

## AutoMatters & More



First Drive: Toyota's New 2020 GR Supra ROARS.

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## Base Movie Schedule

See the latest movies for free or reduced prices. Check our weekly schedule.

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## What's Going On This Weekend

Ready for an adventure? Find fun around San Diego county. List of events ... many of them free.

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Navy Marine Corps Coast Guard Army Air Force

# ARMED FORCES DISPATCH



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FIFTY NINTH YEAR NO. 21  
THURSDAY, SEPTEMBER 19, 2019

## Poway Rodeo makes its mark on San Diego Sept. 27-28

POWAY, Calif. - The Poway Rodeo returns for its 47th year of bringing the very best in action-packed entertainment and good-natured country high-jinks to its centrally located north San Diego location. This year's rodeo promises more ways to enjoy the excitement than ever before with big-screen video projection, VIP seating opportunities, and special adventures just for the youngest cowpokes.

Visitors can choose from three performances, the first on Friday, Sept. 27 at 7:30 p.m. Two more shows take place on Saturday, Sept. 28, one at 1 p.m. and one at 7:30 p.m. VIP ticket-holders enjoy exclusive extras like preferred seating, excellent arena views, personal service, and included food and drinks.

Kids will love to try their hand at mutton-busting or junior-level barrel racing, and this year, Saturday afternoon is family day, and features 12 years and younger child's admission for only \$1, as part of "Kids Buck Day." That same afternoon performance will feature many activities for the kids, including inflatables, a giant slide, face painting and kids activities.

Also on Saturday afternoon, VIP seating is kid-friendly, and includes a personal visit with the Rodeo Queens and the Chick-fil-A Cow, plus crafts, face painting, and a photo booth with props. Those over 21 can stay after the evening performances for a free rodeo dance featuring live music and dancing to the top hits performed by the Patrick Trampus Band.

"The Poway Rodeo is a PRCA-sanctioned event and draws the biggest names in the sport," explains Rodeo Chairman Murray Bankhead. "Again this year, the Poway Rodeo is part of the Southern California Rough Stock Series. Rough stock contestants who compete in all seven Series rodeos will be eligible for bonus money at the end of the season, as much as \$3,000 extra. It entices the better



**Poway Rodeo is part of the Southern California Rough Stock Series. Rough stock contestants who compete in all seven Series rodeos will be eligible for bonus money at the end of the season, as much as \$3,000 extra. Tickets for the Poway Rodeo may be purchased online at [PowayRodeo.com](http://PowayRodeo.com). The Poway Rodeo is held at the Poway Valley Riders Association arena, 14336 Tierra Bonita Road in Poway.**

competitors to Poway who might not otherwise travel all the way to San Diego County."

Tickets for the Poway Rodeo may be purchased online at [PowayRodeo.com](http://PowayRodeo.com). The Poway Rodeo is held at the Poway Valley Riders Association arena, 14336 Tierra Bonita Road in Poway. Tickets for the Saturday afternoon performance include admission to the Exceptional Kid's Rodeo sponsored by Sam's Posse, a local charitable organization that enriches the lives of children living with intellectual and physical disabilities by supporting their needs and wishes. The Exceptional Kid's Rodeo competition begins at 10 a.m. that day, just before the Rodeo begins at 1 p.m.

A favorite autumn event in San Diego County since 1973, the

Poway Rodeo aims to honor the traditions of the Old West and the country lifestyle while providing a fast-paced, exciting contest sure to thrill and delight viewers of all ages from all walks of life. For more information, visit [PowayRodeo.com](http://PowayRodeo.com).

### Pilot Talk: Flying the AH-1 "Cobra" Brigadier Gen. Michael Aguilar Sat., Sept. 21 • 11 a.m. -12:30 p.m. • Free



Join this family-friendly event featuring Brigadier Gen. Michael Aguilar (USMC-Ret.), a highly decorated Marine and Gulf War veteran. He will be discussing some of his missions and experiences as a Cobra pilot. During his 31-year Marine Corps career he held a variety of flying and command billets and accumulated over 4,000 hours, primarily as an attack helicopter pilot. The Flying Leatherneck Aviation Museum has 31 historical aircraft on display as well as hundreds of artifacts from the earliest days of aviation to the present day. Free admission and parking. Open Cockpit Days are held on select weekends from May-September. Flying Leatherneck Aviation Museum, 4203 Anderson Ave, Miramar. 858-693-1723. Check the website at [www.flyingleathernecks.org](http://www.flyingleathernecks.org) for more information.

## Suicide Prevention Month Start the conversation: Talking to a loved one when you are concerned

The simple act of starting a conversation can be the support Veterans need to begin their journey toward feeling like themselves again. For a Veteran in crisis - one whose emotional struggles may lead to thoughts of suicide - these conversations can mean the difference between a tragic outcome and a life saved.



Some people may think that they need special training to raise the subject of emotional pain, and worry that they could make matters worse by bringing up the topic, but that's not the case. You don't have to be an expert to share your concerns with a Veteran going through a tough time, or even a Veteran in crisis. Starting a conversation is an important step that can help your loved one feel cared for and valued and recognize that support is available.

- "Did something happen that made you begin to feel this way?"
- "Are you having thoughts of hurting yourself?"
- "Are you having thoughts of suicide?"
- "What can I do to best support you right now?"
- "Have you thought about getting help?"

### For Veterans/Military in immediate crisis:

- Dial 911
- Call the Veterans Crisis Line at 1-800-273-8255 and press 1

### Opening the Door to a Conversation About Mental Health

If you notice changes in a loved one's behavior or moods, it's time to open a line of communication. By starting a conversation about your concerns, you let the Veteran you love know you're here, you care, and you're ready to listen.

Here are some ways you can start a conversation with a Veteran you're concerned about.

*First, focus on your own observations and share your feelings:*

- "I've noticed you've been acting differently lately, and I'm wondering how you're doing."
- "I wanted to check in with you because you haven't seemed like yourself recently."
- "I've been worried about you lately."

*Once you've started the conversation, you can begin to ask questions like:*

- "When did you first start feeling like this?"

Asking whether a Veteran you love is having thoughts of hurting themselves or thinking about suicide may seem extreme, but it is important. Many Veterans may not show clear signs of intent to harm themselves before doing so, but will answer direct questions about their intent to do so when asked. If you are starting a conversation because you are concerned about emotional or behavioral changes you see, questions about self-harm should be a part of that conversation.

*When responding to answers from a Veteran you love, remember that simple, encouraging responses go a long way:*

- "You're not alone, even if you feel like you are. I'm here for you, and I want to help you in any way I can."

See PREVENTION page 11



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## Air Force must expand technical edge, secretary nominee says

by Terri Moon Cronk

The Senate Armed Services Committee profoundly understands the threats great-power competition presents to U.S. interests as properly prioritized in the National Defense Strategy, the president's choice to serve as the next Air Force secretary said at a committee hearing considering her nomination.

Barbara M. Barrett is a pilot who served as U.S. ambassador to Finland during President George W. Bush's administration.

"China and Russia continually challenge free and open international order, impose their authoritarian model beyond their borders and attempt to undermine long-standing alliances," Barrett told the committee.

A recent independent, bipartisan strategy commission appointed by Congress concluded that the Air Force will be at the forefront of any future conflict, she said.

"We can't afford to lose our competitive edge. If confirmed, I would work with Congress and the administration to build upon our manpower resources to meet our national defense needs. The Air Force must not only retain its technical edge

over potential adversaries, but we must expand it," said Barrett.

If confirmed, she said, she will continue investments in modernization and advanced capabilities to better equip U.S. airmen so they can prevail in the high-end fight.

"While attending to readiness, modernization and reform, I will also work closely with our allies and deepen global partnerships," she said.

And standing up the Space Force would be a key imperative, Barrett said. "I believe we need a Space Force," she told the senators. "In fact, in my opinion, a domain-specific service organized to train and equip space forces is overdue."

Most Americans use space before having their first cup of coffee in the morning, she

pointed out. "Space controls our electricity, our water, our financial transactions and of course, navigation, information and communication," Barrett noted. "While space is ubiquitous, it is also invisible, and often underappreciated."

U.S. national power depends upon space, and its potential adversaries know it, she said, adding that the U.S. must be prepared to defend critical space assets, increase the resilience of its space enterprise and be prepared to fight and win should deterrence fail.

"Finally, as we focus on organizing, training and equipping for combat, we cannot ignore the readiness challenges close to home," Barrett said. The nation must support its airmen by addressing suicides, sexual assault, housing and quality of life, she added.

"Much work has been done

to address these serious issues, and if confirmed, I would support and fortify those efforts," the Air Force secretary nominee said.

Barrett said she looks forward to leading the nation's airmen if confirmed.

"Most Americans tuck their kids in bed at night without a thought about foreign threat, because brave men and women

### P-8A Poseidon finds missing vessel; all passengers safe

CHUUK, Federated States of Micronesia - A Navy P-8A Poseidon aircraft from Patrol Squadron 5, the "Mad Foxes," located a vessel Sep. 14 that had been missing nearly a week.

U.S. Coast Guard Sector Guam received a report of an overdue vessel Sep. 10 after a vessel carrying four adults and three children went missing from Lukunor Atoll Sep. 8.

The 7th Fleet Maritime Patrol and Reconnaissance Aircraft (MPRA) began supporting the search and rescue (SAR) effort Sep. 11. The squadron moved on short notice from Kadena Air Force

Base, Japan to Andersen AFB, Guam. The VP-5 aircraft located the vessel mid-afternoon on Sep. 14, and notified the Coast Guard after finding it dead in the water.

The aircraft remained on station while a patrol craft from the Federated States of Micronesia was notified of the vessel's location and was able to take all seven passengers aboard unassisted. The passengers were transported to a hospital in Pohnpei.

The "Mad Foxes", based in Jacksonville, Fla., are operating out of Kadena in Okinawa.



**Air Force Capt. Benjamin Aiken approaches a KC-135 Stratotanker during an aerial refueling sortie for Exercise Mobility Guardian at Fairchild Air Force Base, Wash., Sept. 10. Mobility Guardian provides airmen with the training to deliver a more rapid global response. Photo by Air Force Tech. Sgt. Larry Reid Jr.**

in uniform stand ready," she told the Senate panel. "It's because of their sacrifices that we all sleep well. As an aviator, I have a deep love and respect for the Air Force and the men and women - uniformed and civilian - who serve, and their families."

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## U.S. team sent to help Saudis assess oil attack forensics

by Jim Garamone

The United States is giving Saudi Arabia time to assess the Sept. 14 attacks on its oil facilities, but all signs point to Iran or Iranian proxies, the chairman of the Joint Chiefs of Staff said.

Marine Corps Gen. Joe

over the Middle East, the chairman said. "Our intelligence, surveillance and reconnaissance capabilities are focused on threats routinely to us; we wouldn't necessarily see everything that goes on in the region," he said.

The general said the military is planning options for

tel arrangement in the wake of this incident," he added.

The attack was not a surprise given the tensions in the region, Dunford said.

