foreign companies with crucial technologies and its exploitation of access that Chinese nationals may have to U.S. technology. "In 2018, we saw specific efforts targeting such areas as aviation technologies and anti-submarine warfare technologies," Schriver said.

DOD officials have said they expect China will increase its military footprint, both in and out of the Indo-Pacific region. "We believe China will seek to establish additional bases overseas as well as points for access," Schriver said. He cited Chinese desires to establish military bases in the Middle East, Southeast Asia and Western Pacific.

China has been working seriously to bulk up its worldwide status for more than 20 years. China's economy is expanding and the Chinese Communist Party can mandate a strategy unchecked by democratic forces in the nation. Two programs - the "Made in China 2025" and "One Belt, One Road" initiatives - point to the path China would like to take to ensure it is the preeminent power in the region.

Schriver said the initiatives have caused concern in many nations that following them would mean a loss of sovereignty if the nations by into the Chinese strategy. "Chinese leaders have softened their rhetoric



In this Jan. 16, 2019, file photo, Chinese sailors stand in formation in Beijing during a visit by Chief of Naval Operations Adm. John Richardson to China's naval headquarters. Navy photo by Chief Petty Officer Elliott Fabrizio

and sought to rebrand [the initiatives], however the fundamental goals of these programs have not changed," he said.

The report covers Chinese efforts in "influence operations" - Chinese efforts to influence media, culture, business, academia in other countries to accept the Chinese way.

China continues efforts to claim the South China Sea and

East China Sea. They continue to claim land on its borders with India and Bhutan.

China's attitude toward Taiwan continues to be threatening as they use elements of persuasion and coercion against the island," Schriver said. He said this is destabilizing to the entire region.

The U.S. National Defense Strategy says the U.S. is in

competition with China, but that does not preclude the United States and China from working together when the interests align, Schriver said. "We continue to pursue a constructive results-oriented relationship between our countries, and it is an important part of our regional strategy to have stable, constructive relations with China and a relationship which mitigates the risk of incidents or accidents."

### SECNAV names new ship in honor of senator from Georgia

Secretary of the Navy Richard Spencer named a future guided-missile destroyer, DDG 133, in honor of Senator Sam Nunn, who represented Georgia from 1972 to 1997.

"Senator Nunn's impact on the Navy and Marine Corps team can't be overstated," Spencer said. "His leadership in the Senate, specifically as the long-serving chairman of the Senate Armed Services

Committee, helped streamline the military chain of command and strengthen our Navy and Marine Corps team. I'm pleased that Senator Nunn's legacy of service to our nation will continue in the future USS Sam Nunn."

Nunn served in the U.S. Coast Guard 1959 to 1960 and remained in the Coast Guard Reserve until 1968.

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# MSC to welcome new class of tugboats to fleet

by Shevonne Cleveland  
NORFOLK, Va. - A new class of towing and salvage vessels, will join the Navy's Military Sealift Command (MSC) in fiscal year 2021.

"The new Navajo class replaces the Powhatan class T-ATF fleet tugs, which provide towing, diving and standby submarine rescue services for the Navy, and the Safeguard class T-ARS rescue and salvage vessels, which mission includes, salvage, diving, towing, and heavy lift operations," said Tim Schauwecker, MSC towing and salvage project officer.

"MSC and the Fleet commanders will benefit by having new, state-of-the-art and highly capable platforms that can perform a wide range of missions ranging from towing and sal-

vage, diving operations and submarine rescue," he said.

The mission of the fleet tug is towing and submarine rescue with the secondary mission of salvage. Rescue and salvage ships conduct salvage with a secondary mission of towing. According to Schauwecker, the Navajo class will combine the capabilities of both classes into a single class.

"The major improvements include a significant bollard pull increase that will enable the ship to tow virtually any ship currently in the USN inventory," he said. "The new ships include additional deck space to account for the requirements of sub rescue diving and recompression system, including transfer under pressure, a 40-ton heave compensating crane to assist with

underwater salvage operations such as lifting aircraft wreckage out of the water, dynamic positioning which provides the ability to automatically maintain position and heading in the water by using its propellers and thrusters despite the environmental conditions, and berthing for an additional 42 personnel (other than crew) in 2-6 person state-rooms."

MSC search and rescue vessels have contributed to a variety of missions around the world including recovery efforts for John F. Kennedy Jr.'s plane crash, the USS Guardian grounding, TWA flight 800, Hurricane Katrina and the SS El Faro sinking. The

introduction of dynamic positioning will greatly enhance the ship's capabilities.

"During the search for EL Faro by USNS Apache, the tether for the remotely operated vehicle (ROV) had to be cut and re-terminated nearly every day because the ship wasn't able to hold a fully stable position manually," said Schauwecker.

"The search depth was around 15,000 feet and the umbilical would get twisted due to the ships movement. It took four hours for the ROV to get to the bottom and another four hours to get back to the surface."

## Navy officer charged with secretly recording his shipmates

by Geoff Ziezulewicz

NAVY TIMES - A court-martial trial looms for a Navy cyber warfare officer charged with secretly recording a senior chief and other Sailors without their consent for years, according to charge sheets obtained by Navy Times.

Military prosecutors charged Lt. j.g. William W. Piazza with recording the private spaces of his shipmates since 2013.



Some alleged incidents took place at Fort Meade, Md. - the home of several military cyber units and the National Security Agency - while prosecutors say others occurred in nearby Severn.

Piazza's military attorney didn't respond to requests for comment made through a Navy public affairs officer.

The junior officer is assigned to the Navy Cyber Warfare Development Group, which develops new cyber capabilities for the service.

Piazza faces charges for recording the private area of a senior chief cryptologic technician in August 2017, "without his consent and under circumstances in which he had a reasonable expectation of privacy," according to charge sheets.

## Navy announces changes to expedited and safety transfers

MILLINGTON, Tenn. - In an effort to increase the safety of service members who have been the victims of certain crimes, the Navy has expanded Expedited Transfers to include more cases, the Navy announced in a message released May 7.

With these changes comes a revised and a new Military Personnel Manual (MPM) article, according to NAVADMIN 102/19. The revised Safety Transfers article is MPM 1300-1200 and the new Expedited Transfers article is MPM 1300-1205.

### What is an expedited transfer?

Service members who are the victims of certain criminal offenses may request an expedited transfer for temporary reassignment within or outside their unit or a permanent change of station (PCS) prior to their normal projected rotation date.

The eligible offenses for an expedited transfer include only the following:

- Sexual assault
- Stalking
- Other sexual misconduct
- Wrongful broadcast or distribution of intimate visual images

The intent behind expedited transfers is to address situations in which a service member feels safe, but uncomfortable and to assist in the victim's recovery by moving them to a

new location.

### What is a safety transfer?

When there are concerns for the safety and well-being of service members or their dependents, safety transfers are used. These transfers can include temporary duty, permanent change of activity or PCS.

Reservists have provisions to perform their inactive duty training on different weekends than their alleged offender or to perform inactive duty with a different unit in the home drilling location.

Situations where a safety transfer would be considered include:

- Victims or witnesses of offenses covered under SECNAVINST 5800.11B
- Family Advocacy Program cases covered under OPNAVINST 1752.2B
- Victims of violent crimes
- Instances in which threats have been made against a service member, the service member's military spouse or dependents as covered under DoD Instruction 1315.18

The MPM articles contain detailed instructions regarding how to file an expedited or safety transfer.

For more information, reference the new MPM articles at [https://www.mnp.navy.mil/documents/34074/806924/NAVPERS\\_15560D\\_Naval\\_Military\\_Personnel\\_Manual.pdf](https://www.mnp.navy.mil/documents/34074/806924/NAVPERS_15560D_Naval_Military_Personnel_Manual.pdf).

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<b>FRIDAY, MAY 10, 2019</b>			
NO SPACE 'A' DEPARTURES			
<b>SATURDAY, MAY 11, 2019</b>			
Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4901	C40	09:00	EL PASO, TX(67), PORTSMOUTH(31), BELFAST(31)
<b>SUNDAY, MAY 12, 2019</b>			
<b>MONDAY, MAY 13, 2019</b>			
Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4142	C40	11:00	JACKSONVILLE(121)
<b>TUESDAY, MAY 14, 2019</b>			
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## Ask Rusty - Widow asks about survivor benefits

by Russell Gloor

Dear Rusty: My husband passed away seven years ago at the age of 64, at which time he was receiving SS Disability. I was 58 at the time he passed and could not apply for his Social Security. I was still working but let SS know he was deceased, so his check was no longer deposited. I am now 65 and my age to reach full benefits without penalty is 66. I plan to work three more years before applying for Social Security. My question is: Can I apply for my deceased husband's SS benefits now and not my own without any penalties? And if so, what is the process? Thank you for your time and the information and resources you provide. Signed: Widowed Wife

Dear Widowed: Yes, as a widow you have the choice of claiming either your survivor's benefit or your own benefit but claiming either before your full retirement age will reduce it. If you claim your survivor's benefit before you reach age 66 it will be somewhat reduced from 100 percent of what your husband was receiving when he passed. Since you're now 65, the reduction won't be too severe (about 0.4 percent for each month before your full retirement age of 66). Your own benefit would be reduced by about 0.69 percent for each month before your full retirement age.

I suggest you evaluate which of your future benefits will be greater - the survivor benefit at maximum or your own benefit at maximum. Your survivor benefit reaches maximum at your full retirement age of 66, but your own SS benefit can continue to grow until age 70 when it would be 32 percent more than it would be at age 66. You may want to set a goal to claim in such a way that you can get the highest benefit for the rest of your life. If you know what your own benefit will be at your full retirement age, add 32 percent to that, and compare that number to the benefit your husband was receiving at his death. If your own at age 70 is more than he was receiving, then it would be wise to take the survivor benefit first and let your own grow by 8 percent per year until 70 and then switch from the survivor benefit to your own. If your survivor benefit at your FRA will be greater than your own at age 70, then it would be wise to let the survivor benefit grow to maximum at your full retirement age and claim it then.

