

## AutoMatters & More

Learn what highlighted the 2020-Model Orange County Auto Show.



See page 15

## Base Movie Schedule

It: Chapter Two, Downton Abbey, Overcomer, Hustlers, Ad Astra, Ready or Not, Ratatouille.

See page 16

# CFC

makes it simple to give

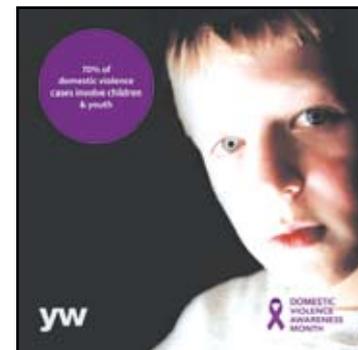
See page 10

Navy Marine Corps Coast Guard Army Air Force

# ARMED FORCES DISPATCH

San Diego Navy/Marine Corps Dispatch [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 619.280.2985

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



FIFTY NINTH YEAR NO. 25  
THURSDAY, OCTOBER 17, 2019

## Arrive at Awesome!

INTERNATIONAL SHOWCASE OF WINE, SPIRITS, CULINARY PERSONALITIES, GOURMET FOODS

Arrive at Awesome! Southern California's largest culinary classic, the San Diego Bay Wine + Food Festival® returns to San Diego from November 9-17. The Festival features over 40 citywide tasting experiences, and is set to welcome thousands of eager epicurean enthusiasts to America's Finest City.

An international showcase of the world's premier wines and spirits, chefs and culinary personalities, and gourmet foods, the annual wine and food festival showcases San Diego's vibrant culinary community through cooking classes, chef dinners, expeditions and multiple tasting events. The festival's legendary Grand Tasting on Saturday, Nov. 16 features hundreds of wineries, breweries and sprits from around the world, and 60 of San Diego's best restaurants.

The weeklong food and wine festival raises funds for Fast Forward Futures and awards culinary, enology, and hospitality scholarships to San Diego County students and professionals seeking to further their careers in these disciplines.

Highlights of the San Diego Bay Wine + Food Festival include: Barbecue + Bourbon – Say thank you to our veterans and men and women in uniform at this celebration of San Diego's military community. Grill, chill and grab the entire family for a Veteran's Day Barbeque! Take in the unbelievable skyline views as San Diego's hottest pitmasters fire up their grills for a good old-fashioned barbecue. Each restaurant will be entered into the San Diego Bay Wine + Food Festival Awesome Sauce Competition and have the chance to showcase and sample out their best barbecue sauce. Participating restaurants will compete head-to-head to earn the title of Most Awesome Sauce!

Military and veterans can save using code MILITARY Sunday, November 10 | Coronado Island Marriott Resort & Spa The Grand Decant – Get up close to over 200 wineries and winemakers around around the world in this exclusive wine tasting; guests will mingle with the superstars of the wine industry and try to grab a chat with one of the Master Sommeliers and Masters of wine in attendance. Friday, November 15 | Intercontinental San Diego

Smoked: A Live Fire Experience – Experience a four-course family style BBQ dinner in campfire fashion curated by Chef Tommy Fraioli and Ivan Munoz. Open flame cooking, meat smoking, beer and whiskey pairings. To compliment the cuisine guests will enjoy a bluegrass concert performance under the East Village stars. Thursday, November 14 | Quartyard

Grand Tasting – At the star-studded



Grand Tasting, taste from hundreds of wine, beer and spirits purveyors and restaurants and take in the beautiful San Diego Bay at the largest, most talked about wine and food festival in Southern California. Saturday, November 16 | Embarcadero Marina Park North

Nightcap: An After Party – Celebrate the San Diego Bay Wine + Food Festival's 16 years of deliciousness at Nightcap, the Official After Party, Overflowing with libations, award-winning whiskey, picture-perfect desserts, and global comfort food from dime store burgers to ramen, the San Diego Bay Wine + Food Festival After Party is the best way to send off a perfect day of tastings. Saturday, November 16 | Intercontinental

San Diego

Taco TKO – It's the Taco' the Town and the city's signature flavor of awesome... it's the SAN DIEGO TACO. Ever wonder who makes the best taco in the city? Guests will find out as they chow down and vote for their favorite in this all-inclusive winner takes all competition. Live music plus endless tequila, beer, and tacos await. Sunday, November 17 | Lane Field Park

To view the schedule of events and featured celebrities, or to register visit the San Diego Bay Wine + Food Festival® at [www.sandiegowineclassic.com](http://www.sandiegowineclassic.com).

## NAVWAR accounts for \$3.2 billion to area's economy

by Elisha Gamboa

SAN DIEGO - Naval Information Warfare Systems Command (NAVWAR) took center stage as an important catalyst to the city's cyber economy during the roll out of the San Diego Military Advisory Council's (SDMAC's) annual economic impact study last week at the Admiral Kidd Conference Center in San Diego.

SDMAC commissions an annual economic impact study to demonstrate the significant benefits of defense-related spending and military presence in the San Diego region. This year's study highlighted NAVWAR as one of the Navy's major acquisition commands with an expertise in information warfare technology and its substantial economic impact during fiscal year (FY) 2018.

"NAVWAR has a long history with San Diego, as the region has been a strong partner in executing our mission of delivering and sustaining information warfare capabilities for the Fleet and our partners around the world," said NAVWAR Commander Rear Admiral Christian Becker. "This economic impact study helps us better understand the details of our relationship and how together we support our mutual success today as we prepare for the conflicts of the future from seabed to space and in cyberspace."

NAVWAR influences San Diego's economy through seven major channels including: contracts awarded to regional businesses, command employees, operations and maintenance spending, command-

**According to the report, NAVWAR contributed an estimated \$3.2 billion to the region's gross regional product and more than 26,000 jobs during FY 2018, and is projected to grow to \$3.5 billion GRP and 29,000 jobs in FY 2019.**

related tourism, patents, government purchase card payments, and contributions in the fields of science, technology, engineering and mathematics.

Also in FY 2018, NAVWAR employed close to 5,200 people in San Diego, with about 270 military workers and 4,900 civilian employees. Their combined compensation, including wages and benefits, totaled nearly \$800 million. Of these employees, many are highly educated with more than four-fifths of them holding at least a four-year college degree, and about two-fifths holding a Master's or Doctorate degree.

NAVWAR's presence here and the relationship with the city of San Diego is ideal for both the region and the command. With nearly half of its workforce positioned in the San Diego area, NAVWAR leverages many of the region's unique advantages including its close proximity to operational forces, training ranges, high-tech industry and world-class universities.

Recently, this mutually beneficial relationship was on display when NAVWAR hosted the signing of a memorandum of understanding (MOU) between the Navy, the city of San Diego and the San Diego Association of Governments. This MOU is an agreement to explore options for the redevelopment of Naval Base Point Loma's Old Town Complex, including more than 70 acres of property located in the Midway-Pacific Highway District.

"To remain competitive, to outpace our adversaries and to maintain our advantage in the information domain we must evolve," said NAVWAR Executive Director Pat Sullivan. "The MOU represents a true opportunity for both the Navy and the San Diego region. This public-private venture could result in a new, modern, 1.5 million square foot NAVWAR facility, as well as a substantial economic benefit to the region through the construction and operation of new commercial, transportation and housing facilities."



Ashley  
HOMESTORE

# WEEKEND SALE

OPEN SUNDAYS

Get it Today...  
No Credit  
Needed!

Hurry In!  
Sale Ends Monday,  
October 21st  
at 9pm!

# 35% OFF!



# PLUS 3 YEARS

## 0% interest\* • NO down payment • NO minimum purchase

On purchases with your Ashley Advantage™ credit card from 10/15/2019 to 10/21/2019. Equal monthly payments required for 36 months. Ashley Furniture does not require a down payment, however, sales tax and delivery charges are due at time of purchase. \*See below for details.

## TORRANCE - NOW OPEN!

19800 Hawthorne Blvd.  
Torrance, CA 90503  
310.953.3480

## EL CAJON - LOCATION COMING SOON!

575 Fletcher Parkway,  
El Cajon, CA 92020

**NOW  
HIRING!**  
Sales  
Associates

**Get it  
Today!**  
No Credit  
Needed!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**TORRANCE**  
19800 Hawthorne Blvd  
Torrance, CA 90503  
310-953-3480

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

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

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

Follow us at  
@AshleyHomeStoreWest

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

www.AshleyHomeStore.com



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

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

††Previous purchases excluded. Cannot be combined with any other promotion or discount. Discount offers exclude Tempur-Pedic®, Stearns & Foster® and Sealy Posturepedic Hybrid™ mattress sets, floor models, clearance items, sales tax, furniture protection plans, warranty, delivery fee, Manager's Special pricing, Advertised Special pricing, and 14 Piece Packages and cannot be combined with financing specials. Effective 1/1/2018, all mattress and box springs are subject to a \$10.50 per unit CA recycling fee. \*Subject to availability. Order must be entered by 4 PM. SEE STORE FOR DETAILS. Stoneledge Furniture LLC., many times has multiple offers, promotions, discounts and financing specials occurring at the same time; these are allowed to only be used either/or and not both or combined with each other. Although every precaution is taken, errors in price and/or specification may occur in print. We reserve the right to correct any such errors. Picture may not represent item exactly as shown, advertised items may not be on display at all locations. Some restrictions may apply. Available only at participating locations. ‡Leather Match upholstery features top-grain leather in the seating areas and skillfully matched vinyl everywhere else. Ashley HomeStores are independently owned and operated. ©2019 Ashley HomeStores, Ltd. Promotional Start Date: October 15, 2019. Expires: October 21, 2019.

## Huan Nguyen first Vietnamese American Navy rear admiral

WASHINGTON - Huan Nguyen became the first Vietnamese American promoted to the rank of rear admiral during a ceremony at the Navy Memorial in Washington, D.C., Oct. 10.

Nguyen, 60, will serve as the Deputy Commander for Cyber Engineering at the Naval Sea Systems Command (NAVSEA) on the Washington Navy Yard. NAVSEA Commander Vice Adm. Tom Moore served as the presiding officer.

"Today we will welcome the first Vietnamese-born U.S. Navy officer to achieve flag rank, and that is a significant event," Moore said.

Nguyen addressed the audience after being promoted. "It is a great honor to attain the rank of admiral," Nguyen said. "I am tremendously humbled to become the first Vietnamese American to wear the flag's rank in the U.S. Navy.

"The honor actually belongs to the Vietnamese American community, which instilled in us a sense of patriotism, duty,

honor, courage and commitment to our adopted country, the United States of America," he added.

"This is our America. A country built on service, kindness and generosity, opportunity--the freedom to hope and dream. These values are what inspired me to serve. And what a great honor and privilege it is to serve our Navy, to serve our country, to support and defend our Constitution," Nguyen said.

Nguyen was born in Hue, Vietnam, the son of an armor officer in the Army of the Republic of Vietnam. During the 1968 Tet Offensive, Nguyen's mother and father, along with his five brothers and sister, were killed by Viet Cong communist guerillas in their family home outside Saigon. Nine-year-old Nguyen was shot in the arm and thigh, with another bullet pierc-



**Vice Adm. Thomas J. Moore, left, administers the oath of office to Rear Adm. Huan T. Nguyen during Nguyen's promotion ceremony at the Navy Memorial & Heritage Center Oct. 10. Nguyen is the first Vietnamese-American promoted to the rank of rear admiral and will serve as the deputy commander for Cyber Engineering at Naval Sea Systems Command at the Washington Navy Yard. Navy photo by Laura Lakeway**

ing his skull. He stayed with his mother for two hours, until she bled out and died. Amazingly, Nguyen survived and escaped after dark.

Nguyen was taken in by his uncle, a colonel in the Republic of Vietnam Air Force. In 1975, at age 16, they fled Vietnam, seeking refuge in the United States following the fall of Saigon.

Transported through Guam, U.S. Navy and Marine Corps

personnel took care of Nguyen and his family. The U.S. 7th Fleet helped to evacuate thousands of Vietnamese refugees and transport them to safety in Guam. Seeing the U.S. Navy take care of his family would later inspire Nguyen to serve in the Navy.

"I was one of those refugees, apprehensive about an uncertain future, yet feeling extremely grateful that I was here at all," he recalled. "The images that I remember vividly when I arrived at Camp Asan, Guam, now Asan

## DOD statement on deployment of forces, equipment to Saudi Arabia

At the request of U.S. Central Command, Secretary of Defense Mark Esper authorized the deployment of additional U.S. forces and the following equipment to the Kingdom of Saudi Arabia:

- Two fighter squadrons
- One air expeditionary wing
- Two patriot batteries
- One terminal high altitude area defense system

On Oct. 11, Esper informed Saudi Crown Prince and Minister of Defense Muhammad bin Salman of the additional troop deployment to assure and enhance the defense of Saudi Arabia.

Taken together with other deployments this constitutes an additional 3,000 forces that have been extended or authorized within the last month.

Since May, Department of Defense has increased the number of forces by approximately 14,000 to the U.S. Central Command area of responsibility as an investment into regional security.

"As we have stated, the United States doesn't seek conflict with the Iranian regime," said Chief Pentagon spokesperson Jonathan Hoffman, "but we will retain a robust military capability in the region that's ready to respond to any crisis and will defend U.S. forces and interest in the region."

Beach Park, were of American sailors and Marines toiling in the hot sun, setting up tents and chow hall, distributing water and hot food, helping and caring for the people with dignity and respect.

"I thought to myself how lucky I am to be in a place like America. Those sailors inspired me to later serve in the United

States Navy," Nguyen said.

Later that year, U.S. Air Force Colonel Ed Veiluva and his wife Dorothy sponsored his uncle's family, allowing them to officially come to the United States as political refugees. Nguyen moved with his uncle's family to Midwest City, Oklahoma, just outside of Tinker Air Force Base.

Stretch your coverage,  
**NOT YOUR BUDGET.**

**BUNDLE YOUR AUTO INSURANCE WITH RENTERS OR HOMEOWNERS AND SAVE.<sup>1</sup>**

 *Even more savings if you live on base.*



Visit **USAA.COM/INSURANCE** or call **800-531-8521**

No Department of Defense or government agency endorsement. Multiple product savings do not apply in all states or to all situations. Savings subject to change. Restrictions apply. Property and casualty insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, based in San Antonio, TX. USAA Limited (UK) and USAA S.A. (Europe) and is available only to persons eligible for PBC group membership. Each company has sole financial responsibility for its own products. Membership eligibility and product restrictions apply and are subject to change. © 2019 USAA. 260329-0419-G

# Military exchanges extinguish vape sales

by C. Todd Lopez

The Army and Air Force Exchange Service and the Navy Exchange have stopped selling vape-related products.

Centers for Disease Control and Prevention statistics report that 1,299 lung injury cases and 26 deaths are related to e-cigarette or vaping product use.

AAFES removed vape-related products from its shelves Sept. 30. Navy Exchange Service Command removed products from NEX retail shelves and directed NEX concessionaires and vendors to discontinue the sale of vaping products after Oct. 1.

Vaping is not harmless, and researchers are still trying to understand the long-term impacts and health effects from inhaling the vapor.”

