

## AutoMatters & More



Toyota GR Supras at SEMA Show 2019 - stock to race prepared.

See page 11

## Base Movie Schedule

Terminator: Dark Fate, \*NOTE: Advanced screenings of Jumanji: The Next Level and Richard Jewell

See page 12

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FIFTY NINTH YEAR NO. 32  
THURSDAY, DECEMBER 5, 2019

## December Monthly Observances

Aids Awareness  
Nat'l Egg Nog  
Made In America  
Universal Human Rights  
World AIDS Awareness  
Nat'l Pear  
Buckwheat  
Worldwide Food Service Safety  
Tropical Fruits  
Nat'l Fruit Cake  
Root Vegetable  
Noodle Ring  
Handwashing Awareness  
Procrastination Awareness  
Learn A Foreign Language  
Seasonal Affective Disorder Awareness  
Tomato and Winter Squash  
Quince and Watermelon  
Decembeaver  
Art and Architecture  
Bingo's Birthday  
Hi Neighbor  
Int'l Calendar Awareness  
Int'l Sharps Injury Prevention Awareness  
Love Your Neighbor  
Merry Merchants  
Nat'l Closed Caption TV  
Nat'l Drunk and Drugged Driving Awareness  
Nat'l Identity Theft Prevention and Awareness  
Nat'l Impaired Driving Prevention  
Nat'l Sign Up for Summer Camp  
Nat'l Stress-Free Family Holiday  
Nat'l Tie  
Nat'l Write a Business Plan  
Poor Looking Winter  
Read A New Book  
Safe Toys and Gifts  
Spiritual Literacy  
Wear Brown Shoes  
Write to a Friend  
Cooked Grasshoppers  
Operation Santa Paws  
Take a New Year's Resolution to Stop Smoking  
Youngsters on The Air

The Department of the Navy does not endorse any company, sponsor or their products or services. All events are subject to change. 6936 10/19 RV

## Balboa Park celebrates holidays with 'December Nights' events

Balboa Park December Nights brings families and friends together to spread holiday joy and kick-off the "most wonderful time of the year" with lights and more. The nation's premier holiday festival, takes place on Fri., Dec. 6 from 3-11 p.m. and Sat., Dec. 7 from noon to 11p.m. Friends, families and the community are invited to come together for festive fun, food and attractions throughout the park, including complimentary admission to Balboa Park museums from 5-9 p.m. The largest free community festival in San Diego, December Nights is expected to attract more than 375,000 visitors to the park over two days to revel and enjoy the season. The event offers seasonal entertainment for the whole family as well as festive holiday lighting throughout the Park. Free to attend.

## USS Midway Museum hosts Pearl Harbor remembrance

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

## SD Bay Parade of Lights sails Sundays, December 8 & 15

The San Diego Bay Parade of Lights is a time-honored holiday tradition with more than 80 boats lavishly decorated sailing by the shores for all to see. The 47th annual San Diego Bay Parade of Lights is brought to San Diego by the boating community. Held on two consecutive Sundays in December, the parade proceeds from Shelter Island past Harbor Island, the Embarcadero, Seaport Village, Pier at Cesar Chavez Park and the Ferry Landing in Coronado. Whether you're a participant or spectator, the Parade of Lights is a festive and delightful experience for all! The parade takes approximately one hour to one and a half hours to pass any given point along the parade route. The approximate arrival time of the parade at various locations are:  
Shelter Island (parade start): 5 p.m. Seaport Village: 6:30 p.m.  
Harbor Island: 5:30 p.m. Pier at Cesar Chavez Park: 6:45 p.m.  
The Embarcadero: 6 p.m. Ferry Landing on Coronado: 7 p.m.

For those viewing the parade from the water, the best vantage point for viewing is where the parade turns west to Coronado, near the 10th Street Terminal. For those on land, try the north and south ends of the Embarcadero, as well as the pathway along Coronado, as these areas tend to be less crowded. Other excellent viewing points are the park behind Seaport Village, Harbor Island, Shelter Island and the pier at Cesar Chavez Park. If you plan on viewing the parade from Harbor Island, get there early as available parking spaces fill up quickly.

## USO honors outstanding service members at annual awards ceremony

by Scott Sutherland,  
Armed Forces Dispatch

Seaman John Norman III of Naval Air Station North Island was recently named United Service Organization's Sailor of the Year during USO's Service Member of the Year awards ceremony Dec. 3 in Washington, D.C..

Norman was recognized for patriotism, bravery and achieve-

ments while serving in the Navy. The other services - Army, Air Force, Marine Corps, Coast Guard and National Guard - also had exceptional E-5 or below USO award winners. Senior military leadership and members of Congress gathered to honor the junior enlisted service members.

Norman and the other honorees were selected by the senior

enlisted advisor of their branch for representing the standards and values of the Armed Forces through a specific act of heroism or valor within the past calendar year. The USO hosted all six honorees for a visit to Washington, where they had tours of significant landmarks, such as the White House, the Pentagon and Arlington National Cemetery.

### Life saving heroism

Driving home with his spouse while off-duty, Norman noticed a man assaulting a woman. He immediately intervened by calling 911, getting out of his car and approaching the offender, who proceeded to throw bricks at him. When the offender's attacks on the woman didn't stop, Norman ultimately tackled the offender and restrained him until

law enforcement officers arrived. Norman's brave actions saved the woman's life.

A native of Texas, Norman "strives to be involved throughout the community both at home and while deployed, volunteering with many local organizations," according to the USO.

Other honorees: Army Sgt.

Ty Able, Hunter Army Airfield, Ga.; Air Force Staff Sgt. Adam Wasson, Seymour Johnson AFB, N.C.; Marine Corps Sgt. Phoebe Ortiz, Mountain Warfare Training Center, Calif.; National Guard Staff Sgt. Jami DeVries, Colorado ANG; and Coast Guard Aviation Survival Technician Nathan Newberg, USO Coast Guardsman of the Year, Coast Guard Air Station, Savannah, Ga.



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## Milley will use defense strategy to chart way ahead for joint force

by Jim Garamone

The National Defense Strategy will continue to be the lens through which the chairman of the Joint Chiefs of Staff views the world, Army Gen. Mark A. Milley said.

Milley became the 20th chairman Sept. 30, succeeding Marine Corps Gen. Joe Dunford.

He has had a baptism by fire. Turkey, Syria, Iran, Saudi Arabia, North Korea, China, Russia, Japan and more has kept him busy during his time in the new job.

Still, the strategy will guide his decisions and the military advice that he gives to the president, vice president, defense secretary and secretary of state.

The goal of the strategy is to protect and sustain American ideals. "American values have made us strong for two-and-a-half centuries, and we will never waiver in our commitment to the U.S. Constitution," the general said. "Our goal should be to sustain great power peace that has existed since World War II, and deal firmly with all those who might challenge us."

With that as a base, the military must improve joint warfighting

readiness. "We must be ready 24/7 - that is our contract with the American people," Milley said. "We will also continue to work closely with our allies and partners to improve our collective security and protect our common interests."

Finally, Milley must ensure the force of the future has the capabilities and capacities to protect Americans, U.S. allies and U.S. interests around the world. "We will modernize our military through innovative concept development, advanced technology and new capabilities," he said.

Part and parcel of this is having leaders who understand the joint environment and how the land, sea, air, cyber and space domains affect that environment. Milley said he will work to ensure tomorrow's joint leaders have the training and experience needed to succeed.

The chairman also emphasizes the role of service members and their families. He stressed DOD must keep faith with military personnel and their families.

Internationally, the chairman's horizon is dominated by the return of great power competition. China and Russia are flexing their muscles economically, politically, diplomatically and in the military sphere. All this is tied together in hybrid conflict. China and Russia want to enhance their regional and global prestige, the chairman said. They will use

this whole-of-government coercion to force a revision of the international order. "Authoritarian actors are testing the limits of the international system and seeking regional dominance while challenging international norms and undermining U.S. interest," he said.

The chairman said that long term, China is the only existential threat to the United States. Russia, with its nuclear arsenal, is the existential threat today.

The international order the United States championed since the end of WWII has created an atmosphere where all nations may prosper, he said. This includes the nations involved in the great power competition. The

United States cannot allow China and Russia to eclipse the United States. "We must maintain peace through strength," Milley said.

Added to this great power competition are other threats - North Korea, Iran and extremist groups.

The chairman of the Joint Chiefs of Staff is in a unique position to view the whole world. Combatant commanders look at their specific areas. Service chiefs look at the "man, train and equip" aspects of the military.

With his breadth of view, the chairman is now the global integrator for the joint force. It is a way "for the U.S. military to have a voice in strategic decision-making," Milley said.

He wants to cement the global integration aspect into globally integrated exercises and war games. "We have to consider the overall strategy for the two-plus-three and give a top-down prioritization and allocation of resources against our strategic priorities with bottom-up refinement from the combatant commanders," he said. "It's my job to provide advice on the tough calls - giving resources in a global context at the speed of relevance."