In any case, to answer your question - yes, you can apply for your reduced benefits as a widow now or wait until you're 66 to get the full benefit, and the way to do that is to contact Social Security directly and request your benefit as your husband's widow. Survivor's benefit cannot be applied for online, so you should call Social Security (find your local office at [www.ssa.gov/locator](http://www.ssa.gov/locator)) and request an appointment to apply for survivor benefits. When you make your appointment, Social Security will advise you if they'll require any additional documentation. And if you wish to let your own benefit grow to age 70, then be sure to specify you are applying only for your survivor benefit, not your Social Security retirement benefit.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

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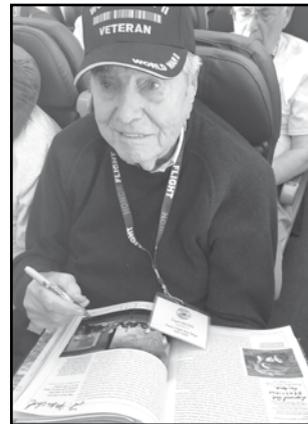


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# Honor Flight San Diego gives WWII veteran his final honor

SAN DIEGO - On Sunday, May 5, Honor Flight San Diego flew from Baltimore Washington International airport to San Diego after spending the weekend in Washington, D.C. Enroute to San Diego, World War II veteran Frank Manchel, 95, collapsed and passed away. Resuscitation was performed but he couldn't be revived.



WWII veteran Frank Manchel, shown here on his final flight. Courtesy photo

Manchel was a technical sergeant in the Army during WWII. His son, Bruce was on the flight as his guardian.

"Frank Manchel was so excited to go on his Honor Flight," said Bruce Manchel, the family spokesman. "This trip was so special because he was able to be with both of his sons as well as his 93-year-old brother who met him in Washington, D.C.

"My father's passing was the ending to the most amazing weekend, surrounded by his newest best friends. We thank all of you - Honor Flight San Diego, American Airlines, San Diego International Airport, friends, and supporters for your concern and for allowing the weekend to be so special for all of us to share together. Frank passed

## VA celebrates 'Science of Hope' during National Research Week

In celebration of important medical research conducted by the Department of Veteran Affairs, VA medical centers nationwide will showcase innovative solutions that VA scientists are developing and bringing into clinical practice with help of university partners and other public and private institutions during VA Research Week, May 13-17.

VAMCs will commemorate VA Research Week with special events such as tours of their research facilities, lectures, poster displays and luncheons to honor the Veterans who voluntarily participate in VA Research studies.

"The Science of Hope," VA's

quickly and peacefully and the compassion and respect that that was shown to our family will always be treasured. May he rest in peace as he is now with his other beloved son Jimmy."

After Frank Manchel passed away, his body was draped in an American flag that Honor Flight San Diego carries on every trip. There were two chaplains on the flight as guardians who said prayers for him.

Former San Diego Police

2019 Research Week theme, underscores the promise that the department's research brings to Veterans and their loved ones coping with post-traumatic stress disorder, traumatic brain injury, limb loss, chronic disease and other serious health challenges.

"One of the most important things we accomplish every day in VA is bringing new hope to Veterans," said VA Secretary Robert Wilkie.

"VA research plays a huge role in that mission. Scientists at VA medical centers across the nation are changing the face of medicine and rehabilitation."

Chief Shelly Zimmerman was a guardian for another vet and was instrumental in helping with protocol once the flight landed. Medical personnel, firefighters and law enforcement saluted Manchel as paramedics escorted him from the plane.

American Airlines expressed their condolences to the Manchel family and has offered to fly Manchel to his final resting place in Michigan, at no cost. Services will be held in upcoming days.

"We extend our deepest sympathies to the Manchel family," said Honor Flight San Diego Chairman Julie Brightwell. "It was our privilege to honor this true American hero during his final hours."

Honor Flight San Diego has taken more than 1,400 veterans on their Tour of Honor since it was founded in 2010. Veterans and guardians are required to complete medical questionnaires and if needed, to have a physician's permission to fly.

## Crossword Puzzle

### Across

- 1 First assassin to attack Caesar
- 6 Marvel Comics mutants
- 10 Folk singer Joan
- 14 Arctic or Indian
- 15 Bit of trickery
- 16 In the style of, in ristorante
- 17 End that "I face," in Sinatra's "My Way"
- 20 Feudal laborer
- 21 Popeye's Olive
- 22 Given to giving orders
- 23 Grounded Aussie birds
- 25 Twirl or whirl
- 27 Gentlemen's partners
- 30 It has 32 pieces and a 64-square board
- 34 Surrounded by
- 35 \_\_\_ accompli
- 36 Often rolled-over investment
- 37 Prepare to fly
- 41 Kind
- 42 Self-images
- 43 Gold bar
- 44 Vital phase
- 47 Decadent, as the snobs in a historic Agnew speech
- 48 Blessed
- 49 Get-out-of-jail money
- 50 Drinks with floating ice cream
- 53 Windy City summer hrs.
- 54 Jersey or Guernsey
- 58 Broadway do-or-die philosophy, and a hint to the ends of 17-, 30-, 37- and 44-

### Down

- 1 Emergency shelter beds
- 2 Throb
- 3 Fortuneteller
- 4 The jolt in joe?
- 5 "Give me \_\_\_!": start of a Hoosier cheer
- 6 Diagnostic tests
- 7 Ponder (over)
- 8 Top-left PC key
- 9 Modern, in Munich
- 10 Twirled sticks
- 11 "That's a shame"
- 12 Yale alumni
- 13 Madcap
- 18 We, to Henri
- 19 Grand slam homer quartet, briefly
- 24 Prefix with hit or store
- 25 Backs up in fear
- 26 Cats and dogs
- 27 Eye surgery acronym
- 28 More than enough
- 29 Foolish, in slang
- 30 Easily tipped boat
- 31 Burn slightly
- 32 Rye grass disease
- 33 Try, as food
- 35 Swimming in pea soup?
- 38 Hand out cards
- 39 Coffeehouse connection
- 40 Like airplane services
- 45 California peak
- 46 British balderdash
- 47 Food, in diner signs
- 49 Buffalo Wild Wings nickname based on its initials
- 50 Marquee name
- 51 Cincinnati's state
- 52 Family rooms
- 53 "Let's get goin'!"
- 55 Chimney sweep's sweepings
- 56 Passed-down knowledge
- 57 \_\_\_'acte: intermission
- 59 Covert or black doings
- 60 Droll
- 61 Chinese menu general

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## Raging at cruelty does no good

by Dr. Daneen Skube  
Tribune Content Agency

*Q: I've been watching the horrible things people do to each other in the name of profit. I am enraged about man's inhumanity to man. I do not want to end up paranoid and bitter, but I also don't want to be naive. As an expert on human nature, how do you recommend clients deal with human cruelty?*

A: I recommend we grieve that we are not on a planet full of angels. Instead we each struggle minute to minute with whether love or numb fear motivates us.

By pretending evil does not exist we leave ourselves and others vulnerable to damage. Acknowledging evil does not give it more power but less. When we see evil we can act proactively and block it. Evil flourishes when people choose the comfort of stubbornly looking the other way.

Vicious internet trolling, presidential modeling and media sensationalism have almost made cruelty the new cool. Our new social standard suggests that if we are really cool we can breezily annihilate each other

without a second thought. We may talk ourselves into believing that anyone that offends our self-esteem deserves such treatment.

Cruelty at work may be rationalized as necessary to pursue money, power or achievement. In truth, human cruelty has been a popular drive for humanity

### INTERPERSONAL EDGE:

way before we had a corporate culture. Business is certainly not the only venue where we excel at cruelty.

To see evil we need to become familiar with our own darkness. We all have a good day when we experience our helpful or loving nature. We are not nearly so excited when we see our vindictiveness, or insensitivity.

You may believe your darkness has no redeemable qualities. However, much genius emerges from exploring the parts of us we judge, reject or find socially unacceptable. For instance, our vengeful self is seeking empathy for pain. Our anger is seeking ways to negotiate better circumstances. I don't advocate acting

bad but feeling bad is informative if we listen.

As you choose how you react to cruelty, keep in mind that raging at cruelty just creates more cruelty and less kindness. Rage is not strength and kindness is not weakness.

Having empathy in a cruel

world is a competitive edge in a business culture where people are often collateral damage. The trust, network, and support you receive when you leave everyone better than you found them is exceptional. Who could have foreseen that kindness would become a rare professional advantage in a world where inhumanity is often the norm.

The last word(s)

*Q: 2019 has started out with a lot of breakdowns for me in my work. The things I've done in the past are not working, but I can't see what will help me out of my situation. Do you have any ideas on how to persevere when everything is falling apart?*

A: Yes, keep in the forefront of your mind that every breakthrough is always preceded by a breakdown. The old has to pass away before the new can be born.

*Daneen Skube is an executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" (Hay House, 2006). You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.*



### Saint Leo University's San Diego Education Center to hold commencement

SAN DIEGO - Capt. Roy Love, commanding officer of Naval Base San Diego, will deliver the guest commencement address this Friday, May 10, to local students of Saint Leo University's San Diego Education Center.

The ceremony will take place at 1 p.m. in the TSC Auditorium aboard the naval base.

More than 40 students will receive their degrees with six of those earning Master of Business Administration and five earning Master of Science in criminal justice degrees. The remaining students will earn their bachelor's and associate degrees.

Giving the Class of 2019 farewell will be Kristina Miller, who is earning a BA degree in business administration: marketing.

Leading the students in the traditional turning of the tassels and welcoming them as Saint Leo alumni will be Alexandria Clay, Class of 2018. The new San Diego alumni will join the more than 93,000 Saint Leo alumni who reside in all 50 states, in Washington, DC, in three U.S. territories, and in 76 countries.

Guest speaker Love was born and raised in the Dominican Republic and moved to the U.S. in 1983. He enlisted in the Navy in 1988, attended the Broadened Opportunity for Officer Selection and Training (BOOST) Program in San Diego in 1989, and attended the State University of New York Maritime College, where he earned a baccalaureate degree in marine transportation/business administration. He received his Navy commission in 1993.

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## Coast Guard commissions newest fast response cutter in San Diego

SAN DIEGO — The Coast Guard commissioned the newest California-based 154-foot Fast Response Cutter in San Diego May 1.

The Benjamin Bottoms is the fourth Sentinel-Class Fast Response Cutter (FRC) to be homeported at Base Los Angeles-Long Beach.

While these ships will be based in San Pedro, they will operate throughout the 11th Coast Guard District, which includes all of California and international waters off of Mexico and Central America.

“Radioman First Class Benjamin Bottoms is a Coast Guard hero,” said Adm. Charles Ray, the Coast Guard vice commandant. “He was the embodiment of honor, commitment and sacrifice — the motto of this new cutter.”

