

## AutoMatters & More

Why you need the popular VAVA DASH CAM - now with 4K video.

See page 11

## What's Going On This Weeeknd

Valentine's Classic Horse Show, Mermaid Half Marathon, Trails & Ales, Chinese New Year Fair.

See page 14

# Your FREE weekly paper

Take one!

Navy Marine Corps Coast Guard Army Air Force

# ARMED FORCES DISPATCH



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

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

FIFTY NINTH YEAR NO. 41  
THURSDAY, FEBRUARY 6, 2020

## NAT'L DEFENSE AUTHORIZATION ACT EXPANDS MILITARY SPOUSE SCHOLARSHIP PROGRAM

Military spouses now have more flexibility to use the My Career Advancement Account Scholarship to pursue education and professional credentials. The FY20 National Defense Authorization Act expands the program to help pay tuition up to \$4,000 for a license, certification or associate degree to pursue any occupation or career. As long as the military spouse, school and a Spouse Education and Career Opportunities career coach work together to define a clear career path, called an education and training plan, the funds can be applied. Previously, MyCAA could only be used toward 13 defined fields and 170 careers.

"These expansions are part of a comprehensive suite of services that connect military spouses to education and employment opportunities, as well as support throughout relocations, deployments and the transitions inherent to military life," said Joseph Ludovici, principal director for military community and family policy.

The DoD Spouse Education and Career Opportunities program offers the MyCAA Scholarship program. Spouses of service members in pay grades E-1 through E-5, W-1 through W-2 and O-1 through O-2 are eligible. Under the new law, spouses will remain eligible for the financial assistance if their sponsor is promoted above the eligible ranks as long as they have initiated the process and



Spouses of service members in pay grades E-1 through E-5, W-1 through W-2 and O-1 through O-2 are eligible for the MyCAA Scholarship program. Navy photo by MC1 Timothy Wilson

have an approved education and training plan in place.

"MyCAA provides crucial tuition assistance to support spouses in identifying a career path in which they can grow and advance," said Lee Kelley, director of Military Community Support Programs.

Military families move frequently, with as many as one-third of service members moving every year. These moves can make it difficult for military spouses to find work and ad-

vance in a career of their choice. MyCAA, and the corresponding support available through the SECO program, are all free resources provided by DoD to empower military spouses in overcoming employment challenges associated with military moves. SECO career coaches work with each MyCAA spouse to help them define their education and professional goals and decide how best to apply the scholarship funds to support those goals.

A RAND study of the program

showed that MyCAA is associated with positive changes in military spouse employment and increased earnings. The same study showed that service members whose spouses use MyCAA were more likely to stay in service.

The best way to get started is to call Military One Source at 800-342-9647 to connect with a SECO career coach. You can learn more about MyCAA and all of the services available to support military spouses at <https://www.militaryonesource.com>.

[mil/education-employment/for-spouses/mycaa-scholarship](https://www.militaryonesource.com/mil/education-employment/for-spouses/mycaa-scholarship).

See a list of participating MyCAA schools and detailed information about the scholarship at <https://mycaa.militaryonesource.com/mycaa>.

The Defense Department established the Spouse Education and Career Opportunities Program to provide education and career guidance to military spouses worldwide, offering free comprehensive resources and tools related to career exploration, education, training and licensing, employment readi-

ness, and career connections. This program also offers free career coaching services six days a week.

Military OneSource is a DOD-funded program that is both a call center and a website providing comprehensive information, resources and assistance on every aspect of military life. Service members and the families of active duty, National Guard and reserve (regardless of activation status), Coast Guard members when activated for the Navy, DOD expeditionary civilians, and survivors are eligible for Military OneSource services.

## American coronavirus evacuees arrive at MCAS Miramar for quarantine

by Jim Garamone, DOD News

The Defense Department is standing by to provide assistance to the Department of Health and Human Services to combat the coronavirus, Pentagon spokesman Jonathan Rath Hoffman said Feb. 3.

Four military bases, including MCAS Miramar, are ready to provide assistance to the Department of Health and Human Services. The other three bases are the 168th Regiment, Regional Training Institute in Fort Carson, Colo.; Travis Air Force Base, Calif.; and Lackland Air Force Base, Texas.

On Wednesday, Feb 5, a plane carrying American evacuees from the Wuhan region of China, where the deadly coronavirus was first detected, arrived at Marine Corps Air Station Miramar.

The plane was one of two flights carrying a total of about 350 American evacuees from Wuhan, and both arrived Wednesday morning at Travis Air Force Base in Northern California.

One of the planes remained at Travis Air Force Base, where its see **Miramar, page 13**

## What month is it? Black History, American Heart, Children's Dental Health

Adopt A Rescued Rabbit Month  
AMD/Low Vision Awareness Month  
American Heart Month  
An Affair To Remember Month  
Bake for Family Fun Month  
Barley Month  
Beat The Heat Month  
Black History Month  
Body Awareness Month  
Canned Food Month  
Career and Technical Education Month  
Celebration of Chocolate Month  
Creative Romance Month

Declutter for a Cause Month  
Dog Training Education Month  
Exotic Vegetables and Star Fruit Month  
Free & Open Source Software Month  
Friendship Month  
From Africa to Virginia Month  
Goat Yoga Month  
Great American Pies Month  
Gum Disease Awareness Month  
Int'l Boost Self-Esteem  
Int'l Expect Success  
Int'l Month of Black Women in The Arts  
Int'l Prenatal Infection Prevention Mo.

Jobs in Golf Month  
Library Lovers Month  
Love The Bus Month  
Marfan Syndrome Awareness  
Marijuana Awareness Month  
Nat'l African American History Month  
Nat'l African American Read-In  
Nat'l Avocado & Banana Month  
Nat'l Bake for Family Fun Month  
Nat'l Bird Feeding Month  
Nat'l Black History Month  
Nat'l Cancer Prevention MOnth  
Nat'l Canned Food Month

Nat'l Care About Your Indoor Air Month  
Nat'l Cat Health Month  
Nat'l Cherry Month  
Nat'l Condom Month  
Nat'l Children's Dental Health Month  
Nat'l Embroidery Month  
Nat'l Enrolled Agents Month  
Nat'l Fasting February  
Nat'l Fondue Month  
Nat'l Graperfruit Month  
Nat'l Haiku Month  
Nat'l Hot Breakfast Month  
Nat'l Mend A Broken Heart Month

Nat'l Parent Leadership Month  
Nat'l Patient Recognition Month  
Nat'l Pet Dental Health Month  
Nat'l Prevent A Litter Month  
Nat'l Self Check Month  
Nat'l Snack Food Month  
Nat'l Spay/Neuter Month  
Nat'l Therapeutic Recreation Month  
Nat'l Time Management Month  
Nat'l Weddings Month  
Nat'l Women Inventors Month  
Nat'l Youth Leadership Month  
North American Inclusion Month

Pet Dental Health Month  
Plant the Seeds of Greatness Month  
Pull Your Sofa Off The Wall Month  
Relationship Wellness Month  
Responsible Pet Owner's Month  
Return Shopping Carts to the Supermarket Month  
Spay/Neuter Awareness Month  
Spunky Old Broads Month  
Teen Dating Violence Awareness Mo.  
Vulvuary  
Wise Health Care Consumer Month  
Worldwide Renaissance of the Heart Mo.



# PRESIDENT'S DAY SALE

OPEN SUNDAYS 'TILL 9PM - GET IT TODAY, NO CREDIT NEEDED!  
HURRY IN! SALE ENDS MONDAY, FEBRUARY 17TH AT 9PM!



up to **40% off** plus up to **5 years** **0% interest\*** **NO down payment** **NO minimum purchase**

On purchases with your Ashley Advantage™ credit card from 2/4/2020 to 2/17/2020. Equal monthly payments required for 60 months. Ashley Furniture does not require a down payment, however, sales tax and delivery charges are due at time of purchase. \*See below for details.

YOUR #1 MATTRESS STORE IN AMERICA  
71 LOCATIONS TO SERVE YOU!



STEARNS & FOSTER®



**NOW HIRING!**  
Sales Associates

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

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

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

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

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

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

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

**HUNTINGTON BEACH**  
7212 Edinger Ave.,  
Huntington Beach, CA 92647  
657-237-7595  
facebook.com/  
AshleyHSHuntingtonBeach

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

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

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

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

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

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

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

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

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

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

**SAN DIEGO**  
7770 Miramar Road  
San Diego, CA 92126  
619-408-1701  
facebook.com/  
AshleyHSSanDiego

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

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

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

**TORRANCE**  
19800 Hawthorne Blvd  
Suite 140  
Torrance, CA 90503  
310-953-3480  
facebook.com/  
AshleyHSTorrance

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

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

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

Follow us at  
@AshleyHomeStoreWest

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

www.AshleyHomeStore.com



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

\*\*Ashley HomeStore does not require a down payment, however, sales tax and delivery charges are due at time of purchase if the purchase is made with your Ashley Advantage™ Credit Card. Offer applies only to single-receipt qualifying purchases. No interest will be charged on the promo purchase if you pay the promo purchase amount in full within 12 Months. If you do not, interest will be charged on the promo purchase from the purchase date. Depending on purchase amount, promotion length and payment allocation, the required minimum monthly payments may or may not pay off purchase by end of promotional period. Regular account terms apply to non-promotional purchases and, after promotion ends, to promotional balance. For new accounts: Purchase APR is 29.99%; Minimum Interest Charge is \$2. Existing cardholders should see their credit card agreement for their applicable terms. Promotional purchases of merchandise will be charged to account when merchandise is delivered. Subject to credit approval.

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

††Previous purchases excluded. Cannot be combined with any other promotion or discount. Discount offers exclude Tempur-Pedic®, Stearns & Foster® and Sealy Posturepedic Hybrid™ mattress sets, Hot Buys, floor models, clearance items, sales tax, furniture protection plans, warranty, delivery fee, Manager's Special pricing, Advertised Special pricing, and 14 Piece Packages and cannot be combined with financing specials. Effective 1/1/2018, all mattress and box springs are subject to a \$10.50 per unit CA recycling fee. †Subject to availability. Order must be entered by 4 PM. SEE STORE FOR DETAILS. Stoneledge Furniture LLC., many times has multiple offers, promotions, discounts and financing specials occurring at the same time; these are allowed to only be used either/or and not both or combined with each other. Although every precaution is taken, errors in price and/or specification may occur in print. We reserve the right to correct any such errors. Picture may not represent item exactly as shown, advertised items may not be on display at all locations. Some restrictions may apply. Available only at participating locations. Ashley HomeStores are independently owned and operated. ©2020 Ashley HomeStores, Ltd. Promotional Start Date: February 4, 2020. Expires: February 17, 2020.

## USS *Fitzgerald* returns to sea

PASCAGOULA, Miss. - Destroyer USS *Fitzgerald* is underway to conduct comprehensive at-sea testing, a significant step in her return to warfighting readiness.

The ship departed Ingalls Shipbuilding's shipyard on Feb. 3 to conduct a series of demonstrations to evaluate that the ship's on board systems meet or exceed Navy performance specifications. The systems tested include navigation, damage control, mechanical and electrical systems, to name a few.

The underway reflects nearly two years' worth of effort in restoring and modernizing one of the Navy's most capable warships after it was damaged during a collision in 2017 that claimed the lives of seven Sailors.

"Since we launched the ship this past April our efforts have focused on restoring ship systems, conducting pier side tests and readying the ship for sea," said Rear Adm. Tom Anderson, NAVSEA director Surface Ship Maintenance and Modernization and commander, Navy Regional Maintenance Center. "The government industry team has been working hand-in-hand on this exceptionally complex effort, with a common purpose of returning *Fitzgerald* to sea and ultimately back to the Fleet."

Upon *Fitzgerald's* return to the shipyard, crew training and certifications will commence as final work items are completed in support of the ship's sail away later this spring.

"We're excited to take the next step to get *Fitzgerald* back out to sea where the ship belongs," said Cmdr. Scott Wilbur, *Fitzgerald's* skipper. "The crew is looking forward to moving on board the ship and continuing our training to ensure we're ready to return to the fleet."

After receiving its full complement of basic and advanced phased training, as well as crew and ship certifications, *Fitzgerald* will return to the Fleet with the improved capability and lethality required to successfully support high-end operations.

## Pacific Fleet, U.S. military in South Korea impose 14-day isolation for troops returning from China

by **Kim Gamel and Seth Robson,**  
Stars and Stripes

SEOUL, South Korea - The Navy has ordered Sailors on leave in China to return immediately and go into isolation for 14 days, while the U.S. military said Feb. 3 that about 25 service members who recently traveled to the mainland have been quarantined in South Korea to prevent the spread of a deadly new respiratory virus.

Indo-Pacific Command has banned nonessential travel to mainland China, where the novel coronavirus originated, and directed all Defense Department personnel there on temporary duty and leave status to depart immediately. But the pneumonia-like disease has spread to many other countries in the region, including South Korea and Japan, prompting military and civilian authorities to scramble to contain it.

Pacific Fleet commander Adm. Chris Aquilino ordered identified Sailors "to avoid public areas, gyms, and close contact with others during the 14-day observation period,"

according to a message to his commanders obtained Feb. 2 by *Stars and Stripes*.

He also ordered screening of all personnel on leave to find out who might have been exposed to the virus.

"As a service we inherently work in close quarters in our op-



erational units, and our personnel are the primary resource for all our platforms," he wrote. "If you have active duty personnel on leave in China, ensure they return as soon as possible. Any active duty personnel returning from China shall be kept separate from their unit for a period of 14 days, starting from day of departure from China."

"All Commands are directed

to ensure members report any travel to China or personal contract with individuals who have traveled to China since [Dec. 31]," he ordered.

Sailors who live aboard a ship or with others and desire to be kept apart from potential exposure will be provided temporary lodging off ship, Aquilino wrote, noting there isn't funding to support the cost to the command.

Sailors returning from China will be assessed within 24 hours and have daily checks for symptoms such as fever, sore throat, coughing or difficulty breathing, Aquilino wrote. Sailors who show any symptoms must notify their commands and report to their medical departments, according to the order.

"A plain surgical mask should be donned as soon as possible," the message states.

