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THURSDAY, NOVEMBER 28, 2019



THE BEST WAY TO GIVE THANKS

SAN DIEGO (Nov. 18, 2019) - Fire Controlman 2nd Class Sarah Salazar reunites with her family and friends as cruiser USS Lake Erie (CG 70) returns to Naval Base San Diego. Lake Erie's homecoming follows a deployment to the U.S. 3rd and 7th Fleet areas of operations in support of security and stability. Navy photo by Mass Communication Specialist 1st Class Woody S. Paschall

We're glad you're back!



USS Cincinnati (LCS 20) arrives at San Diego homeport for first time

The Independence-variant littoral combat ship USS *Cincinnati* (LCS 20) arrived at its new homeport in San Diego for the first time, Nov. 20. The Navy commissioned *Cincinnati*, Oct. 5, 2019, during a ceremony in Gulfport, Miss. *Cincinnati* is the 12th LCS homeported in San Diego under the leadership of Littoral Combat Ship Squadron (LCSRON) One. "The crew of USS *Cincinnati* has put in a tremendous amount of hard work over the last six to seven months from the ship's pre-commissioning, to bringing the ship to life, to the successful completion of our sail around. Their dedication has been second to none and we are thrilled to deliver *Cincinnati* to our homeport here in San Diego and to reunite with family, friends, and shipmates," said Cmdr. Jedediah Kloppel, commanding officer of USS *Cincinnati*. This year, the Navy commissioned six LCS, bringing the total to 19 LCS in the fleet. Most recently, the Freedom-class littoral combat ship USS *Detroit* (LCS 7) departed its homeport of Mayport, Fla., for the U.S. Southern Command area of responsibility on its maiden deployment, Oct. 31. In addition, USS *Montgomery* deployed to the Indo-Pacific region. *Montgomery* completed a mid-deployment crew swap this fall demonstrating the ability to stretch operational time across one ship. LCS operate with two crews enabling increased operational time. The two-crew rotation creates flexibility and increased forward-presence. To optimize the two-crew model, off-ship crews train aboard a training ship.

USS Boxer ARG wraps up deployment

Marines and Sailors from the *Boxer* Amphibious Ready Group and 11th Marine Expeditionary Unit returned to San Diego Nov. 27, in time for Thanksgiving. Among the accomplishments for the nearly 4,500 crew while deployed were three multilateral exercises across the South China Sea "Throughout our deployment, our Navy and Marines Corps team has trained together in different areas of the world, building partnerships with allies and partners in the Western Pacific," said Col. Fridrik Fridriksson, commanding officer, 11th MEU. "Any time we can get an opportunity to work with and learn from another military organization, we know we're going to come away a better team." The three exercises were Tiger Strike - Malaysia; CARAT Brunei; and KAMANDAG 3 - Philippines. Each exercise represented a different opportunity for the amphibious task force to conduct training with each nation's armed forces and tackle different challenges together. "The work that this Expeditionary Strike Group team is doing out here has been nothing short of exceptional," said Rear Adm. Fred Kacher, commander of Expeditionary Strike Group 7.

USS America leaves San Diego for her new home in Sasebo, Japan

USS *America* is on her journey to a new homeport in Japan after quietly leaving San Diego last week. *See the full story on page 8.*

Retired Rear Adm. Kenneth Braithwaite tapped to be next SECNAV

by Ben Werner,
USNI News

THE PENTAGON - On Monday, President Donald Trump announced his intention to nominate Rear Adm. (Ret.) Kenneth Braithwaite, the current U.S. ambassador to Norway, to be the next secretary of the Navy.

Secretary of Defense Mark Esper suggested Trump consider

Braithwaite to become the secretary of the Navy after asking Richard V. Spencer to resign from the post.

"Kenneth Braithwaite is somebody I've known for quite some time. I think he'd be very capable. It's my recommendation to the president," Esper said during a press briefing at the Pentagon.

When Esper worked as a staffer for the senate foreign relations committee between 1998 and 2002, Braithwaite worked for former Sen. Arlen Specter between 1997 and 2000, according to their bios.

Before becoming ambassador to Norway, Braithwaite was a lobbyist for the hospital and healthcare industry.

In uniform, Braithwaite first flew anti-submarine missions in the western Pacific and Indian Oceans, according to his Navy bio. Braithwaite transferred to the public affairs community in 1988. He served aboard USS *America* (CV-66) and as the chief of PA for Naval Base Philadelphia.

In 1993, Braithwaite left ac-

tive duty but continued serving in the Navy reserves. He deployed in March 2003 for Operation Iraqi Freedom to support naval operations to capture the Iraqi deep-water port of Umm Qasr, according to his bio.

Between 2004 and 2007, Braithwaite served as the commander of joint public affairs support element-reserve. He

commanded a 50-person joint public affairs expeditionary unit that deployed to support joint combatant commanders in conflict. During this time, Braithwaite deployed to Pakistan, serving as the director of strategic communications for the U.S. joint disaster relief task force offer the nation assistance after it suffered a devastating earthquake in 2005.



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Indo-Pacific commander: Freedom of navigation in South China Sea critical to prosperity

by David Vergun,
DoD News

Navy Adm. Philip S. Davidson, commander, U.S. Indo-Pacific Command, spoke Nov. 23 at the Halifax International Security Forum, in Halifax, Nova Scotia, Canada.

Freedom of navigation by air and by sea is important globally, including in the South China Sea, where trillions of dollars in commerce transit each year, he said.

However, over the years, China has been militarizing islands in the South China Sea and has increased its capability there, he said.

Now, China wants to come up with a code of conduct between it and the Association of Southeast Asian Nations for operating in those waters, he said.

ASEAN is a group of nations in Southeast Asia that promotes economic, political, and security cooperation among its 10 members: Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, the Philippines, Singapore, Thailand and Vietnam.

Davidson urged ASEAN nations to ensure such an agreement, if reached, does not restrict their freedom of navigation and limit their ability to operate there for commerce and exercises.

The admiral said ASEAN nations have been assured that the U.S. and its allies and partners will support

their right of freedom of navigation.

Canada, New Zealand, Australia, Japan and India have all



No one has talked to me about planning to draw down troops. I don't know of any plan to draw down troops.

Indo-Pacific Command chief Adm. Philip Davidson told reporters on the sidelines of the Halifax International Security Forum.

sailed through those waters and participated in military exercises there, he noted.

Also, the U.S. has increased

Milley begins fact-finding trip to Middle East, Central Asia

by Jim Garamone

The chairman of the Joint Chiefs of Staff arrived at Amman, Jordan, Nov. 24 to begin a trip to the Middle East and Central Asia.

On his way to Jordan, Army Gen. Mark A. Milley stopped in Israel to meet his counterpart, Israeli Army Lt. Gen. Aviv Kochavi. After the visit, he made the short flight here and met with King Abdallah II- who is the commander-in-chief of the Jordanian military.

Milley was hosted by Jordanian Army Maj. Gen. Yousef Huneiti, Jordan's chairman of the Joint Chiefs of Staff.

Milley will meet with military and civilian leaders in the region and will visit with U.S. troops.

"This is an opportunity for the chairman to meet face-to-face with military leaders in the theater to discuss the strategic situation and reaffirm our commitment to the region," said Air Force Col. DeDe S. Halfhill, the special assistant to the chairman for public affairs.

"It also affords him a chance to meet with U.S. service members to see how they are doing, and find out their concerns and thank them for all they

operations in the South China Sea, Davidson said. Several exercises were conducted there in September and October and two freedom

of navigation exercises were conducted there in the last week or two.

As well, navigation in those

are doing to keep America safe."

It's Milley's first trip to the region since becoming chairman last month. He has deployed to the region many times in his 40-year career and visited often in his previous job as Army chief of staff.

The situation in the region is complicated, to say the least. Just since Milley took office, Turkey moved into a band of Northern Syria 30 kilometers wide. The U.S. redeployed forces area to protect Syrian oil fields from exploitation by Islamic State adherents.

In the Persian Gulf, Iran moved beyond mining oil tankers and shooting down a U.S. remotely piloted vehicle, to attacking a crucial oil terminal in Saudi Arabia. The United States is sending troops and military capabilities to assure Persian Gulf allies and deter Iran from further attacks.

The United States is working to train and advise Iraqi defense forces and Syrian Democratic Forces. U.S. and coalition personnel are also working with Afghan security forces.

There are between 50,000 and 60,000 U.S. service members serving in the U.S. Central Command.

waters will pick up as the U.S. continues to rotate its forces through Singapore and projects air and sea power from bases in Japan, he added.

Davidson then discussed a wider threat from China.

China is expanding its military presence beyond the South China Sea, Davidson said. They are now operating globally, to include areas around South America, Europe and Africa.

There have been more of these global Chinese naval deployments in the last 30

months than in the last 30 years, he said.

They are also developing and fielding advanced ballistic missiles and hypersonics.

In response, the U.S. is ramping

up its missile defense systems and is developing long-range precision fires as a deterrence measure, he said.

Davidson concluded that "freedom and support of the international order is worth defending."

Most recent national military headlines

- ▶ Royal Navy Intends HMS Queen Elizabeth to be Integrated into U.S. Carrier Operations
- ▶ Navy Committed Netted Sensors and Weapons to Support Future Fights
- ▶ President Trump Tweets to Stop Gallagher Trident Review Board
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NAVWAR selects Peter C. Reddy as NIWC Atlantic executive director

by Michaela Judge,

CHARLESTON, S.C. (NNS) -- Naval Information Warfare Systems Command (NAVWAR) selected Peter C. Reddy as Naval Information Warfare Center (NIWC) Atlantic Executive Director.

In this position, Reddy sets NIWC Atlantic-wide strategic goals and manages engineering and business operations for more than 4,900 federal civilian and military employees. NIWC Atlantic reports directly to NAVWAR, located in San Diego, California and has major stateside offices in South Carolina, Virginia, Louisiana, Florida and Washington, D.C., as well as overseas posts in Europe, the Middle East and Antarctica.

Reddy has served as NIWC Atlantic acting executive director since July 2019 and as deputy executive director since January 2019. The former Marine Corps colonel retired after 30 years of active service in a variety of command, control, computers, communications and intelligence (C4I) assignments around the world.

Reddy entered federal civil service as chief engineer for the Expeditionary Enterprise Systems and Solutions Sub-Portfolio at NIWC Atlantic. He was selected as systems engineer for the Marine Corps and Special Operations Command Portfolio in March 2015. In January 2017, he was selected as NIWC Atlantic Chief Engineer/5.0 Engineering Competency Lead.

A 1984 graduate of the University of Virginia, Reddy has three master's degrees in systems engineering (electronic warfare), strategic studies and business administration. Reddy is certified Level III in the Defense Acquisition Program Management and Systems Engineering career fields; as a certified systems engineering professional; as a project management professional; and as a professional engineer.

Military services strengthen, modernize industrial base

by C. Todd Lopez,
DoD News

The military services are making progress on strengthening and modernizing their organic industrial base, service officials said.

Lt. Gen. Duane A. Gamble, Army deputy chief of staff for logistics, said the organic industrial base is important to strategic readiness. "The material readiness it enables is critical to ensuring our Army can provide the responsiveness, the depth and the capability demanded of us in the National Defense Strategy."

Gamble was among the representatives of the Army, Navy, Air Force and Marine Corps who appeared Nov. 21 before the House Armed Services Committee's subcommittee on readiness to discuss the modernization of the organic industrial base.