FRC’s are 154-foot multi-mission ships designed to conduct: drug and migrant interdictions; ports, waterways and coastal security operations; fisheries and environmental protection patrols; national defense missions; and search and rescue.

To date, the Coast Guard has

accepted delivery of more than 30 FRCs. Each ship is designed for a crew of 24, has a range of 2,500 miles and is equipped for patrols up to five days. The FRCs are part of the Coast Guard’s overall fleet modernization initiative.

FRCs feature advanced command, control, communications, computers, intelligence, surveillance and reconnaissance equipment as well as over-the-horizon response boat deployment capability and improved habitability for the crew. The ships can reach speeds of 28 knots and are equipped to coordinate operations with partner agencies and long-range Coast Guard assets such as the Coast Guard’s National Security Cutters.

FRCs are named in honor of Coast Guard enlisted leaders, trailblazers and heroes. The four California-based FRCs are:

Forrest Rednour (WPC-1129) - Rednour aided in the rescue of 133 people during the sinking of the U.S.A.T. Dorchester, Feb. 3, 1943. He was awarded the Purple Heart and Navy and Marine Corps Medal for his actions. Rednour lost his life in the sinking of the Coast Guard Cutter Escanaba in June 1943.

Robert Ward (WPC-1130) - Ward operated beach-landing boats during the Normandy invasion. He landed his craft on the Cotentin Peninsula and rescued two stranded boat crews in the face of a heavily fortified enemy assault.

Terrell Horne III (WPC-1131) - Horne was murdered by suspected drug smugglers who intentionally rammed the boat he and fellow Coast Guardsmen were aboard during law enforcement operations near Santa Cruz Island off the Southern California coast in December 2012. Horne pushed one of his shipmates out of the way of the oncoming vessel attack and sustained fatal injuries.

Benjamin Bottoms (WPC-1132) - Bottoms was part the Coast Guard aircrew that rescued an Army aircrew from a downed B-17 off the east coast of Greenland in 1942. Bottoms and the pilot conducted the first landing of a cutter plane on an icecap and commenced a two-day rescue over a rugged arctic terrain that required multiple flights. During the second day of rescue operations, radio contact with Bottoms’ plane was lost and he was declared missing in action.



A Coast Guard MH-60 Jayhawk helicopter performs a flyover during the commissioning ceremony for cutter *Benjamin Bottoms* at Coast Guard Sector San Diego, May 1. (inset) Adm. Charles Ray, the Coast Guard vice commandant, delivers his remarks during the commissioning ceremony for *Benjamin Bottoms*. Coast Guard photos by Petty Officer 1st Class Patrick Kelley and Petty Officer 1st Class Mark Barney



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# Mobile Bay operates with Stennis carrier group and regional allies

by MC2 Erika L. Kugler  
MEDITERRANEAN SEA - Maritime forces from Great Britain and France recently operated with the *John C. Stennis* Carrier Strike Group, including San Diego-based USS *Mobile Bay*.

British Royal navy destroyer HMS Duncan, French Marine Nationale frigate FS Languedoc, along with aircraft carrier USS *John C. Stennis*, and USS *Mobile Bay*, conducted operations to support dynamic training with NATO and partner maritime

forces in order to create capacity in high-end warfare.

“The opportunity to work with our French and British partners is always a great experience,” Capt. Murz Morris, commodore, Destroyer Squadron (DESRON) 21, said about the integration. “Beyond building on the already strong bond we have with these countries, it also served as a way to enhance our flexibility and warfighting lethality across the spectrum.

“The ability to integrate prac-



In this April 7, 2019, file photo, Sailors stand watch on the brow of *Mobile Bay*. Navy photo

tically seamlessly demonstrated how our procedures are closely aligned.”

Morris also added that these close-relations lead to greater capabilities.

“This aspect of our close relationship serves as a force multiplier, not just in the Mediterranean but world-wide,” Morris said. “Opportunities like this to ‘plug and play’ ensure we

and our allies are on a constant upward projector in terms of operational response capability world-wide.”

The JSCSG will continue to transit the Mediterranean Sea to provide support and increase the capabilities of allies and partners. *John C. Stennis* is in the ‘Med’ as part of the JCSCSG deployment in support of maritime security cooperation efforts in the 6th Fleet area of responsibility.



Naval officers from Barbados, Malaysia, Saudi Arabia, Suriname, and Taiwan celebrate their graduation from the International Maritime Intelligence Course. Navy photo by Michele Diamond

## Warfare command ceremony has an international flavor

by Lt. Patrick C. Rumsey

SAN DIEGO - Nine students from Barbados, Malaysia, Saudi Arabia, Suriname, and Taiwan graduated from the International Maritime Intelligence Course (IMIC) at Information Warfare Training Command San Diego May 3.

IMIC is an unclassified course designed to provide foundational intelligence training to international junior officers in the equivalent grade of O1-O4. Upon completion, trainees should be able to provide intelligence support to naval operations and planning in both afloat and ashore environments.

The State Department coordinates with IWTC San Diego to highlight American culture via field trips around Southern California during the students’ time in the U.S.

“This was a very positive experience, and will build our capability in intelligence and building scenarios,” said Lt. Mohammed Al Hamdan of the Royal Saudi Navy. “Working with students from other countries was also good, and it was great for us to experience the culture of the U.S. and California.”

“This was the first time that a student from Barbados attended this course, so I came in with a very open mind and tried to learn as much as I could,” said Lt. Troy Bridgeman from the Barbados Defense Force. “I’ll try to enhance my day-to-day routine as well as the products we create to support our command.”

More than 25 students, primarily international intelligence officers, graduate from the three-week course each year.

“My favorite part about teaching IMIC is that I’m learning about multiple countries at the same time,” said Intelligence Specialist 1st Class Melinda Galang, who instructs IMIC at IWTC San Diego. “Students in the course are a blank canvas since course content is brand new to them, so there’s immense development as it pertains to the students’ grasp of maritime domain awareness.”

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

With four schoolhouse commands, two detachments, and training sites throughout the United States and Japan, CIWT is recognized as Naval Education and Training Command’s top learning center for the past three years.

Training over 21,000 students every year, CIWT delivers trained information warfare professionals to the Navy and joint services. CIWT also offers more than 200 courses for cryptologic technicians, intelligence specialists, information systems technicians, electronics technicians, and officers in the information warfare community.

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**MARINE CORPS RECRUIT DEPOT (May 6, 2019) - Recruits with Fox Company, 2nd Recruit Training Battalion, perform side curls with a log. If one recruit failed to put the amount of effort needed, the rest of the group had to pick up the slack. Annually, more than 17,000 males recruited from the Western Recruiting Region are trained at MCRD San Diego. Fox Company is scheduled to graduate June 28. Marine Corps photo by Pfc. Cristian Torres**



**CATALINA ISLAND (May 3, 2019) - A Douglas DC-3 set on display during the grand reopening of the Airport in the Sky here. 3rd Marine Aircraft Wings's partnership with the Catalina Island Conservancy to build the runway provided a unique opportunity for Marines to conduct applicable training while also helping the community. Marine Corps photo by Cpl. Jacob Pruitt**



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Adriana Silveira



**SUVA, Fiji (April 30, 2019) - Sailors assigned to USS Stockdale (DDG 106) man the rails as Stockdale pulls into Suva for a port visit. Navy photo by MC2 Abigayle Lutz**

### Lemoore

continued from page 1  
ownership toward completing the whole thing.”

In some cases, exceptional second-class petty officers have also been considered for crew lead, including Aviation Electrician's Mate 2nd Class Michaela Zadra, a member of VFA-22's quality assurance division. Having crew leads that can focus on individual jets - and communicate with the various maintenance shops - relieves maintenance control from having to keep near-constant track of as many as a dozen aircraft at a time, Zadra said.

“Crew leads have cut down on empty communication, so now I, as a maintainer who is not stuck behind a maintenance control desk, can walk around to each shop and talk to them personally,” she said. “There's a lot more communication one-on-one, instead of one-to-one-to-one and then to maintenance control. It's definitely helped with communication and productivity with the jets.”

In tandem with the crew lead concept has been the utilization of a whiteboard alongside each aircraft that informs anyone passing by as to the jet's status. Information on the boards includes the names of the crew chief and additional personnel assigned to the aircraft, what maintenance is needed, and the expected completion date.

“If you physically walk through one of our hangars today, you can tell which ones have been reformed and which ones haven't,” said Vice Adm. DeWolfe H. Miller, III, CNAF. “You know the exact status of that airplane, you know who's working on that airplane and when they expect that airplane to be up. There's going to be a crew lead who has that ownership.”

In addition, the two squadrons have begun treating the spaces around each Super Hornet in their hangars as dedicated workspaces, with all necessary tools and parts kept beside the aircraft rather than back in one of the various maintenance shops.

“We're now treating the airplane a little more, as an analogy, like a patient getting surgery,” Miller said. “I am the doctor as the maintainer, and I said, ‘scalpel,’ and my tool is right there. What we're seeing with that sort of approach, having our tools next to the airplane, having our status board next to the airplane, everything is going to the point of action being around that airframe, and we're seeing a really significant improvement in our mission capable rates.”

Both squadrons have also begun keeping larger parts in a centralized “parts cage” in the hangar, dramatically reducing the amount of time Sailors spend traversing the hangar in search of equipment rather than with their hands on an aircraft.

**“It may be five minutes here or five minutes there, but over the course of a day across all those technicians, that's a lot of time saved by having those parts close to where the job is being done,” Michaelis said.**

Together, the changes have helped the squadrons achieve one of the first goals of O-level reform - reducing the turnaround time for routine 84-day corrosion inspections down from 10-14 days to three days.

The 84-day inspection, so called because Super Hornets receive one every 84 days, is one of the most common checks conducted on the jet and is officially supposed to take three days.

“Our average is about 10 to 14 days,” Miller said. “It's really important for us to put some discipline into achieving these checks on a predictable three-day pattern.”

After meeting with consultants, VFA-22 was the first squadron to pilot reforms aimed at reducing the 84-day inspection time.

“They were able to do it in two-and-a-half shifts, and as we've been going through the process with other squadrons, we realize that yes, three days in itself is sufficient, once we weed out the inefficiencies,” said Lt. Hasely Clarke, assistant maintenance officer for Strike Fighter Wing Pacific.