Civilians and contractors on leave in China should comply with directions from civil authorities, including the State Department, Aquilino wrote. Civilian personnel returning from China shall be placed on administrative leave for 14 days, starting from day of departure from China. Returning contractors are effectively barred from Navy worksites for two weeks from the day they departed China.

U.S. Forces Korea issued a similar directive over the weekend, ordering a "self-quarantine" for any U.S. troops who have been to China and returned to South Korea since Jan. 19. It stressed the overall risk for U.S. forces was low and nobody had been found to have symptoms, but it was acting "out of an abundance of caution."

"The USFK self-quarantine directive is mandatory for U.S. servicemembers, but highly encouraged for everyone else in the interest of public health," USFK spokesman Col. Lee Peters said, adding that it also applies to temporary layovers on the mainland regardless of duration.

# small steps **BIG** EARNINGS

Imagine the Possibilities

It's easy to start saving toward your retirement, education and future goals with a **CERTIFICATE**.

**1**  
Start with just \$50

**2**  
Add money anytime, automatically

**3**  
Earn more than in a basic savings account

**NAVY FEDERAL**  
Credit Union

ARMY  
MARINE CORPS  
NAVY  
AIR FORCE  
COAST GUARD  
VETERANS

Our Members Are the Mission

Federally insured by NCUA. © 2020 Navy Federal NFCU 13764 (1-20)



It's time to put **YOU** first! Visit [navyfederal.org/smallsteps](http://navyfederal.org/smallsteps) to see how much more you can earn.

## Trump touts military rebuilding, Space Force, strikes against terror

by Jim Garamone,  
DOD News

The rebuilding of the U.S. military, the creation of the U.S. Space Force and attacks on terrorists were among the topics President Donald J. Trump covered in his State of the Union address.

“Our military is completely rebuilt, with its power being unmatched anywhere in the world - and it is not even close,” the president said in the nationally televised report to Congress Feb. 4.

Trump said the military is feeling the effects of \$2.2 trillion invested in the services since he took office in 2017. “We have purchased the finest planes, missiles, rockets, ships, and every other form of military equipment - all made in the United States of America,” he said.

He also touted his efforts to get allies to increase their defense spending. “I have raised contributions from the other NATO members by more than \$400 billion, and the number of allies meeting their minimum obligations has more than doubled,” he said.

Trump also spoke of the creation of the first new armed service since 1947: the U.S. Space Force. While it’s a new service, he said, it will build on American traditions and accomplishments.

Trump pointed out gains made against radical Islamic terrorism. He noted that when he took office the Islamic State of Iraq and Syria held more than 20,000 square miles of territory in the Middle East. “Today, the ISIS territorial caliphate has been 100 percent destroyed, and the founder and leader of ISIS - the bloodthirsty killer [Abu Bakr] al-Baghdadi - is dead,” he said.

The president also discussed the motivation for killing Iranian Quds Force commander Qassem Soleimani last month, citing the killing of Army Staff Sgt. Christopher Hake in Iraq in 2008 as part of the reason he ordered the strike. “Our message to the terrorists is clear: You ‘ll never escape American justice. If you attack our citizens, you forfeit your life,” the president said.

# Service academies focus on more robust sexual assault prevention

by David Vergun,  
DoD News

The Defense Department released its annual report on sexual harassment and assault at the military’s service academies Jan. 30.

The report reflects the academies’ efforts to support sexual assault victims, but also shows more work needs to be done to reduce and stop the crime, Pentagon officials said.

“Our overall takeaway is that the academies’ mature response systems are very good at assisting people in getting the services

men, faculty and staff members at the U.S. Military Academy, U.S. Naval Academy and U.S. Air Force Academy. DOD and service representatives also conducted onsite assessments of academy prevention and response efforts in compiling the report.

According to the report, the academies have each developed their own, robust response programs for sexual assault. The report also found that the academies have some of the pieces in place for effective prevention work, but all three schools need to better integrate, resource and evaluate their efforts. “Prevention science tells us that it’s not just what you do to prevent the crime that counts, it’s also how you do it and sustain it that can make the difference in stopping the crime,” Galbreath said.

This year’s report includes feedback from focus groups held with cadets, midshipmen, faculty and staff. Focus group participants noted that senior officers at the academies continue to take great strides to emphasize that sexual assault and harassment have no place within academy culture. However, participants also noted that efforts by cadet

and midshipmen peer leaders to address disrespectful behavior and support those who report it fall short.

“The academies have made real efforts to boost the number of women they recruit and ac-

cept,” Galbreath said. “However, men continue to comprise most of the student body. Focus group participants told us that this makes for a ‘Bro’ culture, in which inappropriate language and behaviors are often tolerated. This creates an environment where similar behavior - or tolerance of that behavior - is socially rewarded. Those cadets and midshipmen that call out others for disrespectful behavior may then pay a social price.”



Naval Academy midshipmen attend an event in Annapolis, Md., June 27, 2019. Courtesy photo

cept,” Galbreath said. “However, men continue to comprise most of the student body. Focus group participants told us that this makes for a ‘Bro’ culture, in which inappropriate language and behaviors are often tolerated. This creates an environment where similar behavior - or tolerance of that behavior - is socially rewarded. Those cadets and midshipmen that call out others for disrespectful behavior may then pay a social price.”

Galbreath announced that academy leadership will be piloting an effort to place cadet peer leaders at the center of efforts to improve academy culture and climate. This initiative will help prepare peer leaders to assess, plan and execute efforts

to lead their fellow cadets and midshipmen, he said. The report released Jan. 30 also said 149 reports of sexual assault were made at the academies, up from 117 reports received the prior year. Of the 149 reports, 122 were from cadets and midshipmen who made a report for an incident they experienced during their military service.

“We are encouraged that more cadets and midshipmen are coming forward to connect with the support services that we provide to aid in recovery of sexual assault,” Galbreath said.

“The department recognizes the challenge of combating sexual assault in the military service academies and the high cost of not succeeding,” Dr. Elizabeth Van Winkle, executive director of the Office of Force Resiliency, said in a written statement. “Our academies produce our future leaders. At every turn, we must drive out misconduct in place of good order and discipline.

“Our data last year, and the findings from this year’s report, reflect the progress we have made in some areas, and the significant work that remains,” she continued. “We will not falter in our efforts to eliminate these behaviors from our academies and to inculcate our expectation that all who serve are treated, and treat others, with dignity and respect.”

**“Our academies produce our future leaders. At every turn, we must drive out misconduct in place of good order and discipline.”**  
~Dr. Elizabeth Van Winkle, executive director of the Office of Force Resiliency

that they need to recover,” said Dr. Nate Galbreath, acting director of the Department’s Sexual Assault Prevention and Response Office. “That being said, we look forward to the efforts that the academies are putting into building up their prevention programs so that this crime does not occur.”

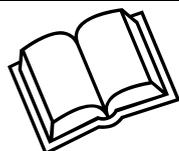
The DOD Annual Report on Sexual Harassment and Violence at the Military Service Academies, Academic Program Year 2018-2019 includes feedback from 292 cadets and midship-

### Armed Forces Dispatch (619) 280-2985

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

Publisher.....Sarah Hagerty

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



# Places of Worship



## Bethany Lutheran Church

Lutheran Church - Missouri Synod  
2051 Sunset Cliffs Blvd, Ocean Beach 92107  
(Parking off the Alley - North of the building)  
Worship 10:30am Sundays  
Bible Class, Wednesdays 10am  
(619)222-7291 LivingWaterSD7@gmail.com

## Bayview Church

Attract... Assimilate... Activate  
6134 Pastor Timothy J Winters St., San Diego 92114 (619) 262-8384  
Sunday 6:45am, 8:30am, 11am Worship Service  
Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am  
www.bayviewbc.org info@bayviewbc.org

## Canyon View Church of Christ

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

## Christ Community Church

Helping people love God and each other!  
Saturdays at 6pm & Sundays at 8:45am & 10:30am  
Children’s Ministries for All Kids!  
Small Groups for Teens & Adults of All Ages!  
9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15  
www.gotoChrist.com or (858) 549-2479

## First Baptist Church

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

## La Jolla Lutheran Church

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

**New military families are moving to San Diego every day. Invite them to worship with you in the Dispatch Church Directory.**  
**(619)280-2985**

## Living Water Lutheran Church

Meeting at Green Flash Brewery Gathering Room  
6550 Mira Mesa Blvd.  
(Entrance Directly in back - off Sequence Dr.)  
Worship 8:45am  
(858)792-7691 LivingWaterSD7@gmail.com  
Pastor: Rev. Steven Duescher

## Mesa View Baptist Church

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

## Military Outreach International Church

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

## Mt. Moriah Christian Church

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

## St. Luke’s Lutheran Church

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

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

## Ask Rusty - When should I claim my widow's benefit?

by Russell Gloor

Dear Rusty: My husband passed away at the age of 52, and I was 53. I am currently 59. I've read about and been encouraged to file for widow's benefits from Social Security when I turn 60. My question is: does doing that impact when I should file for my regular Social Security benefits? In reading on many websites regarding my question, this never is addressed on what is best. Signed: Widowed Survivor

Dear Survivor: You have my sympathy for the loss of your husband at such a young age. I'll try to clarify your options for you.

Provided you have not remarried you can claim your survivor benefit at age 60, but if you do it will be reduced by 28.5 percent from what it would be at your full retirement age (FRA) of 67. As long as you are explicit when claiming your survivor benefit that you are not also applying for your own Social Security benefit, there will be no negative impact to your eventual Social Security retirement benefit when you claim that. But, determining which benefit to take, and when, requires some thought.



Your goal should be to get the highest benefit possible for the rest of your life. To help you decide how and when to file, you should

first see what your survivor benefit will be at your full retirement age (100 percent of what your husband was entitled to at his death). If that amount is more than you are entitled to on your own at age 70 then you should consider waiting until age 67 (your FRA) to claim your widow's benefit, so you can get that higher survivor benefit for the rest of your life. Conversely, if your own age 70 benefit will be more than your widow's benefit at your FRA, then claiming your widow's benefit first and allowing your own benefit to grow until age 70 when it reaches maximum would be the more prudent choice. You can get estimates of both your survivor benefit and your age 70 retirement benefit by contacting Social Security. But if claiming the survivor benefit at age 60 is what you decide, or if you were to instead claim your Social Security retirement benefits early (e.g., age 62) there's more for you to consider.

If you are collecting any Social Security benefits before you reach your full retirement age (FRA) and you are still working, you will be subject to Social Security's "earnings limit" which restricts the amount you can earn before they take back some of your benefits (the earnings limit changes annually; for 2020 it is \$18,240). Up until the year you reach your FRA, they will take back benefits equal to one half of any earnings you have over the limit. During the year you reach your FRA the limit increases by about 2.5 times and the penalty is less, and once you reach your FRA there is no longer a limit on your earnings. So, if you claim your survivor benefit at age 60 and are working, exceeding the earnings limit will result in you permanently losing some of your survivor benefits. If, instead, you claim your SS retirement benefit early (e.g., at age 62) you'll still be subject to the earnings limit until you reach age 67, but at your FRA they will give you time credit for any months you didn't get your retirement benefits and increase your benefit amount accordingly.

The important point to remember is that you have a choice of which benefit to take, and evaluating your options as described above should lead you to the right answer - whether you should claim your reduced survivor benefit at age 60, or to delay until it reaches maximum at age 67.

## VA's second-in-command, James Byrne, is fired after 'loss of confidence'

by Steve Beynon,  
Stars and Stripes

WASHINGTON - James Byrne, the deputy secretary of the Department of Veterans Affairs, was fired Feb. 3 after holding the

post for less than five months.

VA Secretary Robert Wilkie said he terminated Byrne due to a loss in confidence in him.



Jeff Hauswirth, shown here while serving in Iraq as a combat medic. Courtesy photo

### Vet releasing EP to honor fallen friend

A Michigan school teacher will soon release an album in honor of a close friend he lost when he was serving in the military overseas.

Jeff Hauswirth served as a Navy hospital corpsman, both active duty and Naval Reserves, and in 2006, fellow combat medic Jaime Jaenke was killed by an I.E.D. during Operation Iraqi Freedom.

"The songs on this EP are all inspired by that time," Hauswirth said. "Every time I pulled them out, it was kind of like going back to that period in life, which wasn't always a good time because, you know, I had a friend die and we're kind of like family members in the military. We get really close and become a family, and I didn't want to deal with that time period."

It took Hauswirth over 10 years to bring himself to record the song Forever 29, the title track of the EP, which he wrote for Jaenke.

"When this song was written, I don't recall how old I was, 40's somewhere," said Hauswirth.

"And I was just thinking of that, and how she will always be forever 29. And that kind of sparked a sit-down, and grab a pen, so that song is kind of in honor of that time period as well."

Hauswirth was able to travel to Nashville, Tenn., over the

**"Lucky last summer I knew someone who knew someone, and I wound up in Nashville."**  
- Jeff Hauswirth

summer to work with award-winning producer Michael Flanders and studio band members to make this dream a reality.

"Lucky last summer I knew someone who knew someone, and I wound up in Nashville," Hauswirth said. "And I took it as a sign that it was time to face that, and it wound up being really good therapy as well."

Forever 29, the six-track EP, is scheduled to be available for purchase on all digital and streaming outlets on April 26, and 25 percent of each sale will be donated to a non-profit that supports vets and their families.

"Today, I dismissed VA Deputy Secretary James Byrne due to loss of confidence in Mr. Byrne's ability to carry out his duties," Wilkie said in the statement. "This decision is effective immediately."

Byrne, 55, was a former Marine infantry officer. He was sworn in Sept. 16 as deputy secretary and previously served as the department's general counsel, leading the VA's legal team, for about two years. Byrne was confirmed as deputy secretary by the Senate in a vote of 81-11.

The VA's top leadership has been in turmoil in recent years. President Donald Trump's ad-

ministration has gone through four deputy secretaries at the VA, with two of them in temporary acting positions. The Obama, Bush and Clinton administrations all had two deputy VA secretaries across both of their terms.

The previous deputy secretary, Thomas Bowman, retired in June 2018 after being passed over twice for the position of acting secretary. Byrne took over as the VA's second in command in August 2018, but he wasn't confirmed until a year later.

The VA has not yet named a deputy secretary to replace Byrne.