Public Health Service Capt. Kimberly Elenberg, director of Total Force Fitness for the undersecretary of defense for personnel and readiness

Vape products, including e-cigs, e-cigarettes, vapes and e-hookahs, are electronic nicotine delivery devices that heat a sometimes flavored nicotine-infused liquid into a vapor that users inhale. In recent months, there have been reports of illnesses and deaths that are believed to be associated with the use of vape products.

“The vapor that users inhale can contain ultrafine particles, carcinogens, volatile organic compounds and heavy metals,” said Public Health Service Capt. Kimberly Elenberg, director of Total Force Fitness for the undersecretary of defense for personnel and readiness. “Vaping is not harmless, and researchers are still trying to understand the long-term impacts and health effects from inhaling the vapor.”

NEXCOM officials said Navy exchanges carried two vape-related products in the tobacco sale area of their stores. Those products, “e-cigarettes,” have been removed from shelves. Additionally, NEXCOM directed Navy Exchange concessionaires and vendors to discontinue the sale of vaping products in any NEX location.



**Vape products, including e-cigs, e-cigarettes, vapes and e-hookahs, are electronic nicotine delivery devices that heat a sometimes flavored nicotine-infused liquid into a vapor that users inhale. The Army and Air Force Exchange Service and the Navy Exchange Service have discontinued the sale of vape products. Photo by Marvin D. Lynchard**

AAFES officials said their stores’ offering of vape-related products already was limited, and that its exchanges had already stopped offering flavored vape liquids because of FDA

concerns with the appeal of the products to underage customers. By the end of September, that AAFES had removed products from two manufacturers from kits shelves.

While proponents of vape products argue that vaping is safer than using traditional tobacco products such as cigarettes, Elenberg said it’s actually too early to tell.

“E-cigarettes generally contain less chemicals compared to traditional products, but since the long-term effects of vaping are unknown and not understood, there isn’t enough information at

this time to make a determination on whether it is safer or healthier than other tobacco products,” she said.

Even if the ingestion of nico-

tine is deemed safer though vaping than through traditional products, nicotine itself is still a dangerous chemical said Dr. Donald Shell, director of disease

**Continued, next page**



## Places of Worship



### Bayview Church

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

### Canyon View Church of Christ

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

### Christ Community Church

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

### E GWC Worship Center Eastlake

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

### First Baptist Church

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

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

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

### La Jolla Lutheran Church

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

### Mesa View Baptist Church

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

### Military Outreach International Church

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

### Mission Valley Community Chapel

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

### Mt. Moriah Christian Church

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

### St. Luke's Lutheran Church

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

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

# Pentagon hasn't extended carrier *Lincoln* deployment as more troops headed to Saudi Arabia

by Megan Eckstein and Sam LaGrone, usni.org

THE PENTAGON - Secretary of Defense Mark Esper hasn't extended the deployment of the *Abraham Lincoln* CSG even in the midst of what the Pentagon described as a buildup of forces in Saudi Arabia to defend U.S. forces and interests against Iranian aggression, a DoD spokesman told USNI News.

Esper and Chairman of the Joint Chiefs of Staff Gen. Mark Milley briefed reporters Friday and noted that 3,000 forces have been authorized or extended for operations in the Middle East in the last month and that 14,000 have been added since May.

Responding to a request from head of U.S. forces in the Middle East Gen. Kenneth McKenzie, Esper authorized to deploy:

The missile defense units in today's announcement had already been put late last month in "prepare to deploy" status, in what has been an incremental buildup of U.S. assets in U.S. Central Command since the spring.

Among the forces in the CENTCOM area of operations in the *Lincoln* CSG, which deployed from Norfolk, Va., on April 1 and was rushed to CENTCOM waters in May to respond to what then-National Security Advisor John Bolton referred to as a "number of troubling and escalatory indications and warnings."

The *Lincoln* CSG is butting up against the end of its planned deployment, at the end of which it is supposed to continue through the Middle East, into the Pacific and then on to its new homeport of San Diego. If it were to do this within the notional seven-month deployment window, it would be leaving the Middle East any time now.

Esper dodged a question about the CSG's plans, saying "I'm not

going to speak about operational deployments, particularly with regard to assets such as carriers. We are at the early stages of a new concept of employment called dynamic force employment, which would allow us to move systems, like carriers... around the world to allow us operational unpredictability. I think that's critical so that we keep adversaries off balance."

Pentagon spokesman Navy Capt. Brook DeWalt told USNI News after the briefing that Esper had not signed a memo extending the *Lincoln* CSG's deployment, which typically happens when the Pentagon asks a carrier to stay on deployment longer than seven months. It is unclear if Esper will eventually sign this memo or if the strike group will leave the Middle East and create a gap in carrier presence.

Since May, USS *Abraham Lincoln* (CVN-72) and its strike group have been largely operating in a small geographical region off the Strait of Hormuz in the Gulf of Oman and the North Arabian Sea with occasional stops in Duqm, Oman.

Its likely replacement, USS *Harry S. Truman* (CVN-75), is currently pierside undergoing repairs for extensive electrical problems that are likely to extend at least into November.

The buildup of forces in

## Vaping continued from page 4

prevention, disease management and population health policy and oversight in the Office of the Assistant SecDef for Health Services Policy and Oversight.

"Nicotine is an extremely addictive, naturally occurring toxic chemical derived from the tobacco plant that affects the nervous system and the heart," Shell said. "Nicotine is a teratogen, as it is capable of causing birth

CENTCOM began with intelligence reports that Iran was planning aggressive moves, and has grown as Iran harassed a U.S. warship with a drone, attacked commercial shipping and most recently blew up a Saudi oil facility.

Despite Iranian denials, Esper told reporters today, "the evidence recovered so far proves that Tehran is responsible for these attacks. Iran's continued malign behavior is part of its larger campaign to destabilize the Middle East and disrupt the global economy. Iran's attempts to use terror, intimidation and military force to advance its interests are inconsistent with international norms.

"Today I spoke with the Saudi minister of defense to discuss the status of Saudi Arabia's defensive capabilities and our ongoing efforts to protect our partners from further Iranian aggression. Saudi Arabia is a longstanding security partner in the Middle East and has asked for addition support to supplement their own defenses and defend the international rules-based order," he said.

"In response to continued threats in the region, I have ordered the deployment to the Kingdom of Saudi Arabia of two additional fighter squadrons and supporting personnel, along with additional Patriot and THAAD air and missile defense batteries," he continued.

defects. Other developmental or reproductive toxicities associated with the use of nicotine are unknown."

Shell said nicotine is highly addictive, and young adults and adolescents are especially vulnerable to its addictive properties.

Read this and other stories at <https://www.defense.gov/explore/story/Article/1988235/military-exchanges-extinguish-vape-sales/>.



In this Sept. 22, 2019 file photo, Aircraft carrier USS *Abraham Lincoln* (CVN 72) transits the Arabian Sea. The *Abraham Lincoln* Carrier Strike Group is deployed to the 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. U.S. Navy photo by MC3 Shane Bryan.

"Taken together with other deployments I have extended or authorized in the last month, this involves about 3,000 United States forces. In fact, in response to Iranian provocations since May, the U.S. has deployed an array of additional capabilities to the region, including airborne early warning aircraft squadrons, maritime patrol aircraft squadrons, Patriot air and missile defense batteries, B-52 bombers, a carrier strike group, amphibious transport dock, unmanned aircraft and engineering and support personnel."

"This deployment of additional forces to the kingdom of Saudi Arabia is for the purpose of defense of our interests and

assets in the region," Miley told reporters. "Also to reestablish deterrence with respect to Iran in the wake of an attack on Saudi Arabia."

Milley punctuated the seriousness with which the U.S. sends these forces to deter Iran: "Do not mistake our restraint for weakness," he warned.

## Armed Forces Dispatch (619) 280-2985

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

Publisher.....Sarah Hagerty

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

# Woof Walk

Sunday, October 20, 9 am, FREE! • NAB, Turner Field  
1-Mile Walk • Pet Expo • Contests • Demos • Giveaways • And More!

Event proudly sponsored by:

DISPATCH north island credit union A Division of California Credit Union

San Diego Humane Society and SPCA

MWR COMMUNITY RECREATION

Registration preferred @ [navylifesw.com/sdcr](http://navylifesw.com/sdcr)  
Info: 619-437-3190

The Department of the Navy does not endorse any company, sponsor or their products or services.

THURSDAY, OCTOBER 17, 2019 [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 5

TREME TRUCK OUTFITTERS  
LEER TRUCK ACCESSORY CENTER

LEER SNUGTOP TRUCK COVERS

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

**SPRAYLINER SPECIAL \$349**

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

Cannot be combined with any other offer.

Military SPECIALS

**2 LOCATIONS TO SERVE YOU**

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



**Veteran Amy King (left) is introduced to a horse named Buddy. Courtesy photo**

## VA awards millions in adaptive sports grants funding for disabled vets

The U.S. Department of Veterans Affairs (VA) awarded \$14.8 million in grants for adaptive

sports programs benefitting veterans with disabilities and disabled members of the Armed

Forces at the end of September.

Of the total, \$1.5 million is being used to support organizations that offer equine-assisted therapy to support mental health.

“Adaptive sports help veterans thrive both physically and mentally as they challenge their inner strength and open pathways to community integration,” said VA Secretary Robert Wilkie. “We’re honored to partner with over 120 organizations dedicated to providing adaptive sports and equine-assisted activities to help vets discover what’s next, not just in sports, but also in life.”

VA awarded 126 grants to national, regional and community programs, which will reach about 11,000 veterans and service members from every state, the District of Columbia and Puerto Rico.

VA awarded the grants to veterans service organizations; city and regional municipalities; and other community groups to provide a wide range of adaptive sports opportunities. The grants will also benefit national governing bodies which prepare high level athletes for Paralympic competition.

Grant recipients may use the funds for planning, developing, managing and implementing adaptive sports programs. In addition to equine therapy, the grants will support well-known adaptive sports such as cycling, kayaking and archery to less traditional sports like hiking, hunting and paragliding.

Information about the awards and details of the program are available at [www.va.gov/adaptivesports](http://www.va.gov/adaptivesports) and @Sports4Vets on social media.

## About San Diego County's Office of Military & Veterans Affairs

The Office of Military & Veterans Affairs provides professional services for military veterans and their dependents and survivors who are entitled to benefits from the VA, the State of California, and other agencies as applicable.

Office personnel serves the vet population of San Diego County, which has the second largest veteran population in the state. The office assists vets and their dependents and survivors to obtain benefits from the federal, state and local agencies administering vet programs, and provides advocacy to the veterans community regarding entitlement rights to federal, state and local benefits programs.

If you're unsure of where to find help, need aid to get started, or are just unsure of your entitled benefits, you can obtain assistance by calling the Office of Military & Veterans Affairs at (858) 694-3222. An accredited Office of Military & Veterans Affairs Representative will assist you or direct you to the appropriate resource.

Veterans and others are encouraged to participate in the San Diego Military and Veterans Advisory Council. Go to [https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/veterans\\_advisory\\_council.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/veterans_advisory_council.html) to find out more about the meetings.

## Crossword Puzzle

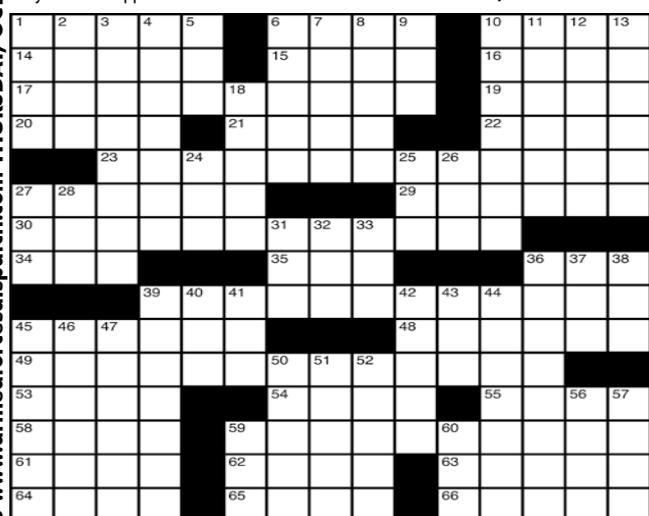
### Across

- 1 Arafat's successor
- 6 City near Yorba Linda
- 10 Brief responses to common concerns
- 14 Composer of a seven-movement work that excludes Earth
- 15 Tach count
- 16 "... even now / \_ myself to thy direction": "Macbeth"
- 17 "What's My Line?" comedian's craft brewery?
- 19 Sail support
- 20 R.E.M.'s "The \_ Love"
- 21 Heifetz's teacher
- 22 Present
- 23 Pop diva's fruit stand?
- 27 City of northern Spain
- 29 David and Bird
- 30 American Idol winner's amusement chain?
- 34 In a blue state
- 35 Nile reptile
- 36 Corvallis sch.
- 39 Rapper's shopping center properties?
- 45 Equally speedy
- 48 Forest bovine
- 49 Guitarist's cash register company?
- 53 Collate
- 54 Film on water
- 55 Toddler's drink
- 58 Farm opening?
- 59 "Whose Line Is It Anyway?" comedian's flooring store?
- 61 Nømero de Mandamientos
- 62 Frank of 1950s Broadway
- 63 Basketwork fiber
- 64 Bone-dry
- 65 Hwy. crossings
- 66 Jai alai basket

- Down
- 1 "Understood"
- 2 Windfall
- 3 Symbol of happiness

### 4 Had ambitions

- 5 Mess
- 6 Big name in coffee makers
- 7 Civil War signature
- 8 \_ other: alternating
- 9 Sancho's "steed"
- 10 Pole users
- 11 Materialize
- 12 Slate source
- 13 Burnout cause
- 18 Squelched
- 24 Forest's 2006 Oscar-winning role
- 25 35mm camera option
- 26 Where the Indus flows: Abbr.
- 27 IHOP orders
- 28 U.S. news source since 1942
- 31 Slump
- 32 Tire pressure meas.
- 33 Parody
- 36 Veterans of the briny
- 37 \_pitch
- 38 Steel giant, as it was known from 1986-2001
- 39 Cleanse spiritually
- 40 Book ending
- 41 Co. merged into Verizon
- 42 Moves in a school
- 43 .001 of an inch
- 44 Omniscient
- 45 Syrian ruling family
- 46 Cheap smoke
- 47 "Cyrano de Bergerac" Best Actor (1950)
- 50 "Bye Bye Bye" band
- 51 Meager
- 52 iPod contents
- 56 Shoemaker's strip
- 57 Where to find
- 36-Down
- 59 British rule in India
- 60 Hold 'em tell, maybe



6 www.armedforcesdispatch.com THURSDAY, OCTOBER 17, 2019

## Ask Rusty - Working at 65, so what about Medicare?

by Russell Gloor

Dear Rusty: My husband turns 65 in December of this year, but he is employed and will be on his employer's health insurance at least through this school year (May 2020). How should we inform Medicare of this situation and must we let Medicare know that he is presently insured by BCBS? When must we let Medicare know about these details? I know there is a certain window when no health questions are asked but what is that time frame? If my husband quits teaching in May, when does he let Medicare know he wants to start Part A and B in June 2020? Is there only open enrollment in the 3-month window of his birthday? Signed: Confused by Medicare



Dear Confused: If your husband has creditable healthcare coverage from his employer, he need not enroll in Medicare when he turns 65. His creditable employer coverage will exempt him from a late enrollment penalty when he enrolls in Medicare Part B (or D) later ("creditable" coverage is a group plan with at least 20 participants). When his employer coverage ends he will enter a Special Enrollment Period (SEP) which will last for 8 months from the date his employer coverage ends. As long as he enrolls in Medicare Part B before his SEP expires, your husband will not incur a late enrollment penalty. To sign up for Part B shortly before his employer coverage ends or during the 8 months after his employer ends, he should complete and submit an Application for Enrollment in Part B (CMS-40B) and a Request for Employment Information (CMS-L564), both of which can be found at this website: <https://www.cms.gov/Medicare/CMS-Forms/CMS-Forms/CMS-Forms-List.html>.

