

CFC makes it simple
to give

See page 7

AutoMatters & More



Tire Pressure Monitoring System
- What every driver needs to know.

See page 11

Base Movie Schedule

Saturday, Nov. 2, **ADVANCED**

SCREENING, 4:30 p.m., Midway, Lowry
Theater, NASNI.

See page 12

Navy Marine Corps Coast Guard Army Air Force

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985

Serving active duty and retired military personnel, veterans and civil service employees

FIFTY NINTH YEAR NO. 27
THURSDAY, OCTOBER 31, 2019

Navy has fattest members of the military - but obesity rates are up across all services

by Chad Garland,
Stars and Stripes

The Navy was the most obese and the Marine Corps was by far the least, but the overall rate across the military continued a steady increase, a Defense Department study found.

Marines, meanwhile, were hampered most by back and knee injuries, said the Health of the DOD Force report, which also looked at the services' rates of injury, sleep disorders and behavioral disorders.

More than 17 percent of military personnel were considered obese across the DOD, up from less than 16 percent four years earlier, said the report, published in the August edition of the military's Medical Surveillance Monthly Report.

For the Navy, the rate was 22 percent, compared to 8.3 percent of Marines. The Army's rate matched the overall average and the Air Force was slightly higher at about 18 percent.

"This report highlights obesity as a growing health concern among Sailors," the study authors said. "Obesity contributes to hypertension, diabetes, coronary heart disease, stroke, cancer, all-cause mortality, and increased healthcare costs."

The findings follow earlier studies that have found dramatic increases in obesity among the services since 2001.



USS Boxer crewmembers run on the flight deck during Labor Day 5K. Navy photo by John Luke McGovern

But while obesity had grown, overall rates of injury have decreased since 2016, the report found. As with obesity, the results were not the same across all the services.

The Navy fared the best with the lowest rates of acute and cumulative trauma injuries, and lower than average rates of sleep disorders and behavioral health diagnoses, such as adjustment disorder, depression and anxiety.

The Army, the largest branch, saw Soldiers suffering the highest rates of injury, behavioral health disorders and sleep dis-

orders, the study found.

Mission-specific training and operational requirements were likely to blame for the rate of injury that was about 26 percent higher than the DOD average, it said.

The study recommended the military look at the causes and prevention of behavioral health and sleep disorders, such as sleep apnea and insomnia, given their potential to reduce performance or lead to disability and separation.

The Air Force saw among the highest rates of injuries

from repeated "micro-trauma," which caused pain and inflammation in backs, knees and other joints.

The Marine Corps, which is the smallest branch, also had the youngest force, which likely explains its relatively low rate of obesity.

The military data show more than one-quarter of troops over age 35 were obese, compared to less than 10 percent of those under age 25. Nearly 90 percent of Marines were under age 35, compared to about three-quarters of the other services.

Admiral: Carrier *Lincoln's* Middle East mission will be extended

U.S. NAVAL INSTITUTE - The *Lincoln* Carrier Strike Group will remain on station in the Middle East while its relief carrier is still undergoing unexpected repairs on the East Coast, Vice Chief of Naval Operations Adm. Robert Burke said. "She's just over eight months right now because, as always, the world gets a vote," he said during the Military Reporters and Editors conference on Oct. 25. "Every sailor knows the world gets a vote, and we're going to stay and do the job until they're properly relieved." As of last Thursday, USS *Abraham Lincoln* (CVN-72) was operating in the North Arabian Sea. While the Navy is planning for the carrier to be extended, it's unclear if Secretary of Defense Mark Esper has signed the order to formally extend the deployment. A Pentagon spokesperson did not have any additional details when contacted by USNI News on Friday.

Nearly 500 Guard members activated for California fires

The California National Guard activated 470 service members to support efforts to fight the fires that have spread across 66,000 acres in Sonoma County in the northern part of the state, service officials said Oct. 28. Service members responded during the weekend as the fire, which began last Wednesday, grew in size through Monday as wind gusts reached 50 mph, said Lt. Col. Jonathan Shiroma, spokesman for the California National Guard. "All of our units throughout the state are aware of what's going on and are ready to go if called upon," he said of the increased wildfire activity across California. The state has 4,100 personnel and 440 fire engines battling the blaze, known as the Kincadee Fire, which has already claimed 40 homes, according to the California Department of Forestry and Fire Protection, known as Cal Fire. *see related photo, page 4*

SD man released from hospital, cited after NMCSO incident

An 18-year-old transient man was released from a local hospital and issued a federal trespassing citation after attempting to drive onto a San Diego Navy installation without authorization Oct. 28. Eric Durand of San Diego approached Naval Medical Center San Diego's Florida Drive access gate in a pickup truck at approximately 8:45 p.m. Monday night, and didn't stop when directed by the sentry. The security team deployed barriers to prevent the driver from accessing the base. Durand made a U-turn and stopped his vehicle near the sentry point. Durand got out of the vehicle in an agitated state, yelling at the sentry. A dog jumped out of the civilian's vehicle and charged toward the sentry. The sentry fired one shot at the dog, which missed, grazing the Durand's ankle.

see NMCSO, page 6

Lots in store for Fleet Week San Diego attendees Nov. 4-12

New this year: Veterans art exhibit, Military-First Responder Softball Tournament, Veterans Day Parade and post-parade concert

Fleet Week has a long history in San Diego, from Theodore Roosevelt's "Great White Fleet" gracing the city's shores in 1908 to more than 100 ships visiting "America's Finest City" in 1935 for the California Pacific Inter-

national Exposition. Now, home port to 57 Navy ships, three major Marine Corps bases, and a robust Coast Guard element, San Diego is no stranger to sea services, but the opportunity to get a public, up-close look at the military forces in the county is a rare occurrence, happening only a couple of times each year.

From Nov. 4-12, the San Diego Fleet Week Foundation

will partner with the military, the Veterans Day Parade Organization, and the Port of San Diego to host FWSD.

The nine-day event kicks off with a 16 team softball tournament between teams of first responders from the cities around the Bay and military teams from the bases in the area, and wraps up with a golf tournament for the enlisted service men and woman.

"San Diego is definitely a military town," said Gordon Rutherford, 2019 Fleet Week San Diego President. "San Diegans and visitors don't often get a chance to meet the people and see the technology they use to defend the U.S. and our way of life. We're proud of the work our military men and women perform, and Fleet Week is a great way to honor their service."

More than 20,000 visitors attended Fleet Week festivities in 2018, learning about Marine Corps field combat gear and touring USS Harpers Ferry and USCGC Mellon. In addition to ship tours and Marine Corps static displays, the popular Innovation Zone and Coast Guard Open House returns to Fleet Week 2019 along with the addition of a Veterans Art Exhibit

and the Veterans Day Parade.

Other activities include the Enlisted Recognition Luncheon, Student STEM Days, a Military Family Day, and concerts featuring Tim Hurley and Coffey Anderson.

See Fleet Week SD schedule on page 4. For more information visit <https://fleetweeksandiego.org/events/>.



FALL FLASH SALE

OPEN SUNDAYS

Get it Today...

No Credit

Needed!

Hurry In!
Sale Ends Monday,
November 4th
at 9pm!



30% Off! ‡

plus 2 Years

0% interest* • NO down payment
NO minimum purchase

On purchases with your Ashley Advantage™ credit card from 10/22/2019 to 11/4/2019. Equal monthly payments required for 24 months. Ashley Furniture does not require a down payment, however, sales tax and delivery charges are due at time of purchase. *See below for details.

TORRANCE - NOW OPEN!

19800 Hawthorne Blvd.
Torrance, CA 90503
310.953.3480

EL CAJON - LOCATION COMING SOON!

575 Fletcher Parkway,
El Cajon, CA 92020

NOW HIRING!
Sales Associates

Get it Today!
No Credit Needed!

BAKERSFIELD
8915 Rosedale Hwy
Bakersfield, CA 93312
661-588-7953
facebook.com/
AshleyHSBakersfield

BURBANK
East of the 5
Exit Burbank Blvd
401 N. 1st St
Burbank, CA 91502
818-840-5620
facebook.com/
AshleyHSBurbank

CANOGA PARK
21301 Victory Blvd.
Canoga Park, CA 91303
747-226-6026
facebook.com/
AshleyHSCanogaPark

COLTON
Exit Mt. Vernon Ave.
855 Ashley Way
Colton, CA 92324
909-433-5303
facebook.com/
AshleyHSColton

COLTON
OUTLET
1601 Ashley Way
Colton, CA 92324
909-572-2260
Mon. - Sun. 9am - 5:30pm
facebook.com/
AshleyHSColtonOutlet

FOUNTAIN VALLEY
Just East of 405 Fwy
18060 Euclid St
Fountain Valley, CA 92708
714-549-3200
facebook.com/
AshleyHSFountainValley

HAWTHORNE
East of 405, Rosecrans Exit
14600 Ocean Gate Ave
Hawthorne, CA 90250
310-349-2083
facebook.com/
AshleyHSHawthorne

LAGUNA HILLS
Just North of
the Laguna Hills Mall
24001 El Toro Rd
Laguna Hills, CA 92653
949-461-0829
facebook.com/
AshleyHSLagunaHills

LONG BEACH
West of the 605 in Long
Beach Towne Center
7410 Carson Blvd
Long Beach, CA 90808
562-766-2050
facebook.com/
AshleyHSLongBeach

LOS ANGELES
South of the 10,
Exit Convention Center
1810 S Broadway
Los Angeles, CA 90015
213-745-2980
facebook.com/
AshleyHSLosAngeles

LOS ANGELES
In the Venice Crossroads
Shopping Center
8985 Venice Blvd., Suite A-3
Los Angeles, CA 90034
310-596-4335
facebook.com/
AshleyHSWestLosAngeles

MONTCLAIR
Located South
of Montclair Plaza
5055 S. Montclair Plaza Ln
Montclair, CA 91763
909-625-4420
facebook.com/
AshleyHSMontclair

MURRIETA
25125 Madison Ave
Murrieta, CA 92562
951-894-7988
facebook.com/
AshleyHSMurrieta

NORTHridge
Just East of the
Northridge Mall
9301 Tampa Ave. Ste 1401
Northridge, CA 91324
818-717-1740
facebook.com/
AshleyHSNorthridge

OXNARD
Located in the
Market Place at Oxnard
Shopping Center
1721 E Ventura Blvd
Oxnard, CA 93036
805-981-0284
facebook.com/
AshleyHSOxnard

PALMDALE
Across from the AV Mall
39626 10th St West
Palmdale, CA 93551
661-225-9410
facebook.com/
AshleyHSPalmdale

PALM DESERT
Desert Gateway Plaza
34740 Monterey Ave
Palm Desert, CA 92211
760-202-3052
facebook.com/
AshleyHSPalmDesert

SAN DIEGO
7770 Miramar Road
San Diego, CA 92126
858-408-1701
facebook.com/
AshleyHSSanDiego

SAN MARCOS
1050 Los Vallecitos Blvd
San Marcos, CA 92069
760-539-4663
facebook.com/
AshleyHSSanMarcos

SANTA ANA
Located in the
Westfield MainPlace Mall
2800 N Main St., #2100
Santa Ana, CA 92705
714-558-5300
facebook.com/
AshleyHSSantaAna

SANTA CLARITA
Center Point
Market Place Across
From Sam's Club
and Super Walmart
26520 Carl Boyer Dr
Santa Clarita, CA 91350
661-284-7200
facebook.com/
AshleyHSSantaClarita

TORRANCE
19800 Hawthorne Blvd
Torrance, CA 90503
310-953-3480
facebook.com/
AshleyHSTorrance

VICTORVILLE
North of Victor
Valley Mall
12704 Amargosa Rd
Victorville, CA 92392
760-261-5386
facebook.com/
AshleyHSVictorville

WEST COVINA
Located in the
Eastland Shopping
Center
2753 E Eastland Ctr Dr #2050
West Covina, CA 91791
626-938-1480
facebook.com/
AshleyHSWestCovina

YORBA LINDA
Just North of Fwy 91
22705 Savi Ranch Pkwy
Yorba Linda, CA 92887
714-363-9900
facebook.com/
AshleyHSYorbaLinda

Follow us at
@AshleyHomeStoreWest

OPEN 7 DAYS A WEEK: Monday - Sunday 10am - 9pm "Se Habla Español"

www.AshleyHomeStore.com



*Offer applies only to single-receipt qualifying purchases. Ashley HomeStore does not require a down payment, however, sales tax and delivery charges are due at time of purchase if the purchase is made with your Ashley Advantage™ Credit Card. No interest will be charged on promo purchase and equal monthly payments are required equal to initial promo purchase amount divided equally by the number of months in promo period until promo is paid in full. The equal monthly payment will be rounded to the next highest whole dollar and may be higher than the minimum payment that would be required if the purchase was a non-promotional purchase. Regular account terms apply to non-promotional purchases. For new accounts: Purchase APR is 29.99%; Minimum Interest Charge is \$2. Existing cardholders should see their credit card agreement for their applicable terms. Promotional purchases of merchandise will be charged to account when merchandise is delivered. Subject to credit approval. †Monthly payment shown is equal to the purchase price, excluding taxes and delivery, divided by the number of months in the promo period, rounded to the next highest whole dollar, and only applies to the selected financing option shown. If you make your payments by the due date each month, the monthly payment shown should allow you to pay off this purchase within the promo period if this balance is the only balance on your account during the promo period. If you have other balances on your account, this monthly payment will be added to the minimum payment applicable to those balances.