"We did assess, and continue to assess, that we have deterrence in place against Iranian-backed proxies against

**"In the region, wherever it originated from, the most likely threat is either Iran or Iranian-backed proxies. Without getting out in front of the Saudi investigation, I think that is a reasonable conclusion." - Gen. Joe Dunford**

Dunford told reporters traveling with him in London that U.S. Central Command has sent forensic specialists to assist Saudi Arabia with its assessment.

"In the region, wherever it originated from, the most likely threat is either Iran or Iranian-backed proxies," Dunford said. "Without getting out in front of the Saudi investigation, I think that is a reasonable conclusion."

The United States doesn't have "an unblinking eye"

the president and other civilian leaders. Dunford stressed that the military is only one possible response, noting that economic, political and diplomatic responses are available as well.

The United States provides intelligence to Saudi Arabia to help the kingdom protect itself from the Houthi rebels in Yemen. The Saudis have not requested additional intelligence support or military assistance from the United States, the chairman said. "We haven't changed the in-

tel arrangement in the wake of this incident," he told reporters. "But we know, based on attacks against Saudi Arabia and the United Arab Emirates, ... that they have not been deterred from attacking those countries."

Though the size of this attack was greater than others, Saudi Arabia has been attacked a number of times by Iranian-backed proxies, Dunford said. "Without prejudging intelligence, this looked like a very complex, precise attack, not consistent with previous Houthi attacks."

## Military launches massive sea drill in warfighting test

by John Vandiver  
Stars and Stripes

STUTTGART, Germany - The U.S. military has ordered dozens of ships to sea in a massive stress test to determine if reserve transport vessels - crucial for mobilizing large numbers of troops and forces in a conflict - are up to the job.

U.S. Transportation Command began the sealift readiness exercise Sept. 16 in what amounts to one of the largest such no-notice "Turbo Activation" drills since the exercises began in 1994.

"These exercises typically involve only a few ships but this event targets 28 vessels for activation to provide a better assessment of the readiness of U.S. sealift forces than can be accomplished with fewer activations," TRANSCOM said Tuesday.

The activated ships are required to shift from a reduced operating status to a fully crewed status, with the quarters made habitable and cargo gear ready, within five days.

For the military, an aging transport fleet has been an area of concern, particularly as the military emphasizes the need to adapt to rising threats posed by China and Russia. In the event of a large conflict, the military would be called upon to mobilize forces and heavy equipment, much of which would need to move by sea.

Lawmakers have issued warnings that with no clear plan to replace decades-old transport ships, the military may not be able to get forces across oceans in the event of a fight with Russia or China.

Among the concerns is a rapidly aging Ready Reserve Force of 46 transport ships, which are on average about 44 years old. The Navy's plans for extending the service life of the ships, such as procuring used vessels and devising a new construction strategy, hasn't yet delivered.

"The steel is rotting," said retired Rear Adm. Mark Buzby, administrator of the Maritime Administration, in testimony during a congressional hearing on the issue earlier this year.

TRANSCOM chief Gen. Stephen Lyons has said improving sealift capability is a top priority for his command.

Since the end of the Cold War, the military has not had to contend with an adversary capable of disrupting its global

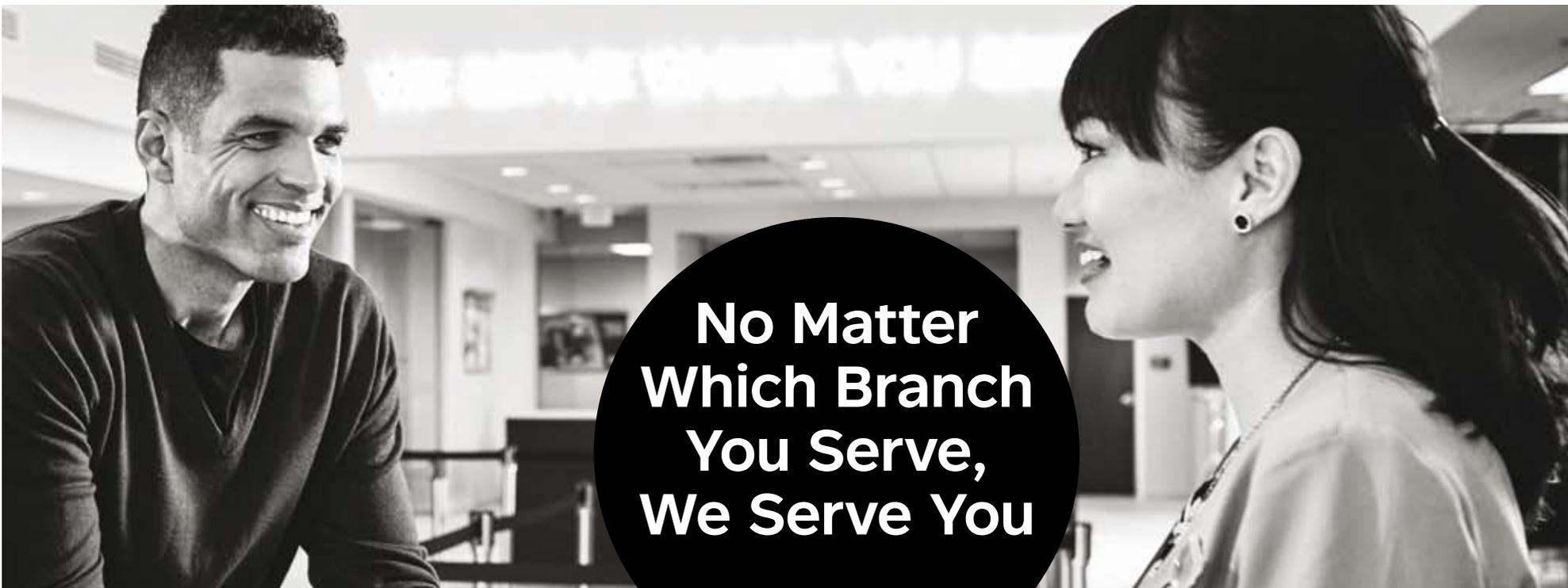
mobility plans, all of which were untested during the wars in Iraq and Afghanistan. During that time, investments in logistics capabilities declined.

During the past two years, there have been repeated warnings about the risks the military faces because of its decaying transport fleet.

In 2017, the Government Accountability Office found that the Navy may not be able to support its warships in combat if it doesn't upgrade a fleet of supply ships that are growing old and losing their ability to quickly provide food, fuel and equipment.

And last year, a special task force of returned admirals and generals organized by the Defense Department cautioned "significant shortfalls that, if left unaddressed, will put at risk U.S. ability to project power and sustain the fight against a strategic competitor."

Now, the military is testing  
see **Test, page 8**



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## Ask Rusty - Paying income taxes on Social Security benefits

by Russell Gloor

Dear Rusty: I understand that after I reach full retirement age, I no longer have a limit on how much I earn. I retired one year early (65), and am now 76, but I am still being taxed on a portion of my SS benefits. I am not working and making extra money. However, my wife is still working, and I get two small annuities per month. But when I file income tax I am told we made enough for me to be taxed on a portion of my Social Security benefit. I even checked to see if filing married but separate returns would help and it was not as good as joint returns. So maybe you can explain this to me. Signed: Taxpaying Senior



Dear Taxpaying Senior: I'm afraid you're speaking of two different things. You are correct that once you reach your full retirement age there is no longer a limit on how much you can earn from working before your monthly Social Security benefit is reduced. But that is something totally different from paying income tax on your Social Security benefits.

Social Security's "earnings limit" looks only at your earnings from employment (or self-employment) to decide if they should take back some of your benefits before you reach your full retirement age. However, whether or not your Social Security benefits are taxable income is determined by your "combined income," which includes your adjusted gross income as reported to the IRS, plus any non-taxable interest you may have had, plus 50 percent of your total Social Security benefits for the tax year. This is often referred to as your "modified adjusted gross income" or "MAGI" and it's how the IRS determines if, or how much, of your Social Security benefit is taxable income. As a couple filing your income taxes as "married - filing jointly" if your MAGI is over \$32,000 then up to 50 percent of your annual Social Security benefit amount is taxable, and if your MAGI is over \$44,000 then up to 85 percent of your Social Security income becomes taxable. Note that the combined income levels are different, and lower, when you file your taxes individually.

The "earnings limit" is a rule imposed by Social Security to recover some benefits paid if the limit is exceeded due to your earnings from working. Taxation of Social Security benefits is done by the IRS (not Social Security) and it's the IRS who determines if your Social Security benefits will add to your income tax burden. And while the Social Security earnings limit goes away once you reach your full retirement age, there is no such relief from the IRS at any age when it comes to paying income tax on your Social Security benefits.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and doesn't represent legal or financial guidance.

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# Honoring the achievements of Native Americans in the military

(StatePoint) Native Americans serve in the U.S. military at a higher rate per capita than any other population group and have done so since the American Revolution. Yet there is no monument or memorial in the Nation's capital that commemorates the contributions of American Indians, Alaska Natives and Native Hawaiians who have served in the U.S. Armed Forces. This is finally changing, as the first memorial to their service is about to be built.

A private ceremony is slated for this fall, when the Smithsonian's National Museum of the American Indian breaks ground on the National Native American Veterans Memorial on Sept. 21 in Washington, D.C.

"Throughout history, Native Americans have answered the call to serve in our nation's armed forces," said Kevin Gover (Pawnee), director of the National Museum of the American Indian. "This memorial will remind everyone who visits it of the service and patriotism of Native veterans and their families."

A visit to Washington, D.C. is a great opportunity to experience U.S. history firsthand. The city is filled with grand monuments, world-class museums and memorials honoring those whose life's work was in service to the nation.

Among the most visited memorials in the city are those honoring the nation's vets and the sacrifices they have made in

service to the country. On any given day, thousands visit the Vietnam Veterans Memorial, the World War II Memorial and the Korean War Veterans Memorial, among others, remembering those who served. And soon, these same visitors, will be able to visit one honoring the military service of Native Americans.

The new memorial, which was commissioned by Congress to give "all Americans the opportunity to learn of the proud and courageous tradition of service of Native Americans in the Armed Forces of the United States," will be located on the grounds of the museum, within sight of the Capitol Building. It will be the first national landmark in Washington, D.C. to focus on the contributions of American Indians, Alaska Natives and Native Hawaiians who have served in the military.

The memorial design by Harvey Pratt (Cheyenne and Arapaho Tribes of Oklahoma), a multimedia artist, retired forensic artist and Marine Corps Vietnam veteran, features an elevated stainless-steel circle resting on an intricately carved stone drum. It also incorporates water for sacred ceremonies, benches for gatherings and four lances where veterans, family members, tribal leaders and others can tie cloths for prayers and healing.

The new memorial will be dedicated on Nov. 11, 2020, Veteran's Day, in a public ceremony at the museum.



Photo courtesy of the Smithsonian's National Museum of the American Indian.

