

ARMED FORCES DISPATCH



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San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985

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FIFTY NINTH YEAR NO. 9
THURSDAY, AUGUST 1, 2019

August Monthly Observances

American Adventures Month
American Artists Appreciation
Appreciation Month
American Indian Heritage
Arrr-gust: International Pirate Month
Black Business
Boomers Making A Difference Month
Bystander Awareness
Children's Eye Health & Safety Month
Child Support Awareness
Children's Vision & Learning
Get Ready for Kindergarten
Golf Month
Happiness Happens Month
Motor Sports Awareness
Nat'l Breastfeeding
Nat'l Catfish Month
Nat'l Crayon Collection
Nat'l Goat Cheese Month
Nat'l Immunization Awareness Month
Nat'l Panini Month
Nat'l Minority Donor Awareness Month
Nat'l Read A Romance Novel
Nat'l Spinal Muscular Atrophy Awareness Month
Nat'l Traffic Awareness
Nat'l Truancy Prevention
Nat'l Water Quality Month
Nat'l Wellness Month
Nat'l Win With Civility Month
Neurosurgery Outreach
Psoriasis Awareness Month
Read-A-Romance Month
Rye Month
Shop Online For Groceries
Tomboy Tools Month
What Will Be Your Legacy
World Mutt-i-grees Rescue
Family Meals Month
Nat'l Sandwich Month
Nat'l Peach Month
Nat'l Panini Month
Nat'l Back To School Month
Kids Eat Right Month
MedicAlert Awareness
Nat'l Clown Month
Nat'l Family Fun Month
Nat'l Brownies At Brunch
Nat'l Goat Cheese Month
Nat'l Eye Exam Month
Nat'l Golf Month
Get Acquainted with Kiwifruit Month
Washington Wine Month
Nat'l Drawing August
Nat'l Neurosurgery Outreach
Int'l Peace Month



U.S. Postal Service unveils the 2019 forever stamp honoring military working dogs and K-9s showcase their skills and training at a demonstration event. Courtesy art

Naval Base Ventura County honors military working dogs with stamp dedication ceremony, demonstration

VENTURA COUNTY - Naval Base Ventura County (NBVC) Port Hueneme is hosting the U.S. Postal Service, Military Working Dog stamp dedication ceremony this Friday, Aug. 2, from 11 a.m. to noon.

U.S.P.S. will honor military working dogs with one of their 2019 forever stamp collections featuring breeds known for the "nation's brave and loyal military working dogs."

The event will be held at the NBVC Port Hueneme K-9 kennel facility. Capt. Jeff Chism, NBVC commanding officer, will give opening remarks and Master-at-Arms 1st Class Duane Jones, NBVC K-9 kennel master, will be the master of ceremonies.

Other guest speakers will include Army and Marine Corps veteran, Orvene Carpenter, retired



Navy photo by Vance Vasquez

Gold Star Family members visit the military working dog K-9 kennel at Port Hueneme.

postmaster, Oxnard & Port Hueneme, and Marine Corps Vietnam veteran and K-9 handler John Hemp.

Attendees will view a live military working dog K-9 demonstration, with dogs from all services.

16 Camp Pendleton Marines arrested by NCIS for alleged human smuggling and drug offenses

by Shawn Snow, Marine Corps Times

Naval Criminal Investigative Service carried out a mass arrest of 16 Marines July 25 during a battalion formation aboard Camp Pendleton, according to Marine Corps officials.

The Marines were arrested for allegations related to "various illegal activities" from human smuggling to drugs, the Marine Corps said in a press release.

Maj. Kendra Motz, a Marine spokeswoman, told Marine Corps Times that the Marines questioned and arrested by NCIS ranged in rank from private first class to corporal and hailed from 1st Battalion, 5th Marines.

Another eight Marines were questioned about their involvement in unrelated drug offenses, according to the press release. The Corps said that none of the Marines questioned or detained last Thursday have been supporting military operations at the U.S.-Mexico border.

"1st Marine Division is committed to justice and the rule of law, and we will continue to fully cooperate with NCIS on this matter," the Marine Corps said in the release.

The mass arrests follow the July 3 arrest by Border Patrol agents of two Marines, Lance Cpl. Byron Darnell Law II and Lance Cpl. David Javier Salazar-Quintero, near the U.S.-Mexico border.

The two Marines are both riflemen assigned to 1st Battalion, 5th Marine Regiment, 1st Marine Division, at Camp Pendleton.

see NCIS, page 8

Get involved this summer with Armed Services YMCA San Diego

Armed Services YMCA San Diego provides counseling, educational, and social programs that help San Diego military service members and their families cope, connect, and thrive.