‡Subject to credit approval. Minimum monthly payments required. See store for details.

††Previous purchases excluded. Cannot be combined with any other promotion or discount. Discount offers exclude Tempur-Pedic®, Stearns & Foster® and Sealy Posturepedic Hybrid™ mattress sets, floor models, clearance items, sales tax, furniture protection plans, warranty, delivery fee, Manager's Special pricing, Advertised Special pricing, and 14 Piece Packages and cannot be combined with financing specials. Effective 1/1/2018, all mattress and box springs are subject to a \$10.50 per unit CA recycling fee. †Subject to availability. Order must be entered by 4 PM. SEE STORE FOR DETAILS. Stoneledge Furniture LLC., many times has multiple offers, promotions, discounts and financing specials occurring at the same time; these are allowed to only be used either/or and not both or combined with each other. Although every precaution is taken, errors in price and/or specification may occur in print. We reserve the right to correct any such errors. Picture may not represent item exactly as shown, advertised items may not be on display at all locations. Some restrictions may apply. Available only at participating locations. ‡Leather Match upholstery features top-grain leather in the seating areas and skillfully matched vinyl everywhere else. Ashley HomeStores are independently owned and operated. ©2019 Ashley HomeStores, Ltd. Promotional Start Date: October 22, 2019. Expires: November 4, 2019.

Esper: Baghdadi death provides warning to terrorists

by Jim Garamone

The death of ISIS founder and leader Abu Bakr al-Baghdadi will not end terrorism, but it will “send a message to those who would question America’s resolve and provide a warning to terrorists who think they can hide,” said Defense Secretary Dr. Mark T. Esper.

“The United States - more than any nation in the world - possesses the power and the will to hunt to the ends of the Earth those who wish to bring harm to the American people,” Esper said at a Pentagon news conference Oct. 28. “Saturday’s

“**SATURDAY’S OPERATION IS JUST ONE EXAMPLE OF THE DETERMINATION AND GREAT SKILL OF THE U.S. MILITARY,” SAID DR. MARK ESPER, DEFENSE SECRETARY.**

operation is just one example of the determination and great skill of the U.S. military.”

Baghdadi detonated a suicide vest rather than be captured by the American special operations forces. The raid was the culmination of a multiyear interagency effort to find the terror leader and then capture or kill him.

“His death marks a devastating blow to ISIS, who are now deprived of their inspirational leader following the destruction of their physical caliphate earlier this year,” the secretary said. “I’d like to thank our brave service members who took part in this daring raid, along with our interagency partners who supported the mission. There is no guarantee of success in an operation of this level of difficulty.”

Army Gen. Mark A. Milley, the chairman of the Joint Chiefs of Staff, said the U.S. special operations force hit Baghdadi’s compound, located in Idlib province in northwestern Syria. “The assault force was engaged by small arms fire, and the threats were quickly eliminated,” he said. “Our forces isolated the compound and protected all of the non-combatants.

“While clearing the objective, U.S. forces discovered al-Baghdadi hiding in a tunnel,” he continued. “The assault force closed in on Baghdadi, and that

ended when he detonated a suicide vest.”

Milley said officials tested the remains to ensure it was the ISIS leader and disposed of the remains appropriately. The chairman also said two men were detained from the compound and are in U.S. custody.

Esper praised the professionalism of the joint-service force that conducted the raid. “They executed the raid in all its facets brilliantly,” he said. “Not a single United States service member was killed in this high-risk operation.”

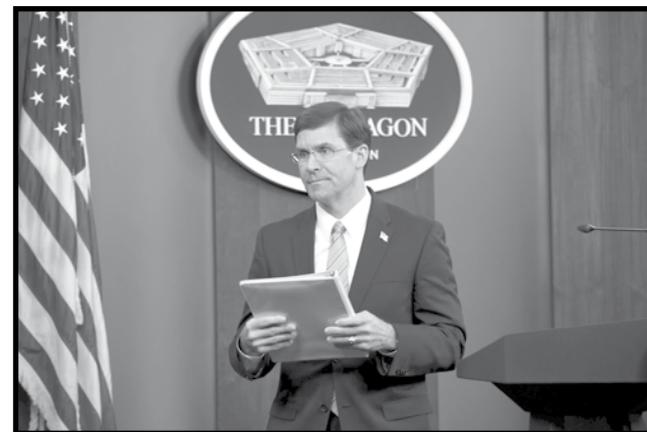
Despite Baghdadi’s death, the security situation in Syria remains complex, the secretary said, noting that state and non-state actors continue to vie for control of territory and resources. “As we have learned from our recent history in the Middle East, it is very easy to get drawn into continued conflict if our objectives are not clear,” the secretary said. “Acting as a police force out to solve every dispute is not our mission. Our mission in Syria today remains the same as when we began operations in 2014: to enable the enduring defeat of ISIS.”

As part of that mission, the U.S. repositioning of forces within the country will allow U.S. forces to continue the defeat-ISIS mission and give the president options, the secretary said. The rest of the forces will

return to the United States.

“Those [troops] that remain will continue to execute counterterrorism operations while staying in close contact with the Syrian Democratic Forces who have fought alongside us,” Esper said. “Additionally, the United States will retain control of oil fields in northeast Syria.”

The oil fields are important because at the height of Baghdadi’s reign, those oil fields provided ISIS with the money needed to fund its terror campaign. “U.S. troops will remain in this strategic area to deny ISIS access to those vital resources,” the secretary said. “We will respond with overwhelming force against any



Defense Secretary Mark T. Esper participates in a news conference at the Pentagon, Oct. 28. Photo by Navy Petty Officer 2nd Class James K. Lee

group that threatens the safety of our forces there.”

The Syrian Democratic Forces can use the revenues from those fields to secure ISIS prison camps and conduct operations against ISIS, he noted.

Esper said that the situation in Syria was a major topic of

discussion at the NATO defense ministers meeting in Brussels last week. A number of allies expressed their desire to help with the establishment of a safe zone along the Syria/Turkish border. “Turkey bears full responsibility for the consequences of their unwarranted incursion, which has brought further instability to the region,” he said.

Most recent national military headlines

- ◆ Admiral: Navy Can Afford to Field a 310-Ship Fleet, Not 355
- ◆ DOD Focuses Early AI Use on ‘Low Consequence’ Applications
- ◆ Esper Meets Middle East Leaders, Attends NATO Meeting
- ◆ DOD’s Military Spouse Employment Partnership Reaches Milestone
- ◆ Marines, Navy Considering ‘Alternate’ Amphibs to Supplement Fleet
- ◆ Navy Rethinking Need For Dual-Phase Carrier Delivery
- ◆ Stratcom Nominee: Nuclear Triad Modernization Must Continue
- ◆ Threats to Middle East Security, Stability Still Abound, Esper Says
- ◆ Women’s Hoops Team Falls to China in Military World Games
- ◆ Lockheed Martin, F-35 Program Office Sign Multi-Lot Production Deal
- ◆ NATO Meeting to Address Syria, Russia, Afghanistan, Iraq
- ◆ Navy Marks Progress on Three New Warship Hulls

Check out these and other stories at <https://www.defense.gov/Newsroom/> or <https://news.usni.org/>.

Aquilino visits Singapore to strengthen partnerships

Adm. John C. Aquilino, commander of U.S. Pacific Fleet, visited Singapore Oct. 23-25 to help expand the maritime partnership between the two countries and to highlight the importance of a free and open Indo-Pacific and a rules-based international order.

During his first stop in Singapore as Pacific Fleet commander, Aquilino met with the Minister of Defense, Dr. Ng Hen; Chief of Defense Forces, Lt. Gen. Melvyn Ong; and Rear Adm. Timothy Lo, Chief of Navy Staff to thank Singapore for their longstanding bilateral relationship and to discuss expanding security cooperation between the two nations.

“Singapore and the United States’ strong relationship is based on more than 70 years of mutual cooperation. Our partnership sets the example for other like-minded nations who share common values and continue to operate in accordance with international law in a free and open Indo-Pacific,” said Aquilino.

SeaWorld INSIDE LOOK
WEEKENDS SEPT. 7-15

SeaWorld® REAL. AMAZING.

At SeaWorld® San Diego experience amazing animals, exciting events and attractions. Go behind the scenes and see what the vets see at SeaWorld’s Inside Look. Then, join the fall festivities at SeaWorld’s Halloween Spooktacular® featuring trick-or-treat stations, spooky kooky shows and the return of the Sesame Street Halloween Parade.

Pay for a Day, Play Now and All of 2019 Free

Visit Your Local Military Ticket Office for Specially Priced Tickets

All prices and discounts are subject to change and subject to ticket outlet surcharge. Offer not valid with any other offers, promotions, discounts or Membership purchase. Other restrictions apply. © 2019 Sesame Workshop. © 2019 SeaWorld Parks & Entertainment, Inc. All rights reserved.

SeaWorld Halloween Spooktacular
WEEKENDS SEPT. 21 - OCT. 27

Featuring the Sesame Street® Halloween Parade

THURSDAY, OCTOBER 31, 2019 www.armedforcesdispatch.com 3

Armed Forces Dispatch (619) 280-2985

Published by Western States Weeklies, Inc. 2604 B-280 El Camino Real, Carlsbad, CA 92008 E-mail: editor@navydispatch.com

Publisher.....Sarah Hagerty

The Dispatch is published weekly on Thursdays, by Western States Weeklies, Inc., as a commercial, free-enterprise newspaper. It does not necessarily reflect the opinion of the Department of the Navy and is in no way associated with the Department of the Navy. The editorial objective of the Dispatch, however, is to promote support for a strong military presence. The opinions and views of writers whose materials appear herein are those of the writers and not the publishers. Appearance of advertising does not constitute endorsement by the Dispatch or Western States Weeklies, Inc. Consumers should make informed decisions when purchasing products and services, and when considering business opportunities, and research before investing. Subscription by mail is \$65 per year to CONUS or FPO address.

Road rules



HEALDSBURG, Calif. (Oct. 28, 2019) - Spc. Maria Medina with the California Army National Guard blocks traffic from entering Healdsburg after an evacuation order was given to multiple towns in the vicinity of the Kincadee Fire in Sonoma County. CNG activated 470 service members to fight fires that have spread over 66,000 acres in the northern part of the state. National Guard photo by Staff Sgt. Amanda H. Johnson

Fleet Week San Diego Schedule of Events

Fleet Week Softball Tournament, Nov. 4-9
Navy Kickoff Reception, Nov. 6
Enlisted Recognition Luncheon, Nov. 6
Fleet Week/SDMAC Breakfast, Nov. 7
Innovation Zone VIP Reception, Nov. 7
Student Stem Days, Nov. 7-8
Innovation Zone, Nov. 8-9
Veterans Art Exhibit, Nov. 8-11
Military Ship Tours, Nov. 8-11
Happy Hour Featuring Tim Hurley, Nov. 8
Military Family Tailgate & Football Classic, Nov. 9
Coast Guard Open House, Nov. 10
Military Family Day, Nov. 10
Veterans Day Parade, Nov. 11
Post Parade Concert Featuring Coffey Anderson, Nov. 11
Enlisted Golf Tournament, Nov. 12





StorageWest

Here for you™

Toll Free

877-917-7990

www.StorageWest.com

Investigation opened into Marine Corps, Army training deaths

by Mark Satter
Marine Corps Times

WASHINGTON - The Government Accountability Office opened an investigation as a result of at least eight Army and Marine Corps training deaths that occurred so far in 2019, GAO and House Armed Services Committee officials confirmed Oct. 24.

USS John S. McCain's return to warfighting readiness

YOKOSUKA, Japan - Destroyer *John S. McCain* completed her necessary repairs and is underway to conduct comprehensive at-sea testing.

During at-sea testing, the ship's crew will perform demonstrations to evaluate that the ship's on board systems meet or exceed Navy performance specifications. Among the systems that'll be tested are navigation, damage control, mechanical and electrical systems, to name a few.

John S. McCain, assigned to Destroyer Squadron Fifteen and forward-deployed here, completed her in-port phase of training, and will continue Basic Phase at-sea training in the upcoming months to certify in every mission area the ship is required to perform and prepare for return to operational tasking.

"USS *John S. McCain* embodies the absolute fighting spirit of her namesakes, and shows the resiliency of our Sailors," said

The investigation was jointly requested by the House Armed Services Committee and the House Oversight Committee after six members of Congress took up the issue, including the late Rep. Elijah Cummings, D-Md.

Concerns surrounding the high number of training deaths

Capt. Steven DeMoss, commander, DESRON 15. "She has completed her maintenance period with the most up-to-date multi-mission offensive and defensive capabilities, preparing her to successfully execute a multitude of high-end operations.

"*John S. McCain* is poised and ready to contribute to the lethal and combat ready forward-deployed naval force in the free and open Indo-Pacific region."

The ship completed repairs and extensive, accelerated upgrades over the last two years, following a collision in August 2017.

"This crew is eager to get back to sea," said Cmdr. Ryan Easterday, *McCain*'s commanding officer, "which is evident in the efforts they've made over the last two years to bring the ship back to fighting shape, and the energy they've put into preparing themselves for the rigors of at-sea operations."

prompted the investigation, according to the GAO, which calls into question Army and Marine Corps safety standards, ground combat vehicle availability and mission capability, and steps taken by the branches to mitigate training risks, among other issues.