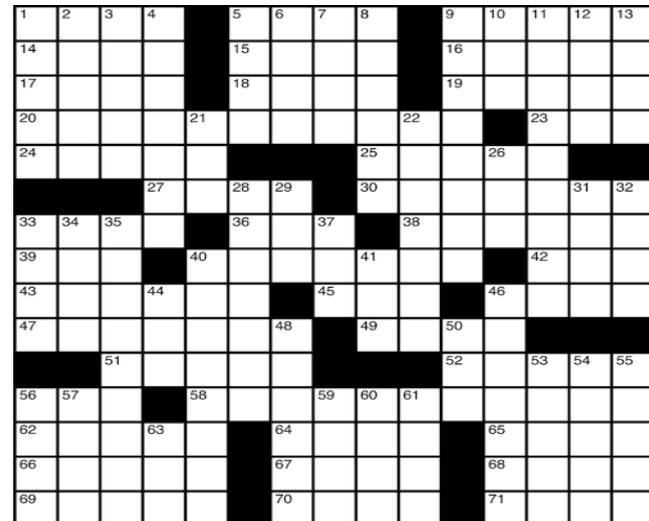
## Crossword Puzzle

### Across

- 1 \_\_\_ and flows
- 5 Stepped heavily
- 9 \_\_\_ Rica
- 14 Pitcher's goof
- 15 Inflatable mattress prefix with Bed
- 16 Colorado ski mecca
- 17 Muslim denomination
- 18 Not fatty, as meat
- 19 Lease again
- 20 \*Artsy Lower Manhattan neighborhood
- 23 Car owner's premium pmt.
- 24 American of Japanese descent
- 25 Dieter's catchword
- 27 Sweat unit
- 30 Originates (from)
- 33 Like morning grass
- 36 Title for Doubtfire or Dash
- 38 Site of Arizona's Red Rock State Park
- 39 Rocks in bars
- 40 Set in a den, slangily ... or, initially, what can be found in each answer to a starred clue
- 42 Gratuity
- 43 Dessert with a cherry
- 45 Refreshing retreat
- 46 Wines that usually go well with beef
- 47 \_\_\_ seat: advantageous spot
- 49 In couch-potato mode
- 51 France dance
- 52 Up to one's ears (in)
- 56 Architect I.M. \_\_\_
- 58 \*Drug bust calculation
- 62 Throat ailment
- 64 Modest skirt
- 65 Writer Jaffe
- 66 Video game pioneer
- 67 Region
- 68 Sullen
- 69 Makeover place
- 70 Camera attachment
- 71 Bay Area cop gp.

### Down

- 1 "Barnaby Jones" actor Buddy
- 2 Persian faith
- 3 Utter joy
- 4 Glide past on the ice
- 5 Anklebones
- 6 Movie spool
- 7 Verbal
- 8 Name on a Trump card?
- 9 Untroubled
- 10 Suffix with fruit-
- 11 \*Panel decision that's not unanimous
- 12 "The Hunger Games" extra
- 13 Picnic invaders
- 21 "C'est la \_\_\_"
- 22 Turns sour
- 26 Help
- 28 UMass town
- 29 Hip-hop Dr.
- 31 Oklahoma's "Wheat Capital"
- 32 Drains of strength
- 33 Phonograph record
- 34 Quito's country: Abbr.
- 35 \*Became a YouTube sensation
- 37 N.Y. and Calif.
- 40 Dramatic downturn
- 41 Wire service letters
- 44 Corporate alias abbr.
- 46 Bounty hunters' goals
- 48 Of the skin
- 50 Where a Brit may powder her nose
- 53 Unlikely to get excited
- 54 Dawn
- 55 Listened to
- 56 "This is your brain on drugs" ads, briefly
- 57 Singer James
- 59 Irish name for Ireland
- 60 Xanadu
- 61 Spanish aunts
- 63 Suffix with ranch



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### San Diego County Veterans Service Offices

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<b>Escondido</b> M-F: 8 a.m. - 5 p.m. 649 W. Mission Ave. Phone: (760) 740-5572	<b>Mission Valley</b> Thurs. & Fri. appointments only 8898 Rio San Diego, Phone: (858) 694-3222	<b>El Cajon</b> 201 E. Douglas 2nd & 4th Mon. monthly Phone: (619) 588-3718
<b>Fallbrook</b> 2nd Fri. & 4th Wed. monthly 135 S Mission Road, Phone: (760) 723-7570	<b>Oceanside VA Clinic</b> M-F: 8 a.m. - 4 p.m. 1300 Rancho Del Oro Dr. Phone: (760) 643-2049	<b>Julian</b> County Library Thurs. (by appt. only) Phone: (760) 765-0370

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## Heinken takes command of USS Boxer



Sgt. Lexus Martinez sings the national anthem during the change-of-command ceremony aboard USS Boxer. Capt. Dale Heinken relieved Capt. Ronald Dowdell as Boxer's CO. Navy photo by MC3 Alexander C. Kubitza

**G**ULF OF ADEN - A new commanding officer took command of amphibious assault ship USS Boxer (LHD 4) during a Sept. 15 ceremony.

Capt. Dale Heinken relieved Capt. Ronald Dowdell, who served as Boxer's commanding officer since July 19, 2018.

Under Dowdell, who took command of Boxer while the ship was in a phased maintenance availability, the crew successfully completed Basic Phase Certification, Amphibi-

ous Readiness Group certification, a compressed Fleet Response Training Program work-up cycle, a Strait of Hormuz transit, and a highly successful WESTPAC/CENTCOM 2019 deployment.

"I'm so incredibly proud of the Sailors," Dowdell said. "No matter the challenge, no matter the mission, they answer the bell every time. Their professionalism, buoyed by the sacrifice of their families, have enabled Boxer [Amphibious Ready Group] to serve as the

nation's 9-11 force at a time when we are most needed."

Dowdell encouraged the crew to continue to strive for excellence as the new commanding officer takes charge of Boxer.

"Capt. Heinken is the finest officer with which I have served. His tenacity and spirit will propel Boxer through the next chapter of a long, storied journey of naval service," Dowdell said.

During the ceremony,

Dowdell was presented with the Legion of Merit award for his service, dedication and leadership.

Heinken, who served as Boxer's executive officer from July 2018 to Sept. 2019, officially assumed the title of commanding officer after orders were read and salutes rendered.

"I'm humbled and proud to be your commanding officer," Heinken said. "Over our time together, I will ask you to be

## Wreckage taken to Naval Base Ventura County for analysis

LOS ANGELES - The burned-out wreckage of the dive boat that killed 34 people Sept. 2 was transferred to Construction Battalion Center Port Hueneme last Friday.

The National Transportation Safety Board said Sept. 12 that all crew members on the boat Conception were asleep when the pre-dawn fire broke out Sept. 2 off the coast of Santa Barbara.

Federal investigators identified a violation of Coast Guard regulations that could trigger criminal charges in the California dive boat disaster that killed 34 people.

According to news reports, federal investigators are searching for the cause of fire and looking into possible criminal charges that would likely focus on an obscure federal law known as the seaman's manslaughter statute.

Under the pre-Civil War law that can bring penalties up to 10 years in prison, prosecutors only need to show negligence or that the captain or crew committed misconduct or neglected their duties.

Attorney James Mercante, who handles maritime law, said seaman's manslaughter law is dangerous for boat owners and officers, and it's often in their interest not to talk with investigators.

The captain and four crew members were asleep on the vessel's upper deck and survived. The sixth, a 26-year-old deckhand, was sleeping below deck and perished with the boat's 33 passengers.

tenacious, to never quit and to never surrender; and to not accept the easy path or the easy answer, but to be your own hero. To do what is right because it is the right thing to do.

"To help each other to be successful and lethal so that we can always be smarter, faster, and stronger than any challenge we face."

Heinken was commissioned from the Naval Academy in 1995. His previous command experience includes serving as the executive officer and commanding officer of Littoral Combat Ship Crew 101 aboard USS Freedom (LCS 1) and USS Fort Worth (LCS 3). He also served as reactor officer aboard USS Theodore Roosevelt.

## Fired commander of 1st Recon Battalion charged with assault

by Shawn Snow  
Marine Corps Times  
The former commander of Camp Pendleton, based 1st Re-

waste or destruction of non-military property and conduct unbecoming an officer, according to Maj. Kendra Motz, a Marine spokeswoman.



In this Nov. 16, 2018, file photo, Lt. Col. Francisco Zavala walks the flight deck aboard USS Somerset. Photo by Cpl. Joseph Prado

connaisance Battalion, who was fired from his position in May, was charged with assault among other charges, according to military officials.

Lt. Col. Francisco X. Zavala was charged with assault, making a false official statement,

The charges are only preferred, and Zavala will face an Article 32 hearing in early October where a preliminary hearing officer will determine the appropriate form of adjudication or whether Zavala will face all, some or none of the charges, Motz said.

His charge sheets haven't been released by the Marine Corps, so it's unknown at this time exactly when Zavala was charged.

Zavala is currently assigned to 1st Marine Expeditionary Force.

He was relieved of his command in May by 1st Marine Division commander, Maj. Gen. Robert F. Castellvi, over "lost trust and confidence" in his ability to continue to lead 1st Recon battalion.

Zavala's wife filed for a restraining order in April as part of divorce from her husband, where she alleged domestic abuse, according to court documents obtained by Marine Corps Times.

Zavala told Task & Purpose that allegations against him were false and that he was "fairly confident" he would "be exonerated of everything that's being alleged against me."

Task & Purpose first broke the news that Zavala was being charged with assault.

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## EOD unit succeeds in Arctic test of unmanned vehicles, anti-mine systems



ADAK, Alaska - Explosive Ordnance Disposal Mobile Unit One (EODMU-1), based in Coronado, successfully tested its ability to operate unmanned underwater vehicles and conduct expeditionary mine countermeasures in very shallow Arctic water.

The unit, operating as Combined Task Group 35.1, ran the tests Sept. 2-12 in waters off of Adak in support of Arctic Expeditionary Capabilities Exercise (AECE) 2019.

To support an amphibious landing for the U.S. Marine Corps, the Navy must ensure the path to the beach is free of danger to the landing force. Very shallow water, defined as depths of 10-40 feet, by limiting underwater visibility may pose a greater danger of placing personnel in a minefield.

During the exercise, an expeditionary mine countermeasure (ExMCM) company attached

to EODMU-1 worked together in a man-machine team with unmanned underwater vehicles (UUVs) to ensure the very shallow water zone was free of hazards. Using the Mk 18 Mod 1 Swordfish and Mk 18 Mod 2 Kingfish, they conducted mine hunting, hydrographic surveys and intelligence preparation of the operational environment ahead of additional Navy and Marine Corps assets that will be operating in the region.

The ExMCM company is a 30-person unit with four elements: the command-and-control element, an unmanned systems platoon, an EOD mine countermeasures platoon and a post-mission analysis element. ExMCM companies first deployed in 2014 and have continued to prove their capabilities, operating from a variety of platforms in many different environments.

“Navy EOD is only EOD force that can clear underwater hazards, making the force a crucial enabler for the Navy and Marine Corps team to be able to maneuver where they want to, when they want to,” said Cmdr. Brian Reitter, commanding officer of EODMU1. “We are excited about the training and evaluation opportunities this exercise has afforded us, and

we can’t thank the local Adak community enough for hosting us here.”