**"We must maintain peace through strength."  
Gen. Mark A. Milley,  
chairman of the Joint Chiefs of Staff**



**NEWPORT NEWS, Va. (Dec. 1, 2019) - Aircraft carrier John F. Kennedy (CVN 79) will be christened Dec. 7. Kennedy is an electric aircraft carrier with several systems powered by steam. Huntington Ingalls Industries was awarded a \$3.35 billion contract for the design and construction. Navy photo by MC3 Adam Ferrero**

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# Commentary: Former 4-star fleet commanders say don't give up on carriers

by Adms. (Ret.) Robert Natter and Samuel Locklear  
 Since World War II, U.S. Navy aircraft carriers have uniquely served as the most flexible and effective tool in the nation's warfighting toolbox.

Presidents from 1942 to today have used them to reassure friends, warn opponents, and, when necessary, fight and win wars. With the re-emergence of great power competition, coupled with fewer and fewer viable options to forward deploy land or air forces to defend our national security interests, large deck, nuclear-powered aircraft carriers have been and will continue to be indispensable in providing quick response options and credible, visible deterrence. And with its fleet of large deck nuclear-powered aircraft carriers, the U.S. Navy is the sole proprietor of the eleven most mobile and survivable airfields in the Department of Defense.

No other ship in the world can sustain operations at sea like a nuclear-powered aircraft carrier. Capable of moving over 700 nautical miles a day and replenishing its weapons magazines while underway, aircraft carriers can generate sustained combat power over weeks and months at sea, protecting our sea lanes, shaping day-to-day peacetime operations, while continuously providing the mass of readily available combat power needed to deter aggressors. And as capable as a single aircraft carrier is, two or three carriers operating together dramatically increases their combat throw weight.

These mobile, floating airfields, with evolving and new aircraft, future combat systems and weapons, coupled with creative and innovative operational concepts all combine to keep aircraft carriers lethal and relevant from their first day in the fleet to the very last.

Although often criticized for its expense and questioned for its relevance in the 21st Century, we still haven't found anything better than an aircraft carrier to uniquely conduct the wide spectrum of missions ranging from humanitarian relief to full scale conflict. Nothing demonstrates support to our friends and allies better than the arrival of a carrier and its strike group.

The last internal review of fleet size, (the Navy's "Force Structure Assessment", completed at the end of the Obama Administration in December 2016) called for a dramatic increase in fleet size, raising the goal from 308 ships to 355 ships, with an increase of large deck nuclear aircraft carriers from eleven to twelve. Although a revised assessment has been in work,

it has not yet been released. However, it is appropriate for a new Chief of Naval Operations and a new Secretary of Defense to weigh options for future force structure, and with the return of great power competition, it is essential to get it right.

The United States is an inherently maritime nation, and it is important to understand the criti-

cal role aircraft carriers will continue to play in its defense. Each aircraft carrier being built today will provide future presidents with significant military options for the next fifty years.

Continued investment into tomorrow's fleet by building a path to twelve nuclear powered aircraft carriers is both prudent and wise.

## SecArmy looks toward FY21 budget as continuing resolution impacts priorities

by Devon L. Suits,  
 Army News Service  
 WASHINGTON - As Congress passed another continuing resolution to keep the federal government open until Dec. 20, Secretary of the Army Ryan McCarthy said the lack of long-term funding is having a detrimental impact on operations, readiness, maintenance and modernization.



Secretary of the Army Ryan D. McCarthy speaks at the American Enterprise Institute's think tank in Washington, D.C., Nov. 21. Photo by Sgt. Dana Clarke

parts and not as many training repetitions.

"Time is the variable that you don't get back," he said. "Even if you get the [budget after Dec. 20], you just lost 90 days. In our business, you got to get every repetition before we get on an airplane and go do the nation's business."

The lack of an approved FY20 budget has not stopped Army senior leaders from putting final touches on the fiscal year 2021 budget proposal, McCarthy said. Readiness, modernization

and people continue to be the Army's top priorities for FY21 and the fiscal 2022 spending plan, he said.

"Over half of our balance sheet is focused on people and training," McCarthy said. "What you will see over the course of this next year is a focus on strategic readiness ... [to include]

emergency deployment readiness exercises for brigade-sized elements to Europe and East Asia, and the Defender series [of exercises]."

Continue reading this at [https://www.army.mil/article/230256/secarmy\\_looks\\_toward\\_fy21\\_budget\\_as\\_continuing\\_resolution\\_impacts\\_priorities](https://www.army.mil/article/230256/secarmy_looks_toward_fy21_budget_as_continuing_resolution_impacts_priorities).

### Most recent national military headlines

- ▶FOR SALE: The Navy's First Operational Hydrofoil
- ▶Report: U.S. Shoulders Steep Price to Protect Merchant Ships in Strait Of Hormuz
- ▶Report to Congress on U.S.-China Competition in the South, East China Seas
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- ▶Navy Awards \$22B Contract to Electric Boat, Newport News Shipbuilding for 9 Block V Virginia Subs
- ▶USS Harry S. Truman Enters U.S. 6th Fleet Region After Delayed Deployment Start

With no approved fiscal year 2020 budget, the Army had to freeze about \$3.5 billion in modernization funds, which impacts close to 80 new programs, and about 40 production-line increases, McCarthy said during a presentation at the American Enterprise Institute.

"From a readiness standpoint, we are very concerned. We need to get [the budget] turned back on as quickly as possible," he said.

Expenditures in operational maintenance had to be reduced by 2 percent, McCarthy said. The buying power of battalion and brigade commanders is declining, which means fewer spare

### Master-at-arms killed by gate runner

A Navy master-at-arms is dead after a speeding gate runner struck a security vehicle Nov. 30 while entering Virginia Beach's Joint Expeditionary Base Fort Story, Navy Region Mid-Atlantic spokeswoman Beth Baker said.

Master-At-Arms 3rd Class Oscar Temores, 23, died after his patrol car was struck around 7:35 p.m. Saturday. Baker said the victim and the gate runner were taken to Sentara Virginia Beach General Hospital. The driver remains in the hospital.

Baker said the civilian driver was operating a pick up truck and after the impact both men were "pinned inside their vehicles."

Baker said there were no indications that the breach was related to terrorism or that the driver was being pursued or racing another vehicle at the time.

Joint Expeditionary Base Little Creek-Fort Story's commanding officer, Capt. Joey Frantzen, told reporters Monday that the civilian - who hasn't been identified - was on base for a "very short period of time" after driving a Chevrolet Silverado pickup through an outbound lane at Gate 8 before striking Temores' patrol car head on.

Temores's family has set up a Go Fund Me fundraiser.



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## Ask Rusty - Should I claim benefits at age 67 if I'm working?

by Russell Gloor

Dear Rusty: My wife and I were talking to some other senior citizens who say it would be more beneficial to start drawing social security when I turn 67 next year, rather than wait till 70, even if I work full time. Can I do that? Signed: Working Senior



Dear Working Senior: Yes, you can do that, but it may not be your best strategy. Let's explore your options:

If your wife is already collecting Social Security on her work record, you might consider filing a "restricted application for spousal benefits only" and collect a spousal benefit from your wife, while continuing to delay your claim for your own benefit, thus allowing your benefit to continue to grow. You can do this because you were born before 1/2/1954, which is the cutoff date for filing in this manner. In this way you could collect 50 percent of the benefit your wife is entitled to at her full retirement age (FRA) until such time as you file for your own benefit. If you wait until age 70 to file for your own, your payment will be 24 percent more than it will be when you are 67. But you cannot use this option unless, or until, your wife is collecting her Social Security benefit from her own work record.

There is no simple answer to when you should claim. It depends upon your current financial needs, your current health and your anticipated longevity (considering your family history). If you anticipate a long healthy life and don't urgently need the money, then waiting until age 70 to claim your benefit will not only give you the highest possible monthly payment but also the most in lifetime benefits (assuming you live to at least the "average" age (84 for a man today). Waiting until 70 will also ensure that your wife gets the highest possible survivor benefit, should you predecease her (at her FRA, your surviving spouse gets 100 percent of the amount you were receiving at your death).

As for you working, since you've reached your full retirement age you no longer need to worry about Social Security's "earnings test" which takes back benefits from anyone whose earnings exceed a certain limit. But it would be wise to consider that Social Security benefits are subject to Federal Income Tax (and, depending upon where you live, possibly a State income tax), so adding your Social Security income to your earnings from work could be an important tax consideration for you.

Claiming your benefit at age 67 will give you a payment which is 8 percent more than you would have gotten at age 66. But if the factors discussed above suggest you should wait longer, then you'll earn an additional 8 percent for each additional year you wait to claim your benefit, up to age 70 when your maximum benefit is reached. What is the downside to waiting? Well, only that your wife, if she will be eligible for a spousal benefit from you, cannot collect that spousal benefit until you start collecting your own benefit. Your wife's spousal benefit would be half of your age 66 benefit if she claims at her full retirement age.

So, as you can see, there is no easy answer to whether you should claim Social Security at age 67, but with the above information you should be able to make an informed decision. And here's one final suggestion: don't take Social Security advice from "armchair experts" and don't be swayed by those who might say "collect now because Social Security is going bankrupt." It's not. It's true that Congress needs to fix some portions of the program soon, and it's also true they've been dragging their collective feet to do so. But, historically, Congress has always stepped up to the task when they had to, and I'm confident they will eventually do so again.