On Oct. 20, three Soldiers were killed and three others were injured during a training exercise when their vehicle rolled off of a bridge and landed upside down near Fort Stewart, Ga. The following day, a Marine was killed in a Humvee accident at the Marine Corps Mountain Warfare Training Center in Bridgeport, Calif.

Four other servicemen were killed in similar training accidents between May and August of this year.

The GAO said the review will answer the following questions:

- What are the trends in noncombat mishaps for ground combat vehicles used by the Army and Marine Corps, and to what extent have the Army and Marine Corps reported causal factors contributing to the mishaps?

- To what extent have Army and Marine Corps personnel who operate ground combat vehicles received the recommended number of training hours to meet operational and safety standards?

- To what extent have factors, such as ground combat vehicle availability and mission capability rates, affected the ability of Army and Marine Corps units to meet training requirements or increased safety risks?

- To what extent do the Army and Marine Corps inspect training ranges and maneuver areas to identify potential hazards and communicate the results of the inspections to manage risks?

- To what extent have the Army and Marine Corps taken actions to enhance the training, readiness and safety of ground combat vehicle operations, and reduce or prevent non-combat casualties related to the use of these vehicles?

To conduct the investigation, "we will talk to various offices in the Army and the Marine Corps, including folks that conduct training and oversee safety and analysis," said Cary Russell, a director in the GAO's defense capabilities and management team.

Russell said the investigative team will also go into the field to visit various units, ranges and training centers, but that it's too early to determine how many and which locations will be visited.

The GAO has sent a letter to DoD announcing the audit and will send the DoD its report for a comment period. The report will be made public following the comment period.



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 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: cvooffice@canyonview.org
(Near corner of Balboa Ave & Clairemont Dr) (858) 273-5140
www.canyonview.org [@gotochrist](https://www.facebook.com/cccsd) [facebook.com/cccsd](https://www.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 or (858) 549-2479

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.extremegospelwvc.org>

First Baptist Church

"Reach Up, Reach Out, Reach the World"
Interim Pastor Jim Baize 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 FB: First Baptist Church of Coronado

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

Lakeside Community Presbyterian Church

Worship Service Sunday at 9:30am
Nursery, Sunday School for all ages
Preschool offers discount for active military
9908 Channel Road, Lakeside, CA
www.Lakesidepc.org (619) 443-1021

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 (858) 485-6110

Military Outreach International Church

"Supporting all families, all people, at all times"
Pastor Dennis Eley, Jr, MBA
Sunday Worship Service 12:30pm to 2:30pm
Thirsty Thursday Bible Study 7pm to 8:30pm
7997 Paradise Valley Rd, San Diego, CA 92139 • 619-773-6023
www.militaryoutreachministries.org
Download APP "MoMinistries"

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

St. Luke's Lutheran Church

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

Place your ad in our "Places of Worship" directory as low as \$13 per week!

Ask Rusty - Understanding the Family Maximum

by Russell Gloor

Dear Rusty: My husband passed away when our children were 3 and 5 years old. I received benefits for myself, our two children and my 14-year-old son from a previous relationship. When my 14-year-old son turned 18, the amount he received stopped and was added to ours, keeping the total family amount the same. Then in July of this year my youngest daughter turned 16 so I fell off with that amount now going to my kids. Again, the total family amount stayed the same - \$625.00 each for my daughter and son. The very next month in August, my youngest son turned 18 so of course, he fell off. I called Social Security and the representative said that she couldn't guarantee that my son's full amount will go to my daughter. It turns out that none did, decreasing the family amount by \$625.00. My question is why was the family amount reduced when she still has 2 years before she turns 18? Signed: Confused Survivor



Dear Confused: I understand your confusion - let me clarify what happened in your situation: Social Security (SS) sets a "Family Maximum" amount, which is the most all eligible family members combined can receive from a worker's (your husband's) record. SS uses a rather complex formula to compute the Family Maximum amount, but it comes out to be somewhere between 150 percent and 180 percent of your husband's "primary insurance amount" (or "PIA," what he was entitled to when he passed). The family maximum is in effect whenever there are multiple beneficiaries on a worker's record.

The benefits you were personally receiving were "child in care" benefits which entitled you, as a surviving spouse with a minor child, to collect 75 percent of the benefit your husband was receiving, or entitled to receive, at his death. Child in care benefits stop when the youngest child reaches 16 years of age. Each of your 3 minor children were also entitled to receive 75 percent of their deceased father's (or stepfather's) benefit amount. Minor children can receive 75 percent of the deceased parent's benefit until they reach 18 years of age (or 19 if still in high school). However, all benefits are subject to the "family maximum." The total of benefits paid to all survivors of the deceased is limited to that family maximum and, if that amount is reached, all eligible survivors share equally in that family maximum amount. Then as each survivor becomes ineligible due to their age, the remaining survivors each receive a proportional share of the family maximum amount, but that adjustment cannot result in an individual's benefit being more than they are otherwise entitled to (their maximum individual benefit of 75 percent of your husband's PIA).

When your oldest son turned 18 and became ineligible, the sum of benefits due all remaining survivors was still more than the family maximum, so the family maximum amount was equally divided among the remaining eligible survivors. Then, when your eligibility for child-in-care benefits ceased when your youngest turned 16, your two remaining minor children each received either a) their equal share of the family maximum, or b) 75 percent of their father's PIA (their normal entitlement as a surviving minor child). When your youngest son turned 18 and became ineligible, your youngest daughter was then eligible to receive only her full benefit as a minor surviving child (75 percent of your husband's benefit), which she can continue to receive until she is 18 (or 19 if still in high school). So, as you can see, the family maximum isn't an amount which is fully available to any survivor, it is an amount that restricts the total amount which can be paid to all when there are multiple eligible survivors.

Please note that at age 60 you are once again eligible for a surviving spouse benefit, which will be based upon 100 percent of the benefit your husband was entitled to at his death, subject, of course, to normal reductions and earnings restrictions for claiming benefits before your full retirement age.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website, <https://amac.us/join-amac>.

'Boots to Business' reaches 100K participant milestone

SAN DIEGO - The U.S. Small Business Administration announced this week that more than 100,000 current and aspiring veteran business owners have participated in the Boots to Business training course since the program began in January 2013.

"The SBA is all about powering the American dream. This is no different for the veteran business community," said Larry Stubblefield, associate administrator with the Office of Veterans Business Development. "We're very proud of this monumental milestone and thank all of the resource partners who have worked so hard over the years to conduct this training for our military community."

The Boots to Business program provides entrepreneurial education and training to transitioning service members, veterans and military spouses (including members of the National Guard and Reserve) via the Department of Defense's Transition Assistance Program.

"The SBA San Diego District Office, in conjunction with the SoCal Veteran's Business Outreach Center, conducted three two-day Boots to Business entrepreneurial training courses per month in fiscal years 2018 and 2019," said SBA District Director Ruben Garcia.

He said approximately 1,500 transitioning service members were assisted, "from four local military bases including Camp Pendleton, Naval Base San Diego, Miramar Air Station, and MCRD San Diego."

"Due to recent changes in legislation," he said, "we anticipate considerable increases in the number of transitioning service members taking the SBA's Boots to Business entrepreneurial training program going forward."

The program is administered as a collaborative effort between SBA district offices and resource partners, which include Veterans Business

Outreach Centers, Women's Business Centers, SCORE, America's Small Business Development Centers and grant partners.

Each year, SBA helps more than 200,000 veterans, service-

Paul Hamilton GO pays honors to Taffy 3, Battle off Samar survivors at final reunion

SAN DIEGO - Twelve survivors of the Battle off Samar gathered for the last time to honor their shipmates during the 75th anniversary memorial service at the Fort Rosecrans National Cemetery Oct. 25.

The survivors of "Taffy 3" remembered Sailors who were lost during the Battle off Samar, a critical battle within the Battle of Leyte Gulf. Battle of Leyte Gulf, one of the largest naval battles in history, took place in the Philippine Sea off Samar Island.

Cmdr. Mark Lawrence, the commanding officer of USS Paul Hamilton (DDG 60) provided closing remarks for the service. He shared his personal ties to the South Pacific, where his grandfather was a junior officer on USS Growler (SS 215) during World War II. He also spoke about how he helps his Sailors relate to the Taffy 3 survivors.

"It's a daunting task to speak about the history through which you gentlemen lived," said Lawrence. "It's humbling to reflect on whether the quality of my service does justice to the ideals of our seagoing profession, which you and your shipmates exemplified under the harshest fire. Whether the contest hinged on the speed of our gunnery or the ingenuity of our seamanship, what distinguished those early American crews from the competition was their combat readiness.

"It's the same combat readiness I speak about with my crew - with the present generation of American Sailors - as our singular charge and highest priority."

Taffy 3 was a group of de-

disabled veterans, members of the National Guard and Reserve, and military spouses start, grow and expand their businesses.

Celebrate the veteran small business community during

National Veterans Small Business Week Nov. 4-8.

To find an event near you, visit www.sba.gov/vetbiz. To learn more about Boots to Business, visit sbavets.force.com.

stroyers, destroyer escorts, and escort carriers that stood against 27 Japanese ships during the Battle off Samar on Oct. 25, 1944. For two hours, the 13 ships of Taffy 3 threw everything they had at the Japanese force.

Taffy 3 didn't possess the firepower or the armor to oppose the Japanese force. Nevertheless,

Taffy attacked, and turned the superior Japanese force away. Five U.S. ships and more than 1,000 Sailors were lost, but the Japanese withdrew amongst the damage and confusion, instead of pressing the attack.

The Japanese naval force would never be the same after the battle.

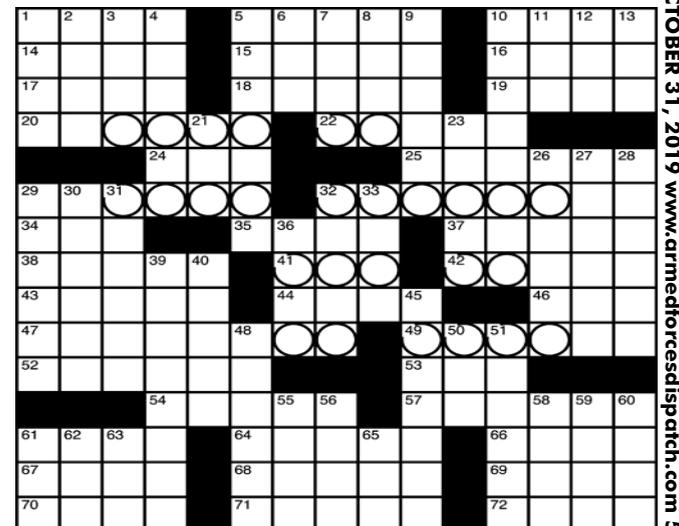
Crossword Puzzle

Across

- 1 Dench of "Philomena"
- 5 Alternative strategy
- 10 "Ladies First Since 1916" sneakers
- 14 Tourney format, briefly
- 15 Secretary Thomas Perez's department
- 16 Chicken vindaloo go-with
- 17 Sister of Rachel
- 18 Jazz pianist Blake
- 19 Logician's word
- 20 Sasquatch, for one
- 22 Rub the wrong away
- 24 Head covering
- 25 Walk of life
- 29 Home of the Oregon Ducks
- 32 Limited portions of
- 34 L.A. commuter org.
- 35 German coal region
- 37 New York Harbor's ___ Island
- 38 Large pears
- 41 Sing-along syllable
- 42 Colonial hero Silas
- 43 Home of the Imagination! pavilion
- 44 Cookout choice
- 46 Animation sheet
- 47 Extremely focused
- 49 Promising performers
- 52 Carpentry tool
- 53 "That's so ___!"
- 54 With 57-Across, negotiate ... and what needs to be done to make sense of this puzzle's circles
- 57 See 54-Across
- 61 Poet Angelou
- 64 Dry up
- 66 Sing in the shower, say
- 67 Fivers
- 68 Bored with it all
- 69 Fingerprint feature
- 70 Skin condition
- 71 Sasquatch kin
- 72 Mid-month time

Down

- 1 Crystallize
- 2 Film beekeeper
- 3 Laptop screen meas.
- 4 "Anybody around?" response
- 5 Certain campus newbies
- 6 Renowned '70s-'80s batting coach Charley
- 7 French friar
- 8 Roulette bet
- 9 Chicken serving
- 10 Desk space
- 11 Whisperer's target
- 12 Hammarkjöld of the UN
- 13 ___-Caps: candy
- 21 One with a habit
- 23 Spotted
- 26 Wrap around
- 27 "This Is Spinal Tap" director
- 28 Motown flops
- 29 War zone journalists
- 30 Ideal setting
- 31 Lawn maintenance accessory
- 32 ___ to go
- 33 Sleek horse
- 36 Abruzzi bell town
- 39 Payment required of known dead-beats
- 40 1943 penny metal
- 45 Grain cutters
- 48 Pay a call
- 50 Awe-ful sound?
- 51 Breakfast mix
- 55 Word with bake or fire
- 56 Logician's "E"
- 58 Yummy
- 59 70-Across application
- 60 Boston ___
- 61 Spoil
- 62 Esq. group
- 63 Assent
- 65 CBS series with a N.Y. spin-off



THURSDAY, OCTOBER 31, 2019 www.armedforcesdispatch.com 5

VA Disability Claim Denied?

Know Your Rights and Don't Take "No" for an Answer!

Why Risk a Permanent Denial and Lose Back Pay?

Call or Text the Professional Advocates Today!