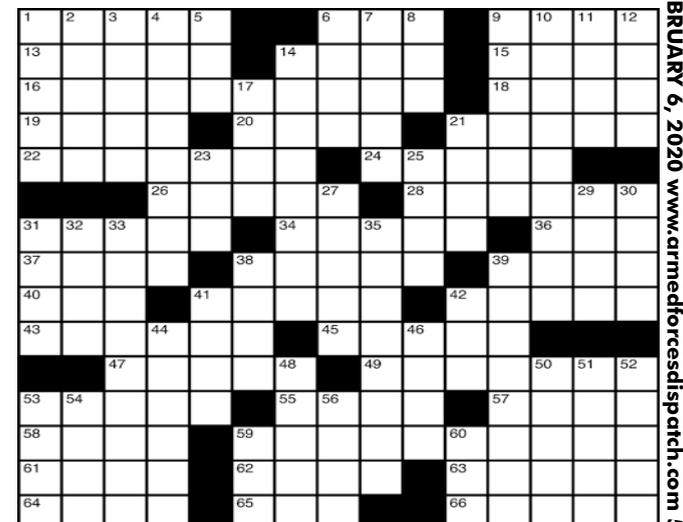
## Crossword Puzzle

### Across

- 1 Welcomed at the door
- 6 "Shame on you!"
- 9 German trick-taking card game
- 13 St. Teresa's town
- 14 Use as a source
- 15 Egg on
- 16 Shade lighter than jade
- 18 Reckless act instigator
- 19 Witty Bombeck
- 20 Euros replaced them
- 21 Buffoons
- 22 Target Field, e.g.
- 24 Nowhere near cool
- 26 N.L. mascot-head is a large baseball
- 28 Cracks up
- 31 Finnish telecommunications company
- 34 Lindsay of "Freaky Friday" (2003)
- 36 Bud's partner
- 37 Exclude from the list
- 38 Shrewd ... and a phonetic hint to this puzzle's four longest answers
- 39 Creatures of habit?
- 40 Like Mars, visually
- 41 Storybook elephant
- 42 Sneaks a look
- 43 Points of view
- 45 Sleeping giant
- 47 Actors memorize them
- 49 Riddle-ending question
- 53 Chew out
- 55 "Now it makes sense"
- 57 One-named supermodel
- 58 \_\_\_ Scotia
- 59 London co-creator of the International Plant Names Index
- 61 Meryl's "it's Complicated" co-star
- 62 Chevy subcompact
- 63 Pasta tubes
- 64 Skip a turn
- 65 Headed up
- 66 Infuriated with

### Down

- 1 Sushi bar brews
- 2 Prevent
- 3 Bedrock wife
- 4 Words starting a confession
- 5 Lawmaker's rejection
- 6 22-Across level
- 7 Energetic mount
- 8 He's a doll
- 9 Numbers game
- 10 Super-strong adhesive brand
- 11 Soil-related prefix
- 12 Pro shop bagful
- 14 Forensics facility
- 17 Feeling blue
- 21 Cereal component
- 23 Nest egg letters
- 25 Big name in facial scrubs
- 27 Forum robes
- 29 Traffic alert
- 30 Puzzle (out)
- 31 Screenwriter Ephron
- 32 It may be a bad sign
- 33 Extreme care
- 35 "Fasten your seatbelts"
- 38 Violin protector
- 39 "Swell suggestion!"
- 41 Calisthenics movement
- 42 After-school org.
- 44 Shrubs with lavender blooms
- 46 Perlman of "Cheers"
- 48 Colander cousin
- 50 Change, as a motion
- 51 Old Testament food
- 52 Illustrator's close-up
- 53 Easy-peasy task
- 54 Picnic soft drink
- 56 Neighbor of Nor.
- 59 \_\_\_ Kan pet foods
- 60 Tach reading



THURSDAY, FEBRUARY 6, 2020 www.armeforcesdispatch.com 5

## VA Disability Claim Denied?

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

Why Risk a Permanent Denial and Lose Back Pay?

Call or Text the Professional Advocates Today!

No Fees Unless You Win - Free Consultation

760-585-4665

www.VetDisabilityAid.com



StorageWest®

Here for you®

Toll Free

877-917-7990

www.StorageWest.com

## Sailors can access MyNavy Portal without Common Access Card

by **Cmdr. Erik Wells**

ARLINGTON, Va. - Sailors have been asking for it and today the Navy delivered. Sailors can now access MyNavy Portal (MNP) from their personal mobile devices using their mobile web browser without a Common Access Card, or CAC.

"We know that MyNavy Portal is the primary gateway for our Sailors to accomplish much of their HR needs," said Vice Adm. John Nowell, Jr., chief of naval personnel. "Today's Sailors do so much of their daily tasks from their cell phones and tablets that it became a priority to make MyNavy Portal CAC-free. Today, that is now a reality and Sailors can log on from any mobile device, anywhere, anytime as long as they have an Internet connection."

The Navy's first venture into CAC-free access started in Dec. 2018 with the release of the MyNavy Portal-MyRecord app. This pilot project pioneered many firsts in the transformation of how Sailors are able to access and interact with their MyNavy HR resources. These firsts included CAC-free access to human resource information in the Navy, the first Navy mobile

app to deliver Sailor personally identifiable information (PII) data, and the first mobile app to synthesize MNP web resources with a mobile application.

While MyNavy Portal-MyRecord app is no longer available for download, its success as a pilot was a significant stepping-stone to the release of MNP CAC-free and the beginning of a greater capability release.

"MyNavy Portal is a robust source of information that is constantly being updated to meet the demands of Sailors," said Kenneth Johnson, acting program manager for the Sea Warrior Program, which is making CAC-free access to MNP possible. "The most efficient way to provide CAC-free access was to integrate our secure cloud based multi-factor authentication solution into our portal allowing Sailors more flexible access than ever before."

This initial release provides Sailors access to current MNP features such as MyNavy Career Center ticket submission, ePAR and general inquiry and data from MyRecord, PRIMS and eLeave. At this time, access to Navy Standard Integrated



**In this Sept. 11, 2014 file photo, Mass Communication Specialist 3rd Class Katarzyna Kobiljak prepares to take the 2nd Class promotion exam in San Diego. Navy photo by MCC Greg Badger**

Personnel System (NSIPS) and BUPERS Online (BOL) will still require CAC access and will not be accessible from mobile devices without using a CAC.

Here's how the process works. First, Sailors must log into MNP using their CAC to set-up their CAC-free account. They will be guided through the process by following several steps that will grant them CAC-free access by using Okta Verify, the Navy-approved third party app that verifies the user's identity.

When a Sailor wants to view MyNavy Portal CAC-free on their mobile device, Okta Verify generates a code that is used to

complete the log in process. At no time will any Sailor PII be transferred or revealed to Okta Verify.

"This is a game changer for Sailors to manage their careers," said Capt. David Kemp, director, MyNavy HR Transformation Office. "In the last year, we have introduced CAC-free products to allow Sailors to view and update their personnel records, assist them with their PCS moves with MyPCS mobile, and opened up MyNavy Career Center to provide 24/7 customer support to the fleet."

By delivering MyNavy Portal access without using a CAC, MyNavy HR is continuing to deliver Human Resources - personnel, pay and training services to Sailors and their families with increasing speed, accuracy, quality and transparency.

The introduction of MNP CAC-free is just the start of creating CAC-free access to MyNavy HR websites such as BUPERS Online. Once Sailors set-up CAC-free access with MNP, they will not have to do it again when other sites go CAC-free.

## Sergeant Major of the Marine Corps' focus areas in support of the 38th Commandant of the Marine Corps Planning Guidance

by **Sergeant Maj. Troy E. Black**

In my role as the Sergeant Major of the Marine Corps, I'm responsible for offering sound and reasonable advice to the commandant on all policies and practices that affect the Marine Corps - to include Marines and their families. Additionally, I offer advice on Marine Corps education as it relates to curriculum development and execution of enlisted PME, quality of life and overall readiness of Marines and families. The commandant has challenged us in his Planning Guidance to train, educate and manage talent within the Corps to be the most ready when the nation is least ready. To that end, I will focus on the three following areas: Recruiting and Retention continuum (Talent Management and Development); Health, Fitness and Wellness; and development of the enlisted force through enlisted PME and Professional/Personal Development.

### 1. Recruiting and Retention continuum

Our current Street to Fleet program requires an evolution working towards a defined Talent Management model starting with whom we recruit and professionally develop and ending with whom we retain and retire. By thinking about the end of the process from the moment a potential recruit interacts with a recruiter, we can improve our efforts.

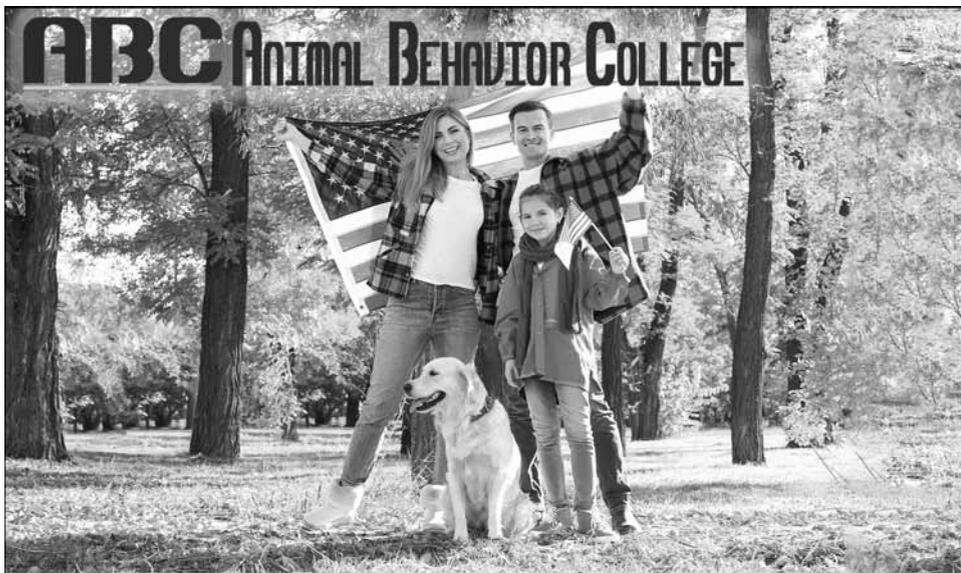
### 2. Health, Fitness and Wellness

Through our programs we empower Marines to be Fit of Body, Fit of Mind, and Fit of Soul which is necessary to maintain the perseverance necessary to adapt to any environment, to fight, and to win. We must continue to monitor the effectiveness of our existing programs and ensure we are providing all Marines with the tools to develop physical fitness, fundamental nutritional and recovery education, and spiritual wellness.

### 3. Enlisted PME and Professional/Personal Development.

We must protect the development of enlisted leadership and remain focused on a fundamental and foundational commonality throughout our enlisted ranks. From the Private all the way to the Master Gunnery Sergeant and Sergeant Major, we must continue to expand the development of our general Marine Corps skills, warfighting skills, and individual MOS skills. We must do all this while advancing the ability of our Marines to earn college credits, degrees, and vocational certifications. There is no doubt that focusing on all these areas simultaneously will make the Marine Corps a more lethal and capable fighting force.

The Commandant has authorized me to establish a series of advisory panels to review the current programs, to identify areas for improvement, and to recommend any changes necessary so that these programs are best able to support Marines and their families to ensure we are ready when the Nation calls. Semper Fidelis!



## Work With Pets • Love Your Career

**Use Your Benefits, You've Earned Them!**

**Eligible military spouses can receive up to \$4,000.00 to cover Animal Behavior College tuition costs through the Military Spouse Career Advancement Accounts (MyCAA).**

**Use your MyCAA benefits to become a Dog Trainer, Pet Groomer, or Vet Assistant.**

**Use your GI Bill® Benefits and get your tuition for the on-campus dog trainer program paid for! Located in Santa Clarita, CA.**

**visit us at [www.animalbehaviorcollege.com/base](http://www.animalbehaviorcollege.com/base) or call (800) 795-3294**

## NCIS: Sailors, Marines, civilians beware of tax scams

Tax season presents increased opportunities for malicious cyber actors to conduct tax-themed cyber operations for financial gain, identity theft, and the theft of sensitive information. Tax-related scams are particularly common during the tax season and are often carried out through email, text messages, social media messages, and phone calls.

In many cases, malicious actors impersonate the IRS or tax services and send realistic emails to victims in mass quantities. The emails can also be tailored to specific victims to increase the appearance of legitimacy, and they often appear to be refund updates, notifications of account status or eligibility, or requests for sensitive personal, account, and/or financial information.

The most common tax scams in 2018 and 2019 included phishing, vishing, identity theft, and the use of fake charities:

**Phishing:** Businesses and individuals receive fake emails, text messages, and social media messages, in which a malicious actor requests sensitive information from the victim or attempts to deliver a malicious link that appears as a legitimate website to the IRS or a popular tax service. If successful, phishing scams directed at taxpayers can allow cybercriminals access to the targeted device, its functions, and files.

**Vishing:** Phone scams in which malicious actors threaten victims into providing personal and financial information or transferring funds to an account controlled by the actors. Actors commonly threaten victims with arrest, revocation of their driver's license, or other false criminal offenses unless they make immediate payment.

**Identity Theft:** Identity theft is common during the tax season, and can occur after a malicious actor has accessed a victim's Social Security number or Individual Taxpayer Identification Number. Once this information has been compromised, cybercriminals can use these numbers to file a fraudulent tax return and claim any anticipated tax refunds.

**Fake Charities:** Scammers commonly impersonate charities during tax season by using false organization names that are similar to legitimate charities or organizations. Many of these false charities take advantage of taxpayers by requesting part of their tax refund as a donation. Using this method, malicious actors either request a transfer of funds or sensitive financial information from the victim.

To learn more about tax scams, visit <https://www.irs.gov/newsroom/tax-scams-consumer-alerts>. If you suspect you've been targeted or are the victim of tax-related fraud, submit to NCIS via the NCIS Tips app or at [www.ncis.navy.mil](http://www.ncis.navy.mil).

# Teaching your kids to thrive in future work world

by Dr. Daneen Skube  
Tribune Content Agency

**Q:** I have kids and worry about how to prepare them for the work world. How do you suggest parents talk to children about careers, education and goal-setting?

