

Base Movie Schedule

The Gentlemen, The Last Full Measure, Dolittle, Bad Boys For Life, Just Mercy, The Grudge.

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AutoMatters & More



Going on safari at the San Diego Zoo & Safari Park.

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THURSDAY, FEBRUARY 20, 2020

MARINES LANDED ON IWO JIMA FEB. 19, 1945 "UNCOMMON VALOR WAS A COMMON VIRTUE" -- ADM. CHESTER NIMITZ

by David Vergun,
DOD News

By February 1945, U.S. forces had island hopped across the Pacific Ocean and were rapidly closing in on the Japanese mainland.

Before attacking Japan, war planners hoped to capture Iwo Jima, a tiny island in the Western Pacific that would put U.S. bombers within a 750-mile strike range of Japan.

The task for doing this fell to the 3rd, 4th and 5th Marine divisions, the Army's 147th Infantry Regiment and the Navy's 5th Fleet.

Plans to capture Iwo Jima unfolded June 15, 1944, with Army Air Forces and Navy bombardment of the island. This continued until troops landed on the island Feb. 19, 1945, 75 years ago today.

Despite the heavy and sustained bombardment of the island, the Japanese had their own defensive plans, which included about 11 miles of tunnels and underground rooms for command and control and other functions.

So, the bombardment by the Americans of Iwo Jima had relatively little effect on about 21,000 Japanese troops holed up underground.

To make matters worse for the Americans, many of the tunnels



U.S. Marines raise the flag atop Mount Suribachi, Iwo Jima, Feb. 23, 1945. Photo by Joe Rosenthal, AP

were located on the slopes of Mount Suribachi. The Japanese directed artillery, small arms and mortar fire from openings downward on U.S. troops landing on the beaches and advancing inland with great difficulty on the slippery, black volcanic sand.

The invasion fleet consisted of the three Marine divisions of about 70,000 men, around 450 naval ships of various types, as well as several thousand Navy Seabees. The Seabees were naval engineers who were experts at building roads and would be

needed to open the island's three airfields.

Over five weeks of fierce fighting, the Marines suffered more than 25,000 casualties, including nearly 7,000 dead. The casualty rate was so high that the Army's 147th Infantry Regiment landed a month later to help with mopping-up operations.

The Japanese suffered even more devastating losses, with around 18,000 killed. Despite efforts to get the Japanese to surrender, only 216 were taken

prisoner. The rest were listed as missing and presumed dead.

Sporadic fighting continued until the war ended on Aug. 15, 1945. However, two Japanese holdouts hid in the island's caves and tunnels until they finally surrendered in 1949.

One of the most iconic images of World War II was taken by photographer Joe Rosenthal. His photograph captured six Americans raising the U.S. flag on Iwo Jima on Feb. 23, 1945. Marine Sgt. Bill Genaust, who

was standing beside Rosenthal, captured the same moment on video. Genaust was killed nine days later.

The image of the flag raising was so powerful that it was featured on a U.S. postage stamp, and a large statue of the flag raising is featured at the Marine Corps War Memorial in Arlington, Va.

Books were written and movies made about the battle for Iwo Jima. Three of those films are the

1949 "Sands of Iwo Jima," starring actors John Wayne and Forrest Tucker, and two 2006 movies directed by Clint Eastwood: "Letters from Iwo Jima" and "Flags of Our Fathers."

The U.S. returned Iwo Jima to Japanese control in 1968. Today, the Japan Maritime, Ground and Air Self-Defense Forces maintain a presence on the island.

Japan is now one of America's most important allies.

Navy cruiser sails through Taiwan Strait days after Air Force flyover

by Caitlin Doornbos,
Stars and Stripes

YOKOSUKA NAVAL BASE, Japan - The United States sailed a guided-missile cruiser through the Taiwan Strait on Feb. 15, three days after flying an Air Force tanker over the contentious area, officials said. USS *Chancellorsville*'s transit through the 110-mile-wide waterway that separates Taiwan from mainland China "demonstrates the U.S. commitment to a free and open Indo-Pacific," 7th Fleet spokesman Lt. Joe Keiley told *Stars and Stripes* in an e-mail Feb. 16. "The U.S. Navy will continue to fly, sail and operate anywhere international law allows," he said. The transit follows an Air Force mission on Feb. 12 that sent an MC-130J Commando II north to south along the airspace over the Taiwan Strait, while two B-52 Stratofortress bombers flew along Taiwan's east coast, according to Pacific Air Forces spokeswoman Maj. Victoria Hight. The U.S. operations were held after Chinese naval and air forces operated near Taiwan twice this week. Beijing, which regards the island as its own, held a "combat-readiness patrol" with bombers, jet fighters, early warning aircraft, destroyers and frigates near Taiwan on Feb. 9, according to the Chinese Defense Ministry. The U.S. considers Taiwan's status unsettled, but adheres to the "One China" policy, acknowledging that Beijing considers Taiwan part of China. However, the Taiwan Relations Act provides a framework for the U.S. to aid the self-governing island's defense. On Feb. 17, China held naval and air drills in the waters off the southeastern coast of Taiwan.

Smart sea gliders improve ocean observation, ocean prediction

by Daniel Parry

Scientists from the Naval Research Laboratory's Ocean Sciences Division are optimizing the placement of ocean gliders and the usage of glider data to improve the Navy's ability to predict ocean conditions.

Researchers frequently use gliders - slow-moving, long-endurance underwater vehicles - to collect data on ocean conditions such as temperature, depth, and

salinity; in effect, observing the ocean's weather.

"Predicting the ocean's interior weather is challenging, yet it has important implications for all those who sail and operate on its waters," said Jeffrey Book, an NRL oceanographer. "To help mitigate this problem, the ocean observing community has been developing new techniques for autonomously measuring the ocean's interior and reporting

data back in real time."

Because of the ocean's vast volume, efficiently placing a small number of gliders to capture observations of a dynamic environment can be tricky.

Recently, NRL researchers have been looking at ways to optimize glider placement, including using them in teams.

The current paradigm in deploying ocean gliders calls for placing them far away from each

other to maximize their limited spatial coverage.

Book said a slowly moving, single glider by itself cannot tell the difference between a stationary, kilometers-long ocean feature and a traveling ocean feature that oscillates over several hours. On the other hand, a team of gliders working together can provide spatial context and potentially help resolve this issue.

Placing gliders in teams re-

quired a change in piloting techniques, adding complexity to the project. To enable piloting gliders together, researchers built on an existing automated piloting tool developed by NRL called Guidance for Heterogeneous Observation Systems or GHOST.

GHOST has the ability to optimize single glider use with user-defined conditions. For example, users could specify ocean areas to avoid and GHOST would

provide reasonable paths under these restrictions.

Book and the research team adjusted GHOST to employ glider teams by adding two rules.

"The first rule was gliders shouldn't be too close together, because current models can't use data collected too close to each other," said Charlie Barron, head of NRL's Ocean Data Assimilation and Probabilistic Prediction group.



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Esper makes case that China is a growing threat to Europe

by David Vergun,
DOD News

In Europe, there is a focus on the threat from Russia. However, there is also a threat from China, the Pentagon's number one concern, said Defense Secretary Dr. Mark T. Esper.

"America's concerns about Beijing's commercial and military expansion should be [Europe's] concerns as well," Esper said, during his remarks at the Munich Security Conference in Germany today.

China is currently applying economic and political pressure publicly and privately on many Indo-Pacific region and European nations, to seek

suboptimal security decisions, the secretary noted. This has wide-ranging implications for the U.S. and allies in areas such as data security and military interoperability.

Another example is China's telecommunication firm Huawei, which has developed and is exporting 5G networks that threaten secure communications and jeopardize U.S. alliances. The department is working to support 5G advances in the U.S. and the secretary said he hopes European nations will follow suit.

Esper said China's President Xi Jinping is leading his nation even faster in the wrong direc-



Defense Secretary Dr. Mark Esper provides remarks at the Munich Security Conference Feb. 14. He addressed the conference with more expansive remarks the next day. Photo by Staff Sgt. Nicole Mejia

tion: more internal repression, more predatory economic practices, more heavy-handedness and a more aggressive military posture.

The international community

Over time, the Chinese have seized and militarized islands in the South China Sea, rapidly modernized its armed forces, while seeking to use emerging technology - often acquired

through theft - to alter world power in its favor, he said.

Beijing is using artificial intelligence and other technologies to surveil and to repress many of its own people. Also, China is exporting those technologies to other authoritarian regimes, the secretary said.

For its part, DOD is investing in cutting edge technology to modernize its force and building stronger relationships with allies and partners. Examples, he said, are hypersonics, advanced missile defense systems and artificial intelligence.

The goal of developing these weapons is to protect the sovereignty of all freedom-loving countries.

Next year marks the 20th anniversary of China's admission into the World Trade Organization, "a decision that fundamentally altered the course of international affairs," he said.

The thinking at the time was that China's admission into the WTO and other multilateral institutions would result in China's continued path to economic reform and eventually become a responsible global and political stakeholder, and possibly an eventual democracy, he mentioned.

Skeptics, however, warned that China would reap the benefits of free trade to acquire technologies to build a strong military and security state capable of expanding the reach of its authoritarian rule, he said.

"These are both credible arguments but we all know which one is winning right now," he said.

Having said that, the U.S. doesn't seek conflict with China, he said. "In fact, we look for areas of cooperation where our interests converge."

For example, Esper said the U.S. delivered 18 tons of medical supplies to China and provided other assistance to help fight COVID19, the coronavirus. "The world is too interconnected for us not to work together to solve some of our toughest problems."

The world is increasingly becoming aware of China's motives and is responding in turn, he said. To be a responsible partner in the international community, China must be transparent and respect the sovereignty, freedom and rights of all nations, he said.

The world is too interconnected for us not to work together to solve some of our toughest problems.

new strategic relationships, he said.

The Belt and Road Initiative is one such example where it uses overseas investments to force other nations into making

Pentagon drops plan for ballistic missile radar system in Hawaii

by Wyatt Olson,
Stars and Stripes

FORT SHAFTER, Hawaii - The Defense Department has dropped plans to build a \$1 billion ballistic missile tracking system in Hawaii, shifting funding instead to higher priorities.

