

AutoMatters & More



This week, the first-ever mid-engine Corvette: 2020 C8.

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Base Movie Schedule

See the latest movies for free or reduced prices. Movies playing include Yesterday and Toy Story 4.

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What's Going On This Weekend

Uncorked Wine Festival, Solana Beach Triathlon & Duathlon, Summer Twilight Concert.

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Navy Marine Corps Coast Guard Army Air Force

ARMED FORCES DISPATCH



NFL Hall of Fame game ...
Thursday, Aug. 1

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FIFTY NINTH YEAR NO. 8
THURSDAY, JULY 25, 2019

Commandant praised by advocates for examining longer Marine parental leave

by Nancy Montgomery
Stars and Stripes

The new Marine commandant's pledge to significantly expand parental leave has buoyed advocates for military families, who say they hope that policies allowing for more caregiving time will spread beyond the Marine Corps.

Marine Commandant Gen. David Berger said in planning guidance released earlier this month that he planned to "do everything possible to provide parents with opportunities to remain with their newborns for extended periods of time," including considering up to a yearlong leave of absence for new mothers before returning to full duty.

"We are very excited to see the Marine commandant's decision," said Amy Barron Smolinski, the executive director of the advocacy group Breastfeeding in Combat Boots. "From our members and followers I can tell you there's tremendous support. It's saying we believe in you and your families."

Tina Sherman, of the advocacy group momsrising.org, said that her organization was similarly optimistic.

"We're very excited that this is being talked about," she said. "We're celebrating all the steps forward. In the end, families are going to be benefitting from this."

Berger's guidance represents the first time a service chief has expressed plans for such an expansion of time off to care for newborns.

"We should never ask our Marines to choose between being the best parent possible and the best Marine possible," Berger's letter said. "Our parental/maternity leave



Lance Cpl. Michael Vitacco meets his son, Aiden, 3 months, during a homecoming at the Marine Corps Air Ground Combat Center, Twentynine Palms, Calif. in 2016. Marine Commandant Gen. David Berger said in July that he would "do everything possible" to extend Marine parental leave. U.S. Marine Corps photo by Levi Schultz.

policies are inadequate and have failed to keep pace with societal norms and modern talent management practices."

Marines, like women in the other three Pentagon services, are entitled to six weeks of convalescent leave and six weeks of "primary caregiver" leave.

The plan, which would only apply to Marines, would more than restore the 18 weeks of maternity leave sailors and Marines were granted by then-Navy Secretary Ray Mabus in 2015, a policy slashed to 12 weeks months later by then-Defense Secretary Ash Carter.

At the same time, Carter's policy doubled the six weeks of

leave provided earlier by the Army and Air Force.

Navy officials regarded the 2015 change as detrimental to families and efforts to recruit and retain women, according to reports at the time.

"So good for the commandant to say this isn't good enough," Mabus said Monday, according to Military.com.

The expanded maternity leave could more closely align leave policies with those of allied militaries.

Female Canadian, British and career Israeli troops, for example, get paid maternity leaves of at least 15 weeks, with up to a year of partially paid leave.

But those countries also have national health care and insurance programs that pay for maternity leave for working civilian mothers. In the U.S., there is no federally mandated parental paid leave.

In 2016, only 14% of civilian workers had access to paid parental leave through their employers, according to the National Compensation Survey, conducted by the federal Bureau of Labor Statistics.

And according to Sherman, a majority of new mothers either could not qualify for the 12 weeks of unpaid time off required by the 1993 Family and Medical Leave Act, or could not afford to use it.

See MARINE page 14



Image of a Venezuela SU-30 Flanker as it "aggressively shadowed" a U.S. Navy EP-3 Aries II at an unsafe distance in international airspace over the Caribbean Sea July 19, jeopardizing the crew and aircraft. The EP-3 aircraft, flying a mission in approved international airspace, was approached in an unprofessional manner by the SU-30 that took off from an airfield 200 miles east of Caracas. The U.S. routinely conducts multi-nationally recognized and approved detection and monitoring missions in the region to ensure the safety and security of our citizens and those of our partners. Courtesy of U.S. Southern Command

Statement regarding Venezuelan fighter jet's unsafe approach over international waters

MIAMI, Fla. - On July 19, a U.S. Navy EP-3 Aries II aircraft, flying a mission in approved international airspace, was approached in an unprofessional manner by a SU-30 Flanker Venezuelan fighter aircraft.

After reviewing video documentation, we have determined the Russian-made fighter aggressively shadowed the EP-3 at an unsafe distance in international airspace for a prolonged period of time, endangering the safety of the crew and jeopardizing the EP-3 mission.

The U.S. routinely conducts regionally-supported, multi-nationally recognized and approved detection and monitoring missions in the region to ensure the safety and security of our citizens and those of our partners. The EP-3 aircraft was adhering to international standards and rules.

The Maduro regime continues to undermine internationally-recognized laws and demonstrate its contempt for international agreements authorizing the U.S. and other nations to safely conduct flights in international airspace.

Despite the Venezuelan people's suffering, his nation's vital infrastructure crumbling, and children starving, Maduro chooses to use his country's precious resources to engage in unprovoked and unjustified acts.

This latest action also demonstrates Russia's irresponsible military support to the illegitimate Maduro regime and adds to Maduro's growing legacy of reckless and negligent behavior, which undermines international rule of law and efforts to counter illicit trafficking.

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New uniform mobile app has new name, new guidance

by **Cmdr. Erik Wells,**
ARLINGTON, Va. - One of the more popular mobile applications the Navy has is the OPNAV Uniform Regulations app released in October 2017. Just like your worn out uniforms, the app needed updated. With a new name and more information, the OPNAV Uniform Regulations is now MyNavy UNIFORMS which hit app stores, July 18.



The MyNavy UNIFORMS app provides Sailors with the necessary information and guidance for properly wearing their uniforms. The app is free to download at the Navy App Locker: <https://www.applocker.navy.mil>. Navy graphic

“There are two major updates to the app,” said Robert Carroll, the head of the naval uniform office at Chief of Naval Personnel. “We added a chapter (Chapter 2) on Grooming Standards and a chapter (Chapter 5) on Identification Badges/Awards/Insignia based on feedback from Sailors.”

The changes in hairstyles for female Sailors are addressed and includes photographs of both authorized and unauthorized

hairstyles. Within the app, there is a link to the All-Hands website for female hairstyles and provides illustrations and examples of authorized hairstyles. Please refer to the “Hair” section under

“Personal Appearance” within the MyNavy UNIFORMS app.

With uniforms being phased-out and phased-in, and grooming standards changing, it can be difficult for Sailors to navigate regulations and instructions

to stay on top of the guidance for properly wearing their uniforms components and accouterments.

Sailors will find an FAQ section and a NAVADMIN Library that links to a variety of articles and regulations relevant to the proper wear and maintenance of uniforms. The latest COMUS-FTFORCOM message covering the Improved Flame Resistant Variant (IFRV) Coverall is also included in the app.

“One of the best features of the app is the Uniform Browser which has been updated to reflect recent policy changes,” said Dave Driegert, assistant program manager for the Sea Warrior Program (PMW 240) mobility team. “With require-

GNATRA selects 2020 Blue Angels XO

Chief of Naval Air Training Rear Adm. Greg Harris announced Cmdr. Todd Royles as the incoming executive officer of the 2020 Navy Flight Demonstration Squadron, the Blue Angels.

A native of Willow Grove, Penn., Royles received his commission in May 2001. He attended flight school at Naval Air Station Pensacola and was then designated a naval flight officer.

He received training at Strike Fighter Squadron (VFA-122) in Lemoore, Calif., to become a Weapon Systems Officer (WSO) in the F/A-18F Super Hornet and completed two Western Pacific deployments aboard aircraft carrier USS *Nimitz* (CVN 68).

ments to maintain four sets of uniforms - working, service, dress and formal - the Uniform Browser is a quick resource tool to quickly jump to a particular section of the app to find the answers Sailors are seeking.”

The MyNavy UNIFORMS app is free and available for download from the Navy App Locker, <https://www.applocker.navy.mil> and does not require the use of a Common Access Card.

The Sea Warrior Program along with Tracen Technology updated the app. The Sea Warrior Program manages a complex portfolio of information technology systems that provide full life cycle management to support MyNavy HR business operations initiatives.

Sailor pleads guilty to hiring a hit man to kill wife

NORFOLK - A Sailor assigned to aircraft carrier *George H.W. Bush* entered a guilty plea July 19 for trying to hire a hit man to murder his estranged wife for \$10,000.

the \$100,000 government life insurance payout and spend it on another hit to slay a superior on the carrier he said bullied him and other junior Sailors.

But Aviation Boatswain's Mate (Fuels) Airman Uriel Gerardo-Olivas also told the judge that she wasn't even his final target.