**A:** I suggest to parents that they have lots of conversations about the difference between social myths and workplace reality. I am doing this with my own kids.

Teach your kids critical thinking. If you can think critically, you are not influenced by the expectations or beliefs of others but think for yourself. Even as an adult, being able to identify what benefits us rather than being swayed by how we look or what others do is powerful.

Good examples are advertising that tells us we must have the next fancy gadget to be happy, or peers that tell us we must spend a lot of money on a wedding, or the idea that at age 18 we must move out and go far away to be educated.

I have a 5-year-old and twin 7-year-olds and we recently did what I call a lifestyle audit. We sat down at the computer and went through a list of what they would need and want when they live on their own. We looked up

places to live, priced out cable, cars and groceries. We also talked about banking and credit. We realized even a simple life would cost about \$50,000 for each kid.

I gave one of my twin boys a "loan of \$10" and told him he had to pay it back with interest. I told him I'd expect him to pay back \$2 a month until it was paid. He did the math and said, "No fair I have to give you \$20!"

## INTERPERSONAL EDGE:

I said, "Yup, welcome to banking!" He got mad!

After all this discussion, the kids looked at me and said, "So every year I live at home after high school, I save a lot of money and can save and buy a car with cash." I was pleased they were starting to think.

As parents we are the most important teachers for our children. We can help them think realistically about the business world. Teaching them interpersonal skills, financial skills, delayed gratification and how to question what people tell them is important. We can show them how to figure out where they want to end up and what they need to do to arrive at that goal.

Even young children can think about what problem they want to solve (jobs), can question what they are told and can learn a work ethic.

If we watch our children's interests, we can explore careers that use their natural talents. We can teach by example with work we do and decisions we make. We can encourage questioning whether a four-year college out of state makes sense or whether

a running start program in high school and a local college would be wiser financially.

You can guarantee the work world will not become less complex by the time our children are adults. But you can guarantee that the habits and skills you give them now will be their best workplace skills to thrive as adults.

The last word(s)

**Q:** I have tried to point out to my boss why certain ideas are not working within our team, but he always brushes me off. Is there a reason he will not listen to my perspective?

**A:** Yes, instead of pointing

out problems, offer your boss solutions and watch how fast he pays attention!

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

◆ If you're making the leap into a completely new field, do your best to learn the basics. Find out what the typical job titles and roles consist of and learn about the types of career path options you could take. Start with the entry level and work your way up to see what it would take to become a manager or director in your respective field.

◆ If you're looking for a job, then act like your job hunt is your job. Keep a schedule, create task lists and execute them, and do everything you would do if you had a job. When you walk into an interview with the glow of someone who has a task to complete, you'll change your interviewer's demeanor. You can't fake confidence. If you're putting out resumes and scheduling interviews, then that kind of confidence comes out when you sit down and talk to a hiring manager. If you're looking for a job but are currently working, then don't act like you're sneaking around. Stand tall and give strong handshakes when you walk through the door of a hiring manager to talk about your next career move.

**VETERANS | SPOUSES | TRANSITIONING MILITARY**

## YOU SERVED...NOW TEACH

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

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

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



ARMY  
NAVY  
MARINES  
AIR FORCE  
COAST GUARD

## APPLY NOW

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



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



**NORWICH UNIVERSITY**  
Online

1 (866) 684-7237  
[learn@norwich.edu](mailto:learn@norwich.edu)

## MASTER'S DEGREES

## BACHELOR'S DEGREES

## CERTIFICATES AND PROFESSIONAL EDUCATION

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

[ONLINE.NORWICH.EDU/DREAMBIG](http://ONLINE.NORWICH.EDU/DREAMBIG)

# LIVE, LEARN & ADVANCE

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



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



## \$3,000 SCHOLARSHIP!

Paul Mitchell The School San Diego is awarding two \$3,000 scholarships for our March 10th Programs. Turn in your application and finalize your enrollment by February 25th, 2020 to qualify!

**PAUL MITCHELL**  
**the school**  
**SAN DIEGO**

Contact us for more information. 410 A Street, San Diego, CA 92101 | 619-398-1590  
Facebook | [PaulMitchellTheSchoolSanDiego.com](http://PaulMitchellTheSchoolSanDiego.com) • Instagram | [paulmitchelltheshoolsandiego](http://paulmitchelltheshoolsandiego)

THURSDAY, FEBRUARY 6, 2020 [www.armedforresdispatch.com](http://www.armedforresdispatch.com) 7

## Command Senior Enlisted Leadership Symposium

# Force master chief: 'Our Sailors need to be resilient and ready to fight'

by MC2 Alex Corona

NAVAL AMPHIBIOUS BASE CORONADO, Calif. – Force Master Chief James Osborne, the top enlisted Sailor for Commander, Naval Surface Force, U.S. Pacific Fleet (CNSP), hosted the annual CNSP Command Senior Enlisted Leadership Symposium for more than 120 senior enlisted leaders from the surface fleet at Naval Amphibious Base Coronado, Jan. 27-30.

A panel of guest speakers featuring Master Chief Petty Officer of the Navy (MCPON) Russell Smith, U.S. Pacific Fleet Master Chief James Honea, U.S. Naval Forces Europe-Africa Fleet Master Chief Derrick Walters and other senior enlisted leaders discussed motivating Sailors, reinforcing standards, and the value of the enlisted Sailor, both past and present.

"We as a Chiefs Mess have to ask ourselves: have we done our part to prepare our Sailors for any challenge that we are presented with in the future?" said Smith. "Our Sailors need to be resilient and ready to fight."



**Master Chief Petty Officer of the Navy (MCPON) Russell Smith speaks to more than 120 command senior enlisted leaders during the annual Commander, Naval Surface Force, U.S. Pacific Fleet (CNSP) Command Senior Enlisted Leadership Symposium. Navy photo by MC2 Alex Corona**

Smith spoke about the importance of keeping Sailors battle ready and how command leadership needs to lay the groundwork for successful integration of combat readiness.

"We need to know how our Sailors will respond when they get the call and it's time to serve

their country in the highest capacity," said Smith. "It falls on us as chiefs to prepare them. We need to have those talks and knee-to-knee discussions to help them with what they are going through and prepare them to defend our nation."

Smith and Honea also talked

about the importance of remembering the sacrifices of previous service members.

"In the 32 years that I have been in the Navy I never thought I would see the day that an aircraft carrier would get named after an enlisted Sailor, Doris Miller," said Honea. "He didn't wake up that day thinking he was

going to be a hero and that is the type of mindset our Sailors need to have."

Honea said that the young Sailors today are prime examples how Miller's memory can live on.

"Our Sailors need to be reminded that they are Sailors just like Miller and should be confident in their ability to bring the fight to enemy," said Honea. "We as leadership need to translate this message to them and it begins at the deck plate level. They need to know that they are winners and are on the winning team."

Battle readiness, a central theme for Vice Adm. Richard Brown, the commander of the Navy's surface force, permeated many of the discussions and the Navy's senior enlisted leadership were charged with giving their Sailors the confidence they need to perform at the highest level.

"At the end of the day this is about the Chiefs Mess and leadership up, down, and across,"

said Rear Adm. Chris Engdahl, president, board of inspection and survey. "Our enlisted core is an asymmetric advantage we have. You are the influencers and for you, as the command master chiefs, material matters."

As these senior enlisted leaders continue to face challenges presented by the new wave of warfighting, the ideals and values they've gained at this symposium are crucial to instill in junior Sailors.

"After four days of open forums and discussions with three of our most senior enlisted leaders, numbered fleet command master chiefs, command master chiefs from our Marine Corps components and my counterpart for the Atlantic Fleet, Force Master Chief Kevin Goodrich

"I'm confident in the senior enlisted leaders in our surface warfare community as we lean forward with Vice Adm. Brown's message to the Fleet that we are battle-minded crews and combat ready ships and we are prepared to fight today," said Osborne.

## USS Lake Erie Sailor honored as Missile Defender of the Year

by Laurie Buchanan

ALEXANDRIA, Va. - The Missile Defense Advocacy Alliance (MDAA) honored Fire Controlman (Aegis) First Class Mario Amaro as the Navy recipient of the Missile Defender of the Year award during an annual banquet honoring the best missile defense Soldier, Sailor, Airman and National Guard member for their outstanding efforts in Alexandria Va., Jan. 10.

"I am overwhelmed to be here this evening. I am just a Sailor doing my job. I am honored to receive this award, and do so on behalf of all the Sailors who are in harm's way, working tirelessly as part of a team that will keep our country and our allies safe," said Amaro. "I am just one person; it takes all of us, together,

to get the job done."

Vice Adm. James Kilby, deputy Chief of Naval Operations for Warfighting Requirements and Capabilities, and Riki Ellison, Chairman and Founder of MDAA, presented the Navy's 'Missile Defender of the Year' award to Amaro. Army Capt. Cody Williams, Air Force Capt. Nolan Hebein, and Army National Guard Capt. Eric Grant were recipients of their respective service's Missile Defender of the Year award.

"There's some mission areas that generate enthusiasm and focus, and BMD is one of those areas," said Kilby. "FCA1 Amaro wanted to make a career out of the Navy and he has absolutely crushed it. He is pursuing

his computer science degree. He is an Aegis Systems supervisor, and most extraordinary, he is Master Helmsman qualified. In addition, he is Combat System Coordinator qualified, Anti-Air Warfare Coordinator qualified and BMD Watch Officer qualified. I know of no other petty officer that has achieved one, much less three of those qualifications. That is extraordinary!"

As the combat systems assistant maintenance manager in 2019 aboard the USS Lake Erie (CG 70), Amaro worked with the systems test officer and combat systems maintenance manager coordinating all preventative and corrective maintenance for 20 work centers within Combat Systems, Weapons and Operations departments. Amaro was



**Vice Adm. James W. Kilby, deputy chief of Naval Operations for Warfighting Requirements and Capabilities, poses for a picture with Fire Controlman (Aegis) First Class (FCA1) Mario Amaro from USS Lake Erie (CG 70); Amaro was honored with MDAA's Navy Missile Defender of the Year award for 2019. Navy photo by Laurie Buchanan**

Lake Erie's only Aegis system supervisor and computer technician, and his efforts troubleshooting and repairing more

than 15 ballistic missile defense (BMD) computer casualties resulted in 100 percent operability, completion of BMD

certification, BMD Exercise 19-04, and two live BMD tasking missions.

"FCA1 Amaro is an inspirational leader, mentor and computer technician, with experience honed through operational execution while deployed in a joint ballistic missile defense environment," said Capt. David Zook, deputy Director of SMWDC's IAMD Division. "FCA1 Amaro has a tremendous record of success and he is a true role model for his peers."

SMWDC is a subordinate command of Commander, Naval Surface Force, and Pacific Fleet and is tasked to increase the lethality and tactical proficiency of the Surface Force across all domains. SMWDC headquarters is at Naval Base San Diego with four divisions in Virginia and California focused on IAMD, anti-submarine warfare/surface warfare, mine warfare, and amphibious warfare.

## ITT Offices – Tickets on sale

- San Diego Gulls Hockey
- Supercross on February 8, 2020
- Monster Jam on February 15, 2020
- Harlem Globetrotters on February 14 and 23, 2020
- San Diego Seals Rumble on the Runway on February 22, 2020
- Big Bear, Snow Summit, Mountain High Lift Tickets, Mammoth Mountain Lift Tickets.
- Year-Round Gift Ideas: Movie Tickets and See's Candy Gift Certificates

**MCAS Miramar**  
Bldg. 2524  
Mon-Fri: 9 a.m. - 5 p.m.  
Sat: 9 a.m. - 2 p.m.  
Sun, Holidays: Closed  
Ticket Office  
(858) 307-4126/4141

**NAS North Island**  
Mon-Sat: 9 a.m. - 7 p.m.  
Sunday & Holidays:  
9 am-2 pm  
Navy Exchange Mall  
Phone: (619) 545-9576

**Naval Base San Diego**  
Mon: 9 a.m. - 5 p.m.  
Tues-Fri: 9 a.m. -7 p.m.  
Sat: 9 a.m. - 5 p.m.  
Sun, holidays: 9 -2  
Bldg. 3379  
(619) 556-7498

## MARK YOUR CALENDAR FOR APRIL 4

**MWR METRO SAN DIEGO**

**Saturday, April 4**  
**9 a.m. - 1 p.m.**

# Spring Fling

**NBSD Admiral Prout Fields**  
**Free Admission**

**Information:**  
**(619) 284-4054/619-556-7444**



# \$150 million ammunition pier, boating channel redesign underway at Naval Weapons Station Seal Beach

by Erika I. Ritchie,  
Orange County Register

Lt. Cmdr. Nigel Morrissey watched from the land side of Naval Weapons Station Seal Beach as a 100-foot crane swung around a bulldozer aboard a barge filled with sand scooped from a quarry on Catalina Island.

The bulldozer was poised to drive onto the barge to begin pushing sand into the ocean in Anaheim Bay. The sand will provide a foundation for an 800-foot causeway that will connect the naval station with the inner breakwater at the center of the harbor and also connect to a reconfigured ammunition pier.

The work being done Jan. 31 was the start of Phase One of a \$150 million plan to relocate the base's ammunition pier and create a new boating channel that will keep public boaters at a safer distance from Navy operations at the pier. The first phase is scheduled for completion in October 2022; the second phase, which is scheduled to be awarded in March, should be completed by June 2024.

All work is being done by



**FILE PHOTO (March 13, 2019) - Sailors assigned to Navy Cargo Handling Battalion 1 guide an SM-2 missile into place as it is lowered towards a vertical launch system during an expeditionary ordnance reload training evolution aboard USS Michael Murphy (DDG 112) at Naval Weapons Station Seal Beach. Navy photo by MCC William S. Parker**

local contractors. "This is the biggest project I've ever been involved with," said Morrissey, who as a public works officer is overseeing more than 100 contractors and Navy personnel involved with the project. "Building an ammunition pier is very rare and costly."

The 5,000-acre base is responsible for weapons storage, loading and maintenance for the majority of the United

States Pacific Fleet. Navy officials say the reconfiguration will provide greater installation security and improve safety for private boaters and nearby communities. Most of the base infrastructure is between 50 and 70 years old.