Clarke said many of those inefficiencies arose from work centers waiting on one another to be finished with an aircraft before beginning their own tasks. “There was a lot of waiting time in between,” he said.

Time management, communication and multitasking between shops have all improved following the O-level reform, said Zadra, noting shops were encouraged to identify which of their tasks could be performed alongside another's simultaneously. For instance, Zadra said she can check the lights in the cockpit from the side of the jet while someone from the avionics shop inspects instrumentation inside the cockpit.

“It cuts down a lot on worker hours, so we can minimize the time on the inspection,” she said.

A former MMCO, Michaelis said he was skeptical of the O-level reforms when they were initially proposed, but has come around after seeing how VFA-22 and VFA-122 have put the reforms into practice.

“It's been a tough pill to swallow, to see how inefficient even when I was in that position, even though I thought we were on point every single time,” he said. “To now look back and go, ‘Wow, there were a lot of places where I could have improved.’ So, that's what's made me a believer, is being able to look in hindsight and realize there's tons of this stuff that I wish I had when I was an MMCO.”

Michaelis said the plan is to take the reforms to VFA squadrons at NAS Oceana, Va., before rolling them out across the Super Hornet community and, ultimately, to other platforms. “As we migrate this and expand it across all type-model-series, I'm excited about what this is going to do for our future,” he said.

Further evidence of the reform's efficacy will come when squadrons can keep their Sailors on normal work schedules while preparing for deployments, Michaelis said.

“Before we go on detachments or on deployment, we often work Sailors 12 [hours] on, 12 [hours] off, sometimes seven days a week,” he said. “The proof is when, on a Thursday, we can let our people out for a three-day weekend because our jets are up and ready to go, and we saw that recently in one of our transformed squadrons.”

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**SELECT WEEKENDS MAY 4-JUNE 2**

# Tolkien - The formative years of the author of The Hobbit



by Jan Wagner

John Ronald Reuel Tolkien may be best known as the author of the books "The Hobbit" and "The Lord of The Rings" – rich, wonder-filled, intricately woven, epic and brilliant tales of fantasy and adventure. He

envisioned and illustrated a world populated by wizards, hobbits, dragons and mythical beings that represented the best and most inspirational aspects of human nature, including our love of quests, self-sacrifice, the strength that comes from true camaraderie, and our hope that good will, in the end, defeat evil. He was a prolific, creative genius.

"Tolkien" (pronounced "TOL-KEEN") paints an exquisitely visual and linguistic story, from childhood, of J.R.R. Tolkien (Nicholas Hoult). We learn about his transition from being an imaginative but sad loner to becoming one of the most celebrated and beloved authors of fantasy that

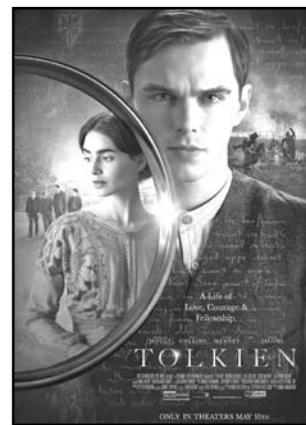
our modern world has ever known. His early life's deeply tragic experiences, his artistic, creative talents and the unwavering support of his friends and mentors, helped mold him into a prolific and beloved author of a vast body of literary works. His is an inspiring story of one man's courage in the face of potentially overwhelming adversity.

While knowledge of and familiarity with his body of work will no doubt give you an even greater enjoyment of, and appreciation for "Tolkien," that is by no means a necessary prerequisite. I was truly captivated by, and thoroughly enjoyed "Tolkien," despite only having

seen Tolkien movies.

Brilliantly and insightfully directed by Dome Karukoski (of Finland, and a huge Tolkien fan from a young age), and written by David Gleeson and Stephen Beresford, "Tolkien" is set in early 20th century England, during the time leading up to, during and following World War One.

J.R.R. Tolkien was very young when his father passed away. One of his greatest sources of joy were the vivid tales of fantasy told to him and his brother by his mother, who was ill with diabetes. Her stories imparted to him a fascination with, appreciation for and knowledge of language and



literature. A skilled linguist, he spoke in Old English and actually invented languages. He was brilliant.

Orphaned at a very early age, he overcame the potentially devastating adversity of losing both of his parents and of being uprooted from his home in South Africa that he loved. Despite the literal and figurative darkness that followed in England, he found comfort and strength from the unwavering support of a fellow orphan named Edith Bratt (talented English-American actress Lily Collins, daughter of musician Phil Collins); three dear friends and fellow artists: Robert Gibson, Christopher Wiseman and Geoffrey Smith who, together with Tolkien formed a brotherhood and a secret club that they called the "Tea Club and Barrovian Society" - TCBS, to change the world through the power of art; and his steadfastly uncompromising mentor Father Francis Morgan (Irish actor Colm Meaney, from TV's "Star Trek: The Next Generation" and "Star Trek: Deep Space Nine"). Together they encouraged and contributed to Tolkien's lifelong journey of scholarly and artistic, literary creativity.

Despite his humble circumstances

as a penniless orphan, Tolkien was nevertheless educated at the prestigious King Edward's School in Birmingham, and at Oxford, due to a combination of his hard work and personal brilliance, and the kindness, support and generosity of others.

From childhood, Tolkien was fascinated with language, inventing language, and writing and illustrating stories of journeys that we take to prove ourselves; of adventure, friendship, fellowship, loyalty, love, war, courage, loss, vision, inspiration and wonder.

We learn of Tolkien's love for his soulmate, Edith Bratt. Together they collaborated, finished each other's sentences and truly enjoyed each other's company.

When situations were at their darkest, Tolkien imagined a world of fantasy, escaping ever so briefly to magical times and places. That helped him to survive, despite the odds that were at times stacked heavily against him. He nearly died in the Battle of the Somme.

Contrary to what one might expect, given the horrors and utter brutality of WWI trench warfare that we are shown, "Tolkien" is on balance a beautiful, deeply emotive movie that will lift up your spirits and give you hope for the future, no matter how bleak a prospect that may seem at times.

To see an official Fox Searchlight Pictures trailer for Tolkien, visit <http://www.foxsearchlight.com/tolkien/>. For additional photos, visit [www.drivetribe.com](http://www.drivetribe.com), click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #589" in the search bar. Send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com). Copyright © 2019 by Jan Wagner - AutoMatters & More #589

## MaPoL

continued from page 1

Independence Day, Labor Day, Columbus Day, Veterans Day, Thanksgiving Day, and Christmas Day."

The vast majority of "National Holidays" such as Grandparents' Day, Squirrel Appreciation Day and even Halloween are not established by an act of congress, but rather, are the result of widely recognized tradition, brilliant corporate marketing campaigns, or a bunch of goofy college kids who are really good at social media.

However, there are a some special days of the year that, although they are not deemed to be federal holidays, they have so much national significance that the President of the United States issues an annual proclamation calling upon the public to honor the cause, event or individual.

Military Spouse Appreciation Day is one of those significant public observances.

In 1984, President Ronald Reagan established Military Spouse Appreciation Day by Proclamation 5184, recognizing the countless sacrifices and unselfish contributions made by Military Spouses since the days of the Continental Army:

"[Military Spouses] subordinated their personal and professional aspirations to the greater benefit of the service family. Responding to the call of duty, they frequently endured long periods of separation or left familiar surroundings and friends to reestablish their homes in distant places. And there they became American ambassadors abroad. As volunteers, military spouses have provided exemplary service and leadership in educational, community, recreational, religious, social and cultural endeavors. And as parents

and homemakers, they preserve the cornerstone of our Nation's strength - the American family."

Thirty-five years later, Military Spouses continue to support their husbands, wives, families and country, despite facing serious career obstacles and family hardships because of their unpredictable, mobile military lifestyles. Why don't we recognize "Accountant Spouses," "Engineer Spouses," or "Chef Spouses" in the same way as Military Spouses?

Because being a Military Spouse isn't just a description based upon a husband or wife's job - it's a total lifestyle commitment that requires each spouse to have their own sense of duty, honor and patriotism.

Today, with greater military recruiting retention challenges, it's crucial that the public shows its appreciation for our all-volunteer military force, along with the fam-

ily members at home. Like their husbands and wives, Military Spouses need to know that their sacrifices, dedication, and commitment are worth it.

This year, Military Spouse Appreciation Day falls on May 10.

During the month you may feel compelled to celebrate Lost Sock Memorial Day (May 9), Dance Like a Chicken Day (May 14), Sea Monkey Day (May 16), and Mint Julep Day (May 30), but carve out a little time out of your busy calendar to recognize a presidentially-approved national holiday.

On May 10, after we've cleaned our rooms in honor of National Clean Up Your Room Day of course, let's all celebrate Military Spouse Appreciation Day by acknowledging that, not only is it a real holiday, the Military Spouses it commemorates are really important.

## Health & Fitness

# Knee, hip pain without clear cause may benefit from physical therapy

DEAR MAYO CLINIC: I'm 45, and my right knee and right hip hurt off and on, especially after I lift weights or perform strenuous exercise. I had an MRI done, and there is nothing structurally wrong. Would physical therapy be a good next step?

ANSWER: When pain is a problem, and imaging tests and other assessments don't point to a clear cause, consulting with a physical therapist is a good idea. In your case, a physical therapist can review your workouts with you to ensure they are safe and effective, as well as modify your routines, as needed, to help you reach your fitness goals without pain.

Hip pain and knee pain are common concerns, especially with age. The pain can be caused by a wide variety of problems. In some cases, pain may relate to issues within the joints themselves, while, in other situations, pain may result from problems with the muscles, ligaments, tendons and other soft tissue that surround the hip and knee joints. Sometimes, hip and knee pain can be triggered by back issues. This should be considered if an exam of your leg doesn't reveal any concerns, and your history of pain doesn't point to a problem within the hip or knee.

Imaging tests, including MRIs, X-rays and CT scans, often can reveal injuries, such as a sprain or strain, as well as other issues like joint damage or inflammation that could contribute to pain. But imaging alone may not always be enough to uncover what's causing knee and hip pain.

If you haven't done so already, talk to your health care provider about getting a comprehensive assessment of your condition to make sure there isn't an underlying medical concern that must be addressed. A thorough history and physical exam often reveal the cause of many musculoskeletal pains. But if an evaluation doesn't identify a specific problem, then physical therapy likely would be a good treatment option to reduce pain.