The industrial base includes the infrastructure and facilities owned by the government to maintain and refurbish military hardware, including aircraft, tanks and ships.

Gamble told lawmakers the skilled workforce at its facilities is the backbone of that industrial base and attracting the best talent is critical.

He said Congress has helped that effort through legislation that grants authority to do direct hires into the workforce. That authority helped the Army process 3,560 personnel actions during 2019, and more than 4,800 since 2017, he said. "It's helped us reduce our hiring time from 114 days to 85 days, which allows our [organic industrial

cent increase in planned work since 2010.

To match that growth, the Navy has increased the size of the public yards by more than 9,000 people: from 27,368 in 2010, to 36,696 in 2018, he said.

The Navy achieved that

security imperative," Moore said. "The department has taken a holistic approach to ensure both our public and private yards have the information, people and equipment needed to maintain the world's greatest Navy."

In addition to ships and boats, the naval aircraft also take off from carriers. Vice Adm. Dean Peters, commander of the Naval Air Systems Command, discussed successes in efforts to modernize the organic industrial base that keeps Navy aircraft ready.

Peters said improvements can be seen in the 80% mission-capable rates for F/A-18 Hornets, F/A-18E/F Super Hornets, and EA-18G Growler aircraft.

He said the Navy surged to 372 mission-capable Super Hornet aircraft on Sept. 30, 2019, after years of having an average of 250 to 260 mission-capable aircraft.

"Our aircraft depot lines and component repair lines are now delivering more effective and reliable products with reduced turnaround times and significant improvements in quality," Peters said.

Such depots now do much more than completing repairs and then sending them back to the fleet, he said. Now, the depots return fully restored aircraft to promptly support squadron flight schedules, he said.

The first of the new KC-46 Pegasus refueling aircraft, meant to replace aging KC-135 Stratotankers, was delivered to the Air Force in January of this year.

The Navy fully understands that on-time delivery of ships and submarines ... is a national security imperative.

~ Vice Adm. Thomas Moore, commander of the Naval Sea Systems Command

base] to remain competitive with industry employers seeking the same critical skills," he said. "It's a competition for talent."

Gamble also said the Army has an infrastructure master plan to help it maintain the appropriate level of readiness with an aging organic industrial base, more than half of which was built before 1945.

"That plan will carry us over the next 20 years," he said. "This plan is a forward-looking and forward-thinking solution that will keep our OIB, facilities and infrastructure postured and programmed to sustain Army readiness."

Representatives from both the Navy's Sea and Air Systems Commands also testified about the status of the Navy's organic industrial base.

Vice Adm. Thomas Moore, commander of the Naval Sea Systems Command, said four shipyards have seen a 25 per-

cent increase in planned work since 2010.

One drawback of that expansion is that the workforce is fairly new - about half of workers have been on the job less than five years. Because of that, the Navy has responded with changes in training.

"The shipyards have transformed how they train new employees through learning centers that use both virtual learning tools and hands-on work," Moore said, which has cut in half the time it takes to make a productive worker.

Moore also said the Navy is now in the second year of a 20-year, \$21 billion shipyard infrastructure optimization plan that will support current and future ships.

"The Navy fully understands that on-time delivery of ships and submarines ... is a national

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

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Ask Rusty - How does my husband's federal pension affect benefits?

by Russell Gloor

Dear Rusty: My husband retired at his full retirement age of 66. He qualified for Social Security but also qualified for Civil Service Retirement System. Being so, he falls under the Windfall Offset Provision, and subsequently had his Social Security benefit reduced from around \$900 to \$450. His full CSRS benefit is \$3,400. I haven't claimed my Social Security benefit, but I expect it to be around \$2,000 at my full retirement age of 66 in November. At my full retirement age could I collect half of his benefit and let mine grow until age 70? Or upon filing, am I forced to take my full benefit instead? If I can take half of his benefit, would it be half of his full benefit or half of the reduced benefit? Also, upon claiming my benefit, would my husband be entitled to claim half, and thus increase what he's currently receiving on his own benefit? In addition, upon my death, would my husband qualify for my full SS benefit or is he subject to offset by the Windfall Offset or Government Pension Offset? Signed: Confused About SS

Dear Confused: Because of your husband's CSRS pension, his own Social Security benefit is reduced by the Windfall Elimination Provision (WEP), and any spousal benefit he may be entitled to will be affected by the Government Pension Offset (GPO). Both WEP and GPO are provisions which affect anyone with a pension from employment which did not participate in the Social Security program.

GPO is the more severe of these two provisions, because it reduces any spousal (or survivor) benefit your husband might be entitled to by 2/3rds of his CSRS pension, which means that he will not be able to get a spousal benefit from you when you apply (2/3rds of his CSRS pension is more than he would get as a spousal benefit). You, on the other hand, will be eligible (at your full retirement age, or "FRA," of 66) to file a "Restricted Application for Spousal Benefits Only," which will give you half of his WEP-reduced Social Security benefit (about \$225/month). You are eligible to use the restricted application because you were born before January 2, 1954 (those born after January 1, 1954 cannot use this option). By doing so, you can collect a spousal benefit from your husband while allowing your own SS retirement benefit to grow by 8 percent per year of delay (2/3rds of 1 percent per month of delay) up until you are 70 years of age, when your benefit amount will be 32 percent more than it would be at age 66. But when you claim your benefit at age 70 your husband's spousal benefit won't be based on your increased amount, but rather upon your FRA benefit amount of \$2,000, which means he still won't get a spousal benefit due to the Government Pension Offset.

Finally, if you should predecease your husband, the GPO will also affect his survivor's benefit, which is based upon 100 percent of what you were receiving at your death (not on your FRA benefit). So, using the numbers you provided, if your FRA benefit would be about \$2,000 your age 70 benefit will be about \$2,640 (not including COLA increases). Since 2/3rds of your husband's CSRS pension is \$2268, he'd normally be entitled to the difference \$372) as his survivor's benefit. But since that amount is less than his own WEP-reduced SS benefit, he won't get a survivor's benefit. As you may be aware, the Federal CSRS plan has been replaced by the Federal Employee Retirement System (FERS) which participates in Social Security, so WEP and GPO don't apply to those who retire under FERS.

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.

New commissary, exchange access delayed for many veterans

by Amy Bushatz.
Military.com

Many disabled veterans and Purple Heart recipients won't see on-base access for commissaries and exchange stores or some recreation options any time soon, according to new guidance issued Nov. 13 by the Defense Department.

By law, the new access is to start Jan. 1, 2020. However, a policy document issued Nov. 13 by the Pentagon shows that, while veterans who hold a Veteran Health Identification Card (VHIC) from the Department of Veterans Affairs and caregivers registered with the VA's Comprehensive Program for Caregivers will be able to access the system as planned, all other new users will have to wait for a previously unannounced "phase two."

That's because the VA and the DoD have not developed a solution to securely give those veterans base access, the policy states.

"On Jan. 1, 2020, only veterans with a secure, scannable VA-issued VHIC will be authorized access to in-person commissary, military exchange and morale, welfare and recreation privileges on DoD and Coast Guard installations," it states. "When DoD and VA identify a credentialing solution for all Veterans eligible under the Purple Heart and Disabled Veterans Equal Access Act of 2018, DoD will roll out a new phase of access to accommodate current veterans who are not eligible to obtain a VHIC but are eligible for these privileges."

The VHIC is an identification card given to veterans enrolled in VA health care. It is different from the veteran ID card issued by the VA to all veterans who apply.

Related: How to enroll in VA health benefits

Caregivers will be presented a letter by the VA to certify that they qualify for access, the policy states. In addition to that



Customers bag groceries at Peterson Air Force Base, Colorado. Air Force photo by Joshua Arends

letter, they will need to present a valid form of ID to gain access. And because military installations are federal facilities, IDs must be Real ID compliant, it adds.

Acceptable forms of ID include:

- REAL ID-compliant driver's license issued by a state territory, possession or the District of Columbia
- REAL ID-compliant non-driver's license issued by a state, territory, possession or the District of Columbia
- Enhanced driver's license issued by a state, territory, possession or the District of Columbia
- U.S. passport or passport card
- Foreign passport bearing an unexpired immigrant or non-immigrant visa or entry stamp
- Federal personal identity verification card (when otherwise eligible); VHIC
- The Transportation Worker Identification Card

Additionally, before gaining access for the first time, all new users will be required to go through a background check, according to the policy. Those with "felony convictions, felony arrest warrants or other types of derogatory information related to criminal history or terrorism" will be turned away, it adds.

Veterans who are rated as 100 percent service-connected disabled or who are Medal of Honor recipients can continue to access bases as before, using

a DoD ID card issued through the ID card office, the policy states.

Those who will be permitted on base to shop as part of phase

two can continue to use the on-line exchange system, a benefit rolled out in 2017.

In 2018, DoD officials estimated that about 80 percent of newly eligible shoppers will need a new identification card to be able to shop on base.

In addition to the 5 percent surcharge all commissary users currently pay, new customers, including those accessing the stores with a VHIC, will have to pay a 1.9 percent fee when using a commercial credit card at the commissary and a 0.5 percent fee for debit cards. There's no extra charge when paying by cash, check or using the credit card offered by the military resale system, the Military Star card.

Crossword Puzzle

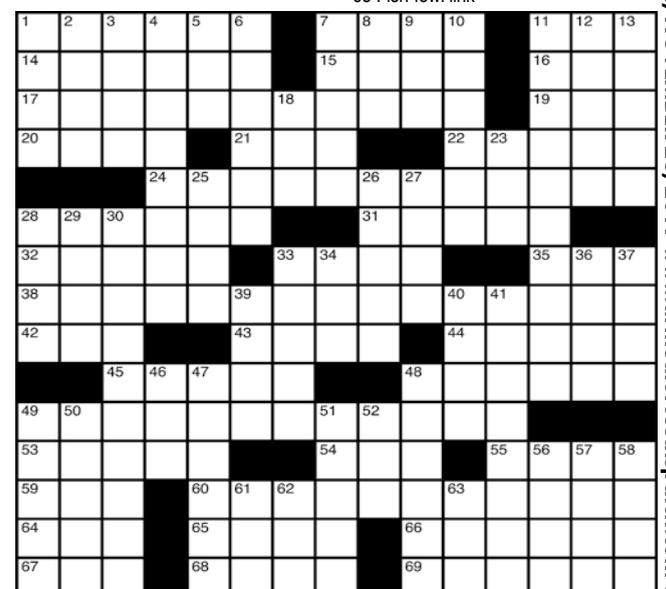
Across

- Assuming it's true
- "Bloom County" penguin
- Jams
- After-dinner gathering
- Go in different directions
- Service to redo
- Spoon
- Flight status info
- In addition
- "The Fault in ___ Stars": John Green novel
- Leader's domain
- Dish
- Chatter boxes?
- Light weight
- It may precede bad news
- Beavers, e.g.
- "Girls" channel
- Fork
- Icarus, to Daedalus
- Bar employee: Abbr.
- String quartet member
- Prefix with arch
- Bulldozer companion
- Plate
- Marx with a horn
- Vienna's land: Abbr.
- The munchies, e.g.
- Hairy TV cousin
- Bowl
- Flowery welcome
- It's retold often
- Greet on the street
- Roadside shelter
- "Oh, ew"
- Fancy, and then some

- ___-searching
- Tree fruit
- Like some wells
- One of a Chicago duo
- Group of like voices
- Purcell's "Dido and Aeneas," e.g.
- Four score, often?
- Address bar address
- "Lie Down in Darkness" author
- Request before the music starts
- Beijing-born action hero
- Passport mark
- Payable
- "I didn't mean that" key
- Bordeaux butcher's offering
- Eccentric
- Write effusively
- Smokehouse order
- Coiffure style
- '60s-'70s variety show host
- Order before the music starts
- Colony occupant
- Agricultural bundle
- Reminder to take out the trash?
- Big name in WWI espionage
- Green sci.
- Research
- Org. for netmen
- Like some paper towels
- Underscore?
- Some like it hot
- Like Cheerios
- "Frida" star Salma
- Prepare to remodel, maybe
- Poet Dove
- Pest in a swarm
- Where el sol rises
- Murderers' Row teammate of Babe
- Part of a hinged-door floor plan symbol
- Fish-fowl link

Down

- NY stadium named for a sports great



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USS Abraham Lincoln pulls into Bahrain after months in the Arabian Sea



by Joshua Karsten,
Stars and Stripes

MANAMA, Bahrain - The roughly 5,000 crew members of the USS Abraham Lincoln arrived at the U.S. naval base in Bahrain on Tuesday, Nov. 26, after spending more than six months in the Arabian Sea on a deployment shaped by tensions with Iran.

