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### Things To Do Around Town

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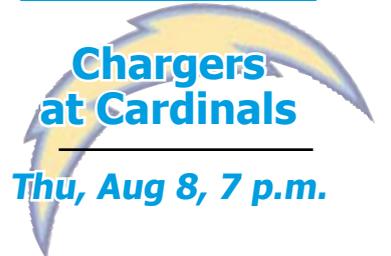
Check out our concert page for upcoming concerts in San Diego, Orange County and Los Angeles.

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Navy Marine Corps Coast Guard Army Air Force

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FIFTY NINTH YEAR NO. 10  
THURSDAY, AUGUST 8, 2019

## This day in U.S. military history

Aug. 8, 1863 - In the aftermath of his defeat at Gettysburg, Confederate Gen. Robert E. Lee sends a letter of resignation as commander of the Army of Northern Virginia to Confederate President Jefferson Davis.

The letter came more than a month after Lee's retreat from Pennsylvania. At first, many people in the South wondered if in fact Lee had lost the battle. Lee's intent had been to drive the Union army from Virginia, which he did. The Army of the Potomac suffered over 28,000 casualties, and the Union army's offensive capabilities were temporarily disabled. But the Army of Northern Virginia absorbed 23,000 casualties, nearly one-third of its total.

As the weeks rolled by and the Union army reentered Virginia, it became clear that the Confederacy had suffered a serious defeat at Gettysburg. As the press began to openly speculate about Lee's leadership, the great general reflected on the campaign at his headquarters in Orange Courthouse, Va. The modest Lee took the failure at Gettysburg very personally.

In his letter to Davis, he wrote, "I have been prompted by these reflections more than once since my return from Pennsylvania to propose to Your Excellency the propriety of selecting another commander for this army.... No one is more aware than myself of my inability for the duties of my position. I cannot even accomplish what I myself desire.... I, therefore, in all sincerity, request your Excellency to take measure to supply my place."

Lee not only seriously questioned his ability to lead his army, he was also experiencing significant physical fatigue. He might also have sensed that Gettysburg was his last chance to win the war. Regardless, President Davis refused the request. He wrote, "To ask me to substitute you by someone ... more fit to command, or who would possess more of the confidence of the army ... is to demand an impossibility."



'LC is such a mode of comfort'

Navy facility dog, LC, poses for her official command portrait at Naval Medical Center San Diego July 26. Navy photo by MC3 Cameron Pinske

## NMCS D furry shipmate makes an impact on staff and patients

by MC3 Harley K. Sarmiento

SAN DIEGO - Naval Medical Center San Diego (NMCS D) has a very diverse and caring staff, but one of its most notable staff members is facility dog, LC.

LC's first day at NMCS D was March 26, 2019. Since then, she has been improving the morale of staff members and patients all around the hospital.

"Every day I come into work, I can't wait to see her," said Hospital Corpsman 3rd Class Crislynn Warden, a surgical technician and secondary handler. "Seeing the way she lights up our staff members' faces, no matter what type of day they are having, brings so much joy and calmness to

our chaotic days here."

LC receives requests to visit staff and patients all around NMCS D. Her presence brings smiles to the faces of everyone with whom she comes into contact.

"LC is a welcoming sight for most adult patients; they are able to relax and not worry about why they are here," said Cheryl von Husen, facility manager and secondary handler.

LC is a stress reliever for both staff members and patients. She has a way of calming patients down before a procedure, especially our younger patients.

see LC, page 10

## NRSW conducting earthquake emergency preparedness exercise

WASHINGTON - Commander, Navy Installation Command, Commander, Navy Region Southwest (CNRSW) and Commander, Navy Region Northwest, along with their installations and tenant commands are testing their abilities to respond to a major earthquake and what follows next during an exercise this week.

The exercise, called Citadel Rumble 2019, tests Navy installations' capabilities to prepare for, respond to and recover from all-hazards scenarios that may follow earthquakes.

The installations, along with their tenant commands, will test various procedures, including damage assessment, evacuation plans, disaster preparedness, recovery and consequence management plans, and accounting for Sailors and Navy families in the affected regions through the Navy Family Accountability and Assessment System (NFAAS). Sailors, civilian employees and Navy families can login to NFAAS at <https://navyfamily.navy.mil> or utilize the NFAAS mobile app at <https://applocker.navy.mil> for accountability throughout the exercise and during any real-time natural disaster.

In addition, the exercise will further enhance the Navy's readiness to deploy forces even under the most adverse conditions.

## Sailor shot, killed after fleeing traffic stop on Virginia base, Navy says

VIRGINIA BEACH, Va. - A Sailor was shot and killed after a high speed chase across Virginia's Joint Expeditionary Base Little Creek-Fort Story late Friday, authorities said.

Citing the ongoing next of kin notification process, Navy Region Mid-Atlantic spokeswoman Beth Baker said she can describe the dead man only as a junior enlisted Sailor.

Baker said that the incident began shortly before 10 p.m. on Friday, when base Naval Security Forces reported a car driving erratically and tried to pull it over.

That triggered a chase at increasingly high speeds until the driver reached Gate 5, where personnel deployed automatic metal barriers to block his escape.

Baker said the driver then veered into the Navy Exchange Mini Mart and collided with the gas pumps, disabling his vehicle.

Fleeing on foot, he was chased by several Naval Security Forces personnel, she said.

When they caught up to him, he allegedly "attacked and assaulted them, in the process injuring two" of his pursuers, Baker said.

During the melee, the Sailor was shot and Naval Security Forces personnel immediately began first aid to save his life but he was declared dead at the scene, according to Baker.

She did not know if the Sailor who died was armed or not, but two of the Naval Security Forces personnel were treated for minor injuries at the scene.

"The Naval Security Forces at Joint Expeditionary Base Little Creek-Fort Story did exactly what they were trained to do," Baker said. "They deployed the barriers. They followed procedures, exactly as they are trained to do them."

Base commander Capt. Joey Frantzen arrived at the scene, along with other installation leaders. A chaplain joined them to provide counseling to the Naval Security Forces, she said.

## SLW: Let the competition begin

Naval Surface Force and Pacific Fleet will host the 38th running of Surface Line Week (SLW) competition at Naval Base San Diego, Aug. 12-16 and 19-23.

The competition highlights professional and athletic skills while enhancing comradery and team building among the Surface Force. About 2,000 Sailors, Marines and Department of the Navy civilians are expected to participate.

SLW 2019 consists of 15 athletic and seven professional events, culminating with an awards ceremony, Friday, Aug. 23.



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## U.S., South Korea start low-key joint military drills after North Korean missile tests

by Kim Gamel and  
Yoo Kyong Chang  
Stars and Stripes

SEOUL, South Korea - The United States and South Korea began joint military exercises Aug. 5 but kept them low-key to avoid provoking North Korea, which has warned the drills could derail efforts to resume nuclear negotiations.

The allies declined to officially announce the two-week exercise had begun or provide details, but several officials confirmed they were underway.

The quiet start was in sharp contrast to past years, underscoring the desire of Seoul and Washington to get talks with the communist state back on track.

North Korea, however, has continued to criticize the drills despite the changes and has conducted several short-range ballistic missile tests over the past two weeks in what was widely seen as a protest.

The command-post training - as military officials are calling it to avoid using the word "exercise" - will last until Aug. 20. It will mainly involve computer-simulated scenarios as opposed to past years when those were



**Petty Officer 2nd Class Diana Espinoza communicates ship movements with a South Korean navy sailor during Foal Eagle 2017. Navy photo by Jeremy Graham**

combined with combat field training, officials said, speaking on condition of anonymity to provide the details.

**U.S. Forces Korea, the main command, said it would not discuss any planned training publicly "as a matter of standard operating procedures and in order to allow diplomacy to work."**

"Readiness remains a priority for us," said USFK spokesman Col. Lee Peters. "We will continue to train in a combined manner at echelon while harmo-

nizing our training program with diplomatic efforts by adjusting four dials: size, scope, volume and timing."

South Korea's Defense Ministry said the training would focus on confirming its capabilities with an eye toward the transfer of wartime operational control of the combined forces, which is currently held by the United States.

"We're now preparing for joint drills in the second half of this year in order to verify

the initial operational capability for OPCON transfer," ministry spokeswoman Choi Hyun-soo told reporters.

The U.S. and South Korean militaries have drastically altered the way they train since President Donald Trump announced plans to suspend "the war games," which he called expensive and provocative, after his first summit with North Korean leader Kim Jong Un last year in Singapore.

North Korea, which hates the annual drills and has long demanded that they cease, said in April that it was not fooled despite the efforts to reduce the scope of the drills or to change the names.

More recently, the North warned that it may reconsider the resumption of nuclear talks with the U.S. and suggested it may restart nuclear and missile tests that had been suspended amid the diplomacy if joint military exercises were held in the fall.

Kim has overseen three launches since July 25, but Trump dismissed the weapons fired as "short-range missiles" that didn't threaten the U.S.

The exercises in the past have seen thousands of American troops deployed to the peninsula from other countries to participate and fiery declarations of resolve from U.S. and South Korean commanders.

In-bum Chun, a retired South Korean lieutenant general, said the North Koreans were missing an opportunity to embrace the allied efforts to put them at ease.

