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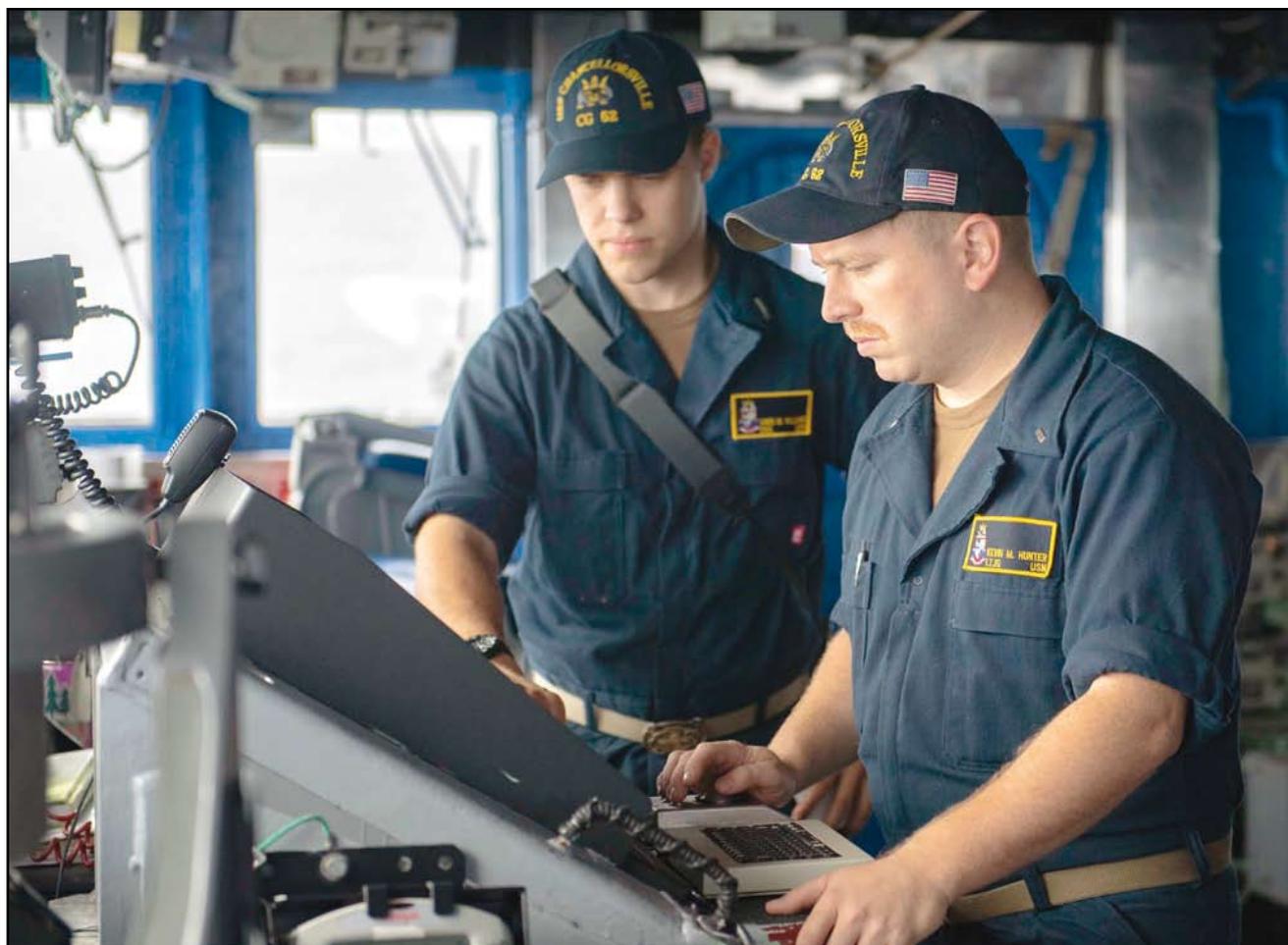
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FIFTY NINTH YEAR NO. 12
THURSDAY, AUGUST 22, 2019

New JO Deck course showing results, boosting young SWOs' competency



Ens. David Williams, from Sagamore Hills, Ohio, left, and Lt. j.g. Kevin Hunter, from Pittsburg, right use the ship's surface radar to locate surface contacts aboard the Ticonderoga-class guided-missile cruiser USS Chancellorsville (CG-62). US Navy Photo



Cmdr. Patrick Friedman departs the USS Scranton (SSN 756) after relieving Capt. Chris Cavanaugh as Submarine Squadron (CSS-11) Eleven commodore. Navy photo by MC2 Thomas Gooley

Submarine squadron 11 welcomes Capt. Friedman

by MC2 (SW/AW) Thomas Gooley

SAN DIEGO - Commander, Submarine Squadron (COMSUBRON) 11 held a change of command ceremony at Naval Base Point Loma aboard USS Scranton (SSN 756) on Aug. 16. Capt. Patrick Friedman relieved Capt. Chris Cavanaugh as commodore of one of the Navy's most decorated submarine squadrons.

Commander, Submarine Force U.S. Pacific Fleet (COMSUBPAC), Rear Adm. Blake Converse, was the guest speaker and congratulated Cavanaugh for his achievements as commodore of COMSUBRON 11.

"Chris is not just a great leader, he's an innovator and a coach who has guided his submarine crews and his shore staff to improve warfighting readiness, maintenance performance and support to our Sailors and their families," said Converse.

Converse also took time to express his excitement to have Friedman take command.

"I can say from personal experience, and by your impressive record, that Squadron 11 will be in great hands going forward with you at the helm," said Converse. "There is no doubt in my mind that you will do the same here, you are a great fit-a perfect fit--for this high-tempo position."

Cavanaugh took time to reflect on his time in command and thanked the men and women of COMSUBRON 11 for a successful tour. "This has been the most challenging assignment of my career with the most diverse set of responsibilities, as a result, it's been the most rewarding," said Cavanaugh. "It's been a privilege serving alongside you over the past two years. Our tasks were important: building warfighting readiness in an era of great power competition, preparing for emergencies we hope will never occur, and leading coordinated anti-submarine and anti-surface warfare training throughout the Eastern Pacific. I am proud of everything we accomplished, and I expect even greater things from you in the future."

by Megan Eckstein,
U.S. Naval Institute

SAN DIEGO - The Navy is continuing its drive to better train junior surface warfare officers, rolling out new courses in San Diego and Norfolk to try to increase the overall proficiency of these officers before they show up to ships.

In the aftermath of two fatal destroyer collisions in 2017, the Navy set up a pilot Junior Officer of the Deck course at the Surface Warfare Officer Schools Command in Newport, R.I.

The pilot course offered ensigns practice in simulators immediately after their Basic

Division Officer Course.

Still, early last year Commander of Naval Surface Forces Vice Adm. Richard A. Brown randomly selected 164 officers to participate in a competency check and found deficiencies.

"We wanted to get a sense of, what was the general knowledge and the competency of the OODs from a random sampling?" Brown told USNI News, saying the results showed a normal distribution with some high performers, many showing a couple deficiencies and some showing more significant concerns. In a

memo released in June, he called the results "sobering."

"That doesn't mean they were unsafe; it's things like, they didn't use their radar when they should have, and they didn't talk on the radio correctly," he said this week.

"But we took all that data, and that's what we used to develop the JOOD course, because what we want to do is we want to take that normal distribution of performance, and we want to take the entire thing and just move it [to the right]."

The results of the competency

check informed two pilot JOOD courses last year in Newport and a final course that was rolled out this year. Brown said the first class in San Diego graduated in July, with initial feedback from surface ship skippers being that the young officers showed up with much higher confidence than previous JOs.

Brown said he took five of the graduates - ensigns about to head to their first ships to serve as division officers - and put them through the prospective commanding officer's go/no-go assessment scenario. Four of the five passed.

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INSIDE ...

The position of Joint Chiefs chairman turns 70.



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DOD marks 70th anniversary of first Joint Chiefs chairman

by Jim Garamone

Last week marked the 70th anniversary of the swearing-in of Army Gen. Omar N. Bradley as the first chairman of the Joint Chiefs of Staff.

The need for the office grew out of the experiences of World War II.

The war made the need for joint force obvious, but that did not mean the amalgamation of the services under the Department of Defense in 1947 was not contentious. Personnel in all services saw the legislation - which also established the U.S. Air Force and the Central Intelligence Agency - as a lessening of influence.

Bradley had been the Army chief of staff when President Harry S. Truman tapped him to become the chairman of the Joint Chiefs of Staff. The chiefs consisted of the chairman, the Army chief of staff, the chief of naval operations and the Air Force chief of staff.