Capt. Oscar Rojas, commodore of EOD Group One, said Navy EOD is constantly pushing the limits of unmanned and autonomous systems to prepare forces to operate in Arctic environments.

“Being able to exercise these capabilities as part of AECE 2019 ensures are forces are capable, interoperable, and deployable on short notice,” Rojas said. “ExMCM provides an inherent flexibility, scalability and rapid-deployment capability that a large platform like a ship or aircraft cannot match.

“UUVs are a force multiplier for us, improving the efficiency and range of our capabilities and allowing us to work safer and more efficiently in a contested environment.”

**PHOTO: Operations Specialist 1st Class Sean McNamara, assigned to EODMU-1, launches an Mk 18 Mod 2 Kingfish for an initial underwater survey of Sweeper Cove on Adak Island in the Alaska’s Aleutian chain. Photo by MCCA Brandon Raile**



SAN DIEGO (Sept. 9, 2019) - Pvt. Manny leads log drills with recruits of Bravo Company, 1st Recruit Training Battalion, at Marine Corps Recruit Depot. Manny is named after Sgt. Johnny R. Manuelito, one of the original Navajo Code Talkers. Marine Corps photo by Lance Cpl. Zack T. Beatty

**KODIAK, Alaska (Sept. 10, 2019) - USS Comstock (LSD 45) arrives in Kodiak, Alaska as part of Arctic Expeditionary Capabilities Exercise (AECE) 2019, a joint exercise that features Sailors and Marines working side-by-side as they test joint expeditionary force logistical transfer capabilities. Navy photo by MC2 Nicholas Burgains**



**USS SOMERSET (Sept. 11 2019) - Lance Cpl. Omar Rojas (left) and Pfc. Gerardo DeLeon, both assault amphibious vehicle crewman, take a Marine Corps Martial Arts Program gray belt performance evaluation while aboard USS Somerset during Arctic Expeditionary Capabilities Exercise. Marine Corps photo by Sgt. Conner Robbins and Sgt. Tyler Harrison**



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# Naval Special Warfare Acquisition corps established

WASHINGTON - Navy announced the establishment of the Naval Special Warfare Unrestricted Line (URL) Officer Acquisition Corps (AC) and Major Program Manager (MPM) career path in NAVADMIN 214/19, Sept. 16.

The NSW URLAC will professionalize an acquisitions career path for SEAL officers and build a cadre of leaders who can expertly develop, field, and sustain capabilities needed for NSW's and the Navy's future operating environment.

Experience, education, and certification requirements for major acquisition command selection result in career patterns different from URL officers who serve exclusively in their primary warfare specialty. The most significant difference is the need for NSW URL AC designated officers to serve in acquisition-related billets before and after completing NSW O-5 command or NSW O-5 acquisition milestone assignments.

SEAL officers selected for NSW URL AC will receive designation as NSW AC Eligible via an additional qualification designator.

NSW AC Eligible candidates can compete for Major Program Management (MPM) and sequential major acquisition command slating after a minimum of 48 months of experience in acquisition-coded or related billets. Officers

who accept orders to NSW O-5 acquisition milestone assignments will not be eligible to compete for URL major operational command.

The first NSW O-5 acquisition milestone board is slated to occur concurrently with the NSW commanding officer/executive officer administrative board in 2019.

Interested officers can contact the SEAL officer community manager (OCM) at (703) 604-5005, the NSW detailee at (901) 874-2259 or the NSW AC manager at (202) 781-2601 for additional details.

For complete information on program eligibility and requirements, read NAVADMIN 214/19, or visit the SEAL OCM page via MyNavy Portal at <https://www.mnp.navy.mil/group/career-planning>, then select Officer Community Managers.

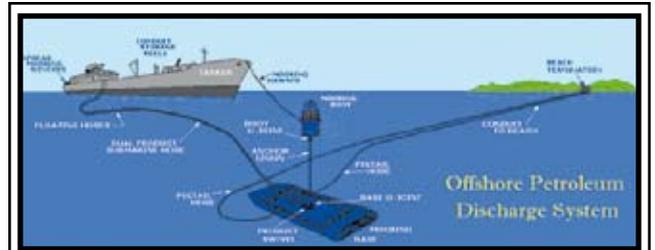
## Test

continued from page 4

various reserve ships, which are located throughout the U.S. and maintained in the event the Pentagon needs them "to support the rapid, massive movement of military supplies and troops for a military exercise or large-scale conflict," said TRANSCOM.

The exercise tests and validates that the ships are ready and able to meet activation time standards and Pentagon mission requirements, the command said.

"Activations are commonly followed immediately by a sea trial," TRANSCOM said.



**The Offshore Petroleum Discharge System provides a semi permanent, all-weather facility for bulk transfer of petroleum, oil, and lubricants directly from an offshore tanker to a beach termination unit. Courtesy art**

## Navy demonstrates Offshore Petroleum Discharge System

SAN DIEGO - For the first time since 2008, the Navy, in conjunction with the crew of SS Petersburg (T-AOT-9101), demonstrated a logistics over the shore capability using a ship's Offshore Petroleum Discharge System (OPDS) Sept. 18.

The evolution showed the transfer of bulk liquid from ship to shore, a practice that can be employed worldwide during contingencies, crisis response or humanitarian assistance and disaster relief operations.

The event was part of the greater Arctic Expeditionary Capabilities Exercise (AECE) 2019 led by Expeditionary Strike Group Three (ESG-3). The exercise focuses on increasing the ability of all Navy and Marine Corps participants to plan, communicate and conduct complex amphibious and expeditionary combat support and humanitarian assistance operations.

The OPDS evolution was the only portion of AECE 2019 conducted in Southern California.

Amphibious construction battalions install the OPDS with underwater construction team assistance. OPDS are embarked on selected Ready Reserve Force tankers modified to support the system. There are four U.S. tankers fitted with the OPDS: SS Chesapeake (AOT-5084), SS Petersburg (T-AOT-9101), SS American Osprey (AOT-5075) and SS Mount Washington (AOT-5076).

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## Change your words, change the reaction you get

by Dr. Daneen Skube  
Tribune Content Agency

*Q: I've learned a ton reading your column that I use every day, but I still choose words that don't get the results I want. How can I become more conscious of how my word choice affects people listening to me?*

A: You can become more con-

scious of how your word choice affects people by considering how that word would affect you. For instance, no one probably reacts well to the word, "insubordinate," but many managers think this word is useful.

The more you translate a word into specific behavior the less negative reaction. Rather than in-

subordinate I could say, "I noticed you did our budget differently than I remember asking.

The way you did the budget will not work for management. Did you want to continue to lead this project?"

When you describe specific behavior and specific consequences,

others are motivated without feeling criticized or controlled.

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Managers especially benefit from this technique because they create intrinsic not extrinsic motivation.

Extrinsic motivation is, "Do this because I say so." Intrinsic motivation is, "I want something so I want to do this." Extrinsic motivation creates oppositional and passive-aggressive behavior.

When an important conversation is looming, practice your speech with someone you trust. Ask him or her to flag words that create a negative reaction. Then brainstorm more behavioral words you could choose. In the beginning this may take quite a bit of time to get right.

All research in communication tells us words are only 7 percent of the message. However, it is very hard to practice changing your tone of voice or body language because most of it is mostly unconscious. Voice and body usually reflect our true feelings. Unfortunately, this means if we think someone is stupid, our voice and body broadcast this exact message.

by becoming extremely aware of word choice. If our body and tone

seem mad but our word choice is calm, people react better.

As we become conscious of when we are tempted to spank, scold or humiliate others, we can actually start to see our unconscious feelings. For example, if your parents were addicts or mentally ill, you may get furious when your boss is incompetent. You unconsciously want to punish your boss for every stupid thing your parents did.

This behavior does nothing to rectify the childhood hurts but everything to damage your current career.

A doorway into becoming con-

scious of our unconscious reactions is to study our word choice. Don't be surprised that at first you'll hotly debate your "right" to tell your employee he is insubordinate. You may indeed feel this way, but using this word does nothing to promote your best interests.

When my clients start to alter their language they feel a little like Harry Potter using a new wand. They are pleased at the nearly magical power of word choice. Words indeed conjure good or bad results depending on how you use them.

The last word(s)

*Q: I'm negotiating with a business owner who's totally narcissistic. Is there a best approach?*

A: Yes, walk away. A true narcissist's negotiation is he or she wins totally and you lose totally.

## CNRSW Housing now hiring

Navy Region Southwest is recruiting to fill numerous positions within the Housing Program at the Region Headquarters in San Diego and our Southwest installations including San Diego, Lemoore, Ventura County, China Lake, El Centro, Seal Beach and Fallon, NV.

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**Housing Management Assistant: GS-1173-09; Housing Inspector.** The successful candidate will perform the following duties: Plans, organizes and performs work require to ensure proper compliance with the Navy's Housing and Public Private Venture (PPV) Programs. Implements a formal Quality Assurance Plan and conducts condition assessments within our Family Housing neighborhoods. Works

closely with our PPV Partner in providing high quality of housing to our Navy families. Majority of time spent will be in the field conducting housing inspections and oversight duties. *Locations: All - San Diego, El Centro, Lemoore, China Lake, Ventura, Fallon and Seal Beach.*

**Housing Manager: GS-1173-09; GS-1173-11; Public Private Venture (PPV) Oversight.** The successful candidate will analyze various databases and information sources to monitor PPV Housing operations including reviewing financial and maintenance plans and reports. Validates compliance with the management plan. Works closely with senior Housing representatives and PPV Partner representatives in performance of duties. Strong interpersonal

skill required. Goal oriented with a drive towards achieving mutually beneficial solutions required. *Locations: GS-1173-09: All; GS-1173-11 and GS-1173-12: San Diego*

If interested, send a cover letter and resumes to the email address below corresponding to the preferred work location:

**SAN DIEGO:** navyhousing-jobssandiego@navy.mil

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## Navy adds electronic travel voucher submittal capability to MyPCS Mobile

Striving to further improve the PCS move experience, the Navy has added the ability to electronically prepare, sign and submit a permanent change of station travel voucher within MyPCS Mobile available on Sept. 11.

ors access to a personalized checklist tailored for an individual Sailor's PCS move, the ability to apply for government housing and childcare services at their next duty station, the ability to view a streamlined, simplified and plain language set of PCS orders referred to as "Lean Orders," a PCS Entitlements Calculator, and Sailors can now electronically prepare and submit their PCS travel voucher.

In MyPCS Mobile, Sailors can upload images of receipts using their mobile device, complete a user-friendly travel voucher prepopulated with basic information available from their orders/record, electronically sign the travel voucher, and make it available electronically to their Command Pay and Personnel Administrator (CPPA) for review and release for payment by the Travel Processing Center.

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by Jan Wagner

## First drive: Toyota's new 2020 GR Supra roars

goal of "making ever-better cars." The team has applied all of the knowledge and expertise it has amassed so far to create the GR Supra, a car designed to set drivers' hearts racing" - and it does (more on that in a moment). This is a very different car from its BMW Z4 convertible cousin.