"We're working very hard to make sure that it is not perceived as provocative, to go so far as to modify even the name of the exercise and to modify the

scenario to take out all the offensive characteristics," he said Monday.

"Also, I think North Korea needs to understand that this is a routine training for rotating personnel," Chun added. "It's nothing more, nothing less than a staff exercise and communications training."

But he acknowledged that was unlikely, saying "their purpose is to get rid of the exercises once and for all, so they won't be happy no matter what we do until we stop the training."

### Military alleges sexual misconduct in Soldier's hazing death

NORFOLK, Va.- Military prosecutors said Aug. 5 that they want to add allegations of sexual misconduct to their murder case against a Marine and a Navy SEAL who are among those blamed for the 2017 hazing death of a Green Beret in Africa.

Navy prosecutor Benjamin Garcia made the request at a preliminary hearing at a military court here.

The lieutenant commander said that Marine Mario Madera-Rodriguez and SEAL Tony DeDolph were among four servicemen who planned to make "sexual contact" against Army Staff Sgt. Logan Melgar as he was hazed on video in his bedroom.

The overall effort to embarrass Melgar ultimately led to his death, according to charging documents. Melgar was bound with duct tape and placed in choke holds to temporarily knock him unconscious before he stopped breathing, the charging documents said.

The sexual misconduct allegation added a new wrinkle to a case that has pulled back the curtain on misconduct among some of America's most elite service members. - by Ben Finley



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# Global Hawk surveillance drones relocate to Japan as typhoon season ramps up in western Pacific

by Aaron Kidd  
Stars and Stripes

YOKOTA AIR BASE, Japan - The Air Force is again sending one of its most high-tech intelligence-gathering platforms to Japan to sidestep extreme weather in the western Pacific.

A detachment of RQ-4 Global Hawks from Andersen Air Force Base, Guam, will operate out of Yokota this summer and fall, the 374th Airlift Wing said in a statement Aug. 2. The western Tokyo base is also home to U.S. Forces Japan and 5th Air Force.

The statement didn't say how many of the large, unmanned surveillance drones are relocating to Yokota or when they would begin arriving; however, five Guam-based Global Hawks and 105 personnel worked from the base in 2017.

The detachment is responsible for launching and landing the Global Hawks before handing control to airmen in the

United States. Their mission involves partnering with Japan and helping with humanitarian assistance, disaster relief and counter-piracy and counter-terrorism.

The drones routinely relocate to Japan to avoid typhoons in Guam and the nearby Northern Mariana Islands, which include Saipan, Tinian and Rota.

Last year saw 35 storms, including seven super typhoons, blow across the western Pacific. One of those, Yutu, the second strongest typhoon to ever hit a U.S. state or territory since record keeping began in 1958, devastated Saipan and Tinian in October.

Months earlier, Super Typhoon Wutip brushed by Guam at 161 mph and interrupted the Cope North exercise at Andersen.

In previous years, Guam's Global Hawk detachment has



An RQ-4 Global Hawk sits on the tarmac at Yokota Air Base, Japan. Photo by Leon Cook

flown out of Misawa Air Base on the northern tip of Japan's Honshu island. The drones moved to Yokota in 2017 because of runway construction at Misawa, which hosted the aircraft again last year.

The platform made international headlines in June when Iran used a surface-to-air missile to shoot down a Global Hawk over the Strait of Hormuz. Tehran said it was flying in Ira-

## Rear Adm. Shoshana Chatfield takes command of Naval War College

by Jeanette Steele

NEWPORT, R.I. - Rear Adm. Shoshana Chatfield assumed command of the U.S. Naval War College on Aug. 1 as the 57th president.

Chatfield presides over a graduate institution that awards Master of Arts degrees to military officers and civilian national security employees in a one-year in-residence program focused on strategic studies and national defense.

The college also provides other professional military education on campus and through

distance-learning programs, in addition to conducting research on defense topics.

The Northrop Grumman-built drones, which can cost \$100 million depending on configuration, are thought to be capable of operating at an altitude of 60,000 feet, high above civilian air traffic, which normally does not surpass 40,000 feet. They can stay aloft for 34 hours and have a range of 14,000 miles.

The command includes 375 faculty members - both military and civilian - and a staff of 312.

A helicopter pilot and former squadron commander who led a provincial reconstruction team in Farah Province, Afghanistan, Chatfield holds a master's degree from Harvard's Kennedy School of Government and a doctorate in education from the University of San Diego. Most recently, she was commander of Joint Region Marianas.

## U.S. still seeks allies in Gulf maritime coalition

SYDNEY - Senior U.S. leaders expressed confidence that they will be able to convince allies to help protect shipping in the Persian Gulf area against Iranian threats, but they provided no new details Aug. 4 on which nations may be willing to participate.

Speaking at a meeting between U.S. and Australian leaders, Defense Secretary Mark Esper said he has already gotten a good response from allies and some announcements could be expected soon. And Secretary of State Mike Pompeo told reporters that a lot of conversations are taking place.

But their Australian counterparts here made no commitments.

"The request the United States has made is a very serious one, and a complex one. That's why we are currently giving this request very serious consideration," said Australian Defense Minister Linda Reynolds. "No decision has been made."

She said her country will decide based on what is in its own best sovereign interests. - Source: Stars and Stripes



## Boeing V-22 Osprey: New factory's aircraft will carry more Marines to battle

(Tribune News Service) - Marine Corps brass, Boeing bosses, and most of the region's U.S. House delegation joined workers at the company's Ridley Park, Pa., helicopter complex Aug. 1 to open a \$115 million factory, enabling Boeing to start refurbishing V-22 tilt-rotor Osprey assault support aircraft while still building new ones, in air-conditioned comfort.

The two assembly lines in the formerly vacant 350,000-square-foot plant show Boeing's expectation that the Marine Corps will keep adding to and updating its fleet of 300-plus Ospreys.

Besides the Marines, Boeing has long-term deals to supply 50 Ospreys for Air Force special operations, at least 40 for Navy carriers, and 17 for the government of Japan. That U.S. ally is beefing up its defenses and training troops on Ospreys in North Carolina as neighbors China and North Korea expand their military.

Boeing expects to deliver about 20 new Ospreys this year, at a cost of about \$71 million each.

"Where there is trouble in the world, we want V-22s" from the Ridley Park plant, said Marine Col. Matthew Kelly, the corps' Osprey program manager.

With seven Marine squadrons now launching Ospreys from land and sea sites, "there are very few places in the world where you can't take off with this aircraft, with a bunch of raging Marine infantry, and drop it in a war zone," said Lt. Gen. Steven Rudder, deputy commandant for Marine aviation, to the cheering crowd of employees.

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## Ask Rusty - Age seventy hasn't yet applied for Social Security

by Russell Gloor

Dear Rusty: How can I maximize my monthly Social Security benefit? I'm already 70 years old - almost 71 now. Signed: Ready to Apply.

Dear Ready to Apply: You've already maximized your monthly Social Security benefit by waiting until age 70 to apply. Age 70 is when you stop earning delayed retirement credits, which have boosted your monthly benefit amount by 32 percent over what you would have received at your full retirement age of 66, and by 76 percent over what you would have received if you had claimed benefits early at age 62. Your maximum Social Security benefit is reached in the month you turn 70 years of age, so you shouldn't delay any longer. Since you're now actually more than 70 (almost 71), you should immediately claim your Social Security benefit and you should also ask for 6 months of retroactive benefits, which SS will give you in a lump-sum. You can claim your benefits by contacting the Social Security office (find your local office at [www.ssa.gov/locator](http://www.ssa.gov/locator)) and making an appointment to apply for benefits, or you can apply online at [www.ssa.gov](http://www.ssa.gov). To apply online, you'll have to first set up your personal "My Social Security" online account at [www.ssa.gov](http://www.ssa.gov), and then complete and submit your application online. You should specify your "benefit start month" as six months before the date you apply to get the retroactive benefits.

If you are married, since you have not yet applied for benefits your wife is not yet receiving spousal benefits from your record. Assuming she has reached her full retirement age, her spousal benefit will be half of the benefit you were eligible to receive at your full retirement age, if that amount is more than she is entitled to on her own lifetime work record. If your wife was born on or before Jan. 1, 1954, she should contact your local Social Security office to file for her spousal benefit. If your wife was born Jan. 2 1954, or later, her spousal benefit should be automatically added to her own benefit when you claim, and she should not need to contact Social Security to apply. I encourage you both to claim these benefits as soon as possible, because each month you delay you are losing benefits which you are entitled to. This is true even if one or both of you are still working, because there is no penalty for working after you have reached full retirement age. And even if you're still working and paying FICA taxes monthly, your benefit will not increase just because you are still paying into Social Security.

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. To submit a question, visit our website.

The 2 million member Association of Mature American Citizens [AMAC] [<https://www.amac.us>] is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC acts and speaks on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a dif-



## Vet unemployment rose slightly in July, still sits below national estimates

by Leo Shane  
Military Times

The unemployment rate among American veterans rose for the second consecutive month in July, but it still remains significantly below the national rate, according to data released by the Bureau of Labor Statistics on Aug. 2.

The agency reported the July jobless rate for veterans rose to 3.4 percent from 3.3 percent in June, a small but noteworthy uptick given the spate of good news in veterans unemployment over the last few years.