Your husband may want to enroll in Part B prior to his employment coverage ending in order to avoid a lapse in healthcare coverage (it usually takes a couple months for Medicare Part B to become effective). Note that unless your husband is contributing to a Health Savings Account (HSA), he may wish to enroll in Medicare Part A at age 65. Medicare Part A (hospitalization coverage) is free if your husband is also eligible for Social Security, and he will need to be enrolled in Part A in order to enroll in Part B (doctors and outpatient services) and Part D (prescription drug coverage), both of which have a premium associated with them. He will also need to be enrolled in Part A to collect Social Security after age 65.

If your husband is already collecting Social Security when he turns 65, he will be automatically enrolled in both Part A and Part B, but he can, if desired, decline Part B until his employer coverage ends. Please also note that if your husband wishes Part D prescription drug coverage (provided by private insurance carriers) he must enroll in a plan within 63 days of his existing employer drug coverage ending to avoid a Part D late enrollment penalty. After age 65, one cannot go more than 63 days without creditable prescription drug coverage without incurring a late enrollment penalty for enrolling in a Part D plan later.

For your awareness, if your husband does not enroll in Medicare before his SEP expires, he will not be able to enroll again until the General Enrollment Period (GEP) the following year (the GEP runs from January through March of each year, for coverage to start on July 1 of that year). I suggest your husband enrolls in Medicare a couple months before his employment ends (to avoid a lapse in coverage), but in any case he should not miss enrolling during the special enrollment period, because the late enrollment penalties are significant and are recurring (he'll pay the premium penalty for the rest of his life).

Finally, there is no "window" for qualifying medical questions to be asked when enrolling in Medicare; everyone who is eligible by virtue of paying FICA payroll taxes, or via a spouse who did so, is covered regardless of their current health.

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.

## VA Disability Claim Denied?

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

Why Risk a Permanent Denial and Lose Back Pay?

Call or Text the Professional Advocates Today!

No Fees Unless You Win - Free Consultation

760-585-4665

www.VetDisabilityAid.com

 **StorageWest**<sup>®</sup>

Here for you<sup>™</sup>

Toll Free

877-917-7990

www.StorageWest.com

# Local Military

## Life at sea

# Bringing a ship to life: Build and sustain

by MC1 Peter Burghart  
SAN DIEGO - As the Pre-Commissioning Unit (PCU) Tripoli (LHA 7) moves closer to joining the fleet, its Sailors continue along the path towards bringing the ship to life.

For the Sailors assigned to the Navy's newest amphibious assault ship, it starts small with basic in-port watches, and then progresses to on the job training or OJT. The next step in training Sailors attached to a Pre-Commissioning Unit is having them go underway. For some, these short periods at sea are a refresher, but for many, it's their first taste of the Navy's primary mission.

*"It can be intimidating at first and you think you know what's going to happen, but just go with the flow"* said Boatswain's Mate Seaman Apprentice Hope Horn. *"It was nice because you have leadership above you that helps you and guides you along the way."*

Like any temporary assigned duty (TAD), Sailors are sent to ships based on the needs of Tripoli, the needs of the Sailors and the needs of the ship they are going to. The schedule of the TAD ships also plays a factor in determining when the Sailors are sent underway and for how long.

To capitalize on opportunities for underway periods on the same platform, a majority of Tripoli Sailors have spent time onboard Tripoli's sister ship, USS America (LHA 6) before its homeport shift to Japan.

*"It felt good to be back on the flight deck and launching aircraft,"* said Aviation Boatswain's Mate (Handling) 2nd Class Christopher Innocent from New York.



*"It gives them an idea what their job is. Showing is better than telling."*

Getting underway gives Sailors a chance to experience the rhythm of life at sea first hand, and how it differs from when the ship is pier-side.

"It's very helpful because I get to actually see how things are done," said Horn. "I did line handling, some maintenance, I've driven the ship a few times."

For Sailors who aren't on their first tour, getting back out to sea is equally important. Many are heading back to sea after shore duty, while others are changing to a completely new platform or both.

"The most surprising thing was how different they do things compared to other ships I've been on and been TAD to," said Innocent.

Another advantage of getting underway for Sailors is finding out how they will work with each other to execute their

primary mission in a shipboard environment.

The Sailors also get a chance to see what the challenges of life at sea really are when they become part of a crew that exceeds 1,200 service members.

"Being TAD, you're kind of the new guy on different ships over and over again which is

kind of difficult," said Fire Controlman 3rd Class Justin Coffey. "I liked the bonding you have and you get to see a lot of cool things."

Get more information about the Navy from US Navy facebook or twitter.

For more news from Amphibious Assault Ship 7, visit [www.navy.mil/local/lha7/](http://www.navy.mil/local/lha7/).

## Region Legal Service Office (RLSO) SW

Region Legal Service Office Southwest supports the operational readiness of Department of the Navy commands and Sailors in the Southwestern U.S. by providing responsive, timely and accurate legal guidance, support services and training in the areas of military justice, administrative law and legal assistance.

**Powers of Attorney and Notary Services**  
**For POA and notary services, walk-in hours are:**  
• **Monday from 8-11 a.m. and 1-3 p.m.**  
• **Tuesday-Thursday from 8:45-11 a.m. and 12:45-3 p.m.**  
• **Fridays from 9-11 a.m.**  
• **The office is closed on the 2nd and 4th Wednesday of every month.**

All customers must present two forms of identification:  
1. Valid military identification card  
2. Valid state-issued drivers license, state-issued identification card, or valid United States Passport.

**Divorce Seminar**  
**Eligible clients who would like more information on the divorce process or assistance completing the paperwork for divorce may attend the 3-part divorce seminar. Each part must be taken in sequential order; however, it is not necessary to attend each part in the same week.**  
**Doors open for all seminars at 12:45 p.m. - seminar begins at 1 p.m.**  
• **Monday - PART I: General information (Video) and Q&A.**  
• **Tuesday - PART II: Initial Paperwork**  
• **Thursday - PART III: Service of Process and Financial Disclosures**

Commander, Navy Region Southwest Staff Judge Advocate  
Mailing address: Commander, Navy Region Southwest SJA (31530)  
San Diego, CA 92132  
Phone number: (619) 532-1418; Fax: (619) 532-1426  
Hours: 7:30 a.m. to 4:30 p.m., Monday-Friday

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



## USS Reagan CSG, Boxer ARG provide ready, capable forward presence

by MC3 Codie L. Soule

SOUTH CHINA SEA - The *Ronald Reagan* Carrier Strike Group and the *Boxer* Amphibious Ready Group joined forces recently to conduct security and stability operations in support of a free and open Indo-Pacific.

Navy ships and aircraft, as well as aircraft from the Marine Corps, conducted a multitude of joint, high-end warfighting exercises while forward-deployed to the U.S. 7th Fleet area of operations.

"Our operations in the Indo-Pacific are focused on maintaining regional stability and security," said Rear Adm. George Wikoff, commander, Task Force 70. "Our presence reflects our commitment to the values we share with the many partners and allies in the region, and we stand prepared to deter those who challenge these mutual values with the overwhelming force of our combined carrier and amphibious strike groups."

While operating together, the Navy-Marine Corps team sharpened their interoperability through a series of exercises designed to increase battle readiness. Assets participated in a variety of evolutions to include maritime strike operations, search and rescue operations, fast attack craft defense, maritime interdiction operations, small arms and crew-served weapons live-fire drills, air defense and anti-submarine warfare operations.

"The flexibility of our forces in the Indo-Pacific is a key to our lethality," said Rear Adm. Fred Kacher, commander of Expeditionary Strike Group 7. "Our ability to join together the incredible capability of a carrier strike group, combine it with the expeditionary combat power of our Navy-Marine Corps team, and then integrate with our extensive network of allies and partners provides us a true competitive advantage."

USS *Boxer* (LHD 4), "America's Golden Gator," is the flagship of the Boxer Amphibious Ready Group (ARG), which includes a San Antonio-class amphibious transport dock ship, a Harpers Ferry-class amphibious dock landing ship, and the 11th Marine Expeditionary Unit (MEU). The *Boxer* ARG and 11th MEU entered the U.S. 7th Fleet area of operations Sept. 23 during a scheduled deployment.

## TOP QUALITY FIBERGLASS TONNEAU COVERS & TRUCK CAPS

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



**SoCalTruck.com**

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

**SNUGTOP**  
THE PERFECT FIT

**Soto's TRANSMISSION**



2278 Palm Ave. • San Diego, Ca. 92154

619-425-5341

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

**DIFFERENTIAL REPAIR SPECIALISTS**

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

TRANSMISSION REBUILD  
**10% OFF**

Labor costs. Offer expires 10/31/19

CLUTCH REPLACEMENT  
**\$150 Labor**

Some RWD small cars. Call for specials on imports, RWD, & on all trucks. Fluid extra. Offer expires 10/31/19

TRANSMISSION TUNE-UP  
**\$69.99**

Labor only - Parts extra Offer expires 10/31/19

Se Habla Espanol

**SoCalTruck.com**

10460 Mission Gorge Rd. Santee, CA 92071

619-749-0742

Work Smarter, Play Harder!

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

**MILITARY DISCOUNT**

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



Spray on Bedliners

# Double-docking destroyers demonstrates dividends

SAN DIEGO - Southwest Regional Maintenance Center (SWRMC) supported the double-docking of USS *Stethem* (DDG 63) and USS *Decatur* (DDG 73) in BAE Systems – Ship Repair’s dry dock, the Pride of California, Oct. 8.

“The double-docking effort by Industry and the Navy team is a great example of increasing agility with resources available,” said James Geurts, assistant secretary of the Navy for research, development and acquisition. “The concept of double docking *Stethem* and *Decatur* can pay long-term dividends to our maintenance planning, strategies and execution to get the increased output needed. This docking adds depth to our maintenance capabilities and builds the muscle memory needed to do it again in the future. It’s increasing flexibility within our existing industrial base.”

The double-docking represents the first time since 2012, when USS *Mason* and USS *Bulkeley* were docked in Nor-

folk, that the Navy has collaborated with Industry to simultaneously dry-dock two surface ships. The last time a west-coast shipyard executed a double-docking was in 2011 with the docking of USS *Curts* and USS *Vandegrift*.

“This is an example of how the Navy and our private shipyards are working with a sense of urgency to get ships in and out of maintenance availabilities on time,” said Commander, Naval Sea Systems Command Vice Adm. Tom Moore. “By doubling up in *Pride of California*, we’re maximizing our available resources.”

Leading up to the tandem docking, SWRMC worked to prepare both ships for the event, readying them to meet stability requirements for successful coordination of the two-ship dry dock process.

“SWRMC maintenance teams had to work under a very tight timeline after the ships arrived in San Diego to meet the docking event’s requirements,” said Mike Sylva, SWRMC Waterfront Operation DDG program manager.

According to Sylva, the ships made some preparations prior to returning to San Diego knowing they would have limited time to prepare the ships for the start of their availability.

The docking event was supported by Lt. Thomas Belna from SWRMC, who served as the docking observer, and two ship building specialists, Severo



Southwest Regional Maintenance Center supported the double docking of USS *Decatur* and USS *Stethem* in BAE Systems - Ship Repair’s dry dock. Navy photo by Laura Lakeway

Elecanal and Jessie Padilla, on board the ships.

“The effort to align maintenance and modernization on both *Stethem* and *Decatur* in a single dry dock is a cost effective

and innovative solution by Industry and the Navy,” said Capt. David Hart, SWRMC’s commanding officer.

“The simultaneous completion of availabilities allows us

to support the on-time delivery of ships to the Fleet.”

SWRMC provides ship maintenance, modernization, technical support, and training for the Pacific Fleet.

## Osprey wing established in ceremony

SAN DIEGO - Fleet Logistics Multi-Mission Wing, or COMVRMWING 1, officially established Oct. 10 aboard Naval Air Station North Island.

Capt. Devon Chaney took command of the new wing and will take on the integration and implementation of the CMV-22B Osprey into fleet operations. The wing will conduct high priority cargo and passenger transport services in support of carrier strike groups and task forces.

“Sailors and Marines have worked hard to ensure the mission capability of these aircraft, and the opportunity to lead this group is a privilege,” said Chaney, a career helicopter pilot

with extensive experience piloting four different Navy aircraft: SH-60B, CH-46D, MH-60S, and MV-22. “This community’s stand up is a joint endeavor, and will bring unmatched capability to a carrier strike group near you.”

The Osprey is a variant of the MV-22B and is the replacement for the C-2A Greyhound for carrier on board delivery. Osprey’s tiltrotor can allow it to take off and land as a helicopter but transit as a turboprop aircraft, and the airframe surpassed the threshold of 500,000 flight hours.

“This is a game-changer to combat logistics in our carrier strike groups,” said Chaney. “We

will uphold the high standards of Naval Aviation as premier warfighter enablers.”

Osprey, with its increased range, speed and payload capabilities, will provide the Navy with significant increases in capability and operational flexibility over the C-2A, which has served the fleet since 1965. CMV-22B op can be shore-based, expeditionary or sea-based.

Vice Adm. DeWolfe Miller, commander of Naval Air Forces, said Naval Aviation is peaking, and the carrier air wing of the future is coming soon.

“The aircraft carrier remains the centerpiece of naval power,



Sailors with Fleet Logistics Multi-Mission Wing 1 unveil the wing’s logo. Photo by MC2 C.helsea Meiller

and carrier strike groups bring unparalleled power to the fight” said the ‘Air Boss’. “No other weapons system has the responsiveness, endurance, and battlespace awareness of a nuclear-powered aircraft carrier.”

**Wylde Sydes Tattoo & Piercing**

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

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

OPEN 7 DAYS A WEEK

**CITY FUN CENTER**

LAZER TAG PARTY ROOMS PRIZES FOOD GAMES BOWLING

8990 Miramar Rd. • San Diego • 858-675-9700  
www.cityfuncenter.com

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

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

**WWW.DAVTERMITEANDPEST.COM**

**FINANCING AVAILABLE**

NO MOVE OUT NO PREPARATION TERMITE TREATMENTS AVAILABLE

RODENT TRAPPING EXCLUSION, CLEAN UP

**DAV**  
TERMITE & PEST INC.

**Military Discount Senior Discount**

Call for Details

**619-292-2846**

**WWW.DAVTERMITEANDPEST.COM**

NEW CUSTOMERS ONLY. MUST PRESENT AD AT TIME OF INSPECTION.