Because the intermittent pain is affecting both your hip and knee, and because it seems to be associated with your exercise routine,

it's possible that the way you're exercising could be contributing to the problem. A physical therapist can work with you to evaluate your routines and see if you need to make changes.

For example, when done correctly, weight training can help you increase strength and muscle tone, improve bone density and lose fat. If it's done incorrectly, though, weightlifting can lead to pain and injury. A physical therapist can check your lifting technique and guide you on proper form. The better your form, the better your results will be and the less likely you will hurt yourself.

The same is true for aerobic workouts. If you're running, swimming or cycling using improper technique, that could trigger pain. Your physical therapist can assess your exercise technique to see if there are ways you can adjust your form to reduce the likelihood of pain and injury.



It's also important to talk with your physical therapist about how often you're working out to ensure you aren't exercising too much or too strenuously. More

## County teams with Padres to raise awareness about stroke

On average, a stroke occurs every 40 seconds in the United States. Do you know what to do if someone is having a stroke? If you don't, you'll have an opportunity to learn during a stroke awareness event at Petco Park.

Information about the warning signs of stroke and what to do if a person is having a stroke will be provided to those in attendance when the San Diego Padres play the Pittsburgh Pirates May 19.

On that date, the Padres will

is not necessarily better when it comes to workouts, especially if you're experiencing pain as a result. If you notice pain during exercise, ease back or stop what

team up with local hospitals and the Stroke Consortium to promote stroke prevention, awareness and recovery as part of National Stroke Awareness Month.

More than 1,000 stroke deaths occurred in San Diego County in 2018, and about 15 people are hospitalized due to stroke every day. "Recognizing the common signs of stroke and what to do is extremely important," said Kristi Koenig with the San Diego County Health and Human Services Agency.

you are doing. People often are told to "push through pain" when exercising. That's not good advice. While feeling fatigue or some mild discomfort during exercise is normal, pain is not. Ignoring pain can lead to serious injury.

Ask your health care provider to recommend a physical therapist who has training and experience in sports medicine. He or she can help you evaluate your fitness goals, assess your routines and create a plan to maintain the benefits of your workouts, while avoiding pain. - Daniel Montero, M.D., Orthopedic Surgery, Mayo Clinic, Jacksonville, Fla.

Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to [MayoClinicQ&A\(AT\)SIGNmayo.edu](mailto:MayoClinicQ&A(AT)SIGNmayo.edu). For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).

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## Enlisted to Officer Road Show rolls in this month

Interested in becoming an officer? The San Diego chapter of the National Naval Officers Association will be hosting three "Enlisted to Officer" informational events in the San Diego area this month. You'll find them from 1-3pm at the following locations.

- NBSD Main Theater: Thursday, May 16
  - NBPL Harbor Annex Bldg 52: Tuesday, May 21
  - North Island's Lowry Theater: Wednesday, May 22
- For more information visit SDNNOA.ORG

## Astrological Forecast



by Magi Helena

**ARIES** (March 21-April 19): Everything will turn out fine if you act on your intuitions in the week ahead. Your love life could experience some rocky spots but using honesty and sincerity will overcome any potential misunderstandings.

**TAURUS** (April 20-May 20): Your tough as nails attitude can help with business decisions in the next week. As your ambitions grow, getting ahead in the material world could become top priority. Focus on being organized to reach your goals.

**GEMINI** (May 21-June 20): Sometimes the person who gives the best advice might not have the best delivery, listen to the message. In the week ahead focus on money-making activities that have shown a proven profit and accept help when it is offered.

**CANCER** (June 21-July 22): Acting on your fantasies could bring fairy tale endings. Your creative genius may be energized during the week ahead allowing you to turn your ideas into money for your pockets. Work smart, not just hard.

**LEO** (July 23-Aug. 22): Your career or job could be of primary importance in the upcoming week. You may be expected to comply with high standards or follow a set of specific rules. You will be up to the challenge and prove your value.

**VIRGO** (Aug. 23-Sept. 22): Keep

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

your knowledge fresh when it comes to technology, your computer smarts make you extremely marketable. You may struggle to decipher messages this week, keeping current with the latest trends can help communication.

**LIBRA** (Sept. 23-Oct. 22): In the upcoming week you may be more focused on your job and health. Real teamwork is not only more productive, it's more rewarding too. A partner or loved one could challenge you to up your work ethic.

**SCORPIO** (Oct. 23-Nov. 21): Stay on top of your obligations and don't waste resources when good fortune comes your way. As this week unfolds you might be tempted to take more risks than usual, rely on your good sense to keep you afloat.

**SAGITTARIUS** (Nov. 22-Dec. 21): Every penny counts in the week ahead; be smart with money matters. You might find yourself cashing in pennies at the bank or a local cash machine right now, but your overall financial picture is getting brighter.

**CAPRICORN** (Dec. 22-Jan. 19): Concentrate on making your ambitions a reality. Achieving goals might require passing up social invitations and putting in extra work hours. It is possible to enjoy being alone instead of brooding on loneliness.

**AQUARIUS** (Jan. 20-Feb. 18): An opportunity to take a calculated risk with money may appear this week and you should grab it. If you play your cards right, you could create a lasting source of income. A partner will have some practical ideas for you.

**PISCES** (Feb. 19-March 20): Others might think you are not paying attention to practicalities, but you are more capable than anyone knows. In the week to come your ideas could fall into place and start something of value, to your surprise and delight.

## MOVIES at the Bases

**Lowry Theater - NASNI,**  
619-545-8479, Bldg. 650

**Thursday, May 9**  
5:30pm SHAZAM!  
7:50pm Pet Sematary (2019)

**Friday, May 10**  
5:40pm Little  
7:50pm Hellboy (2019)

**Saturday, May 11**  
12:50pm Dumbo (2019) ★

5:30pm Hellboy (2019)  
**Sunday, May 12**  
12:30pm SHAZAM!

3pm Us  
5:10pm Hellboy (2019)

**Monday, May 13**  
5:50pm Little  
7:50pm The Best of Enemies

**Tuesday, May 14**  
5:50pm Dumbo (2019)  
8pm Hotel Mumbai

**Wednesday, May 15** ★★  
5:40pm SHAZAM!  
8:10pm Little

**Thursday, May 16**  
5:50pm Dumbo (2019)  
8pm Hellboy (2019)

**Naval Base Theater - NBSD,**  
619-556-5568, Bldg. 71 ★

**Thursday, May 9**  
5:40pm SHAZAM!  
8:20pm Us

**Friday, May 10**  
5:40pm Hellboy (2019) ★

**Saturday, May 11**  
12:50pm SHAZAM!  
3:30pm Dumbo (2019)

6pm Hellboy (2019)  
**Sunday, May 12**  
12:50pm Dumbo (2019) ★

3:10pm Hellboy (2019)  
6pm SHAZAM!

**Monday, May 13**  
5:50pm Little  
8pm Hellboy (2019)

**Tuesday, May 14**  
5:40pm SHAZAM!  
8:20pm Little

**Wednesday, May 15** ★  
5:50pm Dumbo (2019) ★

8pm Hotel Mumbai  
**Thursday, May 16**  
5:40pm Hellboy (2019)

8pm The Best of Enemies  
**Community Rec Center**

- NBPL, Main Base,  
619-553-9138, Bldg. 546 ★

**Thursday, May 9**  
5pm Toy Story

**Friday, May 10**  
5pm Happy Death Day 2U ★

**Saturday, May 11**  
5pm Fighting With My Family  
**Sunday, May 12**  
5pm Patton

**Thursday, May 16**  
5pm How To Train Your Dragon:  
The Hidden World

**NAB Theater - NAB, Q-Zone**  
619-437-5487, Bldg. 337 ★

**Thursday, May 9**  
11am Pete's Dragon  
5pm Glass

**Friday, May 10**  
5pm Happy Death Day 2U

**Saturday, May 11**  
11:15am Ralph Breaks Internet  
2pm A Madea Family Funeral

5pm What Men Want  
**Sunday, May 12** ★★  
5pm Creed II

**Monday, May 13**  
5pm Letters from Iwo Jima

**Tuesday, May 14**  
11am Train Your Dragon: Hidden World  
5pm Replicas

**Wednesday, May 15**  
5pm On The Basis of Sex  
**Thursday, May 16**  
11am LEGO Movie 2: Second Part

5pm Welcome To Marwen  
**Bob Hope Theater** 577-4143  
Miramar Bldg 2242

\* indicates last showing

**Thursday, May 9**  
6:30pm Wonder Park

**Friday, May 10**  
6:30pm Hellboy (2019)  
9pm Us

**Saturday, May 11**  
3pm Little

6:30pm SHAZAM!  
9:30pm The Best of Enemies

**Sunday, May 12**  
1pm Dumbo (2019)  
6:30pm Pet Sematary (2019)

**Wednesday, May 15** ★  
6:30pm Us

**Thursday, May 16**  
6:30pm Hotel Mumbai

**Pendleton Movie Theatre** ★  
Building 1330 Vandegrift Blvd  
(760) 725-9217

Active Duty adults \$4/3D-\$5  
Kids (6-11) \$2/3D-\$3  
5/under free/3D \$1 for glasses

**Thursday, May 9**  
6:30pm Dumbo

**Friday, May 10**  
6:30pm Shazam!

**Saturday, May 11**  
1pm Dumbo (PG)  
4pm Hotel Mumbai (R)

7pm Pet Sematary  
**Sunday, May 12**  
1pm Shazam!

4:30pm Pet Sematary

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# Entertainment - Happy Mother's Day



## Chocolate Festival at SD Botanic Garden Sat., May 11 • 10am-4pm

Chocolate Lovers Unite! Don't miss San Diego Botanic Garden's annual Chocolate Festival on Saturday, May 11 from 10am-4pm. Your taste buds will thank you when savoring the wide variety of goodies created by local chocolate artisans. The Chocolate Festival is the day before Mother's Day, so it makes a perfect gift for Mom. Come and enjoy the day relaxing in our beautiful garden oasis while sampling edibles made from the ground beans of the Theobroma cacao. Demonstrations and tips on creating delicious chocolate treats will also be featured at the Chocolate Festival.

Pick up the perfect Mother's Day gift from one of our vendors or from the Garden's Gift Shop featuring plants, jewelry, photography, specialty chocolate flavored soaps and unique garden-themed items every Mom loves!