During a briefing with reporters this week on the proposed fiscal 2021 budget, Vice Adm. Jon Hill, director of the Missile Defense Agency, said funding had been zeroed out in the proposed budget for the Pacific radar system, which would have also included a second site in a not yet chosen host nation in the region.

Hill said on Feb. 10 the decision was based on "host nation issues."

He said he didn't know how the radar funding would be reallocated.

The Homeland Defense Radar-Hawaii has been "postponed as we resolve issues related to siting," Heather Cavaliere, a spokeswoman for the Missile Defense Agency, said in a statement Friday.

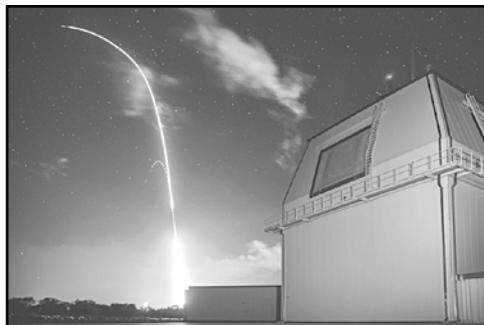
The agency had for the past two years been studying three sites on Oahu for the radar, but residents had pushed back over concerns about culturally sen-

sitive areas and overdevelopment. In October, the agency began a site study at the Pacific Missile Range Facility at Barking Sands on Kauai Island's west coast.

"While the Pacific Radar would have added additional tracking and discrimination capabilities, the Department continues to pursue other architecture improvements to current homeland defense architecture, including additional land and space-based sensors, the Next Generation Interceptor, and options for nearer-term layered homeland defense capabilities," Cavaliere said.

Hill said that the region would continue to be defended from ballistic missile threats by an existing radar on Hawaii, the deployable Sea-Based X-Band radar and Aegis defense systems on ships at sea.

But there has long been agreement that such a defense system is inadequate, said Riki



Personnel with the Missile Defense Agency and Navy man the Aegis Ashore Missile Defense Test Complex at the Pacific Missile Range Facility, Kauai, Hawaii, during a test Dec. 10, 2018. Photo courtesy of U.S. Missile Defense Agency

Ellison, founder and chairman of the Missile Defense Advocacy Alliance, which promotes development of systems to fend off ballistic missile attacks.

"If you can't see it, there's no way you can shoot it down," he said. "That's a primary objective that I think everybody agreed on years ago under [U.S. Pacific Command head Adm. Harry Harris] to get this.

"This was the first step - and then get the interceptors after the radar was put in. It's imperative that Hawaii gets both the sensor and shooters to defend it better than it is today."

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U.S., Taliban negotiate 7-day proposal for reduction in violence

by C. Todd Lopez,
DOD News

The United States and the Taliban have agreed to a proposal for a reduction in violence in Afghanistan, and the Defense Department is working with allies on the path forward, Defense Secretary Dr. Mark T. Esper said.

“The best, if not only solution forward is a political agreement,” Esper said following his meeting with NATO defense ministers in Brussels today. “We have the basis for one on the table, and we are taking a hard look at it. We are consulting with our allies. We are consulting with Congress and others. And I think peace deserves a chance.”

At a news conference Feb. 13, Esper said a positive outcome will require that all parties comply with obligations. “For the United States, the key thing will be continued support to our Afghan partners, and it will need to be a conditions-based approach

to all of this,” he added.

NATO has agreed in principle to expand its role in the Middle East, the secretary said.

“We have also asked NATO’s

“The U.S. commitment to NATO remains ironclad.” - Defense Secretary Dr. Mark T. Esper

military leaders to consider what more the alliance could do to assist the Iraqi security forces,” he told reporters. “Looking beyond Iraq, I welcome follow-on discussions on how to broaden NATO’s role in the Middle East to defend the international rules-based order, to include deploying air defenses and other capabilities that would deter aggression and reassure partners.”

In addition to discussing operations in the Middle East, Esper said he also emphasized to NATO defense ministers the

importance of burden-sharing within the alliance, including the commitment of member nations to invest 2 percent of gross domestic product toward defense. That commitment will bolster progress already made, he said.

Between 2016 and 2020, NATO allies increased their investments by some \$130 billion.

Esper said the ministers also discussed the NATO Readiness Initiative, which he said is critical to a culture of readiness within the alliance, and he called for routine tests of that initiative to evaluate readiness. The “Four Thirties by 2020” pledge, part

Leaders discuss nuclear modernization, hypersonics development

by David Vergun,
DOD News

The nuclear triad of intercontinental ballistic missiles, submarines and strategic bombers, as well as the nuclear command and control system, are at the core of U.S. defense strategy, the commander of U.S. Strategic Command told a Senate panel. “These capabilities are foundational to our survival as a nation,” Adm. Charles A. Richard told the Senate Armed Services Committee last week, appearing at a budget hearing with Gen. Terrence O’Shaughnessy, commander of North American Aerospace Defense Command and U.S. Northern Command. Modernization of the triad is essential for maintaining strategic deterrence, which is foundational for everything else DoD does, Richard said, adding that Russia and China are heavily investing in these systems. Over the decades, the return on investment in the nuclear triad has been enormous, the admiral said, noting that submarines designed to last 30 years have been in service 42 years. “What a credit to the people who designed it, built it and operated it,” he told the senators. However, Richard said, the submarines are reaching the end of their service. “We are reaching physics and engineering limits such that you cannot extend it,” he explained. Columbia-class submarines will replace the Ohio-class submarines, he said. Funding for the first Columbia-class submarine is in the proposed 2021 defense budget.

Refer to <https://www.defense.gov/Explore/News/Article/Article/2084158/leaders-discuss-nuclear-modernization-hypersonics-development/>.

of that initiative, he said, “is just the start of our work.” The pledge was for NATO to have 30 battalions, 30 battleships and 30 air squadrons ready to deploy within 30 days by this year.

When it comes to technology, Esper said, NATO allies must carefully consider the long-term risks of the economic and commercial choices they make, especially in regard to telecommunications. In particular, he added, commercial 5G technology from China could put NATO security at risk.

“At the end of the day, Chinese telecom firms have a legal obligation to provide techni-

cal support and assistance to the communist party, and that concerns us deeply,” he said. “Reliance on Chinese 5G vendors could render our partners’ critical systems vulnerable to disruption, manipulation and espionage.”

The potential for that, he said, puts communications and intelligence-sharing capabilities and NATO partnerships at risk, he said, and too counter this, the U.S. is encouraging allied and

U.S. tech companies to develop alternative 5G solutions.

Esper said the United States remains committed to the NATO partnership and the security it provides.

“The U.S. commitment to NATO remains ironclad,” he said. “Together we form the most powerful, multilateral military alliance in the world, one based on our shared values and our shared interests.”

National Military Headlines

Army

Afghan forces facing an increase in insider killings
Soldier earns Purple Heart after RPG hit his CH-47 Chinook
In FY21 budget, Army restores \$200 million cut during FY20 night court
The Army is looking for its best Rangers, snipers and hand-to-hand fighters

Navy

USS Arizona survivor Donald Stratton dies at 97
Top Navy aviators sued by lieutenant claiming vast racist conspiracy
Feds: International fraud ring posed as Navy official to steal TVs
Could a heavier set of rack curtains improve shipboard sleep?
Navy chief receives Silver Star for saving comrades during firefight
Sub commander convicted for ‘inappropriate relationship’ with enlisted Sailor’s spouse
Retired SEAL Chief Eddie Gallagher unveils new legal defense foundation

Air Force

Air Force cuts pilot training goal in 2020
Electrical brownout led to F-16 crash in Germany last year
Ex-Offutt airman reported a sexual assault, then she was punished for underage drinking

Marine Corps

Marine uses wrestling past to train martial arts teachers
NBC’s Kathryn Tappen honors cousin, fallen Marine Raider through foundation

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Social Security Matters

Ask Rusty - What happens to my Social Security if I die at age 62?

by Russell Gloor

Dear Rusty: I have worked my entire life and contributed to Social Security. I have been single my entire life with no children. What happens to all that money I have contributed to Social Security if I die at age 62? Signed: Curious Worker



Dear Curious: From its inception in 1935, Social Security has always been a "pay as you go" program where current workers contribute money from which current beneficiaries are paid. That's the way it has worked since the first Social Security payroll withholding occurred in 1937 and the first Social Security benefit was paid in 1940. And it works the same way today.

Social Security FICA payroll taxes collected from current workers are used to pay all those who are currently receiving benefits. Any excess collected which is not paid out in benefits is deposited into a special Trust Fund and held in reserve for the future. My hope is that understanding this will dispel a far too widely held myth that the money you pay into the Social Security program from your paycheck is deposited into a personal account for you - it is not. Rather that money is used to pay benefits to all those who are already collecting Social Security. And the extra money in the Trust Fund is invested in special interest-bearing bonds which contribute further to the Trust Fund's reserves (more about the Trust Fund in a minute).

If you were to pass away at, or before, age 62, all the money you paid into Social Security via FICA payroll taxes will have already been spent to pay benefits to those already collecting Social Security. With no surviving dependents, there are no benefits to be paid from your lifetime work record. True you will have paid a great deal over your working career, but the system is designed so that when you retire your benefits will be paid for by those who are still working and paying into the system. Of course, it's a game of averages and Social Security says the "average" longevity for a male today is about 84. So, unless you're already in poor health, chances are pretty good you will live beyond age 62. Chances are also pretty good that if you do, you'll get back much more in benefits than you have contributed. In fact, if you start collecting benefits at your full retirement age you will get back benefits at least equal to what you contributed within about 5 years (we've studied this carefully). Which brings us back to the Trust Fund.

The Social Security Trust Fund held about \$2.9 trillion in reserves at the end of 2018. But over the years the ratio of workers to beneficiaries has declined from 16.5 to 1 in 1950 to less than 3 to 1 today, so there are far fewer workers paying for beneficiaries who are living much longer. Starting in 2019, Social Security will pay out more in benefits than it received from FICA payroll taxes, which means the excess paid out in benefits will come from the reserves in the Trust Fund. That will continue, according to the most recent Social Security Trustees' Report, until the Trust Fund is depleted in about 2035, at which time Social Security will only be able to pay out about 80 percent of benefits due - unless Congress acts soon to resolve the issue. And the solutions are well known; what's lacking in Congress is a serious bipartisan effort to fix the problem.