The Marine Corps commandant was an advisor. A Marine did not become a member of the Joint Chiefs of Staff until 1978.

The chiefs served as mili-



"Leadership is intangible, and therefore no weapon ever designed can replace it." - General of the Army Omar N. Bradley, First Chairman of the Joint Chiefs of Staff

tary advisors to the president, defense secretary and other members of the National Security Council.

Bradley was the logical choice for the new position. He commanded the 12th Army Group in Europe during World War II. With a combat strength of 1.3 million soldiers in four field armies, it remains the largest U.S. Army formation in history.

Bradley was called "the G.I.'s General" for his concern

for soldiers, and he commanded troops from the Tunisia campaign, through Normandy to the Battle of the Bulge to VE-Day on May 8, 1945. A graduate of the Military Academy at West Point, he was a classmate of General of the Army Dwight D. Eisenhower and a protégé of General of the Army George C. Marshall.

Defense Secretary Louis Johnson swore in Bradley during a Pentagon ceremony Aug. 16, 1949.

"I believe that by having a chairman, we can greatly improve the efficiency of the Joint Chiefs of Staff in our strategic planning and other duties with which we are charged," Bradley said in a newly discovered film of the event.

"I must admit that I take this position with somewhat mixed feelings, because in a way it takes me away from the men and women of the Army who have been so loyal and helpful to me in carrying out my duties, not only as chief of staff, but in the years gone by."

Bradley's term as chairman was contentious, with North Korea invading South Korea

in 1950, the Soviet Union solidifying its hold on Eastern Europe, and China consolidating communist hegemony in the world's most populous nation.

Bradley put the pressures of the job in perspective in testimony before the Senate Foreign Relations Committee in 1951:

"The Joint Chiefs of Staff, in view of their global responsibilities and their perspective with respect to the worldwide strategic situation, are in a better position than any single theater commander to assess the risk of general war," he said. "Moreover, the Joint Chiefs of Staff are best able to judge our own military resources with which to meet that risk."

Other aspects Bradley handled were helping to establish NATO's command structure, negotiating among the U.S. services on strategies and funds, and rebuilding the U.S. armed forces, which - in the afterglow of victory in 1945, had been cut to the bone.

Bradley was promoted to General of the Army on Sept. 22, 1950 - the only chairman to attain five-star rank.

Coast Guard cites passenger vessel for operating illegally, terminates voyage

LOS ANGELES - The Coast Guard terminated the voyage of a 37-foot catamaran in the Long Beach area Aug. 17, citing it for operating illegally. The vessel operated with 10 passengers aboard Saturday, and again with 12 passengers aboard Sunday, near Island Chaffee and Island White.

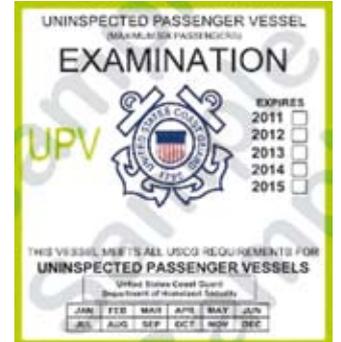
A Coast Guard Station Los Angeles-Long Beach law enforcement team conducted the boarding of the vessel and identified the following violations of the Code of Federal Regulation:

- Violation of 46 C.F.R. 176.10(a) for not having a valid Certificate of Inspection.
- Violation of 46 C.F.R. 16.201 for failure to have a drug and alcohol program.
- Violation of 46 C.F.R. 170.120 for failure to have a valid stability letter.

Owners and operators can face maximum civil penalties of over \$59,000 for conducting illegal passenger-for-hire operations.

Some potential fines for operating a passenger vessel illegally are:

- Up to \$18,943 for failure of an inspected vessel to be under the control of an individual with the appropriate Coast Guard license.
- Up to \$7,710 for failure of operators to be enrolled in a chemical testing program.
- Up to \$4,803 for failure to provide a Coast Guard Certificate of Inspection for vessels carrying more than six passengers.
- Up to \$16,398 for failure to produce a valid Certificate of Documentation for vessels over five gross tons
- Up to \$12,007 for failure to have been issued a valid Stability Letter prior to placing vessel in service with more than six passengers.



A Coast Guard passenger vessel sticker is shown as an example of the type of documentation that is needed for a captain to be able to charge people to take them out on a boat. Coast Guard graphic

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Sailors, Marines, Coast Guardsmen hit with new pot, CBD rules

by Carl Prine
Navy Times

WASHINGTON - In an era of rapidly evolving marijuana norms, the nation's sea services recently issued new guidelines designed to cut through the cannabis confusion.

Binding for all Sailors, Marines and Coast Guardsmen, the directives continue what officials call "zero tolerance" policies for pot and expand prohibitions on cannabis-based products and firms, despite efforts by both federal and state lawmakers to liberalize the industry.

At the federal level, much of the recent confusion dates to five days before Christmas, when President Donald J. Trump signed into law the Agriculture Improvement Act of 2018.

Folded into the farm bill's language was a revolutionary push to legalize the production and transportation of goods derived from cannabis plants, so long as they don't contain more than 0.3 percent of tetrahydrocannabinol - or THC - the chemical that gets you high.

So it was inevitable that loosening restrictions on hemp production would bedevil the Navy, Marine Corps and Coast Guard, sea services which for generations have outlawed cannabis under Article 112a of the Uniform Code of Military Justice.

THC remains classified by the federal government as a Schedule 1 drug, which is why armed forces routinely conduct random urinalysis testing on personnel and prosecute or administratively discharge those who pop positive for pot in their pee.

That's left the military to grapple with a pot puzzle: How do you regulate good order and discipline when personnel see cannabis-

based products that are legal to buy but they contain trace amounts of a substance that's still outlawed by the feds?

And a bigger headache for the sea services might be the ongoing effort by an increasing number of states and municipalities to decriminalize the possession and commercial distribution of products larded with cannabidiol - or CBD.

CBD is a cannabis compound that isn't intoxicating but is psychoactive, which is why the Food and Drug Administration has approved the CBD-derived epilepsy medication Epidiolex.

Eleven states and the District of Columbia let adults use cannabis and 33 have legalized medical marijuana, but CBD falls into a murkier area.

Although it has issued warning letters to some businesses allegedly engaging in deceptive advertising about CBD products, FDA doesn't regulate much of the cottage industry that's sprung up to market the hemp byproduct.

Instead, a patchwork of state policies quilt the country, with some legislatures outlawing the products, others allowing their sales and the rest regulating the amount of residual THC they can contain.

The new directives from the Pentagon and Department of Homeland Security try to address all that.

On Aug. 7, Secretary of the Navy Richard V. Spencer released ALNAV 057/19, which continues to ban all products derived from hemp or marijuana, including CBD, even if they're considered legal in states where military bases are located.

To Spencer, without FDA regulation of the CBD industry his Sailors and Marines can't "rely on the packaging and labeling of hemp products in determining whether the product contains THC concentrations that could cause a positive urinalysis result."

Any Marine or Sailor who tests positive for THC, regardless of the legality of the product that contained it, faces zero tolerance administrative processing that could trigger an Other Than Honorable discharge, loss of veteran's benefits and federal and state gun rights.

Released on July 29 by Coast Guard Commandant Adm. Karl L. Schultz, ALCOAST 079/19 went even farther, threatening to prosecute personnel who intentionally support or even enter an establishment that primarily makes or sells marijuana products.

To continue read this story in its entirety, go to <https://www.navytimes.com/news/your-navy/2019/08/16/sailors-marines-and-coast-guardsmen-hit-with-new-pot-cbd-rules/>.



MISSILE LAUNCH
SAN NICOLAS ISLAND, Calif. (Aug. 18, 2019) - The Defense Department conducted a flight test of a conventionally configured ground-launched cruise missile here. The test missile exited its ground mobile launcher and impacted its target after more than 500 kilometers of flight. Data collected and lessons learned from this test will inform DOD's development of future intermediate-range capabilities. Official DoD photo

JO deck

continued from page 1

"That's pretty good," said Brown. "Are these guys fully qualified OODs when they get onboard? Absolutely not. But we're moving that curve to the right, and I'm very pleased with that."

A second course is underway in San Diego, as well as the first JOOD course in Norfolk, Va.

Going forward, Brown said that this JOOD course would morph into the OOD Phase 1 course by Fiscal Year 2021. An OOD Phase 2 course, which will take place at the end of their first division officer tour and before they go to the advanced division officer course (ADOC), will be added in 2021 as well. Brown told reporters earlier this year that new Maritime Skills Training Centers would be built in San Diego and Norfolk to host the Phase 1 and 2 courses.