Don't miss the Garden's Kidzone where children can have fun making crafts and gifts for Mom, as well as food trucks, a coffee truck and live entertainment.

Cost: Free with **paid admission** or membership at the Garden. Tasting tickets available for a fee. Info: [www.sdbgarden.org](http://www.sdbgarden.org)

## Port offering free public tours to celebrate Maritime Month

May is Maritime Month at the Port of San Diego and to help celebrate it, the Port is offering free public boat and bus tours of San Diego Bay and its Working Waterfront.

Maritime Month is the region's unique celebration of National Maritime Day on May 22, which is a day to pay special tribute to the merchant marines and to the benefits that the maritime industry provides to the country.

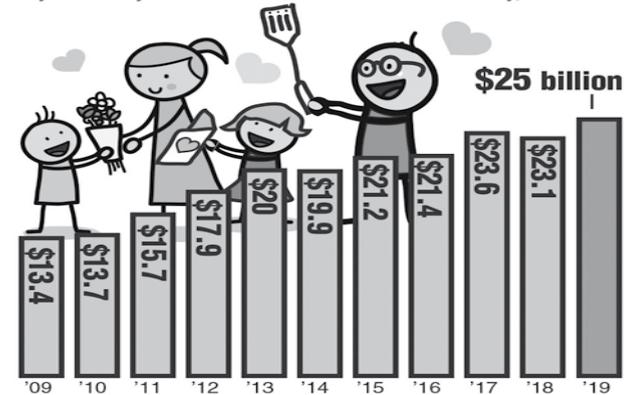
The free public bus tours will take place on Wednesday, May 22 and Thursday, May 23, 2019. The tours begin at 10 a.m. at Pepper Park, 3299 Tidelands Avenue, National City. Guests will have a rare, behind-the-scenes look at the National City Marine Terminal where Port tenant Pasha Automotive Services imports and processes approximately 482,000 vehicles annually. The tour will then proceed north on Harbor Drive, past Naval Base San Diego, General Dynamics/NASSCO, BAE San Diego Ship Repair and Huntington Ingalls Industries. It will then enter the Port's Tenth Avenue Marine Terminal, where guests will see the various cargoes that arrive. During the tour, Port staff will explain the various areas and discuss the economic impact that the maritime industry has on the San Diego region. The tour will take approximately two hours. Free parking is available in Pepper Park's parking lot.

The free public boat tours will take place on Saturday, May 18 and Saturday, June 1, 2019. There will be two tours on each day, a morning tour that begins at 10:45 a.m. and an afternoon tour that begins at 1:15 p.m. Participants will board the Admiral Homblower at Pier 1, Homblower Landing at 1800 North Harbor Drive (at the foot of Grape Street), San Diego.

The vessel tours will provide a waterside view of the Port's cruise terminals, cargo terminals, Naval Base San Diego and shipbuilding and repair yards. The vessel tours take approximately two hours.

## Projected Mother's Day spending

Mother's Day spending is expected to total a near-record \$25 billion this year, growing consistently over the past several years, and this year's spending is expected to be the highest in the 16-year history of the National Retail Federation survey."



Source: National Retail Federation  
Graphic: Staff, Tribune News Service

## San Diego Surf Film Festival Wed.-Sat., May 8-11 \$5/up

The 8th Annual San Diego Surf Film Festival (SDSFF) invites everybody to come celebrate the passion that we all share for simply being in and around the ocean. 2019 Festival highlights include: • 15 of the finest international surf films • Opening night featuring live art, music and local beer • Meet the filmmakers and artists lunch & more. Misfit Gallery, 565 Pearl St., La Jolla, CA 92037. Price Starting at \$5. <http://sdsurffilmfestival.com/>



## Gator By The Bay Festival Thur.-Sun., May 9-12 • \$25-\$95

Gator by the Bay - Zydeco, Blues & Crawfish Festival returns to San Diego for its 18th year on May 9-12. Join us in dancing, parading, shopping, playing and eating mouthwatering crawfish straight from Louisiana! Largest, authentic Louisiana-themed festival this side of the bayou. Features 4 days of live music - more than 100 performances on 7 stages, dancing, delicious Southern food - including beignets, gumbo, jambalaya & 10,000 lbs of crawfish. Family friendly & fun! <https://www.gatorbythebay.com/>



## May is membership month at San Diego Air and Space Museum

May is membership month and, with your support, we can make this year a huge success for the San Diego Air and Space Museum! Help us meet our goal of 100 new members this month! If you have not already signed up for this great value, we highly recommend you join the Museum's membership program today. Members enjoy unlimited free admission to the San Diego Air and Space Museum. And your membership allows you admission to the Museum of Flight in Seattle, WA. Members also receive invitations to special lectures and events. Additional membership perks include: Check out our website at [www.sandiegoairandspace.org](http://www.sandiegoairandspace.org) to see what's coming up like another exciting Space Day on May 18, 36th Annual Golf Tournament on Aug. 14 for all you golfers, and so much more! Please join us!



## SDCCU Festival of Arts in North Park Sat., May 11 • 11am-4pm • Free

San Diego's most diverse and celebrated neighborhood North Park, will once again be hosting the San Diego County Credit Union Festival of Arts in North Park on Sat., May 11 from 11am to 10pm. This unique and vibrant neighborhood festival brings out over 40,000 people from all over San Diego County to celebrate and enjoy live music, art, crafts, delicious food and some of San Diego's top Craft Beers. Find the fun along University Ave. in North Park and 30th Street. Beer sampling ticket starting at \$27.



## Aquatica: SeaWorld's Waterpark splashes into summer on May 24

Aquatica SeaWorld's Waterpark will be back to make a splash for a seventh season starting May 24, with a combination of thrills, a serene beachside resort atmosphere and up-close animal encounters. Among more than a dozen attractions are Taumata Racer, a thrilling mat-racer water slide; Big Surf Shores, a large wave pool, lined by an expansive sandy beach; several children's play areas including Walkabout Waters and Slippity Dippity; Tassie's Twister, a multi-person raft that sends riders through thousands of gallons of swirling water before dropping them into a six-story funnel; and Loggerhead Lane, which offers a leisurely float down a winding lazy river, with a view of Caribbean flamingos along the way. Aquatica is located at 2052 Entertainment Circle in Chula Vista. [www.AquaticaSanDiego.com](http://www.AquaticaSanDiego.com).

## WSA West Coast Championships Sat.-Sun., May 11-12 • Free viewing

Sponsored by Western Surfing Association, this is a surfing competition to qualify competitors to the West Coast Championships, U.S. Championships, Prime Event and any World Team Event. Viewing the competition is free and open to the public; all ages will enjoy. South Harbor Jetty, Oceanside.



## Fun with MWR

**The Navy's 33rd Bay Bridge Run/Walk** Sun, May 19, 8am. Participate in the Navy's 33rd Bay Bridge Run/Walk. Your only chance to walk across the Coronado Bridge! Register at [www.navybaybridgerun.com](http://www.navybaybridgerun.com).

**Summer Camp 2019 ~ Adventure Awaits!** Have fun, explore, learn and experience. CYP has it all: Arts & Crafts, Field Trips Cooking, STEM Activities, Sports, AND MORE! Camp is designed to enhance the lives of youth 5-12 years. Registration is now open. Cost is on a sliding scale based on total family income. Days and hours vary by location. Visit [MilitaryChildCare.com](http://MilitaryChildCare.com) today!

**Book Now for Mother's Day Brunch** Leave the cooking to us! Mother's Day Brunch ~ Sunday, May 12. \$35 pp (per event). Call for your reservation today! We offer 3 beautiful and convenient locations: • Admiral Baker Rivers Edge, Mission Gorge, 619-487-0016. • Island Club, Naval Air Station North Island, 619-545-9199. • Admiral Kidd Catering & Conference Center, Naval Base Point Loma, Harbor Drive Annex, 619-524-6287

**R.P.M. (Run Play Move)** Wednesdays, May 1-June 5, 2:30-4:30pm. Silver Stand Youth Center. A FREE youth fitness and education program for individuals, 6-12 yrs., looking to have major fun! Energetic workouts led by an MWR coach, plus lectures and activities focusing on topics such as nutrition, self-esteem and kindness. Who's ready to RUN, PLAY AND MOVE! Register: 619-435-5056

**Gold Star Hero Spin** Thur, May 9, 11am, FREE. A tribute ride for those that gave the ultimate sacrifice! Proudly sponsored by MWR, Coronado Rotary and Navy League. NBPL, Third Fleet Complex. Register: [www.navylifefsw.com](http://www.navylifefsw.com), Info: 619-553-8525

**Volleyball Clinic/Tournament.** Sat, May 11: 8am-Noon (7-13 yrs.) and 1-5pm (14-18 yrs.) Sun, May 12: 8-11am (Active Duty, Military Spouses/Guests 18 yrs.+ ) and Noon (adult tournament). \$15 Active Duty/\$30 MWR Patrons. Sign up today for our beach volleyball camp hosted by AVP professional beach volleyball player, Mark Burik! All skill levels are welcome. Participants receive a T-shirt, playbook, water and lunch, plus are eligible for prizes. NASNI, Breakers Beach. Register: [www.navylifefsw.com/sdcr](http://www.navylifefsw.com/sdcr), Info: 619-437-3190

**Beach Fest.** Sat, May 11, 10am-3pm, FREE. Activate your summer season! All are encouraged to try out our water rentals, including stand-up paddle boards (SUPs), kayaks and CORCLS. Under 18 years must pass a swim test or accompany parent in vessel at all times. NBPL, Main Base, Smuggler's Cove. Info: 619-553-9138

**Learn to Swim Luau.** Sat, May 11, 10am-Noon, FREE. Get ready for summer with MWR! Meet our swim lesson instructors, participate in swim level assessments, and learn about our summer programming.

Plus, enter the drawing for a FREE swim lesson session! Info: 619-553-0934. Naval Base Point Loma, Main Base Pool, Bldg. 1

**Hero PRT.** Thur, May 16, 11am-Noon, FREE. Honor a Fallen Service Member by completing their PRT. Workout consists of 2 minutes of sit-ups and 2 minutes of push-ups, plus a 1.5-mile run. Remembrance T-shirt awaits all participants. Fitness Station, NBSD, Bldg. 3417. Register: [www.navylifefsw.com](http://www.navylifefsw.com), Info: 619-556-9509

**Oceanview Brunch ~ Unwind in Paradise.** Sun, May 19 & June 16, 10am. Adults \$21.95 and Children (4-10 yrs.) \$14.95, Kids 3 yrs. and younger eat FREE. Oceanview's large wooden deck overlooking the Pacific and elegant indoor dining area are the ideal location to enjoy a mouth-watering menu while you and your guests are treated to the rhythmic lull of waves splashing against the rocks below. Get away from it all at Naval Base Point Loma, Main Base! Call 619-524-6287 to make your reservation today!