LICENSE #PR8109 • Licensed, Bonded, Insured • FREE INSPECTION

**CHEVROLET**

WESELOHCHEVROLET.COM  
CAR COUNTRY CARLSBAD  
GIVE US A CALL (760) 317-4995

**WESELOH CHEVROLET**

FIND NEW ROADS

EXTRA \$250 OFF OUR BEST DEAL ON ANY NEW WESELOH CHEVY

AD MUST BE PRESENTED PRIOR TO SALE



**NAS NORTH ISLAND (Oct. 9, 2019)** - Marines from Marine Corps Air Station Miramar spar in the ocean during Marine Corps martial arts instructor course 224-19. The three-week MAI course trains marines to become martial arts instructors. Marine Corps photo by Lance Cpl. Krysten I. Houk

**MCRD SAN DIEGO (Oct. 8, 2019)** - Recruits with Hotel Company, 2nd Recruit Training Battalion, prepare to conduct a 10-second gear strip while submerged during the Water Survival Basic Qualification course here. This portion of swim qual helps train recruits to strip heavy gear that may inhibit their ability to float while in deep water. Official Marine Corps photo



**AT SEA USS AMERICA (Oct. 6, 2019)** - Marine Corps Maj. Gen. Kevin M. Williams, commanding general of 3rd Marine Aircraft Wing, observes as F-35B Lightning IIs launch off of amphibious assault ship America. Integrating 3rd MAW's combat power and capabilities while conducting realistic training is essential to generate readiness and lethality in our units. Marine Corps photo by Sgt. Charles Plouffe



**SAN FRANCISCO (Oct. 11, 2019)** - Sailors aboard USS Somerset man the rails as the ship transits San Francisco Bay as part of the parade of ships during the 2019 San Francisco Fleet Week (SFFW). Navy photo by MC3 Jenna Dobson



### NASNI Air Terminal

October 14, 2019 • San Diego



Space Available travel is a great program for Active Duty, Guard, Reserve, Retired and their eligible family members. Please understand, our primary mission is the movement of cargo and space required (duty) passengers on Department of Defense owned or controlled aircraft. Additional considerations that affect the number of seats available are: safety, aircraft configuration, maintenance and aircrew size. Once the mission requirements are met, available seats will be offered to eligible passengers. Space Available travel is not a DOD funded program. Travelers must be prepared for the possibility of having to wait several days, or even arranging alternate commercial transportation. Base lodging is not always available. Off base lodging and transportation, in some cases, can be very expensive. Travel to remote locations with discontinued travel is also a possibility due to mission modifications, with even greater cost for alternate travel. Please ensure that you have the funds available to cover any unforeseen expenses. Please remember, space available travel is a privilege. NAS North Island can't guarantee movement to any desired location.

Registration for Space-A travel is recommended for Retirees and is good for up 45 days. Have a question, call us at (619) 545-9531 or 9567.



# MyCAA

**CLASSES AVAILABLE EVERY SATURDAY**

FREE FOR  
MILITARY  
SPOUSES!



Programs Offered Include:

<ul style="list-style-type: none"> <li>• <b>Dental Lab Technician</b> (4 weeks long, Tues-Thurs 10-3)</li> <li>• <b>Dental Lab CAD/CAM</b> (4 weekends long, Tues-Thurs 10-3)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Dental Assisting Training</b> (4 weekends long, Sat &amp; Sun 9-5)</li> <li>• <b>Chair Side Assistant CAD/CAM</b> (Sat &amp; Sun)</li> </ul>
--	--



## 858.722.8504

[www.dentalcertifications.com](http://www.dentalcertifications.com)

## Skeeter's Sports & Imports

WE FINANCE EVERYONE!!<sup>OAC</sup>

Call Curtis former Military 619-420-4411



**'07 PT Cruiser #524877 \$2500**



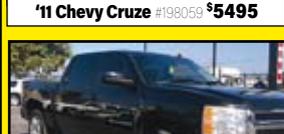
**'05 Nissan Pathfinder #751850 \$4995**



**'11 Mazda CX9 #316741 \$6995**



**'11 Chevy Cruze #198059 \$5495**



**'08 Chevy Pickup #209889 \$12999**

### SPECIAL MILITARY FINANCING

E-1's & Up

Zero Down  
Delivers/As  
low as 2.9%  
OAC

ALL VEHICLES  
CERTIFIED &  
SAFETY INSPECTED

Navy Federal  
& Other Finance  
Companies!



**'05 Lexus RX 330 #075889 \$5995**



**'09 Infiniti G37X #359842 \$6495**



**'10 Jeep Liberty #164705 \$6995**



**'08 Toyota 4 Runner #102092 \$10995**



**'05 GMC Yukon #205201 \$6995**

3487 Main St. • Chula Vista, Ca. 91911

www.skeeterssportsandimports.com

THURSDAY, OCTOBER 17, 2019 [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 9

# A 'cybersecurity scorecard' to facilitate data-driven decisions

by Kara McDermot

SAN DIEGO (NNS) -- Naval Information Warfare Systems Command, formerly SPAWAR, completed an enterprise-wide cybersecurity health 'scorecard' during fiscal year 2019 which reviewed 188 information technol-

ogy (IT) systems to identify and address cybersecurity challenges to help leaders make informed investment decisions in today's increasingly complex security environment.

NAVWAR's Office of the

Chief Engineer developed the scorecard, known as Cybersecurity Figure of Merit, or CFOM, to provide a data-driven approach to inform program offices of their systems' cybersecurity health. A figure of merit is a term used across industries that assigns a numerical quantity based on one or more characteristics of a system that represents a measure of efficiency or effectiveness.

CFOM is both a data collection and an analytical process leveraging a commercial-off-

the-shelf data visualization tool to generate a score to capture the cybersecurity health of a system based on 41 questions answered by the program office. CFOM also integrates data from the Enterprise Mission Assurance Support Service, a web-based, government-off-the-shelf solution, for advanced filtering.

Using that data, the NAVWAR's Cybersecurity Technical Authority (CS TA) team provides recommendations for improving cybersecurity health aligned to National In-

stitute of Standards and Technology (NIST) cybersecurity framework functions, including identify, protect, detect, respond and recover. In addition to the NIST categories, the CFOM assessment also includes questions about sustainment that focus on lifecycle sustainment costs, personnel, end-of-life hardware and software and updated documentation.

The Secretary of the Navy, Richard V. Spencer, highlighted the need for this type of cybersecurity situational awareness

in the Cybersecurity Readiness Review, released in March 2019. The review identifies best practices in both government and private sector organizations who are able to contend with cybersecurity threats, and identifies cybersecurity dashboards and scorecards as imperative tools to predict and monitor system performance.

"We're in a great power competition across all the domains of warfare, including cyber and perhaps especially cyber," said see **NAVWAR, page 11**




**Give the gift of independence**  
CFC #81344  
**VetDogs.org**   

## Combined Federal Campaign

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

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

*Every dollar counts.*



[www.foundationeolc.org](http://www.foundationeolc.org)

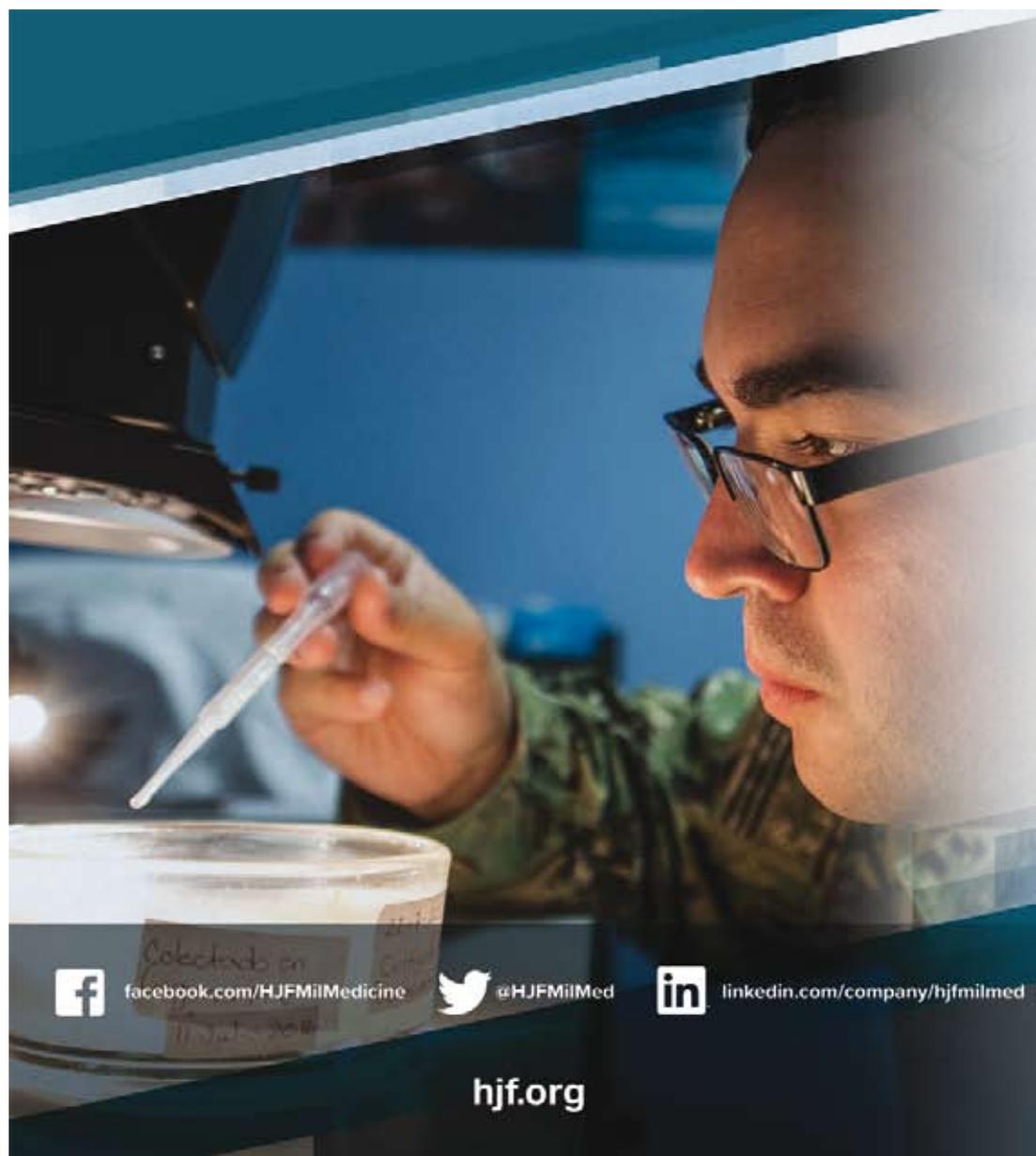
**CFC #91999**

**877-800-2951**



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

**Adopt a Shelter Dog Month**  
Find a furry friend at your local Animal Shelter  
**October 2019**

*Advancing Military Medicine*

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

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

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

 [facebook.com/HJFMilMedicine](https://facebook.com/HJFMilMedicine)

 @HJFMilMed

 [linkedin.com/company/hjfmilmed](https://linkedin.com/company/hjfmilmed)

**hjf.org**

# Satellite communications system completes key test, evaluation phase

SAN DIEGO - The Navy's next-generation narrowband satellite communications system completed a critical test and evaluation phase and was assessed as operationally effective, operational suitable and cyber survivable. The completion of this testing demonstrates the system's full operational capability and its readiness for forces to transition it into unrestricted operations.

Known as the Mobile User Objective System, or MUOS, the Navy-led effort that provides essential narrowband satellite communications for the DoD and other U.S. government organizations. The recent required completion of operational test and evaluation to evaluate measures of effectiveness, suitability and performance in an operationally representative environment means it's now ready for full operational use. The Operational Test and Evaluation Force, the Navy's operational test agency, led the multimonth effort that included Soldiers and Marines.

"Sailors and Marines can already use MUOS in situations like humanitarian response, disaster assistance and training," said John Pope, who leads the Navy's Program Executive Office Command, Control, Communications, Computers, Intelligence and Space Systems. "Now, these same advanced communications capabilities will be available in

the tactical warfare environment. The advantages MUOS provides will help the warfighter compete, deter and win on the battlefield.

Each of the five satellites in the MUOS constellation carries two payloads. The legacy communications payload was designed to maintain DoD legacy narrowband communications during the transition to the advanced MUOS Wideband Code Division Multiple Access capability. The wideband payload interfaces with the MUOS ground system through the MUOS WCDMA waveform that is integrated into end-user radios, adapting commercial cellular technology. This capability allows warfighters to communicate beyond line of sight more securely and reliably than ever before, with 10 times the capacity and improved quality of service compared to the narrowband constellation.

While the legacy capability continues to support unrestricted operations, the WCDMA capability will dramatically increase effectiveness, information security and global reach for missions across the spectrum of operations.

The WCDMA payloads were approved by U.S. Strategic Command for early combatant command use in 2016, paving the way for testing, training, exercises and concept of ops development across the services.

## NAVWAR

continued from page 10

NAVWAR Commander, Rear Adm. Christian Becker. "It's imperative that we are using data in a smart way to continually evolve to maintain the competitive advantage."

CFOM data is captured in aggregations and analytic storyboards, and enables scalable depictions, including single system views and enterprise-wide views. With advanced filtering, the CFOM tool aids leadership to narrow the aperture to identify the most critical systems in need of attention.

Much like FICO scores are to the credit industry, CFOM scores intend to provide an equivalent independent assessment to the Navy's acquisition, operational and technical communities. In this case, the NAVWAR CS TA team is the

independent assessor, providing a cybersecurity assessment and report of a particular system or system of systems. The results will inform the overall executive sponsor responsible for the program at acquisition milestone and gate reviews, help program managers make investment decisions throughout the lifecycle of a system, provide a return on investment tool for resource sponsors during programming and budgeting, and offers a high-level cybersecurity health assessment to commanding officers and Navy leadership.

The process for generating a CFOM report is straightforward. The program office answers the CFOM questionnaire for a specific system, the NAVWAR CS TA team then reviews the questionnaire and meets with program office representatives to validate answers. From there, a finalized questionnaire generates an overall score as well as an individual score out of 100

for each NIST framework function category. The CS TA develops and issues a CFOM report that details results and provides recommendations. Complete CFOM assessments and reviews will be conducted in conjunction with system engineering technical reviews.

As a pilot case for CFOM, the Tactical Networks Program Office evaluated four variants of the Navy's Consolidated Afloat Networks and Enterprise Services, demonstrating increased situational awareness of the system's cybersecurity health. The feedback from the pilot also allowed the CFOM team to make necessary adjustments for a more accurate and impactful CFOM report.

"Cybersecurity Figure of Merit is a powerful tool to assess the impact of your cybersecurity investment," says Capt. Kurt Rothenhaus, PMW 160 program manager.



CHRYSLER DODGE Jeep RAM

**YES, WE ARE OPEN DURING CONSTRUCTION**  
**LOWEST PRICES!**

**NEW 2019 JEEP COMPASS ALTITUDE**

Uconnect® 4 with 7-Inch Touchscreen • Deep-Tinted Glass  
42 Month Lease • Push Button Start

**\$138** /MO + TAX

\$4,999 Down • 10,000 Miles/Year

MSRP \$28,010. #726776, 726780. \$4,999 down payment includes first months payment. \$695 acquisition fee due at signing. Includes \$3,750 Factory Lease Cash. Plus tax, title, license and doc fees. \$11,764 residual. No security deposit. With approved credit through Chrysler Capital. Offer ends 10/31/19.