Summertime happenings

Back to School

The back to school supplies drive is this Saturday from 9-11 a.m. School supplies will be distributed to military children in grades K-8. A special thank you to ASYMCA San Diego generous sponsors - Walmart and Wells Fargo.

Camp Hero

Camp Hero is serving hundreds of military children this summer through academic and recreational enrichment. Field trips, nutritional meals, and weekly themes are just a few of the unique aspects of this wonderful program. Your gift of \$90 will send a military child to camp for one week. To donate, go to <https://interland3.donorperfect.net/webink/WebLink.aspx?name=E341360&id=127>.

Warrior Care Initiative

The Armed Services YMCA San Diego is grateful for the donations from volunteers that enable them to provide refreshments for the families of patients in the ICU at Naval Medical Center San Diego. These families are often going through a difficult time, and the refreshments bring "comfort care" when it is most needed.

Get involved

Strengthening military families matters

Provide a greater impact for military families through a planned gift with the Armed Services YMCA. For more information, contact Director of Planned Giving, Phillip Sammuli, at (858) 987-1216 or psammuli@asymca.org.

Volunteer opportunities

The Armed Services YMCA is always looking for dedicated volunteers. They welcome high school and college students, corporations, clubs, organizations, and active duty service members. Go to <https://www.asymca.org/volunteer-san-diego> to learn more about exciting volunteer opportunities.

AutoMatters & More

The Orville, Comic-Con & one man's journey towards designing vehicles for the entertainment industry. **See page 11**

What's Going On This Weekend

Open Cockpit Days, The Tale of Despereaux at Old Globe Theatre, Cowles Mountain Hike. **See page 14**

Like Music?

Check out our concert page for upcoming concerts in San Diego, Orange County and Los Angeles. **See page 15**



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Schultz: Coast Guard expanding western Pacific operations

by Dzirhan Mahadzir
U.S. Naval Institute

KUALA LUMPUR - The U.S. Coast Guard will increase its presence and deployments to Asia - particularly around Oceania and U.S. Pacific territories - and test out a new operational deployment concept in the region, service head Adm. Karl Schultz told reporters July 22.

“My vision for the Coast Guard is to expand our permanent presence and effectiveness in the region through expeditionary capabilities, which is why we are doubling down in Oceania,” he said.

“In the next month, we’ll be deploying Coast Guard assets in a new operating concept to strengthen the community of island nations through Operation Aiga - that’s Samoan for ‘family,’” he said.

The operation is a 30-day deployment of a 225-foot Juniper-class buoy tender and a fast response cutter to partner with Pacific island nations. The buoy tender’s presence is a proof-of-concept operation to see if it could function as a mothership to smaller patrol craft. If successful, Schultz said this could be the start of similar operations with partner nations.

While he said he believed the Coast Guard will continue to contribute to security and freedom of navigation in the South China Sea and East China Sea, he said the most suitable way for the Coast Guard to exert influence in the Pacific is to operate at a partner-nation level.

“I anticipate that mothership-type operation with some patrol boats, maybe trying to lash up with Australian partners and New Zealand partners in the region, Japanese partners, really is that international face that offers an alternative to other actors in the region,” he said.

That commitment to capacity-building spans the wide range of its expertise - from transferring old American cutters to partners, to multinational security exercises, to bilateral search-and-rescue and law enforcement agreements, to the

deployment of training teams to share technical expertise and build proficiency, he said.

“My goal for the Coast Guard is to be a partner of choice in the region. So, we tailor our services to the needs of the nation we are supporting,” he said.

Schultz said the Coast Guard deployed the National Security Cutters USCGC Bertholf (WMSL-750) and USCGC Stratton (WMSL-752) to the Asia-Pacific and that their deployments and operations were in support of U.S. Indo-Pacific Command.

“Our enduring role isn’t to replace or duplicate Department of Defense assets or capabilities, but to employ our unique authorities and capabilities to complement Department of Defense forces,” the admiral said.

Additionally, Schultz said in the next two to three years the Coast Guard will be homeporting three Sentinel-class fast response cutters in Guam.

“The addition of the fast response cutters will increase Coast Guard presence throughout the region. Our increased capability and capacity will allow for more frequent and longer patrols to protect the Exclusive Economic Zone from illegal, unregulated and unreported fishing and the threats that those activities bring, and against increasing drug trafficking threats to the region,” Schultz said.