**Dive-In Movie Night.** Fridays, 5:30 pm, FREE. Cool off in the pool with good music, games and lots of fun! Plus, enjoy our special \$1 Meal Deal! Our summer movie line-up includes: May 24: Dumbo, June 21: Avengers, July 19: Aladdin, August 16: Toy Story 4. Events open to all MWR patrons. Balboa Athletic Complex Pool, NMCSO, Bldg. 12. Register today by calling 619-532-8516.

**Wedding Fair & Formal Wear Bridal Show.** Thur, June 6, 5-8pm, \$19.95 per person. Planning for your special occasions has never been easier! Sample select food and beverage from our catering menu. Talk with photographers, bakers, decorators and entertainers, and meet with our catering sales staff. Plus, enjoy a no-host beer and wine bar. And back for its second year, guests may enjoy the Formal Wear Bridal Show hosted by MWR Community Recreation. With two shows at 6 & 7pm, you'll learn great make-up tips and hairdo tricks, get fresh dress ideas, and workout plans that meet your needs. Island Club Catering & Conference Center, NASNI, Bldg. X. Be sure to call 619-545-9199 for your reservation by June 1.

**Invincible Spirit Festival ~ Gary Sinise & The Lt. Dan Band Concert, Cookout & Car Show,** Sat., June 15, 11am-3pm. Everyone's invited to enjoy the FREE Gary Sinise & The Lt. Dan Band concert, Classic Cookout by Team Irvine and the Show & Shine Car Show! ENTER THE SHOW & SHINE CAR SHOW! All makes and models. Lowriders, Hot rods, Dub trucks and cars, Kustoms and more! Best of show awards to be presented by various dignitaries! Non-military affiliated owners with cars must be approved to come show due to base access. Must be approved 3 weeks before event. Military owners with cars call 619-532-8466 for show info. Naval Medical Center San Diego. Info: 619-532-8466

## Salute to Military Kids a springtime success!

Thank you to the families and vendors who joined us at our Salute to Military Kids event held Sun., May 5 in Carlsbad. The weather was beautiful, snow cones and cotton candy were plentiful and the local Star Wars garrison was on hand for photos. All in all it was a great day. We hope to see you next time!



## Board expands social host ordinance to include pot

Adults providing these substances to minors can be arrested

by Yvette Urrea Moe

The County Board of Supervisors voted unanimously last week to amend its social host ordinance to add marijuana, so that as with alcoholic beverages, adults providing these substances to minors could be cited or arrested.

The social host ordinance puts civil and criminal liability on adults controlling private residences or properties who either do not properly supervise minors or allow minors to consume these substances.



The social host ordinance puts civil and criminal liability on adults controlling private residences

The amendment is a result of marijuana being more readily available after the passage of Proposition 64, which made its use legal for adults over 21.

The Board will vote again on the item on May 21 after a second reading. If adopted by the Board that day, the amendments will become effective 30 days after the vote in the unincorporated areas of the county. The same penalties will apply.

Every municipality in the county and its unincorporated area have adopted "social host" ordinances, making it illegal to host underage drinking parties anywhere in San Diego County. Adults who violate the ordinances can be:

- Cited or arrested
- Fined \$1,000 or more
- Sent to jail for up to six months
- Required to do up to 32 hours of community service
- Billed for law enforcement services

To report underage parties involving alcohol or marijuana, contact your local police department, the Sheriff's Department at (858) 565-5200 or Crime Stoppers Anonymous Tip Line at (888) 580-8477.

Local law enforcement agencies have increased enforcement of social host laws and have issued hundreds of citations in the last few years.

## Are your pets prepared for an emergency?

### Planning ahead can spare you heartache

by Michelle Mowad

Could you evacuate in 15 minutes or less? With everything you need for your pets, as well? Just as you prepare your family for a disaster, the same should be done for pets. Planning is key to emergency preparedness for all.

members and assemble emergency supplies ahead of time. Household pet necessities include a collar with license and ID tag with your address and phone number, a supply of food and water, and a bowl, a crate or carrier, leash, medicines, copy of current veterinary records, and several recent photographs of your four-legged or feathered friend. You might also add a pet first aid kit, waste disposal bags, and a muzzle if your dog tends to be aggressive.

As part of your preparation, locate kennels, veterinary facilities or other boarding and pet-friendly lodging near your home. Look for those that have easy access from primary and alternate evacuation routes in and out of your neighborhood.

Make sure your pet is wearing a collar with identification and an emergency contact. Having an ID on your animals may help reunite you in the event that you are separated.

Another safeguard is microchipping in case your pet loses its collar. Microchipping is available at San Diego Humane Society facilities. Visit [www.sdhumane.org/services/microchipping/](http://www.sdhumane.org/services/microchipping/) for more information. For additional coverage you can register your pet with Finding Rover at [findingrover.com](http://findingrover.com). This tool uses facial recognition to help reunite lost pets with their owners.

If you have to evacuate your home during an emergency, do not leave your pets. You may not be able to return to your home or animal enclosure for an extended period of time. In addition, structural damage to your home or animal enclosure may allow your pet to escape or to permit other animals or the natural elements to enter and hurt your pet.

Be prepared to quickly evacuate with your pets. If an evacuation seems possible, do it earlier rather than later. Do not wait until the last minute.

With these simple preparations, your entire family can be ready for the unexpected including wildfires, earthquakes, flooding or other emergencies.

## Around Town

**Camping at Lake Poway.** Fri-Sat, May 10-11. [www.poway.org](http://www.poway.org)

**Manzanita Mountain Man Rendezvous,** Fri-Sun, May 10-12 & May 17-18, 10am-5pm. Free-\$5. Fun for the whole family. Step back in time and visit a Mountain Man encampment. Meet colorful characters from the North American Fur Trade era. (1815-1840) History come alive with demos of primitive skills: flint and steel fire starting, archery, tomahawk & knife throwing, blackpowder shooting, trap setting, primitive cooking, candle making and much more. And you can participate in some of these skills. Listen to the stories of those who followed Lewis and Clark into the western mountains. See primitive camps, teepees, a blacksmith shop and plenty of period dressed people ready to talk with you and show you around. Info: Ric Emms: [emmsrk@yahoo.com](mailto:emmsrk@yahoo.com) 858-748-2927. Northcote Ranch, 2294 Lake Morena Drive, Campo, 91906.

**Camino Ruiz Rim to the Creek Hike,** Sat, May 11, 8-10am. Free. Join naturalist Les Braund for hike, leaving from Camino Ruiz Park. Most of hike in shade of tall Chaparral vegetation, switch-back trail from rim of canyon down to valley floor and stream side. See un-common native plants such as Summer holly shrub. Les says this is one of the most beautiful walks he knows. Camino Ruiz trailhead, 11489 Camino Ruiz, Mira Mesa.

**Mother's Day Tea** at Bates Nut Farm, Sat, May 11, noon-2pm. [www.batesnutfarm.biz](http://www.batesnutfarm.biz)

**23rd Annual North Park Festival of the Arts** on 30th Street & University Avenue in North Park, Sat, May 11, 11am-10pm. [www.northparkmainstreet.com/events/festival-of-arts](http://www.northparkmainstreet.com/events/festival-of-arts)

**Chocolate Festival** at San Diego Botanic Garden, Sat, May 11, 9am-4:30pm. [www.sdbgarden.org](http://www.sdbgarden.org)

**Butterfly Day,** Sat, May 11, 9-11am. Free. Pat Flanagan of Butterfly Farms in Encinitas will speak about our local butterflies and how to attract them. Afterwards, go out on the trail to try to find butterflies. Batiquitos Lagoon Nature Center, 7380 Gabbiano Lane, Carlsbad, 92009

**Plant Sale** at Alta Vista Botanical Gardens. Sat, May 11. [www.altavistabotanicalgardens.org](http://www.altavistabotanicalgardens.org)

**31st Annual Balboa Park Pow Wow,** Sat, May 11, 10am-6pm. Free. Annual Balboa Park Pow Wow

southwest corner of Park Blvd and Presidents Way. Traditional, cultural event showcases the heritage of American Indians. Traditional drum groups and inter-Tribal dancing. Participants of all ages will be present from various American Indian Tribes, bands and communities proudly wearing beautiful regalia. Vendors will be selling handmade jewelry, pottery, basketry, clothing, crafts. Food vendors with fry bread.

**San Marcos Succulent Swap,** Sat, May 11, 10:30-2. Free. Community Succulent Swap & Craft Fair: All welcome to bring succulent cuttings (or any other plant variety!), seedlings or full grown plants to swap! Light refreshments. San Diego Hydroponics & Organics, 802 North Twin Oaks Valley Road, San Marcos

**Gator by the Bay Festival** at Spanish Landing Park. Sat, May 11. [www.gatorbythebay.com](http://www.gatorbythebay.com)

**Free SPOTme Skin Cancer Screening,** Sat, May 11, 8-4. Free. SPOTme Skin Cancer Screening, no appointment is necessary, walk-ins welcome. Dermatologist Medical Group of North County, 11943 El Camino Real, Suite 220, Carmel Valley

**Night Nation Run** at Del Mar Fairgrounds, Sat, May 11, 6pm. [www.nightnationrun.com/san-diego](http://www.nightnationrun.com/san-diego)

**AMPED at Pine,** Music & Arts Throwdown for teens at Pine Avenue Community Center, Sat, May 11, 7-10pm. [www.carlsbadconnect.org](http://www.carlsbadconnect.org)

**San Diego Spring Walk,** Sat-Sun, May 11-12 & 25-26, Wed, May 15 & 29, 9:30-11am. Free. Nature walk with MTRP Trail Guide through Coastal Scrub and Chaparral of Mission Trails Regional Park. Meet inside Visitor Center. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos

**Western Surfing Association West Coast Championships** at Oceanside Harbor South Jetty. Sat-Sun, May 11-12. [www.surfwsa.org](http://www.surfwsa.org)

**Viva La Música** at SeaWorld San Diego. Sat-Sun, May 11-12. [www.seaworldsandiego.com](http://www.seaworldsandiego.com)

**Mother's Day Weekend Art, Garden & Studio Tour** at various North County locations, Sat-Sun, May 11-12, 10am-4pm. [www.sandieguitoartguild.com/mothers-day-tour](http://www.sandieguitoartguild.com/mothers-day-tour)

**1776** presented by JCompany Youth Theatre at David & Dorothea Garfield Theatre. May 11-19. [www.sdcjc.org](http://www.sdcjc.org)

**1776** presented by JCompany Youth Theatre at David & Dorothea Garfield Theatre. May 11-19. [www.sdcjc.org](http://www.sdcjc.org)

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# How to make friends at a new duty station

## Tips on how to connect when you don't know anybody

by Marguerite Cleveland

You can say I am an expert at PCSing, as I have completed 30 moves and experienced these adventures as a child, servicemember, and now a spouse. Each has its own challenges, especially if you tend to be more introverted. Just remember, for military spouses, we are all in the same boat when completing a move and are open to meeting new people. Here are a few tips I've learned over the years.