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 launches Solid Start to ensure veterans are contacted during initial transition

### Program provides vets supportive contact and information to enable success

WASHINGTON - The U.S. Department of Veterans Affairs, in collaboration with the Departments of Defense and Homeland Security, introduced VA Solid Start which will proactively contact all newly separated service members at least three times during their first year of transition from the military.



The program will engage contact with approximately 200,000 Veterans each year and is part of Executive Order 13822 which was issued to improve mental health care and access to suicide prevention resources available to transitioning uniformed service members in the year following discharge, separation or retirement.

"The stress of transition from service can lead to challenges or unmet health care needs for Veterans," said VA Secretary Robert Wilkie. "Through VA Solid Start, the department will ensure consistent, caring contact and help new Veterans get a solid start on their civilian lives."

The goal is to establish a strong relationship between VA and transitioning service members, promoting awareness of VA benefits, services and partner resources available to them.

Veterans within their first year of separation from uniformed service experience

suicide rates nearly two times higher than the overall Veteran suicide rate. Contacts through VA Solid Start - via phone calls or e-mails - will ensure transitioning service members are aware of the free VA mental health resources the department offers Veterans for up to a year, regardless of discharge status or service history.

If you or someone you know is having thoughts of suicide, contact the Veterans Crisis Line to receive free, confidential support and crisis intervention available 24 hours a day, seven days a week, 365 days a year. Call 800-273-8255 and Press 1, text to 838255 or chat online at VeteransCrisisLine.net/Chat.

## Bill introduced to build DC monument for MOH recipients

A Washington monument to honor Medal of Honor recipients was proposed recently in legislation introduced by two Texas congressmen.

The National Medal of Honor Monument Act, filed by Reps. Marc Veasey and Ron Wright tasks the National Medal of Honor Museum Foundation with the creation of a monument in Washington to honor the more than 3,500 recipients of the nation's highest award for military service. The bill also recognizes Arlington, Texas, as the new home of the National Medal of Honor Museum, also under the management of the foundation.

Last month, the north Texas city, located 20 miles west of downtown Dallas, was named as the home of the future museum by the Medal of Honor Museum Foundation.

"We look forward to working with the bipartisan contingent of elected officials to make sure we are doing all that we can to honor the more than 3,500 Medal of Honor recipients and get this great piece of legislation passed," said Joe Daniels,

CEO and president of the National Medal of Honor Museum Foundation.

The foundation has identified potential sites for a monument and is working with a bipartisan group of members in Congress to build the monument in an ideal location as quickly as possible, according to a spokesperson for the foundation. Information related to the rendering and cost of the monument is not yet available, but will use private and public donations.

The measure has gained 18 cosponsors. After introduction, it was referred to the House Committee on Natural Resources, according to the lower chamber's website. The full text of the bill is not yet available.

"I'm honored to introduce this legislation that will honor these brave men and women for risking their lives to protect our democracy," Veasey said. "I'm also proud to join my fellow North Texan, Congressman Wright, to ensure that the city of Arlington, Texas, will be the forever home of this new Medal of Honor Museum." - by Rose L Thayer, Stars and Stripes

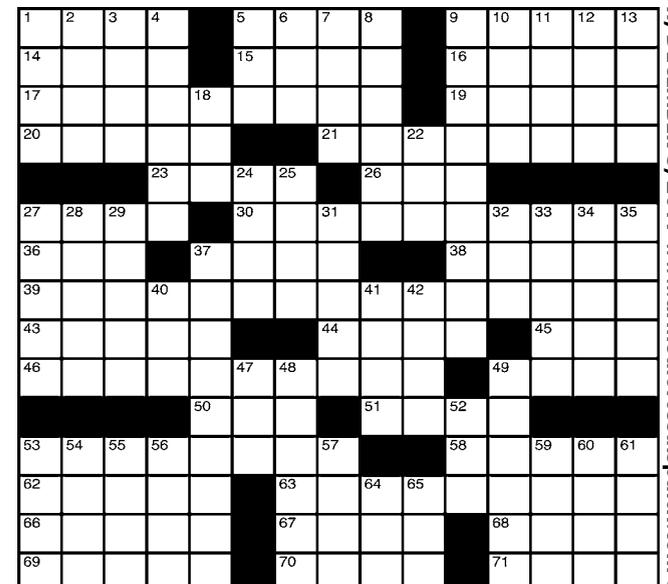
## Crossword Puzzle

### Across

- 1 Encircled by
- 5 Note from the boss
- 9 Strolls through the shallows
- 14 Half-length skirt
- 15 Words while anteing
- 16 Make a speech
- 17 High school infatuation
- 19 Wash lightly
- 20 Slowpoke in a shell
- 21 Worker's allowance for illness
- 23 Tide table term
- 26 U.K. flying squad
- 27 Detriment to air quality
- 30 A few hours for doing whatever
- 36 Prune, as a branch
- 37 Colombian metropolis
- 38 Capital of Morocco
- 39 Not a close game, a headline for which may include the end of 17-, 30-, 46- or 63-Across
- 43 Runway gait
- 44 Taunting remark
- 45 Bobby of hockey
- 46 Rich coffee lightener
- 49 "The \_\_\_ the limit!"
- 50 One hovering around the flowers
- 51 Future atty.'s exam
- 53 Ground beef dish
- 58 Coffeehouse flavor
- 62 Quarterback's "Snap the ball at the second 'hut'"
- 63 One of two Senate "enforcers"
- 66 Tall story?
- 67 Ohio border lake
- 68 Roof overhang
- 69 Place for road trip luggage
- 70 Amount owed
- 71 Scott who sued for his freedom

### Down

- 1 Lbs. and oz., e.g.
- 2 Personal bearing
- 3 Bit of brainwork
- 4 "Fine" eating experience
- 5 Former Russian space station
- 6 Grounded Aussie bird
- 7 "Swing and a \_\_, strike one"
- 8 Available for the job
- 9 Company employees, as a group
- 10 Like the Mojave
- 11 "The X-Files" agent Scully
- 12 Crafts website
- 13 Experiences with one's eyes
- 18 MLB's Indians, on scoreboards
- 22 Litter box user
- 24 Slightly
- 25 Paperwork accumulation
- 27 Walk through puddles
- 28 \_\_\_ Carlo
- 29 Met performance
- 31 Gnatlike insect
- 32 Kit \_\_\_: candy bar
- 33 Former Apple laptop
- 34 Comedy's Cable Guy
- 35 Galactic distances: Abbr.
- 37 Urban distance unit
- 40 Toyota RAV4, e.g.
- 41 Lab vessel
- 42 PCs, originally
- 47 Top corp. officer
- 48 Gathered from the field
- 49 Stuck in a hold
- 52 Acker of "Person of Interest"
- 53 Castle protector
- 54 \_\_\_'acte
- 55 Westernmost Aleutian island
- 56 Jacob or Esau
- 57 Taxi meter figure
- 59 Scorch
- 60 50-Across home
- 61 Made fun of
- 64 Make fun of
- 65 Vietnamese New Year



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## Acting SECNAV cancels Trident Review boards for 3 SEALs

by Sam LaGrone,  
USNI News

Acting Secretary of the Navy Thomas Modly is canceling review boards for three SEAL officers that could have stripped them of their special operations status, according to a Nov. 29 statement provided to USNI News.

"I have directed the Chief of Naval Operations to terminate the Trident Reviews for three Naval Special Warfare officers," Modly wrote. "Given the unique circumstances of these three remaining cases, I have determined that any failures in conduct, performance, judgment, or professionalism exhibited by these officers be addressed through other administrative measures as appropriate, such as letters of instruction or performance observations on their officer fitness reports."

The three officers, Lt. Jacob Portier, Lt. Cmdr. Robert Breisch and Lt. Thomas MacNeil, were part of SEAL Team 7 during a deployment to Iraq in 2017 and were involved in the Navy's failed prosecution of SEAL Chief Edward Gallagher on multiple charges - including murder. Portier was also charged criminally for actions during the deployment but all counts

against him were dropped.

"My decision in these three specific cases should not be interpreted in any way as diminishing [the SEAL] ethos, or our nation's expectations that it be fulfilled," Modly wrote.

"Navy uniformed leaders have my full confidence that they will continue to address challenging cultural issues within the Naval Special Warfare community, instill good order and discipline, and enforce the very highest professional standards we expect from every member of that community."

Modly's statement follows the formal cancelation of Gallagher's Trident Review Board on Nov. 28 as ordered by Secretary of Defense Mark Esper.

Gallagher's board, that could have stripped him of his Naval Special Warfare rating, was initiated by Naval Naval Special Warfare Command head Rear

Adm. Collin Green. However, news of the board reached the



White House and an order to stop it from President Trump on Nov. 28.

**"The Navy will NOT be taking away Warfighter and Navy Seal Eddie Gallagher's Trident Pin. This case was handled very badly from the beginning. Get back to business!" Trump wrote.**

Former SECNAV Richard V. Spencer was fired by Esper Nov. 24 in attempt to negotiate a resolution to the rift with the White House.

On Nov. 25 Esper said Spencer proposed a deal, without Esper's

knowledge, to the White House that would allow Gallagher's board to move ahead but result in Gallagher retaining his SEAL rating.

Based on the charged environment surrounding the Gallagher board, Esper ordered it canceled.