And his estranged wife heard it all inside the courtroom here.

“I intended to kill my wife,” said Gerardo-Olivas, 25. “I was wrong for what I did. I hope that one day she can forgive me and, if not, I understand.”

He wanted her dead to collect

For the complete story, go to <https://www.navytimes.com/news/your-navy/2019/07/20/sailor-pleads-guilty-to-hiring-a-hit-man-to-slay-his-wife/>.

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Navy to commission USS Minneapolis-Saint Paul in Duluth

by MC2 E. Thompson
DULUTH, Minn. - Deputy Undersecretary of the Navy Jodi Greene announced Duluth as the commissioning location for the future USS Minneapolis/Saint Paul (LCS 21) in a joint press conference with Duluth Mayor Emily Larson.

Greene is the ship's sponsor and is currently in Duluth for Duluth Navy Week, an outreach effort in which Sailors and naval personnel from different commands across the country are in the city meeting with people from all sectors of the population to tell them about their Navy and why it is important.

Greene expressed excitement during at the announcement, underlining the importance of the Navy maintaining ties to cities in America's heartland.

"We are eager to announce that Duluth has been chosen as the city in which we will hold the commissioning for the USS Minneapolis/Saint Paul," said Greene. "The city of Duluth is an important port on Lake Superior and your Navy is looking forward to continuing a strong partnership with Mayor Larson and the people of Duluth, as well as the people in Minneapolis and St. Paul."

Larson mirrored Greene's enthusiasm, highlighting Duluth's historic connection to the Navy.

"Duluth is a city full of people linked to the Navy," said Larson. "We have both active service-members and veterans who call Duluth their home, and we proudly display the anchor from the decommissioned USS Du-

luth where everyone can see it. I am grateful to be able to continue honoring our Navy."

Recently, the Navy held a christening and launching ceremony June 15 for the future USS Minneapolis/Saint Paul (LCS 21) in Marinette, Wis., where it is being built.

The ship is being built by an industry team led by Lockheed Martin at Fincantieri Marinette Marine Corporation in Marinette. The future USS Minneapolis/Saint Paul will be approximately 388 feet in length and have a width of nearly 58 feet.

LCS is a modular, reconfigu-

rable ship designed to meet validated fleet requirements for surface warfare, anti-submarine warfare, and mine countermeasures missions in the littoral region. An interchangeable mission package is embarked on each LCS and provides the primary mission systems in one of these warfare areas.

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Duluth Mayor Emily Larson, left, and Deputy Undersecretary of the Navy Jodi Greene announce Duluth as the commissioning city of the future littoral combat ship USS Minneapolis-Saint Paul (LCS 21) during a joint press conference at City Hall during Duluth Navy Week. The Navy Office of Community Outreach uses the Navy Week program to bring Navy Sailors, equipment and displays to approximately 14 American cities each year for a week-long schedule of outreach engagements designed for Americans to experience firsthand how the U.S. Navy is the Navy the nation needs. Navy photo by MC2 Evan Thompson

Army astronaut marks moon landing with space launch

by David Vergon
DoD News

Army Col. Andrew Morgan wasn't even born when Neil Armstrong stepped on the moon.

However, Morgan's launch to the International Space Station July 20 was part of the 50th anniversary of Apollo 11 - the world's first manned lunar landing.

Morgan and two other astronauts - Russian Alexander Skvortsov and Italian Luca Parmitano - blasted off from the Baikonur Cosmodrome in Kazakhstan for rendezvous with the ISS, 250 miles above the Earth. It was Morgan's first spaceflight.

All three Apollo 11 astronauts who approached the moon July 20, 1969 - Neil Armstrong,

Buzz Aldrin and Michael Collins - were military jet pilots. Morgan's background is quite different, however.

When not training as an astronaut, Morgan serves as an Army emergency physician. The doctor served in elite special operations units worldwide, including combat operations.

In June 2013, Morgan was

selected to become a NASA astronaut. In July 2015, he completed astronaut training that included Russian language studies, scientific and technical briefings, intensive instruction in ISS systems, spacewalk and spacesuit operations, robotics, physiological training, T-38 flight training, Earth science training, and water and wilderness survival training.

Morgan said his late great uncle, Harry "Clink" McClintock, inspired him to join the Army and learn to parachute, something he did at the Military Academy in West Point, where he was a member of the West Point Parachute Team, the "Black Knights." In 1996, his team earned the collegiate national title in competitive skydiving.

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Ask Rusty - Confused about working, Medicare and spouse benefits

by Russell Gloor

Dear Rusty: I will reach my full retirement age (FRA) in September of 2020 at age 66. My wife will be 64 at that time and will start drawing her SS at 1/2 of my benefit because it will be more than hers, even if she reached her FRA. My question is, I know I will need to sign up for Medicare Part A this year at age 65 but do I need Part B at this time? Both myself and my wife work for the same company and have insurance through them. I will have insurance for one more year through the company until I retire at 66. Another question is when I retire at 66 and my wife retires at age 64 at 1/2 my benefit, will she be able to sign up for Medicare because she is drawing SS benefits? Or will she have to wait until 3 months before she turns 65? Signed: Planning Our Retirement



Dear Planning: Signing up for Medicare when you turn 65 is optional if you have creditable employer coverage. If you enroll in Part A, and you have a Health Savings Account (HSA) you and your employer must both stop contributing to it the month before you turn 65. Whether you should take Medicare Part B (coverage for doctors and other outpatient services) at age 65 depends upon whether your healthcare coverage through your employer is considered a "creditable" alternative to Medicare Part B coverage. Generally, if it's a group plan with more than 20 participants it will be considered creditable, but you should check with your HR department to make sure. Assuming your employer coverage is "creditable," you can defer enrolling in Part B until your employer coverage ends. At that time, you'll enter a "special enrollment period" during which you can enroll in Medicare Part B (and Part D drug plan) without a late enrollment penalty. You can enroll in Part B (and Part D) a little before your employer coverage ends so as to avoid any lapse in health care coverage.

If your wife claims her Social Security benefit at age 64 when you claim your SS at age 66, her own benefit will be reduced, and her spousal benefit will also be reduced from 50 percent of yours because she is claiming the spousal benefit earlier than her full retirement age. Any time any Social Security benefit is claimed earlier than one's full retirement age it is reduced. Taken 2 years before her FRA, your wife's spousal benefit will be about 42 percent of yours, not 50 percent.

Your wife cannot enroll in Medicare simply because she is collecting Social Security; she's not eligible for Medicare until she is 65 (she can enroll 3 months earlier for coverage to start the month she turns 65). If your wife retires from work before she is eligible for Medicare, she may use COBRA coverage until she reaches age 65 and her Medicare coverage begins. If your wife claims her Social Security to start when she retires at 64, she will be automatically enrolled in Medicare Parts A and B just prior to her turning 65 years of age, but if she continues to work and still has creditable employee (not COBRA) healthcare coverage from her employer at that time and wishes to delay enrolling in Part B (to avoid the premium), she can do so until her employer coverage ends. Then when her employer coverage ends, she should enroll in Medicare Part B (and Part D plan) during her special enrollment period so as to avoid any future late enrollment penalties.

Finally, you should both be enrolled in Medicare Part A (hospitalization coverage) because it is required to collect Social Security benefits after age 65. Medicare Part A coverage is free for anyone who is eligible to receive Social Security benefits.

Russell Gloor is a 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).

Fulfilling nation's promise, servicemen killed during Battle of Tarawa to be returned to U.S.

The Defense POW/MIA Accounting Agency (DPAA) announced today the remains of at least 22 servicemen, killed during the battle of Tarawa in World War II, are being returned to the United States in an Honorable Carry Ceremony at Joint Base Pearl Harbor-Hickam, Hawaii, July 17.

The Battle for Tarawa was part of a larger U.S. invasion (Operation GALVANIC) to capture Japanese-held territory within the Gilbert Islands. The operation commenced on November 20, 1943, with simultaneous attacks at Betio Island (within the Tarawa Atoll) and Makin Island (more than 100 miles north of Tarawa Atoll). While lighter Japanese defenses at Makin Island meant fewer losses for U.S. forces, firmly entrenched Japanese defenders on Betio Island turned the fight for Tarawa Atoll

into a costly 76-hour battle.

Over several days of intense fighting at Tarawa, approximately 1,000 Marines and Sailors were killed and more than 2,000 were wounded, while the Japanese were virtually annihilated.

Servicemen killed in action were buried where they fell, or placed in large trench burials constructed during and after the battle. These graves were typically marked with improvised markers, such as crosses made from sticks, or an up-turned rifle. Grave sites ranged in size from single isolated burials to large trench burials of more than 100 individuals.