Russell Gloor is a certified Social Security advisor. This article is intended for information purposes only and does not represent legal or financial guidance.

Veterans get more banking options, under new VA partnership

by Karen Jowers

Fleet Reserve Association

Some veterans may have better access to banking now, through a partnership between the Department of Veterans Affairs and the Association of Military Banks of America. It's especially beneficial for those who haven't been able to open bank accounts in the past, which hampers their ability to get their VA benefit funds by direct deposit.

The VA delivers about \$118 billion each year in benefits and services for veterans and their families. About 250,000 veterans and beneficiaries receive their benefits through a pre-paid debit card or paper check, and may not have a bank account.

An added plus is that these banks are already familiar with the financial needs and challenges of service members, and can also support veterans with financial education and resources tailored to their needs, said Paul Lawrence, under secretary for

communications and operations for AMBA. Some of the participating banks have branches on bases, but they also have a large number of branches outside the gate, which will be accessible to veterans, said Andia Dinesen, vice president of



communications and operations for AMBA.

There are currently seven banks participating in the Veterans Benefits Banking Program: Armed Forces Bank; Bank of America; First Arkansas Bank and Trust; Fort Hood National Bank; FSNB; Regions; and Wells Fargo. Dinesen said other banks and credit unions are welcome to join the effort, too.



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Donald Stratton, one of last three remaining survivors of USS Arizona attack, dies at 97

by Wyatt Olson,

Stars and Stripes

Donald Stratton, a Sailor severely burned while aboard the doomed USS Arizona during the Japanese surprise attack Dec. 7, 1941, died Feb. 15 at his home in Colorado Springs, Colo. He was 97. His passing leaves only two living survivors of the battleship, Lou Conter and Ken Potts. Stratton's wife of 69 years, Velma, and son Randy announced his death in a Facebook post Sunday, saying they were beside him when he "passed away peacefully." "One of Donald's final wishes was that people remember Pearl Harbor and the men aboard USS Arizona," the posting said. "Share their story and never forget those who gave all for our great country." Stratton spent much of his latter life doing just that, and in 2016 he published the memoir "All the Gallant Men," recounting the surprise attack, and his injuries, recovery and subsequent return to combat in World War II. Stratton often summed up the happenstance of being aboard the Arizona on the morning of the attack with, "Everybody had to be someplace. We were there." The attack that turned Arizona into an inferno killed 1,177 Sailors and Marines, and Stratton barely made it off alive, burned over two-thirds of his body. Born July 14, 1922, Stratton joined the Navy in the fall of 1940. He wrote in the memoir, which was coauthored by Ken Gire.

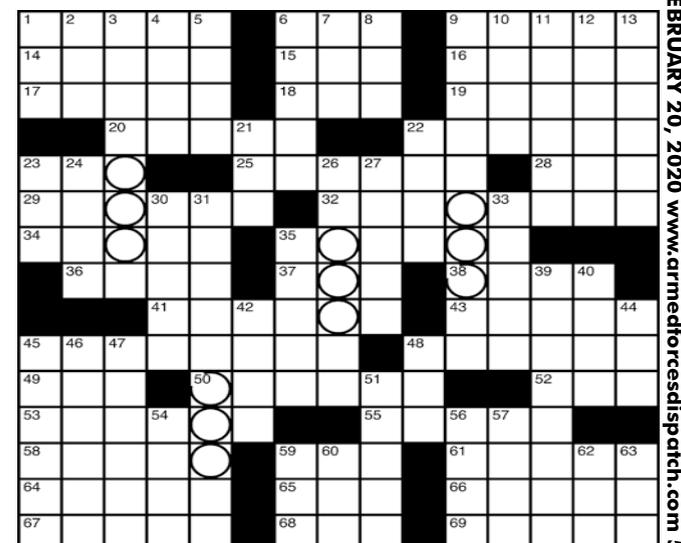
Crossword Puzzle

Across

- 1 Kind of basin
- 6 State secrets?
- 9 Intense dislike
- 14 Act poorly?
- 15 Run a tab, say
- 16 Words between two "thanks"
- 17 Chef protector
- 18 See 8-Down
- 19 Floorboard support
- 20 Many a Sundance film
- 22 Rent payer
- 23 Registered names: Abbr.
- 25 Action at the front
- 28 H.S. hurdle
- 29 Adorn
- 32 Comical punctuation marks from the drummer
- 34 Marshy lowland
- 35 Chihuahua, por ejemplo
- 36 "___ Eyes": Eagles hit
- 37 '60s campus gp.
- 38 Hieroglyphics reptiles
- 41 "Do ___ not ..."
- 43 Work on, as a stubborn squeak
- 45 Tablets' kin
- 48 Swingline insert
- 49 2,170-mi. trail terminus
- 50 Walk with style
- 52 Luau music provider
- 53 Wanting too much
- 55 Pry
- 58 Cookie named for its flavor
- 59 Aromatic necklace
- 61 Stage performances
- 64 Words after miss or skip
- 65 Resting place
- 66 Down source
- 67 Singer Bruni married to Nicolas Sarkozy
- 68 Morning cuppa
- 69 Amounts to

Down

- 1 Leaves in a bag
- 2 Prankster
- 3 "Pillow Talk" actress
- 4 Lots
- 5 Provide with for a time
- 6 Montague lad
- 7 Blow away
- 8 With 18-Across, Southwestern cuisine
- 9 Museum pieces
- 10 Lucy and Ethel and Thelma and Louise
- 11 "Indeed!"
- 12 Oust, in a way
- 13 Church choral works
- 21 "Eww!"
- 22 Tibetan title
- 23 "Angie Tribeca" channel
- 24 Weak cry
- 26 Brand of blended seasonings
- 27 Itsy-___
- 30 Inventor Howe
- 31 Population information
- 33 Book after Daniel
- 35 Ulysses threesome?
- 39 Web irritants ... and what appears in each set of puzzle circles?
- 40 ___-screen printing
- 42 Faulkner's "As ___ Dying"
- 44 Actor Marvin of "Cat Ballou"
- 45 Courvoisier, e.g.
- 46 Speedy Gonzales cry
- 47 Kitchen gadget
- 48 OED entry
- 51 Words for the audience
- 54 Hebrew for "skyward"
- 56 Oil bloc
- 57 Hodgepodge
- 59 Pres. sworn in on Air Force One
- 60 Job listing ltrs.
- 62 "Is it soup ___?"
- 63 Fourth-yr. students



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Career and Education

NAVFAC Southwest to host Bakersfield Rapid Hire Event

by Mario T. Icaro,
NFEC SW Public Affairs

SAN DIEGO - Naval Facilities Engineering Command (NAVFAC) Southwest will return to Bakersfield looking to fill over 75 positions, at Naval Air Station Lemoore and in the San Diego area, with a Rapid Hire Event on Feb. 29 from 9:30 a.m. to 1 p.m. at Bakersfield's America's Job Center located at 1129 Olive Dr. Suite H, in Bakersfield.

This is the second time the command has held a Rapid Hire Event in Bakersfield under new regulations that allow for on-site interviews and on-the-spot contingent job offers to highly qualified candidates. NAVFAC Southwest is teaming up with the Bakersfield America's Job Center for this event.

"This event helps save months over traditional federal hiring methods," said Elise Magsarili, NAVFAC Southwest Human Resources director. "More than 20 positions were filled at last

year's event. Certain positions may qualify for recruitment or relocation bonuses. Federal resumes are vital to success, and staff from the job center will be available to help candidates with resumes on the day of the event."

This event will target several skilled trades and professional/career fields. Targeted journeyman level skilled trades positions include electricians, water and wastewater treatment operators, plumbers, high voltage electricians and HVAC mechanics.

Targeted professional and career positions include mid-career level facilities engineers, engineering technicians, architects and community planners.

"Advance submission of tailored resumes is strongly encouraged as time may limit our ability to interview qualified walk-up candidates," said Lynn Pence, NAVFAC Southwest marketing coordinator. "It's our hope that attendees will walk away feeling one step closer on their path to the career they want."

NAVFAC Southwest is comprised of over 2,800 civilian employees and 500 Sailors and officers who provide Navy and

Marine Corps bases in the region with environmental, public works, and infrastructure support by planning, building, and maintaining sustainable facilities and energy/utility services.

Federal service careers feature competitive salaries, over 200 health care plans, paid time off (sick, vacation, federal holidays, and paid parental time off starting Oct 1), professional development, federal retirement plans, gym access, telework and flexible schedules (position dependent), and much more.

To submit tailored resumes and for more information, visit the registration website at www.navy.mil/swcareers.

Mark your calendar for NSWC Corona's Open House & Career Fair

Learn what the Navy has to offer and see cool demonstrations at the NSWC Corona's annual Open House on Saturday, March 14, 2020 from 10 a.m.-2 p.m. This event is free, so don't forget to invite your family and friends. If you have any questions, call (951) 393-5133 or e-mail CRNA_PAO@navy.mil.

AETC launches Master MTL program

AIR FORCE NEWS - Air Education and Training Command's first Master Military Training Leader program officially launched at Goodfellow AFB. "MTLs have been around since 1973, so we have a long history of leading, mentoring and training Airmen throughout the technical training pipeline," said Senior Master Sgt. Malcolm Summers II, 17th Training Group military training superintendent. Originally, course instructors supervised the students after classes in the dorms. The role later progressed into the designated position of Student Training Advisor and eventually the special-duty MTL. Learn more at <https://www.af.mil/News.aspx>.

You get more attention, respect when you really listen

by Dr. Daneen Skube
Tribune Content Agency

Q: When I attend meetings, I try hard to say a lot to influence people toward my viewpoint. I find the more I talk, the less people listen to me. There are some people who say little and seem to get listened to intently. How can I get more attention for my ideas in future meetings?