The port visit marks the first break for the crew since May, apart from a couple of stops at the pier in Duqm, Oman.

USS Abraham Lincoln arrives at Khalifa Bin Salman in Hidd, Bahrain, for a liberty port visit on Nov. 26. Lincoln and crew first transited the Strait of Hormuz into the Persian Gulf on Nov. 19 after operating in the Arabian Sea since May. Photo by Joshua Karsten, Stars and Stripes

Lincoln was on a deployment from Naval Station Norfolk, Va., earlier this year when it was ordered ahead of schedule to the Arabian Sea in response to what then-National Security Adviser John Bolton referred to as “troubling and escalatory indications and warnings” from Iran.

Last month, the Navy extended the carrier strike group’s

mission in the region to allow repairs to be completed on its relief carrier, the USS Harry S. Truman, 2nd Fleet officials told USNI News last week.

The officials confirmed Lincoln will remain on station until Truman can replace it.

Lincoln “continues to provide presence in support of regional maritime security,”

5th Fleet spokesman Lt. Cmdr. Pete Pagano said in an email Thursday. “We are committed to protecting freedom of navigation and the free flow of commerce.”

Pagano declined to discuss future operations or the port visit.

Lincoln has operated since May in a small part of the Arabian Sea and Gulf of Oman.

It transited the Strait of Hormuz into the Persian Gulf for the first time last week.

Navy aircraft carriers traditionally sail through the narrow international shipping route when operating in the region, but tensions with Iran had kept the strike group away from the passage.

USS Boxer was the last large ship to visit Bahrain, with a crew of more than 2,000 sailors and Marines. The July transit made headlines after

crew members downed a drone, which U.S. officials said was Iranian.

Weeks beforehand, Iranian forces shot down a U.S. drone that the Navy said was over international waters and Iran said was flying over their territory.

Those incidents came after multiple explosions hit tankers in the Gulf of Oman, which the U.S. blamed on Iranian proxies, and instances of what the U.S., Britain and others have labeled maritime harassment by Iranian forces.

Since then, more U.S. troops have been deployed to the region and an international task force was established to deter Iranian aggression.

The coalition, dubbed CTF Sentinel, includes Albania, Australia, Bahrain, Saudi Arabia, United Arab Emirates, the United Kingdom and the United States.



Sailors from amphibious assault ship USS Bonhomme Richard (LHD 6) receive special recognition from California State Senator Brian W. Jones at Noah Home. The Sailors were recognized for their outstanding community service during a community service event. BHR is in its homeport of San Diego. Navy photo by MC3 Gavin Shields

Bonhomme Richard Sailors receive recognition from state senator for outstanding community service

by MCSA Jeffrey F. Yale,
USS Bonhomme Richard Public Affairs

SAN DIEGO - Amphibious assault ship USS Bonhomme Richard (LHD 6) received special recognition from California State Senator Brian W. Jones for outstanding community service at Noah Homes, Oct. 10.

Jones recognized Bonhomme Richard’s Sailors for their dedication to the betterment of their community and service to the residents of Noah Homes through outstanding volunteer efforts.

“We enjoy what we do and we don’t do it for recognition, we do it because it’s our passion,” said Religious Programs Specialist 2nd Class Luis Fellipy Castro. “As nice as this recognition is, I think the major impact is really the lives that are affected.”

Sailors assigned to BHR volunteered at the special needs residency as one of many community relation, or COMREL, events that the command routinely sponsors.

“It is great to know that Bonhomme Richard organizes a lot of COMREL events,” said Aviation Boatswain’s Mate Handling Airman Ifeanyi Areh. “Growing up, I didn’t get a lot of opportunities like this where I can help people.”

Areh is one of many Sailors who consistently volunteers for COMREL events. He has accumulated 100 volunteer hours since being assigned to Bonhomme Richard six months ago.

“The purpose of COMRELs are for the command to show that we bring more to the community than just being out in the field and defending the country,” said Castro. “It allows us to build friendly relationships with the community.”

Bonhomme Richard averages 15 to 25 Sailors per event, who commit to give back to their community.

“Our Sailors understand that life is bigger than just them,” said Lt. Jeffrey Birch, a chaplain aboard Bonhomme Richard. “They have got to serve something bigger than them by serving the ship and also serving the community, and strengthening the bonds between the Navy and our community.”

Bonhomme Richard holds change of command

SAN DIEGO - USS Bonhomme Richard on Nov. 21 held a change-of-command ceremony in Coronado. Capt. G. S. Thoroman relieved Capt. Rich LeBron, who had served as Bonhomme Richard’s commanding officer since September 2018. “As I reach the end of this tour, I will attest to the competence and energy of Bonhomme Richard’s new leader, Capt. Scott Thoroman,” LeBron said. “I leave here knowing a leader who fundamentally understands command will command BHR. He knows this ship and crew, their strengths and weaknesses, perhaps better than I do.” LeBron encouraged the crew to continue to strive for excellence as the new commanding officer takes charge. “I look forward to watching where Bonhomme Richard goes next as she sails forward propelled by the winds of excellence,” he said. Vice Adm. Richard Brown, Commander, Naval Surface Force Pacific, thanked Captain LeBron for his dedicated service to Bonhomme Richard and her crew. - by MC3 Hector Carrera

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A photo essay of USS Boxer ARG's deployment



PACIFIC OCEAN (Nov. 19, 2019) - An AV-8B Harrier II attached to Marine Medium Tiltrotor Squadron (VMM) 163 prepares to land on the flight deck of USS Boxer (LHD 4) during a tiger cruise air show. Photo by MC3 Justin Whitley



PACIFIC OCEAN (Nov. 21, 2019) - A Sailor aboard USS Harpers Ferry (LSD 49) drives a golf ball during a steel beach picnic. Photo by MC3 Danielle A. Baker

PACIFIC OCEAN (Nov. 22, 2019) - Sailors help their tigers don firefighting gear for a damage control Olympics on Harpers Ferry. Photo by MC3 Danielle A. Baker



The Boxer Amphibious Ready Group (ARG) and 11th Marine Expeditionary Unit (MEU) concluded a deployment to the 7th Fleet and 5th Fleet area of operations, where they supported regional stability, reassured partners and allies, and maintained a presence to respond to any crisis ranging from humanitarian assistance to contingency operations.



PACIFIC OCEAN (Nov. 19, 2019) - An AV-8B Harrier II attached to Marine Medium Tiltrotor Squadron (VMM) 163 (Reinforced) takes off from the flight deck of USS Boxer (LHD 4) during a tiger cruise air show. Photo by MC3 Jessica Ann Hattell

PACIFIC OCEAN (Nov. 21, 2019) - Lt. Jose Fernandez explains the functionality of the central control station aboard amphibious transport dock ship USS John R. Murtha (LPD 26) to Sailors, Marines, and their tigers during a ship tour. Navy photo by MC2 Kyle Carlstrom



PACIFIC OCEAN (Nov. 22, 2019) - Hospital Corpsman 1st Class Charlene Green, left, and Gunner's Mate 1st Class Lyrics Ramirez cut and serve cake for a Thanksgiving dinner aboard Harpers Ferry. Navy photo by MC3 Danielle A. Baker



PACIFIC OCEAN (Nov. 22, 2019) - Sailors and tigers install a pipe patch during a damage control Olympics on the flight deck of Harpers Ferry. Navy photo by MC3 Danielle A. Baker

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NSWC Corona's data analytics enables Navy to dominate the threat

by Cathleen Yates

CORONA, Calif. - To fight the great power competition at sea and abroad, data analytics is what the Navy needs, and Naval Surface Warfare Center (NSWC) Corona has it.

That was the message imparted by Capt. Khary W. Hembree-Bey, commanding officer of NSWC Corona, to members of the Armed Forces Communications and Electronics Association (AFCEA) San Diego Chapter at the group's annual luncheon Nov. 19 at Eagle Glen Golf Club here

"We've been doing data analytics before it was a thing," said Hembree-Bey. "And we are a primary resource for the Navy for data science and engineering."

As the Navy faces ongoing challenges from adversaries, its leadership has emphasized the need to leverage technology to dominate the threat. For decades, NSWC Corona has served as the Navy's independent assessment agent, gauging the Navy's warfighting capability by providing analysis and assessment of fleet readiness and system performance and measurement

accuracy to ensure the Navy's warfighters have the tools to train, fight and win.

As the Navy invests in technologies such as cyber security, unmanned vehicles, artificial intelligence, machine learning and digital twin, it seeks the partnerships of industry and academia to help achieve its goals.

"The data is a conduit that helps the fleet better understand its readiness," said Hembree-Bey. "You don't just want the information; you want it to be predictive. We're looking at the realm of what's possible."

Private industry helps the warfare center meet more than \$255 million in annual contracting



Capt. Khary Hembree-Bey speaks at the AFCEA San Diego Chapter luncheon to demonstrate the unique mission, roles and responsibilities of NSWC Corona. Navy photo by Becky Cleveland

requirements, with \$84 million in small business contracts. NSWC Corona also partners with local universities and high schools to place students in internships and STEM positions, helping to bridge the gap between schools and industry. Along with a science and engineering workforce of more than 3,700 civilians, contractors and military personnel, partnerships with industry and academia enable the command

to carry out its mission.

"We are here to enhance readiness and lethality," said Hembree-Bey.

Naval Surface Warfare Center Corona, headquartered in Norco, California, is the Navy's premier independent analysis and assessment agent, using measurement, analysis and assessment to enable our warfighters to train, fight and

win. The center analyzes warfare and missile defense systems, provides systems engineering for Live Virtual Constructive training ranges, and advises and administratively manages measurement and calibration standards for the Navy and Marine Corps. Capt. Khary Hembree-Bey commands

the Naval Sea Systems Command (NAVSEA) field activity with a workforce of more than 3,700 scientists, engineers, contractors and support staff.

Get more information about the Navy from US Navy Facebook or Twitter.



Screen shot of USS America (LHA-6) ombudsman page saying farewell to San Diego.