To ensure these efforts are yielding the desired results, Brown said he would wait about a year after the JOOD course got up and running and then conduct another competency check with another 164 young officers randomly selected to participate.

He will use the same test with the same scenarios and compare their performance with last year's JOs.

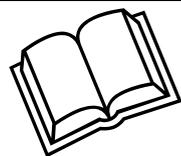
Brown said his hypothesis is that the officers will perform better as a result of the JOOD course, and the data from the next competency check will inform the development of the OOD Phase 1 and Phase 2 course to address any remaining areas for improvement.

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Social Security Matters

by Rusty Gloor

Ask Rusty - Will Social Security go bust?

Dear Rusty: I'm always hearing rumors of Social Security imploding - of people my age getting benefits but not the younger as they have time to do something else. I wonder if I file in December for 50 percent of my spouse's benefit, and later, before I turn 70 and change to my own benefits, if SS goes bust will I lose what I would have been able to claim under myself? I understand that you would only be guessing to answer that. From what I've read, it seems that 20 percent reduction will be necessary across the board. I don't trust politicians who love to play Santa to get reelected. Signed: Untrusting Senior

Dear Untrusting Senior: As of right now, Social Security (SS) has about \$2.9 trillion in reserves in its Trust Fund. Beginning probably in 2020, SS income will be less than needed to pay all benefits, and money will start to be withdrawn from the Trust Fund to meet benefit obligations. Current projections are that the Trust Fund reserves are sufficient to pay 100 percent of benefit obligations until 2035, at which time SS will only be able to pay out as much money as it brings in. According to projections, that would result in about a 21 percent cut in benefits for all beneficiaries. But those dire predictions are only valid if Congress does nothing to resolve Social Security's cash flow deficit expected to start in 2020.

The solutions for Social Security's financial issues are very well known to Congress. What's missing is a bipartisan agreement on the best way to resolve it. One side of the aisle wants to simply raise Social Security taxes (remove payroll caps and raise FICA contributions), while the other side prefers future program adjustments which deal with the reality that people are living much longer today than they did when SS was first enacted. Most pundits believe that Congress will eventually reach a compromise before the Trust Fund is depleted in 2035 requiring benefit cuts. After all, what politician who wishes to stay in Congress would want to be associated with reducing Social Security benefits for the very large and voting senior citizenry?

To get to your specific question: There's no real danger of SS going "bust," as in not being able to pay any benefits at all, so you'll never "lose what I would have been able to claim under myself." The worst-case scenario is that your age 70 benefit (which will be about 32 percent more than your age 66 benefit) might be reduced, but it would never be totally eliminated. The best-case scenario is that Congress puts the current vitriolic atmosphere aside and does their job to fix the problem before it's a crisis.

The last time Social Security had a crisis of this nature was in 1983, and the Democratic-controlled Congress and the Reagan Administration worked together to enact a fix which lasted for decades (until now). It's my sincere hope, and indeed my expectation, that a similar bipartisan effort will eventually take place to resolve Social Security's financial issues for many decades to come.

Russell Gloor is a certified Social Security advisor.

Operation Song continues mission of telling stories through music

The Department of Veterans Affairs (VA) announced Aug. 16 it is expanding its partnership with nonprofit Operation Song to launch a series of songwriting retreats aimed at helping veterans share and cope with military experiences through music.

Operation Song hosted 10 veterans for a three-day weekend retreat in Nashville, Tenn., Aug. 15-17.

"VA is committed to exploring new and innovative ways to care for veterans," said VA Secretary Robert Wilkie. "This includes using creative arts therapies in conjunction with community partners to help veterans express themselves when conventional therapeutic methods may not be enough."

Founded by Grammy and Dove-award nominated songwriter, Bob Regan, Operation Song's first three-day music retreat in partnership with VA was held in Nov. 2018. During that event professional songwriters and VA therapists worked with veterans to write and record songs.

The Nashville-based organization has worked with hundreds of veterans from nearly every military conflict to tell their sometimes-challenging stories using music.

While a background in music isn't necessary to participate, interested veterans must be referred by their VA health care provider, be able to function independently and willing to

travel to the retreat location. The program is offered at no cost to veteran participants.

VA's Voluntary Service, Veterans Canteen Service and Recreation Therapy Service, collaborate with Operation Song to coordinate these events. This year's program will be fully funded through the generous support of Veterans Canteen Service.

The VA encourages donations and sponsorships from organizations and individuals who would

like this type of programming to reach as many veterans as possible.

To volunteer or donate, visit <https://www.volunteer.va.gov/apps/VolunteerNow/default.asp>.

For more information about Operation Song, visit <http://www.operationssong.org/>. To read stories from the 2018 retreat, visit VA's official blog, Vantage Point. To watch the promotional video for these retreats, go to VA's Official YouTube webpage.

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Lethal and ready to respond

CAMP BUEHRING, Kuwait - Marines and Sailors from the *Boxer* Amphibious Ready Group and 11th Marine Expeditionary Unit completed a two-week training exercise aboard multiple U.S. military installations in Kuwait, Aug. 9.

The exercise enabled the 11th MEU to train together as a Marine Air-Ground Task Force for the first time since completing similar sustainment training in Hawaii during their transit to the U.S. 5th Fleet area of operations in May.

"Our time in Kuwait enabled us to maintain our lethal edge and remain ready to respond to a crisis, should one arise," said Lt. Col. Geoffrey Hollopetter, Battalion Landing Team 3/5 commanding officer. "It is imperative to continually exercise our essential functions and sharpen our skills."

The 11th MEU consists of the Command Element; the Aviation Combat Element comprised of Marine Medium Tiltrotor Squadron 163; the Ground Combat Element comprised of Battalion Landing Team 3/5; and the Logistics Combat Element comprised of Combat Logistics Battalion 11. Elements of the 11th MEU also conducted specialized training in military operations in urban terrain, explosive ordnance disposal, joint medical training with the U.S. Army, and tactical recovery of aircraft and personnel, sharpening their ability to respond across the spectrum of military operations.

"Anytime the Marines go ashore, it's a team effort between the Navy and Marine Corps," said Capt. Ron Dowdell, *Boxer's* skipper. "We each have our role to ensure our Marines and Sailors are ready in the right place at the right time."

Lance Cpl. Seth Kelso with 11th MEU fires an M4 carbine at a target during live-fire training. Marine Corps photo by Lance Cpl. Jared Sabins

SAN DIEGO (Aug. 7, 2019) - Hospital Corpsman 2nd Class Sergio Palacios of Naval Medical Center San Diego places a tourniquet in preparation for a blood draw from Mass Communication Specialist 3rd Class Harley Sarmiento, at the phlebotomy lab on board NMCS. NMCS's phlebotomy lab is staffed with eight Sailors and civilians who provide service to an average of 150 patients a day. Navy photo by Mass Communication Specialist Cameron Pinske



MCAS MIRAMAR (Aug. 12, 2019) - Kevin Brown, a captain with the Miramar Fire Station, shows the youths from the Boys and Girls Club Miramar the essential tools used by firefighters here. The youths visited Station 61 to understand the importance of firefighting.



SAN DIEGO (Aug. 8, 2019) - Sailors assigned to Coastal Riverine Squadron 3 and Coast Guardsmen from Coast Guard Sector San Diego conduct joint medical evacuation exercises aboard a Mark VI patrol boat as part of unit level training provided by Coastal Riverine Group (CRG) 1 Training and Evaluation Unit. bility that provides port and harbor security, high value asset security, and maritime security in the coastal and inland waterways. Navy photo by Chief Boatswain's Mate Nelson Doromal Jr.



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The *Boxer* ARG/11th MEU is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and

security in the Central Region, connecting the Mediterranean and the Pacific through the Western Indian Ocean and three strategic choke points. The ARG/MEU departed their home port of San Diego for a regularly scheduled deployment, May 1.

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CAREER GUIDE

On line education fills the bill for servicemembers and spouses

Servicemembers and their families are familiar with challenging roles, as their lives involve moving to new and often unfamiliar places and being away from friends and family. It may feel like avenues for professional and educational advancement that are readily available to civilians are inaccessible. However, with the convenience of online education, those opportunities are open, even when frequent relocation is a way of life.

Online learning offers a convenient and flexible way to advance your education and your career.

DoD statistics indicate 85 percent of the 1.2 million military spouses want work or need work. Enrolling in school to obtain a diploma or update or expand a skill set is more than possible, and its a great way to open the door to more opportunities.

Even if you desire to further your education, there may be a number of things keeping you from doing so. You may be anticipating your next move

to a new location. Or perhaps deployments mean that all of the day-to-day household duties and childcare fall to you. Maybe you have made the decision to set your own career aside so you can be a stay-at-home parent. Carving out time for college courses on top of all of your other responsibilities might seem impossible.