No Fees Unless You Win - Free Consultation

760-585-4665

www.VetDisabilityAid.com

NAVWAR completes first digital model of systems on USS Abraham Lincoln

by Elisha Gamboa

SAN DIEGO - Naval Information Warfare Systems Command (NAVWAR) accomplished a significant milestone in the digital engineering transformation with completion of its first digital twin, a system-of-systems digital model, representing a set of information warfare capabilities that will be installed on USS *Abraham Lincoln* in fiscal year 2020.

Aligned with the Department of Defense Digital Transformation Strategy, NAVWAR is shifting from a design-build-test methodology to a model-analyze-build methodology, enabling the ability to test and evaluate solutions in a virtual environment before delivery. This shift will increase system reliability and cybersecurity

while decreasing risk for the warfighter.

"Digital engineering is vital in modernizing how we design, develop, deliver, operate and sustain systems," said NAVWAR Executive Director Pat Sullivan. "It enables the use of digital models throughout the life cycle of

NAVWAR's first digital twin, also known as Digital Lincoln, used NAVWAR's model based systems engineering (MBSE) methodology, and its corresponding integrated dictionary, schema, and requirements framework to develop an end-to-end digital representation of five interconnected systems

and targeting-support capability. Afloat or ashore, DCGS-N tools are critical for the operational commander's battlespace awareness and net centric operations.

- Navy Integrated Tactical Environmental System-Next Generation (NITES-Next): A system that uses meteorology and oceanography data to help the warfighter with mission planning, mission execution, critical decision-making and situational awareness.

- Maritime Tactical Command and Control (MTC2): A Navy command and control (C2) program that delivers battle management aids to dynamically plan, direct, monitor and assess maritime operations.

- Global Command and Control System - Maritime (GCCS-M): A system that fuses, correlates, filters, maintains and displays location and attribute information on friendly, hostile and neutral land, sea and air forces.

- Agile Core Services (ACS) - An element of Consolidated Afloat Networks and Enterprise Services (CANES) that gives CANES the infrastructure to support application migration.

"Modeling complex systems in a digital environment is like working on a giant puzzle, where multiple people are working separate sections of the puzzle," said Monique Harris, NAVWAR requirements management lead. "It is not until the people begin to communicate that they are able to put their sections together to reveal the final image. These sys-

tems are like separate sections of the puzzle, and in the past we have waited until fielding to put the puzzle pieces together, but with digital engineering we are putting the pieces together before fielding, allowing us to address issues before we deliver the system to the warfighter."

By developing a digital twin, or digital model, of these systems, NAVWAR was able to identify capability gaps and overlaps prior to installation.

"For example, we found that some of the systems were making individual offshore calls for the exact same piece of information," said Chris Ruffalo, NAVWAR digital products lead for digital engineering.

"Digital Lincoln allowed us to identify the overlap and resolve the problem before delivery, so only one system was tackling the task, rather than two or three, reducing

bandwidth used. That is very important in a bandwidth degraded environment."

In addition to developing a digital twin of these systems, Digital Lincoln provides a standardized format for developing future digital models and a baseline for future installations.

Moving forward, the NAVWAR Digital Lincoln team will leverage lessons learned and apply them to the development of a system-of-systems digital twin of USS *Dwight D. Eisenhower* (CVN 69), or Digital Ike.

As the Navy continues on its journey of digital transformation, the goal is to create digital models of all systems on all platforms to improve cybersecurity, enhance system capability, increase the speed of technology delivery and reduce time and

"Digital engineering is vital in modernizing how we design, develop, deliver, operate and sustain systems. It enables the use of digital models throughout the life cycle of a system, increasing system cybersecurity, interoperability and resiliency. This provides a solid foundation to enable us to fight and win the conflicts of the future." - NAVWAR's Pat Sullivan

a system, increasing system cybersecurity, interoperability and resiliency. This provides a solid foundation to enable us to fight and win the conflicts of the future."

being installed on the *Abraham Lincoln*.

"MBSE provides a consistent approach for developing and sharing engineering information across interrelated efforts," said Sam Rix, NAVWAR MBSE implementation lead. "The integrated dictionary provides a list of parts engineers can use when building a digital model, the schema provides directions on how to put the parts together, and the requirements framework describes the traceability across digital models to track how and why the parts connect."

Digital Lincoln is a black box model; a digital representation that can be viewed in terms of its inputs and outputs, of the following five interconnected systems on board USS *Abraham Lincoln*:

- The Distributed Common Ground System-Navy (DCGS-N): A program that provides the Navy's primary intelligence, surveillance, reconnaissance

Durand indicated in a statement to authorities he was actually trying to get to San Diego Zoo, the road to which is one street away from the medical center's access gate.

Upon release from the hospital Durand was also issued an order which bars him from Navy bases.

NMCS

continued from page 1

Federal Fire first responders provided initial care and transported Durand to a local hospital for treatment of a non-life threatening injury. San Diego Animal Control officers took the dog into their custody. The dog was not injured during the altercation.

Armed forces Dispatch

TOP QUALITY FIBERGLASS TONNEAU COVERS & TRUCK CAPS

- Improved gas mileage
- Improved security
- Weather protection
- Low profile design
- Smooth, clean lines
- High-strength honeycombed reinforced
- New SL Model has Patented Hinge System

SoCalTruck.com

10460 Mission Gorge Rd • Santee • 92071
619-749-0742

SNUGTOP
THE PERFECT FIT



Vasectomy Reversals performed by Martin D Bastuba, MD, FACS over 3500 successful procedures in 26 years of practice Proudly providing Military Discounts "Thank you for your Service" Call our Patient Navigator 619-286-3520 www.malefertility.md Book your free consultation today!



SoCalTruck.com

10460 Mission Gorge Rd.
Santee, CA 92071

619-749-0742

Work Smarter, Play Harder!

- Truck Bed Covers • Camper Shells
- Side Steps • Truck Racks
- Tool Boxes • Fuel Tanks
- Carpet Kits • Tow Hitches

MILITARY DISCOUNT
Get \$25 off \$300 or more with this ad



Spray on Bedliners

Soto's
TRANSMISSION

Family owned & operated since 1991

2278 Palm Ave. • San Diego, Ca. 92154

619-425-5341

- Specializing in differential repairs
- Manual & Automatic Transmissions
- Same Day Service Available
- FREE Towing within area for major jobs

DIFFERENTIAL REPAIR SPECIALISTS

- Extended Warranty Accepted
- FREE Leak Inspection
- FREE Professional Estimates
- FREE Computer Diagnostic with our repair

TRANSMISSION REBUILD
10% OFF

Labor costs. Offer expires 11/30/19

CLUTCH REPLACEMENT
\$150 Labor

Some RWD small cars. Call for specials on imports, RWD, & on all trucks. Fluid extra. Offer expires 11/30/19

TRANSMISSION TUNE-UP
\$69.99

Labor only - Parts extra Offer expires 11/30/19

Se Habla Espanol

Training command treats staff and families to Fall Festival, kids' Halloween party

by IT1 Brandon Berkowitz,
IWTC Public Affairs

SAN DIEGO - Information Warfare Training Command (IWTC) San Diego hosted its annual Fall Festival for staff and families, Oct. 25.

The event included various competitions to test Sailors' skills and conditioning, while raising money for the command's MWR program. As a method of promoting esprit de corps, as well as ensuring the staff's shipboard skills stay sharp, the command incorporated a damage control olympics competition into the festival which challenged participants to patch pipes, throw mooring lines, sprint between stations and more. The Fall Festival is a key event in bringing Sailors together, and helps the MWR program raise funds for future command events.

"The Fall Festival brings camaraderie and morale across different buildings at IWTC San Diego," offered Information Systems Technician 2ndClass Kaila Lammert, who is president of IWTC San Diego's MWR team. "This [also] allows the command to be able to raise funds for the MWR's hosted holiday party."

In addition to the Fall Festival, IWTC San Diego's First Class Petty Officers Association (FCPOA) hosted their

third annual Halloween Party. Staff dressed their children in spooky Halloween costumes and brought them into IWTC San Diego's schoolhouse to roam the command's haunted hallways, where staff members waited in character to provide both tricks and treats to visitors. After battling through the horrors, the children and their families were rewarded with pizza, games and candy. The kids also got to practice their pumpkin carving after surviving the scare. In addition to fun for family and friends, the event provides an outstanding opportunity for staff to display

the work they do at IWTC San Diego.

"This is the third time I have helped coordinate and setup the Halloween Party, and this year was by far the best," said Information Systems Technician 1st Class Grafton Rodriguez. "The kids and parents all had a great time and it made all of the hard work from the FCPOA worth it."



Navy kids break out Halloween wear. Navy photo by IT1 Brandon Berkowitz

IWTC San Diego, as part of

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

With four schoolhouse com-

mands, two detachments, and training sites throughout the U.S. and Japan, CIWT is recognized as Naval Education and Training Command's top learning center for the past three years. CIWT offers more than 200 courses for cryptologic technicians and other specialties.

Combined Federal Campaign

*Our nation counted on them.
Now they count on us.
Can we count on you?*

Meeting the special needs of hospice patients and their families, nationwide.

Every dollar counts.



www.foundationeolc.org

CFC #91999

877-800-2951

Hospice
FOUNDATION FOR
END-OF-LIFE CARE

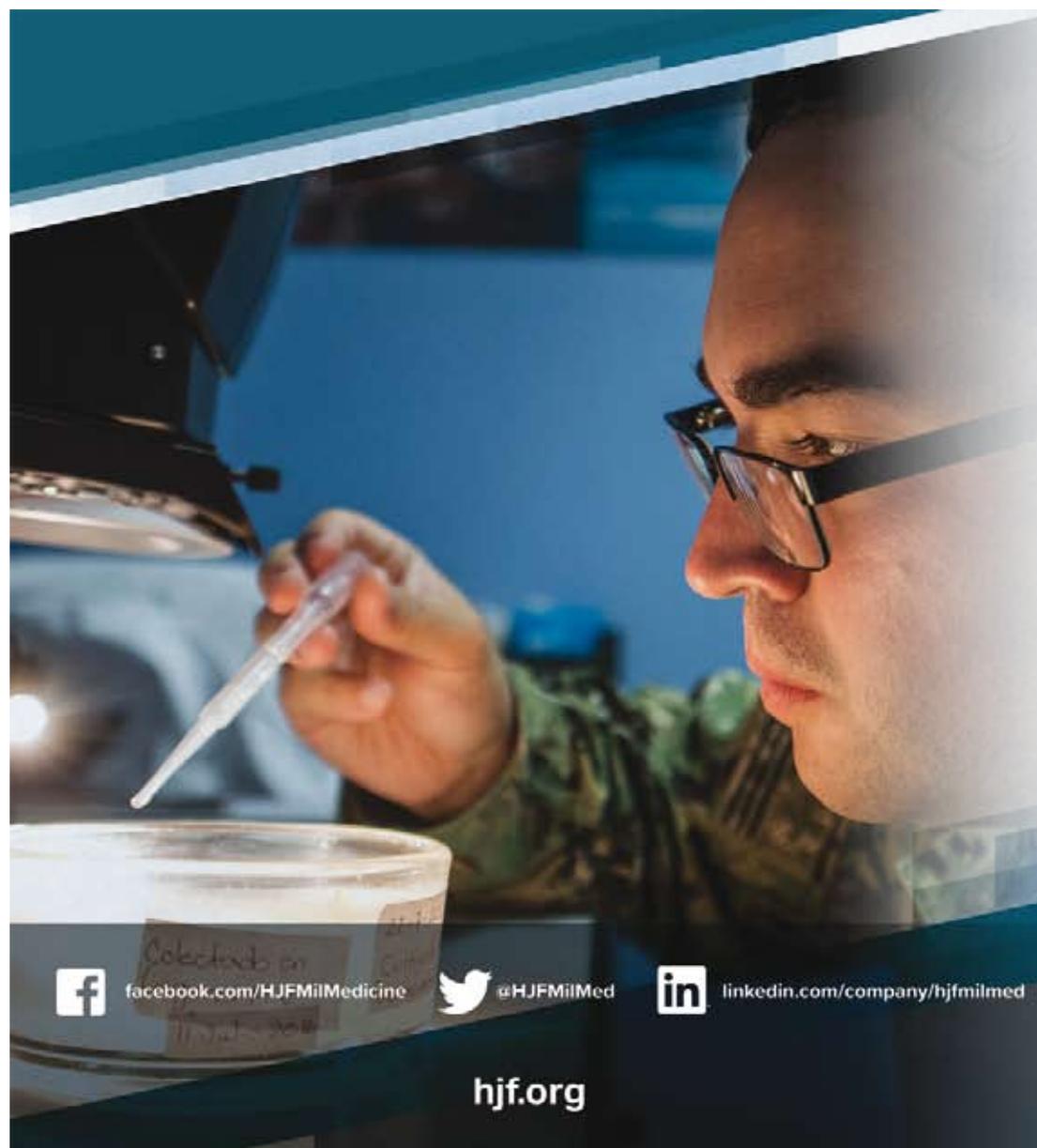
**Champions for
improving end-of-life
care**



Give the gift of independence

CFC #81344

VetDogs.org   



Advancing Military Medicine

HJF is a global, nonprofit organization created to serve as a link between the military medical community and warfighters, veterans, their families and civilians. We offer scientific, administrative and program management services to investigators and clinicians.