A: You get more attention for your ideas if you mostly listen and speak much less. If you observe any business meeting, you can tell who has the most influence and respect. Generally, it's the person who says the least. You can also tell who has the least influence and respect, and it's the person who says the most.

Effective leaders and those who have power in organizations have learned that superb listening skills mean less speaking is necessary. When these people do speak, they understand the heart of the matter and address the issue concisely and with influence.

People at work may forget what you say especially if you say too much. People do not forget those who understood them and their needs. When we open up the heart of our listeners, we also open the opportunity to sway their opinions.

The mind of a listener is much harder to influence. The more words we speak, the more tightly the minds of our listeners close. People experience us selling them and automatically stop thinking about what we're saying. The harder we sell, the less others pay attention.

The more you effectively listen, the more you understand the hurdles you face in persuading others. If you cannot address these concerns, your point of view is dead in the water.

Good listening involves throwing aside your own point of view, repeating back in your own words what you are hearing for clarification and asking detailed questions.

If you can set aside your own opinions and experience, you'll almost always find a way that others can get what they want and you can get what you want. If you cannot get outside your own ideas, you cannot create ways for others to get what they need because you'll have no data about what they need.

I point out to my clients that many of us carry around this book of rules that we feel strongly everyone else must obey. The problem is that everyone else is carrying around their rule book and has no interest in ours.

There is considerable impulse control involved in realizing no one else cares about our holy book of rules. They have their own book. If you can listen and learn about their rules, you may sway their opinion. If you insist they obey your book, you'll only alienate those you need to help you.

The last word(s)

Q: I'm blown away by how many stupid things people around me do at work. I could spend all day criticizing co-workers. Is there a way to be effective when everybody around you appears to be an idiot?

A: Yes, don't peg your well-being on everyone around you changing. Peg your well-being on changing the way you respond to being disappointed in others and you will change your world.

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



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Part of former Army base to become major new oceanfront campground

by Paul Rogers

SEASIDE, Calif. - For 77 years, Fort Ord near Monterey was a sprawling Army base thick with artillery pieces, wooden barracks and infantrymen taking target practice with rifles and machine guns.

More than 2 million men and women served there between 1917 and 1994, including Soldiers who battled in World War I, stormed the beaches in Okinawa during World War II, and fought in Korea, Vietnam and Panama. Clint Eastwood was based here when he was young and unknown. So were Defense Secretary Leon Panetta, rock star Jerry Garcia and actors Leonard Nimoy and Jamie Farr.

But this year, the oceanfront portion of the former base - four miles of majestic sand dunes hugging Monterey Bay - will begin a new transformation: It will become the first new state park campground of its size built anywhere on the California coast in more than 30 years.

"People love these wide open spaces," said Brent Marshall, superintendent of state parks' Monterey District, while hiking through the site this week. "The

sand dunes are so dynamic. There is a long stretch of beach. You can get out on it and walk for hours."

State parks officials say they will put the \$22 million project out to bid this spring, begin construction this fall and aim to open it in 2022. Plans call for 110 campsites - half for RVs and half for tents - on the southern edge of the property, with a campfire center, community gathering building, beach access trail, Monterey Bay overlooks and interpretive exhibits featuring wildlife and military history.

Funded with state parks bond money, the new facility will be the only state parks campground for more than 60 miles on the coast between southern Santa Cruz County and Big Sur. Years in the making, the project is part of an ongoing state effort to expand low-cost overnight accommodations on a coast where \$300-a-night-and-up hotels are pricing out many working class families from beach vacations.

Fort Ord Dunes State Park has been open for a decade, for free, on the west side of Highway 1, near Seaside and Marina. The windswept park has minimal



Fort Ord National Monument Badger Hill Trail Head, as seen on June 6, 2017, in Monterey Calif. Army photo by Amber K. Whittington.

facilities but is a favored spot for bike riders, beachcombers and surfers, drawing about 100,000 people a year.

"There are pelicans and sea otters out here," said Marshall. "And whales. I've seen as many as six spouts."

Fort Ord was named for Civil War officer Edward Ord, a colorful character who sailed to Monterey around Cape Horn in 1847 with William Tecumseh Sherman. He helped survey the city of Los Angeles, was instrumental in the surrender

of Robert E. Lee, and hunted buffalo across the Plains before dying of yellow fever in Cuba in 1883.

The base's 28,000 acres that bear his name are equal in size to the city of San Francisco.

After the federal government closed Fort Ord in 1994 and moved its 7th Infantry Division to Fort Lewis, Wash., Monterey-area locals feared a major hit to the economy and a huge drop in school enrollments. A new university, Cal State University Monterey Bay, was constructed

there. The university, pushed by Panetta when he was the congressman from Monterey and Santa Cruz, today has 7,500 students.

Housing also was built on the former base east of Highway 1. Some of the land became a retail center, which now has a Best Buy and REI. A veterans cemetery was constructed, as was a VA medical clinic.

Despite years of demolitions, dozens of crumbling Army barracks buildings still remain, however, waiting for funding to remove asbestos and lead paint so they can be torn down.

More than half of Fort Ord's vast inland acres were left wild and set aside as a national monument by President Obama in 2012, a landscape where the Army has worked to remove and clean up old munitions.

But the base's four miles of stunning oceanfront, which were transferred to the state parks department, are the most breathtaking. To the south, Cannery Row is visible; to the north, Santa Cruz and Loma Prieta Peak.

The park's 990 acres feature sand dunes towering more than 100 feet tall, flanked by the crashing waves of Monterey Bay like a central coast version of Point Reyes National Seashore.

As with other state parks, Fort Ord Dunes was short of funding during California's historic budget deficits after the Great Recession. The campground project stalled.

But after the economy improved and bond funding became available, the California Coastal Commission approved the plans in 2017.

"This is really one of the most exciting projects I've been involved with for a long time," said Coastal Commission Executive Director Jack Ainsworth. "It comes at a time when we're really pushing hard on affordable accommodations along the coast."

Ainsworth has required companies building new hotels on the coast to provide some low-cost rooms or contribute to a fund that the commission uses to fund coastal campgrounds and other projects.



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THURSDAY, FEBRUARY 20, 2020 www.armedforresidspatch.com 7

Camp Pendleton's Marine Raiders will move to North Carolina by 2022, officials say

by Caitlin Doornbos,
Stars and Stripes

The Marine Corps will move its Raider battalions at Camp Pendleton, Calif., to North Carolina, the East Coast home of Marine Raiders, by 2022, officials announced Feb. 12.

The move means all personnel with Marine Forces Special Operations Command will be based

at Camp Lejeune in Jacksonville, N.C., according to a special operations command statement.

About 900 Marines, Sailors and civilian employees attached to the 1st Marine Raider Battalion and the 1st Marine Raider Support Battalion at Camp Pendleton will start their moves in summer 2021, the statement said. They will join the 2nd and

3rd Raider battalions already based at Lejeune.

Locating its special ops battalions in one place will have "significant impacts to time and money," according to the statement. The service will save about \$55 million between 2021-26 by reducing housing allowances and the cost to move Marines and their families between duty stations, the *Marine Corps Times* reported. Raiders will no longer need to make cross-country moves when switching units.

However, the move will leave the Pacific without a Raider unit as the service trains to meet a "great power" challenge from China in East Asia.

Marine Raiders are elite op-

erators who must complete a rigorous, seven-month individual training course to earn their title. Marine Raiders earned fame in World War II, but the current command was created in 2006.

The cost-savings decision is in line with the 2018 National Defense Strategy's call on defense agencies to "build a more lethal force and reform the department for greater performance and affordability," Marine Forces Special Operations commander Maj. Gen. Daniel Yoo said in the statement.

The Camp Pendleton Raiders will move to Camp Lejeune in three phases to complement normal Marine Corps permanent change of station timelines and manage the population increase

in the Jacksonville, N.C., area, according to the statement.

Camp Lejeune officials are working with area schools to plan for increases in student population "to ensure that all students will be accommodated effectively and receive a qual-

ity education," according to the statement.

The Marine Raider Training Center, which trains designated Marines in individual, basic and advanced special operations, is also based at Camp Lejeune.



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Theodore Roosevelt, America Strike Groups conduct operations in U.S. 7th Fleet

PACIFIC OCEAN—The *Theodore Roosevelt* Carrier Strike Group and the *America* Expeditionary Strike Group joined forces to conduct Expeditionary Strike Force operations in support of a free and open Indo-Pacific on Feb. 15.

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

"The Carrier Strike Group's combat power is impressive, but when combined with an Expeditionary Strike Group, like the *America* ESG, it's unparalleled," said Rear Adm. Stuart Baker, commander, Carrier Strike Group Nine. "The teamwork, resilience, technical excellence and extraordinary professionalism of these two teams working together is the foundation of everything we do in the U.S. Naval Service."

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 air-to-air training, steaming in formation, maneuvering, and establishing joint communications to rapidly enable a command and control environment.

"Expeditionary Strike Force operations combine the kinetic combat and 5th generation capabilities of the *America* Expeditionary Strike Group with the truly impressive air power of the *Theodore Roosevelt* Carrier Strike Group," said Rear Adm. Fred Kacher, commander, Expeditionary Strike Group Seven. "



Pacific launch

An unarmed Trident II missile launches from submarine *USS Maine* off the coast of San Diego, Feb. 12. The launch demonstrated the readiness of the Navy's strategic weapon system. Photo by Petty Officer 2nd Class Thomas Gooley

USS Maine successfully tests second Trident II D5LE missile

The Navy conducted a scheduled one-missile test flight of an unarmed life-extended Trident II (D5LE) missile from *USS Maine* (SSBN-741), an Ohio-class ballistic missile submarine, on the Western Test Range off the coast of San Diego Feb. 12.

This test follows *USS Maine*'s Demonstration and Shakedown Operation (designated DASO-30) conducted Feb. 12, also on the Western Test Range.

The test validated performance expectations of the life-extended Trident II (D5LE) Strategic Weapon System (SWS), and gathered additional data on the SWS' reliability, accuracy, and performance factors. This launch marks 178 successful missile launches of the Trident II (D5 & D5LE) strategic weapon system.