The pier was built in 1944 and rebuilt in 1953. Officials at the base, which provides ammunition to about 40 ships a year, say naval operations are

limited by the condition of the existing pier.

For now, only one mid-size destroyer can be serviced at a time. With the reconfiguration and new pier, two mid-size destroyers could be serviced at the same time, and larger ships that now can't fit into Anaheim Bay will be able to enter for loading and unloading of munitions.

Officials say the number of ships serviced annually could increase to 60, but that number is also dependent on global defense needs.

As the Department of Defense shifts its focus to Asia and the Pacific, more ships will be needed to support missions. The Seal Beach base is the only major weapons station post within 1,000 miles of fleet concentration in San Diego, the next closest being Naval Ammunition Depot Indian Island in Washington.

The new design also takes the public boat navigation channel farther from Navy operations and would move ammunition loading away from Pacific Coast Highway,

increasing safety for nearby communities, Morrissey said. The channel should be completed by mid-2021.

**Concluding four years of heavy scrutiny, the project was given the go-ahead in July after an environmental assessment report by local, state and federal agencies found reconfiguration would not negatively affect surrounding communities or wildlife.**

The report was conducted by the Navy in collaboration with the U.S. Fish and Wildlife Service, National Marine Fisheries Service, State Historic Preservation Office, California Coastal Commission, U.S. Coast Guard, U.S. Army Corps of Engineers, Regional Water Quality Control Board, and South Coast Air Quality Management District.

As part of the project, Navy and research scientists from the National Oceanic and Atmospheric Administration are monitoring local wildlife that

have made some of the lagoons on base their home.

Eastern Pacific green sea turtles, for instance, live and forage on eelgrass within the Seal Beach National Wildlife Refuge, the only such refuge on a military installation in the nation.

Currently, the turtles travel from the ocean to the northeast end of Anaheim Bay, then head southeast and follow the channel, finally turning east and passing under the Pacific Coast Highway bridge - a total distance of about 1.3 miles.

The new boating channel follows the lower jetty and turns east under the PCH bridge, a distance of just less than one mile. Scientists are tracking the animals to see if the change will affect their lifestyle.

Since the project broke ground Dec. 18, environmental contractors have been out at the site periodically watching for sea mammals and turtles.

"If one is seen they stop all operation until they are in the clear," said Gregg Smith, spokesman for the base. "So far, we haven't seen any."



## INDIAN MOTORCYCLE<sup>®</sup>

### of San Diego

INDIANOFSD.COM - 9240 CLAIREMONT MESA BLVD. SAN DIEGO CALIFORNIA - 858.277.0422

Pre-Owned Feature

2016 INDIAN CHIEF DARK HORSE

Only Thunder Black Smoke \$12,995

VIN: 56KCCDAA2G3335234

Call Today

  
 We Have All the Bikes You Love!

HUGE SHOWROOM

OVER 90 BIKES TO CHOOSE FROM

2018 DUCATI SCRAMBLER 1100 SPECIAL



2016 BMW S 1000 XR



THURSDAY, FEBRUARY 6, 2020 www.armedforresdpatch.com 9

# Naval Info Warfare, San Diego Chamber gathers to talk revitalization of facilities

by Elisha Gamboa  
NAVWAR Public Affairs

SAN DIEGO - Members from the San Diego Regional Chamber of Commerce visited Naval Information Warfare Systems Command (NAVWAR) Jan. 28 to learn about the command's mission of delivering information warfare capabilities to the fleet, its significant impact to the region, and the NAVWAR revitalization of its facilities in the area.

During the event, NAVWAR Commander Rear Adm. Chris-

was reported that NAVWAR contributed an estimated \$3.2 billion to San Diego's gross regional product (GRP) and more than 26,000 jobs during fiscal year 2018. The report projected those numbers to grow to \$3.5 billion GRP and 29,000 jobs in fiscal year 2019.

Following Becker, Greg Geisen, Facilities Plan and NAVWAR Revitalization lead, provided Chamber members with an overview of NAVWAR revitalization. The effort is an agreement between the U.S.

NAVWAR is in need of new modern facilities. This public-private venture could result in a state-of-the-art 1.5 million square foot NAVWAR facility, as well as a substantial economic benefit to the region through the construction and operation of new commercial, transportation and housing facilities."

Geisen also informed the group of the Jan. 24 signing of the agreement between the Navy and SANDAG which provides clear, defined milestones to ensure progress in exploring the redevelopment opportunity.

Additionally, to give the Chamber of Commerce a greater understanding of the work conducted at NAVWAR, Geisen gave the group a tour of the command's main buildings, World War II-era aircraft manufacturing factories. The buildings have been partially modernized to provide training facilities, administrative office space, and industrial space to support NAVWAR's projects and programs. The existing space is currently underutilized and is functionally obsolete given the 1940's era facilities' design.

While touring the facilities, the group stopped at the Network Integration Engineering Facility (NIEF), located inside one of the on-site buildings.

The NIEF specializes in the

rapid design and integration of commercial and government off-the-shelf products for military applications. It also provides environmental qualification testing services for those products, which applies to both the development of new systems and upgrades to existing systems.

The NIEF provides a classified space where integrated teams can work together to deliver high quality information warfare capabilities such as the Consolidated Afloat Networks and Enterprise Services (CANES). Engineers and information technology specialists work together in the secret level facility to enable loading certificates, software applications and secret compartmental information internet protocol for CANES, significantly reducing the install time on the ship.

In addition to the NIEF, NAVWAR is conducting large range of other programs and projects inside the dated buildings from digital engineering, data science, robotics, artificial intelligence, machine learning, virtual reality, 3-D printing and more.

Moving forward, NAVWAR will continue to collaborate with and host other San Diego community and business groups to enhance understanding of NAVWAR's mission, its impact to the San Diego region and NAVWAR's importance to the future of the Navy and the nation.

**We are better able to execute our mission by being located in San Diego, where we are close to one of the country's largest concentration areas of operational naval forces, great training ranges, high-tech industry and world-class academic institutions.**

✓ Rear Adm Christian Becker

tian Becker welcomed policy committee members from the Chamber's defense, veterans and military affairs committee and the transportation and land development committee. Becker's remarks focused on the importance of NAVWAR's mission to the future of the Navy and the nation.

"We have more than 11,000 personnel worldwide working around the clock to deliver information warfighting capabilities from seabed to space and through cyberspace to ensure the security of our Navy and our nation," said Becker. "Of those 11,000, 5,200 are employed here in San Diego, providing a sizable, positive impact on the region's economy. We are better able to execute our mission by being located in San Diego, where we are close to one of the country's largest concentration areas of operational naval forces, great training ranges, high-tech industry and world-class academic institutions."

Becker also commented on the 2019 San Diego Military Advisory Council's annual economic impact study, where it

Navy and the San Diego Association of Governments (SANDAG) to explore options for building and developing new NAVWAR facilities of Naval Base Point Loma's Old Town Complex, including more than 70 acres of property located in the Midway-Pacific Highway District.

"NAVWAR's current facilities are not adaptable, sustainable or compatible with NAVWAR's growing mission requirements," said Geisen. "To execute its high-tech operations and to meet emerging security requirements,

## The quietest range on Camp Pendleton

by Lance Cpl. Broc Story

CAMP PENDLETON - Throughout the many ranges on Camp Pendleton, the crack of rifles and the thundering of artillery is a common occurrence. However, the sprawling base is also home to a range that emits little to no sound. This range is known as the Rattlesnake Canyon Archery Range and it provides archers of all backgrounds the opportunity to hone their craft.

"We have our hunters who practice archery so they can be the best they can be," said Micheal Tucker, a game warden with Environmental Security Department here. "We also have archers that focus solely on archery as a sport."

Rattlesnake Canyon Archery Range promotes safer hunting practices on base by ensuring that bow hunters have every opportunity to be confident with their equipment. Archery is a difficult method to use while hunting game species. Having a range to practice on is vital for ethical hunting.

"I love archery as the head coordinator of the deer hunt," stated Tucker. "We can accommodate more hunters and have a much larger hunting effort through archery."

For many, archery is a method to ensure spiritual fitness. The intense focus and discipline that is required to become proficient with any form of bow and arrow becomes an escape. Similar to other outdoor activities, the connection to nature and the repetitiveness keeps many grounded and mission ready.

"Archery is a focus activity that promotes resilience much like fishing or meditation," said Tucker. "This range is available all the time and doesn't conflict with other Marine Corps training ranges."

The range's location allows for sunrise to sunset hours of operation and uses a first come first serve system. At the moment this is the only archery range here. However, the Pendleton Sportsman's Club has been working to have another open soon. The new range will be located near the Las Flores Ranch House and will allow archers closer to the area the same opportunities as the Rattlesnake Canyon Range.



**MARINE CORPS AIR STATION MIRAMAR (Jan. 31, 2020) - Local community members observe the F35-C Lightning II during an orientation brief here. The purpose of the orientation was to inform local officials and community leaders about what to expect with the new F-35s coming aboard. Marine Corps photo by Lance Cpl. Krysten Houk**



**PACIFIC OCEAN (Jan. 26, 2020) - Fire Controlman 1st Class Ashley Derenbecker, from Bay St. Louis, Miss., monitors the airspace around cruiser USS Bunker Hill (CG 52). Bunker Hill, part of the Theodore Roosevelt Carrier Strike Group, is on deployment to the Indo-Pacific. Photo by MC3 Nicholas V. Huynh**



**CAMP PENDLETON (Jan. 28, 2019) - Marines and Sailors observe as Marines assigned to Amphibious Vehicle Test Branch, Marine Corps Tactical Systems Support Activity, maneuver an amphibious combat vehicle onto the well deck of USS Somerset (LPD 25) as part of the vehicle's developmental testing. Marines of AVTB are testing the Marine Corps' newest amphibious vehicle, which will replace the current amphibious assault vehicle. Marine Corps photo by Lance Cpl. Drake Nickels**



**PACIFIC OCEAN (Feb. 5, 2020) - An F/A-18E Super Hornet assigned to the Tomcatters of Strike Fighter Squadron (31 launches from the flight deck of carrier Theodore Roosevelt. The Theodore Roosevelt Carrier Strike Group, or TRCSG, is on deployment. Navy photo by MC3 Zachary Wheeler**

**Situational Awareness = Information + Action**





by Jan Wagner

## Why you need the popular VAVA DASH CAM - now with 4K video

the right lane beside him. I did too. I doubt the pickup driver ever knew how close we all had come to being involved in a bad rear-end collision.

### VAVA 4K Dash Cam

It was after this close call that I remembered that I had been given a VAVA 4K dash cam to

its windshield mount via a strong magnet. The camera rotates 360 degrees, so you can shoot ahead of your car or even shoot yourself and your passengers, as you talk.

The built-in 320mAh battery and G-sensor (with 3-axis accelerometer) optionally en-



ables recording of short video clips, if your car is jostled while parked.

ables recording of short video clips, if your car is jostled while parked.

You can watch what is recorded on your phone via the app, or from the memory card via your computer. Video and audio quality is excellent.

Setup is easy but the cord is inconvenient.

Currently the 4K VAVA dash cam is \$199.99 (\$30 off), including everything except a U3 microSDHC memory card. To order, or for more information, visit <https://www.vava.com/products/1080p-full-4k-hd-dash-cam-car-dvr>.

To see additional photos, visit [www.drivetribe.com](http://www.drivetribe.com), click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #628" in their search bar. Send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com). Copyright © 2020 by Jan Wagner - AutoMatters & More #628

The VAVA dash cam attaches

### A TRUE STORY

I am going to paint a verbal picture of this for you – from memory, since I did not have a dash cam in my car.

Two days ago, at around noon, I was driving on a multi-lane San Diego freeway (southbound on the I-15). Traffic was light and moving quickly (the posted speed limit was 65 – you do the math). I was about to exit the freeway onto a major east-west thoroughfare (Miramar Road heading west). Since this is a busy exit, the long offramp is two lanes wide. If I stayed in the freeway lane that I was in, I would have ended up on the left lane of this exit ramp. Are you with me so far?

As I got close to the exit ramp I could see that the traffic in the right lane – near the beginning of the offramp, and beside where I was about to be – was completely stopped. Remember, I was still on the freeway and traffic there was moving at high speed.

Luckily there was no traffic stopped ahead of me in my lane. Nevertheless, out of an abundance of caution, I slowed somewhat for the stopped traffic in the right lane. I was behind a pickup truck that was also exiting the freeway. I could see far ahead, past the stopped vehicles in the right lane, to where the exit merged with Miramar Road. Both lanes were clear there.

Inexplicably, the pickup truck in front of me came to a complete stop. I had nowhere to go so I had to stop too, even though I was still on the freeway. I could see in my rearview mirror that a car was approaching. Frantically I pumped my brakes so that my brake lights would flash rapidly, to hopefully get that driver's attention. It worked. The driver slowed.

Ahead of me I could see a pedestrian standing in the right exit lane, motioning to oncoming traffic to stop. No doubt that is why the pickup truck in front of me had stopped, but I could see there was nothing in the lane ahead of him. He needed to get moving before we were all involved in a terrible rear-end collision.

Behind me I could see that the next vehicle to reach me would be a semi. I rapidly and repeatedly pumped my brakes again. He slowed too.

Thankfully the driver of the pickup truck finally drove past the traffic that was stopped in

**NATIONAL**

# SUICIDE PREVENTION LIFELINE

**1-800-273-TALK (8255)**

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## The Meat & Potatoes of Life



by Lisa Smith Molinari

When I took my husband to the hospital for hip-replacement surgery recently, I envisioned myself playing the part of Florence Nightingale during his post-operative convalescence at home: propping his pillows, retrieving fresh ice packs, delivering steaming bowls of soup and neatly quartered sandwiches, topping off his water with candy-striped bendy straws.

But instead, a few days after Francis' release from the hospital, my inspiration to lovingly nurture began to degrade into the bitter resentment of an indentured servant.

Admittedly, we had both been naïve about what to expect, because Francis' last surgery was a tonsillectomy at age nine. I had had several surgical procedures as an adult, but my husband had not gone under the knife in our entire 27-year marriage.

For years, Francis had always over-dramatized his cold symptoms, sneezes, coughs, aches and pains. And he developed a new tendency to talk too much about the tedious details of his upcoming hip procedure to anyone who would listen. But despite clear signs that Francis would "milk it," I had believed that I would swell with nothing but nurturing feelings for him during his convalescence.