The Henry M. Jackson Foundation for the Advancement of Military Medicine, Inc.

6720A Rockledge Drive, Suite 100 | Bethesda, MD 20817
P: 240-694-2000 | F: 240-694-3100

 facebook.com/HJFMilMedicine

 @HJFMilMed

 linkedin.com/company/hjfmilmed

hjf.org



SOUTH CHINA SEA (Oct. 17, 2019) - Lt. Serena Zhang from San Diego, assigned to *USS Boxer (LHD 4)*, treats a patient during a medical training team drill. Navy photo by MC2 Dale M. Hopkins



CAMP PENDLETON (Oct. 17, 2019) - Cpl. Melvin Malory, a packaging specialist with 1st Marine Logistics Group, performs a lead hand punch on a strike pad during a Martial Arts Instructor course here. Marine Corps photo by Lance Cpl. Andrew Cortez



USS JOHN P. MURTHA (Oct. 18, 2019) - A Marine with 11th Marine Expeditionary Unit cleans the underside of a 7-ton truck in the well deck of *USS John P. Murtha (LPD 26)*, following the completion of exercise KAMANDAG 3. Marine Corps photo by Staff Sgt. Donald Holbert

EXPERIENCE SOMETHING HISTORIC + CREATIVE

ARTS DISTRICT LIBERTY STATION

Once Home To Proud Navy Recruits, Now San Diego's Most Innovative Arts Destination

Nov. 1 • 5 - 9 PM
FIRST FRIDAY
+ OPEN STUDIOS + MEET ARTISTS
+ LIVE PERFORMANCES
+ PUBLIC ART

Nov. 14 - Jan. 5
10 AM - 10 PM
Rady Children's Ice Rink at Liberty Station

ARTSDISTRICTLibertyStation.com #ExploreLibertyStation

Skeeter's Sports & Imports
WE FINANCE EVERYONE!! OAC
Call Curtis former Military 619-420-4411

SPECIAL MILITARY FINANCING
E-1's & Up
Zero Down Delivers/As low as 2.9% OAC
ALL VEHICLES CERTIFIED & SAFETY INSPECTED
Navy Federal & Other Finance Companies!

3487 Main St. • Chula Vista, Ca. 91911
www.skeeterssportsandimports.com

8 www.armyforcesdispatch.com THURSDAY, OCTOBER 31, 2019

SUREFIRE

BUILT FOR COMBAT. BATTLE PROVEN.

SUREFIRE.COM

V-SERIES
SCOUT LIGHTS

NOW WITH SIMPLIFIED, ONE-HAND TURN AND CLICK BEZEL SELECTOR RING - Just twist to select White Light, Infrared, or to disable the system.

SUREFIRE 40 YEARS
OF SUPPORTING THE WARFIGHTER

CORONADO (Oct. 21, 2019) - Cmdr. Keith Marinics (left), commanding officer, Naval Special Warfare (NSW) Basic Training Command, and Capt. Bart Randall, commodore, NSW Center, present Andi Valaitis, from Willoughby, Ohio, an 'Honorary Frogman' certificate, after living her dream of training with the men and women of NSW. Components of NSW Command teamed with the Make-a-Wish Foundation to allow Valaitis to experience what it is like to participate in SEAL training and Special Warfare Combatant-Craft Crewman operations NSW Com-



mand is the maritime component of U.S. Special Operations Command, and its mission is to provide maritime special operations forces to conduct full-spectrum operations, unilaterally or with partners, to support national objectives. Navy photo by MC1 Abe McNatt



Navy photo by BMC Nelson Doromal Jr.

SAN DIEGO (Oct. 22, 2019) - Sailors with Coastal Riverine Squadron 3 conduct a night towing exercise during unit level training provided by Coastal Riverine Group (CRG) 1 Training and Evaluation Unit. The Coastal Riverine Force is a core Navy capability that provides port and harbor security, high value asset security, and maritime security capabilities in coastal and inland waterways.



Don't Do It. Don't Tolerate It.

Report It:

(800) 315-7672

The San Diego District Attorney's Office and the California Department of Insurance investigate and prosecute auto insurance fraud. Help us deter Auto Insurance Fraud.



San Diego County District Attorney

PERRY

CHRYSLER

DODGE

Jeep



RAM

PRE-OWNED SPECIALS



2011 DODGE CHARGER SE
Dual Zone A/C, Keyless Entry, Perimeter/Approach Lights
\$8,995 #J19814A



2014 NISSAN SENTRA SV
64k Miles, Security System, Keyless Entry.
\$9,444 #J19193A



2012 TOYOTA CAMRY SE
Parking Sensors, Security System, Keyless Entry.
\$9,995 #J19163AR



2013 CHEVY CRUZE LTZ
90k Miles, Navigation, Power Moonroof
\$10,995 #J19432A



2013 GMC TERRAIN DENALI
80k Miles, Navigation, Power Moonroof
\$15,995 #P23176S



2007 FORD SUPER DUTY F-250
Power Stroke 6.0L V8 DI 32V OHV Turbodiesel, 4WD
\$17,123 #D18386A



2011 JEEP GRAND CHEROKEE LAREDO
4x4, 72k Miles, Heated Front Seats
\$17,444 #J19776A



2015 BMW 4 SERIES 428I
80k Miles, Auto Temp Control, Power Moonroof
\$17,995 #J18950A



2017 FORD EDGE SEL
32k Miles, Emergency Communication, Backup Camera
\$20,995 #J20021A



2018 DODGE CHARGER SXT
12k Miles, Keyless Entry, Backup Camera
\$24,195 #J19795A



2018 CHEVROLET TAHOE LT
29k Miles, Navigation, Backup Camera
\$38,995 #D19385AR



2018 RAM REBEL CREW CAB
4x4, 26k Miles, Navigation, Backup Camera
\$39,995 #D19375A

CERTIFIED PRE-OWNED THE SMART CHOICE

- > 100,000 mile/7 yr Limited Powertrain Warranty
- > 3 months FREE SiriusXM
- > 125 Pt Inspection = 100% Certification



2016 DODGE DART SXT
48k Miles, Keyless Entry, Security System
\$11,995 #J19169A



2016 CHRYSLER 300 ANNIVERSARY
50k Miles, Navigation, Power Moonroof
\$16,995 #C19035A



2016 JEEP RENEGADE 75TH ANNIVERSARY
28k Miles, Keyless Entry, Power Moonroof.
\$17,995 #J20037A



2017 DODGE CHALLENGER SXT COUPE
38k Miles, Keyless Entry, Auto. Temp. Control
\$20,955 #J19650A



2018 JEEP GRAND CHEROKEE HIGH ALTITUDE
4x4, 18k Miles, Navigation, Power Moonroof
\$37,888 #P23219



2018 RAM 1500 REBEL 4X4 CREW CAB
26k Miles, Navigation, Automatic Temp. Control
\$39,995 #D19375A

2340 National City Blvd (877) 325-8099

MON-SAT: 8:30am-9:00pm SUN: 9:00am-8:00pm | www.PerryChrysler.com

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. Offers end close of business 11/6/19.

Quit blaming others when things go south for you

by Dr. Daneen Skube,
Tribune Content Agency

Q: I am feeling discouraged.
Most of why I'm not succeeding

has to do with other people. I try
hard but don't get anywhere. So
many people are stupid, unhelp-
ful and judgmental. How can you

get ahead when the world seems
against you?

A: You'll get ahead if you realize that the more you blame others for your results the less power you'll have. Your discouragement is understandable. People can be stupid, unhelpful and judgmental, however, the way you react determines your achievements and life contentment.

Even brilliant people like Bill Gates find the world is against them. I just watched an excellent documentary, "Inside the Mind of Bill Gates. He is knee-deep in problem-solving while most people are fearful or complain.

He has also had big adversities. He had a viable solution about global warming that was sidelined with President Trump's tariff war with China. What I admire most about Gates is his indomitable attitude about failure. He digests setbacks, gathers smarter people and redoubles his plan with an improved approach.

Lesser mortals, including myself, spend considerable time in self-pity. Self-pity compounds if we believe that lucky, lovable

or smarter people don't experience much failure. The truth is a human life is a string of failures. A good human life is a string of

INTERPERSONAL EDGE:

failures that result in beginning again wiser.

No matter how small your contribution to a problem, accountability is where your power lies. Yes, other people will act in ways that impede your progress. However, accountability means these same difficult people show up to be our teachers compelling us to learn new things.

I think one thing Gates seems

to do well is not blame himself when situations turn against him. I've seen a lot of my clients suffer not just with adversity but

with a belief that problems are proof of inherent badness or inadequacy. Problem solving and self-blame cannot co-exist.

For my clients who are parents, I ask them to imagine what they would say or do for their children. For my clients who are not parents, I ask them to imagine what they'd say or do if they had kids. I am surprised how hard it is for most of us to love the one person from whom we can't escape.

So take your time to lick your wounds when discouraged but then get up and stare at your problem to find anything you have the power to change. Unless you are willing to give away your power avoid succumbing to the seduction and powerlessness of blame.

The last word(s)

Q: It seems like every time I open my mouth someone finds what I am saying offensive. I try to be sensitive. Is there a clever way to not step on people's toes?

A: No, many people right now are lying in wait to be offended. Saying less and listening more is the only safe alternative.

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

Future USS Tripoli completes acceptance trials

PASCAGOULA, Miss. - Future USS Tripoli (LHA 7) completed acceptance trials when she returned to the Huntington Ingalls Industries (HII)-Ingalls Shipbuilding Division's shipyard following three days underway in the Gulf of Mexico.

During the underway, the Navy's Board of Inspection and Survey performed a rigorous evaluation on all of the ship's major systems including propulsion, communications, navigation, combat systems and aviation capabilities.

"The capability that our large deck amphibians bring to the fight is tremendous," said Tom Rivers, amphibious warfare program manager for Program Executive Office (PEO) Ships. "Their

ability to embark Joint Strike Fighters and MV-22 Osprey enable this versatile platform to increase the lethality of our expeditionary warfighters."

Tripoli is the second ship of the *America* (LHA 6) class, built to facilitate forward presence and power projection. LHA 7 is the last Flight 0 ship planned for construction and features an enlarged hangar deck, realignment and expansion of the aviation maintenance facilities, an increase in available stowage for parts and support equipment, and increased aviation fuel capacity.

LHA 8 will be the first Flight I ship, reincorporating a well deck to enhance expeditionary warfighting capabilities while

maintaining the principal aviation characteristics of the Flight 0 ships.

"There's been a lot of hard work accomplished to get LHA 7 to this point," said Capt. Nathan Schneider, Supervisor of Shipbuilding, Conversion and Repair Gulf Coast. "The team's focus is now on delivering the LHA 7 to the fleet in the best possible condition, fully capable and ready to deploy if called upon."

LHA 7 incorporates gas turbine propulsion plant, zonal electrical distribution, and fuel-efficient electric auxiliary propulsion systems first installed on USS *Makin Island* (LHD 8). LHA 7 is 844 feet in length, has a displacement of approximately

45,000 long tons and is capable of operating at speeds of over 20 knots.

HII's Pascagoula shipyard is also currently in production on Bougainville (LHA 8), the guided missile destroyers

Delbert D. Black (DDG 119), Frank E. Peterson (DDG 121) Lenah H. Sutcliffe Higbee (DDG 123), Jack H. Lucas (DDG 125), and amphibious transport dock ships, Fort Lauderdale (LPD 28) and Richard M. McCool Jr. (LPD 29).

As one of the Defense Department's largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, boats and craft.

NAVAIR delivers redesigned MH-60 gunner seats to fleet

NAS NORTH ISLAND - The Aircrew Systems Program Office delivered, installed and demonstrated the first two redesigned MH-60S Seahawk gunner seats recently to Helicopter Sea Combat Wing Pacific (HSCWP) at Naval Air Station North Island. This delivery is the culmination of innovative, strategic planning across multiple organizations working together to complete the mission with urgency. "From the Air Boss and NAVAIR's advocacy, the Office of Chief of Naval Operations Air Warfare Division rapid funding, program office customer service, HSCWP and Helicopter Sea Combat Wing Atlantic (HSCWA) operator feedback; this was a team effort to make possible an urgent fleet request," said Capt. Ryan T. Carron, Commodore, Commander HSCWP. The original MH-60S Gunner Seat was notoriously uncomfortable for aircrew to sit in for any length of time, and became detrimental to aircrew long-term health. Fielding a replacement is naval aviation's No. 2 safety priority.



Naval Hospital Camp Pendleton awards ceremony

NAVAL HOSPITAL CAMP PENDLETON - Congratulations to all who were awarded at the Oct. 25 awards ceremony.

Meritorious Service Medal

Cmdr. Trask, Scott

Navy and Marine Corps Commendation Medal

Lt. Cmdr. Huber, Alan

Navy and Marine Corps Achievement Medal

HM2 Chambliss, Amber
HM2 Throngrattan, Sokha

30 Year Service & Meritorious Civilian Service
Mrs. Mary Samson

35 Years Service

Mr. Charles Scudder

40 Year Service, Command Recognition & Proclamation from the Mayor of Oceanside

Mrs. Vicki Miller

AutoMatters™ & More



by Jan Wagner

Tire Pressure Monitoring System - What every driver needs to know

An example is what to do if the TPMS warning symbol lights on the instrument panel. You must deal with this immediately.