Postwar Graves Registration recovery efforts were complicated by incomplete record keeping and by the alterations

to the cemeteries shortly after the battle.

The locations of multiple cemeteries were lost. The alternations to other cemeteries resulted in the relocation of grave markers without relocating the remains beneath. These sites became known as memorial graves. As a result, many of the Tarawa dead weren't recovered.

"Today we welcome home more than 20 American servicemen still unaccounted for from the battle of Tarawa during World War II," said Acting Secretary of Defense Richard Spencer. "We don't forget those

who gave the ultimate sacrifice, and it is our duty and obligation to return our missing home to their families and the nation. Thank you to everyone who took part in this repatriation."

DPAA is grateful to History Flight, Inc. for their continued partnership and dedicated support.

Of the 16 million Americans who served in World War II, more than 400,000 died during the war. Currently there are 72,692 service members still unaccounted for from World War II, of which approximately 30,000 are assessed as possibly-recoverable.

Lawsuit filed against VA secretary over delaying benefits for Blue Water Navy vets

WASHINGTON - A lawsuit was filed recently against Department of Veterans Affairs Secretary Robert Wilkie over his decision to delay claims processing for tens of thousands of "Blue Water" Navy veterans until next year.



Military Veterans Advocacy and the Blue Water Navy Vietnam Veterans Association filed the lawsuit in the U.S. Court of Appeals for the Federal Circuit, arguing Wilkie doesn't have the authority to delay work on the claims until Jan. 1, 2020 - a decision he announced earlier this month.

Blue Water Navy veterans served aboard aircraft carriers, destroyers and other ships in the territorial seas of Vietnam and fought for years to prove they were exposed to the chemical herbicide Agent Orange.

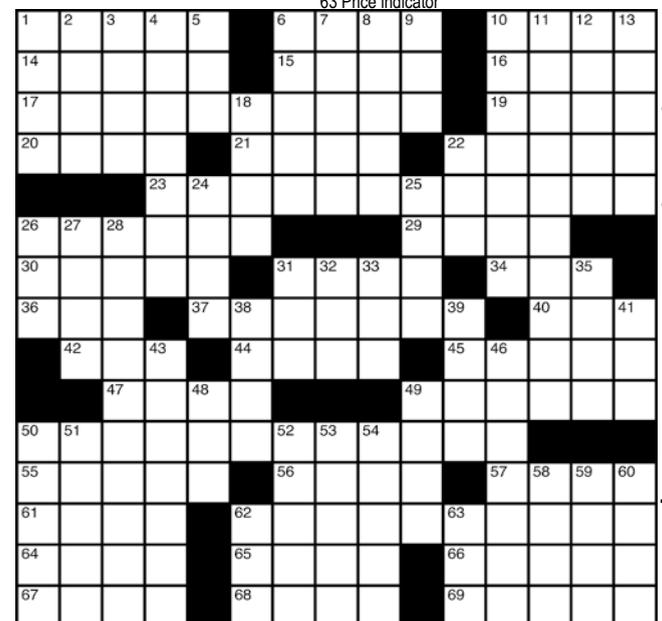
Crossword Puzzle

Across

- 1 Opposite of bold
- 6 Add a line to the wall chart
- 10 Rack holder
- 14 Modify
- 15 Mysterious letter
- 16 Inedible pineapple part
- 17 Do some browsing
- 19 Razor handle?
- 20 Dueling sport
- 21 When Caesar is warned to "Beware the Ides of March"
- 22 Derisive look
- 23 Public education leadership groups
- 26 "The Merchant of Venice" heroine
- 29 Bavaria-based automaker
- 30 White figure in Snapchat's logo
- 31 Deafening sound
- 34 Include
- 36 Santa ___ winds
- 37 Where to find the ends of 17-, 23-, 50- and 62-Across
- 40 Took control of
- 42 Like almost all prime numbers
- 44 [see other side]
- 45 Hal who produced Laurel and Hardy films
- 47 Transition point
- 49 Leave base illegally
- 50 Spago restaurateur
- 55 Up in the air
- 56 Remove from power
- 57 Swatch options
- 61 Shop class tool
- 62 Breaded seafood option on kids' menus
- 64 Even once
- 65 This, to Picasso
- 66 Poet Ginsberg
- 67 Bold lipstick choices
- 68 "Ouch!"
- 69 Water holder

Down

- 1 Shock into submission
- 2 "My turn!"
- 3 "A ___ formality"
- 4 Takes over, like bedbugs
- 5 Banned bug killer
- 6 ___-Roman wrestling
- 7 Total, as a bill
- 8 Newsmen Roger
- 9 Very recently painted
- 10 Song before some face-offs
- 11 Legislation affecting polling places
- 12 Lubbed a play
- 13 Closes in on
- 18 "How funny!"
- 22 Paltry amount
- 24 ___ Field: home of Mr. Met
- 25 Stock holder
- 26 Vardon Trophy org.
- 27 "This is horrible!"
- 28 Sign that may cause U-turns
- 31 Amp (up)
- 32 Lead source
- 33 Hang on a line
- 35 Artistic style of Chicago's Merchandise Mart
- 38 Lola's nightclub
- 39 McDonald's founder Ray
- 41 FedEx rival
- 43 Golfers rarely making pars
- 46 New York golf course that is a frequent host of major tournaments
- 48 Army NCO
- 49 Courage
- 50 Be on the fence
- 51 Cooking oil source
- 52 Cacophony
- 53 Great energy
- 54 "Hogwash!"
- 58 Sch. with the mascot Joe Bruin
- 59 ___ by: barely manages
- 60 Figs. with two hyphens
- 62 Tina who is the youngest Mark Twain Prize winner
- 63 Price indicator



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Post-9/11 GI Bill education benefits transfer deadline extended

WASHINGTON - The deadline for Sailors who have over 16 years of service to transfer their Post-9/11 GI Bill education benefits to dependents has been extended to Jan. 12, 2020 based on recently revised guidance issued by the Department of Defense (DoD).

NAVADMIN 020/19 announced DoD's exception to

policy for enlisted and officers who cannot obligate for four more years due to statute or service regulations expires July 11, 2019.

Members who will be ineligible for the Transfer of Education Benefits (TEB) after July 11, 2019 include:

- Enlisted members within

four years of the high year tenure gate for their current pay grade

- Officers within four years of the statutory limit for their current rank

- Members in a limited duty status or undergoing medical or physical evaluation board processing and found not fit for duty

All Sailors applying or reapplying for TEB who have not previously completed the online self-service Statement of Understanding must first complete it at the MyNavy Education website at <https://myeducation.netc.navy.mil/webta/home.html#nbb>.

Once members complete the Statement of Understanding,

they will receive a link to go to MilConnect to submit their benefits transfer request.

Sailors will require a four-year service obligation in order to transfer benefits.

For more information on Post-9/11 GI Bill education benefits transfer procedures, read NAVADMIN 236/18.

For more news from Chief of Naval Personnel, follow us on Facebook at <https://www.facebook.com/usnpeople/>, Twitter at <https://twitter.com/usnpeople>.

Also, visit <https://www.navy.mil/cnp/index.asp>.

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

Take care of health to improve resiliency at work

by Dr. Daneen Skube
Tribune Content Agency

Q: I've been burning out working long hours and coping with a high stress job. I feel like I'm at the end of my rope. How do you counsel your clients to recover their resiliency when their job is making them sick?

A: As an advocate of emotional health, I equally advocate my clients focus on physical health. There is no one that feels good emotionally when they are physically unwell. If you want to build good relationships, you have to start by making your health a priority.

My new favorite resource

for clients is a book by Dr. Kulreet Chaudhary. The book is "Prime: Prepare and Repair Your Body for Spontaneous Weight Loss" and integrates Eastern and Western medicine to improve gut health.

In the book you discover that you should first seek gut health to achieve wellness. Chaudhary explains why you should change your habits and then doesn't lecture or restrict your diet. She describes how to support digestive health in stages knowing wellness begets more wellness.

Many of you probably have physical challenges as you get older. You are living in times where accurate medical and

health data is just one click away. Waiting until someone else figures out what would help you is a mistake.

In our workplaces when you

INTERPERSONAL EDGE:

ignore your physical health, you will also deteriorate to your automatic dysfunctional interpersonal habits.

The most important question you can ask ourselves daily is what stone are you leaving unturned to benefit yourself?

When you're frustrated, it is natural and easy to blame the people and situations around us

for our inner misery. When you feel wretched it is easy to justify drinking too much, sleeping too little, and eating comfort food. Real power occurs when you chose to thrive despite your circumstances and lean on good habits when you're upset.

Many of my clients tell me they cannot take better care of themselves and then give a long list of reasons why. The most popular is that they cannot do it all, so why do anything? They also tell me change is inconvenient. I ask them how inconvenient it is to wait until a stroke, heart attack, or chronic health issue forces better habits.