USS America leaves SD for new homeport In Japan

by Ben Werner,

USNI.com

USS America (LHA-6) is on the first leg of its journey to a new homeport in Japan after quietly leaving San Diego last week.

Navy officials confirmed to USNI News that *America* is pier-side in Hawaii. However, officials would not confirm if Pearl Harbor is the first stop in the transit that will ultimately end at *America's* new homeport of Sasebo, Japan.

Last week, after *America* departed San Diego, the ship's ombudsman posted on Facebook a farewell message from the ship's families to San Diego. Also posted are Thanksgiving hours for base activities in Sasebo, Japan, and *America's* families are alerted Santa Claus is scheduled to visit Nimitz Park, in Sasebo, for a tree lighting on Dec. 6.

In Japan, *America* will become the flag ship of U.S. amphibious forces in Japan and will be paired with the 31st Marine Expeditionary Unit and 1st Marine Aircraft Wing.

America, the Navy's newest big deck amphibious warship, will replace the Navy's oldest, USS *Wasp* (LHD-1), as the service's forward-deployed big deck in the Pacific. On Monday, *Wasp* arrived at its new homeport, Norfolk, after spending nearly two years based out of Japan.

America is an aviation-centric big deck amphibious assault ship. Unlike the *Wasp*-class ships, *America* doesn't have a well deck and instead was built with increased space for jet fuel, aircraft equipment and maintenance.

A second *America*-class ship, future USS *Tripoli*, had its commissioning delayed by shipbuilder Huntington Ingalls Industries. The company is testing some of the ship's systems to ensure they will last as intended for the life of the ship. *Tripoli* is now expected to join the fleet in May 2020, and will likely be homeported in San Diego, according to a Navy personnel command notice seeking crewmembers for the ship.

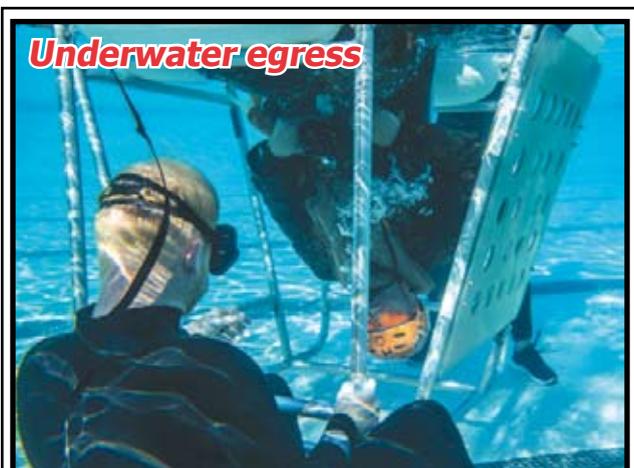
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CAMP PENDLETON (Nov. 18, 2019) - A Marine with Echo Company, 2nd Battalion, 5th Marine Regiment, 1st Marine Division, prepares to escape out of an egress trainer as part of the underwater helicopter egress training at Camp Horno here. The MAET teaches Marines to calmly and safely evacuate a submerged aircraft. The training is a requirement for any Marines flying in aircraft over water. Photo by Lance Cpl. Andrew Cortez

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Members of the Naval Special Warfare community pose for a picture at the conclusion of a team relay race in the California high desert. Through the 100+ mile race, each of the team's eight runners would travel more than 14 miles and climb and descend more than 2,300 feet in elevation. Navy courtesy photo

Retired SEALs, NSW personnel team up for tough trek, find strength in 'The Suck'

WARNER SPRINGS, Calif. - A small tactical outfit of eight set out on the cold, early morning of November 8th, with more than 110 miles to travel in the next 30 hours. Naval Special Warfare personnel, including Special Operators, support personnel and retired SEALs took off into the Southern California high desert. They signed up for this, they trained for this, but were they actually ready for this?

This team assembled in Warner Springs, Calif. to run a relay footrace. Named for the Viking conqueror Ragnar, this race challenges competitors to push their individual limits and to accomplish this feat together as a team. The starting line is at 4,400 feet above sea level, and changes more than 2,300 in elevation throughout the course. Each runner was responsible for completing nearly 15 miles in three different legs, in the heat of the midday sun, around the clock and throughout the dark, cold night.

"Most people hear about these races, but have no idea how fun it is," said Chief Petty Officer

Monica Neri, assigned to Naval Special Warfare Command. "It was fun but it was also very challenging because we all trained at sea level. Trying to run up mountain takes a huge toll to your calves, mine were on fire!"

Despite their preparations prior to the race, the racers still felt the toll of pushing their bodies to the limits.

"The challenge is a lot of fun and going through this painful experience with a group of people will be something I never forget," Neri said.

Chief Special Operator (Ret.) Glen Davis described this event to what he calls a "kedge," a small anchor used to pull old sailing ships out of their comfortable berth into the channel.

"Signing up for events like this are like dropping a kedge and pulling your lazy self up off of the couch to train and prepare," Davis said. "It is critical that team members understand that it is going to suck and that is the joy of it."

"Our greatest memories come from the hardest things we do," said Davis. "That time the throttle cable broke and the transit in freezing rain took eight hours instead of two, or the time the wind caught our tent in Alaska and we all watched it blow hundreds of yards up and over the side of the mountain. Most people avoid these types of pain or have never experienced them. The (SEAL) teams make you realize the real value of 'suck'."

Every member of this team successfully completed their 14 mile race segments. The team finished the race 7th in their mixed category, with a total time of 29 hours and 24 minutes.

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• NBSD Admiral Prout Fields

Are You Ready for College Entrance Exams?

(StatePoint) While a student's long record of academic achievement is generally the most important measure that colleges take under consideration during the admissions process, getting as prepared for one's college entrance exams as possible is a great idea.

Here are a few things to know going into the process:

- Almost all four-year institutions of higher learning require that candidates submit either SAT or ACT scores with some requiring strictly one or the other. Certain selective schools also require SAT Subject Tests and AP Tests. Check which tests you'll need to take to apply to your schools of choice. You may also want to check the average scores of last year's incoming freshmen.

- Find out whether the schools to which you are applying look at the score of every test you take or only your top score. If they look at every score, you may want to avoid taking the test until you're feeling completely confident. If they look at only the top score, consider taking the test multiple times (if money and time allow) until you get the score with which you're satisfied.

- Each institution weighs scores a bit differently. Some colleges use entrance exam scores in order to place incoming freshmen in classes. Some schools use the scores to award scholarships. Understanding what the scores are used to determine, can help you get motivated to succeed.

- When it comes to the mathematics portion of the exam, it's important to know that graphing and scientific calculators are allowed. Calculators for College Boards available from Casio offer an affordable solution to aid in the preparation for college entrance exams. Whatever calculator students choose to use for their exams they should familiarize themselves with completely so that come exam day, they can easily manipulate its features and functions. To that end, students should use the calculator when taking practice tests and consider using it in the classroom and when doing homework.

- Testing rules and format have evolved over time. Be sure any preparation materials you use are current so that they deliver accurate information about what to expect and reflect the kind of questions you'll actually face on test day.

- Your practice tests should resemble the real test day as much as possible, so have handy only tools which are allowed in the testing facility, putting away any other reference materials or distractions.

While the process of preparing for and taking college entrance exams can be nerve-wracking, sufficient preparation and the right tools can give you the confidence you need to be successful on test day.

You should not be the office therapist

by Dr. Daneen Skube
Tribune Content Agency

Q: I have an employee who is wasting a lot of my time in what feels like therapy sessions trying to understand his problems on the job. As his manager, I just need him to be productive. I am tired of taking my time listening to him express his feelings. How can I be both kind and get him to get his job done, or get out?

A: You may be surprised to learn that even I don't support endless discussion of feelings. At the end of the day, we all need to figure out how to behave well when we feel bad, and we all feel bad sometimes. My focus once the client knows I understand his or her feelings is to immediately shift to problem solving to improve the situation.



You can be kind and get him to do his job by making it clear there are many places to express his feelings, but you are out of your depth with these conversations. Set a boundary that the only conversation you can have with him is about how to get his job done.

Obviously if you have an Employee Assistance program

INTERPERSONAL EDGE:

you can refer him to Human Resources. You can also let him know there are many counselors that would be happy to support him in discussing his feelings. Again, repeat that the only help you can provide is how to do his job.

Let your employee know that if this job is bringing up too many difficult feelings then it may not be suitable. Let him know that you trust him to vote with his feet to either start doing his job or alert you to the fact the job is not right for him. Many managers get into a power struggle with a poorly performing employee where extensive conversations substitute for actual work. Instead let the employee show you

whether he can keep his job or not by his behavior.

The bottom line is your employee will either start performing or will vote himself off your island by continuing to talk about his feelings. If he doesn't perform you've made it clear you will respect his decision to withdraw from this job to find a job more emotionally

comfortable for him.

As a manager you will occasionally benefit from listening to the feelings of your employees, paraphrasing, and establishing emotional rapport. However, when an employee is doing nothing but discussing feelings then that employee has stopped providing the services you are exchanging for a paycheck.

Some managers fall into thinking that these kinds of conversations are temporary.

Our workplace relationships have aspects of friendship and that makes work enjoyable and rewarding. However, when the work stops and there is a

one-way street friendship (you listen, they talk) the relationship is not a friendship or professional. The only way to get the relationship back on track is remind the employee that the basis of your relationship is you need his help.

The last word(s)

Q: I'm considering retirement in about a year and considering discussing this with my management. Is it too early to bring it up?

A: Yes, the minute you mention retirement you've made yourself a lame duck. Wait until you are certain and within a month or so and only then start conversations.

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

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Yoga for health

Have you rolled out a yoga mat lately? If so, you're among many who have taken up yoga to relax and stay fit. One in seven adults in the U.S. has practiced yoga in the past year. Yoga may help bring several health and wellness benefits.

Based in Indian philosophy, yoga involves both the body and mind. It began as a spiritual practice. Modern yoga focuses more on physical poses, breathing techniques, and meditation. Meditation involves exercises that help you clear and calm your thoughts.

"With practice, yoga can teach you to direct the mind on a single object," said Dr. Pamela Jeter, an NIH expert on yoga research. "It's practicing being aware and present from moment to moment."

But, she says, it takes a lot of practice. She suggests focusing on the physical aspects at first. With time, the meditation part becomes easier.

There are many types of yoga. Some are slower and focus on holding poses. Others involve flowing movements that connect to your breathing.

Research suggests that yoga may help improve general wellness. In studies, yoga has helped some people manage stress, improve mental health, lose weight, or quit smoking.

There's also evidence that yoga may be helpful for some medical conditions. Yoga may help lessen pain and menopause symptoms. It improved sleep in studies of older adults and people with cancer.

Several studies have shown that yoga can help those with chronic low back pain. Some experts now recommend it as a first-line treatment for low back pain, among other non-drug treatments.

But, Jeter cautions, more high-quality research is needed to confirm yoga's health benefits. "There's a lot of research out there for different health conditions, but there's not enough to say for sure," she says. Yoga shouldn't replace treatment from your health care provider.

It's also unclear what it is about yoga that helps. The practice combines physical, mental, and spiritual elements. "There are a lot of components in yoga. We don't know what the active ingredient is," Jeter says.

Research into yoga is ongoing. Studies are now looking at whether yoga is helpful for specific groups of people. For example, whether it can reduce chronic pain for military veterans or improve quality of life for people who have had breast cancer. New studies are also looking into whether yoga may help mental health conditions like anxiety, depression, and post-traumatic stress disorder (PTSD).