According to my Miata's Owner's Manual: The tire pressure monitoring system (TPMS) illuminates a low tire pressure telltale when one or more of your tires is significantly under-inflated. Accordingly, when the low tire pressure telltale illuminates, you should stop and check your tires as soon as possible, and inflate them to the proper pressure. Driving on a significantly under-inflated tire causes the tire to overheat and can lead to tire failure. Under-inflation also reduces fuel efficiency and tire tread life, and may affect the vehicle's handling and stopping ability.

This is one of many things that you must do as soon as possible. Even though you may have checked your tire pressures very recently or have just driven your vehicle without a tire problem, a tire's condition may have changed significantly. To illustrate that, here is what happened to me recently.

I had spent my Friday completing a list of errands that I had to finish by the end of the day. Some of my errands required visits to government offices that would be closed on the weekend.

Mid-morning I drove into the fairly new underground parking structure of the County Administration Building. I went into the building, conducted my business and returned to my car to drive to the next place on my list.

Almost as soon as I drove out of the parking structure, I noticed that the low tire pressure symbol was lit on my car's instrument panel. As

is shown in the "Warning/Indicator Lights" section of my Owner's Manual, the symbol looks like the cross section of a tire, with an exclamation mark in the middle.

I had been driving all morning without a problem with the tires, so how could it be that this warning light was now lit? I thought that perhaps the tire pressure in one of my tires had been close to triggering the warning light, and hoped that meant that I could still drive the car safely for a while longer. Nevertheless, I did the responsible thing. I pulled over as soon as reasonably possible (no easy matter on crowded downtown San Diego streets on a work day) and checked the pressures in my tires.

To do that I used the tire pressure gauge that I carry in my car. You should have one too. They are small and inexpensive.

I discovered that the driver's side rear tire of my Miata only had 15 pounds of air pressure. This is about half of what is required. It needed attention right away.

Fortunately, there was a trusted tire center (Costco) nearby and I was able to drive there safely. The experienced technician determined that a small screw had punctured my tire, and he repaired it. I had just enough time to complete my errands before the weekend.

To see additional photos, visit www.drivetribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #614" in their search bar. Please send your comments to AutoMatters@gmail.com.

Copyright © 2019 by Jan Wagner - AutoMatters & More #614

The Meat & Potatoes of Life



by Lisa Smith Molinari

In 26 years of marriage, long-standing feuds have formed between my husband and me, never to be resolved. Which direction the toilet roll should be mounted. Where bowls go in the dishwasher. Whether it is insensitive to one's passengers to insist on driving with the car windows down when the outside temperature is under 50 degrees.

But the debate that occurs most often these days, just about every weekend in fact, and often involves implicating our own children as unwitting pawns in the conflict, is what movies we will watch.

Admittedly, I am quite persnickety about my movies. I love classic mob flicks, intelligent humor, dramatic suspense and psychological thrillers. Of course, excellent acting and direction is a must. Although my preferences have been the same for 30 years (I was a huge "Godfather" fan in my early 20s), my likes and dislikes are appropriate for a woman of my mature age and life experiences.

My husband, Francis, on the other hand, has the film inclinations of a college freshman. Nothing could fulfill his Saturday night entertainment fantasies more than a pitcher of margaritas, a pizza, and a double feature of "Seed of Chucky" and "Children of the Corn: Final Sacrifice."

I discovered Francis' penchant for really bad horror films early in our marriage. He was stationed in

Monster movie misgivings

Washington, D.C. as a young Navy Lieutenant, and a few months after our wedding, we found ourselves at a Blockbuster movie rental store scanning rows of VHS tapes in search of something to enhance an otherwise dull Friday night.

After I diplomatically rejected his bizarre suggestion of "Dust Devil" and tried to lead him toward the display of Academy Award-nominated films, Francis plucked a cassette from the new release section and exclaimed excitedly, "I've heard this is SO good! We have to watch it... C'mon, you'll love it, I promise!"

That movie was, regrettably, "Leprechaun."

One might think that, after viewing this second-rate horror film about a shoe-cobbling evil leprechaun hell bent on blood-splattered murder and mayhem, I would have learned not to trust my husband's movie picks. But over the course of our marriage, I would fall prey to his false promises over and over.

Although I never agreed to watch "Leprechaun" again, much less any of the many horrid sequels - "Leprechaun 2," "Leprechaun 3," "Leprechaun 4: In Space," "Leprechaun: In the Hood," "Leprechaun: Back 2 Tha Hood," "Leprechaun Origins," and "Leprechaun Returns," which incidentally have scores averaging 13 percent on Rotten Tomatoes - I somehow found myself getting duped by Francis into watching scores of bad movies over the years. And when our kids were old enough, they were used as unknowing al-

lies in Francis' battle for bad scary movies.

It happens the same way every weekend. Friday rolls around, and we decide to stay in, light a fire, pop some popcorn, and snuggle up for a good flick. The cozy imagery of that scene lulls me into a vulnerable state, and I wander dreamily off to the kitchen for snacks. While I am popping the corn, Francis, in his stretchy sweatpants and sheepskin slippers, lights the fire, then plunks down on the couch with the clicker to peruse our options. Somehow, of the hundreds of excellent movies on demand, HBO, Showtime, Cinemax, Netflix and Amazon Prime, his attentions are caught by "Puppet Master: The Littlest Reich," "The Nun," "Happy Death Day," "Creep 2," "The Evil Within," and "Hell Fest."

While I'm in the kitchen obliviously pouring us two glasses of wine, Francis clandestinely brainwashes one or two of our kids into an alliance, knowing he will need a majority to fend off my inevitable objections. By the time I enter the family room, I've been outnumbered, and must resign myself to zombies attacking sorority houses; ritualized killings in Scandinavian cults; the umpteenth reincarnation of Jason; endless "found footage" of paranormal activity; and every manner of killer clown, evil doll and chainsaw-wielding psychopath known to American viewing audiences.

This week, I got excited that "Goodfellas" was being rerun on Cinemax until, to my horror, Francis informed me that IFC is airing a Friday night Leprechaun movie marathon. Here we go again.

CLASSIFIEDS

MOVIES AT THE BASES

ARMED FORCES DISPATCH CLASSIFIEDS

To place your ad, please call the Classified Advertising Department at (619) 280-2985.

Deadline to place an ad is Tuesday at noon. See your ads in print, and on the web, on Thursday!

ATTORNEYS

LOW COST BANKRUPTCY

Recordon & Recordon, Attorneys

STOP Creditor Calls Home Foreclosure Repossessions PAYMENT PLANS

Free Consultation (619) 232-1717

Mission Valley ... 283-7777
El Cajon 442-6999
Chula Vista 427-3404

AUTOS

Need a Car or Truck? Special Financing for all Military Personnel 619-274-0507

HELP WANTED

LOOKING FOR PART TIME WORK? You can earn up to \$2000 a month PLUS BONUS Please call for an interview 619-274-0507

HELP WANTED

Good Morning...McDonald's! Earn Extra \$\$\$! Mornings with McDonald's Afternoons/Evenings with your family. McDonald's now hiring-flexible hours. Apply at McDonald's MCAS Miramar. TFN

Customer Service Rep. Part time, M-F, 9-1. Near trolley stop. La Mesa. Must have clear speaking voice for telephone. Hours could be flexible for military spouse. Call Brenda 619-280-2985. Computer experience with Microsoft Access is a plus. TFN

HORSE BOARDING

HORSE BOARDING CARLSBAD \$400/month
Western casual, family-oriented ranch. We have roomy 12x48 or 12x24 corrals and provide a veterinarian recommended diet twice daily. **760.840.0187**

LOST AND FOUND

LOST CAT at 32nd St Exchange on Thur, Oct. 17 approx 11:30am. Black & orange color. It jumped out of my car. 619-674-9696. 11/7

MASSAGE

New Energy Massage

3817 University Ave. • SD, Ca 92105

1 Block West of I-15

619.795.0955

\$10 Discount on any Massage

Open 7 Days a Week • 9am-10pm
NO APPOINTMENT NECESSARY

RENTALS APARTMENTS

"Military Friendly"
PACIFIC LEGACY PROPERTIES

1, 2 & 3 Bedrooms available throughout San Diego County. Online Rental Hotsheet

www.pacleg.com
619-423-7500

RENTALS APARTMENTS

AVAILABLE NOW

1, 2 or 3 BR's Apartments, Townhouse & Houses

MOVE-IN SPECIAL!

LEADINGHAM REALTY

1062 Palm Ave., Imperial Beach
619-424-8600

RENTALS HOUSES

RAMONA HOME



Large 4BR/2BA, bonus room, spacious utility/storage area & garage. Includes refrig, stove, oven, microwave, heater/AC. Fenced yard with new landscape. \$2,750 mo. Close to Main St shopping. Call/text Pam at **858-922-0465**.

RENTALS ROOMS

EASTLAKE - furn room w/bath, gated comm. w/parking spot. Access to pool, gym, clubhouse, bbq. \$1050/mo. Utils incld. 619-318-0282. 10/31

EL CAJON - Room in 2BR apt. shared bath, secured gated, off st. parking, Working young prof. only. No parties/smoking/drinking/drugs. \$700/mo. 858-257-8852. 11/7

IMPERIAL BEACH - 4BR/2BA, 4 blocks from beach, brand new. Military long term renter preferred. Shared common space. \$1100/mo per bedroom. Only 5 min. drive to new SEAL base. 310-592-5479. 11/14

IMPERIAL BEACH - All house privileges. Indry, fenced yard. 3 blks from beach. \$850/\$500 dep. inclds all utils. 619-739-0232. 11/14

Need to find a roommate? Our Sailors and Marines have a guaranteed income! Advertise in the Dispatch today! 619-280-2985.

RV/TRAILER/MOTORHOME

'05 Forest River Grand Surveyor - Xlnt cond., microwave, tv, awning & slider, roof renovation. Comfortable & spacious. \$5995 obo. 858-277-4908. 11/21

RAMONA OAKS RV PARK
Long Term RV Sites Avail.
\$625/Mth 760-788-3085 11/7

SERVICES OFFERED

MCC Solar Contractor Lic.1036997. Qualify for 30% tax rebate before it's too late! MCC Electrical Heating Air & Solar.619-449-2240 11/7

Vasectomy Reversals

performed by Martin D Bastuba, MD, FACS over 3500 successful procedures in 26 years of practice Proudly providing Military Discounts "Thank you for your Service" Call our Patient Navigator 619-286-3520 www.malefertility.md Book your free consultation today!

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

J	U	I	P	L	A	N	B	K	E	D	S		
E	L	I	M	L	A	B	O	R	N	A	A	N	
L	E	A	H	E	U	B	T	I	E	E	R	G	O
L	E	G	E	N	D	E	R	A	S	E			
			R	U	G	S	P	H	E	R	E		
E	U	G	E	N	G	R	A	T	I	O	N	E	D
M	T	A	S	A	A	R	E	L	L	I	S		
B	O	S	C	S	T	R	A	D	E	A	N	E	
E	P	C	O	T	R	I	B	S	C	E	L		
D	I	A	L	E	D	O	N	C	O	V	E	R	S
S	A	N	D	E	R			Y	O				
			C	L	O	S	E	T	H	E	G	A	P
M	A	Y	A	P	A	R	C	H	S	O	L	O	
A	B	E	S	B	L	A	S	E	L	O	O		
R	A	S	H	Y	E	T	I	S	I	D	E	S	

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

Thursday, October 31

5:50pm Abominable

7:40pm Downton Abbey

Friday, November 1

5:40pm Judy

7:50pm Joker

Saturday, November 2

12:30pm Abominable

4:30pm ADVANCE SCREENING --

Midway (2019)

Sunday, November 3

12:50pm Abominable

2:40pm Judy

4:50pm Joker

Monday, November 4

5:30pm Joker

7:50pm Rambo: Last Blood

Tuesday, November 5

5:50pm Downton Abbey

8:20pm Hustlers

Friday, November 1

5:50pm Judy

8:30pm Joker

Saturday, November 2

12:50pm Abominable

3pm Judy

5:50pm Rambo: Last Blood

8pm Joker

Sunday, November 3

1:30pm Abominable

3:40pm Judy

6:30pm Joker

Monday, November 4

5:50pm Joker

8:20pm Hustlers

Tuesday, November 5

5:50pm Judy

8:10pm Rambo: Last Blood

Wednesday, November 6

8pm Ad Astra

Thursday, November 7

5:40pm Joker

8:10pm Ad Astra

Community Rec Center

NBPL, Main Base, Bldg. 546

619-553-9138, ★

Call 619-553-9138 to see what's playing today or reserve the theater and YOU pick the movie!