"The issue should not be thrown in the laps of a board of senior NCOs to sort out. As professional as they are, no matter what they would decide, they would be criticized from many sides, which would further drag this issue on, dividing this institution," Esper said on Monday. "I want the SEALs and the Navy to move beyond this now and get fully focused on their warfighting mission."

Without naming Gallagher or the other SEAL officers, Acting SECNAV Modly said it was time for the SEALs to move beyond, "recent events."

"In my judgment, neither

deserves the continued distraction and negative attention that recent events have evoked. Our special operators are part of a unique fighting force that has been at war for nearly twenty years," he wrote.

"We ask them to meet a very high standard of competence in the use of deadly force, matched by an equally high standard for ethical behavior in combat. This expectation is no higher than the standard our special warriors have set for themselves."

The following is the complete Nov. 27, 2019 statement from Acting SECNAV Modly.

*As Acting Secretary of the Navy I have directed the Chief of Naval Operations to terminate the Trident Reviews for three Naval Special Warfare officers. Given the unique circumstances of these three remaining cases, I have determined that any failures in conduct, performance, judgment, or professionalism exhibited by these officers be*

*addressed through other administrative measures as appropriate, such as letters of instruction or performance observations on their officer fitness reports.*

*The United States Navy, and the Naval Special Warfare Community specifically, have dangerous and important work to do. In my judgment, neither deserves the continued distraction and negative attention that recent events have evoked. Our special operators are part of a unique fighting force that has been at war for nearly twenty years. We ask them to meet a very high standard of competence in the use of deadly force, matched by an equally high standard for ethical behavior in combat. This expectation is no higher than the standard our special warriors have set for themselves. The SEAL ethos states this standard quite clearly,*

*"I serve with honor on and off the battlefield. The ability to control my emotions and my actions, regardless of circumstance, sets me apart from other men. Uncompromising integrity is my standard. My character and honor are steadfast. My word is my bond."*

*My decision in these three specific cases shouldn't be interpreted in any way as diminishing this ethos, or our nation's expectations that it be fulfilled. Navy uniformed leaders have my full confidence that they'll continue to address challenging cultural issues within the Naval Special Warfare community, instill good order and discipline, and enforce the very highest professional standards we expect from every member of that community. These are standards that scores of brave Sailors have given their lives to establish and preserve. It's our obligation to honor their sacrifice, and the values of our nation, in everything we do in peace, in crisis, but most especially in war. We can, we must, and we will get this right.*  
- Thomas B. Modly (Acting)

### USS New Orleans arrives in Sasebo

SASEBO, Japan - USS *New Orleans* (LPD 18) joined the 7th Fleet amphibious force in Sasebo Dec. 1, after transiting the Pacific Ocean from its former homeport of San Diego. "The crew has worked diligently for the last year to prepare *New Orleans* for forward deployment, and I could not be more proud of their accomplishments," said Capt. P. Scott Miller, skipper of *New Orleans*. "This is my second tour as part of the forward-deployed U.S. Naval Forces. I look forward to getting to know the city and people of Sasebo and continuing all that is great about our strong relationship with Japan."

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## Local Military News Briefs

### Naval Special Warfare hails 244 years of Chaplain Corps

CORONADO - More than 125 attendees gathered to celebrate the 244th anniversary of the Navy Chaplain Corps on board NAS North Island in a ceremony hosted by Naval Special Warfare Command. This marks the first time that NSWC hosted the event. "The Navy Chaplain Corps Anniversary is an opportunity to reflect on the ways that chaplains and Religious Program Specialists, or RPs, serve Sailors, Marines, Coast Guardsmen and their families," said Capt. Guy Lee, NSWC's Force Chaplain. "We focus on promoting the free exercise of religion, which is the right that all Americans have to worship according to their convictions - and includes the right not to worship at all. We believe this liberty makes our people strong in spirit, morally resilient and tough. As a result, they're able to fulfill their commitments, both in peace and war."

### Navy accepts delivery of 3rd floating Marine base built in S.D.

The Navy has accepted delivery of the USNS *Miguel Keith*, the third Expeditionary Sea Base, a virtual floating Marine base built by NASSCO in San Diego. The ship features a flight deck for helicopters and tiltrotors, aviation-support facilities, berths for Marines, equipment storage, and a command-and-control center. It's designed to support low-intensity missions, allowing more expensive amphibious warfare ships to be deployed elsewhere. Construction of the new ship suffered a setback when a dry dock accidentally flooded in 2018. "The Navy and industry team overcame significant setbacks in the construction of this ship, and I'm extremely proud of the urgency and determination displayed on everyone's part to deliver a high-quality ship that will support our operational requirements in the 7th Fleet area of operations," said Capt. Scot Searles, strategic sealift and theater sealift program manager.

### Abraham Lincoln CSG supports Operation Inherent Resolve

ARABIAN GULF - The *Abraham Lincoln* Carrier Strike Group began air operations in support of Operation Inherent Resolve (OIR), Nov. 22. Close air support operations and defensive counter air support operations were carried out by Carrier Air Wing Seven (CVW 7) as part of broader CENTCOM counter terrorism operations in the region. "Today's operations are a testament to how carrier air power can project well beyond the shore. It has tremendous reach," said Capt. William R. Reed, commander CVW 7. "The carrier strike group as a whole provides a robust military capability in the region, and CVW 7 remains ready to deliver that capability at any time if called upon."

## SMWDC commander welcomes 15 new warfighters

SAN DIEGO - Rear Adm. Scott Robertson, commander of Naval Surface and Mine Warfighting Development Center (SMWDC), congratulated the Navy's 15 newest Anti-Submarine Warfare/Surface Warfare (ASW/SUW) Warfare Tactics Instructors (WTIs) on Nov. 26 at Naval Station San Diego.

SMWDC's WTI program selects top Surface Warfare Officers (SWO) for advanced tactical training in four warfare specialty areas - ASW/SUW, amphibious warfare, integrated air and missile defense, and mine warfare.

"We don't want to fight a war and the best way to make sure we don't have to fight a war is to have the true proven capability of credible combat power to make sure that any adversary that takes us on knows they will lose," said Robertson.

"You're now trusted with that incredible responsibility to make sure our combat power is credible," he said, "and that comes from our tactics that you are going to write and validate, and the training you are going to perform making strike groups and amphibious ready groups ready for deployment."

The newest instructors - Lt. Cmdr. John Kavanagh, Lt. Cmdr. Linzy Lewis, Lt. Cmdr. Amanda

Norton, Lt. Cmdr. Matthew Plant, Lt. Cmdr. Christopher Rakoski, Lt. Cmdr. Stephen Skahen, Lt. Steven Billmaier, Lt. Christopher Hallissy, Lt. Rod Hanks, Lt. Rob Lombardo, Lt. Levi Morris, Lt. Jason Rowles, Lt. Jeb Sightler, Lt. Errol Vidad, and Lt. Tyler Westover - completed 13-weeks of rigorous classroom instruction, mission planning, and scenarios focused on critical application of the Navy's most cutting-edge tactics and technologies.

The curriculum is designed to develop each element of the WTI "Warrior, Thinker, Teacher" model through an emphasis on tactical simulations, immersion in doctrinal Tactics, Techniques, and Procedures, and the development of instructor skills through threat briefs and Capstone presentations. SMWDC's Sea Combat Division staff were the primary instructors, but there were guest lecturers from the Naval Aviation Warfighting Development Center, Naval Undersea Warfare Center, and other training commands.

Westover was selected as the Honor Graduate for having the highest overall grade in the class upon completion of all evaluated evolutions, demonstrating the Thinker aspect of a WTI. Hanks was selected as the Arleigh Burke Winner, selected by his peers for displaying the

foremost presentation prowess throughout the duration of their instruction and evaluation. Hanks was also selected as the Top Tactician, selected by the staff for displaying leadership, character, attitude, and professional qualities of a WTI.

Now, WTIs will complete a production tour, where they bring their skills to bear providing advanced tactical training, developing tactics and doctrine, providing operational support, and crafting capability assessments.

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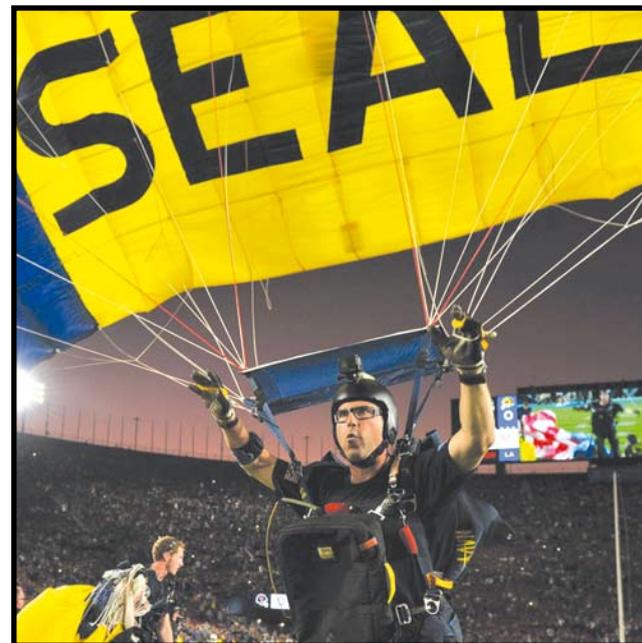
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LOS ANGELES (Nov. 17, 2019) - The Navy Parachute Team Leap Frogs performed a jump during the recent Sunday Night NFL game between the L.A. Rams and Chicago Bears. The Rams won, 17-7. Navy photo



CORONADO, Calif. (Nov. 22, 2019) - A member of SEAL Qualification Training Class 334 receives his special warfare (SEAL) device, known as a "trident," during graduation here. The class graduated following a 65-week training program.