Uh, not so much. Annoyance had crept into my brain early on, like a slowly infecting virus.

"Ahhh... unnghf... shhh-hooooo," Francis groaned and huffed with the slightest movements. The first few days after hip replacement surgery, this was to be expected. But on day four, the noises became more frequent and dramatic, and were accompanied by more extreme facial expressions. In front of the young nurses in the hospital, Francis had

## Ain't no Florence Nightingale

been all smiles and bravery. But strangely, at home, his permanent grimace was only interrupted by face-contorting wincing, angry purses, and theatrical flinches.

At home, I offered food, drinks, ice, medications and ambulatory assistance, but ironically, Francis' needs multiplied as his mobility improved. A week after surgery, he started to demand that my daughter or I tuck him into bed nightly. And although he had an entire set of medical assistance tools, elongated shoehorns, sock-aids, grabbers, and picker-uppers, every day he found new tasks to add to my responsibilities.

"Unghff... can... annggg... you... fffwhooo... get ...shhh-hwhoo... the... unghfff... light?" Francis huffed at me, dramatically reaching a quivering hand toward his nightstand, his fingers mere inches from the lamp switch.

Initially, guilt forced me to push annoyance away and press on. But soon, the grunts, groans, grimaces and grievances became too much for even Florence Nightingale to bear. "Isn't he supposed to be getting better?" I thought in secret frustration, dreaming of a tropical escape.

Then one night, the unfiltered observations of our 19-year-old daughter finally addressed the elephant in the room. Francis was emitting his usual cacophony of noises on our family room couch, and in the middle of it all, he belched.

"Ghfff, unngh, ahhhh, hh-heee, whooo," he went on like

a one-man band, when there came a rumbling from deep in his gut, followed loudly by, "BUURRPP.... tssseeeee," as if the valve had been pressed on a pressure cooker full of cabbage.

"Wow, Dad," Lilly piped up, "you're actually good at beat boxing!" She proceeded to imitate the whole thing with uncanny accuracy and hand gestures. He tried to resist it, but Francis' grimace melted into a chuckle, and I laughed, too.

Lilly, who had sensed the tension between us, offered to take "tuck in" duties for the night. She walked her grunting father up the stairs to our bedroom, while I melted into the couch, blissfully alone.

Soon, I heard creaking floorboards and music emanating from upstairs, followed by shouts and laughter. I walked up to find that Lilly had asked the Alexa on my bedroom dresser to "Play Eye of the Tiger by Survivor" to motivate Francis to remove his own socks and get himself into bed without assistance.

"C'mon Dad! You can do it!" she blared, punching and kick-boxing at the air.

A few days and a few more doses of much-needed comic relief later, Francis began showing signs of improvement. Although he now claims to be developing a cough that could prolong our misery, we all know now that laughter truly is the best medicine.

**TOP QUALITY FIBERGLASS TONNEAU COVERS & TRUCK CAPS**

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

**SoCalTruck.com**  
ACCESSORIES & EQUIPMENT  
10460 Mission Gorge Rd • Santee • 92071  
**619-749-0742**

**SNUGTOP**  
THE PERFECT FIT

**SoCalTruck.com**  
ACCESSORIES & EQUIPMENT  
10460 Mission Gorge Rd.  
Santee, CA 92071  
**619-749-0742**  
Work Smarter, Play Harder!

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

**MILITARY DISCOUNT**  
Get \$25 off \$300 or more with this ad

**BULLET LINER**  
Spray on Bedliners

# CLASSIFIEDS

# MOVIES AT THE BASES

## DISPATCH CLASSIFIEDS

To place your ad, please call the Classified Advertising Department at (619) 280-2985.  
Deadline to place an ad is Tuesday at noon.  
See your ads in print, and on the web, on Thursday!

### ATTORNEYS

## LOW COST DIVORCE

Recordon & Recordon, Attorneys  
• SUPPORT •  
• CUSTODY •  
• VISITATION •  
• MEDIATION •  
• ADOPTION •

### PAYMENT PLANS

Free Consultation  
(619) 232-1717

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

## LOW COST BANKRUPTCY

Recordon & Recordon, Attorneys  
**STOP**  
Creditor Calls  
Home Foreclosure  
Repossessions

### PAYMENT PLANS

Free Consultation  
(619) 232-1717

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

### FOR SALE

2014 SUZUKI BERGMAN SCOOTER only 2100 miles, Xlnt gas mileage, ABS brakes, hi-way useable. \$2300. 619-316-2459. Lv msg. 2/27

### HELP WANTED

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

Have a position you need filled? Advertise to military families today in the Armed Forces Dispatch. New families moved to San Diego with the carrier Lincoln and many dependents are looking for jobs. Call 619-280-2985 to advertise your available positions.

### HORSE BOARDING

**HORSE BOARDING CARLSBAD**  
\$400/month  
Western casual, family-oriented ranch.  
We have roomy 12x48 or 12x24 corrals and provide a veterinarian recommended diet twice daily.  
**760.840.0187**

### MASSAGE

**New Energy Massage**  
3817 University Ave. • SD, Ca 92105  
1 Block West of I-15  
**619.795.0955**  
\$10 Discount on any Massage  
Open 7 Days a Week • 9am-10pm  
NO APPOINTMENT NECESSARY

### MEDIATION

## DO YOU HAVE LEGAL PROBLEMS?

LOOKING FOR A BETTER WAY?  
**WE CAN HELP!!!**

- Affordable
- Resolve your case out of Court
- Private • Confidential
- Save Time & Money Being Sued?
- Small Claims Court Actions?
- Civil Court Actions? In a Law Suit?
- Divorce? Child Visitation? Child Custody?
- Pre-Foreclosures? Stop Evictions? Resolve Disputes

**A Mediation Resolution Ctrs**  
We're Mediators NOT Lawyers  
**858-457-2202**  
Conflict Resolution Specialists  
Evening & Saturday appointments

### RENTALS APARTMENTS

**CORONADO** - 1BR/1BA Lower level, quiet duplex. Central loc nr schls/library. Military welcomed. Avail now. \$1850/mo. 619-446-9631. 2/26

**PT. LOMA** - 1BR/1BA Tropical setting, quiet, designated parking, laundry in complex, gated pool/spa. Close to shopping, schools & transportation. \$1595/mo. 619-222-5143. 2/26

### AVAILABLE NOW

1, 2 or 3 BR's  
Apartments,  
Townhouse & Houses  
MOVE-IN SPECIAL!

## LEADINGHAM REALTY

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

## Imperial Palm Apartments

**\$300 OFF**

1st Months Rent &  
Low Deposit  
Move-in Special OAC  
Large Studio with  
Walk in closet  
Across St. from the beach

**619-424-3119**



## SEA BREEZE

**\$200 OFF**

1st Months Rent OAC  
LARGE ONE & TWO  
BEDROOMS

One block from the beach  
Most utilities included

**619-424-8153**

### RENTALS CONDOS

**HILLCREST** - 2BR/2BA, fully furn w/high-end furnishings. New hrwd flrs & paint, priv balc, 2 undrgrnd prkg spaces. \$2800/mo. 619-454-0842. 2/26

**HILLCREST** - 1BR/1BA, totally remodl, across st. from Balboa Park. Prkg space, 5 min from Navy Hospital. \$1600/mo. 909-838-6968. 2/20

### RENTALS HOUSES

**RANCHO PENASQUITOS** - 6BR/3BA, Poway Schl Dist., new paint & flrs, remodl BA & counters, panoramic views. \$3950/mo. 858-208-7452. 2/20

### RENTALS ROOMS

**CHULA VISTA** - Unfurn w/shared bath in private home. Pools, tennis court. I have cats. \$695/mo. plus deposit. 619-737-6372. 2/27

**CHULA VISTA EAST** - Furn room, utilities incld, clean, quiet. No smoke, no drugs, no pets, no drama. Singles only. \$775/mo. 619-840-7299. 2/26

**CITY HEIGHTS** - unfurnished BR, shared bath, remodeled, close to downtown. \$700/mo. Call Gil 858-518-1444. 2/26

**IMPERIAL BEACH/SAN DIEGO** - master bedroom for 1 person, gated pool/spa. 15 min to North Island. Close to all. \$695. 619-423-6601. 2/26

**SAN DIEGO** - furn w/priv BA in priv home. Cable & internet. No pet. 10 min. from IB base. 2 blks to 5. 1st mo. \$1000 then \$800/mo. 619-622-0763. 2/26

### RV/TRAILER/MOTORHOME

**RAMONA OAKS RV PARK**  
Long Term RV Sites Avail.  
\$625/Mo. 760-788-3085 2/27

### WHAT DAY IS IT?

Thur, Feb 6: National Frozen Yogurt Day  
Fri, Feb 7: Give Kids A Smile  
National Bubble Gum Day  
National Fettuccine Alfredo Day  
National Send a Card to a Friend Day  
National Wear Red Day  
Sat, Feb 8: National Boy Scout Day  
National Kite-Flying Day  
Sun, Feb 9: National Pizza Day  
National Toothache Day  
Mon, Feb 10: National Umbrella Day

### SERVICES OFFERED

## SPIRITUAL READER & ADVISOR

Reveals Past, Present  
and Future

Psychic, Palm and  
Tarot Card Readings

CALL MIMA NOW!

619-717-3952

## Vasectomy Reversals

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

### WANTED

**GARDENER** - to work on my Jamul property, weed wacking. I have tools. Must provide own transportation. \$15/hr. 619-669-0563. 2/27

## WANTED TO BUY

GI Military Uniforms and Gear.  
Must be legitimate. Do not bring anything  
that will cause trouble.  
SUNDAYS ONLY 10am-3pm  
Call Jerry 760-525-0053  
GI Joe's Army-Navy Surplus  
799 El Cajon Blvd., El Cajon, CA 92020

## Seniors free during February at the San Diego Zoo Safari Park

Guests 65 and Up Get Free Admission All Month Long

Throughout the entire month of February, the San Diego Zoo Safari Park is extending a big welcome to seniors by offering free admission to guests 65 years and older. Eligible guests can take advantage of this offer by presenting a valid photo ID (such as a driver's license) at any Safari Park ticket window. The guest will then receive a 1-Day Pass to explore unique gardens, marvel at platypuses, watch a free-flight bird show and see an amazing variety of wildlife roaming vast habitats.

"We're extremely excited about offering free admission to the seniors in our community," said Lisa Peterson, director of the San Diego Zoo Safari Park. "This special promotion affords seniors the opportunity to not only enjoy a day at the Safari Park, but also learn the many conservation projects around the globe, such as our current effort to support our colleagues in Australia during the devastating brushfires."

The Seniors Free offer is valid only at the San Diego Zoo Safari Park, and only for the month of February; parking not included. For more information about Seniors Free, visit SDZooSafariPark.org

## Volunteers sought to help 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.nmcrcs.org



You are invited to join the Navy League of the United States.

**ACTIVE DUTY SPOUSES** Just \$30 per year. Call (619) 230-0301



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 6**  
6pm The Grudge  
**Friday, February 7**  
5:30pm 1917  
7:50pm Just Mercy  
**Saturday, February 8**  
Noon Spies in Disguise  
2pm Star Wars: The Rise of Skywalker  
4:40pm 1917  
7pm The Grudge  
**Sunday, February 9**  
12:50pm Little Women  
3:20pm Just Mercy pg13 137 min  
5:50pm 1917

**Monday, February 10**  
6pm Star Wars: The Rise of Skywalker  
**Tuesday, February 11**  
6pm 1917  
**Wednesday, February 12**  
6pm\*\* Last showing \*\* Star Wars: The Rise of Skywalker pg13 141 min  
**Thursday, February 13**  
6pm 1917

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

**Thursday, February 6**  
11am Coco  
5pm The Prodigy  
**Friday, February 7**  
5pm Zombieland 2: Double Tap  
**Saturday, February 8**  
2pm Playing With Fire  
5pm Black and Blue  
**Sunday, February 9**  
5pm Dark Phoenix  
**Monday, February 10**  
5pm Glass  
**Tuesday, February 11**  
11am Addams Family (2019)  
5pm Welcome To Marwen  
**Wednesday, February 12**  
5pm Cold Pursuit  
**Thursday, February 13**  
11am How To Train Your Dragon: The Hidden World  
5pm Miss Bala

**Community Rec Center**  
NBPL, Main Base, Bldg. 546  
619-553-9138,

Call 619-553-9138 to see what's playing today or reserve the theater and YOU pick the movie!

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

**Thursday, February 6**  
5:40pm Little Women  
8:20pm The Grudge  
**Friday, February 7**  
5:50pm 1917  
8:20pm Just Mercy  
**Saturday, February 8**  
12:40pm Star Wars: Rise of Skywalker  
3:30pm 1917  
6:30pm Just Mercy  
**Sunday, February 9**  
12:40pm Spies in Disguise  
2:50pm Just Mercy  
5:50pm 1917  
**Monday, February 10**  
5:50pm 1917  
8:20pm Just Mercy  
**Tuesday, February 11**  
5:40pm 1917  
8pm Uncut Gems  
**Wednesday, February 12**  
5:40pm Little Women  
8:20pm The Grudge  
**Thursday, February 13**  
5:40pm 1917  
8pm Just Mercy

### Pendleton Movie Theatre

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

Movies and times subject to change  
**Thursday, February 6**  
6:30pm Uncut Gems  
**Friday, February 7**  
6:30pm Little Women  
**Saturday, February 8**  
1pm Spies in Disguise  
3:45pm Cats  
6:30pm The Grudge  
**Sunday, February 9**  
1pm Star Wars: Rise of Skywalker  
4:30pm Little Women

### Bob Hope Theater 577-4143

Miramar Bldg 2242  
\* indicates last showing

### THEATER CLOSED FOR RENOVATIONS UNTIL SPRING 2020

The Bob Hope Theater will be closed to address and repair/renovate safety issues. Anticipated reopening in early Spring 2020. Please check back here or www.mccsmiramar.com/theater for updates.