Pendleton Movie Theatre

Building 1330 Vandegrift Blvd

(760) 725-9217 ★

Active Duty adults \$4/3D-\$5

Kids (6-11) \$2/3D-\$3

5/under free/3D \$1 for glasses

Thursday, October 31

6:30pm Ad Astra

Friday, November 1

6:30pm Abominable

9pm Rambo: Last Blood

Saturday, November 2

1pm Abominable

3:30pm Ad Astra

6:30pm Rambo: Last Blood

Sunday, November 3

1pm Abominable

3:30pm Downton Abbey

6:30pm Rambo: Last Blood

Bob Hope Theater 577-4143

Miramar Bldg 2242 ★

* indicates last showing

Thursday, October 31

6:30pm It: Chapter Two

Friday, November 1

6:30pm Joker

9:10pm Rambo: Last Blood ★

Saturday, November 2

3pm Abominable

6:30pm Joker

9:10pm Downton Abbey

Sunday, November 3

1pm Abominable

3:30pm Abominable

Wednesday, November 6

6:30pm Hustlers

NAB Theater - NAB, Q-Zone

619-437-5487, Bldg. 337

Thursday, October 31 ★

11am Hocus Pocus

5pm Child's Play (2019)

Friday, November 1

5pm Last Black Man In San Francisco

Saturday, November 2

2pm Blinded By The Light

5pm American Woman

Sunday, November 3

5pm Godzilla: King of The Monsters

Monday, November 4

5pm Aladdin (2019)

Tuesday, November 5

11am The Angry Birds Movie

5pm Gringo

Wednesday, November 6

5pm Shaft (2019)

Thursday, November 7

11am The Angry Birds Movie 2

5pm Anna



Entertainment

5th Annual Escondido Tamale Festival Sat., Nov. 2 • 11am-5pm

Returning for the 5th year on November 2, the Escondido Tamale Festival looks back at the Spanish and Mexican settlers who have influenced California's multicultural landscape with traditions and Latin foods that have become staples in the state today. This year's festival takes place from 11am to 5pm at Grape Day Park.

The festival features a variety of food trucks and vendors offering traditional, gourmet and vegetarian tamales in Oaxacan, banana wrapped, dulce and smoked barbecue flavors. There is also a craft beer and wine garden. Festival goers can compete in a contest for Best Tamale, show off fancy footwork in the amateur salsa dancing contest, or have their pets strut their stuff in the Chihuahua Costume Contest and Fashion Show. A number of vendors showcasing handmade crafts and holiday décor are on-site alongside exhibits about Hispanic Heritage and the Low Rider Car Club. Live entertainment rounds out the event, with mariachi, Folklorico, Aztec, youth, and Latin dance performances. Grape Day Park is located at 321 N. Broadway, Escondido. For more information, call (760) 877-8582 or visit www.escondidotamalefestival.org.



Fall Back Festival, Sun., Nov. 3 • 11am-4pm • Free



Sunday Fun-Day with the whole family at the free 1th Annual Fall Back Festival & Children's Historical Street Faire! In the heart of downtown's Gaslamp Quarter, with the lively festivities taking place in front of the Davis-Horton House on 4th and Island Ave. Rally the gang and combine a day of play and educational fun as history comes alive while kids pan for gold with actual prospectors, observe a blacksmith displaying his trade, or saddle up for an adventurous pony ride! Nominal fee required

for some activities, call 619-233-5008 for more information or tickets or go to www.gaslampfoundation.org. Celebrate the start of the Fall season while teaching attendees of all ages about San Diego's downtown history in a way that makes history fun. gaslampfoundation.org

Spouse input sought on Navy programs Tues., Nov. 5 • 6-7:30pm

Attention Navy Spouses and Ombudsmen! Key policy makers from the highest levels in the Navy are coming here to discuss Family Support and Navy programs contributing to A Culture of Excellence in the Navy. This is a chance for you to discuss your issues and concerns with senior level policy makers in various Navy departments. A panel discussion will be held on Tues., Nov. 5, from 1800-1930 at the Murphy Canyon Chapel on Naval Base San Diego. The session is open to all Ombudsmen, Navy Spouses, and Command Leadership. This is an outstanding opportunity to meet the policy makers and ensure that your voice is heard! Please see below for details! Fleet & Family Support Center San Diego | 3005 Corbina Alley, Suite 1, San Diego, CA 92136.

Fleet Week San Diego
Nov. 4-12
See story on cover
www.FleetWeekSanDiego.org

San Diego Beer Week and Guild Fest Nov. 1-10 • Various venues

San Diego Beer Week (SDBW) is a 10-day celebration that promotes more than 130 independent craft breweries in San Diego County with trivia, live music and educational events at participating breweries, restaurants and bars.

Presented by the San Diego Brewers Guild, the events take place from Nov. 1-10. Guild Fest kicks off SDBW on Nov. 2. From noon-5pm, more than 60 independent breweries gather at Embarcadero Marina Park North to showcase delicious craft beer. There is also a VIP pre-party harbor cruise just steps away from the festival. There is no better setting for the closing event of SDBW than the Beer Garden on Arroyo Terrace at The Lodge at Torrey Pines. The Beer Garden brings together the best of San Diego's breweries and local chefs to celebrate the craft beer movement. Featuring 28 breweries and 14 chefs, the Beer Garden is a truly unique beer and food pairing event. Each admission includes unlimited tastes of beer and food. Embarcadero Marina Park North is located at 400 Kettner Blvd., San Diego. The Lodge at Torrey Pines is located at 11480 N. Torrey Pines Road, La Jolla. For more information, visit www.sdbbeer.com.



SBD Fest: Aviation celebration Sat.-Sun., Nov. 2-3 • \$10/\$5/Free

SBD Fest 2019 returns for its fifth year, Nov. 2-3, in San Bernardino (Sat., 11:30-8; Sun., 9-3:30). This two-day celebration of aviation featuring the return of the Patriots Jet Team, and many more exciting aerobatics. SBD Fest is held at San Bernardino International Airport, the former



Norton Air Force Base. Both days will feature not only exciting aerobatic performances but also a car show, freestyle BMX demonstrations, delicious food vendors, and much more. Live music closes out both days of SBD Fest and this year's concerts feature American reggae band, The Expendables and Latin Soul Legends, Tierra. SBD Fest features a one of a kind, award-winning, concert stage built out of a Boeing 737 aircraft. General admission is \$10 per day for ages 13 and over. Active Military with ID and ages 12 and under are free. \$5 tickets are available for military veterans, family of active military and senior citizens. Free parking. To learn more and stay up to date on SBD Fest, visit www.sdbfest.com

SD Bay Wine and Food Festival & Grand Tasting Nov. 10-17 • Various venues

Dozens of events, hundreds of domestic and international wines, craft beers and spirits, local culinary legends and nationally recognized celebrities at several venues throughout the city. The week-long festival of wine, food and culture runs from Nov. 10-17, with a Grand Tasting extravaganza on Nov. 16. The festival celebrates San Diego's vibrant culinary community with gourmet dining experiences, tastings, wine and cooking classes, expeditions and educational panels. There are tantalizing tastes from over 60 restaurants and 30 gourmet food companies and more than 700 beer and wine selections from domestic and international wineries. With sailboats, yachts and the San Diego skyline as a backdrop, the week culminates with The Grand Tasting event on Nov. 16 at Embarcadero Marina Park North. Visitors can take in the beautiful San Diego Bay and enjoy the ocean breeze at the largest foodie party in Southern California. For tickets and more information, visit www.sandiegowineclassic.com.



FUN WITH MWR

Gulls Hockey Game Fri, Nov 1, 6:30pm, \$20. Pechanga Arena, 3500 Sports Arena Blvd. Everyone receives a game ticket, Gulls hat and post-game, on-ice photo op! Register: www.navylifsw.com/sdcr, Info: 619-556-9597

Palm Springs Aerial Tramway Sat, Nov 2, 8am, \$30. Depart NBPL, Subase, Community Recreation Center, Bldg. 546. Enjoy a beautiful trip on the Aerial Tramway. Cost includes tramway ticket and transportation. Register: www.navylifsw.com/sdcr, Info: 619-553-9138



Bates Nut Farm: A Day in the Country Sat, Nov 9, 9am, \$5. NBPL, Subase, Community Recreation Center, Bldg. 546. Get in the spirit at Bates for the holiday arts and craft fair. Cost includes transportation. Register: www.navylifsw.com/sdcr, Info: 619-553-9138

Blue Man Group Sun, Nov 10, 1pm, \$53 per ticket. SD Civic Theatre 1100 3rd Ave, SD. Tickets are in! Three enigmatic bald and blue characters take the audience through a multi-sensory experience. Pre-purchase online. You will be notified when tickets are available for pick up. Register: www.navylifsw.com/sdcr, Info: 619-437-3190

Improv 101 Thur, Nov 14, 6pm, FREE. NBSD Waterfront Community Recreation Center, Bldg. 45. Join Cygnat Theatre for a night full of improv games and theatre to activate the imagination. You may win play tickets! Register: www.navylifsw.com/sdcr, Info: 619-556-9597

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!

Earn Up to \$4,100 per Month with Your Own Home Business! Become a Child Development Homes Provider with the full support of the Navy's Child Development Homes (CDH) Program! Earn income in your own home while providing a valuable service to support military personnel. Call 619-556-7394 or visit www.navylifsw.com/sdcdh

NEW Lunch Buffet Menu, Mon-Fri, 11am-1pm. Naval Base San Diego, Anchors Catering & Conference Center. Look forward to lunch again! Enjoy a new, fresh and delicious buffet each weekday at Anchors complete with soup, salad bar, soft drinks and dessert.

Monday - HOMESTYLE, \$11.75
Tuesday - SOUP, SALAD & SANDWICHES, \$11.25
Wednesday - STEAKHOUSE, \$15.75
Thursday - BACKYARD BBQ, \$12.75
Friday - TASTE OF ASIA & SEAFOOD, \$12.75
Info: 619-556-7788

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

MAIN AUTO REPAIR

"ALL WORK GUARANTEED"

FREE ESTIMATES - Serving Military for Over 23 years

BRAKE SERVICE SPECIAL
from \$99.95
Per Axle, Parts & Labor included. Most Cars Standard Brake Packages Don't Wait Until You Have a Problem!

A/C Service and Repair

Body Work and Paint

CLUTCH
\$219.95
Most Cars. Parts & Labor included. Includes: Pressure plate and disc. Adjustment, New throw out bearing, Pilot bearing, Inspect flywheel

TIMING BELT SPECIAL
from \$129.95
Most Cars. Parts & Labor included

CV JOINT AXLE
from \$119.95
Most Cars. Parts & Labor included

FUEL INJECTION SERVICE
from \$39.95
Most Cars. Parts & Labor included

3714 Main Street, San Diego • 619-238-4385

TREME TRUCK OUTFITTERS

LEER TRUCK ACCESSORY CENTER

SNUGTOP TRUCK COVERS

Your source for LEER, the undisputed leader in truck cap and tonneau styling, function and design. We can fit virtually any truck on the road including YOURS!

SPRAYLINER SPECIAL \$349

\$100 OFF NEW CAMPER SHELLS **\$70 OFF NEW TONNEAU COVER**

Cannot be combined with any other offer.

2 LOCATIONS TO SERVE YOU

7161 Engineer Rd. • San Diego 858-279-0240
26540 Jefferson Ave. • Murrietta 951-304-0285

Go out and play

Rocky Horror Picture Show, midnight, every Friday. La Paloma Theatre, Hwy 101, Encinitas. www.lapalomatheatre.com
The Disturbance created by the Haunted Hotel, Thru Sat, Nov 2. Westfield Mission Valley, 1640 Camino Del Rio N. www.hauntedhotel.com
All Saints' Day/Día de los Muertos, Fri, Nov 1.
First Friday Arts District, Fri, Nov 1, 5-9pm. Free. Meet working artists, enjoy dance, theatre and music performances. Arts District Liberty Station, 2640 Historic Decatur Rd. libertystation.com/events/First-Friday-ARTS-DISTRICT
Foreign Film Friday: Woman at War, Fri, Nov 1, 4 & 7pm. Carlsbad City Library. www.carlsbadca.gov

Battle on the Midway College Wrestling Showcase, Fri, Nov 1, 6-9pm. \$25. USS Midway Museum, downtown SD.
First Friday Art Walk, Fri, Nov 1, 5-9pm. Artist Alley in downtown Oceanside. www.oceansideartwalk.org
SD Gulls vs. Colorado Eagles, Fri-Sat, Nov 1-2, 7pm. Pechanga Arena San Diego. www.sandiegogulls.com
Home & Backyard Show, Fri-Sun, Nov 1-3, 10am-5pm. Del Mar Fairgrounds. www.delmarshows.com
24th Annual Día de los Muertos Festival, Fri-Mon, Nov 1-4. California Center for the Arts, Escondido. www.artcenter.org
San Diego Beer Week, Nov 1-10, at various breweries in SD County. www.sdbbeer.com
Wildlife Tracking Walk, Sat, Nov 2, 8:30-10:30am. Free. Join MTRP Tracking Team members for an adventure in wildlife tracking. Easy walk, suitable for family. Meet in front of the Visitor Center. Mission Trails Regional Park, One Father Junípero Serra Trail, San Carlos
Bike the Coast, Sat, Nov 2, at Oceanside Pier. \$50-\$150. Experience gorgeous riding on the SoCal coast with 100, 50 or 25 mile routes on Highway 101. Everything starts and finishes at the Oceanside Pier with food, music, expo, shopping and fun! www.bikethecoastsd.com
Catalina Island Triathlon, Duathlon & 5K, Sat, Nov 2, in Avalon. www.renegaderaceseries.com
Makers & Music Vintage & Handmade Faire, Sat, Nov 2, 10am-2pm. The Heritage Ranch, Encinitas. www.sdheritage.org
5th Annual Escondido Tamale Festival, Sat, Nov 2, 11am-5pm. Grape Day Park, Escondido. www.escondidotamalefestival.com
Fall Festival & Chili Cook-off, Sat, Nov 2, at Heritage Park, Oceanside. www.ci.oceanside.ca.us