Navy photo by  
 MC1 Anthony W. Walker

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**PACIFIC OCEAN (Nov. 26, 2019)** - Waves break against the bow of Arleigh Burke-class guided-missile destroyer USS Paul Hamilton (DDG 60). Paul Hamilton is underway conducting routine training in the Eastern Pacific Ocean. Navy photo by MC3 Matthew F. Jackson



**CAMP PENDLETON, CALIFORNIA (Nov. 24, 2019)** - Marines with 11th Marine Expeditionary Unit depart from an MV-22 Osprey after returning here from a seven-month deployment. The 11th MEU was deployed aboard the Boxer Amphibious Ready Group. Marine Corps photo by Cpl. Jason Monty

**PACIFIC OCEAN (Nov. 20, 2019)** - Aviation Electricians Trevor Brewster, left, and Caleb Byers run diagnostics on the weapons system of a Super Hornet during an underway period with USS Theodore Roosevelt.



Navy photo by MCSN Olympia McCoy



**TWENTYNINE PALMS (Nov. 20, 2019)** Marines with 1st Marine Division detonate obstacle-breaching Bangalore torpedoes during a live fire and maneuver exercise. 1st Marine Division took advantage of training opportunities at the Combat Center to further develop their proficiency while fully integrating combined arms systems of an infantry battalion. Marine Corps photo by Lance Cpl. Colton Brownlee

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## No, joking about shooting someone at work is not funny

by Dr. Daneen Skube  
Tribune Content Agency

**Q:** I was angry at a co-worker and jokingly told my boss that guy is lucky I don't have a gun. Then I received a week of suspension. Has everyone lost their sense of humor? I don't even own a gun. How can I make certain I never get labeled a workplace threat again?

**A:** You can avoid being perceived as a workplace threat if you realize that any language that hints at physical violence is not helpful. You may indeed never be a violent threat to your co-workers, but no one can know your inner thoughts. What others can know is the words we choose to express our thoughts.

Talking about strangling someone, punching someone in the nose or throwing someone out the window are no longer heard as expressions of frustration. Instead these words are heard as future plans to do co-workers harm.

Obviously no one can control what we say at work, but

they can absolutely suspend, fire, or not hire us over our language. Every day we hear

### INTERPERSONAL EDGE:

stories of random violence that seems unpredictable and unprovoked. As we watch the news the question becomes, "Could I be a victim next?"

The general mental health level in our society seems to be deteriorating. Substance abuse, suicide, and mood disorders are on the rise. We all go to work in a business environment that can feel like a powder keg waiting for a match.

Expect your co-workers will scrutinize your words. Are you speaking in ways that make others more anxious or help co-workers feel safe?

In ancient cultures, you worked in the same environment with the same people for a lifetime. Now you may work with a group whose membership shifts every few months. Within this fluid membership it is tough to really get to know anyone.

Too often in the news col-

leagues comment publicly after a workplace shooting that they never thought a co-worker

was capable of violence. You can see why we then secretly wonder what people in our office might do.

As you walk around at work you have more power than you may think. You can be a force to use language that calms people down or scares people. You can add to the hostility, judgement and alienation or create connection and peace in your corner of the world.

If you choose to use your power to be a match lighting the powder keg of fear and frustration at work, you'll pay the price. In today's environment, words are not cheap but can cost us much more than we want to pay.

The last word(s)

**Q:** Is there any one tip you tell clients to do to give them more respect at work?

**A:** Yes, listen twice as much as you speak, and when you speak people will listen.

## Select Reenlistment Bonus and pay for performance pilot update

WASHINGTON - How does a little extra cash sound? The Navy is looking to retain talented and skilled Sailors by offering reenlistment bonuses for critical billets; some as high as \$100,000.

For Sailors coming up on their reenlistment date, MyNavy HR recommends they talk to a career counselor as soon as possible and chart out their career course.

"Incentives are just one way we are retaining and managing top talent as part of Sailor 2025. To those eligible and re-enlisting, we're excited that you are staying Navy," said Rear Adm. Jeffrey Jablon, director of military personnel, plans and policies.

With the December changes, there are 62 award-level additions and 46 bonus increases, making this a significant update since July and a great time to go see your career counselors.

The Navy also announced the expansion of the Pay for Performance (P4P) pilot program (a Sailor 2025 initiative) for Sailors in seven engineering



**Lt. Jamie Jordan, right, administers the oath of reenlistment to Fire Controlman 2nd Class Joseph Johnson aboard USS Carney. Navy photo by MC1 Ryan U. Kledzik**

ratings and now two additional ratings: naval aircrewman (helicopter) and culinary specialist (submarine).

To be eligible for this superior performance kicker, you must have received two early promotes (EP) on your three most recent regular periodic evaluations. Transfer, concurrent, or special evaluations will not

qualify. It goes without question, a Sailor cannot have received non-judicial punishment and have not failed any part of the physical fitness assessment within the last three years.

To find out more about the Navy's critical billets and Pay for Performance pilot, go to <https://www.mnp.navy.mil/group/pay-and-benefits>.



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## Toyota GR Supras - Stock to race prepared



by Jan Wagner

Now that the world has seen the new Toyota GR Supra, you just knew that they would want to do something extra special for the SEMA Show. Add to that the fact that Toyota Racing Development (TRD) is celebrating 40 years and it should come as no surprise that there were no less than a dozen GR Supras on display, from stock to fully race prepared.

Ed Laukes, GVP, Toyota Division Marketing, squared off with NASCAR analyst and automotive TV personality Rutledge Wood to build what their special GR Supra should be.

Ed tasked Marty Schwerter to work with the Motorsports Technical Center to fabricate the GR Supra Heritage Edition, my personal favorite. Much of what makes this car special are features that harkens back to the MK IV without losing the modern lines of the new chassis.

The turbocharger is stock but has been modified for better airflow. It has a custom intake and exhaust. It is tuned to produce over 500 horsepower on a stock long block.

The headlights on the concept were built from scratch with custom buckets - a custom design reminiscent of the

MK IV (the A80 chassis). The taillights also have those little round pieces in the back. They built custom lenses to make them look like the old car. The idea was to take the best of the MK V Supra and still honor the past of what made Supra an icon - the ultimate Fast & Furious, ultimate SEMA tuner car.

Perhaps the most complicated and interesting engineering part of the car is they went from a traditional suspension to what they call either a pushrod or a rocker arm suspension, which you find in an IndyCar or a Formula 1 car. In those race cars they try to get the suspension components out of the turbulent air, for aerodynamics. In a production car that doesn't really matter, because of the body.

They really didn't want to widen the Supra's overall body, so to have the wheel and tire clearance they had to move the shocks and the arms out of there, so they designed this whole custom setup so that there's an arm that operates and a rod that pushes up. It activates an arm that rocks and activates the shocks. This is a complicated, innovative type of suspension.

A Toyota press release described the inspiration and some of the features of the cars too. For instance, we learned that Rutledge Wood's dream build was the GR Supra Ego Boost Edition. His builder was Rick Leos of Lucky Leos 17 Motorsports. They transformed his concept into reality as his aptly named project features wider, more aggressive body lines and 750-plus horsepower.

The GR Supra Performance Line Concept was designed by Toyota Customizing & Development. It was clad in functional carbon-fiber aerodynamic components riding on 19-inch forged aluminum wheels.

The GR Supra 3000GT Concept is a tribute to the iconic TRD3000GT Supra body kit of the mid-90s.

The GR Supra Wasabi Concept was the vision of the Toyota Genuine Accessory Team as "a Supra for the masses." It features massive Brembo B-M Brakes, Öhlins suspension upgrades, Toyota forged aluminum wheels and Five Axis aero parts.

Back in 2018, the GR Supra Racing Concept hinted at what the new Supra would look like, and how a competition model might appear.

The GR Supra GT4 debuted at the 2019 Geneva Auto Show. This turn-key race car concept drew the attention of drivers interested in getting involved in the popular GT4 racing class. Developed by Gazoo Racing, this well-balanced chassis features an FIA compliant cage, racing suspension components, Brembo racing brakes, OZ Racing wheels and a host of motorsports components.

The Supra built for the NASCAR Xfinity Series has enjoyed great success in its first year. Toyota development driver Christopher Bell drove the No. 20 Supra for Joe Gibbs Racing.

Finally, with the Supra competing for the first time in NASCAR, what better choice than a GR Supra to serve as Pace Car? It features TEIN coil-over suspension, Project Mu brake pads, HRE Forged P101 Monoblok wheels with Goodyear Eagle F1 Asymmetric 3 tires, and a Whelen LED light bar.