The author, Marguerite Cleveland, enjoys coffee with new friend Jennifer Bowen who she met at a Lewis Community Spouses' Club event. (Credit: Gwyn Nielsen)

**Join the Spouses' Club.** This is a great way to meet people in a friendly environment. The San Diego military community has various spouses' clubs including the Naval Officers' Spouses' Club (NOSC), Surface Officers' Spouses Club of San Diego, Aviation Officers' Spouses and Camp Pendleton has a Military Spouse Association, and MCAS Miramar has a Military Spouses Club. You can meet new friends who may share your same interests.

**Facebook Groups.** There are neighborhood groups for those who live on the base as well as others that cater to a military audience. On the neighborhood pages you will often see posts for people hosting neighborhood events or wanting someone to workout with. Get outside your comfort zone and go to these events and make an effort to meet one new person.

**Go to a Gym.** Working out is a fun and beneficial way to meet new people. Try a fitness class and talk to people on the breaks. Ask someone to get coffee or a smoothie after class.

**School.** If you have children, you can meet other parents at school meetings and activities. Your child's new BFF's mom may be a good friendship fit for you. Arrange a play date and ask her to join you for coffee.

**Volunteer.** Volunteering is a great way to meet new people while supporting a group or cause. The Thrift Shops on base always need volunteers. There are also opportunities like the Navy/Marine Corps Relief Society, which can always use help.

**Attend coffees, social events or FRG meetings with your spouse's new unit.** The Hail and Farewell lets you know everyone who is new. Make a point to reach out to the first-timers as you know they are feeling the same

way you are.

Even though I am often not confident when reaching out to new people, I pretend that I am. One technique that works for me is to look at the group and find someone who is new and seems uncomfortable. I make a point to reach out to that person and talk to them. If they have a question, I will help them find the answer. I have learned if you approach your fellow spouses with "Excuse me. I am new . . ." people will introduce themselves. Ask questions about where is the best place to workout or get coffee. It will open up a conversation and may lead to an invitation.

It is your choice when arriving at a new duty station as to how your experience will be. If you make the effort to meet new people, you will have fun having made new friends and exploring your new location. Learning the best coffee shop, lunch place or cool shop is always more fun with a buddy.

# Concerts

Please confirm concerts before attending. NOTE: Some venues are age 21+ only.

## May

**Lila Downs.** Sat, May 11, 7pm. Latin/pop. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

**Trevor Noah.** Sat, May 11, 8pm. Comedy. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

**Tedeschi Trucks Band.** Sun, May 12, 7:30pm. Country/rock. San Diego Civic Theatre, 1100 Third Ave. (619) 570-1100.

**Sebastian Maniscalco.** Thur, May 16, 8pm. Fri, May 17, 7pm. Comedy. Humphrey's by the Bay, 2241 Shelter Island Dr.

**Morissette Amon & Wendy Cornejo.** Fri, May 17, 8pm. Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

**Eric Church.** Fri-Sat, May 17-18, 8pm. Staples Center, 1111 S. Figueroa St., LA. staplescenter.com

**Keb'Mo.'** Sat, May 18, 8pm. Acoustic/blues. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

**Powerhouse: Liffoff Edition (Mustard, G-Easy, Tyga, French Montana, Blueface, T-Pain, more!)** Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

**Tobias Sammet's Avantasia.** Sun, May 19, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

**Juanes.** Sun, May 19, 8pm. Five Point Amphitheatre, 14800 Chi-

non, Irvine. (949) 988-6800.

**Gary Clark Jr.** Wed, May 22, 7:30pm. Blues/rock. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

**New Kids On The Block.** Thurs, May 23, 7:30pm. Pop. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

**Wisn & Yandel.** Fri, May 24, 7pm. Latin. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

**New Kids on the Block.** Fri, May 24, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

**The Winery Dogs.** Thurs, May 20, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

**Kidz Bop.** Fri, May 31, 7pm. Pop. Open Air Theatre at SDSU, 5500 Campanile Dr. (619) 594-6947.

**Justin Moore.** Fri, May 31, 7pm. Country. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

## June

**Brad Paisley.** Sat, June 1, 7:30pm. Country. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**Jim Gaffigan.** Sat, June 1, 7:30pm. Comedy. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

## Morissette Amon

Fri, May 17, 8pm. Grove of Anaheim



**TobyMac.** Sat, June 1 4pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

**Father John Misty and Jason Isbell & the 400 Unit.** Thur, June 6, 8pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**The Fab Four.** Thur, June 6, 7pm. Covers. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

**DJ Quik.** Fri, June 7, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim. (714) 712-2750. grove-of-anaheim.com

**Hillsong United.** Fri, June 7, 7:30pm. Acoustic/gospel. Viejas Arena at SDSU, 5500 Canyon Crest Dr. (619) 594-6947.

**Jeff Dunham.** Fri, June 7, 7:30pm. Comedy. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

**Bad Company.** Sat, June 8, 7:30pm. Rock. Starlight Theater, Pala Casino, 11154 CA-76, Pala, CA 92059. (877) 946-7252.

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www.franktoyota.com

**2019 Toyota Corolla LE**  
Lease for **\$199** PER MONTH PLUS TAX 36 MONTHS  
4 Cyl Automatic



\*1 at this payment. Stk#: 56959 VIN#: 5YFEPRAE2LP003850 Model#: 1852. Net capitalized cost \$18,502.54. \$199 plus tax monthly for 36 months with \$4,175 due at lease signing. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 5/31/19.

**2019 Toyota Camry SE**  
Lease for **\$275** PER MONTH PLUS TAX 36 MONTHS  
4 Cyl Automatic



\*1 at this payment. Stk#: 56597, VIN#: 4T1B11HKXU747842 Model#: 2546. Net capitalized cost \$24,166.81. \$275 plus tax monthly for 36 months with \$4,150 due at lease signing. Includes \$250 Toyota Factory Lease Subventions Cash. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 5/31/19.

**2019 Tacoma Doublecab SR5**  
Lease for **\$279** PER MONTH PLUS TAX 36 MONTHS  
V6 Automatic 4x2



\*1 at this payment. Stk#: 57145, VIN#: 3TMAZ5CN8M100989, Model#: 7146. Net capitalized cost \$29,901.33. \$279 plus tax monthly for 36 months with \$4,300 due at lease signing. Includes \$1000 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 5/31/19.

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www.frankhyundai.com

**2019 HYUNDAI SONATA SE**  
**\$197** PER MONTH PLUS TAX



\*\$197 per month for 36 months with \$0 Due at Signing. Plus government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$0.15 per mile over 10,000 miles per year. Security Deposit Not Required. Subject to Above Average Credit by Hyundai Finance. Offer expires 5/13/19. 5 at this price.

**2019 HYUNDAI ELANTRA**  
**\$17,527 FRANK'S SALE PRICE**  
-\$500 EVENT CASH  
-\$1,750 RETAIL BONUS CASH  
-\$500 MILITARY INCENTIVE  
-\$500 HMF  
**NET PRICE \$14,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 5/13/19. 5 at this price.

**2019 HYUNDAI KONA SE**  
\$21,425 MSRP  
-\$3,398 FRANK'S DISCOUNT  
-\$750 RETAIL BONUS CASH  
-\$500 MILITARY INCENTIVE  
**NET PRICE \$16,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 5/13/19. 5 at this price.

**2019 HYUNDAI KONA SE**  
**\$197** PER MONTH PLUS TAX



\*\$197 per month for 36 months with \$0 Due at Signing. Plus government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$0.15 per mile over 10,000 miles per year. Security Deposit Not Required. Subject to Above Average Credit by Hyundai Finance. Offer expires 5/13/19. 5 at this price.

# FRANK SUBARU

2829 NATIONAL CITY BLVD.  
888.207.1891  
www.franksubaru.com

**2019 SUBARU IMPREZA 2.0i CVT**  
LEASE FOR **\$239** PER MONTH PLUS TAX 36 MONTHS  
**ZERO DOWN!**



\*1 at this payment, STK# 20681, VIN# K3720323 Model# KLB 01. \$239 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 5/31/19.

**2019 SUBARU FORESTER 2.5i CVT**  
LEASE FOR **\$289** PER MONTH PLUS TAX 36 MONTHS  
**ZERO DOWN!**



\*1 at this payment, STK# 21042, VIN# KH497406 Model# KFB 02. \$289 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 5/31/19.

**2019 SUBARU ASCENT PREMIUM 8 PASSENGER V6 AUTOMATIC**  
LEASE FOR **\$395** PER MONTH PLUS TAX 36 MONTHS  
**ZERO DOWN!**



\*1 at this payment, STK# 20461 VIN# K3437276, Model# KCB 12. \$399 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 5/31/19.

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**\$89<sup>95</sup>** + tax  
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**\$29<sup>95</sup>** + tax  
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- Top off under the hood fluids
- **FREE** Check & set tire pressure to vehicle specifications
- **FREE** Multipoint inspection
- **FREE** Car Wash
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Synthetic, V6 & V8 additional. Toyotas, Hyundais, or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 5/31/19.

## FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL  
**\$50<sup>OFF</sup>**

- ✓ Inspect and Resurface Rotors
- ✓ Inspect Brake Hardware
- ✓ Replace Front Brake Pads

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Plus **10% OFF**

Any recommended Services or Repairs. May not be combined with any other special.

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