Continuing your education is not impossible, although it might be more difficult to accomplish in a traditional classroom setting. This is where online learning comes in. Online colleges are a great solution. There are many different programs available, and chances are you can find one right for you.

There are many advantages of online learning, especially for servicemembers and spouses who need a convenient and flexible way to advance their education and their careers. Online courses balance nicely with the demands of everyday life.

Keep up with your peers and your job tech

Frequent relocation may cause your career to stall. Perhaps you are never able to stay in the same place long enough to advance



There are many advantages of online learning, especially for servicemembers and spouses who need a convenient and flexible way to advance their education and their careers.

in your field. Furthering your education can counteract this by giving you the leverage needed to make the progress you desire, even if you are still required to move at frequent intervals.

Find the right program to accomplish your goals

With online learning, you have a lot of options for finding the right program to fit your needs. Is your family transitioning out

of the military in the near future? Or are you looking to find a new position or advance your career in your current location? Think about the end result you want to achieve, and let that inform your decision. You'll find many different online degrees that are a good fit for military.

With the increasing prevalence of both online colleges and online programs offered by colleges, many different

online learning options exist for military members and their families. They differ in what they provide for veterans, service members, and military spouses. It's worth it to research the various programs to find the one that makes the most sense for your needs — and finances.

Take your classes with you when you

go

Military families may have to move as often as every 12 to 24 months. The unpredictable change that comes with being in the military can interfere with the most carefully laid plans. It might make attending college in a traditional campus setting impossible. If you are stationed overseas, higher education might be cost-prohibitive or completely unavailable.

If you want to pursue an online education, all you need to complete a program is a reliable internet connection. You won't

have to worry about an unexpected move throwing off your plans to further your education. You can keep moving forward with your courses during and after a sudden relocation.

Pursuing an online education also means you don't need easy access to a traditional college campus — something that can be particularly challenging for those living on a military base. Your classroom can your dining room table!

Due to the flexibility you won't have to rearrange your personal life to accommodate college courses. A major benefit of online learning is the flexibility. When attending school online, you can make the courses work for you, even if you have a full-time job or children to care for.

Unlike traditional college, many online courses don't occur at a fixed time. Often, online courses allow you to listen to lectures and complete class assignments whenever it works for you. With discussion boards and chat features, students have discussions with their classmates and professors. You can work at your own pace and balance your priorities.

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Veterans of Reddit talk college

How was it transitioning to civilian life and going to college?

- Little different. Had to actually decide what to wear to work. Time cards and schedules actually meant something to my paycheck. Had to become accustomed to not grabbing a hat to go outside.

- I had a difficult time transitioning to civilian life and college. I've been out for four years and have been going to college pretty much the whole time and have 3 quarters left at a university. The things that made it difficult are not what a lot of people would expect-- no nightmares, upset at the attitudes of youth on campuses, etc. I miss the camaraderie I had and the black and white mission objectives: mission accomplished or mission not accomplished. The military made personal life extremely easy. I had a guaranteed paycheck, food, knew what I was going to be doing every day, and an extremely tight group of guys. College is a lot more independent and less structured. You're pretty much your own boss and no ones gonna ride your ass for not being in the right place, right uniform, or falling asleep during a lecture. I know a lot of guys, including myself, struggle with substance abuse when they go to college because of all the free time and lack of purpose. It was the polar opposite of my experience in the army. Going from being part of a close knit "tribe" with a clear mission to having only personal goals with a bunch of free time was not an east transition for me. Still, college beats the ---- outta being a grunt.

- The hardest part for me was jealousy for a little bit. I saw all these kids having a blast doing the normal college experience and all I could think of was how I spent 27 months of ages 18-22 as an infantryman in Iraq. I was bitter about things that people around me thought were hard. Stress from finals, relationships, odd causes they would get wrapped up in, etc. I think I felt like they didn't have a clue what stress was. It took maybe two years for me to quit being a dick and get into the right headspace that when it comes down to it, I was the one who made the decision to join and experience what I did. Turns out finals ARE stressful. Sure it's not the same as a firefright or driving down a MSR that you're pretty sure is going to have an IED on it, but it's stress just the same and the body doesn't recognize one stress as more deserving than another. Once I dropped the holier than thou mindset of an enlightened 22 year old I realized I was just like every 22 year old, a dumbass caught up in my own cause. Life got easier after that. The hardest part was quitting smoking and not spending like I had a disposable income anymore.

- Took some getting used to at first, being your own person again and all but definitely worth it. It's so sad to see all the guys I served with just letting their GI Bill go to waste. I chose the wrong MOS when I enlisted that left me with no practical skills on the outside, so my life has definitely been on the right track since getting my degree.

- I found that most of my friends were other veterans. There is something about the shared experiences / personal space / mutual respect thing. Not sure how to describe it. I was glad that I did the military prior to college. I got way more out of college than I would have otherwise.

How to transfer your military skills to the corporate world

(StatePoint) A military background brings with it an ability to collaborate, problem-solve and thrive under pressure, making veterans well-positioned to take on leadership roles in the corporate world.

Having worked in the banking industry for more than 25 years and in his 30th year with the U.S. Army, Jerry Quinn is an example of someone who has maximized his military leadership skills in the corporate world. As senior vice president, and head of Enterprise Military Talent External Recruiting at Wells Fargo, Quinn also serves as chairman of the Association of Military Banks of America.

To help make your transition from military service go smoothly, Quinn is offering the following tips and insights:

- Know yourself: "Knowing yourself is a key leadership principle," says Quinn. "By understanding what your values, capabilities, strengths and weaknesses are, you can step into a leadership role that will allow you and your team to thrive."

- Know your organization: Understand the ins and outs of the organization you work for or want to work for, including its vision, mission and objectives,



Veterans are well-positioned to be leaders in the corporate world. (c) Flamingo Images/stock.Adobe.com

as well as the company's current capabilities and potential for growth.

- Set the example: "Leaders set the example by which others follow, so be sure to treat your team and customers with respect and gratitude, and always lead from the front," says Quinn. "Being proud of what you do can be infectious."

- Build a team committed to excellence: Good leaders attract good talent and assist others in achieving their success. When benchmarks are met, give the team the credit -- you aren't a

leader without them.

- Make and work your plan: When facing challenges, make it your business to pull your team through it. Stay disciplined. If you have a deadline or have made a promise, always deliver on it.

- Don't let your activity dictate your priorities; Your priorities need to dictate your activity," says Quinn.

- Be valued: Consider specifically seeking out positions with employers who value the leadership, discipline and service record of military vet-

erans, veterans with disabilities, National Guard members, and Reservists, and then take advantage of any resources offered by the company. The existence of a military affairs program, such as the one established by Wells Fargo in 2012, is a good sign that a given employer is committed to hiring and retaining veteran team members.

In the case of Wells Fargo, the company offers such resources as apprenticeships, internships, transition services and leadership training in an effort to help veterans translate existing skills to a new position and grow professionally.

Wells Fargo also offers employee resource groups, financial education, military leave benefits and other programming designed to help veterans be successful.

More information about making the transition from the military to the corporate world is available at wellsfargojobs.com/military.

By honing in on the skills acquired during military service and seeking out tailored professional growth opportunities, those in the veteran community can maximize their leadership potential and thrive in the corporate world.

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Bonhomme Richard celebrates ship's birthday while serving the community

by MC1 Jason Kofonow

SAN DIEGO - Sailors assigned to the amphibious assault ship USS *Bonhomme Richard* (LHD 6) celebrated the ship's 21st birthday with a community service project and picnic in San Diego, Aug. 15.

The command-wide community service project consisted of each of the ship's 13 departments engaging in a base beautification and clean-up of Naval Base San Diego.

"The event went really well," said Religious Program Specialist 1st Class Joshua Bloodgood. "The sailors were real excited to get out and make our base cleaner, where we work and give back to what we call our home."

This is the second time the crew has come together for a command-wide service project as part of the Rise Above initiative, whose purpose is community, command, and self-improvement.

"It was *Bonhomme Richard* showcasing to the rest of the waterfront what 21 years of excellence looks like," said Bloodgood.



Bonhomme Richard shipmates James Salvatierra, (left) and Troy Beard pick up trash during at Naval Base San Diego. Navy photo by MC1 J. Kofonow

Following the base clean-up, the crew converged at Breakers Beach aboard Naval Air Station North Island to celebrate the 21st birthday of the ship. The food and fun was provided by the ship's Morale, Welfare, and Recreation department.