For photos, visit [www.drivetribe.com](http://www.drivetribe.com), click on the magnifying glass, select POSTS, enter "AutoMatters & More #619" in the search bar. Send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com). Copyright © 2019 by Jan Wagner

## The Meat & Potatoes of Life



by Lisa Smith Molinari

Ever since I realized that we have one less week between Thanksgiving and Christmas this year, I've been moping around feeling ripped off. We can't be expected to cram every holiday celebration and tradition into three lousy weeks! There is far too much to do, see, eat, sing, drink and buy before Dec. 25!

In 1789, George Washington declared November 26th a National Day of Thanksgiving, but then in 1863 Abraham Lincoln declared it to be the last Thursday of the month. To complicate things further, Franklin D. Roosevelt signed a bill in 1941 placing Thanksgiving on the fourth Thursday. The aftermath of this waffling is that, when Thanksgiving falls on November 28th like it did this year, we get cheated out of a week of holiday celebrating. Obviously, these men's wives had no say in the matter, because this most unfortunate Gregorian anomaly has clearly ruined the 2019 holiday season.

However, being that I'm a nogis-half-full kind of gal, I wonder if a pivot in attitude might turn this bamboozle into a bail out? Have we been swindled, or have we been saved? Is losing a week actually a win?

Clearly, there are definite cons to

## The flip side of a short-changed holiday

a shortened holiday. After exhausting ourselves with lugging boxes of decorations out of the attic, garage and basement and spending countless hours bedazzling the house, the yard, and the tree - who wants to turn around and have to put it all back a few short weeks later? However, having the Christmas tree up for one less week might actually be a good thing. Think about it - one less week of having to crawl under the tree to check the scummy, stagnant, cess pool in the stand's reservoir. Less opportunity for the cat to upchuck ingested tinsel. Less time for the tree to die, dry up and drop its needles on the carpet. Less chance the whole shebang will catch fire and burn the entire house down.

See how a little attitude adjustment can work in one's favor?

Sure, it really stinks to be short-changed a whole week's worth of the Christmas music you love. But your ears will thank you for sparing them a few broadcasts of the Chimpunk's gratingly nasal rendition of "Christmas Don't Be Late." You won't have to worry as much about getting Jose Feliciano's "Feliz Navidad" stuck on an unending loop in your head. And there is less chance that your rage disorder will be triggered when you hear the sound of Harry Connick, Jr.'s voice for the umpteenth time.

Of course, everyone wants a full month to savor the traditional holiday foods that we only get once a year - the cookies, the latkes, the prime rib, the cheese balls, the candy canes, the cocktails, the shrimp platters, the Swedish

meatballs, and the red and green peanut M&Ms! But let's face it, a shorter holiday season means a 25 percent reduction in calories, which translates into less pounds gained, and less time on the treadmill resolving to sweat it off after New Year's. Yay!

Of course, a holiday season bilked of shopping days could ratchet up the gift-buying stress to panic levels. But shoppers like me who end up buying things for themselves - new boots, make up, handbags, sweaters - while looking for gifts for others could use a healthy dose of anxiety to keep them focused on the task at hand.

And finally, it sucks that we're getting gyped out of six day's worth of festive gatherings, traditional celebrations, and holiday parties. Think of all the Secret Santa presents, cookie swaps, command events and cocktail soirées we will miss! However, less time partying means less time wearing Spanx, less idle chit chat, less opportunity to dribble chocolate fondue down your shirt, less chance of regretting the inappropriate biker chick joke you told your boss, and less likelihood that you will drink too many peppermint shots then find yourself on the dance floor grinding with your cubical mate.

Behold the power of positive thinking!

Oh, and by the way, due to circumstances beyond my control, my Christmas cards will be late this year. (I'm liking this abbreviated holiday season more and more.)

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## Blood drive slated for Mira Mesa Sat., Dec. 14

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Souplantation is located at 8105 Mira Mesa Blvd, San Diego, 92126. The Blood Mobile will be parked North of Target by the AT&T Store. Donors will receive a limited-edition Holiday T-shirt, while supplies last. To schedule an appointment or for more info, visit www.sandiegobloodbank.org or call 1-800-469-7322.

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8pm Last Christmas  
**Sunday, December 8**  
3pm Holiday Concert  
**Monday, December 9**  
5:40pm Maleficent: Mistress of Evil  
7:50pm Last Christmas  
**Tuesday, December 10**  
5:30pm Midway (2019)  
8pm \*Zombieland 2: Double Tap  
**Wednesday, December 11**  
5:40pm \*Maleficent: Mistress of Evil  
7:50pm Black and Blue  
**Thursday, December 12**  
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8pm Midway (2019)  
**Saturday, December 7**  
1:30pm Maleficent: Mistress of Evil  
4pm Last Christmas  
6:50pm Midway (2019)  
**Sunday, December 8**  
12:50pm Last Christmas  
3pm Midway (2019)  
6:20pm Terminator: Dark Fate  
**Monday, December 9**  
5:50pm Last Christmas  
8pm Harriet  
**Tuesday, December 10**  
5:40pm Countdown  
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\* indicates last showing

**Thursday, December 5**  
6:30pm \*The Addams Family (2019)  
**Friday, December 6**  
6:30pm Midway  
9pm Harriet  
**Saturday, December 7**  
3pm Maleficent: Mistress of Evil  
6:30pm FREE ADVANCE SCREENING  
Jumanji: The Next Level ★  
9pm Terminator: Dark Fate  
**Sunday, December 8**  
1pm Terminator: Dark Fate  
6:30pm FREE ADVANCE SCREENING: Richard Jewell (R)  
**Wednesday, December 11**  
6:30pm \*Zombieland 2: Double Tap  
**Thursday, December 12**  
6:30pm \*Maleficent: Mistress of Evil

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

**Thursday, December 5**  
11am Wonder Park  
5pm Good Boys  
**Friday, December 6**  
5pm Ghostbusters (2016)  
**Saturday, December 7**  
2pm The Amazing Spider-Man  
5pm Spider-Man: Far From Home  
**Sunday, December 8**  
5pm Booksmart  
**Monday, December 9**  
5pm Stuber  
**Tuesday, December 10**  
11am Dumbo (2019)  
5pm Anna  
**Wednesday, December 11**  
5pm The Hustle (2019)  
**Thursday, December 12**  
11am Aladdin (2019)  
5pm NO MOVIE

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**Thursday, December 5**  
6:30pm Black and Blue  
**Friday, December 6**  
6:30pm Terminator: Dark Fate  
**Saturday, December 7**  
3pm \*\*\*FREE SCREENING\*\*\*  
Richard Jewell (R)  
**Sunday, December 8**  
1pm Maleficent: Mistress of Evil  
4pm Countdown  
6:30pm Harriet

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6 5 2 3 6 4 8 7 1  
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2 6 7 3 8 6 7 2 9 5  
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## County issues advisory on mumps

by José A. Álvarez,  
County of San Diego

The County Health and Human Services Agency issued a health advisory to the local medical community to be on the lookout for mumps given the unusually high number of cases being reported in the region.

Sixty San Diego County residents have been reported with confirmed or probable mumps so far in 2019, the greatest number in over 25 years. In comparison, nine cases were reported in 2018 and 15 the year before that.

**"WE'RE ASKING PROVIDERS TO REPORT SUSPECTED MUMPS CASES TO THE COUNTY, AND WE'D LIKE THE PUBLIC TO KNOW ABOUT THE SYMPTOMS OF MUMPS, SO THEY SEEK CARE," SAID WILMA WOOTEN, M.D., M.P.H., COUNTY PUBLIC HEALTH OFFICER.**

This year's mumps cases range in age from 9 months to 79 years of age—average age is 28 years and 37 cases (62%) were men.

There have been no deaths; however, six people were hospitalized. Two people had hearing loss and five men had swelling of the testicles.

Neighboring counties have reported recent increases in mumps cases as well. Los Angeles County reported an outbreak this month in that county's

Men's Central Jail. Orange County has noted an increase in mumps cases for 2019.

As of November 16, 2019, a total of 3,067 mumps cases have been reported nationwide this year to the Centers for Disease Control and Prevention. The Mexican Ministry of Health reported 7,200 cases of infectious parotitis/mumps in Mexico in 2019 through November 9. This includes 754 cases in Baja California, the largest number there since 2001.

Six people reported travel to Tijuana during their exposure periods, and eight people went to other locations outside the United States.

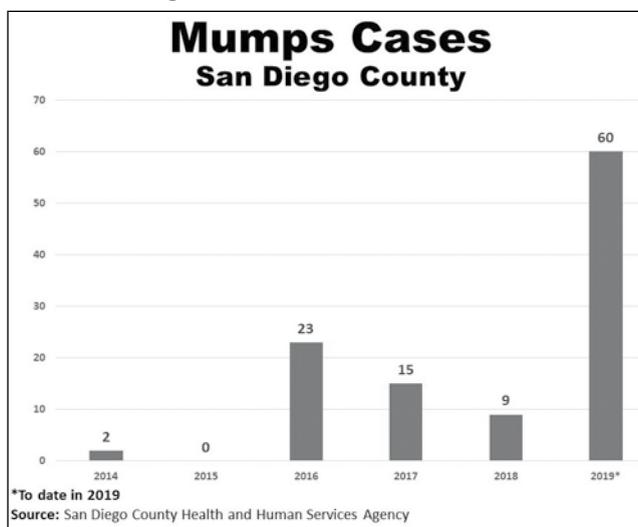
"Everyone should get the recommended age-appropriate immunization for measles, mumps and rubella, the MMR vaccine," Wooten said. "For some adults, that means getting a second shot before travel outside the United States."