In response to a *USNI News* question as to whether Coast Guard ships would return to participating in the U.S. Navy CARAT series of exercises in the region, Schultz said as an example that the Coast Guard has been a continuous participant in the biennial RIMPAC exercises

and expects to participate next year again with a National Security Cutter, as was the case in the 2018 RIMPAC.

The Coast Guard commandant was critical of the Chinese coastguard and its activities in the region. He said, though, that the U.S. wouldn’t respond by matching a similar number of USCG ships in the South China Sea but instead would champion transparent engagement.

“In the face of coercive and antagonistic behavior, the United States Coast Guard offers transparent engagement and partnership,” he said. “There’s the Chinese coastguard - used to be under civilian authority, it is now through the People’s military police, a direct report to the CCP government. You look at the Maritime Militia. I



Crew members from USCGC Munro (WMSL-755) conduct law enforcement from the cutter’s 35-foot cutter boat in the Central Pacific, Dec. 2, 2018. Coast Guard photo

think we are seeing behaviors out of the Chinese coastguard, out of the Maritime Militia, that are not consistent with the rule-based order.”

Schultz said that the Coast

Guard’s specialized capabilities and expansive international relationships enables the United States to build partner-nation capacity and model the rules-based values and behaviors that the U.S. wants to see in the region.

“Through engagement, partnership and presence, we are a maritime bridge between the Department of Defense’s lethality and the State Department’s diplomacy.”

Newest towing salvage and rescue ship, Saginaw Ojibwe Anishinabek

WASHINGTON - Secretary of the Navy Richard Spencer announced the newest Towing, Salvage, and Rescue ship (T-ATS 8) will be named Saginaw Ojibwe Anishinabek in honor of the history, service and contributions of the Saginaw Chippewa Indian Tribe of Michigan.

The Saginaw Chippewa people are comprised of Saginaw, Black River, and Swan Creek bands. Ojibwe is also referred to as Chippewa and Anishinabek means “original people.”

“I’m deeply honored to announce that the history of the Saginaw Chippewa people will once again be part of Navy and Marine Corps history,” said Spencer. “The future USNS Saginaw Ojibwe Anishinabek honors the original people of modern day Michigan.”

Michael Murphy provides aid to stranded mariners

PACIFIC OCEAN - USS *Michael Murphy* (DDG 112) rescued distressed mariners at sea July 24.

While conducting routine ops in the 4th Fleet area of operations, *Michael Murphy* spotted a small vessel with individuals aboard waving flags in distress.

Five Peruvian mariners were aboard the boat, which had suffered engine failure off the coast of Peru before drifting for more than eight days. The vessel was off the Ecuadorian coast.

The boat was initially observed by Ens. Adrienne Wang while standing watch as the Junior Officer of the Deck, and Ens. Alex Misenheimer as the Officer of the Deck.

The fishermen were provided food, water and repairs to their engine, having run short on food five days prior. - by PO2 Justin Pacheco

Destroyer Paul Ignatius commissioned

WASHINGTON - The Navy commissioned its newest Arleigh Burke-class guided missile destroyer, future USS Paul Ignatius (DDG 117), July 27, at Port Everglades, Fla.

The ship is named in honor of Paul Robert Ignatius, who served in the Navy during World War II, and later during the Lyndon Johnson administration as Assistant Secretary of Defense (Installations and Logistics) 1964-1967, and Secretary of the Navy 1967-1969.

“Future USS Paul Ignatius stands as proof of what the teamwork of all our people - civilian, contractor and military - can accomplish together,” said Secretary of the Navy Richard Spencer. “From the start of the acquisition process, keel laying and christening, to today’s commissioning, this destroyer enhances our capabilities for air, undersea, surface, strike and ballistic missile defense.”

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New commander takes charge of Marine Corps bases across the Pacific

by Carlos M. Vazquez II
Styars and Stripes

MCAS FUTENMA, Okinawa - Marine Brig. Gen. William Bowers has assumed command of Marine Corps Installations Pacific, a far-flung organization responsible for operating bases in Hawaii, Japan, South Korea and, soon, Guam.

Bowers took over for Maj. Gen. Paul Rock Jr., who has commanded since June 27, 2017, during a ceremony July 26 in a hangar on one of the island's most strategically important but controversial air bases in the Pacific.

"It is with great confidence that I hand the bow that is Marine Corps Installations Pacific to you," Rock told Bowers during the change-of-command ceremony, "and I know that you will work to keep pulling that bow harder... to launch the

[Marine Expeditionary Force] arrow that much farther."