Then go to <https://www.toyota.com>. Under the drop-down menu "Select Vehicle," click on "All-New 2020 GR Supra. For our American readers, that will describe the U.S.-spec model.

The U.S.-spec model that I drove was a 3.0 Premium. Its powerful 3.0L Turbo, inline 6-cylinder, DOHC, 24-Valve engine provides 335 horsepower and 365-lb-ft of torque, but it feels like much more than that. That power is transferred to the rear wheels via a state-of-the-art, 8-speed automatic transmission with paddle shifters, launch control, active rear sport differential and active exhaust. The adaptive variable sport suspension features double joint type McPherson struts up front, multi-link in the rear. The electric power steering is sport-calibrated. Wheels are 19-inch, forged aluminum twin 5-spoke, with Michelin Pilot Super Sport tires (255/35 ZR 19 in the front, 275/35 ZR 19 in the rear). The front brakes are 4-piston Brembos. The price for all this wonderfulness is a very reasonable \$53,990, with the non-Premium model starting at \$49,990.

Now for my first impressions of the Supra. Depending upon the position of the "Sport" button on the center console, this car offers Jekyll and Hyde, good versus evil personalities (referring to the classic 1886 story by Robert Louis Stevenson), providing the best of two very different driving experiences.

Without Sport mode engaged, it offers a pleasant, effortless driving experience. You could comfortably cruise

in it for endless hours. Thankfully, for when you might need to load large or oddly-shaped cargo, the hatchback provides much easier access to the cargo area than would a conventional trunk lid. You can drive, converse with your passenger and relax.

This Dr. Jekyll side of the Supra will be welcome news to drivers who fondly remember the very first Toyota Supra, then named the Toyota Celica Supra. It was a grand tourer - a more luxurious, more powerful (six-cylinder as opposed to four) version of Toyota's popular Celica.

Switching to Sport mode releases the Hyde-like beast side of the GR Supra - ready, willing and able to leap like a lion - roar and all - from a standing start. It will now respond to your driving commands hard, and without hesitation.

The suspension is firm, but not harsh - perfect for carving the tight turns in the canyons above Malibu or taking to the track.

The exhaust note is loud and visceral, emphasized as we drove through tunnels on the Mulholland Highway. Lifting off of the pedal produces a sharp, pleasing crackle.

To fully and safely explore the at-the-limit performance of the GR Supra demands a race track, not narrow, twisty public highways with cyclists, bordered by steep, unforgiving cliffs. Toyota - what do you say? My helmet is ready to go!

To see additional photos, visit [www.drivetribe.com](http://www.drivetribe.com), click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #608" in their search bar. Send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com). Copyright © 2019 by Jan Wagner - AutoMatters & More #608

## The Meat & Potatoes of Life



by Lisa Smith Molinari

Before our girls went back to college this year, we gave them the usual advice. Don't walk on campus at night alone, don't take rides with strangers, etc. I stopped short before arming them with pepper spray.

I wondered, do they really need to have their thumbs poised, ready to blind someone with pepper spray? Or, has our culture become paranoid?

As a freshman at Miami University in tiny ivy-covered Oxford, Ohio, I was utterly naïve. Violent crime seemed some far off rarity that happened in New York City or Los Angeles. So, when a strange man with a thick foreign accent offered me a ride when I was stranded at the Cincinnati bus station, I took it.

I was on my way back to school from my cousin's wedding in Louisville, Kentucky. Due to some kind of mechanical failure, my bus was late arriving in Cincinnati, causing me to miss the one daily connection to tiny Oxford. I used my last coins at the pay phone trying to call my dorm phone to see if anyone could make the 50 mile drive to pick me up, but no one answered.

I sat in the vinyl bus station chairs and glanced around the shabby terminal. Realizing I would have to wait for the next day's bus, my mind raced, "I'm out of money.

## Balancing blind faith with stranger danger

No one knows where I am. I have to spend the night in the bus station. What am I going to do?"

I began to cry.

Mid sob, a thin man with a brown face and a thick Indian accent tapped me on the shoulder.

"Es-cuse me, Miss, can I help you?" he said.

I was so relieved to have some kind of human contact and looked up at the man with tears flowing from my eyes.

"I missed my bus back to school!" I sobbed.

He inquired where I needed to go, and after a moment of thought, offered to drive me to Oxford.

"Are you sure?" I asked. "It takes about an hour." But he agreed, and I followed him out of the grungy bus station to his car - a brown Ford Fairlane sedan with no distinguishing features. The stranger closed the passenger's seat door after I willingly got in with my backpack. I didn't even know the way to Oxford, and could only tell him to go north. He headed out of the city on unfamiliar roads, looking for signs along the way.

Soon, the last traces of suburban sprawl were in the rear view mirror, and we were surrounded by the vast cornfields of southwestern Ohio. Not many cars on the road; no one really noticed the plain brown sedan with the foreigner and the 18-year-old girl. No one - not my roommates, my parents, my aunt

in Kentucky - had any idea that I was in the middle of a cornfield, locked in an unmarked car with a strange man.

It would take hours for them to realize that I wasn't on that Greyhound bus. The stranger had plenty of time to hide my lifeless body in a cornfield and get back to the anonymity of the city, and his secret life as a serial killer.

But that didn't happen.

"Thanks so much for the ride, Mister," I said to the stranger as he pulled up to my dorm. I offered to run inside and get money to pay for gas, but he politely refused, only asking me to point out the nearest fast food place.

Without the need of pepper spray, my faith in human kind was blissfully blind, and I gratefully waved farewell as the stranger pulled away.

What am I saying? Should we unlock our doors, unzip our purses and tell our teenage daughters to take up hitchhiking from city bus terminals?

Definitely not a good idea, but who wants to live with the pessimistic assumption that all strangers are dangerous? Sure, there are a few wackos out there who make it smart to carry pepper spray, but as we protect ourselves, let's not chastise the entire human race.

Besides, without the kindness of strangers, I might still be stuck at that bus station in Ohio.

## Health & Fitness

# Suicide Prevention Month: Start the conversation

### Continued from page 1

- "It may not seem possible right now, but the way you're feeling will change."
- "I might not be able to understand exactly what you're going through or how you feel, but I care about you and want to help."
- "I love you and want you to know that I'll do everything I can to help you get through this."

If the loved one you're concerned about is showing signs of crisis, consider saying the following as well:

"When you want to give up, or feel overwhelmed by emotion, try to just focus on getting through the next minute, hour, or day — whatever you can manage."

### Conversation Starters: Do's and Don't's Do:

- Be yourself. Try to be as natural as possible and show your concern by asking questions and listening to your loved one.
- Remain calm. The Veteran you're concerned about may show strong emotions or even lash out. Your calm demeanor can help de-escalate the situation and have a reassuring effect.
- Listen without judgment. It's

a big step for your loved one to speak openly about their feelings. Show the Veteran you're there by being supportive and receptive to what they say.

• Be positive. Reassure your loved one that help is available, treatment works, and recovery is possible. Remind them that distressing thoughts and even suicidal feelings are temporary and that their life is important to you.

### Don'ts:

- Don't argue. Avoid suggesting reasons why your loved one shouldn't feel a certain way, such as "You have so much to be happy about" or "Why can't you just focus on the positive things in your life?" If the person you're talking to is having thoughts of suicide, don't say things like "You have so much to live for," "Your suicide would hurt me," or "Think about

your family." Arguing minimizes the feelings that the Veteran just shared with you and invalidates their emotional experience.

• Don't lecture. Giving a speech about gratefulness and the value of life or supporting the perception that having negative thoughts - or even thinking about suicide - is selfish is not an effective way to get through to someone who is in serious emotional pain. In fact, lecturing your loved one can make them feel guilty or as if they're a burden to others.

• Don't agree to confidentiality. If you think your loved one's life is in danger, at some point you may need to speak with a mental health or medical professional. To maintain open, honest communication and to avoid having to break your word, do not promise that you won't share important information.

• Don't blame You can't solve someone else's mental health challenges. The best thing you can do is support a Veteran on their journey.

### Know the Warning Signs of Crisis and Suicide Risk

Though not all distressing thoughts and emotions lead to a crisis, if left unchecked, they could become a serious issue with time. Learning to recognize the signs of crisis and suicide risk is an important first step in understanding if someone you care about needs immediate help. Although many Veterans may not show any signs of intent to harm themselves before doing so, some behaviors — such as withdrawing from family and friends, having dramatic mood changes or deep sadness, or giving away prized possessions — may indicate the Veteran is in crisis and

at greater risk of suicide.

The best way to find out if a loved one is thinking about suicide is to ask. Remember: Asking people if they're having thoughts of suicide will not put the idea into their heads or increase their risk of harming themselves. In fact, Veterans who are contemplating suicide may welcome the chance to talk about their feelings. Talking may also help your loved one feel less alone.

If you know a Veteran who is showing warning signs of crisis, please call the Veterans Crisis

Line, chat online, or send a text message today.

Try to remain with a person in suicidal crisis at all times until you can connect them with a mental health or medical professional. However, if at any point you begin to feel that your safety is at risk, leave the situation immediately and get help. No amount of love, care, or concern for someone else is worth risking your own life.

### For Veterans in immediate crisis:

Dial 911  
Call the Veterans Crisis Line at 1-800-273-8255 and press 1.

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## MOVIES at the Bases

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

**Thursday, September 19**  
6pm The Angry Birds Movie 2  
7:50pm The Kitchen

**Friday, September 20**  
5:40pm Angel Has Fallen  
8pm Angel Has Fallen

**Saturday, September 21**  
1pm The Angry Birds Movie 2  
2:50pm Dora and the Lost City of Gold

**Sunday, September 22**  
12:50pm Dora and the Lost City of Gold  
2:50pm Fast & Furious Presents: Hobbs & Shaw

**Monday, September 23**  
5:30pm Blinded By The Light  
7:50pm Angel Has Fallen

**Tuesday, September 24**  
5:50pm Dora and the Lost City of Gold  
7:50pm The Kitchen

**Wednesday, September 25**  
5:50pm Angry Birds Movie 2  
7:40pm Good Boys

**Thursday, September 26**  
5:40pm Blinded By The Light  
7:50pm Angel Has Fallen

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

**Thursday, September 19**  
5:50pm Angry Birds Movie 2  
8pm Good Boys

**Friday, September 20**  
5:50pm Angel Has Fallen  
8:20pm Blinded By The Light

**Saturday, September 21**  
12:50pm Angry Birds Movie 2  
2:50pm Fast & Furious Presents: Hobbs & Shaw

**Sunday, September 22**  
2pm The Angry Birds Movie 2  
4pm Blinded By The Light

**Monday, September 23**  
6:50pm Angel Has Fallen  
5:50pm Angry Birds Movie 2

**Tuesday, September 24**  
7:50pm Blinded By The Light  
5:50pm Angel Has Fallen

**Wednesday, September 25**  
8:20pm Scary Stories to Tell In The Dark  
5:40pm The Kitchen

**Thursday, September 26**  
7:50pm Angel Has Fallen  
5:50pm Good Boys

**Friday, September 27**  
7:50pm Angel Has Fallen

**Pendleton Movie Theatre**  
Building 1330 Vandegrift Blvd (760) 725-9217  
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Kids (6-11) \$2/3D-\$3  
5/under free/3D \$1 for glasses