**Jeep ADVENTURE DAYS**



**ALL-NEW 2019 RAM 1500 BIG HORN Crew Cab**

5.7-Liter V8 HEMI® MDS VVT Engine • Push Button Start  
36 Month Lease • Uconnect® 3

**\$268** /MO + TAX

\$4,999 Down • 10,000 Miles/Year

MSRP \$42,280. 5 at this offer. \$4,999 down payment includes first months payment. \$695 acquisition fee due at signing. Includes \$4,500 Factory Lease Cash. Plus tax, title, license and doc fees. \$21,562 residual. No security deposit. With approved credit through Chrysler Capital. Offer ends 10/31/19.

**POWER DAYS**  
LEGENDARY POWER. EPIC DEALS.



**www.PerryChrysler.com**  
**2340 National City Blvd (877) 325-8099**

All advertised prices exclude government fees & taxes, any finance charges, any dealer document preparation charge, acquisition fee & any emission charge.

**VETERANS | SPOUSES | TRANSITIONING MILITARY**  
**YOU SERVED...NOW TEACH**

Earn your teaching certificate in 9 months - Online - Anywhere - Anytime

**Why TEACH-NOW Graduate School of Education?**

- ▶ TEACH-NOW Candidates and Graduates are teaching across the U.S. and in 125 Countries
- ▶ Flexible Payment Program - Pay as you go.
- ▶ TEACH-NOW is the most cost effective nationally accredited Institution of Higher Education for teacher preparation.
- ▶ Veteran benefits may cover the full cost of tuition
- ▶ \$6,000 for the 9-month Teaching License Program
- ▶ GI Bill approved school
- ▶ \$13,000 for a 12-month Master's Degree Program that can include the 9-month Teaching License Program



**TEACH-NOW VETERANS**

ARMY  
NAVY  
MARINES  
AIR FORCE  
COAST GUARD

**APPLY NOW**

Visit [Teach-now.com/vets](http://Teach-now.com/vets) or call 1-844-283-2246 TODAY!



The Teaching Profession NEEDS YOU...AND WE'LL HELP GET YOU PLACED

**PERRY PRE-OWNED SPECIALS**

 <b>2014 DODGE AVENGER SE</b> <b>\$8,995</b> #J19537A	 <b>2011 DODGE CHARGER SE</b> <b>\$9,995</b> #J19814A	 <b>2012 TOYOTA CAMRY SE</b> <b>\$9,995</b> #J191634R
 <b>2013 CHEVY CRUZE LTZ</b> <b>\$10,995</b> #J19432A	 <b>2013 GMC TERRAIN DENALI</b> <b>\$14,995</b> #P23176S	 <b>2011 JEEP GRAND CHEROKEE LAREDO</b> <b>\$17,444</b> #J19776A
 <b>2018 JEEP GRAND CHEROKEE HIGH ALTITUDE</b> <b>\$38,998</b> #P23219	 <b>2018 RAM REBEL CREW CAB</b> <b>\$39,995</b> #D19375A	 <b>2018 CHEVROLET TAHOE LT</b> <b>\$39,995</b> #D19385AR

**2340 National City Blvd (877) 325-8099**

MON-SAT: 8:30am-9:00pm SUN: 9:00am-8:00pm | [www.PerryChrysler.com](http://www.PerryChrysler.com)

All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. Offers end close of business 10/31/19.

THURSDAY, OCTOBER 17, 2019 [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 11

## Keep working into your 60s, but be sure to recharge batteries

by Dr. Daneen Skube  
Tribune Content Agency

*Q: I'm 65 and want to keep working. I could risk retirement financially but prefer the additional income and like what I do. I find I get tired faster and move slower than when I was younger. Do you have advice for your older clients that need or want to continue working? I worry I'm getting lazy!*

*A: My advice for my older clients is being older means you have to work wiser not harder. Being older also means you need more space between the moments when you charge hard.*

There's a humorous observation that our childhood punishments of taking a nap and going to bed early become our mature adult goals. The truth is our internal battery simply won't run hot and fast all day long. Meditation, naps and breaks become essential.

As we get close to 60 we don't have the abundant energy of youth on our side. We must learn to work smarter not harder.

Tribal elders were sought out for wisdom not brawn. Someone younger may work for a year to achieve what we do with one clever phone call.

One of my favorite daily habits is to take 20 minutes twice a day for Transcendental Meditation. I learned the technique when I was 12 and have meditated every day since. According to some research, the deep rest available during TM is profoundly more powerful than the rest we achieve at the deepest levels of regular sleep.

After 60 if you want to continue to work, self-care is mandatory. Solid sleep, regular exercise, high-level nutrition, massage, acupuncture and other habits put gas in a tank that runs out of fuel fast.

Does all this slowing down mean we cannot work hard. Heck no! What slowing down means is we have to balance the tides in our life so each outgoing effort has an equal amount of incoming emotional, physical and spiritual care.

My older clients joke that you know you're old because every name in your address book starts with Dr. Obviously

### INTERPERSONAL EDGE:

extensive medical treatments can make it impossible to show up at your office. Thus if you love your job you're going to have to love your body just as much.

The need to slow down encourages older workers to

negotiate harder for flexible hours, more personal time and self-employment so a work-life balance is easier.

The 50-60 hour work week is a guarantee for burnout and illness.

When I watch my healthy geriatric dogs play with the puppies at the dog park, I increasingly relate. The puppies dash around wildly while my

13-year-old dogs plan their moves and out-think those puppies every time.

The last word(s)

*Q: I have a co-worker who drives me nuts. Every day I try hard to be the better person and not rage at her, but she deserves it. Is it really that much of a problem to rant at a co-worker when he or she richly deserves it?*

*A: Yes, not because of what your co-worker deserves but*

because of what you deserve. Sometimes you have to choose between immediate gratification and long-term peace of mind.

*Daneen Skube is an executive coach, trainer, therapist and speaker. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything." You can contact her at [www.interpersonaledge.com](http://www.interpersonaledge.com) or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027.*

### Navy distributes \$80K to fund STEM robotics programs in Ventura County

PORT HUENEME, Calif. - Science, Technology, Engineering and Math (STEM) Programs onboard Naval Base Ventura County have been awarded 49 Department of Defense STEM grants for Inspiration & Recognition of Science & Technology (FIRST) Robotics, totaling \$80,000 for Ventura County School Districts.

From the awarded funds, 28 new FIRST teams will develop, in addition to expanding the current 21 FIRST teams throughout Ventura County School District.

U.S. FIRST Robotics Program, the Navy, Oxnard College, Ventura County Office of Education and Ventura County School Districts are hosted a ceremonial presentation of the funds at Oxnard College Oct. 16.

State Sen. Hannah-Beth Jackson delivered remarks.

### Navy announces FY-20 Senior Enlisted Continuation Board

The fiscal year 2020 (FY-20) Senior Enlisted Continuation Board (SECB) will convene Dec. 9, according to NAVADMIN 233/19 released Oct. 11.

This board has no quotas and is a performance-driven review of senior enlisted personnel conducted primarily by senior enlisted personnel to identify Sailors whose continued service is no longer in the best interest of the Navy. Among the many factors considered to determine whether a board-eligible Sailor will continue includes a review of documented misconduct and substandard performance within the past three years.

The board will review records of active component (AC) and full time support (FTS) E-7 to E-9 Sailors with at least 19 years of active service computed from their active duty service date as of Aug. 31 and three years time-in-rate (TIR) as of Aug. 31, 2019.

**NORWICH UNIVERSITY**  
1819  
*Online*

1 (866) 684-7237  
learn@norwich.edu

**MASTER'S DEGREES**  
**BACHELOR'S DEGREES**  
**CERTIFICATES AND PROFESSIONAL EDUCATION**

Explore education programs in Cyber Security, Management, Strategic Studies (SOF specific), International Relations, Diplomacy, History, Criminal Justice and much more at:

**ONLINE.NORWICH.EDU/DREAMBIG**

**LIVE, LEARN & ADVANCE**

Norwich University is accredited by the New England Commission of Higher Education (formerly the Commission on Institutions of Higher Education of the New England Association of Schools and Colleges, Inc.)

NECHE

Norwich is an Equal Opportunity Employer | Critical Information: [www.norwich.edu/consumerdata](http://www.norwich.edu/consumerdata) | Privacy Policy: [online.norwich.edu/about-us/privacy-policy](http://online.norwich.edu/about-us/privacy-policy)

**UNISYS** | Securing Your Tomorrow®

**Take Off with a Data-Fueled Enterprise.**

Make rapid, informed decisions with artificial intelligence tools and critical data accessible on demand.

Learn more at [unisys.com/AgileNavy](http://unisys.com/AgileNavy)

Image provided as a public service courtesy of the U.S. Navy's Office of Information. Southerland J. L. (2019). Retrieved from [https://www.navy.mil/view\\_image.asp?id=281448](https://www.navy.mil/view_image.asp?id=281448)

## FLEET AND FAMILY SUPPORT PROGRAMS

### Workshop & Webinar Central

#### TIME MANAGEMENT

Oct. 22, 11 a.m. to 1 p.m., FFSC NBSD, Bldg. 263

Are you as organized as you want to be? Are you strong at prioritizing? We want to help you get to where you want to be. Learn strategies for managing time effectively as well as understanding the value of prioritizing.

#### HOME BUYING WORKSHOP

Oct. 29, Noon to 4 p.m. FFSC NBPL, Bldg. 211

First-time home buyers: Get the latest information on purchasing a home. Or, if you're more experienced, refresh your skills for the next home purchase. Attending "More Money, More Options" and "Master Your Credit and Defeat Your Debt" is encouraged, but not required. These two courses precede the "Home Buying Workshop" with a one-hour lunch break. You are also welcome to bring your lunch to this class.

#### FINDING FEDERAL EMPLOYMENT

Oct. 22, 1 p.m. to 3 p.m. FFSC NBPL, Bldg. 211

Get the latest information and resources to navigate the federal employment process. Learn tips from the experts on how to create the perfect federal employment resume.

#### SPACE-A TRAVEL: MILITARY AIR TRAVEL INFORMATION

Oct. 30, 10 a.m. to 11:00 a.m., FFSC VSM

Learn to travel using low-cost military space-available flights. Discuss how to sign up, important documents and tips for a successful travel experience.

#### COMMAND FINANCIAL SPECIALIST (CFS) CONTINUING EDUCATION

Oct. 22, 8 a.m. to 11 a.m., FFSC NBSD, Bldg. 259

Oct. 24, 1 p.m. to 4 p.m., FFSC NBSD, Bldg. 259

As specified in OPNAVINST 1740.5, this quarterly training is provided to discuss personal financial issues and provide additional training to meet the four elements of the PFM program (education, counseling, consumer advocacy and information & referrals). The CFS will be notified of specific topics to be covered. This training is open to all CFSs, senior enlisted advisors and command career counselors. There will be two sessions held each quarter; personnel only need to attend one of the two.

#### WEBINAR: RELOCATION SERVICES

Whether you are transferring to or from CONUS or OCONUS locations, we have all the resources you need.

Take a look at one of the Household Goods Moving Webinars on the Naval Supply Systems Command (NAVSUP) website. Register at <https://www.navsupsup.navy.mil/public/navsup/hhg/home/>. Webinar topics include:

Moving Soon

Retiring or Separating from the Navy

Navigating Defense Personal Property System

Moving Overseas

Personally Procured Move

What's next? Ready for Delivery of your household goods

**Register for all workshops  
by calling 866-923-6478  
unless otherwise indicated.**



## Marines developing changes to maternity shirts

**The Marine Corps is looking to add adjustable side tabs to the current maternity shirts and tunic for the service uniform.**

**by Caitlin M. Kenney, Stars and Stripes**  
WASHINGTON - The Marine Corps maternity uniform could potentially see some changes in the future, including adjustable side tabs for the service uniform, according to a Marine Corps document.

The Marines' plan for possible maternity uniform changes were presented in a briefing slide for the September committee meeting of the Defense Advisory Committee on Women in the Services.

The service is looking to add adjustable side tabs to the maternity shirts and tunic for the service uniform. The side tabs make the shirts adjustable throughout pregnancy. The change is still at the concept and development stage, according to the Marines.

The only uniform that now has adjustable

tabs is the combat utility uniform, Capt. Joseph Butterfield, a Marine Corps spokesman, said Wednesday.

A commercial nursing undershirt is also in the process of being certified for the maternity combat utility uniform, according to the Marines.

The document states improvements for adding the adjustable side tabs and nursing undershirt will be available during fiscal year 2020. However, Butterfield said the Marine Corps does not have a detailed timeline on when the modifications to the maternity service uniform will be available.

The Marine Corps is also interested in new long- and short-sleeve maternity shirts for their service uniform. The document states they are still waiting to hear the results of a similar Air Force initiative.

*Kenney.Caitlin@stripes.com*



# EDUCATING THE MILITARY IS OUR #1 MISSION.

American Military University was founded by a Marine Corps officer to provide military members with a portable, relevant, and affordable education. Today, the university is proud to be the #1 provider of higher education to the U.S. military.

At AMU, you'll find more than 200 mission-relevant degrees and certificates and a network of advisors to help you succeed. We limit your out-of-pocket costs by providing tuition grants for military servicemembers and spouses, technology fee waivers for active-duty members, transfer credit for military experience and training, and undergraduate books at no cost.

**PROGRAMS START MONTHLY. CONTACT OUR BASE REP TO LEARN MORE.**

**NICOLE BEALL, MILITARY EDUCATION MANAGER**  
619-385-1901 | [nbeall@apus.edu](mailto:nbeall@apus.edu)

**[AMU.APUS.EDU/REP](http://AMU.APUS.EDU/REP)**

American Military University is part of American Public University System, which is accredited by the Higher Learning Commission ([hlcommission.org](http://hlcommission.org)) and certified to operate by SCHEV. American Military University is not affiliated with the U.S. Military. For more about our graduation rates, the median debt of students who completed the program, and other important information, visit [www.apus.edu/disclosure](http://www.apus.edu/disclosure).

## October is 'National Protect Your Hearing Month'

The National Institute on Deafness and Other Communication Disorders (NIDCD) announced the start of National Protect Your Hearing Month, an initiative that begins each October to raise awareness about the causes and prevention of noise-induced

hearing loss (NIHL). Nearly 24 percent of US adults ages 20 to 69 have features of their hearing tests in one or both ears that suggest hearing loss from loud noise, based on a 2017 study by researchers from the NIDCD and the Centers for Disease

Control and Prevention (CDC).

NIHL occurs when tiny hair cells within the cochlea—the small, snail-shaped organ for hearing in the inner ear—are damaged or destroyed by repeated noise or a one-time exposure to very loud noise. When hair cells are damaged, they can't send information about sound to the brain. NIHL is typically gradual, so by the time you notice hearing loss, many hair cells have been destroyed. Because people can't grow new hair cells to replace damaged ones, hearing loss from noise is permanent.

The NIDCD provides science-

based resources on hearing and hearing loss, including steps that parents, educators, and caregivers can take to protect kids' hearing and to help children develop healthy hearing habits.