That number had been below 3 percent for four consecutive months before the June estimates. Among veterans of the Iraq and Afghanistan war era, the unemployment rate in July was 3.6 percent, down slightly from 3.7 percent in June.

As a whole, the country's unemployment rate remained steady from June at 3.7 percent. Only twice in the last 16

### Grants pending to help veterans who are homeless or at risk of homelessness

WASHINGTON - Thousands of low-income veterans and their eligible family members will continue to have access to crucial homelessness services as a result of \$426 million in grants to be awarded under the VA's Supportive Services for Veteran Families (SSVF) Program.

This funding includes \$62 million in new SSVF awards that support outreach, case management and other flexible assistance to rapidly re-house veterans who become homeless or prevent veterans from becoming homeless.

The grants will be awarded to 271 nonprofit organizations in all 50 states, the District of Columbia, Guam, Puerto Rico and the U.S. Virgin Islands. A list of applicants who will be awarded grants is available at [www.va.gov/homeless/ssvf.asp](http://www.va.gov/homeless/ssvf.asp).

months has the national number topped 4 percent.

The 3.4 percent jobless rate for veterans translates into about 316,000 former military members looking for work last month. That number was as high as 500,000 just three years ago and topped 1 million during the height of the U.S. recession in 2011.

Experts caution against drawing too many conclusions from individual monthly unemployment statistics, because the vet figures are taken from a much smaller sample size than the overall population, leading to volatility in some of the calculations.

Still, the monthly veterans unemployment figures have remained below the national figure for 16 consecutive months, and have only topped estimates for the civilian population twice in the last decade.

The full unemployment report is available on the Bureau of Labor Statistics' web site.

"Ending veteran homelessness remains a high priority and the SSVF program has proven to be remarkably effective in helping low-income veterans and their families overcome housing crises," said VA Secretary Robert Wilkie. "By offering temporary assistance to eligible veterans through these important grants, we will continue to help Veterans exit homelessness and remain in stable housing."

In addition to conducting outreach and case management, grantees will assist eligible veterans and their families with obtaining VA and other benefits, such as health care, fiduciary payee, financial planning, child care, legal, transportation, housing counseling and other services. Grantees are expected to leverage SSVF grants to enhance the housing stability of very low-income vets and their families.



Blast from the past

MCAS MIRAMAR (July 30, 2019) - Martin Engler, a U.S. Army Republic P-47 Thunderbolt pilot from World War II, right, speaks with Lt. Col. Ryan Pope, commanding officer of Marine Aerial Refueler Transport (VMGR) Squadron, during a tour here. Brian McCune, Englers friend and Navy veteran, reached out and coordinated a surprise tour of MCAS Miramar for Engler on his 95th birthday. Marine Corps photo by Sgt. Jake McClung

## Crossword Puzzle

### Across

- 1 Talked into, with "on"
- 5 Calyx part
- 10 Typical artist's apartment
- 14 Samoan capital
- 15 Amtrak option
- 16 Cabinet dept. formed under Carter
- 17 Doughnut order from a king?
- 19 Fifty percent up front?
- 20 Recorded
- 21 GPS info
- 23 Pisa possessive
- 24 Recording device
- 25 Musicians given to tipping?
- 28 Writer LeShan
- 29 Is next to
- 31 Sergeant Bilko, to friends
- 32 Tapestry thread
- 33 Saturn models
- 34 Set of data within an atmospheric analysis?
- 40 Quarterback Tony
- 41 Swamplike
- 42 Protection against Mr. Decay Germ, in old ads
- 44 Continued violently
- 45 MDX Ö X
- 48 Occupants of a well-insulated nest?
- 50 One of the Coen brothers
- 52 "10538 Overture" gp.
- 53 Ocean bird
- 54 Gets rid of
- 55 M's favorite agent
- 57 How perfume is sold ... and this puzzle's title
- 60 Commercial exchange fee
- 61 Ames native
- 62 Future ENT's exam
- 63 "You've Got Mail" co-star
- 64 Grabs
- 65 Turtles, sometimes

### Down

- 1 Biblical seductress
- 2 Offered a view
- 3 Shoeless Joe Jackson portrayer in "Field of Dreams"
- 4 Mother of Perseus
- 5 Marquis de \_\_\_
- 6 Prefix with friendly
- 7 Product with a Simpsons set
- 8 Last Olds models
- 9 Andy Panda creator
- 10 Took charge
- 11 Two-run homer situation
- 12 Like "executrix," e.g.
- 13 Old TV parts
- 18 Urban \_\_\_
- 22 "Beauty is bought by judgement of the \_\_\_": Shakespeare
- 25 Fit and muscular
- 26 Certain footrest
- 27 Verve
- 30 Quilting party
- 34 Math branch concerned with surfaces
- 35 Rain forest region
- 36 Beyond slender
- 37 Former PBS "Mystery!" host
- 38 Extractable natural resource
- 39 Louisiana genre featuring the accordion
- 40 Grain-based treat
- 43 "Understood, Cap'n"
- 44 His stories inspired "Guys and Dolls"
- 45 Luck
- 46 Pet that needs a sitter?
- 47 Many Alaska maps
- 49 "\_\_\_ non sufficit": the world is not enough
- 51 Outdo
- 54 Beltway VIPs
- 56 Put on
- 58 BOAC competitor
- 59 Storied cauldron stirrer

1	2	3	4	5	6	7	8	9	10	11	12	13
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## Meritorious Advancement Program season 2

WASHINGTON - The Navy announced changes to the 2019 Meritorious Advancement Program (MAP) Season Two, in NAVADMIN 176/19, outlining the shift to an automation of

the MAP process within Navy Standard Integrated Personnel System.

Automation of the MAP process is part of the Navy's

continued efforts to modernize personnel systems and processes under Sailor 2025.

"The automation of MAP will streamline the process for triads

in the Fleet," said Capt. Angela Katson, branch head of Enlisted Force Shaping Plans and Policies. "Part of the modernization of processes is reducing administrative burdens, and we're



doing that here. For now, only Active Component Sailors will be covered by the automation process, but in the future MAP automation will also be available for the Reserve Component."

Two key individuals at each command will need set up user accounts in NSIPS to allow for the MAP automation process.

"At the command level, both the command reporting senior and the command reviewer are required to establish user roles within NSIPS," said Katson. "It is imperative for the commands with quotas allocated to request permission to set up their MAP user roles in NSIPS," said Katson.

When 2019 MAP Season Two begins, the quotas will be

**Hospital Corpsman 1st Class David Taylor is meritoriously advanced in San Diego. Navy photo by MCC Michael O'Day**

uploaded into the system and can be found under the quota summary report tab.

Quotas can also be found at the MyNavy Portal website at <https://www.mnp.navy.mil/group/advancement-and-promotion/a-enlisted-advancement-resources-and-links> select the website tab, MAP and then MAP quotas.

Another change announced in the NAVADMIN is the elimination of the controlled rate process in MAP Season Two. Get more information about the Navy from Navy facebook or twitter.

## How to dismantle the hypercritical guy in the office

by Dr. Daneen Skube  
Tribune Content Agency

*Q: My co-worker isn't my boss but constantly follows me around criticizing every little thing I do. I'm ready to smack him. Mostly I ignore him, but that just makes him worse. Is there a clever way to get him off my back?*

**A:** Yes there is a clever way to get him off your back. Instead of waiting for him to give you advice, start asking every minute for him to tell you what to do. He will rapidly get exhausted and ask you to leave him alone.

When we are resisting what someone is doing, the annoying person usually finds our frustration rewarding. Annoying people feel great power in being able to drive us right up the wall.

Frustrating people like to have the illusion of control without having to work hard. Criticizing every move you make, believe

it or not, feels powerful to your co-worker.

What these people do not want to do is work hard. If, instead of waiting for his criticism, you

### INTERPERSONAL EDGE:

look at him with wide eyes and ask him to tell you what to do every minute he will quickly become exhausted.

The thing is he wants to upset and control you but doesn't really want to help you or work harder. Your job is to make him work hard helping you every single second until he is itching to get away from you.

Yes, he will certainly go on to find another workplace victim less clever than you. However, your example may save others from his game if they are smart enough to see what you are doing.

One of my clients used my advice to get rid of a controlling, bored government official when building his home. This official showed up 10 times a day criticizing the building of my client's home. I advised my client to start calling this guy every 15 minutes asking for advice on doorknobs, tile and paint colors. Within three days, the government official told my client to never call him again and disappeared.

Consider what the person bugging you wants to avoid (hard work in this case). Now make it obvious that if your co-worker continues, hard work will be required. Helping people avoid what they do not want and obtain what they want is profoundly more powerful than just expressing your emotions.

The last word(s)

*Q: I have a co-worker who*

*lives for a good verbal fight. He is constantly poking, insulting and generally trying to start an argument. Is there any way to discourage his conflict seeking?*

**A:** Yes, people who thrive on war have no idea what to do when peace breaks out. Disengage, move away and create a high-quality day, and he will seek out people who are easier to inflame.

*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](http://www.interpersonaledge.com) or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.*

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## CNO takes over Gallagher court-martial amid controversy

by Carl Prime  
Navy Times

In a stunning move Aug. 3, Chief of Naval Operations Adm. John Richardson removed all court-martial authority from Navy Region Southwest in the case involving Special Warfare Operator Chief Edward "Eddie" Gallagher.