How successful can your career really be if you're working from a hospital bed?

The bottom line is that if you want stamina and emotional stability, you cannot afford to ignore your physical health. Mental health feeds physical health and physical health supports mental health.

Use what I call the lazy person's guide to wellness. Start with the easiest, tiniest change you will actually do. Maybe it's taking a short walk every afternoon; maybe it's putting away your cellphone for a few minutes and playing with your kids; maybe it's not having a doughnut for breakfast. Start

small and build on that.

Don't stop because you are staring at a mountain of improvements you should make that overwhelm you. Just start with the one action you know you'll take.

The last word(s)

Q: Why do most people at work act in such thoughtless, rude and even cruel ways? Is it something I'm doing wrong?

A: No, 90 percent of people on planet Earth do not have much empathy. If the empathy gene turned on, all sectors of our world could collaborate and transform our systems.

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USS *Stethem* arrives at new homeport

SAN DIEGO - Guided-missile destroyer USS *Stethem* (DDG 63) arrived at its new homeport, Naval Base San Diego, July 18, following 14 years of forward-deployed service in the Indo-Pacific region operating from Japan.

While in San Diego, *Stethem* will undergo a planned maintenance and modernization period. *Stethem* will be fitted with the latest combat system suite, which includes state of the art air defense, ballistic missile defense, surface warfare and undersea warfare capabilities. Cmdr. John Rummel is *Stethem*'s commanding officer.

"Naval Base San Diego is excited to welcome the officers and crew of USS *Stethem* to the Navy's finest installation," said Naval Base San Diego Commanding Officer Capt. Mark Nieswiadomy. "*Stethem* is joining one of the fastest growing fleet concentration areas in the world, and my team and I are standing by to provide first-class support to the Sailors and families of this fine warship in order to make their transition from 7th Fleet to 3rd Fleet as smooth as possible."

As part of the U.S. 7th Fleet's Forward Deployed Naval Forces in Japan, *Stethem* worked alongside allies and partners to provide security and stability throughout a free and open Indo-Pacific. *Stethem* arrived in Yokosuka, Japan, in June of 2005 while under the command of Cmdr. Robert Gonzales and operated alongside now-decommissioned aircraft carrier USS *Kitty Hawk* (CV 63) as part of the *Kitty Hawk* Strike Group.

While serving in 7th Fleet, *Stethem* conducted a wide range of operations, exercises and port visits, including disaster relief as well as search and rescue missions. In 2011, the ship supported Operation Tomodachi to provide relief to Japanese citizens affected by the Tohoku earthquake and tsunami, and this year joined Japan-led search operations for a missing Japan Air Self-Defense Force F-35.



USS *Stethem* arrived at its new homeport, Naval Base San Diego, July 18, following 14 years of forward-deployed service. *Stethem* will now undergo a planned maintenance and modernization period. Navy photo by Nicholas A. Groesch



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Boxer downs drone in 'defensive action'

by Sam LaGrone,
U.S. Naval Institute

Amphibious warship USS *Boxer* (LHD-4) took down an Iranian drone that U.S. officials say threatened the ship as it entered the Persian Gulf on July 18.

At about 10 a.m. local time, *Boxer* was transiting Strait of Hormuz when an Iranian fixed-wing drone approached the ship,

a defense official told *USNI News*.

"A fixed-wing unmanned aerial system (UAS) approached *Boxer* and closed within a threatening range. The ship took defensive action against the UAS to ensure the safety of the ship and its crew," a Pentagon spokesman said in a Thursday afternoon statement provided to *USNI News*.

The statement didn't detail the method in which *Boxer* downed the drone. The ship is armed with RIM-7 Sea Sparrow short-range anti-ship missiles, and the RIM-

MADIS was used in the engagement. In March, *USNI News* reported that the Marines were experimenting with the capability before developing a version



A MADIS anti-drone system is perched on the bow of USS *Boxer* (LHD-4) during a Strait of Hormuz transit on July 18. Marine Corps photo

116 Rolling Airframe Missile (RAM) and Phalanx CIWS point defense weapons systems. Additionally, the Navy and the Marine Corps have begun to field a wide variety of non-kinetic systems capable of downing a drone by other means.

Photographs released by the Navy in January, show Marines operating the MRZR-mounted, anti-UAS Marine Air Defense Integrated System on the deck of *Kearsarge* as part of the ship's force protection regime as it transited the Suez Canal. *USNI News* understands the 11th MEU aboard *Boxer* also deployed with the system and that it's the likely weapon that was used to splash the Iranian drone.

Military.com reported that

to deploy with Marine JLTVs.

"The MADIS system connects mature radars, passive detection sensors, optics and jammers - and soon a kinetic kill option will be integrated in, likely a small drone that could shoot down another small drone," reported *USNI News*.

News of the intercept first came from a press event at the White House in which President Donald Trump told reporters of the downing of the Iranian drone.

"This is the latest of many provocative and hostile actions against vessels operating in international waters," Trump told reporters in the White House last Thursday afternoon.



Historic photo of NASNI aviation. Courtesy photo

FRCSW celebrates 100 years of Naval aviation maintenance excellence

by Mike Furlano

NAVAL AIR STATION NORTH ISLAND - Fleet Readiness Center Southwest (FRCSW) is the birthplace of Naval aviation maintenance. The command will be hosting a 100th year of Naval aviation maintenance excellence event on July 26 from 10 a.m. to noon between Buildings 333 and 472 here.

The two-hour event will feature a band, proclamations from Congressional Districts 49, 50, 52 and 53, the San Diego County Board of Supervisors, San Diego County Port Commissioners and the cities of San Diego, Coronado and Chula Vista. There will also be food for purchase, 100th anniversary items, a car show and diversity team booths.

Speakers include Rear Adm. Mike Zarkowski, Commander, Fleet Readiness Centers, Capt. Tony Jaramillo, FRCSW commanding officer.

The event is open to all personnel with access to NASNI.

The downing of the Iranian drone comes as the Iranian Revolutionary Guard Corps Navy announced they had seized a UAE-owned, Panamanian-flagged tanker and follows reports of Iranian harassment of a British owned tanker last week.

Boxer has been operating in U.S. Central Command since mid-June with the 11th MEU

and two other amphibious warships.

The ARG includes *Boxer*, *John P. Murtha* and *Harpers Ferry*.

The ARG left San Diego May 1 on a scheduled deployment. In addition to *Boxer*, the Abraham Lincoln Carrier Strike Group has been patrolling in the Gulf of Oman and the North Arabian Sea since mid-May.

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CHINA LAKE, Calif. (July 18, 2019) - Employees with Naval Facilities Engineering Command Southwest, work to offload telephone poles in preparation for replacing damaged poles. Base services are returning to normal following a 7.1 magnitude earthquake, which damaged certain facilities onboard. Navy photo by MC1 J. Hammond

MARINE CORPS AIR STATION MIRAMAR (July 17, 2019) - John Deckert, a combat artist and Vietnam era Marine, looks at some of his artwork at here. Deckert is a fine art painter who is visiting MCAS Miramar to work on current art projects.

Marine Corps photo by Sgt. Jake McClung



PACIFIC OCEAN (July 21, 2019) - Sailors run during a Summer Sun 5K on the flight deck of aircraft carrier USS Theodore Roosevelt. Theodore Roosevelt is conducting routine operations in the Eastern Pacific Ocean. Navy photo by MCSN Olympia O. McCoy

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ARABIAN GULF (July 22, 2019) - Sailors and Marines watch a connected replenishment-at-sea with oiler USNS Big Horn aboard USS Harpers Ferry. Harpers Ferry is deployed with Boxer Amphibious Ready Group and 11th MEU. Navy photo by MC3 Keypher Strombeck

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First-ever Mid-Engine Corvette: 2020 C8



by Jan Wagner

reaction when Murphy's Law reared its ugly head.

The day that Chevrolet chose for the global reveal of the first-ever mid-engine Corvette - July 18, 2019 - was the Thursday of Comic-Con! No!!!

Chevrolet announced that they would be livestreaming the reveal to the world, and I shared that information and their link with you. I briefly contemplated remaining in San Diego, going online and watching the global reveal of the new Corvette with you, but I was certain that there would be much more to see. I realized that I needed to be at the reveal in Tustin, to take lots of photos to share with you. To do that, I would have to miss some of my most important time at Comic-Con.

I left San Diego early on Thursday afternoon and battled Southern California's horrendous, often times barely moving, heavy weekday afternoon traffic to drive to Tustin. I arrived with about half an hour to spare.

The reveal had an aeronautical theme, reflecting Corvette's aeronautical roots. The venue was a massive, World War II-era airship hangar. Outside was a large Corvette Corral, food and Corvette-related exhibits (motorsports with Ron Fellows, custom-fitted luggage and more).