**Thursday, September 19**  
6:30pm Scary Stories in the Dark  
**Friday, September 20**  
6:30pm The Angry Birds Movie 2

9pm Good Boys  
**Saturday, September 21**  
1pm The Angry Birds Movie 2

3:45pm Dora/Lost City of Gold  
6:30pm Good Boys  
**Sunday, September 22**  
1pm Dora/Lost City of Gold

4pm The Angry Birds Movie 2  
6:30pm Good Boys

**Bob Hope Theater** 577-4143  
Miramar Bldg 2242  
\* indicates last showing

**Thursday, September 19**  
6:30pm Good Boys  
**Friday, September 20**  
6:30pm Angel Has Fallen

9pm Fast & Furious: Hobbs & Shaw  
**Saturday, September 21**  
3pm The Angry Birds Movie 2

6:30pm Blinded By The Light  
9pm Scary Stories in The Dark  
**Sunday, September 22**  
1pm The Kitchen

6:30pm Fast & Furious Presents: Hobbs & Shaw\*  
**Wed, Sept 25-Sun, Sept 29**  
Theatre closed: Air Show

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

**Thursday, September 19**  
11am The Secret Life of Pets 2  
5pm Poms

**Friday, September 20**  
5pm Shaft (2019)  
**Saturday, September 21**  
2pm Aladdin (2019)

5pm Spider-Man: Far From Home  
**Sunday, September 22**  
5pm My Big Fat Greek Wedding

**Monday, September 23**  
5pm My Big Fat Greek Wedding 2  
**Tuesday, September 24**  
11am Brave

5pm Late Night  
**Wednesday, September 25**  
5pm A Dog's Journey  
**Thursday, September 26**  
11am Ralph Breaks The Internet

5pm Godzilla: King of Monsters



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**MISSION HILLS** - 1 of 3 studio-like bdrms. Historic district. No pets. Avail now. Utills extra. See to believe. \$1200/mo. 619-964-1744.

**OCEANSIDE** - Large room for rent in nice home. \$980/mo. includes utills. Tropical backyard. 858-610-6991.

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# Entertainment



**25th Annual Pacific Islander Festival**  
**Sat.-Sun., Sept. 21-22 • 9am-4pm • Free**

Pacific Islander Festival showcases the cultures and customs of Melanesia, Micronesia and Polynesia with entertainment, food, music and specialty crafts. Check on line for PIFA's two public shuttle locations. A free event held at Mission Bay's Ski Beach, Vacation Road, San Diego, CA 92109. 619-699-8797. [www.pifasandiego.com/](http://www.pifasandiego.com/)

**Nat'l City Bayside Brew and Spirits Fest**  
**Sat., Sept. 21 • Noon-5pm • \$40-\$60**

The National City Chamber of Commerce will host its third annual Bayside Brew and Spirits Festival Sat., Sept. 21, from noon to 5 p.m. at Pepper Park, 3299 Tidelands Ave., National City. The lively event will feature tastings offered by an anticipated 30 craft brewers, wineries, and spirits houses, local eateries, as well as live music by Southtown Generals, Kimba Light, and La Diabla. [www.baysidebrewfest.com](http://www.baysidebrewfest.com)



**San Diego Restaurant Week**  
**Citywide • Sept. 22-29 • \$10-\$50**

The 15th Annual San Diego Restaurant Week returns Sunday, Sept. 22 through Sunday, Sept. 29 for a delicious dining experience! With over 180 participating restaurants offering prix-fixe menu options throughout San Diego County, you're sure to find the perfect place to satisfy any craving. For one week only, over 180 participating restaurants will offer three-course prix-fixe dinner menus for \$20, \$30, \$40 or \$50 per person and/or two-course prix-fixe lunch menus for \$10, \$15 or \$20 per person. The participating restaurants span across the county. [www.sandiegorestaurantweek.com/](http://www.sandiegorestaurantweek.com/)

**Santa Fe Marketplace: Art, Jewelry, Crafts**  
**Fri.-Sun., Sept. 20-22 • 10am-5pm**

Celebrating the colorful cultures of Native Americans and the American Southwest, Bazaar del Mundo's annual Santa Fe Marketplace returns to Old Town, Fri.-Sun., Sept. 20-22. Transformed into a vibrant outdoor marketplace, Bazaar del Mundo (located at 4133 Taylor Street in Old Town) will overflow with exquisite collections of authentic Native American jewelry, art, crafts and décor from Navajo, Cherokee, Hopi, Pima, Isleta Pueblo and Santo Domingo Pueblo tribe members, along with other noted Southwestern artists demonstrating and selling their goods. [www.bazaardelmundo.com/bdm/](http://www.bazaardelmundo.com/bdm/)

**Oceanside Harbor Days**  
**Sat.-Sun., Sept. 21-22 • 9am-5pm • Free**

Oceanside Harbor Days are two event filled days of sun, sand, and surf provide an outstanding opportunity for residents and neighbors to experience fun activities including a costume party for kids 12 and under (accompanied by parents) at Pirate Village, Arts, Crafts and Food booth areas, Nail 'n' Sail Competition, Military, Public Safety displays, music, a beer garden (patrons 21-years old and over with a valid ID showing proof of age required to enter) and more. The event will feature arts and craft exhibits, great food and fun activities for the entire family. The event is open from 9am-5pm both days. [www.oceansidechamber.com/oceanside-harbor-days.html](http://www.oceansidechamber.com/oceanside-harbor-days.html)



**37th Annual Adams Avenue Street Fair**  
**Sat.-Sun., Sept. 21-22 • 10am-? • Free**

Adams Avenue Street Fair is SoCal's largest free two-day music festival held each year during the last weekend in September in the community of Normal Heights. The Street Fair features 100 musical acts on seven stages. Hours are from 10am-10pm, Sat., Sept. 21, and from 10am-6pm, Sun., Sept. 22, 2019. The event also features no host beer gardens and beer tastings, giant carnival rides, festival foods and more than 300 arts and crafts booths. 34th and Adams Ave., San Diego, 92116. [www.adamsavenuebusiness.com/event-info/adams-avenue-street-fair/](http://www.adamsavenuebusiness.com/event-info/adams-avenue-street-fair/)

**25th Annual San Diego Festival of Beer**  
**Sat., Sept. 21 • Noon-5pm • \$30-\$75**

San Diego Festival of Beer is a fun-filled evening with beer lovers like yourself enjoying the sounds of live music while sampling unlimited and exclusive craft beer tastings, food trucks, vendor booths, lively music, fun games, and more! Broadway Pier, 1000 North Harbor Dr., downtown SD.



**50th Annual Julian Music Festival**  
**Sat., Sept. 21 • 1-7pm • Adults \$15-\$20**

Celebrate the end of summer with bluegrass to celebrate the festival's roots and Western ballads to remember the past and present at the Julian Music Festival. Originally this festival was a banjo fiddle competition and more recently known as the Julian Bluegrass Festival. The contemporary Julian Music Festival is an "end of summer celebration" of over 40 years of music in Julian. This year's festival will feature a variety of musical genres including Americana, contemporary jazz, folk and more. We hope you can bring your lawn chairs and sun shades and spend the day with us. Menghini Winery, 1150 Julian Orchards Rd, Julian. Adults: \$15-\$20, Seniors \$12-18, Kids 15 and under free with paid adult.

## Fun with MWR

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**Have You Heard?** Fleet & Family Readiness is going digital! Find us everywhere you are: websites, social networking and apps. Less printed materials-more green environment! [www.navylifsw.com](http://www.navylifsw.com), Facebook and Instagram: @nbsdnnavylife, @navylifencb, @navylifencbpl  
**Your Chance to Win!** Join the Fleet & Family Readiness email list to receive event info, promotions and publications delivered directly to your inbox. You might just win an electronic device to help you "Stay Connected" with us! We're giving away Surface Tablets and iPads. Sign up at [www.navylifsw.com/win](http://www.navylifsw.com/win) today!

**Navy Gold Star Bells Across the Beach 5K Sand Run.** Fri, Sept. 20, 9 am, Free. NASNI, Breakers Beach Patio. Run to honor Fallen military and recognize Suicide Awareness onth. Register: [www.navylifsw.com](http://www.navylifsw.com), Info: 619-767-7054

**Noteworthy Puppet Show.** Fri, Sept. 20, 1 pm, Free. NAB Community Recreation Center, Bldg. 337. Come see our professional puppeteers as they perform original musicals just for us! Behind-the-scenes presentation and puppet photo opportunity included! Register: [www.navylifsw.com](http://www.navylifsw.com), Info: 619-437-3190

**Apple Picking in Julian.** Sat, Sept. 21, 9am, \$10. NBPL Subase, Community Recreation Center, Bldg. 546. Pick and purchase fruit from the apple orchard, then enjoy more fun around Julian. Cost includes transportation and snack. Register: [www.navylifsw.com](http://www.navylifsw.com), Info: 619-553-9138 or 619-437-3190

**Superhero Challenge.** Sat, Sept. 21, 10am-Noon, Free. NBSD Admiral Prout Athletic Fields. POW! BOOM! SMASH! Themed obstacle courses and rugged warrior inflatables for kids and adults! Dress up as your favorite character for a chance to win prizes! Register: [www.navylifsw.com/sdcr](http://www.navylifsw.com/sdcr), Info: 619-556-9597

**Tickets & Travel Leisure Fair.** Wed, Sept. 25, 10am-2pm. NASNI NEX Parking Lot. Bring your family for fun-filled day, enter prize drawings to win plush toys, amusement park tickets, hotel stays, more! Event is free and open to all MWR patrons w/base access. 619-545-9576

**Military Baby Shower.** Sun, Sept. 29, 10am-2pm, \$15 per person. NASNI, Island Club, Bldg. X. Expectant & new moms (under 6 mo.), plus one guest, are invited to a special baby shower to learn about military services available, play games, and enjoy giveaways, socialization and light snacks. Register: [www.navylifsw.com](http://www.navylifsw.com), 619-437-3190.

**Hump Day Prime Rib & Wine Dinner,** Wednesdays, 6:30-8pm, \$19. Admiral Baker River's Edge, Mission Gorge. Due to popular demand, we are extending this dinner offer. So make the most of your Wednesday! Enjoy terrific food with a great, social atmosphere! Includes glass of wine and accompaniments. Call for reservations today, 619-487-0016. Don't forget...Admiral Baker is open to the public!

### AUTO SKILLS

**"DO IT YOURSELF" AUTO SKILLS CENTERS.** Save money, get it done right and have the satisfaction of knowing you did it yourself at your base Auto Skills Center. We specialize in all your automotive needs from changing/balancing tires and lift rental to steam cleaning, diagnostic and code reading. We supply the tools and "know how," you provide the labor. Automotive Retail Store with 100s of items in stock • Special Order Parts Service • Stall Rental (covered and uncovered) • Lube Hoists • Lifts • Steam Cleaner • Code Scanner • Battery Charger • Lock Out Service and the list goes on! Stop by or call today: NASNI, Bldg. 825, 619-545-7235 and NBSD, Bldg. 3234, 619-556-7009. Check out our Automotive Retail Store at NBSD!