What should you know if you're thinking about starting yoga? "Start slowly and carefully in order to avoid any sort of injury," Jeter says. If you have a medical condition, talk with your health care provider before getting started.

Everyone's body is different. Yoga postures should be modified based on your abilities. Choose an instructor who is experienced and attentive to your needs.

You may also want to seek out a yoga therapist. "Yoga therapists have more extensive training than that required of a regular yoga teacher," Jeter said. "They're trained to work with different conditions and mostly work one-on-one or in small groups."



A look inside the body: Medical scans explained

Have you ever had to get an X-ray, MRI, or other medical scan? Do you know what these tests involve? Or what they can do?

Medical scans help doctors diagnose everything from head trauma to foot pain. There are many different types of imaging technologies. Each works differently.

Some types of imaging tests use radiation. Others use sound waves, radio waves, or magnets. Learning about how medical scans work can help you feel more comfortable if you or a loved one needs one. It can also help you to know what to ask about before getting an imaging test.

X-rays

The first revolution in seeing into the body came with X-rays. They have been used in the clinic for more than 120 years.

"X-rays are still used every day because they can do a lot," says Dr. Kris Kandarpa, an imaging expert at NIH. They're useful for looking at bones and finding problems in certain types of tissues, like pneumonia in the lungs.

X-ray imaging works by passing an energy beam through a part of your body. Your bones or other body parts will block some of the X-ray beams from passing through. That makes their shapes appear on the detectors used to capture the beams. The detector turns the X-rays into a digital image for a radiologist to look at.

X-ray beams use radiation. Radiation is energy that's released as invisible particles or waves. Being exposed to very large amounts of radiation can damage cells and tissues. It may also increase your risk of developing cancer.

But modern X-ray tests use a very small dose of radiation. People are naturally exposed to radiation from many sources, such as the sky, rocks, and soil.

"A chest X-ray gives you similar amounts of radiation as you'd get in a plane flight across the Atlantic Ocean," said Kandarpa.

CT scans

CT scans also use X-ray beams. But the beams rotate around your entire body to create a 3D picture. These images contain more information than a regular X-ray. The scan can be done in less than a minute. That makes it especially useful in places like the emergency department. There, doctors need to know immediately if a patient has a life-threatening condition.

Because CT scans use more X-ray beams than a normal X-ray, they often deliver a higher dose of radiation. But medical specialists have ways to calculate the smallest radiation dose needed, explains Dr. Cynthia McCollough, a CT imaging researcher at the Mayo Clinic.

"We tailor the dose to the patient's size, and we tailor it to the reason for the exam," McCollough says. For example, a CT scan of the chest needs less radiation than a CT scan of the stomach area.

McCollough's lab, with four other NIH-funded teams, is working on ways to reduce the amount of radiation these scans deliver even more. Her team has used hundreds of CT scans to find the lowest radiation dose that's needed for a radiologist to make the right diagnosis.

"We've found that when you take the dose way down, the images are less pretty, but they often still get doctors the right answer," said McCollough.

While lower doses of radiation would likely further lower risk, McCollough says that the standard doses are already quite low. That's important for people to know, because "some patients who really need a CT scan are afraid to get it," she said.

Fear can sometimes keep some-

one from getting a scan that could help improve their health, or even save their life. "Current CT doses are in a range where it's not possible to even prove a risk exists. They're that low," she says.

If you're concerned about a test that uses radiation, see questions you can "Ask Your Doctor" in the sidebar.

MRI

MRI works in a very different way. It doesn't use X-rays. Instead, it uses strong magnets and radio waves to affect atoms in the water molecules within your body's tissues. When the radio waves are turned off, the atoms release



energy that's detected by the MRI machine.

Atoms in different tissue types go back to normal at different speeds and release different amounts of energy. MRI software uses this information to create 3D pictures of the different tissue types.

"MRI is most helpful when you want to look at diseases that involve soft tissue, such as muscles, tendons, and blood vessels," said Dr. Shreyas Vasanaawala, an MRI researcher at Stanford.

MRI can provide information about how the body is functioning in real time. "For example, we can measure how much blood is flowing in the vessels," Vasanaawala says. That can help doctors find small blockages or defects in the heart.

Because MRI doesn't use X-rays, doctors would like to use it more in children. But MRI machines require you to lie motionless for a long time.

"It can be difficult for children to hold still," says Vasanaawala. If needed, general anesthesia can help get kids through the test. It makes them unconscious and unable to move. It's typically very safe, but comes with some risks.

To help reduce the use of anesthesia, Vasanaawala and his team have created a flexible, blanket-like version of MRI hardware to use with children. They coupled it with new methods for faster scanning. The soft blanket-like coil sits closely on top of the patient, providing a comforting environment. "It's helping some kids get through exams without anesthesia," he said.

Other scans

Another commonly used imaging method is called ultrasound. It sends sound waves into the body. Different types of tissue reflect sound waves differently. These differences can be picked up by an ultrasound machine and turned into a picture. Ultrasound is helpful for looking at the heart and other organs, or a developing baby.

Doctors also use tests called nuclear imaging. These tests use a tiny amount of a radioactive substance, or "tracer." Most tracers are injected into the body, but some are inhaled or swallowed. The tracers inside the body release radiation that can be measured by a detector outside the body. The type of tracer differs depending on what the doctors want to see.

A positron emission tomography (PET) scan, for example, often uses a radioactive sugar to diagnose cancer. When cancer cells take up the radioactive sugar, they can be seen with the PET scanner.

Scientists are working to develop new types of tracers to detect different conditions, such as infections hiding deep in the body. They're also continuing to explore other ways to make medical scans faster and deliver less radiation.

Toys for Tots drive gets underway in San Diego

SAN DIEGO - On Sunday, Nov. 24, the City of San Diego Fire-Rescue Department (SDFD) kicks off the 2019 Toys for Tots toy drive in partnership with the Marine Corps Reserve. SDFD has been a toy drop-off point for Toys for Tots for more than 15 years and all SDFD facilities (including lifeguard facilities) are collection sites beginning today through Dec. 16.

In its 71st year, Toys for Tots has provided happiness to less fortunate children during the holiday season. The toys, books and other gifts collected and distributed by Marines and volunteers offer these children recognition, confidence and a positive memory that will last a lifetime.

Each year, the Marine Corps fulfills the holiday hopes and dreams of an average of seven million less fortunate children in nearly 800 communities nationwide. Since 1947, more than 244 million children have benefited from Toys for Tots.

"We are more than happy to lend support to the 2019 Toys for Tots drive," said Fire Chief Colin Stowell. "Our employees are always willing to step up and support a meaningful effort that benefits kids of all ages." More information on Toys for Tots: www.toysfortots.org.

Waves of Appreciation holiday airport project needs you

Registration for Bag Distribution days is now open. Join Peppercine alumni, San Diego residents, and members of local sponsors to help hand out 4,000 drawstring bags full of non-perishable food to active duty traveling through the airport this holiday season.

Three to four stations are available throughout the airport. Choose a four hour shift and you'll be set up at a station with bags. You'll have the opportunity to thank service members in person and give them something to show your appreciation and make their long travel days a bit easier. Expect to be on your feet during this event.

Waves of Appreciation - Distribution takes place Dec. 20 thru Dec. 23, at the USO Neil Ash Airport Center, 3705 North Harbor Dr., San Diego. Sign up here: <https://www.eventbrite.com/e/waves-of-appreciation-distribution-tickets-80429447643>.



Military Child of the Year nominations sought

Operation Homefront, the national nonprofit that builds strong, stable, and secure military families, is now accepting nominations for the 2020 Military Child of the Year Awards, as well as applications for the 2020 Military Child of the Year Award for Innovation. Military Child of the Year is the nation's premier celebration of the achievements of military children. Nominations are open through Dec. 9, and all awards will be presented at a recognition gala April 2, 2020, in the nation's capital.

The annual awards will recognize seven outstanding young people ages 13 to 18 who are legal dependents of a service member or military retiree. Six Military Child of the Year recipients will represent a branch of the armed forces, the seventh award goes to a military child who has designed a bold and creative solution to address a local, regional, or global challenge.

To nominate a child for the award, visit www.militarychildoftheyear.org and click the Nominations tab. Anyone can nominate a child.



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A Holiday Gathering Convoy District slates tree lighting and family event

A new holiday season tradition continues Sun., Dec. 1, 6pm, in San Diego's Convoy District that's free and open to the public. "Convoy Nights: A Holiday Gathering!" is the second annual family-friendly holiday celebration located in the Convoy District.

Business owners on Convoy Street and the surrounding areas, are offering special deals and menus for customers, there will be an entertainment lineup in public plazas throughout the business district.

"The Convoy District is making a name for itself as an upstart and vibrant neighborhood. This event keeps the momentum going by promoting this great area as a top destination for incredible cuisine and Asian culture," stated Councilmember Chris Cate, District 6.

Convoy Nights is proud to feature:

- Holiday lantern and tree installation
- Pop-up performances
- Giveaways
- And the BEST Asian American cuisines in San Diego!

For the most up-to-date fun on this community-built celebration, visit www.ConvoyNights.com

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

Thursday, November 28
2:20pm Maleficent: Mistress of Evil
Friday, November 29
5:30pm Harriet
7:50pm Terminator: Dark Fate
Saturday, November 30
1pm The Addams Family (2019)
2:40pm Harriet
5pm Terminator: Dark Fate
Sunday, December 1
12:50pm Maleficent: Mistress of Evil
3pm Black and Blue
5pm Terminator: Dark Fate
Monday, December 2
5:50pm The Addams Family (2019)
7:30pm Harriet
Tuesday, December 3
5:50pm Gemini Man
8pm Zombieland 2: Double Tap
Wednesday, December 4
5:50pm Countdown
7:30pm Black and Blue
Thursday, December 5
5:40pm Harriet
8pm Terminator: Dark Fate

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

Thursday, November 28
5:50pm Maleficent: Mistress of Evil
8:10pm Countdown
Friday, November 29
5:50pm Harriet
8:20pm Countdown
Saturday, November 30
12:50pm Maleficent: Mistress of Evil
3:10pm Countdown
5:50pm The Addams Family (2019)
7:50pm Terminator: Dark Fate
Sunday, December 1
1:30pm The Addams Family (2019)
3:20pm Maleficent: Mistress of Evil
6pm Terminator: Dark Fate
Monday, December 2
5:50pm Countdown
7:40pm Harriet
Tuesday, December 3
5:50pm Terminator: Dark Fate
8:30pm Zombieland 2: Double Tap
Wednesday, December 4
5:50pm Gemini Man
8:20pm Black and Blue
Thursday, December 5
5:50pm The Addams Family (2019)
7:50pm Terminator: Dark Fate

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

Bob Hope Theater 577-4143
Miramar Bldg 2242

* indicates last showing
Thursday, November 28
CLOSED FOR THANKSGIVING
Friday, November 29
6:30pm Terminator: Dark Fate
9:10pm Zombieland 2: Double Tap
Saturday, November 30
3pm The Addams Family (2019)
6:30pm Harriet
9:10pm Gemini Man
Sunday, December 1
1pm Maleficent: Mistress of Evil
6:30pm Harriet
Wednesday, December 4
6:30pm Gemini Man
Thursday, December 5
6:30pm The Addams Family (2019)

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

Thursday - November 28
No Movie
Friday - November 29
5pm Ready or Not
Saturday, November 30
2pm Dora and Lost City of Gold
5pm Blinded By The Light
Sunday, December 1
5pm Fast & Furious Presents: Hobbs & Shaw
Monday, December 2
5pm Captain America: The First Avenger
Tuesday, December 3
11am Art of Racing in The Rain
5pm Captain Marvel
Wednesday, December 4
5pm Avengers: Endgame
Thursday, December 5
11am Wonder Park
5pm Good Boys

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CLOSED FOR THANKSGIVING
Friday, November 29
6:30pm Countdown
Saturday, November 30
1pm Maleficent: Mistress of Evil
4pm The Addams Family
6:30pm Black and Blue
Sunday, December 1
1pm The Addams Family
3:30pm Countdown
6pm Zombieland: Double Tap

A	S	F	A	C	T	O	P	U	S	P	J	S
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12 www.armedforcesdispatch.com THURSDAY, NOVEMBER 28, 2019



Pacific Play--Navy Lt. Jonathan Vargas watches his daughters play cornhole on the flight deck of the USS Harpers Ferry in the Pacific Ocean, Nov. 21, 2019, at a steel beach picnic during the Tiger Cruise from Hawaii to San Diego. U.S. Navy photo by Petty Officer 3rd Class Danielle Baker.