### Measuring Sound

Sound intensity is measured in units called decibels (dB). The decibel scale works differently than other units like inches or ounces. An increase of 10 dB seems about twice as loud to your ears, but it's actually 10 times more intense, or powerful! Because people can't hear all frequencies, or pitches of sound, we often use A-weighted decibels

(dBA) to describe sound intensity based on what human ears can actually hear. How Many Decibels Are Too Loud? The National Institute for Occupational Safety and Health (NIOSH) says that workers who are regularly exposed to sounds at or above 85 dBA are more likely to get NIHL and should wear hearing protectors. Even below 85 dBA, some workers can still get hearing damage.

### Is the Noise Too Loud?

Here are some rules of thumb to tell if the sounds around you are too loud:

- You find yourself speaking loudly

or shouting so people an arm's length away can hear you. (Or you have trouble hearing someone talking in a conversational volume when you're an arm's length away.)

- The noise hurts your ears.
- Your ears buzz or ring during the noise or after the noise goes away

### Take steps to prevent hearing loss from noise:

- Lower the volume. Always listen at safe levels. Sounds at or below 70 dBA are generally considered safe.
- Move away from the noise when possible.
- Wear hearing protectors, such as earplugs or earmuffs.

### New Study of Hearing Loss Among U.S. Adults Aged 20 to 69

#### Who has hearing loss?



**14%** of adults aged 20 to 69 in 2011–2012

Prevalence of hearing loss has **declined slightly** from about **16%** in 1999–2004.

#### Who is most at risk for hearing loss?

##### Older Age Groups



##### Men



Men are about twice as likely as women to have hearing loss.

Prevalence of hearing loss increases with age.

## Domestic Violence Awareness Month observed

Since 1987, Domestic Violence Awareness Month (DVAM) has united organizations and individuals to raise awareness of domestic violence. Join us throughout the month of October and beyond to take a stand against this serious issue and honor the resiliency of survivors in our community.

Domestic violence is a recurring, deliberate pattern of behaviors perpetuated by one partner (or former partner) to gain power and maintain control over another in a relationship, including physical, sexual, psychological, emotional, and financial abuse. It affects individuals from all backgrounds

- regardless of age, gender identity, race, ethnicity, sexual orientation, socioeconomic status, education level, or religious affiliation. The frequency and severity of domestic violence can vary dramatically and may include physical injury, psychological trauma, and even death.

Alarmingly, 1 in 4 women experience domestic violence in their lifetime - more than breast cancer, ovarian cancer, and lung cancer combined. Despite the misconception that domestic violence only impacts women, 1 in 7 men are victims as well. Children are often silent victims of domestic

violence - in fact, 1 in 7 children are affected by domestic violence in the U.S. each year.

If you or someone you know

needs help, call the YWCA 24-hour domestic violence hotline at 619.234.3164. You're not alone - we are here to help.

### Week Without Violence Oct. 14-18

Week Without Violence is part of a global movement with YWCAs across the country and around the world to end violence against women and girls. At YWCA, we know that not all violence is acknowledged or responded to equally and that some victims go unrecognized altogether. That's why, for more than 20 years, YWCA has set aside one week in October as a Week Without Violence. Join us from October 14 to 18 as we hold events, share information and stories, advocate, and more with a common goal in mind: together, we can end gender-based violence.

# KNOTT'S SCARY FARM

WHERE NIGHTMARES NEVER END.

SELECT NIGHTS SEPT. 19 - NOV. 2

Get your Specially Priced Tickets at your Military Office

#SCARYFARM

Cedar Fair Entertainment Company © 2019 Cedar Fair, L.P. KB19-149

# 2020-Model Orange County Auto Show



by Jan Wagner

a dealership sales experience, there was no sales pressure whatsoever. Auto manufacturers that provided vehicles for test drives included Acura, Chrysler, Fiat, Ford, Honda, Jaguar, Jeep, Land Rover, Nissan, Ram trucks, Toyota and Volkswagen. Included with some were incentives that included Starbucks and Target gift cards.

An especially fun and demonstrative highlight of this car show was once again Camp Jeep, where passengers were taken for a thrilling off-road test track adventure that featured the iconic Jeep Mountain, an 18-foot, 35-degree hill climb. Other test track elements included three-wheeling over Camp Jeep's Trail Rated Pass, and a stretch of terrain that simulated fallen logs. A collection of Jeep models to test on the track included the Jeep Gladiator, Wrangler Rubicon, Grand Cherokee Trailhawk, Renegade Trailhawk, Compass Trailhawk and Cherokee Trailhawk.

In addition to actual vehicles to test drive, there were fun-to-drive simulators in several auto manufacturers' displays on the show floor. These included the Hyundai Racing Zone VRX Simulator and the Ford SIM-ZILLA Driving Simulator by Manneutron.

An Exotic Gallery showcased ultra-high-end vehicles from several manufacturers, including Aston Martin, Ferrari, Lamborghini, Maserati and McLaren. Usually the only other time most of us can ever see such vehicles is occasionally catching a glimpse of one as it drives by us on the street.

This show was family-friendly. New this year, a Subaru Loves Pets Pet Adoption Event took place inside the convention center at the Subaru exhibit, to help pets find forever homes. Adorable pups were available for adoption. In addition to the adoption opportunities, attendees were also invited to assemble rope toys for the local animal shelter or for their own pet, as well as create

custom pet tags using the Subaru Loves Pets engraver.

Children were invited to participate in a Kids Scavenger Hunt in which they searched the show floor displays with a special pass to collect stamps from manufacturers. Once they collected all of the stamps, the kids could turn in their pass for a chance to win a grand prize. Also, kids could hop behind the wheel and test drive kids-sized electric cars on the OC Kids Test Track.

A perennial auto show favorite, Ford Technology's Hank the Robot informed and entertained showgoers.

One thing that I looked for but that was missing from this year's show was the opportunity to sign up for a free one-year subscription to Motor Trend Magazine.

Another fun and rewarding activity for attendees, several car manufacturers conducted their presentations in quiz formats, with easily won prizes that included cool swag.

There were several breathtaking, incredibly detailed lowriders.

The SoCal Work Truck Show returned to the Anaheim Convention Center, featuring more than 50 commercial work trucks and vans from top manufacturers including Chevrolet, Ford, Fuso, Hino, Isuzu, Mercedes-Benz and Ram. For everyone from contractors to plumbers, highly customized trucks designed to fit specific work needs were on display, along with manufacturers' representatives who provided information and answered questions.

To see photos, visit [www.drive-tribe.com](http://www.drive-tribe.com), click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #612" in their search bar. Send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com).

Copyright © 2019 by Jan Wagner - AutoMatters & More #612r1

## The Meat & Potatoes of Life



by Lisa Smith Molinari

"Oh no!" I gasped last Sunday, in a crowded Rhode Island bar, as I watched six-foot-five Steelers' quarterback Mason Rudolph drop like a rag doll after a helmet hit by Ravens safety Earl Thomas.

The Twin Willows was the closest bar with an NFL package, so my husband, Francis, and I sat at a table, looking across the room to a small television mounted beside the bathrooms, because it was the only one tuned to a game other than the Patriots. After eleven military moves, we were accustomed to finding creative ways to watch our favorite team.

Over the years, we watched pixedated streaming images on our desktop computer, in the middle of the night on Armed Forces Network, and at bars with an NFL package in California, Virginia, Florida and Rhode Island.

The sound of the Steelers game was muted at Twin Willows, so we huddled around my phone, listening to delayed online audio, amidst Patriots' broadcasts blaring from a dozen other televisions in the bar. The New England fans surrounding us eventually took notice of the Steelers' crisis, and despite being a spoiled rotten group of team-centric fans, they, too, gasped at the gruesome playback videos of the hit that rendered Rudolph unconscious.

As the fresh-faced, 24-year-

## Football safety, according to a football mom

old player lay motionless on the field surrounded by medics, coaches and visibly anxious teammates who must've been remembering linebacker Ryan Shazier's December 2017 hit that required spinal stabilization surgery to prevent paralysis, we all watched with our mouths agape. My mind flashed with silent dread: What if it's a head injury? Concussion? Broken neck? Paralysis? Is playing football worth that?

"What must his mother be thinking right now?" I wondered.

Ask any mom her opinion of the safety of tackle football, you will most likely get an earful about the scientifically-proven risks associated with helmet-to-helmet hits, concussion injuries, and long-term neurological damage. But ask a football mom like me, and the answer will be a conflicted mix of genuine concern for the players and love for the sport.

My son played high school football at three duty stations, and I always volunteered to help his teams. The many unpaid duties required of a football mom dictate that she must not only love her son, but must also have affection for the institution of American football.

Why else would we bake dozens of cookies, cook vats of lasagne, write hundreds of emails, raise thousands of dollars, populate complicated spreadsheets, xerox game programs, man concession booths, write grant requests, and file 50-page IRS tax-exempt status forms on behalf of the Booster's Club?

Because, there's just some-

thing about football. The crispness of the fall air; the sound of marching bands; the Friday night lights and the Sunday afternoon tailgates; the bowls of game day chili and platters of chicken wings; the strategic plays and raw athleticism of this most all-American sport.

But even football moms secretly fear the increasing risks involved in playing football. A 2019 study shows that a player's risk of developing the devastating degenerative disease, chronic traumatic encephalopathy (CTE), which causes memory loss, dementia and depression, double after 5.3 years of playing the game. The study relied on analysis of donor brains from deceased football players. A similar study in 2017 found that, of 111 brains of NFL players donated, 110 were found to have CTE.

After everyone at Twin Willows waited through an agonizing commercial break, the cameras showed Rudolph sitting up, talking, and then walking slowly with the help of his teammates to the locker rooms, where he was whisked off to the hospital and diagnosed with a concussion. (He returned to practice only four three days later under concussion protocol orders.)

To my surprise, all the Patriots fans in the bar that day had been watching the small muted television near the bathrooms to see if the young player was okay. Why? Because although football fans love the full-contact gridiron sport enough to suffer various inconveniences and aggravations to watch it, we are also human enough to know that no sport is worth disabling injuries to the athletes who play it.

## FLEET WEEK SAN DIEGO

### Celebrate Fleet Week!

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

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

# NOV 4<sup>TH</sup> - 12<sup>TH</sup>, 2019

## BROADWAY PIER & PORT PAVILION

1000 N HARBOR DR., SAN DIEGO, CA 92101

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

FOR MORE INFO, PLEASE VISIT US ONLINE AT: [WWW.FLEETWEEKSANDIEGO.ORG](http://WWW.FLEETWEEKSANDIEGO.ORG)

SPONSORED IN PART BY:

**SeaWorld INSIDE LOOK**

WEEKENDS SEPT. 7-15

# SeaWorld®

## REAL. AMAZING.

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

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

**FUN CARD**

SeaWorld.

Visit Your Local Military Ticket Office for Specially Priced Tickets

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

**SeaWorld Halloween Spooktacular**

WEEKENDS SEPT. 21 - OCT. 27

Featuring the Sesame Street Halloween Parade

THURSDAY, OCTOBER 17, 2019 [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 15

# CLASSIFIEDS

## ARMED FORCES DISPATCH CLASSIFIEDS

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

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

### ATTORNEYS

## LOW COST BANKRUPTCY

Recordon & Recordon, Attorneys

**STOP Creditor Calls Home Foreclosure Repossessions PAYMENT PLANS**

**Free Consultation (619) 232-1717**

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

## LOW COST DIVORCE

Recordon & Recordon, Attorneys

- SUPPORT •
- CUSTODY •
- VISITATION •
- MEDIATION •
- ADOPTION •

**PAYMENT PLANS Free Consultation (619) 232-1717**

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

### AUTOS

'15 CHEVY CAMARO RS - Custom, fully loaded, top condition, 50K miles. \$15,000. 619-287-8084 or 619-822-0818.

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

### HELP WANTED

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

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

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

### HORSE BOARDING

**HORSE BOARDING CARLSBAD \$400/month**

Western casual, family-oriented ranch. We have roomy 12x48 or 12x24 corrals and provide a veterinarian recommended diet twice daily.

**760.840.0187**

### MASSAGE

**New Energy Massage**

3817 University Ave. • SD, Ca 92105

1 Block West of I-15

**619.795.0955**

**\$10 Discount on any Massage**

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

### RENTALS APARTMENTS

"Military Friendly" **PACIFIC LEGACY PROPERTIES**

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

www.pacleg.com

**619-423-7500**

AVAILABLE NOW

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

MOVE-IN SPECIAL!

**LEADINGHAM REALTY**

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

### RENTALS HOUSES

**CORONADO-Cape Cod style 4BR/2BA-1700sf, 2-car garage. Spacious courtyard, lawns, rooftop deck. All appls incl. + washer/dryer in laundry room. Private w/6-ft. wood fence & secured fenced doors. Yard care incl. Pets ok. Smoking ok. Email susansellsurba@yahoo.com**

10/24

**IMPERIAL BEACH - 4BR/2BA, 4 blocks to beach, brand new. Military long term renter pref. Shared common space. \$1100/mo per BR or whole house \$4400/mo. 310-592-5479.**

10/17

**LAKESIDE - 3BR/2BA, renovated, AC, view, horse property, garage & carport. \$2490/mo. Bill 619-980-2455.**

10/17

**PACIFIC BEACH - 1BR/1BA, gated community, ldry & prkg. Great loc. Small dog or cat may be ok. \$1925/mo. 1 yr. lease. 831-970-8029.**

10/17

**SANTEE - 3BR/2BA, AC, 2 car garage, renovated. Available now. \$2490/mo. Bill 619-980-2455.**

10/17

**NATIONAL SUICIDE PREVENTION LIFELINE**

1-800-273-TALK (8255)

suicidepreventionlifeline.org

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

### RENTALS ROOMS

**IMPERIAL BEACH - 4BR/2BA, 4 blocks to beach, brand new. Military long term renter pref. Shared common space. \$1100/mo per BR or whole house \$4400/mo. 310-592-5479.**

10/17

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

10/17

### RENTALS STUDIOS

**NATIONAL CITY - Studio, full kitch/bath. Priv entrance, new flooring & paint. Large closet. No laundry, no smoking, no pets, no drugs. \$1400/mo. Includes utilities. 619-573-5000.**

10/24

### RV/TRAILER/MOTORHOME

'05 Forest River Grand Surveyor, Xlnt cond., micro, tv, awning & slider, roof renovation. Comfortable/spacious. \$6100obo. 858-277-4908.