"He will assume responsibility for any disposition action in the trial. Any previous post-trial action has been rescinded," read a statement e-mailed to *Navy Times* by the Pentagon.

Richardson's removal of Rear Adm. Bette Bolivar as the convening authority does not change the July 2 verdict by a military panel of Gallagher's peers.

Although Gallagher was charged with stabbing to death a wounded Islamic State prisoner near the Iraqi city of Mosul in 2017 and also firing his sniper rifle at civilians and trying to cover up war crimes back home, the court-martial panel rejected the accusations and found him guilty only of one charge related to posing in photos with the detainee's dead body.

CNO's assertion of jurisdiction over Gallagher's case came only two days after he ordered authorities in San Diego to dismiss all charges against Lt. Jacob X. "Jake" Portier, the officer in charge of Gallagher's Alpha Platoon, SEAL Team 7, in Iraq.

Portier had been charged with helping Gallagher cover up alleged crimes which the military jury said never happened. Gallagher never disputed that he appeared in the photos, only noting that he wasn't the only service member posing with the corpse.

The military panel in Gallagher's court-martial case recommended a sentence that included four months behind bars and a reduction in grade to petty officer first class, but Gallagher already had served twice as many months in pretrial confinement.

And similar cases involving service members and photos of prisoners of war - dead or alive - often were resolved with non-judicial punishment, not a general court-martial that automatically would reduce him to the pay grade of E-1.

In the military, the flag officer who convenes a court-martial gets a final say on the sentencing. Gallagher's civilian defense attorney, Timothy Parlatore, urged her to let the highly decorated Gallagher retire as a chief petty officer after two decades of service.

For now, Gallagher's pay grade is officially petty officer first class. Although Bolivar

had not signed or certified the verdict, he was automatically reduced after 14 days and Naval Special Warfare contacted him so that he could report in the correct uniform, officials told *Navy Times*.

Now Richardson gets to make the call on whether he's permanently an SO1 or, following the regulations, busted down to the lowest enlisted rating.

"Chief Gallagher is grateful that the CNO is exercising his authority over this case," said Parlatore. "Adm. Richardson demonstrated great judgment and leadership in his resolution of the Portier case. And our fervent hope is that this will help expedite us to our ultimate desired goal - for the harassment and retaliation to end and for Chief Gallagher to retire as a chief petty officer."

Parlatore, ace litigator Marc Mukasey and other members of Gallagher's legal team had become concerned that problems within Naval Special Warfare, San Diego's Regional Legal Service Office and Bolivar's command might affect the SEAL's sentencing, a sentiment that seemed to be increasingly shared by the CNO and his top boss, President Donald J. Trump.

On July 31, a tweeting Trump announced that he ordered CNO and Secretary of the Navy Richard V. Spencer to nix the Navy Achievement Medals bestowed on four of Gallagher's prosecutors by Regional Legal Service Office Southwest's commanding officer - Capt. Meg Larrea - in a special ceremony overseen by Capt. Gary E. Sharp, the chief of staff of Naval Legal Services Command in Washington.

Their decorations raised eyebrows because although those Navy attorneys weren't found culpable of wrongdoing during the case against Gallagher, their prosecution team was sanctioned by Navy judge Capt. Aaron

### Pilot identified following Super Hornet crash

LEMOORE - The pilot of the F/A-18E Super Hornet that crashed approximately 40 miles north of Naval Air Weapons Station China Lake on July 31 has been identified.

The Super Hornet, assigned to the "Vigilantes" of Strike Fighter Squadron (VFA) 151 based at NAS Lemoore, was flown by Lt. Charles Z. Walker, 33.

"The NAS Lemoore aviation family is grieving the loss of one of our own," said Capt. James Bates, Commander, Strike Fighter Wing Pacific. "Lt. Walker was an incredible naval aviator, hus-

Rough for violating the SEAL's constitutional rights.

Part of the sanctions against the team included booting Cmdr. Christopher Czaplak, the lead prosecutor, for a warrantless surveillance program cooked up with Naval Criminal Investigative Service agents to track emails sent by defense attorneys and *Navy Times*.

And the spying wasn't the only allegation of prosecutorial and police misconduct dogging the case.

They were accused of manipulating witness statements to NCIS agents; using immunity grants and a bogus "target letter" in a crude attempt to keep pro-Gallagher witnesses from testifying; illegally leaking documents to the media to taint the military jury pool; and then trying to cover it all up when they got caught.

In the wake of the Gallagher verdict, on Thursday Richardson ordered Vice Chief of Naval Operations Adm. Bob Burke to conduct a comprehensive review into the performance of all Navy Judge Advocate General leaders.

It's unclear if CNO's latest order stemmed from a debacle in San Diego on Friday.

Richardson's Thursday mandate appeared unambiguous: "Chief of Naval Operations Adm. John Richardson today dismissed all charges in the case of Lt. Jacob Portier," read the statement.

But prosecutors the following morning said that they couldn't actually withdraw the case. That forced Rugh to adjourn court until the afternoon, when he finally presided over the dismissal of charges.

Portier's defense attorneys and other court observers told *Navy Times* that they were shocked

band and son. He was an integral member of the Vigilante family, and his absence will be keenly felt on this flight line.

"Our aviators understand the risk associated with this profession, and they knowingly accept it in service to our nation. The untimely loss of a fellow aviator and shipmate pains us all. Our heartfelt condolences go out to his family and friends."

The pilot was on a routine training mission in the area at the time of the crash. The cause of the crash is under investigation.

Richardson's direct and lawful wasn't carried out immediately.

Later in the day, Parlatore reeled from a letter sent by Bolivar that seemed to telegraph her decision to strip Gallagher of his anchors.

She suggested that factors such as witness intimidation, interference with the administration of justice, the effect of deferment on the good order and discipline on the command and Gallagher's character could be considered and that Parlatore's plea for leniency "fails to satisfy" those concerns.

But to Gallagher's legal team, Bolivar's letter also seemed muddled.

Was she using charges that already had been tossed out by Gallagher's jury to buttress a future sentence?

Or was she reacting to an often incendiary Instagram account helmed by Andrea Gallagher, the SEAL's wife?

The social media account continues to lampoon the special operators who testified against her husband during the court-martial trial and the lead-

ers at Naval Special Warfare who initially brought the case against him, but they are his spouse's words.

Navy Region Southwest spokesman Brian O'Rourke assured *Navy Times* that Bolivar's

letter had nothing to do with the rejected charges in Gallagher's court-martial case, but now he and the rest of his staff no longer have to deal with the headache.

Gallagher's fate now rests in the hands of the CNO.

### UPDATE: Statement on Portier charges and JAG comprehensive review

from the Office of the Navy Chief of Information

WASHINGTON - On Aug. 1, Chief of Naval Operations Adm. John Richardson dismissed all charges in the case of Lt. Jacob Portier. He also withheld authority to take any action in the case of Petty Officer 1st Class Corey Scott.

Richardson took this action in the best interest of justice and the Navy.

Additionally, as part of an ongoing assessment of Judge Advocate General's (JAG) Corps performance, Richardson directed Vice Chief of Naval Operations Adm. Bob Burke to conduct a Comprehensive Review into the leadership and performance of the JAG Corps. This review is intended to ensure the JAG Corps provides exemplary support to the Navy and the nation.

Richardson, in accordance with the Manual for Courts Martial, withheld Navy Region Southwest's authority to take any action in the Gallagher court-martial Saturday, Aug. 3.

He'll assume responsibility for any disposition action in the trial. Any previous post-trial action has been rescinded.

NOTE: This story was updated on Aug. 3, 2019 to include the final paragraph.

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**SEATTLE (July 31, 2019)** - Robert Shepherd, left, shows Sailors assigned to *Mobile Bay* (CG 53) how to set up the food line at Bread of Life Mission. Sailors assigned to *Mobile Bay* and *Spruance* volunteered at the Mission last week. Since 1939, the Bread of Life Mission has provided shelter, food and counseling to those who are homeless or in need. During the event, Sailors served lunch and dinner to about 663 people. On average, the Bread of Life Mission provides 121,000 meals, 40,100 nights of shelter and 6,700 items of clothing annually. "For some of us, this is our first time in the city of Seattle," said DC1 Shaun Clement. "This is just another way for us to give back to the community the best way we can." Zachary Rickert, database manager and volunteer coordinator at the Bread of Life Mission, appreciated the Navy's support. "It really shows the people out on the streets that the military still cares for them even though they're already serving our country," said Rickert. "With the Sailors help, we're able to serve more meals for people than we could if we didn't have extra volunteers." Robert Shepherd, a volunteer for the Bread of Life Mission, was thankful for the extra hands in the kitchen. "Normally, we only have two to three people in the kitchen to help cook, set up and then tear down," said Shepherd. "There's about 100 to 140 people that come for lunch and about 45 to 100 people for dinner each day. That's a lot of work for only a couple people." Navy photo by MC3 Victoria Foley

**SURABAYA, Indonesia (July 31, 2019)** - Cmdr. Edward Rosso, commanding officer *USS Montgomery* (LCS 8), is greeted by traditional Indonesian dancers during a welcoming ceremony hosted by the Indonesian navy in the port of Tanjung Perak after the ship arrived for Cooperation Afloat Readiness and Training (CARAT) Indonesia 2019. Navy photo by MC2 Christopher A. Veloicaza



**NAVAL SUPPORT ACTIVITY BAHRAIN (July 16, 2019)** - A Marine with 11th MEU utilizes a disc cutter STIHL circular saw to cut through a sheet of metal during breaching training with the Maritime Security Response Team East. The Boxer Amphibious Ready Group and the 11th MEU are deployed to the 5th Fleet area of operations in support of naval operations.