"I want to thank our Sailors for the tremendous job they do, not just today cleaning our base, but the work they do every single day," said Command Master Chief Joe Hernandez.

"Their tireless dedication and professionalism is a testament to the ship's success over the last 21 years and is the reason we will continue to be successful in the future."

USS *Bonhomme Richard* is in its homeport of San Diego.

BAB AL-MANDEB STRAIT (Aug. 18, 2019) - Intelligence Specialist 1st Class Joshua Lajiness, assigned to USS *Boxer*, stands ship's nautical or otherwise photographic interpretation and examination watch during a transit through the Bab al-Mandeb strait. *Boxer* is part of the *Boxer Amphibious Ready Group* and 11th MEU and is deployed to the 5th Fleet. Navy photo by MC3 Zachary D. Behrend



GULF OF ADEN (Aug. 15, 2019) - Assault amphibious vehicles (AAV) assigned to the 11th Marine Expeditionary Unit transit toward land after exiting the well deck of USS *Harpers Ferry* while on deployment. Navy photo by MC3 Keypher Strombeck



Assault amphibious vehicles (AAV) assigned to the 11th Marine Expeditionary Unit transit toward land after exiting the well deck of USS *Harpers Ferry* while on deployment. Navy photo by MC3 Keypher Strombeck

Surgeon General of the Navy Faison visits NMCS D

by MC3 Jake Greenberg

SAN DIEGO - Vice Adm. C. Forrest Faison III, 38th surgeon general of the Navy and chief, U.S. Bureau of Medicine and Surgery, visited Naval Medical Center San Diego (NMCS D) for an all-hands call Aug. 16.

Faison met with and spoke to Sailors and staff assigned to NMCS D about the transition of Navy military medical treatment facilities to the Defense Health Agency, as outlined in Naval Administrative Message 180/19.

"Military medicine, including Navy Medicine, is undergoing some of the most significant changes we have seen in decades," said Faison. "From changes mandated by Congress, to Department of Defense-directed reforms, we have an opportunity to successfully navigate these changes and create an improved Navy Medicine to support our Navy and Marine Corps. In doing so, our focus will be on three major areas: the next fight, a renewed emphasis on readiness, and our new organization."

Faison assured Sailors and staff that the transition would be seamless.

"Patients should see no immediate impact on access or quality of healthcare services," said Faison.

The transition to DHA and the transfer of management and administration is intended to create a more integrated and efficient

health system.

"Navy Medicine will be ready to support the medical needs of today's Sailors and Marines," said Faison. "We will continue to honor the trust placed in our hands to provide the best care our nation can offer."

MTFs will remain the primary place to ensure Navy uniformed medical personnel maintain operationally relevant skills. Navy Medicine will consolidate operational platforms to where they are best positioned to train hospital corpsman, nurses and doctors.

Weber takes helm at Navy Medicine West

by Regena Kowitz

Rear Adm. Timothy Weber assumed command of Navy Medicine West (NMW) from Rear Adm. Paul Pearigen during a ceremony at Naval Base San Diego, Aug. 16.

The ceremony, presided over by Vice Adm. C. Forrest Faison, Navy surgeon general, will be the last for NMW. On Oct. 1, NMW will become Medical Forces Pacific, with a new mission and organizational structure, focusing on operational medical readiness for Sailors and Marines, as well as the clinical readiness of the Navy's medical force.

"Changes of command are important events in the life of a command," Faison said. "They not only signify the transfer of complete authority, responsibility, and accountability from one leader to another, they are also an opportunity to recognize the dedication, commitment, and service of the command and no team is more deserving of celebration and recognition than that of Navy Medicine West."

Faison commended NMW staff for maintaining focus and commitment during a time of unprecedented change, making a difference for the service members by watching over their health.

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PACIFIC OCEAN (Aug. 13, 2019) - Naval Air Crewman (Helicopter) 2nd Class Joey Fuoti rappels from an MH-60S Sea Hawk helicopter assigned to the Eightballers of Helicopter Sea Combat Squadron (HSC) 8 during an air power demonstration for a Friends and Family Day cruise aboard USS *Theodore Roosevelt*. The aircraft carrier's crew members hosted family and friends for a day underway to experience life aboard an aircraft carrier. Navy photo by MC2 Rachael Treon



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Fri., Aug 23 at NASNI

RADM Prout Memorial Golf Tournament supports scholars

The 29th Annual RADM James G. Prout III Memorial Golf Tournament will take place at 12:30 p.m. on Aug. 23 at Naval Air Station North Island's Sea 'N Air Golf Course.

VADM Richard A. Brown, Kathy Prout, members of Anchor Scholarship Foundation and the San Diego-chapter of the Surface Navy Association (SNA), local business leaders, and active duty and retired military members will gather after the tournament end at 5:30 p.m. to celebrate the 1st, 2nd and 3rd place winners, as well as to award the 2019-2020 RADM James G. Prout III Scholarship to Calvin Cox. Cox is a freshman, pursuing a business degree from the University of California - Berkley.

"Thank you so much for the scholarship, as living in the Bay Area can be very expensive so the financial support will allow me to focus on my academics. I really appreciate your support, and I'm very excited to start my college experience!"

While serving as Commander of the USS Carl Vinson Strike Group, RADM Prout was involved in an F/A 18 Hornet mishap on May 17, 1995 where he and the pilot of the aircraft tragically lost their lives. After his passing, his wife, Kathy Prout, his dear friends, and the San Diego-chapter of SNA came together to honor his legacy by establishing the RADM James G. Prout III Scholarship.

Funded by the San Diego-chapter of SNA through this annual golf tournament, the scholarship is administered and awarded annually by Anchor Scholarship Foundation to a deserving Surface Navy dependent (spouse or child) from San Diego County.

Anchor Scholarship Foundation's mission is to make college more affordable for US Surface Navy families by providing scholarships to spouses and children. In 2019, ASF awarded over \$105,000 to 44 deserving scholars for their upcoming 2019/2020 school year. ASF has awarded over \$1.3 million dollars since its inception in 1981.

More information on Anchors Scholarship Foundation scholarship programs, visit www.anchorsholaship.com. For information on the San Diego chapter of SNA visit <http://chapter.navysna.org/sandiego/>

USAA helps military families save at the ballpark all season long

The San Diego Padres and USAA, the Official Military Appreciation Partner of the Padres, are helping military, veterans and their families enjoy Padres games all season long - at a discounted rate! During "Military Sundays presented by USAA" military, veterans, and their families will receive a 50% ticket discount; the discount is 25% for all other home games.

Upcoming 'Military Sundays' include:
 Military Appreciation Day, Aug. 25
 Salute to Veterans, Sept. 8
 Army and Navy National Guard Appreciation Day, Sept. 22

The military discounts are available online at padres.com/military through verification by GovX.com and at Petco Park Advance Ticket Windows with proof of active-duty, reserve, veteran, dependent or retired status.

MOVIES at the Bases

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

Thursday, August 22
 5:50pm The Lion King (2019)
 8pm Midsommar (2019)
Friday, August 23
 5:50pm The Lion King (2019)
 8pm Stuber
Saturday, August 24
 12:50pm Spider-Man: Far From Home
 3:20pm Crawl (2019)
 5pm The Lion King (2019)
Sunday, August 25
 12:50pm Spider-Man: Far From Home
 3:20pm Stuber
 5:10pm The Lion King (2019)
Monday, August 26
 5:30pm Once Upon A Time In Hollywood
 8:30pm Crawl (2019)
Tuesday, August 27
 5:50pm The Lion King (2019)
 8pm Midsommar (2019)
Wednesday, August 28
 6pm Stuber
 7:50pm Crawl (2019)
Thursday, August 29
 5:40pm The Lion King (2019)
 7:50pm Once Upon Time In Hollywood

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

Thursday, August 22
 5:40pm Spider-Man: Far From Home
 8:20pm Crawl (2019)
Friday, August 23
 5pm Stuber
 7:20pm Once Upon Time In Hollywood
Saturday, August 24
 2pm The Lion King (2019)
 4:30pm Crawl (2019)
 7pm Once Upon Time In Hollywood
Sunday, August 25
 3pm The Lion King (2019)
 6pm Once Upon Time In Hollywood
Monday, August 26
 5:50pm Once Upon A Time In Hollywood
 8:50pm Crawl (2019)
Tuesday, August 27
 5:50pm The Lion King (2019) 3D
 8:20pm Stuber
Wednesday, August 28
 5:40pm Stuber
 7:40pm Midsommar (2019)
Thursday, August 29
 5:40pm Crawl (2019)
 7:30pm Spider-Man: Far From Home