At 7 p.m. the huge hangar doors slid open. We were invited to make our way into the venue, which was divided into two large areas. Bleachers and a large stage were set up beyond the divider.

The world reveal began at 8 p.m. We learned about the history of the Corvette and its aeronautical roots, and we celebrated the milestone anniversary of the first moon landing, but what we had all

been waiting for came next, when we saw and learned about the mid-engine Corvette. Afterwards we were all invited up on stage to check out three new Corvettes (red, white and blue).

After that, we made our way back to the front half of the hanger, where exhibits were set up that revealed some of the componentry of the new Corvette. It was there that I actually sat in one. I took lots of photos, a selection of which you can see at www.drivetribe.com. Click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #600" in their search bar.

I remained at the event until very late, taking photos of the Corvette cutaways and various assemblies and components. Staff working the event finally (but politely) had to kick me out, because I was not ready to leave. My car was one of the last ones left on the grass field where parking had been. Workers were shutting down the generators that had powered the lights.

By the time that I got back to my home in San Diego, it was well after midnight. I was hungry and exhausted. I had no choice but to sleep in late on Friday morning. In so doing, I missed even more of Comic-Con. Such is the importance of the 2020 Corvette.

The new Corvette is a true, world class supercar. It is beautiful and very well equipped. It even has room for two golf bags! Yet incredibly, its price will start at only \$60,000! To learn about the 2020, eighth generation, mid-engine Corvette, I encourage you to visit <https://media.chevrolet.com/nextgenCorvette>.

As always, please send your comments to AutoMatters@gmail.com. Copyright © 2019 by Jan Wagner - AutoMatters & More #600

Hyperbole typically surrounds the introduction of a new car, but rarely does the car actually live up to that hype. The 2020 Corvette does. It is truly a groundbreaking automobile. This is a car that the Corvette faithful have begged GM to make for decades. To celebrate its introduction, Chevrolet planned a spectacular, worldwide, livestreamed reveal for the car in Southern California - and I was invited to cover it for you!

This would be an especially important, once-in-a-lifetime event to cover, but for me it posed a major dilemma. There are very few events each year that I really, really look forward to covering and sharing with you. I calendar those events early - months, if not over a year in advance - to make sure that I do not schedule anything that would conflict with them. Almost nothing could be important enough to make me change those plans.

One of those must-see-and-do events each year is San Diego Comic-Con. This year was Comic-Con's 50th birthday, so that made it even more special than usual.

Even though Comic-Con runs from Wednesday evening through Sunday, typically Comic-Con's premiere exhibits and panels only take place from Thursday through Saturday, so those are always must-see days. Imagine my

The Meat & Potatoes of Life



by Lisa Smith Molinari

I was running late, as usual. A mini-crisis had erupted on email at home, and typing an emergency response had put me behind schedule. My tires squealed turning past the "Lot Full" sign at the parking lot entrance across from the ballpark. I gave the attendant as pathetic a look as I could muster, but before I could beg, he waved his hand toward a space that had just opened up.

After parking, I jogged toward the spot where I had agreed to meet my 24-year-old son, Hayden. He'd called two weeks prior to tell me that his employer, Raytheon Company, was sponsoring Military Appreciation Night at a Newport Gulls baseball game. Did I want to go with him? he wanted to know. I jumped on the rare invitation from my quirky, loner, too-intelligent-for-his-own-good, software-engineering son.

Hayden was there, as promised, standing in front of the green wooden entrance to Cardines Field, one of the oldest ballparks in the country. The night's New England Collegiate League game was between our own Newport, R.I., Gulls and Massachusetts's New Bedford Bay Sox.

Hayden fished our tickets from the overloaded pocket of his gym shorts, and we entered the old stadium to find seats among the wooden

Military appreciation on mound makes problems minor league

bleachers littered with peanut shells. The tiny ballpark looked more like a little league field than a place where future pros might play, but I loved the nostalgia of it.

As it was Military Appreciation Night, a mic-adorned emcee dressed in red striped pants and a star-studded blue jacket was announcing the names of veterans gathered behind the pitcher's mound. Navy Band Northeast musicians stood nearby in their crackerjack dress whites, their horns glinting in the setting sun. Past first base, four uniformed reservists held flags, ready to parade the colors onto the field for the National Anthem.

While vets threw first pitches, the seagull-costumed mascot "Gully" interacted with the modest crowd of Monday night spectators, people lined up for hot dogs at concessions, and young boys fought for spots closest to the Gulls dugout where they could watch the players, gods in their eyes. All college boys hoping to make it to the majors one day, the players spit, swung, stretched and looked as if they couldn't have cared less.

I, too, wasn't paying much attention. I cared more about my e-mail crisis, and couldn't wait to read the latest string of messages on my phone.

"Mom, you're gonna miss the first batter," Hayden scolded while I was texting friends involved in the drama. I watched the first two innings, glancing clandestinely at the phone in my lap, and wondering if I'd get out of there in time to watch "The Bachelorette."

After the second inning, the Gulls

were up four zero. Hayden made his way down to the concession line for drinks and peanuts, and of course, I buried my face in my texts, complaining to friends about the stress of my crisis du jour.

But then, the speaker crackled with the emcee's voice. Near the third base line, a bearded man with a prosthetic limb caught my attention. The emcee introduced him as US Army Sergeant Brandon Deaton, accompanied by his wife and two small children.

Deaton, the emcee explained, lost his left leg in a roadside explosion in Iraq.

Quite suddenly, the crowd quieted and even the players took notice.

The emcee announced that he had a surprise for Deaton and his family. From the stands, an all-terrain wheelchair rolled out, donated by The Independence Fund of Rhode Island. Deaton, stunned, sat in the state-of-art device, and drove it onto the pitcher's mound while the crowd looked on in silence.

Then, one by one, people stood up from their phones and peanuts and licorice whips. I stood too, and we all applauded this brave American hero. In that moment, the disordered priorities of my world were magically reset, and as a fat tear rolled down my cheek I could see what was truly important again.

Major crises become bush league annoyances when one considers those who give life and limb to serve the U.S. military.

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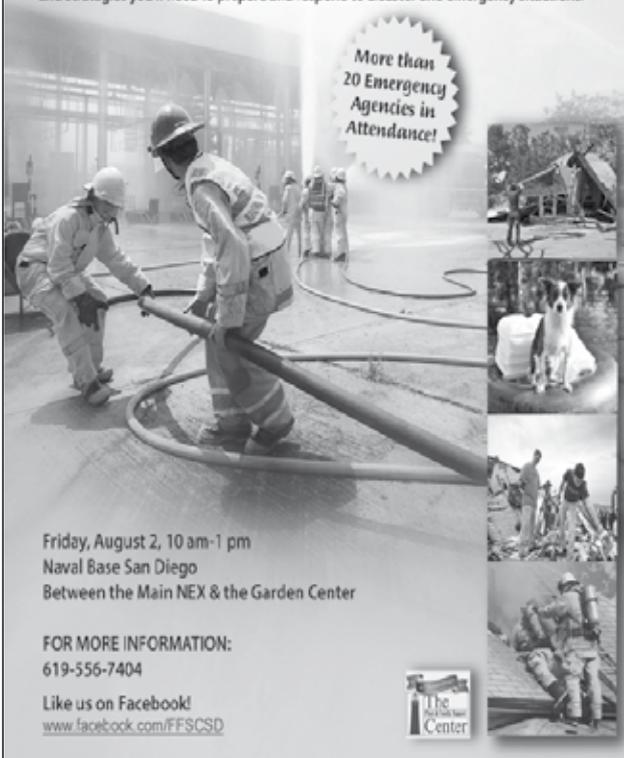
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80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

MOVIES at the Bases

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

Thursday, July 25
11am Spider-Man: Spider-Verse
5pm Pet Sematary (2019)
Friday, July 26
5pm Hellboy (2019)
Saturday, July 27
2pm The Best of Enemies
5pm Captain Marvel
Sunday, July 28
5pm Instant Family
Monday, July 29
5pm Aquaman
Tuesday, July 30
11am Norm of The North
5pm The Intruder
Wednesday, July 31
5pm Long Shot
Thursday, August 1
11am Captain Underpants: The First Epic Movie
5pm Breakthrough (2019)

Bob Hope Theater 577-4143

Miramar Blding 2242
* indicates last showing

Thursday, July 25
6:30pm Godzilla: King of Monsters
Friday, July 26
6:30pm Annabelle Comes Home
9pm Child's Play (2019)
Saturday, July 27
3pm The Secret Life of Pets 2
6:30pm Toy Story 4
9pm Yesterday
Sunday, July 28
1pm Shaft (2019)
6:30pm MIB: International
Wednesday, July 31
6:30pm Dark Phoenix
Thursday, August 1
6:30pm Secret Life of Pets 2

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(760) 725-9217
Active Duty adults \$4/3D-\$5
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Thursday, July 25
6:30pm MIB: International
Friday, July 26
6pm Toy Story 4
9pm Dark Phoenix
Saturday, July 27
1pm The Secret Life of Pets 2
3:30pm Toy Story 4
6:30pm Shaft
Sunday, July 28
1pm Toy Story 4
4pm The Secret Life of Pets 2
6:30pm MIB: International

Community Rec Center

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

Thursday, July 25
5pm Suicide Squad
Friday, July 26
5pm Logan
Saturday, July 27
5pm Deadpool 2
Sunday, July 28
5pm Fast and Furious
Thursday, August 1
5pm The Fate of The Furious



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Entertainment

Fun with MWR

Summer Fun Happens at Admiral Baker Pool. We have everything to make great summer memories: • Relax and catch some rays in a comfy lounge. • Participate in our weekly Wacky Wednesday and Sunday Funday games and races. • Sign up for a session of swim lessons (private/group/parent & child). Whatever you're after, Admiral Baker Pool is your headquarters for summer family fun! Check out www.navylifefsw.com for full details or call 619-284-4054.