Test launches are conducted on a recurring basis to evaluate and ensure the continued reliability and accuracy of the strategic weapon system. Strategic Systems Programs is the Navy command that provides cradle-to-grave lifecycle support for the Navy's Submarine Launched Ballistic Missile (SLBM) Trident II (D5LE) strategic weapon system.

SLBMs are the sea-based leg of the nation's strategic nuclear deterrent Triad that also includes the Air Force's intercontinental ballistic missiles (ICBM) and nuclear-capable bombers. Each part of the Triad provides unique capabilities and advantages.

The sea-based leg makes up the majority approximately 70 percent of the U.S.'s deployed strategic nuclear deterrent Triad.



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MCAS MIRAMAR (Feb. 12, 2020) - The Veteran Impact Program (VIP) F45 conducts a base wide workout here. The VIP F45 gym orchestrated this event as a way to promote physical fitness. Marine Corps photo by LCpl. Cheng Chang



PACIFIC OCEAN (Feb. 11, 2020) - Lt. Cmdr. Brooks Rogers, the air boss aboard USS *Portland* (LPD 27), watches flight operations as an MV-22B Osprey from the "White Knights" of Marine Medium Tilt Rotor Squadron (VMM) 165 take off from *Portland's* flight deck to simulate an air assault on Camp Pendleton during Exercise Iron Fist 2020. Navy photo by MC2 Jessica Paulauskas



PACIFIC OCEAN (Feb. 15, 2020) - An MV-22 Osprey assigned to the Dragons of Marine Medium-Tiltrotor Squadron (VMM) 265, approaches the flight deck of aircraft carrier *Theodore Roosevelt*. Navy photo by MC3 Brandon Richardson



SAN DIEGO (Feb. 15, 2020) - Robert Irvine, right, celebrity chef and honorary Navy CPO, and actor Gary Sinise, also an honorary CPO, meet a wounded service member in one of Naval Medical Center San Diego's (NMCS) wards. Navy photo by MC3 Jake Greenberg

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Military Sealift Command, Seabees support Operation Deep Freeze

by Sarah Burford

SAN DIEGO - Military Sealift Command-chartered container ship MV Ocean Giant recently conducted cargo offloads in one of the most remote and challenging environments on the planet; McMurdo Station, Antarctica.

The operation is part of MSC's annual resupply mission in support of Operation Deep Freeze, the Joint Task Force support for Antarctica mission to resupply the remote scientific outpost.

Seabees from Navy Cargo Handling Battalion (NCHB) 1, based in Williamsburg, Virginia, are working around-the-clock offloading the cargo which consists of containers and various breakbulk equaling over six thousand tons of supplies such as frozen and dry food stores, building materials, vehicles, and electronic equipment and parts were loaded onto the ship for delivery to McMurdo station.

The supplies could provide nearly 80 percent of the items needed for survival over the severe arctic winter over period when the station is cutoff from the rest of the world. The cargo handlers work with Ocean Giant's crew, and the MSC representative, to execute a safe and efficient offload and backload of a variety of cargo. Additionally, close coordination is required between NCHB-1 and the Antarctic Support Contract logistics team who manage the loads and stow plans for United States Antarctic Program, as well as the New Zealand Defense Force who assist with rigging and transporting loads from the pier to designated laydown areas.

Ocean Giant's mission began in late December in Port Hueneme, Calif., where the ship was loaded with cargo. From Port Hueneme, the ship sailed to Lyttelton, New Zealand where they took on additional cargo and then transited to Antarctica.

With its remote location and inhospitable climate, traveling to Antarctica is challenging for even the most seasoned ship captain. For Capt. John Hawkins, Ocean Giant's civilian master, this was no exception. According to Hawkins,

as you get close to Antarctica, icebergs appear. There's an ice belt, where in the space of a few hours, can go from a few scattered "berg bits" to an expanse of smalls flows for as far as the eye can see, eventually requiring help from the ice-breaker Polar Star.

"Once we entered Antarctic waters, you could almost feel the excitement on board. Everyone was looking for that first Iceberg as the days became longer and eventually the sun never set," said Hawkins. "We slow steamed through what can only be truly appreciated by being there. Seals and penguins seemed only curious as we slowly and quietly passed them by as they sat atop their ice flow islands. Their raised heads and lazy stares saying, you're not from around here, are you?"

In years past, Ocean Giant would have arrived at the ice-pier at McMurdo Station; a structure made up of rebar and frozen seawater, where cargo offloads were conducted. Due sever damage, the ice-pier was unavailable this year, so Ocean Giant delivered a Marine Causeway System. The 65-ton pier consisted of ten, 24 foot, pre-assembled pieces. Six string units were assembled on deck placed into the water and then and joined into two sections. These sections were attached to the others to form the final pier.

According to Hawkins, offloading the sections of pier presented challenges for the ship's crew. The main issue was moving the large

and heavy pieces with shipboard cranes. As the pieces swing over the side of the ship, the weight can cause the ship to lean over or list. To counteract this, Ocean Giant is designed with an Anti-Healing system. The system is comprised of onboard water tanks and pumps that quickly move huge amounts of water from one side to the other in order to maintain balance and stability. As the vessel begins to lean one way, the water is pumped to the opposite side and keeps the ship upright and stable.

MSC ships operate in a wide variety of climates and conditions around the world, but nothing like the unforgiving environment of Antarctica. Conditions at McMurdo Station can vary from day to day. One day it could be in the mid 30's and then -20 Fahrenheit with gale force winds the next.

Aboard Ocean Giant, the 27-member crew has one mission, cargo offload, and with the importance of delivering supplies to Antarctica, operations move forward, despite the weather.

"Cold weather operations create their own set of challenges; things can freeze, workers can get cold, decks can get icy, hydraulic fluids and fuels can get thicker, and machinery in general just prefers a more moderate climate," said Hawkins "We deal with cold by providing proper climate rated clothing and training, so we can be as prepared as we can."

VA Mortgage Rates Vary Wildly in California How Veterans Can Protect Themselves

I have been an advocate for Veterans for over 15 years. I am publishing this information as a tool for Veterans so that you can be armed with information to achieve the lowest mortgage rates possible.

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National Mortgage Rate Information

Here is an industry web site that will provide current national rate information

www.mortgagenewsdaily.com/mortgage_rates/

Use this information as a baseline and seek out a few quotes from local Bankers and Mortgage Brokers.

In today's world of automated underwriting and electronic documents a Banker has no advantage over a Broker. It has been my experience that Mortgage Brokers have fewer layers of management and usually offer lower rates.

I hope this information helps you in your journey. I am a Veteran focused lender with OnPoint Financial. We offer extremely competitive rates and great service. I have been serving the Veteran community almost exclusively for 28 years. I always offer FREE RATE QUOTES and FREE PRE-APPROVALS.

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'Barn Sale' donations needed for Lakeside's River Park Conservancy fundraiser Fri.-Sat., April 17-18 • 8am-noon

Spring cleaning yet? We are accepting gently used items for our upcoming Barn Sale. Please bring items to Lakeside's River Park Conservancy, 12108 Industry Rd. Lakeside 92040.

Our gates are open from 7am-7pm to accept your delivered items Monday through Friday. Please place items against the grey modular buildings, where the hot pink signs are, on the north side. We will ensure they go to a good home in April!

Thank you for your support as we work to better our community!

Volunteers needed at Midway Museum

Give back while connecting with the history and heritage of the Navy! Safety volunteers have FUN working the front lines with enthusiastic and curious museum visitors from all over the world. The museum's Safety team is looking for regular help from individuals who enjoy people and learning new things. Training in procedures, customer service and wayfinding followed by monthly commitment of 20 hours per month. For more information, contact us via www.midway.org or volunteering@midway.org, (619) 398-8289.

Volunteer at the Navy-Marine Corps Relief Society

Volunteer opportunities are available at all Navy-Marine Corps Relief Society (NMCRS) locations. You will receive comprehensive training and mentorship, learn valuable skills, and make a difference in the lives of our active duty service personnel and their family members. NMCRS also reimburses volunteers for some transportation and family member care expenses. For more information, please call 619-767-6800 or visit www.nmcrs.org



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Movies & times subject to change.

Visit navydispatch.com/entertainment_03movies.htm to find your base theatre information

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

Thursday, February 20

6pm Bad Boys For Life

Friday, February 21

5:50pm The Gentlemen

8pm Bad Boys For Life

Saturday, February 22

12pm Dolittle

2pm The Gentlemen

4:10pm 1917

6:30pm Bad Boys For Life

Sunday, February 23

12:50pm *Last Showing: Little Women

5:20pm Just Mercy

5:50pm The Gentlemen

Monday, February 24

6pm** LIBERTY NIGHT **

The Last Full Measure

Tuesday, February 25

6pm 1917

Wednesday, February 26

6pm Bad Boys For Life

Thursday, February 27

6pm Dolittle

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

Thursday, February 20

5:40pm Bad Boys For Life

8:10pm 1917

Thursday, February 20

5:40pm Bad Boys For Life

8:10pm 1917

Friday, February 21

5:40pm The Gentlemen

7:50pm The Last Full Measure

Saturday, February 22

12:50pm Dolittle

2:50pm Bad Boys For Life

5:30pm 1917

7:40pm Just Mercy

Sunday, February 23

1pm Dolittle

3pm Bad Boys For Life

5:40pm The Last Full Measure

7:50pm The Grudge

Monday, February 24

5:40pm The Gentlemen

7:50pm The Last Full Measure

Tuesday, February 25

5:40pm Bad Boys For Life

8pm The Grudge

Wednesday, February 26

5:50pm Dolittle

7:50pm The Last Full Measure

Thursday, February 27

5:40pm Little Women

8:10pm The Gentlemen

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Movies & times subject to change

Thursday, February 20

6:30pm 1917 (R)

Friday, February 21

6:30pm Dolittle (PG)

9pm Bad Boys for Life (R)

Saturday, February 22

1pm Dolittle (PG)

4pm The Grudge (R)

6:30pm Bad Boys for Life (R)

Sunday, February 23

1pm Dolittle (PG)

3:45pm 1917 (R)

6:15pm Bad Boys for Life (R)

Thursday, February 27

6:30pm Bad Boys for Life (R)

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

Thursday, February 20

11am Dumbo (2019)

5pm Motherless Brooklyn

Friday, February 21

5pm Charlie's Angels

Saturday, February 22

2pm Harriet

5pm Midway (2019)

Sunday, February 23

5pm RV

Monday, February 24

5pm Playing With Fire

Tuesday, February 25

11am The Addams Family (2019)

5pm Black and Blue

Wednesday, February 26

5pm What Men Want

Thursday, February 27

11am POKEMON Detective Pikachu

5pm Zombieland 2: Double Tap

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

It's the little things: Why community is critical to war fighting

that spending time on base boosts
my morale.