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

S	A	W	I	N	T	S	K	S	K	A	T
A	V	I	L	A	C	I	T	E	U	R	G
K	E	L	L	Y	G	R	E	E	N	D	A
E	R	M	A	L	I	R	E	B	O	Z	O
S	T	A	D	I	U	M	D	O	R	K	Y
M	R	M	E	T	L	A	U	G	H	S	
N	O	K	I	A	L	O	H	A	N	L	O
O	M	I	T	C	A	G	E	Y	N	U	N
R	E	D	B	A	B	A	R	P	E	E	K
A	N	G	L	E	S	E	R	T	A		
L	I	N	E	S	W	H	A	T	A	M	I
S	C	O	L	D	I	S	E	E	I	M	A
N	O	V	A	K	E	W	G	A	R	D	E
A	L	E	C	A	V	E	O	P	E	N	N
P	A	S	S	L	E	D					

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

## Department of Defense issues guidelines to personnel on coronavirus

The Department of Defense has issued guidance to personnel aimed at reducing the potential threat of the novel coronavirus (2019-nCoV).

"I approved a directive apprising our forces about precautions they should take, how to recognize the signs and symptoms of the virus," said Defense Secretary Mark T. Esper. "The

Department of Defense continues to work closely with our interagency partners as we monitor the situation and protect our service members and their families, which is my highest priority."

Due to the threat of novel coronavirus (2019-nCoV), the Department of State recently adjusted the travel advisory for

China to a Level 4, meaning individuals should not travel there. Additionally, the Department of State has requested that all non-essential U.S. government personnel defer travel to China in light of the novel coronavirus.

Commanders of individually affected geographic commands will be issuing specific guidance to their forces.

The Centers for Disease Control and Prevention (CDC) also adjusted their travel advisory to a Level 3, recommending that travelers avoid all nonessential travel to China. This outbreak is of high-risk to travelers and there are no precautions available to protect against the identified increased threat.

DOD officials are closely

monitoring the outbreak of the virus, which was first detected in Wuhan City, China, and is closely coordinating with our interagency partners to ensure accurate and timely information is available and all appropriate measures are taken to prevent potential spread.

We encourage all DOD personnel to follow the attached

guidance, as well as the CDC guidance (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>), and take precautions to stay healthy.

Information from the Department of State can be found here: <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories/china-travel-advisory.html>.

## New LAX passenger quarantined; Child taken to hospital from March Air Reserve Base

A child, who is part of a group of people quarantined at March Air Reserve Base amid concerns over the 2019 Novel Coronavirus has developed a fever and been taken to Riverside University Health System-Medical Center for testing and observation, Riverside County Public Health officials announced Tuesday morning.

The child, whose age and identity were not provided, was transported by ambulance Monday evening "out of an abundance of caution" and is accompanied by a parent, according to the officials.

The parent and child are part of a group of 195 passengers who were flown to March ARB from Wuhan, China last week and placed under a 14-day federal quarantine.

At first, the evacuees were under a three-day voluntary quarantine at the base, during which they were screened and evaluated by a team of doctors from CDC. But after the World Health Organization declared the

coronavirus outbreak a global health emergency, the evacuees were put under a mandatory 14-day quarantine starting from the time they left Wuhan, the epicenter of the coronavirus outbreak.

March ARB has been set up to receive additional quarantine arrivals. Over the weekend, tents were set up at the base to house an additional 250 people.

One person who flew into Los Angeles International Airport on Monday on a flight from China has been placed under federal quarantine and was transferred to the base, health officials confirmed.

"The individual has no symptoms of novel coronavirus, but was moved to March out of an abundance of caution and because of their travel history," Riverside County Public Health officials reported. "The federal quarantine order for this person expires Feb. 6. The individual will be isolated away from the 195 others who arrived last week."

commander of the U.S. Northern Command, to ensure the general has what he needs to support the effort, Hoffman said.

The World Health Organization has declared the coronavirus outbreak in China a public health emergency of international concern, and U.S. officials are closely monitoring the situation.

The State Department has raised its travel advisory recommendation to "do not travel" to China, the epicenter of the outbreak. On Jan. 23, the State Department ordered the departure of all non-emergency U.S. personnel and their families from the Chinese province of Wuhan.

Worldwide, more than 17,000 people have been infected by the virus and more than 350 have died from it; the vast majority of those infected are in China. Eleven people are infected in the United States.

## Miramar: Evacuees arrive from China

**Continued from page 1**  
passengers will undergo a 14-day quarantine ordered by the U.S. Centers for Disease Control and Prevention, and the other plane continued on to MCAS Miramar after refueling.

During a Pentagon new conference, Hoffman said DOD is housing 198 people at March Air Reserve Base, California, and has identified housing support for up to 1,000 people at four bases who may need to be quarantined upon arrival from overseas travel.

The department is not involved with treatment or observation of those at the facility; Health and Human Services is doing that. "DOD personnel will not be in direct contact with these individuals nor will these individuals have direct access to the bases beyond the housing," Hoffman said.

Defense Secretary Dr. Mark T. Esper will speak with Air Force Gen. Terrence J. O'Shaughnessy,

## Family health matters

# How twin studies can help everyone

Have you ever met a set of identical twins? Did you have trouble telling them apart? Twins are similar in ways you can't see, too. That makes twins a powerful tool for studying health and disease.

Many health conditions run in families. If your parents or siblings have a disease, your chance of having it increases. That's because you share many genes.

Genes are stretches of DNA that you inherit from your parents. They define features like your risk for getting a disease. But that doesn't mean you'll get the disease. Many other factors can influence your risk of disease, like how much physical activity you get, your diet, and whether you drink or smoke.

Identical twins make for a natural experiment. They share many things while growing up: the same DNA, their mother's womb, the same home environment, and the same parents. But as they get older and start living separate lives, they're exposed to more unique environments. That lets scientists look at differences between twins' health and their lifestyles as they age.

"There's a potential with identical twins who are different in terms of disease to see whether we can find the causes," explains Dr. Thomas Mack, a twin and chronic disease expert at the University of Southern California. That's because both twins don't always get a disease, even though they share the same DNA.

Identical twins arise when a fertilized egg splits into two identical fertilized eggs. Since the two eggs share the same genes, identical twins are always the same sex and have the same physical features.

The other type of twin is called fraternal twins. Fraternal twins come from two separate eggs that happened to be fertilized at the same time by two different sperm. These twins get different mixtures of their parents' genes, so they look just like normal siblings except that they're the same age.

Mack is studying twins to understand what puts women at



higher risk for breast cancer. It's not clear why one person gets cancer but another doesn't. His team is looking at differences between identical twins, fraternal twins, and normal siblings.

"There are several common risk factors for breast cancer which include the age at which you have your first baby, age of first menstruation, age of menopause, and whether or not you've been an alcohol drinker," Mack explains.

His work found that fraternal twins and normal siblings had similar risk patterns. But the known risk factors couldn't explain why one identical twin got breast cancer and the other did not. Now, his team is looking at what else may be involved.

"We want to know what environmental things make a difference between one twin who gets affected by the disease and the other twin who does not," Mack explains. His team hopes that studying twins will help uncover new risk factors for breast cancer.

Whether or not you're a twin, knowing your family's health history is important for your health. It can help your health care team

provide better care for you. Talk to your provider about how to lower

your risk for diseases that run in your family.

## When is a memory lapse a reason to seek medical attention?

"Beyond a medical diagnosis of disease, the aches and pains of growing old can be worrisome. But the growing numbers of patients who have actually been diagnosed with dementia, including Alzheimer's Disease, can cause concern among America's aging population at large," says Dan Weber, president of the Association of Mature American Citizens [AMAC].

Most of the time, forgetfulness is just that: forgetfulness, as Weber describes it. In fact, neuroscientist and author Daniel J. Levitin points out that we've got a lot more to think about with each passing year. Your brain becomes crowded with memories and information.

"Indeed," says Weber, "Nearly six million Americans suffer from Alzheimer's Disease and, as the Alzheimer's Association predicts, that number is poised rise to some 14 million over the next three decades."

The question is, when is a lapse of memory just part of life and when is it a sign of the impending onset of Alzheimer's Disease? According to the National Institute on Aging, "Forgetfulness can be a normal part of aging. As people get older, changes occur in all parts of the body, including the brain. As a result, some people may notice that it takes longer to learn new things, they don't remember information as well as they did, or they lose things like their glasses. These usually are signs of mild forgetfulness, not serious memory problems, like Alzheimer's disease."

An online paper entitled, "10

Early Signs and Symptoms of Alzheimer's" describes the differences between forgetfulness and disease. The paper explains that age-related lapses include:

- Making occasional errors when managing finances or household bills
- Sometimes forgetting names or appointments but remembering them later
- Occasionally needing help to use microwave settings or to record a TV show
- Getting confused about the day of the week but figuring it out later
- Sometimes having trouble finding the right word
- Misplacing things from time to time and retracing steps to find them
- Making a bad decision or mistake once in a while, like neglecting to change the oil in the car
- Sometimes feeling uninterested in family or social obligations
- Developing very specific ways of doing things and becoming irritable when a routine is disrupted
- The Alzheimer's paper suggests that signs of the disease as we grow older include:
  - Memory loss that disrupts daily life
  - Challenges in planning or solving problems
  - Difficulty completing familiar tasks
  - Confusion with time or place
  - Trouble understanding visual images and spatial relationships
  - New problems with words in speaking or writing
  - Misplacing things and losing the ability to retrace steps
  - Decreased or poor judgment
  - Withdrawal from work or social activities
  - Changes in mood and personality

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



# Go out and play

## No more boring weekends

**Stars at Mission Trails**, Fri, Feb 7, 5:15-8:15pm. Free. Join SD Astronomy Assn at far end of Kumeyaay Lake Campground's Day Use Parking Lot, to view nighttime sky through telescopes. Rain/cloudy skies cancels. Kumeyaay Lake Campground, Two Father Junipero Serra Trail, Santee. **Foreign Film Friday: Lemon Tree**, Fri, Feb 7, 4 & 7pm. Carlsbad City Library. [www.carlsbadca.gov](http://www.carlsbadca.gov)

**SD Gulls vs. Tucson Roadrunners**, Fri, Feb 7, 7pm. Pechanga Arena San Diego. [www.sandiegogulls.com](http://www.sandiegogulls.com)

**Valentine's Classic Horse Show**, Fri-Sun, Feb 7-9. Del Mar Fairgrounds. [www.schchorseshows.com/del\\_mar\\_fairgrounds\\_shows](http://www.schchorseshows.com/del_mar_fairgrounds_shows)

**She Loves Me**, Fri, Feb 7-March 8. Presented by SD Musical Theatre at Horton Grand Theatre, downtown SD. [www.sdmt.org](http://www.sdmt.org)

**Cactus & Succulent Society Winter Show & Sale**, Sat, Feb 8, 11a-4p. Exotic cacti, succulents and handmade pottery for sale. Spectacular specimen plantson display at the show. Club members only shopping 9-11am. Casa del Prado, 1650 El Prado, Balboa Park.

**Mermaid Half Marathon**, 10K, 5K & Mermaid Dash, Sat, Feb 8. Near Tecolote Shores North. [www.mermaidseries.com/mermaid-half-marathon-san-diego](http://www.mermaidseries.com/mermaid-half-marathon-san-diego)

**CarVet**, Sat, Feb 8, 11a-5p. Free. Enjoy cars, live music, and a chili cook off. This is a free event for Veterans and Active Duty. May bring family and friends. All cars welcome. RSVP for early entry by texting 760-487-8353 with your name and vehicle info. Green Oak Ranch, 1237 Green Oak Rd, Vista. [www.ncvds.org](http://www.ncvds.org)

**Valentines on Volcan** Hike, Sat, Feb 8, 10am-1:30pm. Volcan Mountain, Julian. [www.sdrvc.org](http://www.sdrvc.org)

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

**Trails & Ales**, Sat, Feb 8, 10am-2pm. San Elijo Lagoon Rios Trail, Solana Beach. [www.thenaturecollective.org](http://www.thenaturecollective.org)

**11th Annual Brewbies Oceanside** charity for breast cancer awareness, Sat, Feb 8. Bagby Beer Company, Oceanside. [www.brewbies.org/oceanside](http://www.brewbies.org/oceanside)

**Cabrillo Sunrise 5K Fun Run & Walk**, Sun, Feb 8. Gates open 6:30am for on-site packet pick-up. 5K run/walk begins 7:30am. \$35. Watch the sun rise over the city and then run or walk 5K through Cabrillo National Monument--San Diego's only national park. visit [https://www.active.com/san-diego-ca/running/distance-running-races/cabrillo-sunrise-5k-2020?int=Cabrillo National Monument, 1800 Cabrillo Memorial Dr, Point Loma.](https://www.active.com/san-diego-ca/running/distance-running-races/cabrillo-sunrise-5k-2020?int=Cabrillo%20National%20Monument%2C%201800%20Cabrillo%20Memorial%20Dr%2C%20Point%20Loma)

**Herding Trials**, Sat-Sun, Feb 8-9, 7am-3pm. Free. Come watch amazing dogs competing in a pair of AKC trials. We will be working with ducks early both days, then sheep through the afternoon. Beginners through experts. Action K9 Sports, 15671 Old Milky Way, Escondido.

**Chinese New Year Fair**. Happy New Year! Gong Hei Fat Choy! Sat-Sun, Feb 8-9, 10am-5pm. Celebrate the Chinese New Year with 15,000 of your closest friends in SD's historic Chinatown district! Traditional and cultural entertainment all day, both days! Also a special Chinese Acrobatic performance on both days, so don't miss out! No passport or plane ticket needed - it's all right here. See you there - Rain or Shine! San Diego Chinese Historical Society and Museum, 404 3rd Ave, downtown SD. 619-338-9888/info@sdchm.org. [www.sdchm.org](http://www.sdchm.org)

**Hidden Underground Giants**, Sat-Sun, Feb 8-9, 22-23; Wed, Feb 12 & 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.