Christmas in July Fri, July 26, 8pm (7:30pm check in). NBPL, Sub-base Pool, Bldg. 1. It's always the season for holiday cheer! Take a dip and watch a Christmas movie under the stars with MWR. Register: www.navylifefsw.com, Info: 619-553-0934

DRI-TRI: Row ~ Reps ~ Run Sat, Aug 3, 9-11am. NBSD, Admiral Prout Field House Gym. ROW 1000 m; REPS 50 reps each (push-up, squat, burpee, plank run, TRX row/pull-up, lunge, sit-up, squat jump); RUN 1.5-miles. Register: www.navylifefsw.com

Kid's Dance Party Fri, Aug 9, 10am, FREE (1-4 yrs.). NAB Community Recreation Center, Bldg. 337. Show your moves on the dance floor at our kid-friendly dance party! Register: navylifefsw.com/sdcr, 619-437-3190

Movie in the Park Fri, Aug 9, 7:30 pm, FREE. NBPL, Harbor Drive Annex, Seabee Park. Bring your blanket and join us for the movie, Marvel's The Avengers (PG-13). Register: www.navylifefsw.com/sdcr, Info: 619-553-9138

Rockin' Beach Bash & Campout Under the Stars. Friday, Aug. 16 @ NASNI, Breakers Beach. Rockin' Beach Bash: Start the weekend with FREE live music, a Silent Disco Dance Party, and games from 2-8 pm. Extend the fun by registering for our Campout Under the Stars! Check-in starts at 4pm and cost is \$26 Adult / \$20 E1-E6 Active Duty / \$19 Child (3-12 yrs.) or \$10 Camping Only Option. It'll be a great night of family fun compete with an outdoor movie! Then be lulled to sleep with a visit by the Mobile Story Station and calming ocean sounds to wake up refreshed for a Fit Family Boot Camp workout. Cost includes catered dinner, dessert, breakfast and a special nighttime reading kit for the kiddos. All campers must supply their own camping gear. Register: www.navylifefsw.com/sdcr Info: 619-437-3190.



Dive-In Movie Night Fridays, 5:30pm, FREE. Balboa Athletic Complex Pool, NMCS, Bldg. 12. 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: August 16: Toy Story 4. Events open to all MWR patrons. Register by calling 619-532-8516.

Harvest & Cooking at Olivewood Gardens Sat, Aug 17, 10-11:30am, \$16. Olivewood Gardens Learning Center, 2525 N Ave, National City, 91950. Behind the scenes tour of the gardens as well as a chance to harvest herbs to take home. Then head into the kitchen to cook and enjoy veggie tacos for lunch! Register: www.navylifefsw.com/sdcr, Info: 619-556-9597

Hearst Castle Trip Fri-Sun, Aug 23-25, 10am, \$70 MWR Patron \$60 Liberty (18 yrs.+) Take a trip up the beautiful California coast to tour the famous Hearst Castle. Cost includes transportation, camping gear, two meals and Hearst Castle Tour. Register: www.navylifefsw.com/sdcr, Info: 619-553-9138

All Wheel Derby Fri, Aug 23, 5pm, FREE. NAB Officer Housing Parking Lot. Grab your bikes, blades, skateboards, and scooters and participate in MWR's obstacle course and roller derby! Register: www.navylifefsw.com/sdcr, Info: 619-437-3190

Take Advantage of the San Diego Weather. Enjoy fun and effective water workouts designed to burn calories and keep you smiling while doing it! Stop by www.navylifefsw.com for your base pool information.

Obon Festival July 27-28 • 12-8pm • Free



Vista Buddhist Temple once again hosts the Obon Festival from 12 to 8pm on July 27 and 28. Festival goers can enjoy Japanese cuisine, cultural demonstrations and performances, boutique items, game booths for children and talks on Buddhism. Taiko drumming precedes traditional Bon Odori folk dancing, which begins at 6:30pm each day.

Obon is a Japanese holiday that welcomes deceased family spirits back home. Obon is similar to the Mexican holiday Dia de Los Muertos. The Obon Festival is a free, family-friendly event. Vista Buddhist Temple is located at 150 Cedar Road, Vista. For more information, call (760) 941-8800 or visit www.vbtemple.org.



Supergirl Surf Pro July 26-28

The world's top professional female surfers are back in Oceanside, at the pier, for the 12th Supergirl Surf Pro, a 3-day event July 26-28. The weekend will be jam-packed with world-class competition and a festival village loaded with female-inspired vendors, activities and entertainment. An experience for all ages, the Supergirl Pro Festival Village includes autograph signings, various vendors and activities, give-aways, contests, celebrities, skateboarding, DJ's, art, hair styling, fashion, live music, fitness, dance, yoga, sustainability, seminars, speakers, great food, a beer and wine garden and so much more!

Live entertainment is scheduled throughout the weekend to include free concerts from 16 top music artists, a female skateboarding contest, a female DJ competition, the only female-driven multi-title esports tournament in the U.S., a Celebrity Surf Invitational, fitness classes, Zumba classes, free yoga instruction, fashion, speed art, inspirational speakers and more. Oceanside Pier 8am-6pm. Free to attend.

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Aircraft Talk and Tour Sat., July 27 • 11am-noon • Free Extraordinary Capabilities of USMC Aircraft

Aviation heritage professor and author of "Call to Glory", George Haloulakos CFA MBA, will explain the extraordinary vertical and short takeoff and landing (VSTOL) capabilities of U.S. Marine Corps aircraft including the Harrier jump jet. He also will give a short tour and describe how those capabilities in Marine Corps helicopters have been utilized to deliver assistance and humanitarian aid to remote and distressed areas around the world. Visitors to the Flying Leatherneck Aviation Museum are able to see 31 historical aircraft up close as well as 8 galleries of artifacts from the earliest days of aviation to present day. Open Cockpit Days are held every other weekend during the summer and pilot talks are hosted throughout the year. Admission and programs are free.



Julian StarFest 2019 Thurs.-Sat., Aug. 1-3

Explore the world of astronomy during the three-day Julian StarFest. See telescopes and view objects in the night sky, vendors, guest speakers, and camping. Come and enjoy the largest public star party in Southern California at the Julian StarFest on August 1-3. The event is hosted by the San Diego Astronomy Association, under the dark skies of Menghini Winery near the mountain resort of Julian (think fine wine and fresh baked hot apple pie)! Here is some of the fun:

- Free public star party on Saturday night, August 3
- Camping availability for tent and RV campers
- Exhibits by major telescope and accessory vendors
- Food and beverage vendors
- Astronomy games/crafts for kids
- Raffle for donated astronomy equipment on Saturday
- Optional behind the scenes tour of the world famous Palomar Observatory on Saturday

The Star Party runs from dusk to 10:30 p.m. Saturday. Primitive camping is available for tent campers and RVs for up to three nights at the beautiful Menghini Winery. Camping fees, are \$40 per adult, \$20 per teen and free for those 12 and under. Send emails to info@julianstarfest.com or visit the Julian StarFest web page for more information about camping, schedule of speakers, the Palomar Observatory tour, and other activities: www.julianstarfest.com

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Things to do Around Town this weekend

National Carousel Day, Thurs, July 25, 11am-3pm. Free. Celebrate the 3rd Annual National Carousel Day at the historic Balboa Park Carousel. The event is free to attend, and will feature musical entertainment, free carousel rides all day, face painting, food vendors, children's activities and more fun for the whole family! The annual event commemorates the purchase of the historic Carousel by local nonprofit Friends of Balboa Park to ensure that it remains a historic park landmark for years to come. Music Headliners Hullabaloo are a kids' rock duo which has won several national awards, including Parents Choice and NAPPA Gold, plus inclusion on Best of the Year lists from Parents magazine and Education.com. Balboa Park Carousel, Balboa Park.