Leukemia and Lymphoma Society's Light the Night Walk, Sat, Nov 2, 5pm. Waterfront Park, downtown SD. www.lightthenight.org/events/san-diego
Trout Opening Weekend, Sat-Sun, Nov 2-3, 6am-5pm. Gate entrance \$6 per car. Permits: Adults \$10, Jr & Sr \$6, 2nd pole stamp \$4. 2,500 pounds of Rainbow Trout with large fish up to 12 pounds will be stocked for this upcoming event! Santee Lakes. santeelakes.com
Fall Settles In, Sat-Sun, Nov 2-3, Wed, Nov 6, 9:30-11am. Free. Trained Mission Trails Regional Park Trail Guide awaits to take you on a trail through the open space park. Meet inside the Visitor Center. Mission Trails Regional Park, One Father Junípero Serra Trail, San Carlos.
Día de los Muertos, Fri-Sun, Nov 1-3, Sat 11-9; Sun 11-5. Free. Festivities begin Nov. 1 in Fiesta de Reyes plaza, then expand to state park on Nov. 2-3. The state park hosts a lively celebration full of activities and attractions for the whole family. A fitting tribute to those who have gone before us. A professional artist painting a gigantic Day of the Dead skull, public altar on which visitors can place remembrances, many craft stations, prize wheel, live entertainment, two Saturday performances of a specially written Dia de los Muertos play with professional actors, and booths featuring artists, Day of the Dead merchandise, food and drink samples, tamales, face painters and more. Parade Saturday at 5pm.. Old Town State Historic Park, 4002 Wallace St. www.dayofthedeaddsd.com/
Daylight Saving Time Ends - "Fall Back" set clocks back an hour.
Susan G. Komen San Diego Race for the Cure, Sun, Nov 3, 6:30-10:30am. Balboa Park. www.komensandiego.org/walk
Carlsbad Village Street Faire, Sun, Nov 3, 8am-4pm in downtown Carlsbad. www.carlsbad.org
Mud Factor 5K Obstacle Run, Sun, Nov 3, 9am-noon. Bates Nut Farm, Valley Center. www.batesnutfarm.biz
Fall Back Festival in the Gaslamp Quarter, Sun, Nov 3, 11am-4pm. www.gaslampfoundation.org
LA Chargers vs. Green Bay Packers, Sun, Nov 3, 1:25pm. ROKIT Field at Dignity Health Sports Park, Carson. www.chargers.com
LA Clippers vs. Utah Jazz, Sun, Nov 3, 6pm. Staples Center, Los Angeles. www.nba.com/clippers
Fleet Week San Diego, Nov 4-12. Various events around San Diego. www.FleetWeekSanDiego.org
LA Clippers vs. Milwaukee Bucks, Wed, Nov 6, 7pm. Staples Center, Los Angeles. www.nba.com/clippers
LA Clippers vs. Portland Trailblazers, Thur, Nov 7, 7:30pm. Staples Center, Los Angeles. www.nba.com/clippers
SD Asian Film Festival, Thurs Nov 7-Nov 16 at various venues in San Diego County. www.sdaff.org
Fleet Week Happy Hour: Cold Beer at the Pier, Fri, Nov 8, 5-7pm. Free for active duty (includes 2 adult beverages [beer or wine], one voucher good for mini plate at select food trucks on site). Non-active duty \$15 pre-purchase/\$10 w-non-alcoholic beverage. Live on stage country music star Tim Hurley. Broadway Pier & Port Pavilion, 1000 Harbor Dr, downtown SD. www.FleetWeekSanDiego.org



FLEET WEEK SAN DIEGO

Celebrate Fleet Week!

DON'T MISS THESE EXCITING ATTRACTIONS COMING TO FLEET WEEK 2019!

 <p>NOV 8TH - 9TH INNOVATION ZONE FEATURING THE LOCKHEED MARTIN F-35 FLIGHT SIMULATOR!</p>	 <p>NOV 10TH MILITARY FAMILY DAY FAMILY & KIDS FUN! COOL EXHIBITS, MUSIC, PRIZES, AND GIVEAWAYS!</p>
 <p>NOV 10TH MINECRAFT GAMING CONTEST COMPETE IN THIS FREE MINECRAFT CONTEST FOR COOL PRIZES!</p>	 <p>NOV 11TH POST PARADE CONCERT HELD ON BROADWAY PIER IMMEDIATELY AFTER THE VETERANS DAY PARADE!</p>

NOV 4TH - 12TH, 2019

BROADWAY PIER & PORT PAVILION

1000 N HARBOR DR., SAN DIEGO, CA 92101

MILITARY DISPLAYS • SHIP TOURS • HIGH TECH EQUIPMENT • FAMILY & KID FRIENDLY

FOR MORE INFO, PLEASE VISIT US ONLINE AT:
WWW.FLEETWEKSANDIEGO.ORG

SPONSORED IN PART BY:





El Indio

Mexican Restaurant and Catering

Family Owned & Operated Since 1940

"Best Mexican Food in San Diego"

3695 India Street • www.elindiosandiego.com • 619-299-0333

Open Daily: 8am-9pm

Free Parking! 10% Military Discount

FREE Concerts



DEL MAR

BING CROSBY SEASON

NOV 8 thru DEC 1

DelMarRacing.com



RUSSELL DICKERSON

Sat Nov 9



TOYOTA



THE WAILERS

Sat Nov 16



TEQUILA PATRÓN.

Concert is ages 18 and up. Pre-paid tickets, complimentary tickets and season passes will not be accepted after the last race. Concerts are \$30 after the last race.

Concerts

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

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, Sat, Nov 2, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

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

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

Russell Dickerson. Sat, Nov 9, after last race. Country. Age 18+. Del Mar Thoroughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

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

The Music of Cream: 50th Anniversary World Tour. Sun, Nov. 10, 7pm. Covers. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

Melissa Etheridge, Fri, Nov 15, 8pm. Poway Center for the Performing Arts, 15498 Espola Rd, Poway. (858) 748-0505.

The Wailers. Sat, Nov 16. Age 18+. Reggae/Ska. After last race at Del Mar Thoroughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

Post Malone, Sat-Sun, Nov 16 & 17, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

The Black Keys and Modest Mouse. Sun, Nov 17, 8pm. Pop/rock. Pechanga Arena, 3500 Sports Arena Blvd. (619) 224-4171.

Young Thug and Machine Gun Kelly, Sun, Nov 17, 7:30pm. Hip-hop/rap. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

Bad Bunny. Fri, Nov 22, 7:30pm. Latin/rock. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

The Chainsmokers, 5 Seconds of Summer. Sun, Nov 24, 7:30pm. Rock. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

December

Shawn Colvin and Mary Chapin Carpenter. Thurs, Dec 5, 7:30pm. Folk. California Center for

the Arts, Escondido, 340 N. Escondido Blvd. (760) 839-4438.

The 1975 and Catfish & the Bottlemen, Thurs, Dec 5, 7:30pm. Rock. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Illenium. Fri, Dec 6, 7:30pm. Rock. Pechanga Arena, 3500 Sports Arena Blvd. (619) 224-4171.

Il Divo: Holiday Song Celebration. Sun, Dec 22, 8pm.

Pop/standards. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon.

Future

Snoop Dogg with Warren G, I Wanna Thank Me Tour, Sat, Jan 11, 8pm. The Show at Agua Caliente Resort Casino Spa, 32-250 Bob Hope Dr, Rancho Mirage. (800) 514-3849. AguaCalienteCasinos.com

Wylde Sydes Tattoo & Piercing

10% OFF TATTOOS and/or \$5 OFF PIERCING



1515 Palm Ave. #K1
San Diego, CA 92154
619.575.6792
www.wyldesydestattoo.com



OPEN 7 DAYS A WEEK



CITY FUN CENTER

8990 Miramar Rd
www.cityfuncenter.com
858-675-9700

FREE LASER TAG GAME

With the purchase of one laser tag game at regular price. Limit 4 - Expires 12/31/19

FREE ADMISSION

With the purchase of a \$10 game card. Limit 4. Expires 12/31/19



SHOP THE **Love Boutique**

ON BLACK FRIDAY!

20% OFF purchases \$50 or more

25% OFF purchases \$100 or more

30% OFF purchases \$150 or more

In addition, for every \$100 spent get one raffle ticket for chance to win an iPad.

DÉJÀ VU LOVE BOUTIQUE



Military Discount 20% Off

With valid military ID. Some restrictions may apply. Not valid on any sale items. Not valid with other offers or prior purchases. Exp. 12/6/19

2130 Industrial Ct., Vista, CA 92081 • 866-711-0425

Shop online at www.shoptheloveboutique.com

Mon.-Sat. 9am-Midnight | Sun. 11am-11pm



COUNTY PARKS
WARRIOR HIKE CHALLENGE

**SATURDAY, NOV. 9
7 A.M. - 4 P.M.**

EL CAPITAN COUNTY PRESERVE
13775 BLUE SKY RANCH ROAD, LAKESIDE

Step up to the challenge with a Veterans Day weekend adventure hike to the top of El Capitan in East San Diego. County Parks is hosting its annual Warrior Hike Challenge to test the mettle of our local military members, their families and supporters. Join the hike that salutes our everyday heroes.

For more information, visit sdparks.org/warriorhike

CHOOSE FROM THREE ADVENTURES

BOOT CAMP: Moderate • Beginning Hikers • 1-2 Hours
RECON: Moderate • Skilled Hikers • 2-3 Hours
WARRIOR: Difficult • Expert Hikers • Up to 7 Hours

Sponsorships available, call 858-966-1331



Celebrate your next party here!

GREAT FOR ALL YOUR EVENTS

Retirement Parties • Unit/Command Parties

Frocking Parties • Transfer Parties

Enjoy our delicious food on our patio with the fire pit!!



1079 Seacoast Dr. • Imperial Beach

619-429-7507 • www.ibforum.com

Mon-Fri Open at 11am • Sat & Sun Open at 9am • Sun-Thurs Close 12am • Fri & Sat Close at 1am

10% Military Discount

Not to be combined with any other offers.

You served us...now, let us serve you!

HUNT
AUTO SALES

619.274-0507



'14 TOYOTA COROLLA S #128718



'16 KIA OPTIMA LX #241989



'13 MAZDA3 #783817



'03 FORD EXPLORER #B19959



'16 CHRYSLER 200S #111924



'15 DODGE JOURNEY #105048



'15 DODGE JOURNEY #722833



'15 HYUNDAI ELANTRA GS #237845

SPECIAL MILITARY FINANCING

for E-1's & Up through Navy Federal & Frontwave Credit Union & other finance companies



110 West 8th St. • National City, CA 91950
www.huntautosales.com

FRANK TOYOTA

2400 NATIONAL CITY BLVD.
866.217.1866
www.franktoyota.com

2019 Toyota C-HR LE

Lease for **\$229** PER MONTH PLUS TAX 36 MONTHS
4 Cyl Automatic



*1 at this payment. Stk #: 57820, VIN #: K1052426, Model #:2402. Net capitalized cost \$19,905.71. \$229 plus tax monthly for 36 months with \$3,600 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. Security deposit not required. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 11/3/19.

2019 Toyota Highlander LE

Lease for **\$339** PER MONTH PLUS TAX 36 MONTHS
V6 Automatic 4x2



*1 at this payment. Stk: #58151, VIN #: KS353468, Model #: 6946. Net capitalized cost \$33,510.02. \$339 plus tax monthly for 36 months with \$4,150 due at lease signing. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 11/3/19

FRANK HYUNDAI

3150 NATIONAL CITY BLVD.
866.542.8238
www.frankhyundai.com

2020 HYUNDAI ACCENT AUTOMATIC

\$14,527 FRANK'S PRICE
-\$750 RETAIL BONUS CASH
-\$500 MILITARY or 1st RESPONDERS
-\$500 VALUED OWNER COUPON

NET PRICE
\$12,777



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 11/4/19. *1 at this price #090576.

2020 HYUNDAI ELANTRA SE AUTOMATIC

\$16,527 FRANK'S PRICE
-\$1250 RETAIL BONUS CASH
-\$500 EVENT CASH
-\$500 MILITARY or 1st RESPONDERS
-\$500 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 11/4/19. *6 at this price.

2019 HYUNDAI SONATA LIMITED

\$10,000 OFF MSRP
\$5,000 FRANK DISCOUNT
\$3,000 Retail Bonus Cash
\$1,000 HMF Bonus Cash



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 11/4/19. *6 at this price.

FRANK SUBARU

2829 NATIONAL CITY BLVD.
888.207.1891
www.franksubaru.com

2019 SUBARU IMPREZA 5 Door 2.0i PREMIUM CVT

LEASE FOR **\$244** PER MONTH PLUS TAX 36 MONTHS
ZERO DOWN!



*1 at this payment, STK# 21614, VIN# K3746177, Model # KLD 14. \$244 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 11/3/19.

2019 SUBARU CROSSTREK 2.0i PREMIUM CVT

LEASE FOR **\$279** PER MONTH PLUS TAX 36 MONTHS
ZERO DOWN!



*1 at this payment, STK# 21316, VIN# KH313706, Model # KRD 13. \$279 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 11/3/19.

4-WHEEL ALIGNMENT

\$89.95 + tax

~~WAS \$119.85~~



- 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 11/30/19.

ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

Frank Motors is now hiring part-time & full time employees. Apply on-line www.FrankToyota.com

Military Special Only

OIL & FILTER CHANGE

\$29.95 + tax

~~WAS \$39.95~~

- 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 11/30/19.

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 11/30/19.

PLUS **10% OFF**

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

WE HONOR OUR MILITARY!!