Marine Corps Installations Pacific has approximately 11,000 Marines, sailors and civilians who work for the command across Japan, including MCAS Futenma and several camps on Okinawa and Marine Corps Air Station Iwakuni and the Combined Arms Training Center at Camp Fuji on the main island of Honshu; in South Korea at Camp Mujuk; and at Marine Corps Base Hawaii.

Marine Corps Base Guam is undergoing an \$8.7 billion upgrade in anticipation of 4,000 Okinawa-based Marines moving there in the mid-2020s.

Under Rock's command, the U.S. military returned a 10.56-acre strip of Futenma to the Japanese government in 2017. The base has been unpopular with some locals in the densely populated neighborhoods surrounding it due to aircraft noise and motor vehicle traffic.

Also within his tenure, Rock dismissed two subordinates:

"The incoming commander is no stranger to holding his subordinate commanders accountable as well. Bowers on June 19 relieved Col. William Blanchard as commander of Marines assigned to the Army's Fort Leavenworth in Kansas due to a loss of trust and confidence in his ability to command."

Col. Mark Coppess from MCAS Futenma in June 5, 2018, and Lt. Col. Nathaniel "Lips" Baker from Marine Corps Air Station Kaneohe Bay, Hawaii, both due to a loss of trust and confidence in their abilities.

The incoming commander is no stranger to holding his subordinate commanders accountable as well. Bowers on June 19 relieved Col. William Blanchard as commander of Marines assigned to the Army's Fort Leavenworth in Kansas due to a loss of trust and confidence in his ability to command.

He was also an investigator in a case that led to the firing in April 2018 of Brig. Gen. Kurt Stein as director of Marine and Family Programs after Stein dismissed reports of sexual harassment within his command as "fake

DoD R & E launches two new public websites

The Office of the Under Secretary of Defense for Research and Engineering (R&E) launched two new websites to provide information on how two of its directorates support OUSD(R&E)'s mission to foster technological dominance across the Department of Defense and ensure the advantage of the American warfighter.

The first web site, <https://rt.cto.mil>, for the Directorate of Defense Research and Engineering for Research and Technology (DDR&E (R&T)), includes the latest research and technology through science and technology research programs needed to ensure U.S. technological superiority, the DOD laboratories infrastructure, federally funded research institutions, and programs that help cultivate the next generation of science and technology professionals for the department, among others significant areas.

The website also spotlights

DDR&E (R&T)'s offices and programs: Research Technology and Laboratories, Strategic Technology Protection and Exploitation, Defense Technical Information Center, Reliance 21, DOD STEM (science, technology, engineering, and mathematics) and its outreach efforts.

DDR&E (R&T) leads the DOD's science and technology (S&T) enterprise effort to rapidly develop and mature key technologies to ensure warfighter dominance.

DDR&E(R&T) is responsible for the department's research and technology investments, and the science and technology portfolio. It ensures that DOD (S&T) is postured to develop the next generation of game-changing technologies and enable rapid delivery of superior capabilities to the warfighter.

The second new website, <https://ac.cto.mil>, highlights the work of the Directorate of Defense Research and Engi-

neering for Advanced Capabilities (DDR&E (AC)), the primary technology transition enabler within the DOD that bridges the divide between technology discovery and capability fielding for the warfighter. DDR&E (AC) recognizes, identifies, explores and ensures the development, integration and funding of new technology and capabilities to maintain U.S. technological superiority.

The directorate maintains a focus on the innovative application of technology and works with a robust network of transition partners within and external to the DOD to mitigate gaps through accelerated prototyping, demonstration, and fielding - with the ultimate goal of operational sustainment. The website also features its primary offices, including: Developmental Test, Evaluation and Prototyping, Chief Engineer for Advanced Capabilities and Test Resource Management Center.

Strike Eagles participate in joint integration exercise with Navy

ARABIAN GULF - Air Forces Central Command F-15E Strike Eagles attached to the 336th Expeditionary Fighter Squadron participated in an air operations in maritime surface warfare integration exercise with USS *Gonzalez* (DDG 66) and a P-3 Orion in the Arabian Gulf, July 24.

"This unit-level exercise reinforced integration of Air Force assets in support of Navy surface combatants," said Navy Lt. Cmdr. Adrian Willing, 609th Air Operations Center Master Air Attack Plan Cell planner. "This training reinforces the very real-world missions they are already conducting."