10/24

**RAMONA OAKS RV PARK**

Long Term RV Sites Avail. \$625/Mth 760-788-3085

11/7

### SERVICES OFFERED

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

11/7

## Vasectomy Reversals

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

## Fun with MWR

**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

**Trick or Treat** Fri, Oct 18, 7-8:30pm (check in 6:45 pm), FREE. NBSD Admiral Prout Track. A fun run with trick or treat stations, music, glow sticks and prizes for best costumes! Register: www.navylifsw.com/sdcr, Info: 619-556-9597

**Woof Walk** Sun, Oct 20, 9 am, FREE. AB, Turner Field. Bring your four-legged friends for a fun, 1-mile dog walk, pet expo, contests, obstacle courses, demonstrations, entertainment, giveaways and a FREE doggie event shirt for all furry participants. Plus, SNAP is offering limited, FREE cat and dog spay and neuter services for military families with a reservation. Event proudly sponsored by Armed Forces Dispatch. Register: www.navylifsw.com/sdcr, Info: 619-437-3190

**Make a Difference Walk** Fri, Oct 25, 9am, FREE. NAB, Turner Field. Honor those in your life effected by breast cancer or domestic violence at 1.5-mile walk. Register: navylifsw.com/sdcr, Info: 619-437-3190

**Halloween Costume Run** Fri, Oct 25, 5:30 pm, FREE. NBPL, Subase, Smuggler's Cove. Costumes encouraged! Prizes and event T-shirt to the first 50 people to register. Register: www.navylifsw.com, Info: 619-553-7552

**Kite Making** Sat, Oct 26, 2pm, \$6. Admiral Baker Picnic Grounds. Make and decorate a kite, then watch them fly! Register: www.navylifsw.com/sdcr, Info: 619-556-9597

**Cursed Cove** NBPL, Subase, Smuggler's Cove. Never walk alone during this FREE super-scary Halloween event! Thrills and chills too numerous to mention! Calm, serene Smuggler's Cove becomes home to chaos with characters and creeps from parts unknown! Fri, Oct 25, 6-9pm; Sat, Oct 26, 2-6pm\*; Sat, Oct 26, 6-9pm. \*NOTE: For mature audiences. The Sat, Oct 26 afternoon event is a "lite version" of the experience -- less scary, shorter duration. Info: 619-524-0961

**Trick-or-Treat Village** Sat, Oct 26, 2-6 pm, FREE. Naval Base Point Loma, Subase Lower Field (next to Fitness Center, Bldg. 1) Pumpkins, entertainment and more at Naval Base Point Loma! Costumes encouraged! Info: 619-553-9138

**Trunk or Treat** Wed, Oct 30, 4-6pm, FREE. NAB, Turner Field. Help provide a fun, safe environment for kids to trick or treat! Register your trunk to be eligible for awards. Costume contest, music and entertainment for kids! Register: www.navylifsw.com/sdcr, Info: 619-437-3190

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

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

**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

## MOVIES at the Bases

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

**Thursday, October 17**

5:40pm Ready or Not

7:30pm It: Chapter Two

**Friday, October 18**

5:30pm Downton Abbey

7:50pm Hustlers

**Saturday, October 19**

1pm Downton Abbey

3:20pm It: Chapter Two

**Sunday, October 20**

12:50pm Overcomer

3pm Hustlers

5:10pm Downton Abbey

**Monday, October 21**

5:30pm Ad Astra

7:50pm Ready or Not

**Tuesday, October 22**

5:40pm Overcomer

8pm Ad Astra

**Wednesday, October 23**

5:50pm Hustlers

7:50pm Ready or Not

**Thursday, October 24**

5:40pm Downton Abbey

8pm Ad Astra

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

**Thursday, October 17**

11am Ratatouille

5pm Midsommar (2019)

**Friday, October 18**

5pm Rocketman

**Saturday, October 19**

2pm Capt America: First Avenger

5pm Avengers: Endgame

**Sunday, October 20**

5pm Brightburn

**Monday, October 21**

5pm The Matrix

**Tuesday, October 22**

11am Nightmare Before Christmas

5pm The Matrix Reloaded

**Wednesday, October 23**

5pm The Matrix Revolutions

**Thursday, October 24**

11am Zootopia

5pm The Dead Don't Die

Your number one

source for Navy news

## The Dispatch

ABBAS	BREA	FAOS						
HOLST	REVS	IPUT						
SOUP	SALES	SPAR						
ONEI	AUER	HERE						
	BRIT	NEYS	PEARS					
OVI	EDO	LARRYS						
JORD	INS	PARKS						
SAD	ASP	OSU						
	BIGG	IES	SMALLS					
AS	FAST	WILD	OX					
S	T	EPHEN	STILLS					
	SORT	SCUM	WAWA					
AGRI	RYAN	STILES						
DIEZ	ANNE	ISTLE						
SERE	JCTS	CESTA						

## Sudoku for Roy!

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

### Pendleton Movie Theatre

Building 1330 Vandegrift Blvd

(760) 725-9217

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

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

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

**Thursday, October 17**

6:30pm IT Chapter Two

**Friday, October 18**

6pm Hustlers

9pm Ready or Not

**Saturday, October 19**

1pm Overcomer

4pm Ready or Not

6:30pm Hustlers

**Sunday, October 20**

1pm Overcomer

4pm IT Chapter Two

**Thursday, October 24**

6:30pm Hustlers

**Bob Hope Theater 577-4143**

Miramar Blding 2242

\* indicates last showing

**Thursday, October 17**

6:30pm Angel Has Fallen

**Friday, October 18**

6:30pm Ad Astra

9:10pm Hustlers

**Saturday, October 19**

3pm It: Chapter Two

6:30pm Downton Abbey

9:10pm Overcomer

**Sunday, October 20**

1pm Ready or Not

6:30pm Downton Abbey

**Wednesday, October 23**

6:30pm Ready or Not

**Thursday, October 24**

6:30pm Overcomer

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

# Entertainment

## Downtown Escondido Grand Ave. Festival Sun., Oct. 20 • 9am-5pm • Free

The Grand Ave Festival, Escondido, takes place in our historic downtown on Grand Ave from Centre City Parkway to Juniper. Shop from hundreds of vendors for unique hand-crafted gifts and imports. Enjoy international cuisine and local entertainment. This awesome street fair has been happening since 1989... bringing unique crafts and imports, fine international cuisine, live music, dance and family entertainment to Historic Downtown Escondido's Grand Avenue. Every 3rd Sunday in May and October... come out and enjoy the fun, food, music, games, activities and shopping! The Festival runs all day on Sunday from 9-5 covering Grand Avenue from Centre City Parkway to Heritage Garden at Juniper Street. <https://visitescondido.com/>



## 25th Annual EastLake Cycle & 5K Run and Technology & Innovation Fair Sat., Oct. 19 • 6:30am-noon • \$10-\$50

Explore majestic hills, a stunning lake and exceptional running trails along the Chula Vista Park District while participating in either the 25 Mile Road Bike Ride, the 18 Mile mountain bike ride or the 5K community run/walk. Plus, enjoy a Technology & Innovation Fair! The EastLake Educational Foundation (EEF) is working on behalf of your school! Participate in two events that occur simultaneously. Attend the free EastLake Technology & Innovation Fair and participate in the annual EastLake Cycle & 5K Run and help us raise \$20,000 for each of the public schools in EastLake. The Technology & Innovation Fair provides kids the opportunity to meet with STEM/STEAM professionals and engage with activities and resources that will connect them to their future careers. Everyone will benefit from the future-forward resources highlighted at this event as attendees explore technology and STEAM (science, technology, engineering, art, and mathematics). EastLake Middle School, 900 Duncan Ranch Rd, Chula Vista. <https://eefkids.org/>

## HauntFest on Main in El Cajon Fri., Oct. 25 • 5-10pm • Free

The 8th Annual HauntFest on Main is an exciting family friendly event in Downtown El Cajon. The event features live music on two stages featuring! Costume Contests on the Main St. Stage; an expanded Carnival Rides and Games; Car Show; Candy Challenge Activities; Kidz Zone, Face



Painting; performances by TNT Dancers, Arts In Motion Crew & Jr. Crew, and St. Madeleine Sophie's Center Pumpkin Patch; Craft and Game booths; LED Rock Wall; Inflatables for kids; The first two Harry Potter movies and more! East Main Street from Magnolia to Avocado/Bal-latyn. <http://hauntfest.org/>

--This page compiled by Jerome Watts & Madison Campbell

## Epic Fall Plant Sale at SDBG Sat.-Mon., Oct. 19-21 • Admission fee

Plant donations from over 100 local growers, wholesalers, retail nurseries and individuals make this one of the most interesting and diverse plant sales in San Diego County! Because our plants are donated, we can resell many of them at prices up to 75% off retail! Plant selections include California natives, cacti, succulents, bromeliads, fruit trees, and sub-tropicals. Visit our Botanic Attic for garden-related items. Be sure to check out our huge selection of used books and homemade goodies such as specialty jellies. Enjoy an opportunity drawing and the popular sit-down Bakery Shoppe, which serves cakes, cookies, pies, and coffee. Fall Plant Sale: Sat. & Sun., Oct. 19 & 20, 10am-4pm, and Mon., Oct. 21, 9am-noon, San Diego Botanic Garden, 230 Quail Gardens Drive. Entrance is included with paid admission or SDBG membership. Admission only \$5 on Sun., Oct. 20 (all day) & Mon., Oct. 21 (until noon). Info: [www.sdbgarden.org/plantsale.htm](http://www.sdbgarden.org/plantsale.htm)



## SaltDog Classic Beach Festival 2019 Sun., Oct. 20 • 10am-5pm • Free-\$15

SaltDog Classic is a festival and fundraiser held here in north county San Diego. Coastal and crafty, SaltDog Classic brings a wonderful lineup of musicians, artists, and local businesses together for a day of community fun. Join us at Encinitas Community Park to get salty! Cost: \$15. Note: 12 and under or 65 and older get in for FREE! The event was founded with the intention of strengthening our community through kindred connections and charitable giving. Supporting Rancho Coastal Humane Society. <https://www.saltdogclassic.com/>



## Bonita Holidays Craft Fair Thur.-Sat., Oct. 24-26 • 10am-6pm • Free

The Sweetwater Woman's Club is hosting its Bonita Holidays Craft Fair Oct. 24-26. Members will be selling homemade cookies, candies, breads and other baked goods as well as their famous cheeseballs. In addition, there will be a plant sale and raffles including decorated baskets, gift certificates, new items, grab bags, and other prizes. Twenty-plus crafters will be selling handcrafted Halloween and Christmas items, jams and chocolates, jewelry, home décor, etc. Craft Fair hours: 10am-6pm Thursday and Friday; 10-4 on Saturday. Proceeds fund scholarships seniors graduating in the Sweetwater Union High School District. The Sweetwater Woman's Clubhouse located at 3855 Sweetwater Rd. in Bonita.

## MCCS Camp Pendleton offers family fun <http://www.mccscp.com/events/>

**Pumpkin Plummet**, Sat, Oct 19, 5-9pm, 13 Area Pool. Free Pumpkin for Kids, street fair, arts & crafts, games, food truck. Pool will be open for swimming at 6:30. We will be showing a movie.

**Trick or Treat Trail at Lake O'Neill**, Fri, Oct 25, 5:30-8pm. All participants will receive a treat bag and a glow accessory at check-in. Participants will walk through our child friendly Halloween course and pick up prizes along the way! All Ages welcome. Strollers are allowed at this event. 4:30pm Registration opens. Kids activities and vendor booths open. 5:30-8pm - Course open for walkers.



**Spooky Stables Pumpkin Patch & Stable Rides**, Sat, Oct 26, 10am-2pm. Stepp Stables, Camp Pendleton. Halloween themed Pony Rides and pumpkin patch where staff members and horses will be dressed in Halloween costumes. \$5 per ride-cash, card or check accepted. Stepp Stables Middle Arena (pony rides), area in front of Middle arena to be blocked off by hay bales for pumpkin patch.

**Children's Halloween Party**, Sat, Oct 26, 2-4pm. Mainside library, Bldg 1146 at 14th St E St. This is a free event! Celebrate Halloween with pumpkin painting, games, crafts, and more! Costumes are welcome!

## Roar, Snore and Pumpkin Bash with Rescued Animals at Lions Tigers & Bears Spooky Campover • Fri.-Sat., Oct. 25-26

Can you imagine sleeping next to a rescued tiger, or waking up to the roars of lions just steps away? You don't have to travel the globe for this experience, because once a year, San Diego's only accredited, nonprofit big cat and exotic animal rescue center, offers a special Halloween-themed campout. Lions Tigers & Bears' annual "Spooky Campover" is a wild and ghoulish family-friendly event under the stars, featuring pumpkin carving, s'mores by the campfire, a costume contest and special animal feedings. Best of all, guests can pitch their tents right next to the enclosures of rescued lions, tigers, leopards, mountain lions and other exotic animals, enjoying the sights and sounds of incredible animals up close. Spooky Campover: Fri., Oct. 25 at 3 p.m. to Sat., Oct. 26 at noon. Lions Tigers & Bears, 24402 Martin Way, Alpine. Non-members: \$80-adults, \$55-kids 3-12. Members: \$50-adults, \$35-kids 3-12. Reservations required. Proceeds support lifesaving care for rescued animals. <https://www.lionstigersandbears.org>



**InnSpot Acupuncture**  
Veteran Owned & Operated

**NOW ACCEPTING TriWest/VA REFERRALS**

Acupuncture helps with back, neck, knee, nerve pain, headaches, migraines, arthritis, gastrointestinal issues, shingles, fibromyalgia, carpal tunnel, anxiety, depression, nausea and much more.

**ASK ABOUT**

**FREE ACUPUNCTURE TO ALL MILITARY & FAMILY MEMBERS**  
with our Military Stress Recovery Project

InnSpot Community Acupuncture  
3505 Camino Del Rio South, Ste. 338 • San Diego

**619-550-5200**

## MAIN AUTO REPAIR

"ALL WORK GUARANTEED"

**FREE ESTIMATES - Serving Military for Over 23 years**

<p><b>BRAKE SERVICE SPECIAL</b></p> <p>from <b>\$99.95</b></p> <p><small>Per Axle, Parts &amp; Labor included. Most Cars Standard Brake Packages Don't Wait Until You Have a Problem!</small></p>	<p><b>A/C Service and Repair</b></p>	<p><b>Body Work and Paint</b></p>	<p><b>CLUTCH</b></p> <p><b>\$219.95</b></p> <p><small>Most Cars. Parts &amp; Labor included. Includes: Pressure plate and disc. Adjustment, New throw out bearing. Pilot bearing. Inspect flywheel</small></p>
<p><b>TIMING BELT SPECIAL</b></p> <p>from <b>\$129.95</b></p> <p><small>Most Cars. Parts &amp; Labor included</small></p>	<p><b>CV JOINT AXLE</b></p> <p>from <b>\$119.95</b></p> <p><small>Most Cars. Parts &amp; Labor included</small></p>	<p><b>FUEL INJECTION SERVICE</b></p> <p>from <b>\$39.95</b></p> <p><small>Most Cars. Parts &amp; Labor included</small></p>	

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

SAN DIEGO'S MOST WCKD HALLOWEEN FESTIVAL

GASLAMP QUARTER

W C K D  
VILLAGE  
SAT • OCT • 26

SPECIAL GUEST  
**TREY SONGZ**

**T.PAIN**

3 STAGES / ESCAPE ROOMS / WCKD LOUNGES /  
\$3000 CASH COSTUME CONTEST / IMMERSIVE ELEMENTS

Military discounts available! \$5 off GA & GA+ with code Military  
Discount for active & retired military with valid ID

USE CODE MILITARYVIP FOR \$10 OFF WCKD WONKA VIP

**WCKDVILLAGE.COM**

# Go out and play

**Del Mar International Horse Show**, Thur-Sun, Oct 17-20, 8am-9pm. Free-\$30. Equine and equestrian athletes, celebrities and Olympians compete in world-class show jumping for nearly \$300,000 in prize money. Del Mar Fairgrounds

**Friday Nights on the Farm** Fri, Oct 18, 3-8pm. Bates Nut Farm, Valley Center. [www.batesnutfarm.biz](http://www.batesnutfarm.biz)

**Foreign Film Friday: Everybody Knows** at Carlsbad City Library, Fri, Oct 18, 4 & 7pm. [www.carlsbadca.gov](http://www.carlsbadca.gov)

**Mutt Mixer** at San Diego Humane Society Oceanside campus, Fri, Oct 18, 6pm. [www.sdhumane.org](http://www.sdhumane.org)

**SD Gulls vs. Stockton Heat**, Fri, Oct 18, 7pm. at Pechanga Arena San Diego. [www.sandiegogulls.com](http://www.sandiegogulls.com)

**Fall Camping Series**, Fridays Oct 18, Oct 25, 6am-11:59pm. \$25. Sleep under the stars! Set up your tent and explore the park at your own pace. Hike the numerous trails; drop a line to catch a fish; cruise the lake on a motorboat; or simply relax by your campsite and enjoy all the natural beauty that Lake Poway offers. Fishing permits and boat rentals are not included but may be purchased for a nominal fee. This is a rain or shine event. Lake Poway Recreation Area, 14644 Lake Poway Road, Poway. [www.poway.org](http://www.poway.org)

**Del Mar Gem Faire**, Fri-Sun, Oct 18-20, Fri noon-6, Sat-Sun 10-5. \$7. Fine jewelry, precious & semi-precious gemstones, millions of beads, crystals, gold & silver, minerals, more. 70+ exhibitors. Jewelry repair/

cleaning while you shop. Del Mar Fairgrounds.