Community Rec Center

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

Saturday, August 24
 5pm Star Wars: The Last Jedi (NDVD)
Sunday, August 25
 5pm Avengers: Infinity War (NDVD)

Pendleton Movie Theatre
 Building 1330 Vandegrift Blvd
 (760) 725-9217
 Active Duty adults \$4/3D-\$5
 Kids (6-11) \$2/3D-\$3
 5/under free/3D \$1 for glasses

Thursday, August 22
 6:30pm Spider-Man: Far From Home
Friday, August 23
 6pm The Lion King
 9pm Stuber
Saturday, August 24
 1pm The Lion King
 4pm Crawl
 6:30pm Spider-Man: Far From Home
Sunday, August 25
 1pm The Lion King
 4:30pm Midsommar

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

Thursday, August 22
 6:30pm Annabelle Comes Home*
Friday, August 23
 6:30pm Once Upon Time In Hollywood
 9:30pm Crawl (2019)
Saturday, August 24
 3pm Midsommar (2019)
 6:30pm The Lion King (2019)
 9:20pm Stuber
Sunday, August 25
 1pm Spider-Man: Far From Home
 6:30pm Once Upon Time In Hollywood
Wednesday, August 28
 6:30pm Spider-Man: Far From Home
Thursday, August 29
 6:30pm Midsommar (2019)

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

Thursday, August 22
 11am How to Train Your Dragon (NDVD)
 5pm Late Night (NDVD)
Friday, August 23
 4:50pm POKEMON Detective Pikachu
Saturday, August 24
 2pm A Dog's Journey
 5pm Booksmart
Sunday, August 25
 5pm Us
Monday, August 26
 5pm Child's Play (1988)
Tuesday, August 27
 11am How To Train Your Dragon
 25pm Child's Play 2
Wednesday, August 28
 5pm Child's Play 3
Thursday, August 29
 11am How To Train Your Dragon: The Hidden World
 5pm SHAZAM!



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VEHICLE TEMPERATURE

Outside Temp (F)	Inside Temp (F)	
	10mins	30mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

Entertainment

Operation Clean Sweep: Do your part • Sat., Aug. 24

The San Diego Port Tenants Association and its members are getting ready to roll up their sleeves, put on their work gloves and clean up San Diego Bay and its shorelines in the 29th annual Operation Clean Sweep, taking place Saturday, August 24. Working alongside these volunteers will be Port of San Diego employees, their families and friends, as well as members of the U.S. Navy and U.S. Coast Guard. The public is invited to participate, and all will be treated to an after-party sponsored by the San Diego Port Tenants Association.

This year there will be five public cleanup sites and 14 tenant-managed sites. The public sites are:

**OPERATION
CLEAN
SWEEP**

* Barrio Logan – start time is 8:30 a.m., meet at Cal Marine Cleaning, 2049 Main Street, San Diego. This is a family-oriented cleanup site.

* Chollas Creek – start time is 8:30 a.m., meet at Pacific Ship Repair, 1625 Rigel Street. It is recommended that only those 18 years old and up participate in this site.

* Half Moon Marina – start time is 8:30 a.m., meet at Half Moon Marina, 2323 Shelter Island Drive, San Diego. This is a family-oriented site.

* Marina View Park – start time is 8:30 a.m., meet at Marina View Park, 900 Marina Parkway, Chula Vista. This is a family-oriented site.

* Pepper Park – start time is 8:30 a.m., meet at Pepper Park, 3299 Tidelands Avenue, National City. This is a family-oriented site.

Volunteers will receive an Operation Clean Sweep t-shirt, gloves, trash bags and water. Doughnuts will also be provided. To register online go to the San Diego Port Tenants Association website. If you prefer to register in person, please show up at your preferred location at 8 a.m. The after-party takes place from 10:30 a.m. to 12:30 p.m. at Cesar Chavez Park, 1449 Cesar E. Chavez Parkway, San Diego. The party will feature prizes for the most unusual trash, raffles, a taco stand, beverages, photo booth, live DJ and more. Pollution Pirate Pete, who stars in the Port's latest environmental campaign, #ThatsMyBay, will also be at the after party giving away prizes and advocating about keeping trash out of the bay.

Port of SD invites public to discuss future of bay and waterfront areas

The Port of San Diego invites the public to an additional community discussion event regarding the future of San Diego Bay and the surrounding waterfront, as proposed through the Port Master Plan Update (PMPU) Discussion Draft. This event will be held Wednesday, Aug. 28, at 5:30 p.m. near the Port's Shelter Island planning district at Portuguese Hall, 2818 Avenida De Portugal, San Diego, CA 92106 and will focus on questions and concerns

raised by the adjacent residential community. Note: Parking at the venue is limited. Additional public parking will be available in the two nearby parking lots on either side of Anchorage Lane directly off Shelter Island Drive, as well as at the meters along Anchorage Lane. Meters will not require payment after 5 p.m. on August 28 only to accommodate public parking for this meeting. Alternatively, the public is encouraged to carpool or walk if the venue is within walking distance from home or work. This event is a continuation of the community discussion series, titled - "The Future of San Diego Bay: A Community Discussion," which occurred in June 2019. As the Port begins updating the draft, there will be additional opportunities for public review and feedback, including community meetings, Board meetings and Board workshops.



Pilot Talk: Flying the F/A-18 Hornet Sat., Aug. 24, • 11am-12:30pm • Free

Join Colonel Stephen "Fozzy" Acosta, commanding officer of VMFAT 101, as he shares some of his missions and experiences as an F/A-18 "Hornet" pilot. Kids and adults will enjoy his demonstration some of the equipment USMC pilots use and his explanation of the unique capabilities of the Hornet. The Flying Leatherneck Aviation Museum has 31 historical aircraft on display as well as hundreds of artifacts from the earliest days of aviation to the present day. Open Cockpit Days are held on select weekends from May-September. Check the website at www.flyingleathernecks.org for more information. Free admission and parking. Flying Leatherneck Aviation Museum, 4203 Anderson Ave., Miramar. (858) 693-1723.



15th Annual LeucadiaART Walk Sun., Aug. 25 • 10am-5pm • Free

Join us for LeucadiaART Walk, a revival of the original 80's art event in historic Leucadia with art, entertainment, a children's art pavilion and more. Don't miss: • Local juried artists displaying original art in specified areas along Coast Highway 101 in Leucadia. • Free open air trolley rides! Beat a parking hassle by parking at Encinitas City Hall (505 S Vulcan) and taking the trolley to the event. • Six places for live music! • Live mural painting • Craft Beer Garden. • New and improved Children's Art Pavilion with multiple art stations. N Coast Hwy 101. Encinitas. <https://www.leucadia101.com/>



Experience Bike the Bay Sun., Aug. 25 • 6am-noon



Experience Bike the Bay, a scenic bayside ride, and also enjoy a rare opportunity to ride over the San Diego-Coronado Bay Bridge. Cost \$65. Ride the bridge, Bike the Bay! Cruise around the San Diego Bay and enjoy your only opportunity to ride across the San Diego Coronado Bay Bridge. This non-competitive community bike ride is for riders of all abilities and will take you on a scenic, and primarily flat ride, around the San Diego Bay via the Bayshore Bikeway. Along the way, riders will travel through the surrounding cities of Coronado, Imperial Beach, Chula Vista and National City before finishing back at the start/finish line at Embarcadero Marina Park in downtown San Diego.

Not only will the scenic 25-mile route travel through all five of these very diverse communities but it will also allow riders their only opportunity of the year to ride over the beautiful Coronado Bay Bridge. All riders will return to San Diego for a post-ride festival with food, beverage, beer garden and entertainment. Embarcadero Marina Park South, 1 Marina Park Way, downtown San Diego. <http://www.bikethebay.net/>

Fee Free Day at Cabrillo National Monument on Sun., Aug. 25

Founders Day and National Park Service Anniversary. On this date, the entrance fee is waived at Cabrillo National Monument. There are only a few days a year this occurs. In 2019, the fee free days include 1/21/2019 Martin Luther King Jr. Day, 4/20/2019 First Day of National Park Week, 8/25/2019 Founders Day and National Park Service Anniversary, 9/28/2019 Public Lands Day, and 11/11/2019 Veterans Day. The fee waiver includes entrance fees, commercial tour fees, and transportation entrance fees. Other fees such as reservation, camping, tours, concession and fees collected by third parties are not included unless stated otherwise. Cabrillo National Monument, 1800 Cabrillo Memorial Dr., San Diego. <https://www.nps.gov/cabr/planyourvisit/index.htm>

SD Underground Film Fest Thur.-Sun., Aug. 22-25 • \$20-\$50



San Diego Underground Film Festival and the Tenth Avenue Arts Center are proud to present a diverse and inclusive lineup of experimental, documentary, animated, and narrative films which are complimented by nightly expanded cinema performances, installations, and live music. This year we have an exciting program that includes underground narratives, experimental films, live music, and 16mm film performances by artists who are both local and international. Tenth Avenue Arts Center, 930 Tenth Ave., downtown San Diego, <https://www.sdundergroundarts.org/>

San Diego Spirits Festival Sat.-Sun., Aug. 24-25 • 2pm • \$20-\$120

Calling all whiskey & bourbon worshipers, tequila aficionados, gin guzzlers, rum radicals, vodka vixens and mixologists to indulge your senses and shake up your summer as you mix and mingle with thousands of people at the 11th annual San Diego Spirits Festival. The largest Cocktail Festival in San Diego, it's a tremendous occasion to sample and experience the finest spirits and foods, with unique opportunities to learn how to create and pair the perfect cocktail and sample top-shelf cocktails. Port Pavilion on Broadway Pier, 1000 N. Harbor Drive, downtown San Diego. <https://www.sandiegospiritsfestival.com/>



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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

My column was late again this week.