La Mesa Classic Car Show, Thurs, 5-8pm. Pre-1974 cars, trucks and vans parked along La Mesa Blvd. Live DJ's and bands. La Mesa Village, Spring Street at La Mesa Boulevard, La Mesa.

Super Girl Surf Pro at Oceanside Pier. Fri-Sun, July 26-28, 8am-7pm. Free cibcertsm festival village. www.supergirlpro.com

SD Padres vs. San Francisco Giants at Petco Park. Fri-Sun, July 26-28. www.mlb.com/padres

Cruisin' Grand, Ongoing Fridays, 5pm. Free. Maple Street Plaza, between Grand Ave and Valley Pkwy, Escondido.

TGIF Carlsbad Concerts in the Park Series at Calavera Hills Community

Marine Corps parental leave

Continued from page 1

Decades of studies have shown that women need at least six to eight weeks to physically recover from childbirth, and that giving parents time to bond with a new baby improves health outcomes.

"We know the benefits are there," Sherman said. "We need to get there."

Both groups have sought changes to current parental leave policies dictated by the 2017 National Defense Authorization Act.

"In cases of stillbirth, all parental leave is rescinded, which is deeply problematic," Barron Smolinski said.

The Marine Corps took the lead on that issue as well, she said, issuing a clarification last year ordering six weeks of convalescent leave to be authorized in those cases.

"We see this as part of a continuum," Barron Smolinski said. "We look at this as the U.S. military is often the leader in social policy. If the Marines can make it work, then the military can make it work. If the military can make it work, maybe we can make it work for everyone."

Park, Fridays, July 26-Aug 2, 6pm.

Quaking Cottonwoods, Sat, July 27, 8:30-10am. Free. Join Trail Guide for walk through the Fremont Cottonwoods. Meet by Kumeyaay Campground flagpoles at campground entry station. Kumeyaay Lake Campground, Two Father Junipero Serra Trail, Santee.

Oceanography Merit Badge Day at Maritime Museum of San Diego, Sat, July 27, 10am-1pm or 2-5pm. www.sdmartime.org

Uncorked Wine Fest at Del Mar Racetrack, Sat, July 27, 2-6pm. www.dmtc.com

Beekeeping & Gardening for Bees, Sat, July 27, 9:30am. Free. Learn about the world of bees and how you can support them in your own backyard with beekeeping, insect hotels and gardening practices. Presented by Hilary Kearney, founder of Girl Next Door Honey. Coronado Library, 640 Orange Ave, Coronado.

San Marcos Family Campout at Walnut Grove Park. Sat-Sun, July 27-28. www.san-marcos.net

Obon Festival at Vista Buddhist Temple, Sat-Sun, July 27-28, noon-8pm. www.vbtemple.org

Wonders On The Trail, Sat-Sun, July 27-28, Wed, July 31, 9:30-11am. Free. Morning walk on trail accompanied by a trained Mission Trails Trail Guide. Pollinators hover about spreading pollen from one native plant to the next. Meet inside Visitor Center. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos.

Orchids in the Park Show & Sale, Sat-Sun, July 27-28, Sat noon-6; Sun 10-4. Free. San Diego County Orchid Society event features plant sale, plant exhibit, speakers, top vendors, and Kids' Corner activities. All ages welcome. Free admittance; plants available for purchase. Early bird sale on Saturday at 10 a.m. Casa del Prado, Room 101, Balboa Park.

The Underpants at Old Globe Theatre. Sat, July 27-Sun, Aug 25. www.theoldglobe.org

Solana Beach Triathlon & Duathlon, Sun, July 28, 6:30am-12:30pm. www.kozevents.com

Junior Over-The-Line Tournament, Sun, July 28, 7:30am-5pm. Free-\$5. Old Mission Beach Athletic Club invites children and young adults ages of 5-20 to participate in the 2019 Junior Over-the-Line (OTL) Tournament. Tournament will be played at Fiesta Island on July 28. \$5 entry fee per player. Check-in begins at 7:30am on tournament days. Format is round robin, single elimination and play-offs with three players per team. Single players will be matched with other players to make a team. Free hot dogs, chips and drinks provided to all. For information including the rules of the game, pee wee, boys and girls divisions, please visit <http://www.ombac.org/main-page/otl-jr-otl/>.

Summer Concert Series: Trails & Rails at Old Poway Park, Sun, July 28, 5:30-7pm. www.poway.org

SD Padres vs. Baltimore Orioles at Petco Park. Mon-Tue, July 29-30. www.mlb.com/padres

Military museums in San Diego

The Veterans Museum at Balboa Park. The Veterans Museum and Memorial Center is a museum located in historic Balboa Park of San Diego, California. Founded in 1989, it is dedicated to create, maintain, and operate an institution to honor and perpetuate the memories of all men and women who have served in the Armed Forces of the United States of America.

Open to the public

Active duty military, Museum Member, Children under 12: Free

Veterans/Seniors: \$4 • Adults: \$5 • Student ID: \$2

2115 Park Blvd, San Diego (Balboa Park) • (619) 239-2300

<http://www.veteranmuseum.org/>

Hours: Monday Closed • Tues-Sun 10am-4pm

MCRD Command Museum & Historical Society. Museum focusing on Marine Corps history from the 19th century to today is also a research library.

Free admission • Open to the public

1600 Hochmuth Ave, San Diego, 92140 • (619) 524-4426

<https://www.mcrdmuseum.org/>

Hours: Mon-Sat 8:30am-4pm • Sunday Closed

Flying Leatherneck Aviation Museum. The Flying Leatherneck Aviation Museum is a United States Marine Corps command museum at Marine Corps Air Station Miramar, San Diego, California. The museum contains exhibits and artifacts relating to the history and legacy of United States Marine Corps Aviation.

Free admission • Open to the public

Address: 4203 Anderson Ave, San Diego, 92145 • (858) 693-1723

<https://flyingleathernecks.org/>

Hours: Monday Closed • Tues-Sun 9am-3:30pm

USS Midway Museum. The USS Midway Museum is a maritime museum located in downtown San Diego, California at Navy Pier. The museum consists of the aircraft carrier Midway. The ship houses an extensive collection of aircraft, many of which were built in So Cal.

Online ticket prices reflect \$2 discount/ticket over regular admission:

\$21-Online Adult (ages 18-61) • \$18-Online Senior (ages 62+)

\$8-Online Retired Military (w/ID) • \$8-Online Youth (ages 6-12)