Marine Corps photo by Cpl. Matthew Teutsch

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Receive a \$1,500 design studio credit and/or closing cost credit, plus make only a \$1,000 earnest money deposit, when you purchase an eligible home at one of Pardee Homes' participating new home communities, while supplies last. Please visit the community New Home Gallery to learn which homes are eligible for the incentives. Actual amounts and value of incentives may vary. Certain loan programs may not qualify for the full incentive value. Incentives may not be applied to the purchase price of the home. The offer to pay closing costs may be subject to a cap and does not include payment of prepaid taxes, property or mortgage insurance, or mortgage installments. Certain features and design studio selections may not be available on all homes. Any unused portion of the incentives will be forfeited. Incentives applied upon close of escrow. May not be exchanged, redeemed in cash, or combined with other offers. Subject to availability and change without notice. Additional conditions or restrictions may apply. See New Home Advisor for details. Federal and state taxes are the responsibility of the recipient. Void where prohibited. The prices of our homes, included features, plans, specifications, promotions/incentives, neighborhood build-out and available locations are subject to change without notice. Stated dimensions, square footage and acreage are approximate and should not be used as a representation of any home's or homesite's precise or actual size, location or orientation. No information or material herein is to be construed to be an offer or solicitation for sale. Any photographs used herein reflect artists' conceptions and are for illustrative purposes only. Photographs of people do not depict or indicate any preference regarding race, religion, gender, sexual orientation, disability, familial status, or national origin. Some amenities may not yet be constructed. Builder reserves the right to change the size, design, configuration and location of amenities not yet constructed and does not warrant the suitability thereof for any use or for any person. No warranty or guarantee is made regarding any particular area public school/school district or that any particular public school/school district will service any given community. Schools/school districts may change over time. Our name and the logos contained herein are registered trademarks of TRI Pointe Group, Inc. and/or its subsidiaries. CA Contractor's License No. 251810. CA DRE License No. 02027320. © 2019 Pardee Homes, a member of the TRI Pointe Group. All rights reserved.



# 11th Marine Regiment conducts Summer FIREX

by Lance Cpl. Alison Dostie  
CAMP PENDLETON - Marines with 11th Marine Regiment, 1st Marine Division, conducted Summer Fire Exercise, a regimental-level exercise July 22 to Aug. 1.

Marine Regiment commanding officer.

“Camp Pendleton is a very good training area, it’s not the largest in the Marine Corps, but it does give us a lot of options,” said Miagany. “I think probably the biggest advantage is that there are so many other units that are stationed here on Camp Pendleton.”

Not only do Marines get to complete training, but they get a chance to work together with other units from across the base to help accomplish their mission.

Summer FIREX brings the entire regiment together and maximize the training areas available here to enhance their ability to conduct real-world operations. In the field there are up to 1,600 Marines and sailors, 250 vehicles, 23 M777 howitzers and 16 M142 High Mobility Artillery Rocket Systems, said Col. Ricardo Miagany, the 11th

**Bunker Hill leads the way, earns Battle E ...** Vice Adm. Richard Brown, Commander, Naval Surface Force, Pacific Fleet, presented the Battle Effectiveness (Battle “E”) award to the crew of USS *Bunker Hill* (CG 52) July 31 while the ship was underway conducting operations in the eastern Pacific Ocean. During the ship visit, Brown held an all hands call and told the crew the story of USS Johnston (DD 557) and of their fighting captain, Lt. Cmdr. Ernie Evans. He told the *Bunker Hill* crew that they too, have a fighting captain, and that he expected them to fight just like the crew of Johnston during the Battle of Samar Island during the Leyte Gulf campaign of World War II. “You are getting the ship ready to fight. The goal is to fight, win, and come home,” Brown told the crew. - by MC3 Janine F. Jones



**Gold Star Families tour Spruance during Seattle Fleet Week ...** During Seattle Fleet Week and in conjunction with the Navy Gold Star program, Gold Star families participated in a tour aboard destroyer USS *Spruance* (DDG 111) Aug. 2. The term Gold Star family is a modern reference that comes from the service flag. These flags were first flown by families during World War I and included a blue star for every immediate family member serving in the U.S. armed forces during times of war or conflict. One of the family member’s touring was Michael Milam, native of Lynnwood, Wash., who lost his son Luke, 26, in 2007 while he was serving in Afghanistan as a hospital corpsman. “In my mind, Gold Star is helping us realize there are other people out there than ourselves. It helped me realize that instead of feeling sorry for myself, that someone else is going through the exact same thing,” said Milam. “So, we have support from them to be able to do different activities like this or ball games ... things that bring us together like that.” - by MCI Eva-Marie Ramsaran

# USS Boxer: Iran interaction was mostly ‘as we thought it would be’

by Joshua Karsten  
Stars and Stripes

MANAMA, Bahrain - The drone-downing USS *Boxer* is ready to counter “anything that’s thrown at us” by Iran should it encounter any new threats, the ship’s executive officer said prior to departing Bahrain on Aug. 2 following a scheduled weeklong port visit.

The San Diego-based amphibious assault ship pulled out of Bahrain’s Khalifa bin Salman port last Friday with about 3,000 personnel embarked.

A day earlier, the ship was a hive of activity as Sailors and Marines loaded stores, turned wrenches and painted the flight deck in preparation for getting back underway in the Persian Gulf.

*Boxer* made headlines last month when it downed at least one drone during its transit through the Strait of Hormuz.

President Donald Trump claimed the drone was Iranian and said it

was destroyed after coming within about 1,000 yards of the vessel.

Tehran has disputed Washington’s account of the incident, insisting that all of its drones in the region landed back at their bases that day.

*Boxer* executive officer Capt. Dale Heinken told *Stars and Stripes* that interactions with Iran on the inbound transit through the Strait were “normal patterns of life.”

“We expected to see what we saw, and for the most part, it was exactly as we thought it would be,” Heinken said.

Heinken declined to talk about the downing of the drone on July 18, but said that his crew trains for contingencies when transiting close to Iranian shores.

Continue reading at <https://www.stripes.com/news/middle-east/uss-boxer-iran-interaction-was-mostly-as-we-thought-it-would-be-1.592903>.

LC continued from page 1

“Children love to play ball with her or give belly rubs, which LC has no problem with since she really likes belly rubs,” said von Husen. “Playing ball is her favorite thing to do, but once she starts, she never wants to quit. We have to hide the ball to get her to stop.”

Having her on staff boosts morale command-wide. Staff enjoy her company when they are having a troubling day and just need a pick-me-up.

“LC is such a mode of comfort,” said Warden. “She feeds

off of our energy and is the ultimate companion.”

“To have the ability to provide that type of comfort to people in some of their most vulnerable moments is a gift,” said Warden.

LC adds to NMCSs mission: to prepare to deploy in support of operational forces, deliver quality health care services, and shape the future of military medicine through education, training, and research.

By providing comfort to both our patients and staff, LC assists the hospital in being the nation’s premier military medical center, providing world-class care; anytime, anywhere.



by Jan Wagner

“Racing in the Rain” is one of a very few films that is true to auto racing. The credits suggest why. Several well-known racers contributed to this movie.

However, “Racing in the Rain” is much more than an auto racing movie. In fact, it can be argued that the auto racing is almost peripheral. It has broad appeal.

Based on the Garth Stein novel, which spent three and a half years on the bestseller list and has been translated into 38 languages, “Racing in the Rain” tells the story of skilled race car driver Denny Swift (Milo Ventimiglia). Over the course of the film, Denny buys a dog and starts a family, and faces overwhelming obstacles and he tries to balance family responsibilities with the pursuit of his career in professional auto racing.

This entertaining story is told with insight, passion and humor by Denny’s dog Enzo (as in Enzo Ferrari). Of course, since dogs cannot speak in human language, instead we hear Enzo’s thoughts – narrated by actor Kevin Costner.

This is a tear-jerker. Bring tissues. For more information, visit: <https://www.foxmovies.com/movies/the-art-of-racing-in-the-rain>.

U.S. Navy ships are a common sight along the San Diego waterfront, but it is far less often that

## Review of ‘Racing in the Rain’ & aboard a Japanese destroyer

We see foreign naval vessels here. As part of the Japan Training Squadron Overseas Cruise 2019, two such vessels, representing the Japan Maritime Self-Defense Force (JMSDF) and the Training Squadron, recently visited the Port of San Diego, docking near USS Midway Museum.

The vessels were JS INAZUMA (DD105) and JS TV KASHIMA (TV3508). I was welcomed aboard, along with other members of the public (including the Pacific Photographic Society. PPS is an especially active, San Diego-based photography group on Meetup.com that offers its members expertise, numerous photo shoots at interesting places and events, and more).