A spaceship wasn't hovering over Rhode Island. Our house didn't burn down. My computer didn't seize up with "the blue screen of death." None of our kids came down with double pneumonia. I hadn't been arrested for tax fraud.

Nope, I didn't have one decent excuse for my column being late. Truth be told, I'm a hopeless procrastinator.

I'm supposed to submit my column to newspaper editors on Thursdays for publication the fol-

No day like tomorrow

lowing week. So every Monday, I know the smart thing would be to write 200 words on Monday and Tuesday, leaving Wednesday for rewrites and editing, and Thursday for polishing and submission.

But that makes way too much sense.

"Thursday is eons away," I think to myself at the beginning of each week. "Today, I'll get laundry done, mop the floors, wash the car. Getting chores done will free me up to write more tomorrow."

But between the dog being afraid of the vacuum cleaner, the hour-long call from my mother, the search for missing socks under the kids' beds, and that riveting episode of "Flea Market Flip" I had to watch until the end, I barely manage to defrost the pork chops.

On Tuesday, I wake with a purpose. "I'm going to make some

headway on that column ... as soon as I think of an idea. What will I write about this week?" I wonder optimistically. Notebook in hand, I sit on the front porch to let the dog sniff around in the yard while I search for inspiration.

"Hmmm," my inner dialogue sabotages my creative process once again, "the beds could really use a bit of weeding." Three hours later, there are bags of garden debris out by the curb, my fingernails are packed with dirt, and I'm on my way to Home Depot for grass seed, tomato cages, and annuals.

On Wednesday, I determine that, if I spend the entire day in front of my computer, I can turn out 700 words and still have Thursday for editing. "All I need is a subject," I tell myself. I pour an oversized mug of coffee, and settle in front of the desktop. All morning, I troll the Internet looking for topics, current events, some nugget of news that might feed an idea. With a pang of hunger nagging me to stop for a snack, I decide to check Facebook real quick to see what's trending.

Big mistake.

An hour later, I've scrolled all the way down to 2015, got sucked into a comment debate over whether mustard or ketchup is better on hot dogs, and watched a string of YouTube videos of dogs with human voiceovers.

I figure I'll switch out the laundry and try again after lunch, but the afternoon brings a case of the sleepys. I convince myself that a 20-minute catnap on the couch will do wonders, but you can probably guess how the day goes from there.

Thursday, I wake up stressed, which should provide adequate motivation to meet my nine-hour deadline. But by noon, I have done everything BUT my column. I organized the junk drawer, swept out the basement, clipped my toenails, put our National Geographic magazines

AutoMatters™ & More



by Jan Wagner

There is nothing quite like the look of a beautiful paint finish on a brand-new car. However, if it is left unprotected, your once-beautiful paint finish will slowly but surely deteriorate due to damage from all sorts of road hazards including gravel, road debris, bird droppings, airborne industrial pollution, road tar and more. Increasingly people are protecting their vehicle's original factory paint job from damage with paint protection film products, such as "clear bra."

XPEL ULTIMATE PLUS

in chronological order, and dug the fuzz out of the keyboard with a toothpick.

While standing in front of the open refrigerator, I plan to email my editors to finally let them know, I just can't do this anymore. The afternoon passes in hopeless defeat.

But on Friday, I notice that the sky did not fall. The Earth did not implode. I am still breathing. My editors probably haven't even noticed that my column is late. I realize that my fear of failure caused me to create conditions where success is impossible. With the dangerous awareness that I could play this cat and mouse game with myself every week if I so dared, I finally sat down and tapped out this column about procrastination, submitting it the day after last week's deadline.

Every time I hit send on a column, I promise myself, "I will put an end to this self-destructive habit, and I'll do it first thing - tomorrow."

XPEL ULTIMATE PLUS Paint Protection Film & installation by AUTO ARMOUR

Paint Protection Film (PPF) is a glossy, virtually invisible, adhesive-backed urethane film with a surface clearcoat. It has earned a well-deserved reputation – backed by a 10-year warranty – for its resistance to stains and its superior, non-yellowing optical clarity.

XPEL ULTIMATE PLUS is the world's first self-healing PPF. To protect the finish from scratches, heat from the sun or warm water will cause the self-healing material to fill light scratches like they were never there!

Intrigued, I contacted XPEL to see if they were interested in wrapping my new 30th Anniversary Edition MX-5 Miata for this story. They were, and arranged with AUTO ARMOUR to install it.

Like XPEL, AUTO ARMOUR has earned an excellent reputation. Serving Southern California for 13 years, veteran-owned AUTO ARMOUR specializes in paint protection film and window tint. They take great pride in their attention to detail and exceptional workmanship.

I camped out at AUTO ARMOUR in San Diego for two full days, taking pictures as they wrapped all of my Miata's high impact areas that are prone to damage: the front end including bumper, fenders, full hood and lights; rocker panels, windshield surround, side mirrors and door handle cups.

The installation process is much more difficult than people might think. To achieve high quality, excellent results, it is important that the work be done by careful, highly experienced installers who take their time. The wet paint protection film needs to be carefully and precisely moved into position, stretched where necessary, precisely applied free of bubbles, and trimmed. Skilled installers know from their years of experience how the PPF material will behave as the underlying liquids dry and the PPF adheres in place.

For most applications, XPEL's pre-cut PPF patterns or templates, hand-filled with precision accuracy, are the way to go, but to demonstrate their exceptional expertise to me, Auto Armour custom cut a one-piece wrap for my front bumper. To install that, first they removed all of the attached components from the bumper (lights, ornamentation and so forth). Then they wrapped the bumper. When everything was reattached, the edges of the wrap were hidden by the components. Needless to say, due to the addi-

tional labor involved, this would add significantly to the price.

Observing the care with which AUTO ARMOUR wrapped my car showed me why they were also chosen to work on the new Lamborghini and Ferrari that were next to my Miata, and why another high-end luxury car owner had made the effort to drive all the way from Los Angeles to San Diego, so that Auto Armour could apply



XPEL ULTIMATE PLUS paint protection film installed at AUTO ARMOUR.

XPEL ULTIMATE PLUS PPF to their new car too.

XPEL ULTIMATE PLUS PPF is indeed transparent. I do not see a difference between the wrapped and unwrapped areas of my car.

Wash your car often. On their website, XPEL offers a wide range of car care products engineered to protect XPEL ULTIMATE PLUS Protection Film and maintain its high gloss finish.

Mixed with a gallon of water, one ounce of XPEL Rinse Free Car Wash encapsulates dirt with a lubricating polymer, to prevent scratches or harm to the paint. Using a high-quality wash mitt, wipe it on in circles and then dry it off. XPEL's 5-gallon wash bucket includes a grit guard to trap dirt safely below a protective grille.

Every few weeks, after washing the car, apply XPEL Ceramic Boost to seal the surface of the PPF with a micro-thin layer of protection that helps resist debris, contaminates and scratches, while repelling dust and lint.

In between washes, whenever your car has a light covering of dust, finger prints and smudges, use XPEL Detail Spray.

To locate a certified installer near you, click the worldwide "Installer Locator" on the XPEL website at <https://www.xpel.com/shop/paint-protection-film>. In San Diego, contact Evan and Austin – AUTO ARMOUR's co-owners – at (858) 255-0102 or e-mail sales@AutoArmour.com.