### What is mumps?

Mumps is a highly contagious viral disease. It is spread by coughing, sneezing or close contact with an infected person.

Mumps causes a fever, headache, earache, and inflammation of the salivary glands which results in swelling and tenderness at the angle of the jaw. Anyone who thinks that they have mumps should contact their provider before going for care so proper precautions can be taken to prevent exposure to others.

Severe complications are rare, but can include meningitis, de-



creased fertility, permanent hearing loss, and, in extreme cases, fetal loss during first trimester of pregnancy. There is no treatment for mumps. Most people recover without problems.

The best way to prevent mumps is by getting the MMR (measles, mumps and rubella) vaccine. Two doses of the vaccine are recommended—one at 12 to 15 months of age and another at 4 to 6 years of age. Before 1990, only one MMR was recommended, so some adults may have had only one MMR shot as a child. Two doses of MMR are recommended before travel outside the country.

For more information about mumps, other vaccine-preventable diseases, and the vaccines that protect against them, visit the CDC mumps website or contact the County HHS Immunization Program at (866) 358-2966 or visit the website at [www.sdiz.org](http://www.sdiz.org).

## Veggie eating boosted by tasty names

Everyone knows they should eat more vegetables. But only about 10% of Americans eat the recommended number of veggies per day. A recent study found that tasty descriptions can encourage people to make healthier choices. Researchers tested whether food labels on vegetables served in dining halls affected college students' food choices. They tested three types of labels at five universities across the country: tasty, healthy, or basic.

Tasty labels used words linked to excitement, indulgence, tradition, or geographic locations. They included names like "Herb n' Honey Balsamic Glazed Turnips" and "Sizzlin' Szechuan Green Beans."

Healthy labels used names like "Healthy Choice Turnips" or "Nutritious Green Beans." Basic labels read "Turnips" or "Green Beans." The dishes were the same every time. Only the labels changed.

Students were more likely to choose the veggies with tasty sounding names. They chose them 14% more than those with basic labels and 29% more than those with healthy labels. Students even ate 39% more of the "tasty" sounding veggies than the "healthy" veggies.

"This is radically different from our current cultural approach to healthy eating which, by focusing on health to the neglect of taste, inadvertently instills the mindset that healthy eating is tasteless and depriving," says Dr. Alia Crum at Stanford University, who led the study.

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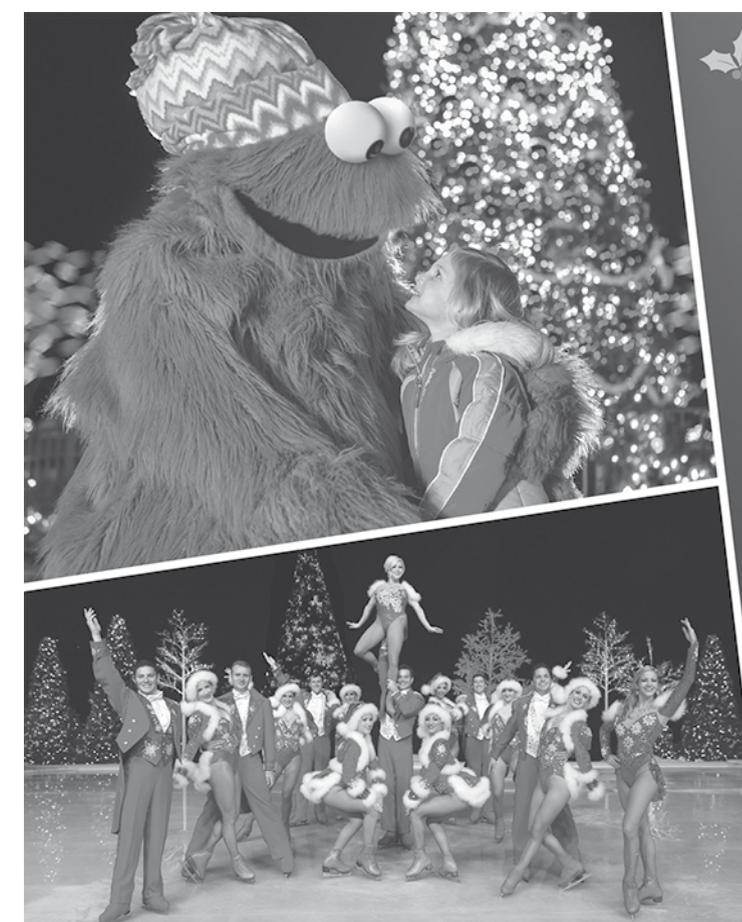
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# Go out and play

**City Fun Center.** Come have fun with us during the holidays! Arcade games, laser tag, mini bowling. Party specials! 8990 Miramar Rd. (858) 675-9700. cityfuncenter.com

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

**Snowfall at Omni La Costa Resort,** Dec 5-31, 5 & 7pm, every Thursday-Saturday. www.omnihotels.com/hotels/san-diego-la-costa

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

**Arts District Liberty Station** invites guests to get (((amplified))) on Dec 6, 5-9pm. Join us for a free concert featuring SD based musician, Whitney Shay with opening act, Lauren Leigh in Bldg. 177. Sip and stroll while you shop for holiday gifts with a creative twist, enjoy lively entertainment and new culinary and creative experiences. Salute the Season at the holiday themed Local Bazaar Pop-Up Market.

**Foreign Film Friday: Once,** Fri, Dec 6, 4 & 7pm. Ruby G. Schulman Auditorium, Carlsbad. Free admission. www.carlsbadca.gov

**Kid's Night Out,** Fri, Dec 6, 4:30-9pm, Old Poway Park. poway.org

**Holiday Tree Lighting & Oceanside Art Walk,** Fri, Dec 6. SpringHill Suites by Marriott in Oceanside. www.facebook.com/springhillsuites-sandiegooceansidedt/

**The Peking Acrobats,** Fri, Dec 6, 8pm. Harrah's Resort. www.harrahssocal.com

**International Christmas Festival,** Fri-Sat, Dec 6-7, (Fri 3-11; Sat noon-11pm) Located just southwest of the Organ Pavillion in Balboa Park, each of the 33 cottages are representative of a different culture. On these two nights, all 33 will be open in order to share their culture, and provide various ethnic foods and spirits, from Chinese dumplings and Israeli latkes to Irish Coffee. "Entertainment from around the world" will also be in full action on the stage nestled in the center.

**The Uncommon: Palomar Chorale, Chamber Singers & Palomar Symphony Orchestra,** Fri-Sat, Dec 6-7, 7:30pm. Howard Brubeck Theatre, Palomar College, San Marcos. www.palomarperforms.com

**42nd Annual December Nights,** Fri-Sat, Dec 6-7, Balboa Park. www.sandiego.gov/december-nights

**Warren Miller Film Tour: Timeless,** Fri-sat, Dec 6-7, La Paloma Theatre, Encinitas. www.warrenmiller.com

**Scripps Performing Arts Academy presents Legally Blonde, Jr.** Fri, Dec 6-Sun, Dec 15. David & Dorothea Garfield Theatre, La Jolla. www.scrippsperformingartsacademy.com

**City Ballet of San Diego presents The Nutcracker,** Fri, Dec 6-Dec 22. Spreckels Theatre, Downtown, SD. www.cityballet.org

**Miracles of the Season at Patio Playhouse.** patioplayhouse.com

**Pearl Harbor Day, Saturday, December 7**

**OB Holiday Parade,** Sat, Dec 7, 5pm. Free. Along Newport Avenue, Ocean Beach

**Mountain West Football Championship,** Hawaii vs Boise State. Sat,

Dec 7, Albertsons Stadium, Boise, Idaho. www.themw.com

**Sensory-friendly Santa** for special needs children at Westfield North County, Sat, Dec 7, 8-10am. www.westfield.com

**Pets on Parade & Makers Market,** Sat, Dec 7, 10am-1:30pm. Carlsbad Village Faire. www.carlsbad-village.com

**Encinitas Holiday Parade,** Sat, Dec 7, 5:30-7:30pm. Coast Highway 101. www.encinitasca.gov

**San Diego STEAM Maker Festival,** Sat, Dec 7, 10am-3pm. Del Mar Fairgrounds. www.sansmf.org

**28th Annual Red Nose Run & Expo,** Sat, Dec 7. Race at 1pm, Expo opens 11:30am. In Del Mar on the beach. www.therednosserun.com

**Tree Lighting,** Sat, Dec 7, 1-7pm, San Marcos Civic Center. www.san-marcos.net

**38th Annual Fallbrook Christmas Parade,** Sat, Dec 7, 5pm. Main Ave, downtown Fallbrook. www.fallbrookchamberofcommerce.org