Unlike civilians who are able to plant roots and form community bonds in one area for a period of time, military life requires us to be constantly mobile, adaptable, ready for separation and change at a moment's notice. We typically aren't in any one location long enough to integrate into the local populace. But we seek community for sustenance just like civilians do.

We find that community in the little things - on shared playgrounds, in base neighborhoods, at the Shopette, in the combined clubs, in the clinic waiting rooms, at the base theater, at the gym, on the running trails, in the Exchange, at the gas station, at the commissary, and in military newspapers.

Last week, the Pentagon proposed plans to chip away (again) at those little things that form our military community. Namely, the DoD wants to divert funding away from Stars and Stripes news organization and other military support programs to pay for war fighting technologies. The irony here is that even the best equipped warfighters won't stay in the military if they don't have a sense of community.

In 2019, Stars and Stripes distributed seven million copies of its US Weekly print edition, distributed 4.2 million special publications worldwide, and had 18.8 million unique online readers. Millions read Stars and Stripes because it is the only independent news

organization that covers military community issues, and is delivered to troops overseas who do not have access to online publications. On NPR's 'All Things Considered', Stripes' Editorial Director Terry Leonard explained why Stripes is important to military readers. "[O]ther news organizations won't cover... the pay, the benefits, what your life is like, the different things that happen to military families, military children, military schools... It gives them a sense of... having a normal life even though they're stationed 9,000 miles from home.

"If our family hadn't found a sense of community at duty stations overseas and in the US, our military family would not have served on active duty for 28 years. Humans seek fellowship, familiarity and understanding that only comes from being a part of a common culture. Because we are not connected to one geographical area for long, military people, military bases, and military stories become our support network, our home away from home, our community. This sense of security is critical to warfighters' motivation to continue to serve long term in the face of hardships, dangerous duties, separations, moves and deployments.

The Pentagon is throwing the baby out with the bathwater - If the DoD reduces funding for "low-priority" military community programs, it will certainly be able to afford more weapons. But can it afford to lose the warfighters uniquely qualified to use them?

AutoMatters™ & More



by Jan Wagner

A fascinating exhibit, complete with historical photographs, commemorates and documents the world-famous San Diego Zoo's 100-year anniversary (1916-2016).

The zoo traces its beginnings all the way back to 1916, with animals left behind from the 1915-1916 Panama-California Exposition. The Zoo's first elephants - Empress and Queenie - arrived in 1923, when Dr. Harry and the head keeper rode them from the train station to the Zoo.

The Zoo's official publication, "ZOONOOZ," was first published in 1926, featuring Caesar the bear.

In 1927 the predecessors of today's Zoo tour busses made their first appearance, bringing schoolchildren to the Zoo for field trips. The busses were then used on weekends for the first tours. In the same year, Belle Benchley became the zoo's director - the first woman to run a large public zoo.

The Reptile House, which still stands today, was added in 1936.

As World War II approached, Puddles the hippo provided a welcome respite from the increasing tensions. During the same period, the Zoo's first two giraffes were driven cross-county from New York, making headlines along the way.

During the war, while the Zoo was short-staffed, Georgia Dittoe became one of the first female zookeepers. Admission to the zoo - a popular place to visit for off-duty military personnel - was just 25 cents (plus 5 cents tax!). Military personnel would also bring or

Going on safari at the San Diego Zoo & Safari Park

ship animals to the zoo.

The zoo experienced a significant period of growth after the war ended. Three young gorillas arrived in 1949, followed in 1951 by King Tut, cockatoo that became the zoo's official greeter, saying "hello" to guests. The zoo received four koalas in 1952, as did Sally, the zoo's first rhinoceros. In 1955, San Diego's KFMB-TV began broadcasting "Zoorama," a weekly television program from the Zoo.

The Children's Zoo opened in 1957. A brand-new Children's Zoo is now under construction.

Koalas have called the San Diego Zoo home for many years. In 1960, the first koala born outside of Australia was born here. Her name was Vicki. In 2013 the zoo's Australian Outback, home for a colony of 24 koalas, opened.

Today the zoo is renowned for its exhibits that represent particular habitats and parts of the world, but in 1962 the giraffes' new home at the Zoo - a large, moated exhibit on Large Mammal Mesa - was considered a daring design.

The first gorilla was born at the Zoo in 1965 - only the seventh gorilla born at a zoo anywhere.

The Skyfari, currently under renovation, opened in 1969, offering guests a ride high above the zoo.

The San Diego Zoo's Wild Animal Park, now called Safari Park, opened in 1972. Designer Chuck Faust had traveled to Africa to sketch buildings for that park. Safari Park is many times larger than the zoo, providing much more room for the animals to roam, and for visitors to experience them in more spacious environments.

The Center for Reproduction of

Endangered Species opened in 1975. It included the Frozen Zoo to preserve cell lines, gametes and DNA from animal species. In 1997, Heart of Africa opened at the Wild Animal Park.

As you can witness at the Safari Park's daily "Cheetah Run," these amazing animals can accelerate from 0-60 mph in 3.4 seconds, and 0-40 mph in just three steps, reaching top speeds as high as 70mph!

One of the San Diego Zoo & Safari Park's goals is to save endangered species. In 1987, the last California condor known to be living in the wild was brought to the Wild Animal Park.

The zoo's first panda cub was born in 1999. Hua Mei was the first surviving panda cub born in North America.

A herd of seven African elephants, saved from culling in Swaziland, were brought to the Wild Animal Park in 2003, and in 2009 the expansive Elephant Odyssey opened at the zoo.

In 2014, Tiger Trail - a beautiful new home for endangered Sumatran tigers - opened at Safari Park.

In addition to animals, the parks have abundant and varied plant life. The rainforests cover less than 7% of the world's surface, yet they are home to more than 50 percent of the animal and plant species. Many of those plants are on the endangered species list.

To learn more about the San Diego Zoo and the San Diego Zoo Safari Park, visit <https://zoo.sandiegozoo.org> and <https://www.sdzsafari.org>. To view photos, visit www.drivetribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #630" in their search bar. Please send your comments to AutoMatters@gmail.com.

Health & Fitness

The Power of pets: Health benefits of human-animal interactions

Nothing compares to the joy of coming home to a loyal companion. The unconditional love of a pet can do more than keep you company. Pets may also decrease stress, improve heart health, and even help children with their emotional and social skills.

An estimated 68% of U.S. households have a pet. But who benefits from an animal? And which type of pet brings health benefits?

Over the past 10 years, NIH has partnered with the Mars Corporation's WALTHAM Centre for Pet Nutrition to answer questions like these by funding research studies.

Scientists are looking at what the potential physical and mental health benefits are for different animals—from fish to guinea pigs to dogs and cats.

Possible health effects

Research on human-animal interactions is still relatively new. Some studies have shown positive health effects, but the results have been mixed.

Interacting with animals has been shown to decrease levels of cortisol

(a stress-related hormone) and lower blood pressure. Other studies have found that animals can reduce loneliness, increase feelings of social support, and boost your mood.

The NIH/Mars Partnership is funding a range of studies focused on the relationships we have with animals. For example, researchers are looking into how animals might influence child development. They're studying animal interactions with kids who have autism, attention deficit hyperactivity disorder (ADHD), and other conditions.

"There's not one answer about how a pet can help somebody with a specific condition," explains Dr. Layla Esposito, who oversees NIH's Human Animal-Interaction Research Program. "Is your goal to increase physical activity? Then you might benefit from owning a dog. You have to walk a dog several times a day and you're going to increase physical activity. If your goal is reducing stress, sometimes watching fish swim can result in a feeling of calmness. So there's no one type fits all."

NIH is funding large-scale surveys to find out the range of pets people live with and how their relationships with their pets relate to health.

"We're trying to tap into the subjective quality of the relationship with the animal—that part of the bond that people feel with animals—and how that translates into some of the health benefits," explains Dr. James Griffin, a child development expert at NIH.

Animals helping people

Animals can serve as a source of comfort and support. Therapy dogs are especially good at this. They're sometimes brought into hospitals or nursing homes to help reduce patients' stress and anxiety.

"Dogs are very present. If someone is struggling with something, they know how to sit there and be loving," says Dr. Ann Berger, a physician and researcher at the NIH Clinical Center in Bethesda, Maryland. "Their attention is focused on the person all the time."

Berger works with people who have cancer and terminal illnesses. She teaches them about mindfulness to help decrease stress and manage pain.

"The foundations of mindfulness include attention, intention, compassion, and awareness," Berger says.

"All of those things are things that animals bring to the table. People kind of have to learn it. Animals do this innately."

Researchers are studying the safety of bringing animals into hospital settings because animals may expose people to more germs. A current study is looking at the safety of bringing dogs to visit children with cancer, Esposito says. Scientists will be testing the children's hands to see if there are dangerous levels of germs transferred from the dog after the visit.

Dogs may also aid in the classroom. One study found that dogs can help children with ADHD focus their attention. Researchers enrolled two groups of children diagnosed with

ADHD into 12-week group therapy sessions. The first group of kids read to a therapy dog once a week for 30 minutes. The second group read to puppets that looked like dogs.

Kids who read to the real animals showed better social skills and more sharing, cooperation, and volunteering. They also had fewer behavioral problems.

Another study found that children with autism spectrum disorder were calmer while playing with guinea pigs in the classroom. When the children spent 10 minutes in a supervised group playtime with guinea pigs, their anxiety levels dropped. The children also had better social interactions and were more engaged with their peers. The researchers sug-

gest that the animals offered unconditional acceptance, making them a calm comfort to the children.