To see additional photos, visit www.drivetribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #604" in their search bar. Send your comments to AutoMatters@gmail.com. Copyright © 2019 by Jan Wagner - AutoMatters & More #604r1

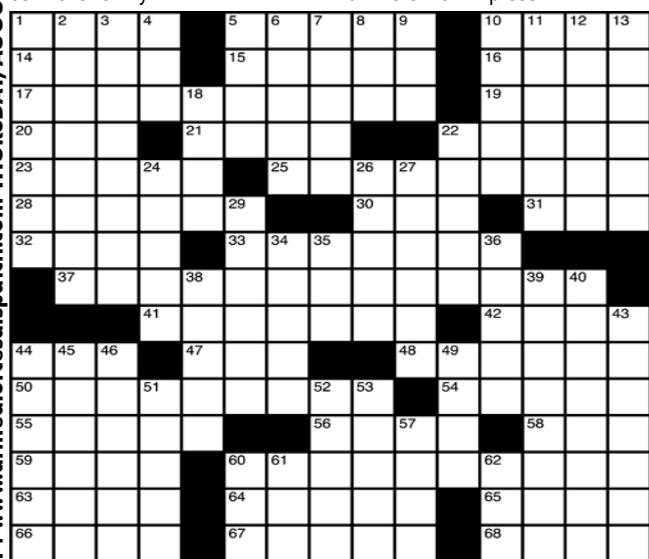
Crossword Puzzle

Across

- 1 Unlike this clue, obviously
- 5 Driving force?
- 10 Bar regulars, and then some
- 14 Bible book before Romans
- 15 One-named singer with 10 Grammys
- 16 William of "Broadcast News"
- 17 Does well at the casino?
- 19 On
- 20 URL ending
- 21 Bridge call
- 22 Hang loosely
- 23 Star's statuette
- 25 Cereal box factoid
- 28 Mushroom cloud makers
- 30 Pale
- 31 ___ shadow
- 32 Tip to one side
- 33 Etiquette expert Baldrige who was Jackie Kennedy's social secretary
- 37 Concert finale ... and what 17-, 25-, 50- and 60-Across have in common
- 41 Comes back with
- 42 Hardly scads
- 44 Beer choice, briefly
- 47 Part of un mes
- 48 Ready for the piano recital
- 50 Opera house level
- 54 "Ugh!"
- 55 Climbed aboard
- 56 Some Neruda poems
- 58 Hawaiian tuna
- 59 Snack since 1912
- 60 Bullied
- 63 MusZe Marc Chagall city
- 64 Ancient Greek region
- 65 Conversation piece?
- 66 ___ chair
- 67 Minute
- 68 Archer of myth

Down

- 1 Researcher's garb
- 2 Puzzle with a quote
- 3 Recent medical research subject
- 4 Org. operating full-body scanners
- 5 Prepare, as avocados for guacamole
- 6 Ancient theater
- 7 "Tradition" singer
- 8 "Bravo!"
- 9 "You eediot!" speaker of cartoons
- 10 Ventriloquist Lewis
- 11 Delighted state?
- 12 Prize in a case
- 13 Fla. city
- 18 Go-___
- 22 Overalls material
- 24 Financier aboard the Titanic
- 26 Strong string
- 27 1960s dance
- 29 Add sneakily
- 34 China's Zhou ___
- 35 "In Here, It's Always Friday" letters
- 36 Diminish
- 38 Enterprise choice
- 39 Academic figure
- 40 Southwestern farm owner
- 43 Rear ends
- 44 "See ya!"
- 45 Everycity, USA
- 46 Tenochtitl:n natives
- 49 Where to see IBM and JNJ
- 51 Deschanel of the musical duo She & Him
- 52 Whom to trust, in "The X-Files"
- 53 Astronomer Hubble
- 57 PayPal's former parent
- 60 Morsel
- 61 Salmon eggs
- 62 More than impress



Fun with MWR

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

Improv 101 Sat, Aug 24, 4pm, FREE. NBSD Waterfront Community Recreation Center, Bldg. 45. Join Cygnet Theatre for an afternoon full of theatre and improv games to activate the imagination. Attendees have an opportunity to win two (2) tickets to Cygnet Theater! Register: www.navalifesw.com/sdcr, Info: 619-556-9597

Social Cycle Brew Tour Sun, Aug 25, Noon, \$46 (21 yrs.+). Meet at 403 13th Street, San Diego, 92101 (outside Banner Printing Company). Experience an extra special way to see Downtown SD along with specialty drink menus at some of the local breweries and restaurants. Register: www.navalifesw.com/sdcr, Info: 619-437-3190

Clothing Swap Wed, Aug 28, 6pm, FREE. NAB Community Recreation Center, Bldg. 337. Upcycle and trade gently used clothing and accessory items with other party attendees! Leftover items will be donated. Register: www.navalifesw.com/sdcr, Info: 619-437-3190

End of Summer Luau Mon, Sept 2, Noon-5pm, Admiral Baker Pool, Mission Gorge. re-Event: \$5 (11 yrs. and under) / \$9 (12 yrs.+). Day Of: \$7 (11 yrs. and under) / \$12 (12 yrs.+). Fun, food, swimming, music and games for all ages! Register: www.navalifesw.com, Info: 619-284-4054 or 619-556-7444

Bachata Salsa Dance Lessons Wednesdays, Sept 4-Oct 2, 6:30pm, \$15 Single/\$25 Couple/\$7 E1-E6. NAB Community Recreation Center, Bldg. 337. Sign up today for our 5-week dance program! Register: www.navalifesw.com/sdcr, Info: 619-437-3190

Outdoor Movie Night & Family Workout Fri, Sept 6, 7 pm (dusk), FREE. Admiral Baker Picnic Grounds. Movie: Secret Life of Pets 2 (PG). Gold Star Families welcomed to join. Register: www.navalifesw.com/sdcr, Info: 619-556-9597

tubing the Colorado River Sat, Sept 7, 7am, \$30. NBPL, Subbase, Community Recreation Center, Bldg. 546. njoy a beautiful day in Yuma floating down the Colorado River. Cost includes your tube and transportation. Register: www.navalifesw.com/sdcr, Info: 619-553-9138

Concerts

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

August

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

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

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

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

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

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

ZZ Top and Cheap Trick, Wed, Aug 28, 7:30pm. Blues/rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

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

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

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

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

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

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

September

Nelly, TLC, Flo Rida, Sun, Sept 1, 7pm. Hip-hop/rap/pop. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

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



Kacey Musgraves

Thur, Aug. 22, SDSU Open Air Theatre

594-6947.
Wayward Sons, Mon, Sept 2, 4pm. Rock. Del Mar Throughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

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

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

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

Rebecca Jade & the Cold Fact, Fri, Sept 6, 7:30pm. Acoustic. California Center for the Arts, Escondido, 340 N. Escondido Blvd.,

Escondido. (760) 839-4438.
Kidz Bop Live, Sat, Sept 7, 6pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

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

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

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

Carrie Underwood: Cry Pretty Tour 360, Thurs, Sept 12, 7pm. Staples Center, 1111 S. Figueroa St, LA. staplescenter.com

Breaking Benjamin, Mon, Sept

16, 5:30pm. Five Point Amphitheatre, Irvine. (949) 988-6800.

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

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

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

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

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

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

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

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

October

Peter Dinklage and Jason Bonham's Led Zeppelin Evening, Wed, Oct 2, 7:30pm.

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

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

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

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

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

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

Bush and Live, Thur, Oct 10, 7:30pm. Alt/rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

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

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

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

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

J. Balvin, Sun, Oct 13, 7:30pm. Latin/pop/reggae/ska. NI Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

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

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

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

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

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

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

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

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

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

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

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*1 at this payment. Stk#: 57073, VIN: 3TMAZ5CN8KM100989, Model#: 6262. Net capitalized cost \$15,516.31. \$179 plus tax monthly for 36 months with \$4,500 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. Security deposit not required. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 8/31/19.

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*1 at this payment. Stk#: 57534, VIN: 5YFS4RCE7LP012245, Model#: 1864. Net capitalized cost \$20,998.12 \$208 plus tax monthly for 36 months with \$3,750 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 8/31/19.

2019 Toyota Camry LE

Lease for **\$249** PER MONTH PLUS TAX 36 MONTHS
4 Cyl Automatic



*1 at this payment. Stk#: 56447, VIN: 4T1B11HK5KU735047, Model#: 2532. Net capitalized cost \$22,884.77. \$249 plus tax monthly for 36 months with \$4,600 due at lease signing. Includes \$250 Toyota Factory Lease Subventions Cash. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 8/31/19.

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NET PRICE
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2019 SUBARU 3.6R TOURING OUTBACK CVT LEASE FOR **\$335** PER MONTH PLUS TAX 36 MONTHS
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*1 at this payment, STK# 20379 VIN# K3249112 Model# KDL 31. \$335 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 8/31/19.

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