The primary missions of the JMSDF are defending Japanese territorial waters and maritime traffic. According to Rear Admiral Daisuke KAJIMOTO, Commander, Training Squadron, the purpose of the Japan Training Squadron Overseas Cruise is to develop the newly commissioned officers’ seamanship through training at sea, foster their international perspective and promote friendly relations with port of call countries. Japan and the U.S. enjoy such a relationship, hence the visit to the port.

On board the two vessels were approximately 570 officers and crew, including 190 newly commissioned officers who graduated from Maritime Officer Candidate School in the spring.

We learned that in the JMSDF, destroyers are named for natural phenomenon. MURASAME Class destroyers are named from words related to rain. One such word is lightning, since lightning often occurs along with rain. INAZUMA means lightning in Japanese, hence the name that was given to destroyer DD105.

JS INAZUMA was commissioned on March 15, 2000. It’s the fifth MURASAME class destroyer. Its capabilities include anti-air, anti-surface and anti-submarine warfare. Its combat and engine systems are extensively automated.

Its weapons systems include the OTO-Melara 76mm gun (one of the most popular naval guns ever produced), 20mm Phalanx CIWS, Mk41



Jan Wagner beside an SH-60K helicopter.

vertical launching system (for Sea Sparrow surface-to-air missiles and ASROC anti-submarine rockets) and 324mm triple torpedo tubes.

Aboard JS INAZUMA was an SH-60K helicopter. Intended for a crew of four, it has a maximum speed of 330km/h.

JS TV KASHIMA is a training vessel. Its weapons systems include the OTO-Melara 76mm gun and 324mm triple torpedo tubes.

While visiting the two ships I observed their provisioning. Lines of sailors passed boxes and bags of various provisions up from trucks on the dock, and then across to the second ship.

To see additional photos, visit [www.drivetribe.com](http://www.drivetribe.com), click on the magnifying glass, select “POSTS” and enter “AutoMatters & More #602” in their search bar. Please send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com).

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## The Meat & Potatoes of Life



by Lisa Smith Molinari

Parking my yellow convertible on the square, I read the words aloud, “‘Inherit shrunken head collection. Pay \$10,000 for museum to accept it.’ Aw, man!”

“Quit yer whining!” my older brother snickered with sick satisfaction. No matter what game we played, he always appointed himself the banker, setting an immediate tone of domination. He snapped the brightly colored bills out of my hand with a greedy sneer.

Growing up in the 70s with only three television channels and one mind-numbingly monotonous Atari Tennis game, my brother and I relied heavily on board games for entertainment. We played Monopoly, Sorry!, Risk, Payday, Stratego, Rock’em Sock’em Robots, Battleship and other games expressly intended to reward the rich, ruthless, lucky, and intellectually superior.

There were no consolation prizes - if you lost, you suffered complete destitution and utter humiliation, and we liked it that way. After all, if losing wasn’t so unbearable, why bother winning?

Once I’d had my own kids, they would often whine, “We’re BORED!” I’d remind them of the bikes, scooters, and athletic equipment lying dormant in our garage, and they would sigh. I’d remind them of our four televisions with over 200 channels each, and they would sigh. I’d remind them of our stacks of neglected board games, and they would sigh.

## Have life’s rules changed?



Photo by Lisa S. Molinari

One summer, I baited them with unhealthy snacks into playing The Game of Life, which they had received for Christmas that year. A few minutes later, I heard their banter coming from the dining room.

“‘Support Wildlife Fund.’ Ooo, I got \$5,000.”

“‘Cycle to work.’ Ha! I got \$10,000!”

“Wait a minute? What game are you guys playing?” I interrupted. There on our table lay The Game of Life with its characteristic segmented pathway, rainbow spinner, and white plastic buildings. However, upon closer inspection, I could see that this was not the game of my youth.

“What’s this - ‘Countryside Acres?’ What happened to The Poor Farm? And are these minivans? You get money for recycling now? What’s going on?!”

Confused, I called my mother, who like me is unable to get rid of anything. Sure enough, she found The Game of Life my brother and I used to play in the basement of our 1950s brick ranch. She carefully opened the brittle old box and read to me from its faded game board.

“Big day at the races. Collect \$80,000.”

“Pay \$5,000 for toupee.”

“Find Uranium deposit. Collect \$100,000.”

“Buy raccoon coat. Pay \$500.”

“Uncle in jail. Pay \$500 bail.”

“Buy Rolls Royce. Pay \$16,000.”

“REVENGE. Collect \$100,000 from any player.”

With each square, fond memories of summer days spent trying to crush my opponent flooded my mind. Back then, the rules of Life were clear - get a good job, be responsible, make as much money as possible. Sure, every player had to deal with hard knocks in Life like tornadoes, jury duty, poison ivy, and poor relatives. But if you got rich, there was no shame in rewarding yourself with yachts and trips to Monte Carlo. Simply put, wealth was necessary to win at The Game of Life.

But players in The New Game of Life get money for planting trees, having family picnics, returning lost wallets, joining health clubs and even making new friends. Nobody goes bald or inherits a skunk farm anymore. Gambling and revenge have been outlawed, and players have ample chances in Life to “Spin again if not in the lead.”

The old game’s daunting “Day of Reckoning” has now been replaced with an anti-climactic choice between a government subsidized retirement community called “Countryside Acres,” and watered-down Millionaire Estates. No more Poor Farm or risk-taking Millionaire Tycoons. Everyone’s a winner. Frankly, I’m surprised the game doesn’t award trophies for every player.

Gloomily, I said goodbye to my mother and hung up the phone. “What’s this world coming to?” I thought. Just then, I heard a commotion in the dining room, and rushed in to find my son holding his sister in a headlock as she squealed, “You’re just mad ‘cause I beat you again! I’m richer than you are!”

“Whew,” I thought, and was relieved to see that some things in Life will never change.

## Health & Fitness

### Bulging veins: What to do about varicose veins

Are there bluish-purple or red lines popping out on your legs? Those could be varicose veins. Varicose veins are swollen, twisted veins that lie just underneath the skin’s surface. They



aren’t just a cosmetic issue. If they aren’t treated, they can also cause health problems.

“By the age of 50, nearly 40 percent of woman and 20 percent of men will have some significant leg vein problem,” said Dr.

Cheryl McDonald, a physician at NIH.

Varicose veins are caused by blood pooling in the veins. This makes them bulge out. Varicose veins most often occur in the legs, but they can appear other places too.

The veins farthest from your heart have the toughest job. They must move blood a long distance back to your heart - and work against gravity to do it.

Your heart pumps oxygenated blood out through arteries to your organs and other tissues. Once your body uses the oxygen, the blood makes its way back to the heart through your veins. Then

it’s pumped to your lungs to pick up oxygen before being sent around your body again.

Veins have one-way valves that let blood flow forward. The valves then close to keep blood from leaking backward. When a valve doesn’t function properly, blood can flow back down the vein. This can cause the blood to pool in the vein and keep it from going back to the heart.

Blood pooling in the veins stretches them out - creating the swollen, twisted veins that can be seen and felt through the skin.

Blood can pool in both large and small veins. When this happens in small blood vessels, or

capillaries, they’re called spider veins. Spider veins usually appear on your face or legs. They’re very thin - like a spider web - and can be red or blue. Spider veins don’t usually bulge out like larger varicose veins. They can be a cosmetic issue, but don’t normally cause bigger problems like varicose veins can.

“If not treated, larger varicose veins can become problematic,” said McDonald. They can cause symptoms like itching, aching, heaviness, and swelling in the legs.

If left untreated, the pressure inside the vein can further weaken the valve’s functioning. That can lead to chronic changes

to medical procedures.

Varicose veins are a treatable medical condition. Your health care provider can usually diagnose them with a physical exam. They may also order an ultrasound or other tests to more fully evaluate the problem.

Treatment depends upon the severity of the vein problems. They range from lifestyle changes

to medical procedures.

Losing weight can help combat varicose veins. Being overweight or obese adds pressure on the veins that can make it even harder for the blood to get back to the heart. Getting active and moving your muscles can help push blood back up towards the heart.

If lifestyle changes aren’t enough, surgical methods may be used. Talk with your health care provider about your options.

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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](http://www.navylifefsw.com) for full details or call 619-284-4054.

**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](http://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](http://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](http://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.

**Family Fun Run/Walk & Zumba Class** Sat, Aug 17, 9-11am. Murphy Canyon @ Damato Field, 4502 Damato Court. Join CYP for a healthy, fun summer event for the whole family! 8:30 am - Sign-In Opens; 9 am - Fun Run/Walk; :30 am - Zumba Class. nfo: Youth Sports & Fitness Office, 858-268-2244

**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](http://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](http://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](http://www.navylifefsw.com/sdcr), Info: 619-437-3190

### MARINAS

**Sailing Classes** Ahoy Mates. Fiddler's Cove offers beginner, intermediate and advanced sailing classes designed to get you out on the water. Held on Saturday and Sunday, each 2-day session runs from 9 am to 4 pm at Fiddler's Cove Marina. Basic Sailing class fees are E1-E6 \$50; E7 and above and Retirees \$75; DoD civilians \$100; and sponsored guests \$125. Call for upper level sailing class fees. Pre-registration is recommended as classes fill up fast. Registration fee includes boat rental, instruction and textbooks. For more information call Fiddler's Cove Marina at 619-522-8680.