**Tidepooling Adventures**, Sat-Sun, Feb 8-9 & 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-trained naturalists will show you how to tread lightly during your visit and help you discover the wonderful world of tide pools. 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>

**SD Opera presents Hansel & Gretel**, Sat, Feb 8-Sun, Feb 16. San Diego Civic Theatre, downtown SD. [www.sandiegoteatres.org](http://www.sandiegoteatres.org)

**Inside Look at SeaWorld San Diego**, Feb 8-March 1. Every Saturday & Sunday. [www.seaworldsandiego.com](http://www.seaworldsandiego.com)

**Hurricane Diane**, Sat, Feb 8-March 8. The Old Globe, Balboa Park. [www.theoldglobe.org](http://www.theoldglobe.org)

**Cardiff Kook Run**, Sun, Feb 9, 7:30am. Coast Highway 101, Cardiff. [www.cardiffkookrun.com](http://www.cardiffkookrun.com)

**10th Annual Coronado Valentine's Day 10K, 5K & 1 Mile Run**, Sun, Feb 9. Tidelands Park. [www.valentinesday10k.com](http://www.valentinesday10k.com)

**Aloha Spirit Championships**, Sun, Feb 9. San Diego Convention Center. [www.varsity.com/alo](http://www.varsity.com/alo)

**SD Gulls vs. Bakersfield Condors**, Sun, Feb 9 5pm. Pechanga Arena San Diego. [www.sandiegogulls.com](http://www.sandiegogulls.com)

**LA Lakers vs. Phoenix Suns**, Mon, Feb 10, 7:30pm. Staples Center, LA. [www.nba.com/lakers](http://www.nba.com/lakers)

**SD Sockers vs. Baltimore Blast**, Feb 10, 7:35pm. Pechanga Arena San Diego. [www.sdsockers.com](http://www.sdsockers.com)

**SD International Jewish Film Festival**, Feb 13-23 at various venues in San Diego County. [www.sdcjc.org/sdjff](http://www.sdcjc.org/sdjff)

## 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 Temecula 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/](https://www.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](http://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](http://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.

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

**Valentine's Day Party for kids**, Fri, Feb 14, 3:30-5pm. Free. Get ready to decorate cookies, make some heartfelt crafts, and play silly games. Show your love at the library. Recommended for preschool and elementary ages. Mission Valley Library, 2123 Fenton Pkwy, Mission Valley.

**The Harlem Globetrotters**, Fri, Feb 14, 7pm. Pechanga Arena San Diego. [www.pechangaarenasd.com](http://www.pechangaarenasd.com)

**Cupid's Comedy Spectacular**, Fri, Feb 14, 8-9:30pm. AVO Playhouse, Vista. [www.vistixonline.com](http://www.vistixonline.com)

**Breakfast with Tigers**, Sat, Feb 15, 8-9am. San Diego Zoo Safari Park. [www.sdzsafari.com](http://www.sdzsafari.com)

**Lunar New Year Celebration**, Through Feb 18, SeaWorld San Diego. [www.seaworld.com/san-diego](http://www.seaworld.com/san-diego)

**Murder for Two**, Through March 1. New Village Arts Theatre, Carlsbad. [www.newvillagearts.org](http://www.newvillagearts.org)

**Qualcomm Stadium Swap Meet**, Ongoing Wednesdays, 2-10pm. \$1-\$2. Open air swap meet and farmer's market. Info: 619-283-3100. SDCCU Stadium, 9449 Friars Rd, Mission Valley. [www.qualcommstadiumswapmeet.com/](http://www.qualcommstadiumswapmeet.com/)

**Nature's Glory**, Sat-Sun, Feb 15-16, Feb 29; Wed, Feb 5 & 19, 9:30-11am. Free. Let an experienced Trail Guide introduce you to the ecological diversity of plants and animal life that populate the habitats of this San Diego Treasure. Our 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.

**Put your phone down, go outside and play!**

## North County Veterans Stand Down Feb. 6-9 • Green Oak Ranch • Vista

**Stand Down**: A military term designating that a combat unit has temporarily moved out of the field and back to base camp for rest and rehabilitation. Homeless veterans are, in some ways, comparable to soldiers in a war zone – living exposed in the field, surviving by their wits with limited rations, and enduring extreme conditions.

North County Veterans Stand Down is an annual four-day event in Vista, that enables homeless veterans from across San Diego County to receive much-needed services in a safe, friendly, drug-free and secure environment. During their stay at the NCVSD, homeless veterans, their families and pets will receive food, lodging, clothing and a variety of services to help them both physically and mentally.

The idea of North County having its own stand down was first introduced by Tom Cowan of Escondido in 2015. With an estimated population of over 80,000 veterans in North County alone, Mr. Cowan believed that our community should come together and help the less fortunate veterans and their families. With contributions from veterans groups, along with community members and leaders from a variety of different organizations, the first North County Veterans Stand Down took place in 2017 at the Green Oak Ranch in Vista.

Now after two North County Veteran Stand Downs, over 300 homeless veterans have been helped. More than 3,000 meals have been served and \$112,000 in court fines have been forgiven. Many of the guests have received dental care and 150 pairs of glasses were made on site.

More importantly, though, over 30 of the homeless veterans that attended one of the Stand Downs have been moved into housing with the help of the NCVSD and its affiliates. For more information visit [www.ncstanddown.org](http://www.ncstanddown.org)

## February is museum month: Enjoy half-priced admission at over 40 local museums!

San Diego area residents and visitors are in for a special treat in February! Pick up your Museum Month discount pass at any of the locations listed below, or when you stay at a Hilton, or at a participating Macy's store. Present your pass to receive 50% off the cost of admission at more than 40 San Diego Museum Council member museums. The San Diego Museum Month pass is free; one pass can be used at several museums\* throughout the month of February.

Whether you are an art aficionado, history buff, science or nature lover, the San Diego Museum Council has a variety of member organizations that are bound to capture your interest. Take advantage of this annual program to visit both old favorites and new attractions you have never even heard of!

The San Diego Museum Month discount pass can be picked up at a participating Macy's store locations in San Diego County including Chula Vista Center, Fashion Valley, Grossmont Center, Otay Ranch Town Center, Parkway Plaza, The Shoppes at Carlsbad Mall, Westfield Horton Plaza, Westfield Mission Valley, Westfield North County, Westfield Plaza Bonita and Westfield UTC. Passes are also available at the Macy's Imperial Valley Mall store in Imperial County. A purchase is not required to receive a free San Diego Museum Month pass.

The San Diego Museum Month discount pass can also be picked up at over 75 library locations in the San Diego area. You do not need a library card to request a free pass.

Visit <https://sandiegomuseumcouncil.org/specials/museum-month/> for a list of participating museums and library locations to pick up a pass!

Please note that San Diego Museum Month passes will not be available until January 31, 2020.

Celebrate your love.



Heart Pendant with Diamonds in 14K Yellow, White or Rose Gold from \$379

Chain included

**NA HOKU**  
Hawaii's Finest Jewelers Since 1924

Fashion Valley, Lower Level by Bloomingdale's, 619-294-7811  
[NaHoku.com](http://NaHoku.com)



**El Indio**  
Mexican Restaurant and Catering

Family Owned & Operated Since 1940

**"Best Mexican Food in San Diego"**

3695 India Street • [www.elindiosandiego.com](http://www.elindiosandiego.com) • 619-299-0333  
Open Daily: 8am-9pm

**Free Parking! 10% Military Discount**

# Concerts



**Jason Mraz**  
Sat.-Sun., Feb 15 & 16, 7pm, Spreckels Theatre, downtown SD

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

## February

**Ladysmith Black Mambazo.** Mon, Feb 10, 8pm. Age 21+. Gospel/world. Belly Up Tavern, 143 South Cedros Ave., Solana Beach. (858) 481-8140. bellyup.com

**Sinead O'Connor.** Tues, Feb 11, 8pm. Age 21+. Rock. Belly Up Tavern, 143 South Cedros Ave., Solana Beach. (858) 481-8140. www.bellyup.com

**Banda MS.** Fri-Sat, Feb 14-15, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

**Elvin Bishop.** Sat, Feb 15, 8pm. Blues. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. 858-748-0505. powayonstage.org

**Jason Mraz: Shine.** Feb 15 & 16, 7pm. Acoustic. Spreckels Theatre, 121 Broadway, SD. (619) 235-9500.

**Lyle Lovett & His Acoustic Group** Wed, Feb 19, 7:30 p.m. Acoustic. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

**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

## March

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

**KISS.** Wed, March 4, 7:30pm. (Re-

scheduled 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.

**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. 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., San Diego. (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.

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

**Shinedown.** Sat, May 16, 7:30pm. Rock.

Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

**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, 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. NICredit 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 (SD 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.

**Daryl Hall & John Oates and Squeeze** Sun, May 31, 7pm. Pop/rock. NI Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

## June

**The Isley Brothers** Fri, June 5, 7:30pm. Funk/pop. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

**TLC** Sat, June 6, 7:30pm. Hip-hop/rap/pop. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858)

755-1161.

**Hombres G** Sun, June 7, 7:30pm. Latin/rock. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

**Steely Dan and Steve Winwood.** Tues, June 9, 7:30pm. Jazz/rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**Styx** Wed, June 10, 7:30pm. Pop/rock. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

**AJR** Thur, June 11, 7:30pm. Pop. Open Air Theatre at SDSU, 5500 Campanile Dr. (619) 594-6947.

**Martina McBride.** Thur, June 11, 7:30pm. Country. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

**Barenaked Ladies and Gin Blossoms** Sat, June 13, 7:30pm. Alt/rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Sugarland** Sat, June 20, 7:30pm. Country. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**Hillsong Worship** Tues, June 23, 7:30pm. Gospel. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**The Go Go's** Thur, June 25, 7:30 p.m. Pop/rock. Humphrey's by the Bay, 2241 Shelter Island Dr. (619) 224-3577.

## Future

**Foreigner and Kansas** Sat, July 11, 7:30pm. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**Luke Bryan and Caylee Hammack** Thur, July 16, 7:30pm. Country. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**Motley Crue and Def Leppard.** Thur, July 23, 5pm. Petco Park, 100 Park Blvd, SD. (619) 795-5000.

**Green Day, Weezer, Fall Out Boy.** Fri, July 24, 7pm. Petco Park, 100 Park Blvd, SD. (619) 795-5000.

**Ozzy Osbourne.** Mon, July 27, 7:30.

Hollywood Bowl, 2301 N. Highland Ave, Los Angeles.

**Ozzy Osbourne and Marilyn Manson.** Wed, July 29. NI Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**David Gray.** Sun, Aug 2. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Camila Cabello.** Tues, Aug 11, 8pm. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

**Tim McGraw and Midland** Sat, Aug 15, 2020, 7:30 p.m. Country. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

**THE DUBLINER**  
ESTABLISHED 2001  
BEST IRISH PUB IN SAN DIEGO GASLAMP

Irish & American pub grub, plus local & imported brews at a traditional hangout with music & TV's

**As a Way to Show Our Appreciation...**  
**Armed Forces Special 20% Off**  
ALL REGULAR PRICED FOOD & DRINKS

SPORTS • LIVE MUSIC • SUNDAY BRUNCH • PRIVATE PARTIES

(619) 239 - 5818 • 554 4TH AVE. SAN DIEGO, CA 92101

# Barnett Avenue ADULT SUPERSTORE

NOVELTIES  
DANCEWEAR  
LINGERIE  
MASSAGE OILS

Present This Ad For

# 10% OFF

3610 Barnett Avenue, San Diego | 619-224-0187  
Restrictions May Apply. Management Reserves All Rights.

**IB FORUM**  
SPORTS BAR & GRILL

Come try some of our new menu items & enjoy our new beachside patio!!

NEW BEACH SIDE PATIO  
YUMMY SLIDERS  
SPINACH SALAD

**CELEBRATE YOUR NEXT PARTY HERE!**  
GREAT FOR ALL YOUR EVENTS  
Retirement Parties • Unit/Command Parties  
Frothing Parties • Transfer Parties  
Enjoy our delicious food on our patio with the fire pit!!

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

10% Military Discount  
Not to be combined with any other offers.

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

# FRANK TOYOTA

**2400 NATIONAL CITY BLVD.**  
**866.217.1866**  
**www.franktoyota.com**

## 2020 Toyota Corolla SE

4 Cyl Automatic

Lease for  
**\$219** PER MONTH PLUS TAX  
 36 MONTHS



1 at this payment. Stk#: 58052, VIN: LP023585 Model#:1864. Net capitalized cost \$20,744.38. \$219 plus tax monthly for 36 months with \$3,550 due at lease signing. Security deposit not required. Includes \$600 Toyota Factory Lease Subventions Cash. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 3/2/20.

## 2020 Toyota Camry SE

4 Cyl. Automatic

Lease for  
**\$269** PER MONTH PLUS TAX  
 36 MONTHS



1 this payment. Stk#: 58715, VIN: LU909981, Model#:2546 Net capitalized cost \$23,843.17. \$269 plus tax monthly for 36 months with \$4,795 due at lease signing. Includes \$400 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Security deposit not required. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 3/2/20.

## 2020 Toyota Tacoma Doublecab SR5 Shortbed V6 Auto 4x2



Lease for  
**\$299** PER MONTH PLUS TAX  
 36 MONTHS

1 at this payment. Stk#58814: VIN: LM126707, Model#: 7146. Net capitalized cost \$31,132.20. \$299 plus tax monthly for 36 months with \$5,450 due at lease signing. Includes \$1000 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 3/2/20.

# FRANK HYUNDAI

**3150 NATIONAL CITY BLVD.**  
**866.542.8238**  
**www.frankhyundai.com**

## 2020 HYUNDAI ACCENT SE

**\$13,277 FRANK'S PRICE**  
**-\$1000 RETAIL BONUS CASH**  
**-\$500 MILITARY or**  
**1st RESPONDERS**

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



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 2/10/20. 1 at this price #0922590.

## 2020 HYUNDAI ELANTRA SE

**\$15,527 FRANK'S PRICE**  
**-\$1250 RETAIL BONUS CASH**  
**-\$500 MILITARY or**  
**1st RESPONDERS**

**NET PRICE**  
**\$13,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 2/10/20 6 at this price.

## 2020 HYUNDAI SONATA

Lease for  
**\$197** PER MONTH PLUS TAX  
 36 MONTHS



\*1 at this payment, VIN# 009807. \$197 plus tax monthly for 36 months. \$2995 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. Offer Expires 2/10/20.

### Military Special Only

## 4-WHEEL ALIGNMENT

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

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



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

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

### ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

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

## OIL & FILTER CHANGE

**\$39<sup>95</sup>** + tax

~~WAS \$49<sup>85</sup>~~

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

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

**WE HONOR OUR MILITARY!!**