**Starlight Parade & Children's Faire,** Sat, Dec 7, 2-5pm. Chula Vista. Parade begins at 5pm. www.starlightparade.com

**KSON 103.7 CountryFest Christmas,** Sat, Dec 7, 4-10pm. Del Mar Fairgrounds. www.kson.radio.com

**Holiday at the Rancho,** Sat, Dec 7, 5-8pm. Leo Carrillo Ranch, Carlsbad. www.carlsbadconnect.org

**Family Movie Night: Elf,** Sat, Dec 7, 7pm (gates open 5:30) at Moonlight Stage Amphitheatre. www.moonlightstage.com

**SD Gulls vs. Colorado Eagles** Sat, Dec 7, 7pm. Pechanga Arena San Diego, Sports Arena. www.sandiegogulls.com

**Frequency Vocal Jazz Winter Concert,** Sat, Dec 7, 7:30pm. Mira-Costa College, Oceanside. www.miracosta.edu/buytix

**Coaster Holiday Express train rides,** Sat-Sun, Dec 7-8. Oceanside Transit Center. www.gonctd.com

**Breakfast with Santa** at San Diego Zoo Safari Park, Sat-Sun, Dec 7-8, 9-10:30am. www.sdzsafari.com

**San Diego Gay Men's Chorus presents Jingle,** Sat-Sun, Dec 7-8. Balboa Theatre, downtown SD. www.sandiegoteatres.org

**Western Surfing Association Tour Event #5 & Toys for Tots Collection,** Sat-Sun, Dec 7-8. San Clemente Pier. www.surfwsa.org

**Makers Arcade Holiday Fair,** Sat-Sun, Dec 7-8, 10am-5pm. Port Pavilion on Broadway Pier, downtown SD. www.makersarcade.com

**The Nutcracker,** Sat-Sun, Dec 7-8, 2 & 4pm. Pechanga Resort & Casino, Temecula. www.pechanga.com

**Keepin' It Rural 5K & 10K Trail Race & Hike,** Sun, Dec 8, 7:45am. Enjoy the post-race festival with vendor expo, food trucks, beer garden, live band and raffle! Elfin Forest Recreational Reserve. www.letskeepit-rural.com

**Del Dios Half Marathon,** 10K & 5K, Sun, Dec 8, 7:30am. Lake Hodges, Escondido. www.raceroster.com

**Santa Salute** at Westfield Mission Valley & Westfield North County, Sun, Dec 8, 11am-7pm. **Free 5x7-inch photo with military I.D.**

www.westfield.com

**Holiday Homes Tour in Vista.** Sun, Dec 8, 10am. www.vista-communityclinic.org/holiday-homes-tour

**56th Annual Toyland Parade,** Sun, Dec 8, 11am-1pm. University Ave between Utah & Iowa Streets in North Park. www.toylandparade.com

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

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

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

**Christmas Celebration at Sea-World San Diego,** through-Jan 5. www.seaworldsandiego.com

## Ring in the holidays in Chula Vista on Dec. 7 with free festivities for families

The free Chula Vista Starlight Parade and Children's Faire returns on Sat., Dec. 7, from 2-8pm to jump start your holiday season! The City of Chula Vista welcomes all to attend the festive Starlight Parade as it lights up the heart downtown Third Avenue Village. The magic begins Saturday, Dec. 7 at 2pm. with the Children's Faire at Memorial Park, followed by the parade which kicks off at 5pm at Third Avenue, starting at H Street and ending up at E Street. Children's Faire in Memorial Park. Activities at the Children's fair are free! StarlightParade.com

## Gun buy back event planned for this Saturday, Dec. 7, 8am-noon

Guns-for-Gift Cards or Skateboard Exchange event hosted by the Unified African American Ministerial Action Council (UAAMAC), the San Diego Police Department, the San Diego Sheriff's Department, and the San Diego County District Attorney's Office. The public may turn in unwanted guns and in return receive a gift card or skateboard. No questions asked! Encanto Southern Baptist Church, 6020 Akins Ave., San Diego, CA 92114.

## Toast, taste and shop your way through the Gaslamp on Sat., Dec. 14, 1-5pm

It's time to toast to the creative craft cocktail culture, thriving dining scene, and unique retailers emerging in the heart of downtown San Diego, the Gaslamp Quarter. With the holidays just around the corner, the Toast of Gaslamp will bring festive feelings and a holly jolly good time to the Gaslamp with a seasonal self-guided tasting tour on December 14, 2019! Toast, taste and shop your way through the Gaslamp Quarter from 1pm to 5pm with 20 holiday-inspired bites, 20 seasonal sips and 10 exclusive shopping deals! \$25 advance/\$30 day-of event. toastofgaslamp.com

## Celebrate the World - A Holiday Variety Show Dec. 15, 3 & 7pm

Celebrate the Season in Song, Dance & Stories! Pt Loma Playhouse invites you to join us while we explore other countries and cultures' holiday traditions through music, dance and personal stories. The journey ends in America where some familiar holiday music will be performed. Two shows 3 & 7pm. Fun for the whole family. Tickets only \$10. Part of the proceeds will go to help the the orphans at Eunime in Baja California. Pt. Loma Playhouse, 3036 Talbot Street, Point Loma, (619) 800-5497. www.pointlomaplayhouse.com

**Rady Children's Ice Rink,** Daily 10am-10pm. Through Sun, Jan 5. \$10-\$50. Enjoy some holiday fun at this incredible outdoor ice rink! Admission \$15/adults, \$13/kids, \$10/military with valid I.D. Or buy punch card that's good for five skate sessions. Rady Children's Arts District Liberty Station, Central Promenade, 2875 Dewey Road, Point Loma.

**La Jolla Christmas Parade & Holiday Festival** on Girard Avenue in La Jolla, Sun, Dec 8, 1:30pm. www.ljparade.com

**Winterfest in Vista Village,** Sun, Dec 8, 2-7pm. www.discovervista.com

**Santa by the Sea & Holiday Tree Lighting** at Camino Del Mar & 15th Street, Sun, Dec 8, 3pm. Tree lighting at 5pm. www.visitdelmarvillage.com

**Encinitas Ballet presents The Nutcracker** at Moonlight Amphitheatre, Sun, Dec 8, 4pm. www.encinitasballet.com

**Holiday Tree Lighting at Fletcher Cove Park,** Sun, Dec 8, 4:30pm. www.ci.solana-beach.ca.us

**SD Bay Parade of Lights:** Comic-Con on the Bay, Sun, Dec 8, 5pm. www.sdparadeofflights.org

**ALT 949 Not So Silent Night** at Del Mar Fairgrounds, Sun, Dec 8, 5-10pm. https://alt949.radio.com

**LA Rams vs. Seattle Seahawks** at LA Memorial Coliseum, Sun, Dec 8, 5:20pm. www.therams.com

**LA Lakers vs. Minnesota Timberwolves** at Staples Center, Sun, Dec 8, 6:30pm. www.nba.com/lakers

**GC Dance Company's The Nutcracker** at California Center for the Arts, Escondido, Sun, Dec 8, 6:30pm. www.artcenter.org



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# Concerts

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

## December

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

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

**Jaden & Willow: The Willow & Erys Tour 2019.** Mon, Dec 9, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim. citynationalgroveofanaheim.com

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

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

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

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

Hotel California-A Salute to

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

## January

**Kane Brown.** Thurs, Jan 9, 8pm. (rescheduled from 10/18/19). Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

**Tool.** Fri, Jan 10 & Sun, Jan 12, 7:30pm. Rock. Viejas Arena at SDSU, 5500 Canyon Crest Dr.,

San Diego. (619) 594-6947.

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

**Brian McKnight.** Fri, Jan 10, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. citynationalgroveofanaheim.com

**Calibash.** Sat, Jan 11, 8pm. Staples Center, 1111 S. Figueroa St.,

Los Angeles. staplescenter.com  
**Styx.** Tues, Jan 14, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. citynationalgroveofanaheim.com  
**Chance the Rapper.** Wed, Jan 15, 7:30pm. Hip-hop/rap.

Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.  
**Blue Oyster Cult.** Thurs, Jan 16, 8pm. Rock. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon.  
**Eric Johnson-Classics Past &**

**Present.** Fri, Jan 17, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. citynationalgroveofanaheim.com  
**Boyz II Men,** Sat, Jan 18, 8pm. The Show at Agua Caliente Resort Casino Spa, 32-250 Bob Hope Dr, Rancho Mirage. (800) 514-3849.

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## 2020 HYUNDAI ACCENT

AUTOMATIC



**\$14,027 FRANK'S PRICE**  
**-\$750 RETAIL BONUS CASH**  
**-\$1000 MILITARY or 1st RESPONDERS**  
**-\$500 VALUED OWNER COUPON**

**NET PRICE**  
**\$11,777**

All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 12/31/19. 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**

**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 12/31/19. 6 at this price.

## 2019 HYUNDAI SONATA LIMITED



**\$10,500 OFF MSRP**  
**\$5,000 FRANK DISCOUNT**  
**\$3,000 Retail Bonus Cash**  
**\$1,000 HMF Bonus Cash**  
**\$500 Military or 1st Responders**  
**\$500 Valued Owner Coupon**

All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 12/31/19. 1 at this price #799059.

# SERVICE SPECIALS

## 4-WHEEL ALIGNMENT

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

**WKS**  
**\$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 12/31/19.

### 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

**WKS**  
**\$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 12/31/19.

## 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 12/31/19.

**PLUS 10% OFF**

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

**WE HONOR OUR MILITARY!!**