2021 Toyota RAV4 Prime may be the best all-around SUV ever



by Jan Wagner

Superlatives can't sufficiently describe the groundbreaking 2021 Toyota RAV4 Prime, a plug-in hybrid SUV that was introduced in a stunning, surprise announcement during AUTOMOBILITY LA, the press days of the 2019 LA Auto Show.

According to Toyota, the fifth-generation RAV4 Hybrid, which was introduced barely a year ago, is already "the most powerful and most fuel-efficient" RAV4 ever, and it is "currently the best-selling hybrid vehicle on the market." The RAV4 Prime looks set to elevate those already spectacular accomplishments to a much higher level.

The '21 RAV4 Prime represents the culmination to date of Toyota's 20+ years of hybrid vehicle technology and leadership. Since 2008 Toyota has sold more than 3.6 million hybrids, saving 7.6 million gallons of fuel and keeping 68 million tons of carbon dioxide from entering the atmosphere. That is equivalent to taking 13.4 million vehicles off of the road for an entire year.

Incredibly, Toyota says the RAV4 Prime - packing 302-horsepower - is both the second quickest accelerating Toyota available and provides a manufacturer-estimated 90 combined MPG. "It can drive an estimated 39 miles on battery alone, which happens to be the highest EV range of any PHEV SUV on the market."

Got your attention? And that's just for starters.

The RAV4 Prime will be high performance, fun-to-drive and confidence-inspiring. To produce its 302-hp it combines a specially tuned 2.5-liter four-cylinder Atkinson-cycle gas engine with two powerful electric motors. Zero to 60 mph acceleration is projected to be 5.8 seconds - and it does all this using regular-grade gasoline.

According to Toyota, the RAV4 Prime's all-wheel-drive system includes a separate rear-mounted electric motor that will power the rear wheels when needed, including proactively on acceleration startup and also in reduced-traction conditions.

In keeping with its emphasis on performance, the AWD system also reduces understeer during cornering for enhanced steering stability. Off-pavement, AWD enhances hill-climbing performance with a driver-selected Trail Mode that will brake a spinning wheel and send torque to the grounding wheel.

Available paddle shifters enable a driver to "downshift" to increase the regeneration braking in steps, for greater control when driving in hilly areas.

Beginning in 2020, the Toyota Hybrid Battery warranty has been increased to ten years from the date of first use, or 150,000 miles, whichever comes first. The RAV4 Prime will be available in two premium grades. The SE will include 18-inch alloy wheels, an exclusive front grille design and front lower spoiler.

Inside, available equipment on the SE includes heated front seats, 8-way power driver's seat with lumbar adjustment, 7-inch multi-information display, blind spot monitoring, leather steering wheel and shift knob with red stitching, power liftgate; audio with 8-inch touchscreen, Amazon Alexa, and Android Auto and Apple CarPlay compatibility; a weather & moonroof package, heated steering wheel and rear outboard seats,

windshield wiper de-icer and rain-sensing windshield wipers.

Stepping up to the XSE exterior provides a two-tone exterior paint scheme, 19-inch alloy wheels, distinctive vertical LED accent lights, and an optional adaptive front lighting system (AFS) with headlamp auto-levelling and beams that turn into turns as the driver steers.

Inside the XSE are RAV4's first-ever paddle shifter, a moonroof, wireless smartphone charging, ambient lighting, auto-dimming rearview mirror with integrated garage door opener, and a large multimedia screen. The standard Audio Plus audio system includes a 9-inch touch-screen. Available will be Premium Audio that includes Dynamic Navigation and a JBL speaker system. Available features on the XSE Premium Package will include RAV4's first head-up display, panoramic moonroof, digital rear-view mirror, memory driver's seat, 4-way power passenger seat, kick-type power rear liftgate, Bird's Eye View Monitor and more.

Using the available navigation system, Predictive Efficient Drive essentially reads the road and learns driver patterns to optimize hybrid battery charging and discharging, based on driving conditions.

All Toyota RAV4s are equipped with Toyota Safety Sense, which includes Pre-Collision System with Pedestrian Detection, Full-Speed Range Dynamic Radar Cruise Control, Lane Departure Alert with Steering Assist, Automatic High Beam, Lane Tracing Assist and Road Sign Assist.

The XSE Premium Package adds Rear Cross Traffic Braking, and Front and Rear Parking Assist with Automated Braking. The 2021 RAV4 Prime will arrive in summer 2020.

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The Meat & Potatoes of Life



by Lisa Smith Molinari

A military spouse's Thanksgiving Day prayer

That our friends won't mind if the cranberries are canned, and when the smoke detector goes off, they'll all understand.

That everyone will gather at our table without haste, before the mashed potatoes become wallpaper paste.

That the children will remember to put napkins on laps, chew with mouths closed, and not feed the dog scraps.

That no one will giggle when we all say the blessing, and my husband won't grimace at the neighbor's vegan dressing.

That while carving the turkey, a wishbone we'll find, not the sack of giblets that got left behind.

That dinner conversation will be without drama, and no one will bring up Trump or Obama.

That around our table, stories will be told, about experiences we've had, both young and old.

About patriotism, honor, joy and strife; about the laughter, wisdom and strength in military life.

That sharing our stories will help us to see, that our sacrifices make America the home of the free.

And before we get too sentimental with tears in our eyes, someone will remind us that we haven't yet had pie.

That dessert won't send me on a guilt trip, because even store bought pie tastes good with enough Cool Whip.

That after dinner everyone will help clear the grub, so I'm not left with a sinkful of dishes to scrub.

That while watching football, my husband will squelch his manly urges to itch, scratch and belch.

And if the quarterback fumbles, he'll turn a blind eye, rather than throw the remote and let expletives fly.

That our friends won't linger because they've had too much booze, or lay on our couch and take a long snooze.

Gathering with military friends was surely long overdue, but they'll politely take the clue and bid us adieu.

That they'll leave our house with just coats and umbrellas, and not any symptoms of acute salmonella.

That we'll have a quiet moment to let tryptophan digest, and agree that the day was one of the best.

And if we happen to get in for round two of the pie, that we'll have Pepto Bismol in our supply.

Now, as I lay my head down to rest, I pray that Thanksgiving Day will be blessed without stress!

MWR THIS WEEK

Burn the Bird Fri, Nov 29, 9am, FREE. Burn off those extra Thanksgiving bird calories with a SPIN CLASS! Fitness towel keepsake given to all registered participants. Reserve your bike today! NAB, Peak Performance Fitness Center, Bldg. 170. Info: 619-437-2984

Family Holiday Party Sat, Dec 7, 9am-1pm, FREE. Holiday spirit is in full swing at NBSD! Rides, inflatables, Santa's Village with FREE LEGOLAND tickets, a Jingle Bell Jog, San Diego Zoo animal encounters, snow and more! NBSD Admiral Prout Fields. Info: 619-284-4054/619-556-7486

Christkindlmarket, Holiday Concert & Tree Lighting Sun, Dec 8, 3-7pm, FREE to attend. NASNI, Lowry Theater and Chapel Green Space. Get in the spirit of the season!

3-7pm Christkindlmarket - holiday-themed arts and crafts fair
3:30pm Movie, Frozen
4pm Snowville opens for kids
4-6:30pm Photos with Frozen characters
7pm Navy Band & Orchestra Concert

8:15pm Ceremonial tree lighting
Holiday Extravaganza Wed, Dec 11, 4-7pm, \$12 per person. NASNI Island Club Catering & Conference Center, Bldg. X. Celebrate with MWR! Santa & Mrs. Claus photos, kids and adult crafts, gingerbread house making contest*, hot chocolate and cookies, trackless train rides, fabulous food stations, and more! Pre-registration required. *additional fee of \$6 per house. Register: www.navylifsw.com/sdcr, Info: 619-437-3190

Breakfast with Santa Sat, Dec 14, 9am, \$15 Adult/\$12 Child. BPL, Harbor Drive Annex, Admiral Kidd Catering & Conference Center. Register: www.navylifsw.com/sdcr. Info: 619-553-9138

Golf Winter Series Sun, Dec 15, 8am Shotgun Start, \$60 early sign-up/\$65 day-of. Admiral Baker Golf Course North. Get in on the action! Two-person teams in three flights: Men's, Ladies, Mixed Couples. Entry fee includes golf, cart, lunch, beverage ticket, contests and giveaways. Register today by calling 619-487-0090.

\$22 Ski & Snowboard Rentals. Full set includes skis/snowboard, boots, poles, and helmet (optional). Outdoor Adventure Center, Naval Base San Diego, Bldg. 3223. 619-556-7493

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

AUTO SKILLS
DIY AUTO SKILLS CENTERS. Save money, get it done right and have the satisfaction of knowing you did it yourself at your base Auto Skills Center. ASC specializes in all your automotive needs from changing/balancing tires and lift rental to steam cleaning, diagnostic and code reading. NASNI, Bldg. 825, 619-545-7235 and NBSD, Bldg. 3234, 619-556-7009. Check out the Automotive Retail Store at NBSD.

MARINA
Sailing Classes. Fiddler's Cove offers beginner, intermediate and advanced sailing classes designed to get you out on the water. Held on Saturday and Sunday, each 2-day session runs from 9 am to 4 pm at the marina. Basic Sailing class fees are E1-E6 \$50; E7-above and retirees \$75; DoD civilians \$100; and sponsored guests \$125. Call Fiddler's Cove Marina at 619-522-8680.

FAMILY HOLIDAY PARTY
Holiday spirit is in full swing!

SATURDAY, DECEMBER 7
9 AM-1 PM - FREE

INFLATABLES
RIDES
JINGLE BELL JOG
SNOW AND MORE!

SANTA'S VILLAGE
FEATURING FREE LEGOLAND & SEA LIFE CHILD HOPPER
TICKET FOR AGES 3-12
WHILE SUPPLIES LAST.