## Heiva San Diego A Tahitian Cultural Festival Fri.-Sun., Aug 9-11 8am-8pm \$10-\$50

Heiva San Diego, a Polynesian celebration representing Tahiti, has positioned herself as the bridge between French Polynesia and the United States sharing our culture. An event of celebration filled with the richness of our Polynesian culture which advocates supreme values! It is an experience our guests will never forget. We celebrate friendship, music, dancing, drumming, singing, arts & crafts and islands spirits! Come escape with us into our Tropical paradise. This will be a fun and family-oriented event! The liveliness of Heiva San Diego cannot exist without your participation and support of our social and economic partners for whom we thank very much. Broadway Street Pier, 1140 N Harbor Dr., downtown San Diego. <https://www.heivasandiego.com/>



## Nat'l City Automobile Heritage Day Festival & Car Show Sat., Aug. 10 • 10am-3pm • Free viewing

This 28th Annual event, hosted by the National City Chamber of Commerce, will return to Kimball Park in National City. Join us for live music, food from a variety of National City's popular eateries, entertainment for children and specialty booths. A drive-by awards ceremony at 2:00 PM will showcase first-place winners for each of the classes as well as second- and third-place winners. Winners will be selected through a competitive ranking system by experienced car judges. Visitors to the event are encouraged to vote for their favorite car, which will be awarded "The People's Choice." Each vehicle class will receive a trophy award. Kimball Park, 12th St & D Ave., National City. [www.nationalcitychamber.org/events/details/auto-heritage-day-festival-car-show-3853](http://www.nationalcitychamber.org/events/details/auto-heritage-day-festival-car-show-3853)



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## Imperial Beach Surf Dog Competition Sat., Aug. 10 • 8am-3pm • Free viewing



Get stoked! It's time for the most adorable surf event of the year...The Imperial Beach Surf Dog Competition, where fearless surFUR dogs will jump on their boards and hang 20! The Imperial Beach event is the original surf dog competition. Check out the action adjacent to the Imperial Beach Pier, where more than 60 dogs are expected to participate in this family friendly event, which raises funds for the San Diego Humane Society. Next to the Imperial Beach Pier, 2 Elder Ave.,

Imperial Beach. Attend for free. Registration fee for competitors. <https://surfdogevents.com/imperial-beach/>

## ArtWalk @ Liberty Station Sat.-Sun., Aug. 10-11 • 10am-5pm • Free

ArtWalk brings fine art outside under San Diego's sunny skies to create the perfect viewing art under natural light and purchase artwork directly from the finest artists in the region. Once San Diego's Naval Training Center, the Arts District at Liberty Station has blossomed into San Diego's premier venue for the arts. 200+ international, national and local San Diego artists, showcasing every medium including painting, sculpture, glass work, fine jewelry, photography and more. Enjoy live music, interactive art for kids and the kids at heart, street food options and a wine and beer pavilion. Attendees get to meet with artists and hear what inspires them about their work. Whether you are a seasoned collector, a family on vacation or are simply ready to be inspired, come to ArtWalk to discover the art that has been waiting for you. ARTS DISTRICT Liberty Station at Ingram Plaza, 2645 Historic Decatur, Point Loma. <https://artwalksandiego.org/libertystation/>



**Art in the Village**  
SUNDAY, AUGUST 11, 9AM-5PM

## Carlsbad Art in the Village Sun., Aug. 11 • 9am-5pm • Free

Art in the Village transforms the heart of Carlsbad Village into an outdoor art show that celebrates the city's dynamic arts culture. Peruse the fine art and exhibits on display along State St. and Grand Ave. See art demos, live music, and interactive activities. More than 100 local and regional artists. Diverse selection of media includes oil paint, watercolor, photography, mixed media, new media, classical and contemporary, jewelry, wood, furniture, pottery, and hand-painted clothing and accessories. The artwork of young, up-and-coming artists from Carlsbad's middle and high schools is also on display in the Student Art Pavilion. This event is free. Visit [www.carlsbad-village.com](http://www.carlsbad-village.com).

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# Things to do Around Town this weekend

**Play & Create at the Backyard**, Thursdays, Aug 8 & 15, 5-7pm. \$5. Let kids' creativity soar with an interactive art workshop, snacks, supplies and goodie bags. Westfield Plaza Bonita, 3030 Plaza Bonita Road, National City.

**Orange County Fair** thru Aug 11, at OC Fair & Event Center, Costa Mesa. [www.ocfair.com](http://www.ocfair.com)

**Twilight in the Park Summer Concerts at Balboa Park**, thru Aug 9, 6:30-7:30pm, every Tuesday, Wednesday & Thursday. [www.balboapark.org](http://www.balboapark.org)

**Wine & A Bite Art Walk on Main** in Fallbrook, Fri, Aug 9, 5:30-8:30pm. [www.fallbrookchamberofcommerce.org](http://www.fallbrookchamberofcommerce.org)

**Summer Movies in the Park Series: How to Train Your Dragon** - The Hidden World at 4S Ranch Sport Park and Fallbrook Community Park, Fri, Aug 9, 6pm. [www.summermoviesinthepark.com](http://www.summermoviesinthepark.com)

**8th Annual Baja Blues Fest** at Rosarito Beach Hotel. Fri-Sun, Aug 9-11. [www.bajabluesfest.org](http://www.bajabluesfest.org)

**Second Saturday Arts & Culture Experience** at various locations in Escondido. Sat, Aug 10. [www.visitescondido.com](http://www.visitescondido.com)



## Marine Band San Diego Summer Concert

Thursday, August 8th  
6:30-7:30 pm

Spreckels Organ Pavilion, Balboa Park  
- Concert is free to the public -

**Oceanside Firefighters Charity Fund Surf Contest** at Oceanside Pier, Sat, Aug 10, 7:30am. [www.oceansidefirefighterscharity.com](http://www.oceansidefirefighterscharity.com)

**Imperial Beach Surf Dog Competition** at Imperial Beach Pier, Sat, Aug 10, 8am. [www.surfdogevents.com](http://www.surfdogevents.com)

**Wildlife Tour at San Elijo Lagoon**, Sat, Aug 10, 9-11am. [www.thenaturecollective.org](http://www.thenaturecollective.org)

**Oceanside Historical Society History Walk** in Oceanside, Sat, Aug 10, 9-11:30am. [www.oceansidehistoricalsociety.org](http://www.oceansidehistoricalsociety.org)

**National City Auto Heritage Day Festival & Car Show** at Kimball Park, Sat, Aug 10, 10am-3pm. [www.nationalcitychamber.org](http://www.nationalcitychamber.org)

**Food Truck Festival** at Del Mar Racetrack, Sat, Aug 10, noon-6pm. [www.dmtc.com](http://www.dmtc.com)

**Enjoya La Jolla** in La Jolla Village, Sat, Aug 10, 3-7pm. [www.lajolla.com](http://www.lajolla.com)

[labythesea.com](http://labythesea.com)

**Oceanside Longboard Surfing Club Surf Contest & Beach Festival** at Oceanside Pier. Sat-Sun, Aug 10-11. [www.oceansidelongboardsurfingclub.org](http://www.oceansidelongboardsurfingclub.org)

**ArtWalk at Liberty Station**. Sat-Sun, Aug 10-11. [www.artwalksandiego.org](http://www.artwalksandiego.org)

**21st Annual Art in the Village** in Carlsbad, Sun, Aug 11, 9am-5pm. [www.carlsbad-village.com](http://www.carlsbad-village.com)

**Cardiff Dog Days of Summer** at Encinitas Community Park, Sun, Aug 11, 10am-5pm. [www.encinitasca.gov](http://www.encinitasca.gov)

**Romeo & Juliet at The Old Globe**. Aug 11-Sept 15. [theoldglobe.org](http://theoldglobe.org)  
**Del Mar Thoroughbred Horse Racing Season** at Del Mar Racetrack thru Sept 2. [www.dmtc.com](http://www.dmtc.com)



## Keep the Spirit of '45 Alive at The Veterans Museum at Balboa Park Sun., Aug 11 • 9:30am • Free

Welcome To The Veterans Museum At Balboa Park. We will be hosting a Spirit of '45 Celebration in the Circle Garden & Lawn, Sun., Aug. 11 at Veterans Museum, 2115 Park Blvd., Balboa Park.



Spirit of '45 Day honors the legacy of service of America's "Greatest Generation" with music, entertainment, and you will get to meet WWII Veterans and share their stories from that time in our history. This event is precious to the museum, given our WWII veterans are becoming so few. Come hear the stories of an era long gone, but not forgotten! Through Spirit of '45 we hope to inspire and forever imprint upon future generations the courage, self-sacrifice, unity and service the WWII generation is best known for. For information call (619) 804-3200. Info Email: [Spiritof45Day@veteranmuseum.org](mailto:Spiritof45Day@veteranmuseum.org)

## Cardiff Dog Days of Summer Sun., Aug. 11 • 10am-5pm • Free

The 14th Annual Cardiff Dog Days of Summer returns to Encinitas Community Park on August 11. The event features more than 100 dog-related vendors, rescue groups and pet adoption agencies. Dogs and puppies have the opportunity to compete in contests and an agility course hosted by Kamp Kanine. Rescue Row, presented by Rancho Coastal Humane Society, attendees can adopt a forever friend through numerous rescue groups. The City of Encinitas Pet Health Expo is on-site to provide pet services, including microchipping, licensing and vaccinations.