## PLACES OF WORSHIP

### Bayview Church

*Attract...Assimilate...Activate*  
 6126 Pastor Timothy J Winters St., San Diego 92114 (619) 262-8384  
 Sunday 6:45am, 8:30am, 11am Worship Service  
 Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am  
[www.bayviewbc.org](http://www.bayviewbc.org) info@bayviewbc.org

### Canyon View Church of Christ

*"Love God, Love People, Serve the World"*  
 Sunday Bible Classes for all ages 9am  
 Sunday Worship 10am, 6pm  
 Wednesday nights 6pm Fellowship & Pizza! 6:30pm Bible Classes for all ages  
 4292 Balboa Ave., San Diego, CA 92117 Email: [cvoffice@canyonview.org](mailto:cvoffice@canyonview.org)  
 (Near corner of Balboa Ave & Clairemont Dr) (858) 273-5140  
[www.canyonview.org](http://www.canyonview.org) @gotochrist facebook.com/cccsd

### Christ Community Church

*Helping people love God and each other more!*  
 Saturdays at 6 pm & Sundays 8:45am & 10:45am  
 Children's Ministries for All Kids!  
 Small Groups for Teens and Adults of All Ages!  
 9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15  
[www.gotoChrist.com](http://www.gotoChrist.com) or (858) 549-2479

### E GWC Worship Center Eastlake

Sunday: Sunday School 9am; Morning Worship Service 10am  
 Wednesday: Bible Study 7pm  
 Preschool Academy Ages 2-5; 6am to 6pm; M-F (619) 656-0131  
 10% Military Discount  
 880 Kuhn Dr., Chula Vista, CA 91914 (Directly Across from Kohl's)  
 Website: <http://www.extremegospelwc.org>

### First Baptist Church

*"Reach Up, Reach Out, Reach the World"*  
 Interim Pastor Jim Baize [www.fbcoronado.com](http://www.fbcoronado.com)  
 Sunday Bible Study 8:45am, Sunday Worship Service 10am  
 Friday's Women's Bible Study 9:30-11:30am  
 445 C Ave., Coronado, CA 92118 (619) 435-6588  
[ariel@fbcoronado.com](mailto:ariel@fbcoronado.com) FB: First Baptist Church of Coronado

### First Church of Christ, Scientist, Chula Vista

*A healing church to bless the community—all are warmly welcomed!*  
 Sunday: Worship Service and Sunday School 10am  
 Wednesday: Testimony Meeting 7pm  
 Reading Room: bookstore/library--items to read, purchase, borrow, & free  
 300 Third Avenue, Chula Vista Tu-Sat 10am-2pm  
 Church: 41 "I" Street, Chula Vista, CA 91910  
 Call (619) 422-6400 for further info. [www.prayerthatheals.org](http://www.prayerthatheals.org)

**New military families are moving to San Diego every day. Invite them to worship with you in the Dispatch Church Directory. (619)280-2985**

### La Jolla Lutheran Church

*"We Follow Jesus"*  
 Sunday 9:30am Worship and Sunday School  
 Wednesday 6:30pm Bible Study  
 7111 La Jolla Blvd., La Jolla, CA 92037  
 (858) 454-6459  
[LaJollaLutheranChurch.com](http://LaJollaLutheranChurch.com)

### Mesa View Baptist Church

Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant  
 CW03, USMC (Ret.)  
*Seeking Sinners; Saving Souls, Strengthening Saints*  
 Sunday Church School at 8:45am • Morning Worship at 10am  
 Wednesday Night Bible Study 7pm  
 13230 Pomerado Rd., Poway CA 92064  
[www.mesaview.org](http://www.mesaview.org) (858) 485-6110

### Mission Valley Community Chapel

*"Little Lighthouse in the Valley"*  
 Sunday School: 10am  
 Sunday Service: 11:15am  
 Prayer Meeting: 7pm Wednesday  
 6964 Mission Gorge Rd., San Diego, CA 92120  
 Phone: (619) 286-1336

### Mt. Moriah Christian Church

*"Purpose Driven" Gospel Church"*  
 Multi-Cultural, Non-Denominational  
 Services on Sunday at 9am and 11am Near Miramar Base  
 L.J. Thomas - Sr. Pastor  
 7055 Carroll Rd., San Diego CA 92121  
 (858) 335-5795 [www.mtmoriahcc.org](http://www.mtmoriahcc.org)

### St. Luke's Lutheran Church

5150 Wilson Ave., La Mesa, CA 91942  
 Phone: (619) 463-6633  
 website: [www.st-lukes-la-mesa.org](http://www.st-lukes-la-mesa.org)  
 Worship: 9am  
 Pastor: Mark Menacher, PhD.  
*We thank you for your service!*

# Things to do Around Town this weekend

**Same Same But Different Festival** Fri-Sat, Sept 20-21, in Perris Beach, CA. [www.ssbdfest.com](http://www.ssbdfest.com)

**Santa Fe Marketplace** Fri-Sun, Sept 20-22, at Bazaar del Mundo. [www.bazaardelmundo.com](http://www.bazaardelmundo.com)

**SD Padres vs. Arizona Diamondbacks** Fri-Sun, Sept 20-22, at Petco Park. [www.mlb.com/padres](http://www.mlb.com/padres)

**Mamma Mia!** Sept 20-29, at Star Theatre in Oceanside. [www.star-theatreco.com](http://www.star-theatreco.com)

**Noura**, Sept 20-Oct 20, at The Old Globe. [www.theoldglobe.org](http://www.theoldglobe.org)

**Intimate Apparel**, Sept 20-Oct 20, at New Village Arts Theatre. [www.newvillagearts.org](http://www.newvillagearts.org)

**California Coastal Cleanup Day** at 100+ sites countywide, Sat, Sept 21, 9am-noon. [www.cleanupday.org](http://www.cleanupday.org)

**Guided Bird Walk: Old Mission Dam**, Sat, Sept 21, 8-10am. Free. Join Mission Trails Regional Park birders to observe the bird populations found at this dam built over 200 years ago to divert SD River water into a flume and take the water six miles to the agricultural fields of the SD Mission. Meet at Old Mission Dam. Kumeaya Lake Campground, Two Father Junipero Serra Trail, Santee

**Summer Twilight Walk**, Sat, Sept 21, 6:15-8:15pm. Free. Twilight walk Mission Trails Regional Park with guide pointing out interesting sights. Watch for owls, bats lizards. Meet at Bushy Hill Parking Lot across from Campground Entry Station. Kumeaya Lake Campground, Two Father Junipero Serra Trail, Santee.

**25th Annual San Diego Festival of Beer** at Broadway Pier, Sat, Sept 21, 12-5pm. [www.sdbeerfest.org](http://www.sdbeerfest.org)

**Help Restore Nesting Habitat For Endangered Bird**, Sat, Sept 21, 9:30am-12:30pm. Free. Join SD Audubon to restore nesting habitat of CA Least Tern, a federally-listed endangered seabird! Remove weeds, repair fencing, install signage at Stony Point on Fiesta Island. Please wear closed-toed shoes, work clothes, bring a hat, sunglasses and a jacket. Water, snacks, sunscreen, gloves and all tools will be provided. Minors required to have their waivers signed by a legal guardian. RSVP or find out more from Restoration Manager, Megan

Flaherty, at 858-273-7800 x 106. Fiesta Island.

**Lima & Chili Bean Cook Off** at The Heritage Ranch. Sat, Sept 21. [www.sdheritage.org](http://www.sdheritage.org)

**San Diego Zoo Food, Wine & Brew Celebration**, Sat, Sept 21, 6:30-10:30pm. [www.zoofoodandwine.com](http://www.zoofoodandwine.com)

**Free Yoga in the City**, Sat, Sept 21, 9-10am. Free. Every weekend, we invite the community to unwind during family-friendly yoga class taught by Yoga One. Bring your own mat and water. All levels and ages are welcome. The Quartyard, 1301 Market St, downtown SD.

**Walk to End Alzheimers**. Sat, Sept 21, 9:30am. Raise awareness and funds for Alzheimers care, support and research. NTC Park at Liberty Station. [www.alz.org/walk](http://www.alz.org/walk)

**ZERO Prostate Cancer Run/Walk** at De Anza Cove Park, Sat, Sept 21, 9am. [www.zerocancer.org](http://www.zerocancer.org)

**American Cancer Society Fight Back 5K Run/Walk** at Bates Nut Farm, Sat, Sept 21, 8am-3pm. [www.batesnutfarm.biz](http://www.batesnutfarm.biz)

**Clash at Clairemont: Bigger, Faster, Louder!** Sat., Sept. 21, 11am-6pm. Skate, BMX, Music. Clash at Clairemont delivers a star-studded athlete roster, incredible musicians, vendors, food and fun for the whole family. Greatest gathering of Skate & BMX legends, top pros and rising stars coming together to throw down for a good cause. Athletes scheduled include Tony Hawk, Bucky Lasek, Andy MacDonald, Elliot Sloane, Parker Heath, Brendan Wirkus, Ratty Maty, Mykel Larrin. And many more! [www.clashatclairemont.com/Clash7/](http://www.clashatclairemont.com/Clash7/)

**ArtWalk Carlsbad**, Sat-Sun, Sept 21-22, on Armada Drive. [www.artwalksandiego.org](http://www.artwalksandiego.org)

**San Diego Festival of Beer**, Sat, Sept 21, noon-5pm. A day of craft beer, food trucks, vendors and entertainment at Broadway pier, 1000 N Harbor dr. [www.sdbeerfest.org](http://www.sdbeerfest.org)

**Adams Avenue Street Fair**, Sat-Sun, Sept 21-22. Sat 10am-10pm; Sun 10am-6pm. Music, beer, food, concession booths, carnival area! Adams Ave (betwn 32nd & 35th St). [adamsavenuebusiness.com](http://adamsavenuebusiness.com)

**Pacific Islander Festival**. Sat-Sun, Sept 21-22, 9am-4pm. Theme is "Journey Home." Festival showcases Melanesia, Micronesia and Polynesia. Ski Beach. [www.pifasandiego.com](http://www.pifasandiego.com)

**Oceanside Harbor Days**, Sat-Sun, Sept 21-22, 9am-5pm. Two event filled days of sun, sand and dsurf! oceanside harbor. [www.oceanside-chamber.com](http://www.oceanside-chamber.com)

**17th Vista Viking Festival**, Sat-Sun, Sept 21-22, 10am-6pm. \$3-\$15. Viking Festival, and Norse Culture event. Step back a thousand years into our Viking Village and Marketplace. KidZone, weapons range, food, 2 stages of live music, Viking combat, more. Norway Hall, Vista. All parking off-site at w/free shuttle. Parking lots \$5 (Free with Military ID) Locations; Vista High School, One Panther Way; Guajome Park Academy 2000 N Santa Fe Ave. [www.vikingfestivalvista.com/](http://www.vikingfestivalvista.com/)

**Leopard Shark Snorkeling**, Sat-Sun, Sept 21-22, 8-10am. \$25-\$35. Join aquarium naturalists and search for Leopard Sharks and other local creatures off the La Jolla coast. Discover the abundant variety of animals that make their homes just offshore along sandy

bottom and rocks. Intermediate swimming ability is required and previous snorkeling experience is recommended. Participants supply their own gear. Ages 10+ (minors must be accompanied by a paid adult). Pre-purchase required. Members: \$25 Public: \$30 Birch Aquarium at Scripps, 2300 Expedition Way. [aquarium.ucsd.edu/experiences/programs/shark-snorkeling](http://aquarium.ucsd.edu/experiences/programs/shark-snorkeling)

**Walkabout**, Sat-Sun, Sept 21-22; Wed, Sept 25, 9:30-11am. Free Mission Trails Regional Park Trail Guide-led walkabout in one of the largest city owned open space parks in the country. Hour and a half walk. Bring water, it may be hot. Meet inside Visitor Center. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos.