SAN DIEGO ZOO
ANIMAL ENCOUNTERS

FOOD AVAILABLE FOR PURCHASE

NEW LOCATION
Naval Base San Diego
Admiral Prout Fields
Info: 619-556-7444/619-284-4054
www.navylifsw.com

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Go out and play

Father Joe's Villages Thanksgiving Day 5K, Thur, Nov 28, 6:30-10:30am. \$30-\$45. Join us for a fun, family friendly (and pet friendly) event as we raise critical funds for our meals program. Come out and enjoy a beautiful 5K course in Balboa Park, a free event T-Shirt with your registration, a post-race festival with live music and a beer garden (ages 21+), and an optional pre-race mass celebrated by Father Joe's Villages leadership. Balboa Park Activity Center, 2145 Park Blvd.

Oceanside Turkey Trot, Thur, Nov 28, 6:45-11:30am. \$25-\$50. Come "move your feet before you eat" this Thanksgiving at Oceanside's 14th Annual Turkey Trot 5M or 5K run/walk. The event offers a costume contest, largest teams' competition, fabulous live entertainment on the course, live runner tracking and finisher medals for all participants. Free digital photos also be provided registered finishers. Oceanside Civic Center, 300 North Coast Hwy, Oceanside.

Family Fun Run, Puppy Races Rescue Run & Thanksgiving Brunch, Thurs, Nov 28, Del Mar Racetrack. www.dmtc.com

Turn Black Friday into a Green Friday Nature Walk, Fri, Nov 29, 9:30-11am. Free. Make your black Friday green by taking a walk in Nature. Join the "opt outside" initiative with a guide in the open spaces of Mission Trails Regional Park for a 90-minute walk. Start your day in this peaceful and beautiful SD treasure. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos.

Black Friday shopping day, Fri, Nov 29!

LA Lakers vs. Washington Wizards, Fri, Nov 29, 7:30pm at Staples Center, LA. www.nba.com/lakers

Hike the Ramona Grasslands, Fri, Nov 29, 9am-noon. Free. Walk off some of Thanksgiving's dinner. 'Opt outside' for a hike with the San Dieguito River Valley Conservancy (SDRVC). Easy-to-moderate trail, 3.5 miles, with a 350-ft. elevation gain. Ramona Grasslands Preserve, Highland Valley Rd, east of Archie Moore Rd, Ramona. https://sdrvc.org/

Santa's Coming Arts, Crafts & Vintage Market, Fri, Nov 29-Sun, Dec 1, 9am-4pm. Bates Nut Farm, Valley Center. batesnutfarm.biz

Wizards Fair at Del Mar Racetrack, Sat, Nov 30. www.dmtc.com

Birding With All Your Senses, Sat, Nov 30, 7:45-10am. Free. Join Ornithologist for easy stroll on path in the canyon. Bring sturdy shoes, binoculars and cover-ups. Handouts/checklists provided. Meet at west end of Canyonside Park Driveway, 1 block west of Black Mtn. Rd. at Preserve sign at beginning of the white ranch house fence. Pefiasquitos Canyon Preserve, 12020 Black Mountain Rd, Rancho Penasquitos

SD Gulls vs. Tucson Roadrunners, Sat, Nov 30 7pm. Pechanga Arena San Diego. www.sandiegogulls.com

Julian's Country Christmas, Sat, Nov 30, 1:30-7pm. Free. Festivities begin with a Tree Lighting Celebration of the town's huge living Christmas tree. Event draws hundreds of visitors who gather at Pioneer Park to watch the tree lighting, drink hot cider, and visit with Santa. The entire town has been decorated with Christmas wreaths and garlands. Entertainment includes a Living Nativity scene, Santa's arrival and more. Pioneer Park (Julian), 2811 Washington St.

Merry Makers Fair, Sat-Sun, Nov 30-Dec 1. Oceanside's Artist Alley. www.shoplocaloceanside.com

Fall Settles In, Sat-Sun, Nov 30-Dec 1, Wed, Dec 4, 9:30-11am. Free. MTRP Trail Guide takes you on trail through open space park. See how plants and animals of the park have settled into cooler days and nights. Meet inside the Visitor Center. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos

Boarded: A Pirate Adventure, Sat, Nov 30 & Dec 28, 10:30 or 12:45. \$25-\$40. Hilarious interactive show puts visitors right in the middle of the pirate action. Participants will be sworn in as part of the ship crew, trained how to navigate, sword fight, bail water from a sinking ship, escape from the King's Jail, swab the deck and other pirate skills.. San Diego Maritime Museum, 1492 N. Harbor Dr, downtown San Diego

Holiday at the Races: A Pop-up Festival, Sun, Dec 1. Del Mar Race-track. www.dmtc.com

LA Lakers vs. Dallas Mavericks, Sun, Dec 1, 1pm. Staples Center, LA. www.nba.com/lakers

A Festive Farmhouse Holiday Celebration, Sun., Dec 1, 11am-3pm. \$3pp. Come with your family and enjoy making Victorian ornaments and table centerpieces similar to those of the farm families of old town Bernardo. There will be cookies to decorate, hot drinks, holiday music, and tours of the Sikes Adobe Farmstead. Sikes Adobe Historic Farmstead, Sunset Drive, Escondido. For more info, please contact Leana Bulay at Leana@sdrp.org.

Kringle Mingle, Sun, Dec 1, 1-5pm. Cardiff Town Center, Cardiff. www.encinitasca.gov



Pearl Harbor Remembrance

Saturday, Dec. 7, 9-10am, at the USS Midway Museum, honor the 1941 heroes of Pearl Harbor at a unique, 1-hour remembrance ceremony for all guests of ages. Wreath presentations, aircraft flyover, color guard, live entertainment, traditional Two-Bell Ceremony, Survivors Prayer and more. Event attendees (by 9:30 a.m.) can stay aboard to explore Midway all day. USS Midway Museum, 910 N. Harbor Drive, San Diego. Free.

Teddy Bear Tea, Sun, Dec 1, 2-4pm. Old Poway Park, Poway. www.poway.org

4th Annual Unleash the Holiday Cheer, Sun, Dec 1, 11am-2pm. Bringing community together to raise awareness to pet adoption and military appreciation. Fun pet & kid friendly holiday festival. Game truck, laser tag, entertainment including a singer, Holiday Vendor Village for holiday Shopping, Santa's Workshop with fun craft activities and Santa's Village--meet and take photos of you, your kids, pets, and family with Santa. Liberty Station NTC Park, 2455 Cushing Rd, Pt. Loma.

La Pastorela, Sun, Dec 1, 3pm. California Center for the Arts, Escondido. www.artcenter.org

LA Clippers vs. Washington Wizards, Sun, Dec 1, 7:30pm. Staples Center, LA. www.nba.com/clippers

SoNo Fest & Chili Cook-Off, Sun, Dec 1, 11am-5pm. Free-\$25. Huge event at intersection of 32nd and Thorn St. Forty restaurants from South Park a& North Park face-off to crown best pot of chili in the city. Blocks of bubbling chili vats complemented by expansive beer & wine garden. Holiday market w/30 local handmade craft vendors, live music on three stages, food truck court, kids play zone round-out the all-ages affair. Neighborhood festival raises funds for McKinley Elementary School.

So You Think You Can Dance Live, Mon, Dec 2, 7:30pm. Balboa Theatre, downtown SD. www.sandiegotheatres.org

LA Clippers vs. Portland Trailblazers, Tues, Dec 3, 7pm. Staples Center, LA. www.nba.com/clippers

Botanic Wonderland & Holiday Nights in the Garden, Dec 3-30, 5-8:30pm. Free for active duty military + up to 5 immediate family members. San Diego Botanic Garden, Encinitas. www.sdbgarden.org

Holiday Tree Lighting Celebration at Regal Cinemas Plaza in Oceanside, Thurs, Dec 5. www.mainstreetoceanside.com

Jingle Bell Horse Show, Thurs-Sun, Dec 5-8. Del Mar Horse Park. www.jinglebellhorseshow.com

Lighting of the Heritage Tree, Fri, Dec 6, 4-7pm. Moonlight Beach, Encinitas. www.encinitasca.gov

December Nights, Fri-Sat, Dec 6-7. Balboa Park. www.sandiego.gov/december-nights

Dr. Seuss's How the Grinch Stole Christmas, thru Dec 29. The Old Globe, Balboa Park. www.theoldglobe.org

Holidays at Legoland California Resort, Through Jan 5. www.legoland.com

Holiday Botanic Wonderland in Encinitas free to active duty & family members

Gather up your family and friends and come spend an evening (or two!) with us this holiday season at our all new Botanic Wonderland. Active duty U.S. military + up to 5 immediate family members get FREE admission every night! This year's dates are: Dec. 3-8; 10-15; 17-23 & 26-30 from 5-8:30pm. Make it a Holiday Tradition!

Held in our brand new Dickinson Family Education Conservatory, this family-friendly festival contains many of the holiday traditions you've come to know and love over the years at the Garden, as well as some fantastic new ones.

Botanic Wonderland Events & Activities:

- *A Dazzling 10' Poinsettia Tower
- *Live Entertainment - Every Night!
- *Beer, Wine & Mulled Wine Garden
- *Musical Light Show & Kids Fun Zone w/Nightly 'Snowfall'
- *Visits with Santa (Dec. 3-8, 10-15 & 17-23)
- *Visits with the Snow Princess (Dec. 26-30)
- *Romantic Mistletoe Hideaway
- *Twinkling Light Tunnel
- *Face Painting
- *Kids Holiday Crafts
- *Botanic Wonderland Scavenger Hunt
- *Real Snow Play Area
- *Food Truck Court
- *Holiday Shopping Bazaar
- *Hot Chocolate, Coffee & Hot Apple Cider
- *And more!

Coupons and Guest passes will not be accepted for Botanic Wonderland. For more information, please visit SDBGarden.org/botanicwonderland.htm. San Diego Botanic Garden is located at 230 Quail Gardens Dr., Encinitas.

Free festive activities at the Starlight Children's Faire, Dec. 7 • 2-8pm

The Chula Vista Starlight Parade is Ringing in Holiday Cheer for Everyone Far and Near!

Begin your Starlight day early with the FREE Children's Faire which takes place in Memorial Park from 2-5pm on Saturday, Dec. 7 with the Starlight Parade kicking off at 5pm! Get into the festive spirit with friends and family in Chula Vista's own winter wonderland with these five free activities and more happening at the Children's Faire!

- Free Snow Hill - The Children's Faire is bringing snow to sunny San Diego thanks to Millenia! Sled down a real snow hill right in the heart of Chula Vista! Grab your favorite sledding buddy and make your way down the hill!
- Free Pictures with Santa - Santa is making his list, checking it twice and will be starting his rounds in San Diego. Capture the festive moment with Santa and friends. Get your perfect holiday card moment to cherish for years to come.
- Free Holiday Bounce House - Jump for joy in the Starlight holiday bounce house.
- Free Holiday Craft Tent - Feeling inspired this holiday season? Get crafty creating handmade presents for your loved ones. Make a holiday themed craft in the craft tent.
- Free Holiday Story Time - Prepare your imagination and get into the holiday spirit with stories that come but once a year! Festive storytellers will bring your favorite stories to life and set the tone for the day.

After all the festive Children's Faire fun, find your favorite spot along the parade route for the Starlight Parade taking place at 5pm. With floats, bands, community groups and more there is something for everyone to enjoy at the Starlight Parade and Children's Faire! Build a holiday tradition that will warm your winter memories for years to come.

MILITARY TRIBUTE DAYS AT KNOTT'S BERRY FARM

Nov. 3-21 and Dec. 2-19, 2019 • Free admission for you and a guest.