"Animals can become a way of building a bridge for those social interactions," Griffin says. He adds that researchers are trying to better understand these effects and who they might help.

Animals may help you in other unexpected ways. A recent study showed that caring for fish helped teens with diabetes better manage their disease. Researchers had a group of teens with type 1 diabetes care for a pet fish twice a day by feeding and checking water levels. The caretaking routine also included changing the tank water each week.

see **Pets**, page 14

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Go out and play: Things to do around town

No more boring weekends

Stars at West Sycamore Canyon, Fri, Feb 21, 5:45-8:45pm. Free. Join members from the SD Astronomy Association at the West Sycamore Staging Area (very east end of Stonebridge Parkway in Scripps Ranch) to view the nighttime sky through telescopes. Sycamore Canyon is a part of Mission Trails Regional Park. Rain or cloudy skies cancel event. Goodan Ranch/Sycamore Canyon Preserve, 16281 Sycamore Canyon Road, Poway.

Coronado Community Read Kickoff, Fri, Feb 21, 6:30pm. Free. Join us for wine and cheese as we kick off the Coronado Community Read with award-winning language columnist, Richard Lederer, from the SD Union-Tribune. Evening features Lederer's witty hymn of praise to libraries and literacy and heartwarming stories about how books and libraries change lives and enhance our existence. Pick up your free tickets at the Circulation Desk. Coronado Library, 640 Orange Ave.

Foreign Film Friday: Riding Alone for Thousands of Miles, Fri, Feb 21, 4 & 7pm. Carlsbad City Library, La Costa. www.carlsbadca.gov

Fabulously Funny Comedy Festival, Fri, Feb 21, 8pm. Pechanga Arena San Diego. www.pechangaarenasd.com

David Spade, Fri, Feb 21, 8pm. Balboa Theatre, downtown SD. www.sandiegotheatres.org

LA Lakers vs. Memphis Grizzlies, Fri, Feb 21, 7:30pm. Staples Center, LA. www.nba.com/lakers

Riverside County Fair and National Date Festival, Indio. Thru Feb 23. Celebrate the desert city's favorite crop with date shakes, recipe contests and more. Plus get your fair fix on the carnival midway. Riverside County Fairgrounds. datefest.org

Dog Show: Silver Bay Kennel Club of SD, Fri-Sun, Feb 21-23, 8am-5pm. Del Mar Fairgrounds. www.silverbaykc.com

San Diego Jazz Party, Del Mar, Fri-Sun, Feb 21-23. Musicians from around the world perform in a relaxed, intimate setting. Hilton San Diego/Del Mar. sdjip.org

Start your Mardi-Party with the Gaslamp Quarter's Mardi Gras Big Easy Bites & Booze Tour!



Grab your crew and get in the Mardi Gras mood of eating, drinking, and collecting beads with the Mardi Gras Big Easy Bites & Booze Tour on Saturday, Feb. 22 from 1pm-5pm (Check-in begins at 1pm)!

Take your tastebuds on a tantalizing self-guided tour of the Gaslamp Quarter filled with 20 NOLA-inspired bites, 20 Carnival Cocktail Sips and BEADS at every stop throughout the historic

Gaslamp Quarter!

Visit 10 hotspots along your edible excursion and bring your tasting map to check-in for exclusive VIP access to the after party held at a secret Gaslamp location!

Check in at Sign of the Whale located at 672 Fifth Ave. Tickets start at just \$25 (\$30 day of event). For more information or to purchase tickets, visit sdmardigras.com

'Film Night in the Library' stars American Arts and Crafts

The Lemon Grove Historical Society continues its popular "Film Night in the Library" with a three-part series of award-winning documentaries by Jack Ofield focusing on American arts and crafts. First up on Feb. 26 at 6 pm in the Lemon Grove Library, 3001 School Lane, is "With These Hands: The Rebirth of the American Craftsman," the ABC special narrated by David Wayne and featuring such greats as potter Toshiko Takaezu, sculptor Peter Voulkos, ceramicist Paul Soldner and others. Winner of many awards, the film also toured Europe with the exhibit of American crafts, "Objects U.S.A." sponsored by Johnson Wax.

Free. Suitable for ages 18 and over. Presented in cooperation with our

Mardi Gras Big Easy Bites & Booze Tour, Sat, Feb 22, 1-5pm. Gaslamp Quarter, downtown SD. www.sdmardigras.com

North County Walk for Animals, Sat, Feb 22, 7am at Kit Carson Park, Escondido. www.sdhumane.org

Kumeyaay Lake Nature Walk, Saturday, Feb 22, 8:30-10am. Free. Fun, informative trail guide-led walk. Meet by flagpoles at entrance kiosk. Kumeyaay Lake Campground, Two Father Junipero Serra Trail, Santee.

SD Padres vs. Seattle Mariners, Sat, Feb 22, 12:10pm. Petco Park, SD. www.mlb.com/padres

LA Clippers vs. Sacramento Kings, Sat, Feb 22, 12:30pm. Staples Center, LA. www.nba.com/clippers

SD Gulls vs. San Jose Barracuda, Sat, Feb 22, 7pm. Pechanga Arena San Diego. www.sandiegogulls.com

Tidepooling Adventures, Sat, Feb 22; March 7-8 & Sat, March 21. Afternoon 2 hour time frame. \$15-\$18. Explore Where the Sea Meets the Land! Visit a local tide pool to learn how these amazing habitats and their inhabitants truly survive between a rock and a hard place. Sign up for a Tidepooling Adventure where trained naturalists will show you how to tread lightly during your visit and help you discover the wonderful world of tide pools along our shores. For ages 2+ (tickets required). Under 15 must be accompanied by a paid adult. Tidepooling Adventures do not meet at Birch Aquarium. Pre-purchase required. Birch Aquarium at Scripps, 2300 Expedition Way, La Jolla. <https://aquarium.ucsd.edu/experiences/programs/tidepooling>

Hidden Underground Giants, Sat-Sun, Feb 22-23; Wed, Feb 26, 9:30-11am. Free. Among the remarkable plant life of sage and chaparral, February brings the bright green of the Wild Cucumber. What you can't see is an impressive root known to grow in excess of 200 lbs. Join MTRP trail guide-learn about the amazing world of nature's unique survival adaptations. Meet inside Visitor Center. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos.

Mardi Gras 10K & 5K Trail Run, Sun, Feb 23. Rancho Bernardo Community Park. www.themardigrasrun.com

The Path Less Traveled, Sun, Feb 23, 8-9:30am. Free. Explore the West Sycamore section of Mission Trails Regional Park located in Scripps Ranch. Meet Ranger Andrew for a guided nature walk in an area of the park less visited. Meet at the staging area, at the far east

Pets: Good for us in many ways

Continued from page 13

This was paired with the children reviewing their blood glucose (blood sugar) logs with parents.

Researchers tracked how consistently these teens checked their blood glucose. Compared with teens who weren't given a fish to care for, fish-keeping teens were more disciplined about checking their own blood glucose levels, which is essential for maintaining their health.

While pets may bring a wide range of health benefits, an animal may not work for everyone. Recent studies suggest that early exposure to pets may help protect young children from developing allergies and asthma. But for people who are allergic to certain animals, having pets in the home can do more harm than good.

Helping Each Other

Pets also bring new responsibilities. Knowing how to care for and

feed an animal is part of owning a pet. NIH/Mars funds studies looking into the effects of human-animal interactions for both the pet and the person.

Remember that animals can feel stressed and fatigued, too. It's important for kids to be able to recognize signs of stress in their pet and know when not to approach. Animal bites can cause serious harm.

"Dog bite prevention is certainly an issue parents need to consider, especially for young children who don't always know the boundaries of what's appropriate to do with a dog," Esposito explains.

Researchers will continue to explore the many health effects of having a pet. "We're trying to find out what's working, what's not working, and what's safe—for both the humans and the animals," Esposito says.

Walk For Animals with SD Humane Society at Escondido's Kit Carson Park this Saturday

North County's pet lovers will gather on Saturday, Feb. 22 at Kit Carson Park in Escondido to celebrate their love for animals while raising vital funds for San Diego Humane Society. The event will help San Diego Humane Society care for nearly 50,000 animals in need this year. The morning festivities include a delicious pancake breakfast, a scenic two-mile walk, fun-filled doggie activities and an array of vendor booths. Register now at sdwalkforanimals.org.

Microchip your pet and keep info updated!

San Diego Humane Society is reminding pet parents to protect your pet this year with a microchip, and ensure existing microchips are up-to-date with current contact information. Sadly, one out of every three pets gets lost during her lifetime, and only one in 10 lost pets are found. Microchipping your pet could make the difference of a lifetime. San Diego Humane Society offers microchips for \$15 at vaccination clinics at the following times and locations:

- **Escondido Campus: 3500 Burnet Dr, Escondido, 92027**
Every Saturday from 8-10am
- **Oceanside Campus: 572 Airport Rd, Oceanside, 92058**
Every Wednesday from 8:30-10:30am
- **San Diego Campus: 5500 Gaines St, San Diego, 92110**
Every Thursday from 8-10am

end of Stonebridge Parkway. He will focus on the plant communities and animals commonly found at West Sycamore. Please wear comfortable shoes, a hat and bring water. Goodan Ranch/Sycamore Canyon Preserve, 16281 Sycamore Canyon Road, Poway.