**Bare Booty 5k Fun Run**, Sun, Sept 22, 9am. \$34-\$39. This is a scenic desert 5k trail run on a course bordering the Anza-Borrego State Park. Like the original Olympics, this is a nude run. DeAnza Springs Resort is a family friendly clothing optional resort. Registration includes custom beach towel, and custom medal for 1st 100 participants, as well as prizes for first six female and male finishers. DeAnza Springs Resort, 1951 Carrizo Gorge Rd, Jacumba.

**Tiki Swim**, Sun, Sept 22, at Oceanside Pier. [www.tikiswim.com](http://www.tikiswim.com)

**Sunset Community Paddle**, Sun, Sept 22, 6-8pm. Free-\$30. Join monthly community sunset paddle in Mission Bay. Standup paddleboard, kayak, canoe, or hydrobike. All skills, watercraft welcome. Rentals available. Aqua Adventures, 1548 Quivira Way, Mission Beach.

**Family Discovery Walk**, Sun, Sept 22, 3-4:40pm. Free. Trained MTRP Trail Guide will be ready to take families on an afternoon walk in the park. Meet inside the Visitor Center. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos

**Touch-a-Truck Lakeside**, Sun, Sept 22, 10am-3pm. Bring the family to this awesome event featuring San Diego's biggest and baddest vehicles. 1160 Riverside Dr. [www.tatlakeside.com](http://www.tatlakeside.com)

**San Diego Restaurant Week**. Sun, Sept 22-Sun, Sept 29, restaurant hours. This culinary tradition features discounted menus from many of San Diego's best restaurants. [sandiegorestaurantweek.com](http://sandiegorestaurantweek.com)

**GI Film Festival San Diego Opening Night** featuring Take Me Home Huey, Tues, Sept. 24, 7pm. \$20 veterans/military, \$25 GA. See the film, hear from filmmakers, enjoy dessert reception at the Museum of Photographic Arts. "Take Me Home Huey," documents contemporary artist Steve Maloney's transformation of a wounded warbird, into a colorful sculpture. As the battered helicopter becomes whole, stories of Vietnam veterans and their families parallel the healing journey of Huey #174, and viewers begin to understand what veterans must face finding relief from trauma sustained during the war. When the surviving crew of #174 is finally reunited with their helicopter, the Huey is no longer a combat gunship or air ambulance but has taken on a new life as an ambassador of healing, encouraging dialogue between surviving soldiers and their families working to heal old war wounds. Admission to opening night screening includes hosted reception with wine, beer, small bites, and dessert following the film and panel discussion. MoPA. 1649 El Prado, Balboa Park. [gifilmfestivalsd.org/2019/](http://gifilmfestivalsd.org/2019/)



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# Concerts



## Florida Georgia Line

Fri, Sept 20, 7:30pm. North Island Credit Union Amphitheatre, Chula Vista  
Sat-Sun, Sept 28-29, 7pm. Five Point Amphitheatre, Irvine.

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

## September

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

**Daring Greatly** at California Center for the Arts, Escondido, Fri, Sept 20, 6pm. www.artcenter.org  
**Chicago** at Harrah's Resort, Fri, Sept 20, 8pm. harrahssocal.com  
**Steely Dan** at Pechanga Resort & Casino, Fri, Sept 20, 8pm. www.pechanga.com

**Lenny Kravitz** at San Diego Civic Theatre, Fri, Sept 20, 8pm. www.sandiegotheatres.org

**Teo Gonzales** at Balboa Theatre, Fri, Sept 20, 8:30pm. www.sandiegotheatres.org

**iHeart Radio Music Festival** Fri-Sat, Sept 20-21, in Las Vegas, NV. iheart.com/music-festival

**Casting Crowns** at San Diego Civic Theatre, Sun, Sept 22, 7pm. www.sandiegotheatres.org

**Steve Miller Band** at Pechanga Resort & Casino, Sun, Sept 22, 7:30pm. www.pechanga.com

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

## October

**Peter Frampton and Jason Bonham's Led Zeppelin**

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, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**Gobsmack and Halestorm.** Tues, Oct 15, 7:30pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., SD (619) 594-6947.

**The Who and Liam Gallagher.** Wed, Oct 16, 7:30pm. Rock. Viejas Arena at SDSU, 5500 Canyon Crest Dr., SD. (619) 594-6947.

**The Jonas Brothers.** Thurs, Oct 17, 7:30pm. Pop. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

**The Faim, Stand Atlantic, WSTR.** Thur, Oct 17, 6pm. Rock. Soma, 3350 Sports Arena Blvd, SD. (619) 226-7662.

**Chris Brown.** Fri, Oct 18, 7:30pm. Hip-hop/rap/pop. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

**Tyler the Creator,** Sat, Oct 19, 7:30pm. Hip-hop/rap/pop. Pechanga Arena, 3500 Sports Arena Blvd. (619) 224-4171.

**Bring Me The Horizon and Sleeping with Sirens,** Sat, Oct 19, 7pm. Pop/rock. Viejas Arena, 5500 Canyon Crest Dr, San Diego. (619) 594-6947.

**The Capitol Steps.** Sat, Oct 19, 8pm. Comedy. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

**Lizzo.** Thur, Oct 24, 7:30pm. hip-hop/rap/pop. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**For King and Country.** Thur, Oct 24, 7:30pm. Folk. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

**Sara Bareilles.** Tues, Oct 29,

7:30pm. Pop. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

## November

**Jon Pardi.** Fri, Nov 1, 7:30pm. Country. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Twenty One Pilots.** Tues, Nov 5, 7:30pm. Alt/rock. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

**Luke Combs and Morgan Wallen.** Thurs, Nov 7, 7:30. Country. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

**Gloria Trevi.** Sun, Nov 10, 7:30pm. Latin/pop. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

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## 2020 Toyota Corolla SE

4 Cyl Automatic

Lease for

**\$224**

PER MONTH PLUS TAX 36 MONTHS



1 at this payment. Stk #: 58013, VIN: JTD54RCE5LJ040369, Model #: 1864. Net capitalized cost \$20,874.62 \$224 plus tax monthly for 36 months with \$3,300 due at lease signing. Includes \$600 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 9/30/19

## 2019 Toyota Camry LE

Lease for

4 Cyl Automatic

**\$273**

PER MONTH PLUS TAX 36 MONTHS



1 at this payment. Stk #: 56447, VIN: 4T1B11HK5KU735047, Model #: 2532. Net capitalized cost \$22,280.32. \$273 plus tax monthly for 36 months with \$3,800 due at lease signing. Includes \$650 Toyota Factory Lease Subventions Cash. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 9/30/19.

## 2019 Toyota Tacoma Double Cab TRD Offroad

V6 Automatic 4x2

Lease for

**\$348**

PER MONTH PLUS TAX 36 MONTHS



1 at this payment. Stk #: 58029, VIN: 3TMAZ5CN8KM113628, Model #: 7150. Net capitalized cost \$33,791.84. \$348 plus tax monthly for 36 months with \$4,150 due at lease signing. Includes \$1000 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 9/30/19.

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www.frankhyundai.com

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## 2020 HYUNDAI ELANTRA SE AUTOMATIC

\$16,277 FRANK'S PRICE

-\$1250 RETAIL BONUS CASH  
-\$500 MILITARY or 1st RESPONDERS  
-\$750 VALUED OWNER COUPON

NET PRICE

**\$13,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 9/23/19. 6 at this price.

## 2019 HYUNDAI SONATA SE

\$20,527 FRANK'S PRICE

-\$2750 RETAIL BONUS CASH  
-\$1000 HYUNDAI FINANCE BONUS CASH  
-\$500 MILITARY or 1st RESPONDERS  
-\$500 VALUED OWNER COUPON

NET PRICE

**\$15,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 9/23/19. 1 at this price #819517

# FRANK SUBARU

2829 NATIONAL CITY BLVD.  
888.207.1891  
www.franksubaru.com

## 2019 SUBARU 2.0i CVT PREMIUM LEASE FOR

### CROSSTREK

**\$285** PER MONTH PLUS TAX 36 MONTHS

ZERO DOWN!



\*1 at this payment, STK# 20266 VIN# KH249247 Model # KR14. \$285 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 9/30/19.

## 2019 SUBARU PREMIUM FORESTER 2.5i CVT

**\$369** PER MONTH PLUS TAX 36 MONTHS

ZERO DOWN!



\*1 at this payment, STK# 21573 VIN# KH545774 Model # KJF 41. \$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 9/30/19.

## 2019 SUBARU PREMIUM WRX 6MT

**\$389** PER MONTH PLUS TAX 36 MONTHS

ZERO DOWN!



\*1 at this payment, STK# 20369 VIN# K9813488 Model # KUO 11. \$389 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 9/30/19.

## 4-WHEEL ALIGNMENT

**\$89<sup>95</sup>** + tax

~~WAS \$119<sup>85</sup>~~



- Precision computerized wheel alignment
  - Adjust caster, camber & toe
  - Inspect suspension for wear
- Center steering wheel • Inspect tires

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 9/30/19.

### ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

Frank Motors is now hiring part-time & full time employees. Apply on-line [www.FrankToyota.com](http://www.FrankToyota.com)

### Military Special Only

## OIL & FILTER CHANGE

**\$29<sup>95</sup>** + tax

~~WAS \$39<sup>85</sup>~~

- Install Genuine Toyota, Hyundai or Subaru oil filter
- Replace engine oil (up to 5 qts conventional oil)
- Top off under the hood fluids
- FREE Check & set tire pressure to vehicle specifications
- FREE Multipoint inspection
- FREE Car Wash
- FREE Battery Test

Synthetic, V6 & V8 additional Toyotas, Hyundais, or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 9/30/19.

## FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL

**\$50 OFF**

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

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Not valid with any other offer or discount. Valid only at Frank Auto Motors locations. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 9/30/19.

Plus **10% OFF**

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

**WE HONOR OUR MILITARY!!**