Pet lovers are encouraged to bring their own reusable cups to help reduce waste. Live music is provided under the shade. This year's beer garden is hosted by The Lost Abbey and June Shine, and conveniently located next to the food trucks. Half of the proceeds from the beer garden support Rancho Coastal Humane Society, which rescues, shelters and adopts more than 1,000 companion animals annually. Encinitas Community Park is located at 425 Santa Fe Drive, Cardiff-by-the-Sea. For more information, visit [www.cardiff101.com](http://www.cardiff101.com).

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# AZTEC FOOTBALL

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For more information, visit your local military ticket office or call (619) 767-6000 to find a location near you.

### 2019 AZTEC FOOTBALL HOME SCHEDULE

AUGUST 31 | 6:00 PM

SDSU VS. WEBER STATE  
Honoring US Marine Corps  
KGB SkyShow

SEPTEMBER 21 | 7:30 PM

SDSU VS. UTAH STATE  
Honoring US Air Force  
First Responders

OCTOBER 12 | 7:30 PM

SDSU VS. WYOMING  
Honoring US Army

NOVEMBER 9 | TBA

SDSU VS. NEVADA  
Honoring US Navy Veterans  
Fleet Week Classic  
Homecoming

NOVEMBER 15 | 6:30 PM

SDSU VS. FRESNO STATE  
Honoring Navy ROTC  
ROTC March On

NOVEMBER 30 | 6:00 PM

SDSU VS. BRIGHAM YOUNG  
Honoring US Coast Guard  
Senior Night

# Free Festival on the Bay

- 3 Stages • Fun for All Ages •
- Tacos, Spirits & Craft Beer Revolution •
- Wine Tasting •
- Water Activities •
- Art & Culture •
- Pet Parade & Expo •
- Food Trucks & More! •

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Saturday

AUGUST 17 • 10 AM - 6 PM

Bayside Park, Chula Vista • CVHarborFest.com

Purchase Tickets Online: Tacos, Spirits & Craft Beer Revolution • Wine Tasting • VIP Package



# Concerts

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

## August

**Prettmuch.** 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 Truntrys.** Fri, Aug 9, 7:30pm. Open Air Theatre at SDSU, 5500 Campanile Dr. (619) 594-6947.

**George Thorogood & The Destroyers.** Fri, Aug 9, 7:30pm. Pacific Amphitheatre, 88 Fair Dr., Costa Mesa. (714) 708-1500. pacamp.com

**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 Chinon, Irvine. (949) 988-6800.

**Live & Bush Ultimate Tour.** Sat, Aug 10, 6pm. Pacific Amphitheatre, 88 Fair Dr., Costa Mesa. (714) 708-1500. pacamp.com

**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. (619) 671-3600.

**America, Poco & Firefall.** Sun, Aug 11, 6:30pm. Pacific Amphitheatre, 88 Fair Dr., Costa Mesa. (714) 708-1500. pacamp.com

**Collective Soul, Gin Blossoms, The Black Moods.** Thur, Aug 15, 6pm. Pacific Amphitheatre, 88 Fair Dr., Costa Mesa. (714) 708-1500. pacamp.com

**Chase Rice.** Fri, Aug 16, 4pm. Pop. Del Mar Throughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

**Jackson Browne.** Fri, Aug 16, 7:30pm. Pacific Amphitheatre, 88 Fair Dr., Costa Mesa. (714) 708-1500. pacamp.com

**Lost 80s Live.** Sat, Aug 17, 6pm. Pop/rock. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

**The Mighty O.A.R., American Authors, Rozzi.** Sun, Aug 18, 6pm. Pacific Amphitheatre, 88 Fair Dr., Costa Mesa. (714) 708-1500. pacamp.com

**KCON 2019 LA.** Sat-Sun, Aug 17-18. Staples Center, 1111 S. Figueroa St., LA. staplescenter.com



**Wiz Khalifa Tour with French Montana & Playboi Carti**  
Saturday, Aug. 10, North Island Credit Union Amphitheatre

com  
**O.A.R. and American Authors.** Mon, Aug 19, 6pm. Rock. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

**Kacey Musgraves.** Thur, Aug 22, 7:30pm. Country/folk. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**The Avett Brothers.** Fri, Aug 23, 7:30pm. Folk. San Diego Civic Theatre, 1100 Third Ave, San Diego. (619) 570-1100.

**SOJA.** Fri Aug 23, 4pm. Reggae/ska. Del Mar Throughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

**Lynyrd Skynyrd.** Fri, Aug 23, 6pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

**Pink Martini.** Mon, Aug 26, 8pm. Classical/pop. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

**Heart and Joan Jett.** Tues, Aug 27, 7:30pm. Rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**ZZ Top and Cheap Trick.** Wed, Aug 28, 7:30pm. Blues/rock.

Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Smashing Pumpkins and Noel Gallagher's High Flying Birds.** Wed, Aug 28, 7:30pm. Alt/rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**Smashing Pumpkins.** Thurs, Aug 29, 7pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

**Korn and Alice in Chains.** Fri, Aug 30, 6pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

**Steel Pulse.** Fri, Aug 30, 4pm. Pop/reggae/ska. Del Mar Throughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

**Nelly with TLC and Flo Rida.** Sat, Aug 31, 7pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

**Angels & Airwaves.** Sat, Aug 31, 7pm. Rock. Del Mar Throughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

## September

**Nelly, TLC, Flo Rida.** Sun, Sept 1, 7pm. Hip-hop/rap/pop. North

Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**Massive Attack: Mezzanine XXI.** Sun Sept 1, 8pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Wayward Sons.** Mon, Sept 2, 4pm. Rock. Del Mar Throughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

**Korn and Alice in Chains.** Mon, Sept 2, 7:30pm. Rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**Dierks Bentley.** Fri, Sept 6, 8pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

**Maluma.** Fri, Sept 6, 7pm. Latin/pop. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

**Rebecca Jade & the Cold Fact.** Fri, Sept 6, 7:30pm. Acoustic. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

**Kidz Bop Live.** Sat, Sept 7, 6pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

**Carrie Underwood.** Tues, Sept 10, 7pm. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

**Elton John.** Tue-Wed, Sept 10-11, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

**John Mayer.** Wed, Sept 11, 7:30pm. Folk/rock. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

**Carrie Underwood: Cry Pretty Tour 360.** Thurs, Sept 12, 7pm. Staples Center, 1111 S. Figueroa

St, LA. staplescenter.com  
**Breaking Benjamin.** Mon, Sept 16, 5:30pm. Five Point Amphitheatre, Irvine. (949) 988-6800.

**Zac Brown Band and Caroline Jones.** Thur, Sept 19, 7:30pm. Country. North Island Credit Union Amph., 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**Florida Georgia Line and Dan & Shay.** Fri, Sept 20, 7:30pm. Country. NI Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**Alejandro Sanz.** Fri, Sept 27, 7:30pm. Latin. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Freestyle Explosion Magic 92.5. Stevie B, Lisa Lisa, Exposé, Linear & The Original Cover Girls** Sat, Sept 28, 7:30pm Pechanga Arena San Diego, 3500 Sports Arena Blvd, Point Loma.

**Florida Georgia Line.** Sat-Sun, Sept 28-29, 7pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

**Peter Dinklage and Jason Bonham's Led Zeppelin Evening.** Sun, Sept 29, 7:30pm. Rock. Pechanga Resort & Casino. 45000 Pechanga Pkwy, Temecula. (951) 693-1819.

**Greta Van Fleet and Shannon & the Clams.** Sun, Sept 29, 7:30pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Maná.** Sun, Sept 29, 7:30pm. Latin. NI Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**October**  
**Peter Dinklage and Jason Bonham's Led Zeppelin**

**Evening.** Wed, Oct 2, 7:30pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Vampire Weekend.** Thur, Oct 3, 7:30pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Kamelot.** Sat, Oct 5, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750.

**Morrisey and Interpol.** Sun, Oct 6, 7:30pm. Pop/rock. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

**Van Morrison.** Tues, Oct 8, 7:30pm. Folk. NI Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**Stone Temple Pilots and Rival Sons.** Wed, Oct 9, 7:30pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., SD. (619) 594-6947.

**UFO 50th Anniversary.** Thurs, Oct 10, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

**Logic, J.I.D., YBN Cordae.** Fri, Oct 11, 7:30pm. Hip-hop/rap. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

**Jimmy Buffet.** Sat, Oct 12, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

**Bastille.** Sun, Oct 13, 7:30pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**J. Balvin.** Sun, Oct 13, 7:30pm. Latin/pop/reggae/ska. NI Credit Union Amphitheatre. Chula Vista



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Lease for **\$208** PER MONTH PLUS TAX 36 MONTHS  
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Lease for **\$249** PER MONTH PLUS TAX 36 MONTHS  
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-\$1250 RETAIL BONUS CASH  
-\$500 MILITARY or 1st RESPONDERS  
-\$500 VALUED OWNER COUPON  
**NET PRICE \$17,777**



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LEASE FOR **\$335** PER MONTH PLUS TAX 36 MONTHS  
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