LA Lakers vs. Boston Celtics, Sun, Feb 23, 12:30pm. Staples Center, LA. www.nba.com/lakers

The Harlem Globetrotters, Sun, Feb 23, 2pm. Pechanga Arena San Diego. www.pechangaarenasd.com

OB Mardi Gras, Sun, Feb 23, 4-8pm. \$10. Live entertainment, complimentary red beans and rice while supplies last, Free Mardi Gras beads. Winstons Beach Club, Ocean Beach. www.winstonsob.com

LA Clippers vs. Memphis Grizzlies, Mon, Feb 24, 7:30pm. Staples Center, LA. www.nba.com/clippers

LA Lakers vs. New Orleans Pelicans, Tues, Feb 25, 7pm. Staples Center, LA. www.nba.com/lakers

SD Padres vs. Oakland Athletics, Tues, Feb 25, 12:10pm. at Petco Park, SD. www.mlb.com/padres

Ash Wednesday, Feb 26

SD Padres vs. Cleveland Indians, Wed, Feb 26, 12:10pm. Petco Park, SD. www.mlb.com/padres

San Diego Bird Festival, Wed, Feb 26 through Sun, March 1. Marina Village Conference Center, San Diego. www.sandiegoaudubon.org

The Bachelor Live On Stage presented by Broadway San Diego, Thur, Feb 27, 7:30pm. San Diego Civic Theatre, downtown SD. www.sandiegotheatres.org

Circus Vargas, Thur, Feb 27-Mon, March 9. Westfield Mission Valley. www.circusvargas.com

Nature's Glory, Sat, Feb 29; Wed, Feb 19, 9:30-11am. Free. Experienced Trail Guide introduces you to ecological diversity of plants and animal life that populate the habitats of this SD Treasure. Winter rains have encouraged plants to start greening up and forming buds for the flowers to come. Meet inside Visitor Center. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos.

Archaeology Weekend, Borrego Springs, Feb 29-March 1. Free. Hosted by Colorado Desert Archaeology Society and Anza-Borrego Desert State Park, this annual event offers pottery-making demos, Native American craft displays, tours of the Archaeology Lab, and field trips. Fee required for parking and field trips. Anza Borego Desert State Park Visitors Center. anzaborregoarchaeo.org

It's Popping Season for La Jolla Harbor Seals, Saturdays Feb 29; March 14 & 28; April 11, 2-3:30pm. Free. Join Sierra Club Seal Society for illustrated talk about Harbor Seals/Sea Lions, followed by short walk to Casa Beach-possibly see harbor seal birth or a nursing mother & pup. Mangelsen Images of Nature Gallery, 7916 Girard Ave, La Jolla.

Murder for Two, Through March 1. New Village Arts Theatre, Carlsbad. www.newvillagearts.org

Inside Look at SeaWorld San Diego, Through March 1. Every Saturday & Sunday. www.seaworldsandiego.com

Hurricane Diane, Through March 8. The Old Globe, Balboa Park. www.theoldglobe.org

Saturday Farmers Markets

Del Mar Farmers' Market and Food Court, Saturdays, 1-4pm, on Camino Del Mar between 10th & 11th Streets. 1050 Camino del Mar

Old Town Tecumela Certified Farmers' Market, Saturdays, 8am-12:30pm, on 6th and Front. 760-728-7343.

Pacific Beach Farmers' Market, Saturdays, 8am-noon, Mission Blvd between Reed Ave and Pacific Beach Blvd. Promenade Mall. 4150 Mission Blvd.

Poway Certified Farmers' Market, Sat, 8am-1pm. 14134 Midland Rd. cross street Temple, Poway, 92074. (619) 249-9395

Rancho Penasquitos YMCA Certified Farmers' Market, Sat, 9am-1pm. 9400 Fairgrove Lane and Salmon River Road San Diego, 92129. (858) 484-8788

San Diego-City Heights Certified Farmers' Market. Sat, 9am-1pm. On Wightman St. between Fairmount and 43rd St, San Diego, 92125. (760) 504-4363 facebook.com/CityHeightsFM/

San Diego-Little Italy Mercato Certified Farmers' Market. Sat, 8am-2pm. West Cedar Street from Kettner to Front Street, San Diego, 92101. (619) 233-3769. www.littleitalymercato.com

Scripps Ranch Farmers' Market, Saturdays, 9am-1pm. Corner Scripps Poway Parkway and Spring Canyon Rd (10380 Spring Canyon Rd)

Vista Certified Farmers' Market, Sat, 8am-noon. County Courthouse 325 S. Melrose Drive, Vista, 92081 (just South of Highway 78). (760) 945-7425. vistafarmersmarket.com

Sunday Farmers Markets

Hillcrest Farmers' Market, Sundays, 9am-2pm. In the DMV parking lot. Monthly visiting chef series features local chefs who create dishes highlighting market goods. 3960 Normal St, San Diego, 92103

Third Ave Certified Farmers' Market and Asian Bazaar, Sundays, 9am-1pm. 400 block of Third Ave, downtown SD, between Island Ave and J St. Certified California-grown fresh produce, flowers, bread, preserves, nuts, smoked fish, pet treats, French crepes, Mexican/African/Islander-grilled foods, handcrafted jewelry, candles and soaps.

Leucadia/Encinitas Farmers' Market and Art Fair, Sundays, 10am-2pm. Paul Ecke Elementary, 185 Union St, Encinitas.

Julian Certified Farmers' Market, Sundays, 11am-4pm, between The Bead Shop and the Wynola Farms Marketplace, three miles west of Julian Wynola Farms Marketplace, 4470 Highway 78, Julian.

La Jolla Certified Farmers Market, Sundays, 9am-1pm. 7300 Girard Ave. at Genter St., La Jolla.

Rancho Santa Fe Certified Farmers' Market, Sundays, 9:30am-1pm. Del Rayo Village Center, 16079 San Dieguito Rd., Rancho Santa Fe.

Santa Ysabel Certified Farmers' Market, Sundays, 10am-6pm. 21887 Washington St. at Hwy. 78 & Hwy. 79, Santa Ysabel.

Solana Beach Farmers' Market, Sundays 1-5pm, along the 400 block of South Cedros Ave.



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Concerts



John Legend

Fri, Sept 25, 7:30pm, Open Air Theatre at SDSU

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

February

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

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

Leo Kottke. Tues, Feb 25, 8pm. Age 21+. Folk. Belly Up Tavern, 143 South Cedros Ave., Solana Beach. (858) 481-8140. www.bellyup.com

JD Souther. Thur, Feb 27, 8pm. Age

21+. Country/rock. Belly Up Tavern, 143 South Cedros Ave., Solana Beach. (858) 481-8140. www.bellyup.com

Colin Hay Sat, Feb 29, 7pm. Rock. The Magnolia Performing Arts Center, 210 East Main St., El Cajon. (619) 440-2277.

March

7th Annual Mariachi Festival Sun, March 1, 12:30pm. Latin. California Center for the Arts, Escondido, 340 N. Escondido Blvd. (760) 839-4438.

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

Blake Shelton and the Bellamy

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

The Music of Cream. Sun, March 8, 7:30pm. Covers. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

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

Kinky Friedman, Thur, March 12, 8pm. Alt/country. The Casbah, 2501 Kettner Blvd, downtown San Diego. (619) 232-4355.

Karla Bonoff, Fri, March 13, 7:30pm. Acoustic. AMSDconcerts Bonita, 5305 Sweetwater Rd (Sweetwater Community Church), Bonita. (619) 201-0520.

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

Third Eye Blind Mon, March 16, 2020, 8pm. Alt/rock. Observatory North Park, 2891 University Ave, San Diego. (619) 239-8836.

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

April

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

Aventura Sun, April 5, 7:30pm. Latin. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

Tech N9ne, Sat, April 11, 7pm. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583. www.houseofblues.com/sandiego

Pearl Jam Mon, April 13, 7:30pm. Rock. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

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

Five Finger Death Punch. Sun, April 19, 6pm. Viejas Arena at SDSU, 5500 Canyon Crest Dr. (619) 594-6947.

Lauren Daigle. Tues, April 21, 7pm.

Pechanga Arena, 3500 Sports Arena Bl. (619) 224-4171.

May

Kesha: The High Road Tour With Special Guest Big Freedia, Sat, May 2, 8pm. Cal Coast Credit Union Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

Russ Wed, May 6, 8pm. Pop. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

The Rolling Stones, Fri, May 8, 7:30pm. Rock. SDCCU Stadium. 9449 Friars Rd, Mission Valley.

Ozuna Fri, May 8, 7:30pm. Hip-hop/rap/latin. Pechanga Arena (Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Lindsey Buckingham, Wed, May 13, 7:30pm. Rock. The Magnolia Performing Arts Center, 210 East Main St., El Cajon. (619) 440-2277.

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

Brad Paisley and Jordan Davis Sun, May 17, 7:30pm. Country. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

NF. Mon, May 18, 7pm. Hip-hop/rap. Petco Park, 100 Park Blvd, downtown San Diego. (619) 795-5000.

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

Foals and Cherry Glazerr, Tues, May 19. Soma. 3350 Sports Arena Blvd, SD (619) 226-7662.

Lady Antebellum Sat, May 23, 7:30pm. Folk/pop. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-

3600. **Journey and the Pretenders.** Sun, May 24. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Justin Bieber Tues, May 26, 7:30pm. Pechanga Arena (Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

James Taylor And His All-Star Band with guest Jackson Browne, Fri, May 29. Pechanga Arena (Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Maroon 5 and Meghan Trainor. Sat, May 30, 7pm. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Alejandro Fernández, Sat, May 30, 7:30pm. Latin. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947. https://as.sdsu.edu/viejas_arena/

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36 MONTHS



*1 at this payment, STK# 22143 VIN# L9801221 Model # LUN 01. \$299 plus tax monthly for 36 months with \$2,549.00 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 2/29/20.

2020 SUBARU CROSSTREK 2.0 PREMIUM CVT

LEASE FOR
\$284 PER MONTH PLUS TAX
36 MONTHS

ZERO DOWN!



*1 at this payment, STK# 22707 VIN# L8222890 Model #LRB 03. \$284 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 2/29/20.

2020 SUBARU ASCENT PREMIUM 7 PASSENGER CVT

LEASE FOR
\$385 PER MONTH PLUS TAX
36 MONTHS

ZERO DOWN!



*1 at this payment, STK# 22490 VIN# L3427420 Model # LCC 12. \$385 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 2/29/20

4-WHEEL ALIGNMENT

\$89⁹⁵ + tax

~~WAS \$119⁸⁵~~



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

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 2/29/20.

ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

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

Military Special Only

OIL & FILTER CHANGE

\$39⁹⁵ + tax

~~WAS \$49⁸⁵~~

- 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 2/29/20.

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 2/29/20.

PLUS **10% OFF**

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

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