For Active, Veteran and Retired Personnel.

Eligible person must be present. Valid proof of military service with photo I.D. required.

Up to 6 military discount tickets may be purchased for \$42 each when visiting from November 3-21, 2019



Military discount tickets are available for purchase at the Knott's ticket booths.

Up to 6 military discount tickets may be purchased for \$48 each when visiting from December 2-19, 2019.

MILITARY TRIBUTE DAYS

8039 Beach Blvd, Buena Park, CA 90620 • 714.220.5200 • www.knotts.com

Concerts

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

November

San Diego Jazz Fest & Swing Extravaganza.

Wed, Nov 27-Sun, Dec 1. Noon. Town and Country Hotel and Convention Center, 500 Hotel Circle North, Mission Valley. www.sdjazzfest.org

Third Eye Blind.

Fri, Nov 29, 8pm at Pechanga Resort & Casino. www.pechanga.com

Chicano Soul Legends.

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

Simon & Garfunkel Live in Central Park: Revisited at Moonlight Amphitheatre.

Sat, Nov 30, 7pm. moonlightstage.com

Lady Day: A Billie Holiday Tribute.

Sat, Nov 30, 8pm, at Copley Symphony Hall. www.sandiego-symphony.org

December

Shawn Colvin and Mary Chapin Carpenter.

Thurs, Dec 5, 7:30pm. Folk. CA 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.

Illenium.

Sat, Dec 7, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

Jaden & Willow: The Willow & Erys Tour 2019.

Mon, Dec 9, 8pm. The Grove of Anaheim, 2200

E. Katella Ave., Anaheim. citynationalgroveofanaheim.com

Ariana Grande. Fri, Dec 13, 7:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

Chris Isaak. Wed, Dec 18, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. citynationalgroveofanaheim.com

Anita Baker. Fri, Dec 20, 8pm. Staples Center, 1111 S. Figueroa St., LA. staplescenter.com

II Divo: Holiday Song Celebration. Sun, Dec 22, 8pm. Pop/standards. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon.

El California-A Salute to the Eagles. Fri, Dec 27, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. citynationalgroveofanaheim.com

Eric Johnson-Classics Past & Present. Fri, Jan 17, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. citynationalgroveofanaheim.com

Boyz II Men. Sat, Jan 18, 8pm. The Show at Agua Caliente Resort Casino Spa, 32-250 Bob Hope Dr, Rancho Mirage. (800) 514-3849. www.AguaCalienteCasinos.com

Boomshaka Music Festival. Sat, Jan 18. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Concert of Hope: Los Lobos. Sat, Jan 18, 8pm. Folk/latin/rock. Spreckels Theatre, 121 Broadway, San Diego. (619) 235-9500.

SuperM. Thurs, Jan 30, 7:30pm. K-Pop/World. Viejas Arena at SDSU, 5500 Canyon Crest Dr. San Diego. (619) 594-6947.

Future

Banda MS. Fri, Feb 14, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

Jason Mraz: Shine. Feb 15 & 16, 7pm. Acoustic. Spreckels Theatre, 121 Broadway, San Diego. (619)

235-9500.

Miranda Lambert. Thur, Feb 20, 7pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

Miranda Lambert and Lanco. Fri, Feb 21, 7:30pm. Country. Viejas Arena, 5500 Canyon Crest Dr, San Diego.

KISS. Wed, March 4, 7:30pm. (Rescheduled from 9/20/19) Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

Blake Shelton and the Belamy Brothers. Fri, March 6, 7pm. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Tame Impala. Mon, March 9, 7:30pm. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Delta Spirit. Sat, March 14. Belly Up Tavern, 143 South Cedros Ave, Solana Beach. (858) 481-8140.

Celine Dion. Tues, March 31, 7:30pm. Pop. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Celine Dion. Thurs-Fri, April 2-3, 7:30pm. Staples Center, 1111 S. Figueroa St. staplescenter.com

Eagles 'Hotel California' Tour. Fri-Sat, April 17-18. Fabulous Forum, 3900 W. Manchester Blvd, Inglewood msg.com/the-forum

Lauren Daigle. Tues, April 21, 7pm. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Shinedown. Sat, May 16, 7:30pm. Rock. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

Adam Ant. Sun, May 17, 7:30pm. Rock. Spreckels Theatre, 121 Broadway, SD. (619) 235-9500.

Eric Johnson-Classics Past & Present. Fri, Jan 17, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. citynationalgroveofanaheim.com

Boyz II Men. Sat, Jan 18, 8pm. The Show at Agua Caliente Resort Casino Spa, 32-250 Bob Hope Dr, Rancho Mirage. (800) 514-3849. www.AguaCalienteCasinos.com

Boomshaka Music Festival. Sat, Jan 18. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Concert of Hope: Los Lobos. Sat, Jan 18, 8pm. Folk/latin/rock. Spreckels Theatre, 121 Broadway, San Diego. (619) 235-9500.

SuperM. Thurs, Jan 30, 7:30pm. K-Pop/World. Viejas Arena at SDSU, 5500 Canyon Crest Dr. San Diego. (619) 594-6947.

Future

Banda MS. Fri, Feb 14, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

Jason Mraz: Shine. Feb 15 & 16, 7pm. Acoustic. Spreckels Theatre, 121 Broadway, San Diego. (619)

235-9500.

Miranda Lambert. Thur, Feb 20, 7pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

Miranda Lambert and Lanco. Fri, Feb 21, 7:30pm. Country. Viejas Arena, 5500 Canyon Crest Dr, San Diego.

KISS. Wed, March 4, 7:30pm. (Rescheduled from 9/20/19) Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

Blake Shelton and the Belamy Brothers. Fri, March 6, 7pm. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Tame Impala. Mon, March 9, 7:30pm. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Delta Spirit. Sat, March 14. Belly Up Tavern, 143 South Cedros Ave, Solana Beach. (858) 481-8140.

Celine Dion. Tues, March 31, 7:30pm. Pop. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Celine Dion. Thurs-Fri, April 2-3, 7:30pm. Staples Center, 1111 S. Figueroa St. staplescenter.com

Eagles 'Hotel California' Tour. Fri-Sat, April 17-18. Fabulous Forum, 3900 W. Manchester Blvd, Inglewood msg.com/the-forum

Lauren Daigle. Tues, April 21, 7pm. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Shinedown. Sat, May 16, 7:30pm. Rock. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

Adam Ant. Sun, May 17, 7:30pm. Rock. Spreckels Theatre, 121 Broadway, SD. (619) 235-9500.

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Military museums in San Diego

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

Open to the public
Active duty military, Museum Member, Children under 12: Free
Veterans/Seniors: \$4 • Adults: \$5 • Student ID: \$2
2115 Park Blvd, San Diego (Balboa Park) • (619) 239-2300
http://www.veteranmuseum.org/
Hours: Monday Closed • Tues-Sun 10am-4pm

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

Free admission • Open to the public
1600 Hochmuth Ave, San Diego, 92140 • (619) 524-4426
https://www.mcrdmuseum.org/
Hours: Mon-Sat 8:30am-4pm • Sunday Closed

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

Free admission • Open to the public
Address: 4203 Anderson Ave, San Diego, 92145 • (858) 693-1723
https://flyingleathernecks.org/
Hours: Monday Closed • Tues-Sun 9am-3:30pm

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

Online ticket prices reflect \$2 discount/ticket over regular admission:
\$21-Online Adult (ages 18-61) • \$18-Online Senior (ages 62+)
\$8-Online Retired Military (w/ID) • \$8-Online Youth (ages 6-12)
\$15-Online Student (ages 13-17 or w/College ID)
FREE-Children 5 years old and younger, Active Duty Military (w/valid ID), Active Law Enforcement (w/valid ID), Active Fire Fighter (w/valid ID) and including Reservist.
910 N Harbor Dr, San Diego, 92101 • (619) 544-9600
https://www.midway.org/
Hours: Open daily 10am-5pm • Last admission at 4pm

Support Military Families in Need This Holiday Season!



SOS helps to provide assistance to our local military service members and their families during the holiday season. We are 100% volunteer based and all of our efforts are funded solely by donations from the community.

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Crunchy Corn Dog Bites!
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866.217.1866
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2020 Toyota Corolla LE

Lease for 4 Cyl Automatic
\$199
PER MONTH PLUS TAX
36 MONTHS



*1 at this payment. Stk#: 58501, VIN#: LJ079393, Model#: 1852. Net capitalized cost \$18,220.30. \$199 plus tax monthly for 36 months with \$4,100 due at lease signing. Includes \$600 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 11/30/19.

2020 Tacoma Doublecab SR5

V6 Automatic 4x2
Lease for
\$298
PER MONTH PLUS TAX
36 MONTHS



*1 at this payment. Stk#: 58506, VIN#: LM121419, Model#: 7146. Net capitalized cost \$30,428.77. \$298 plus tax monthly for 36 months with \$2,999 due at lease signing. Includes \$750 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 11/30/19.

2020 Toyota Camry SE

Lease for 4 Cyl. Automatic
\$357
PER MONTH PLUS TAX
36 MONTHS



*1 at this payment. Stk#: 58113, VIN#: LU857346, Model#: 2546. Net capitalized cost \$26,004.20. \$357 plus tax monthly for 36 months with \$2,999 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 11/30/19.

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2020 HYUNDAI ACCENT SE AUTOMATIC

\$12,527 FRANK'S PRICE
-\$750 RETAIL BONUS CASH
-\$500 MILITARY or 1st RESPONDERS
-\$500 VALUED OWNER COUPON

NET PRICE
\$10,777



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 12/2/19. 2 at this price #095546 & #090576.

2020 HYUNDAI ELANTRA SE AUTOMATIC

\$16,027 FRANK'S PRICE
-\$1250 RETAIL BONUS CASH
-\$500 EVENT CASH
-\$500 HMF 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 12/2/19. 6 at this price.

2019 HYUNDAI SONATA LIMITED

\$11,000 OFF MSRP
\$5,500 FRANK DISCOUNT
\$3,000 Retail Bonus Cash
\$500 Event Cash
\$1,000 HMF Bonus Cash
\$500 Military or 1st Responders
\$500 Valued Owner Coupon



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 12/2/19. 5 at this price.

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LEASE FOR
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36 MONTHS



*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 11/30/19.

2019 SUBARU WRX PREMIUM GMT

ZERO DOWN!
LEASE FOR
\$381
PER MONTH PLUS TAX
36 MONTHS



*1 at this payment, STK# 20369, VIN# K9813488, Model # KUO 11. \$381 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 11/30/19.

2019 SUBARU FORESTER TOURING 2.5i CVT

ZERO DOWN!
LEASE FOR
\$385
PER MONTH PLUS TAX
36 MONTHS



*1 at this payment, STK# 21880, VIN# KH575127, Model # KFJ 41. \$385 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 11/30/19.

4-WHEEL ALIGNMENT

\$89⁹⁵ + tax

WAS ~~\$119⁸⁵~~



- 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.

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WAS ~~\$39⁸⁵~~

- Install Genuine Toyota, Hyundai or Subaru oil filter
- Replace engine oil (up to 5 qts conventional oil)
- Top off under the hood fluids
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FRONT BRAKE SPECIAL
\$50 OFF

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- Inspect Brake Hardware
- Replace Front Brake Pads

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Plus **10% OFF**

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

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