**SD Ballet presents: A Midsummer Night's Dream** at Liberty Station. Fri-Sun, Oct 18-20. [www.sandiegoballet.org](http://www.sandiegoballet.org)

**Borrego Days Desert Festival** in Borrego Springs. Fri-Sun, Oct 18-20. [www.borregodays.com](http://www.borregodays.com)

**Arch in the Park**, Sat, Oct 19, 10am-3pm. Free. Archaeological Society presents educational day of Archaeology and fun at Ranch House in Los Peñasquitos Canyon Preserve. Traditional craft demos, raffles, book sale, games, and more. Fry Bread, snacks, and sodas for sale. Los Peñasquitos Ranch Adobe, 12122 Canyonside Park Dr, Rancho Peñasquitos.

**Monster Dash & Bash**, Sat, Oct 19. Palomar College. [www.fallbrookchamberofcommerce.org](http://www.fallbrookchamberofcommerce.org)

**Men Are from Mars, Women Are from Venus**, Sat, Oct 19, live at California Center for the Arts, Escondido. [www.artcenter.org](http://www.artcenter.org)

**Filipino-American History Celebration**, Sat, Oct 19, noon-4pm. Free. Honoring events, experiences, and lives of Filipino people in America. Music, food, kids' activities, Samahan Dance company and fun for the whole family. Otay Ranch Town Center, 2015 Birch Road, Chula Vista.

**Roots Series: Mexico**, Sat, Oct 19, 2-4pm. San Diego Children's Discovery Museum, downtown SD. [www.scdm.org/roots](http://www.scdm.org/roots)

**Family Night Halloween Party**, Sat, Oct 19, 5-7pm. Woodland Park, San Marcos. [www.san-marcos.net/specialevents](http://www.san-marcos.net/specialevents)

**Pumpkin Plunge**, Sat, Oct 19, 5-9pm. Alga Norte Aquatic Center, Carlsbad. [www.carlsbadca.gov](http://www.carlsbadca.gov)

**Hoot, Howl & Prowl**, Sat, Oct 19, 5:30pm. Blue Sky Ecological Reserve, Poway. [www.poway.org](http://www.poway.org)

**Haunted Tales aboard Star of India**, Sat, Oct 19, 6-7:30pm. Maritime Museum of San Diego. [www.sdmartime.org](http://www.sdmartime.org)

**Guide-led walk**, Sat-Sun, Oct 19-20, Wed, Oct 23, 9:30-11am. Free. Mission Trails Regional Park Trail Guide will lead through this natural park located in the City of San Diego. Learning about geology, flora, fauna of this urban open space area. Meet inside the Visitor Center. Mission Trails Regional Park, One Father Junípero Serra Trail, San Carlos.

**Return to the Reef: Swami's Surfing Association 25th Invitational Surf Contest**, Sat-Sun, Oct 19-20. Cardiff Reef, Encinitas. [www.swamissurfingassoc.org](http://www.swamissurfingassoc.org)

**Bike MS: Bay to Bay Tour** from Irvine to Mission Bay. Sat-Sun, Oct 19-20. [www.nationalmssociety.org](http://www.nationalmssociety.org)

**Fall Antique Engine & Tractor Show**, Sat-Sun, Oct 19-20, 9am-4pm. Antique Gas & Steam Engine Museum, Vista. [www.agsem.com](http://www.agsem.com)

**26th Annual Aspen Medical Products San Diego Triathlon Challenge**, Sun, Oct 20. La Jolla Cove. [www.challengedathletes.org/events](http://www.challengedathletes.org/events)

**Making Strides of San Diego Walk**, Sun, Oct 20, 7am. Balboa Park. [www.makingstrides.acsevents.org](http://www.makingstrides.acsevents.org)

**Champagne Brunch**, Sun, Oct 20, 9-10:30am. San Diego Zoo Safari Park, Escondido. [www.sdzsafaripark.org](http://www.sdzsafaripark.org)

**13th Annual Ride & Stride & Horse Heritage Festival**. Saddle up your horse, leash up your pooch or lace up your sneakers and enter the 3 mile Ride & Stride to benefit Walnut Grove Horse Park. The route takes you along Twin Oaks Valley's quiet and horse friendly trail system. Riders & walkers check-in 8:30 am at the park. Family activities from 10-3. Pony rides from 10-2. Arts & Crafts, Pumpkin patch, food, Frontier Games, Poway Valley Vaulters, Jeffrey Hedecock World Joust, V-Spurs Gymkhana, =Animal Experience, vendors and more! Walnut Grove Park, San Marcos. [www.helpthehorsepark.org](http://www.helpthehorsepark.org)

**Fallbrook Harvest Faire**, Sun, Oct 20, 9am-4pm. Main Ave, downtown Fallbrook. [www.fallbrookchamberofcommerce.org](http://www.fallbrookchamberofcommerce.org)

**Grand Avenue Festival**, Sun, Oct 20, 9am-5pm. Downtown Escondido. [www.escondidochamber.org](http://www.escondidochamber.org)

**Sukkot Harvest Festival**, Sun, Oct 20, 10am-2pm. Day filled with live music, food, and activities for all ages. Coastal Roots Farm, Encinitas. [www.coastalrootsfarm.org](http://www.coastalrootsfarm.org)

**Spooky Campover**, Fri, Oct 25, 3pm-Sat, Oct 26, noon. Reservations Required. Pitch your tent under the stars at family friendly event. Pumpkin carving, s'mores by campfire, costume contest, animal feedings. Lions Tigers & Bears, 24402 Martin Way, Alpine. [lionstigersandbears.org](http://lionstigersandbears.org)

**20th Annual Boy Scout Troop 2000 Haunted Hotel**, every Friday & Saturday thru Oct 26. Olivenhain Meeting Hall, Encinitas. [www.olivenhain.org/events](http://www.olivenhain.org/events)

**Fallbrook Scarecrow Days** thru Oct. 31. Businesses and residential areas display scarecrows of all genres around town. Pumpkins heads will adorn Main St. Watch for scarecrows marching towards downtown to meet up with their scarecrows. A field of 'silent people' greets or bids farewell visitors. Info on location for scarecrows and events: [www.fallbrookchamberofcommerce.org](http://www.fallbrookchamberofcommerce.org) 760-728-5845. **Fallbrook Harvest Faire is Oct 20**, Main Street, 9am-4pm.

**Rocky Horror Picture Show**, midnight, every Friday. La Paloma Theatre, Hwy 101, Encinitas. [www.lapalomatheatre.com](http://www.lapalomatheatre.com)

**The Disturbance** created by the Haunted Hotel, Thru Sat, Nov 2. Westfield Mission Valley, 1640 Camino Del Rio N, Mission Valley. [www.hauntedhotel.com](http://www.hauntedhotel.com)

**Halloween Spooktacular at SeaWorld San Diego**, every Saturday & Sunday thru Oct 27. [www.seaworldsandiego.com](http://www.seaworldsandiego.com)

Sexy is the **NEW SCARY** this Halloween!

DEJAVU LOVE BOUTIQUE

2130 Industrial Court, Vista, CA 92081  
866.711.0425  
Shop online at [www.dejavuloveboutique.com](http://www.dejavuloveboutique.com)  
Use Promo Code G1F  
Mon-Sat, 9am-Midnight  
Sun, 11am-11pm

**Military Discount 20% Off**  
With valid military ID. Some restrictions may apply. Not valid on any sale items. Not valid with other offers or prior purchases. Exp. 11/8/19

the **DISTURBANCE** created by the Haunted Hotel

**THE SCREAM ZONE**

The Haunted Trail Balboa Park

SEPT 27 - NOV 2

**SANDIEGOHAUNTS.COM**

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

**HUNT AUTO SALES**

619.274-0507

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

'15 KIA SOUL #224158

'09 BMW 335i #047607

'13 DODGE CHARGER SE #501986

'12 VW GTI PZEV #201196

'14 FORD MUSTANG #237943

'15 DODGE JOURNEY #722833

'13 DODGE CHARGER SE #501986

'11 INFINITI G25 #603325

110 West 8th St. • National City, CA 91950  
[www.huntautosales.com](http://www.huntautosales.com)

# Concerts



## Lizzo

Thru, Oct 24, 7:30pm • Open Air Theatre at SDSU

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

## October

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

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

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

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

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

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

**Chris Brown.** Sat, Oct 19, 6:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

**Bush and Live.** Sun, Oct 20, 7:30pm. Pechanga Resort & Casino, 45000 Pechanga Pkwy, Temecula. 951-693-1819

**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.

**Hozier.** Sat, Oct 26, 7:30pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Sara Bareilles.** Tues, Oct 29, 7:30pm. Pop. Open Air Theatre at

SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

## November

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

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

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

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

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

**The Music of Cream: 50th Anniversary World Tour.** Sun, Nov. 10, 7pm. Covers. Balboa

Theatre, 868 Fourth Ave. (619) 570-1100.

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

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

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

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

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

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

## Future

**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 (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

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

**Snoop Dogg w/Warren G, I Wanna Thank Me Tou.** Sat, Jan 11, 8pm. The Show at Agua Caliente



**El Indio**  
Mexican Restaurant  
and Catering

Family Owned & Operated Since 1940

"Best Mexican Food in San Diego"

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

Open Daily: 8am-9pm

Free Parking! 10% Military Discount

Celebrate your next party here!

GREAT FOR ALL YOUR EVENTS

Retirement Parties • Unit/Command Parties

Frocking Parties • Transfer Parties

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



**IB FORUM**  
SPORTS BAR & GRILL

1079 Seacoast Dr. • Imperial Beach  
619-429-7507 • www.ibforum.com

10% Military Discount

Not to be combined with any other offers.

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



**THE CURSED COVE**

NEVER WALK ALONE

Friday, October 25, 6-9 pm

Saturday, October 26, 2-6 pm

(Lite version - less scary, shorter experience)

Saturday, October 26, 6-9 pm

Naval Base Point Loma, Subase, Smuggler's Cove

NAVY FEDERAL



**TRICK-OR-TREAT VILLAGE**

SAT, OCT 26 • 2 to 6 PM

Lower Ball Field (Next to Gym)  
Naval Base Point Loma, Subase

Family Fun, Entertainment and More!

DISPATCH NAVY FEDERAL



FOR MORE INFO: 619-553-9138  
www.navylifesw.com



# FRANK TOYOTA

2400 NATIONAL CITY BLVD.  
866.217.1866  
www.franktoyota.com

## 2020 Toyota Corolla SE

4 Cyl Automatic

Lease for

**\$208**

PER MONTH PLUS TAX 36 MONTHS



\*1 at this payment. Stk #: 58013 VIN: LJ040369 Model #: 1864. Net capitalized cost \$20,301.94. \$208 plus tax monthly for 36 months with \$3,900 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 10/31/19.

## 2019 Toyota Camry LE

Lease for

4 Cyl Automatic

**\$278**

PER MONTH PLUS TAX 36 MONTHS



\*1 at this payment. Stk #: 57879, VIN: KU836841 Model #: 2546. Net capitalized cost \$24,018.46. \$278 plus tax monthly for 36 months with \$4,150 due at lease signing. Includes \$650 Toyota Factory Lease Subventions Cash. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 10/31/19.

## 2019 Toyota Highlander LE

V6 Automatic 4x2

Lease for

**\$339**

PER MONTH PLUS TAX 36 MONTHS



\*1 at this payment. Stk: #58151, VIN: KS353468, Model #: 6946. Net capitalized cost \$33,510.02. \$339 plus tax monthly for 36 months with \$4,150 due at lease signing. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 10/31/19.

# FRANK HYUNDAI

3150 NATIONAL CITY BLVD.  
866.542.8238  
www.frankhyundai.com

## 2020 HYUNDAI ACCENT AUTOMATIC

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

NET PRICE

**\$12,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 10/21/19. 1 at this price #090576.

## 2020 HYUNDAI ELANTRA SE AUTOMATIC

**\$16,527 FRANK'S PRICE**  
-\$1250 RETAIL BONUS CASH  
-\$500 EVENT CASH  
-\$500 MILITARY or 1st RESPONDERS  
-\$750 VALUED OWNER COUPON

NET PRICE

**\$13,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 10/21/19. 6 at this price.

## 2019 HYUNDAI SONATA SE

**\$20,527 FRANK'S PRICE**  
-\$2750 RETAIL BONUS CASH  
-\$1000 HYUNDAI FINANCE BONUS CASH  
-\$500 MILITARY or 1st RESPONDERS  
-\$500 VALUED OWNER COUPON

NET PRICE

**\$15,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 10/21/19. 1 at this price #804967.

# FRANK SUBARU

2829 NATIONAL CITY BLVD.  
888.207.1891  
www.franksubaru.com

## 2019 SUBARU IMPREZA 5 Door 2.0i PREMIUM CVT

LEASE FOR

**\$229**

PER MONTH PLUS TAX 36 MONTHS

ZERO DOWN!



\*1 at this payment, STK # 21609 VIN # K3746936 Model # KLD11. \$229 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 10/31/19.

## 2019 SUBARU FORESTER PREMIUM 2.5i CVT

LEASE FOR

**\$365**

PER MONTH PLUS TAX 36 MONTHS

ZERO DOWN!



\*1 at this payment, STK # 21573 VIN # KH545774 Model # KFJ4117. \$365 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 10/31/19.

## 2019 SUBARU ASCENT PREMIUM 7 PASSENGER CVT

LEASE FOR

**\$399**

PER MONTH PLUS TAX 36 MONTHS

ZERO DOWN!



\*1 at this payment, STK # 21233 VIN # K3471908 Model # KCC 14. \$399 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 10/31/19.

## 4-WHEEL ALIGNMENT

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

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



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

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 10/31/19.

### ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

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

### Military Special Only

## OIL & FILTER CHANGE

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

~~WAS \$39<sup>95</sup>~~

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

Synthetic, V6 & V8 additional. Toyotas, Hyundais, or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 10/31/19.

## FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL

**\$50 OFF**

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

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Not valid with any other offer or discount. Valid only at Frank Auto Motors locations. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 10/31/19.

plus **10% OFF**

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

**WE HONOR OUR MILITARY!!**