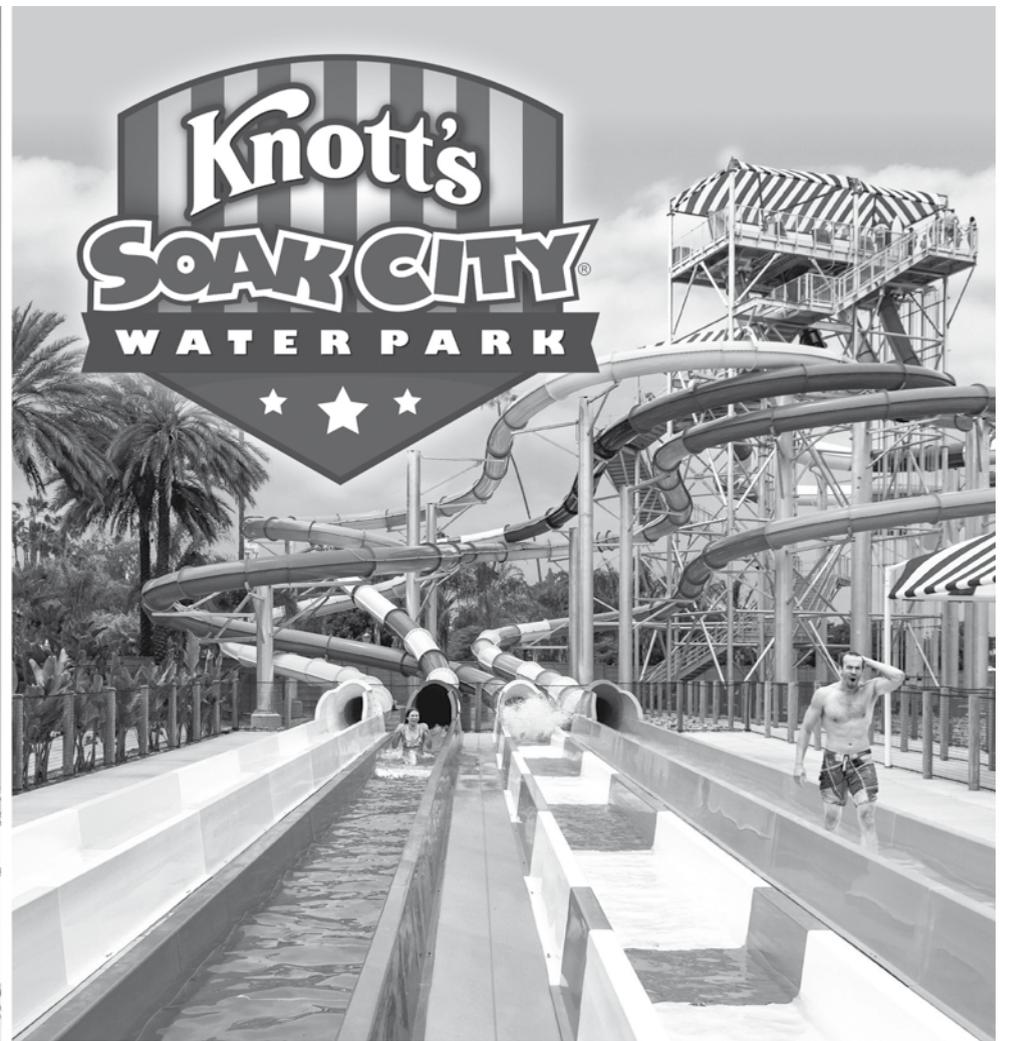
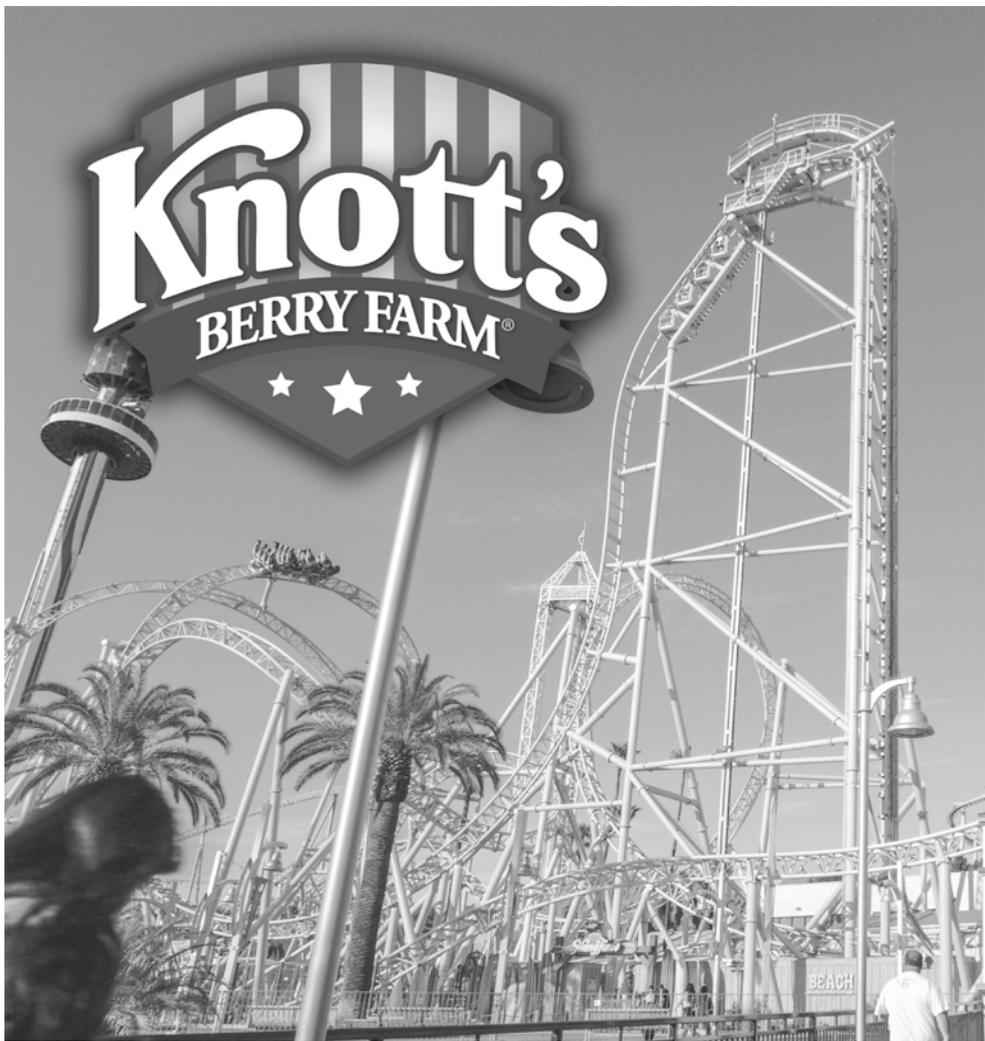
\$15-Online Student (ages 13-17 or w/College ID)

FREE-Children 5 years old and younger, Active Duty Military (w/valid ID), Active Law Enforcement (w/valid ID), Active Fire Fighter (w/valid ID) and including Reservist.

910 N Harbor Dr, San Diego, 92101 • (619) 544-9600

<https://www.midway.org/>

Hours: Open daily 10am-5pm • Last admission at 4pm



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Concerts

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

July

Styx. Fri, July 26, 7:30pm. Rock. Pala Casino, 35008 Pala Temecula Road., Pala. (877) 946-7252.

J Boog. Fri, July 26, 4-8pm. Reggae/ska. Del Mar Thoroughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

Zac Brown Band. Thurs-Fri, July 26-27, 7pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

Disrupt Festival: The Used, Thrice, Circa Survive, Sum 41, Atreyu, Sleeping With Sirens, Andy Black, Memphis May Fire, Meg & Dia, Juliet Simms, Hyre The Hero. Fri, July 26, 2pm. Alt/pop/punk/rock. NI Credit Union Amp., 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Freestyle Explosion. Sat, July 27, 7:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

Yes. Sat, July 27. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

Midland. Sat, July 27, 4pm. Country. Del Mar Thoroughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

The Raconteurs. Sun, July 28, 7:30pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

August

Rascal Flatts. Thurs, Aug 1, 7:30. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

Third Eye Blind and Jimmy Eat World. Thur, Aug 1, 7:30pm.

Zac Brown Band



Thurs-Fri, July 26-27, Irvine

Alt/rock. NI Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Iration. Fri, Aug 2, 5:30pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

Rascal Flatts. Fri, Aug 2, 7:30pm. Country. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Trombone Shorty & Orleans Avenue. Fri, Aug 2, 4pm. Jazz/world. Del Mar Thoroughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

Sad Synner Festival. Sat, Aug 3, 1:30pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

Iration. Sat, Aug 3, 4pm. Reggae/ska. Del Mar Thoroughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

Third Eye Blind and Jimmy Eat World. Sat, Aug 3, 7pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

Backstreet Boys: DNA World Tour. Sat, Aug 3, 8pm. Staples

Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

Elvis Costello and Blondie. Sun, Aug 4, 7:15pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

Lord Huron and Shakey Graves. Mon, Aug 5, 7:30pm. Pop/rock. Humphrey's by the Bay,

2241 Shelter Island Dr., (619) 224-3577.

Backstreet Boys. Mon, Aug 6, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

Blink-182 and Lil Wayne. Wed, Aug 7, 7:30pm. Alt/hip-hop/rap/rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Prettypmuch. Thur, Aug 8, 7pm. Pop. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

Chris Young and Chris Janson. Fri, Aug 9, 7:30pm. Country. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Young the Giant and Fitz & the Tantrums. Fri, Aug 9, 7:30pm. Open Air Theatre at SDSU, 5500 Campanile Dr. (619) 594-6947.

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Wiz Khalifa and French Montana. Sat, Aug 10, 7:30pm. Hip-hop/rap/pop. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Chris Young. Sat, Aug, 10, 7pm. Five Point Amphitheatre, 14800

Chino, Irvine. (949) 988-6800.
MONSTA X. Sat, Aug 10, 7pm. Staples Center, 1111 S. Figueroa St., LA. staplescenter.com
311 and Dirty Heads. Sun, Aug 11, 7:30pm. Alt/rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista.

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1 at this payment. Stk#: 57446, VIN: JTNKHMBOX4K1045485, Model #:2402. Net capitalized cost \$20080.27. \$229 plus tax monthly for 36 months with \$3,500 due at lease signing. Includes \$750 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 7/31/19.

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1 at this payment, STK# 20266 VIN# KH249247 Model # KR D 14. \$299 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 7/31/19.

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*1 at this payment, STK# 20940 VIN# K3297280 Model # KDL 31. \$369 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 7/31/19.

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