The F-15Es are based out of Al Dhafra Air Base, UAE, while *Gonzalez* is assigned to Commander Task Force-55 and the P-3C Orion is assigned to the CTF-57 based out of Bahrain.

"The P-3C provides maritime domain awareness, can also function as a maritime air controller with long loiter times or employ its own weapons as required," said Willing said.

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Places of Worship

<p>Bayview Church <i>Attract... Assimilate... Activate</i> 6126 Pastor Timothy J Winters St., San Diego 92114 (619) 262-8384 Sunday 6:45am, 8:30am, 11am Worship Service Studies in Christian Living (formerly known as Sunday School) Tuesday & Thursday 6pm, Wednesday 5:30pm & Saturday 9am www.bayviewbc.org info@bayviewbc.org</p>	<p>First Baptist Church <i>"Reach Up, Reach Out, Reach the World"</i> 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</p>	<p>Lighthouse Baptist Church <i>"Where the Shout has not Died Out"</i> 1345 Skyline Dr., Lemon Grove, CA 91945 Sunday School and Adult Bible Classes: 9:30am Sunday Morning Service 11am, Sunday Evening at 5:30pm Midweek Service and Teen Church, Thursdays at 7pm www.lighthousebaptist.com (619) 461-5561</p>
<p>Canyon View Church of Christ <i>"Love God, Love People, Serve the World"</i> 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: cvooffice@canyonview.org (Near corner of Balboa Ave & Clairemont Dr) (858) 273-5140 www.canyonview.org @gotochrist facebook.com/cccsd</p>	<p>First Church of Christ, Scientist, Chula Vista <i>A healing church to bless the community—all are warmly welcomed!</i> Sunday: Worship Service and Sunday School 10am Wednesday: Testimony Meeting 7pm Reading Room: bookstore/library—items to read, purchase, borrow, & free 300 Third Avenue, Chula Vista Tu-Sat 10am-2pm Church: 41 "I" Street, Chula Vista, CA 91910 Call (619) 422-6400 for further info. www.prayerthatheals.org</p>	<p>Mesa View Baptist Church Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant CW03, USMC (Ret.) <i>Seeking Sinners; Saving Souls, Strengthening Saints</i> 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</p>
<p>Christ Community Church <i>Helping people love God and each other more!</i> Saturdays at 6 pm & Sundays 8:45am & 10:45am Children's Ministries for All Kids! Small Groups for Teens and Adults of all Ages! 9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15 www.gotoChrist.com or (858) 549-2479</p>	<p>New military families are moving to San Diego every day. Invite them to worship with you in the Dispatch Church Directory. (619)280-2985</p>	<p>Mt. Moriah Christian Church <i>"Purpose Driven" Gospel Church"</i> 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</p>
<p>EGWC Worship Center Eastlake Sunday: Sunday School 9am; Morning Worship Service 10am Wednesday: Bible Study 7pm Preschool Academy Ages 2-5; 6am to 6pm; M-F (619) 656-0131 10% Military Discount 880 Kuhn Dr., Chula Vista, CA 91914 (Directly Across from Kohl's) Website: http://www.extremegospelwc.org</p>	<p>La Jolla Lutheran Church <i>"We Follow Jesus"</i> 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</p>	<p>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. <i>We thank you for your service!</i></p>

4 www.armedforcesdispatch.com THURSDAY, AUGUST 1, 2019

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

Ask Rusty - Should I claim benefits early and invest them?

by Rusty Gloor

Dear Rusty: I am 64 years old and my wife is 62. We both have good paying careers. Our original plan was to wait until we each turned 70 before drawing our Social Security benefits. But I was talking to a friend who is a very successful small business owner who told me that he started drawing his SS benefits at age 62. He puts the funds in a mutual fund every month. He has "run the numbers" and he is convinced that he will come out ahead rather than waiting to draw at age 70. I was shocked to hear this advice since I had never heard any expert advocate this option before. What say you, Sir? Signed: Questioning My Plan



Dear Questioning: I, too, have "run the numbers" many times. Although Social Security will say that it makes no difference when you apply (they say you get the same in total benefits no matter which age you claim) with average longevity today being in the mid-80's (84 for men; 87 for women) that may not be true. I have done numerous "break even analyses" and have found that if one claims at their full retirement age instead of at age 62, they will have collected the same amount of benefits at age 78 in either case. That means that by living longer than age 78, you will realize more in total cumulative lifetime Social Security benefits by waiting until your full retirement age to apply. Similarly, if you wait until age 70 to claim, you will break even (collect the same in total benefits) at age 82, and if you live beyond 82 you'll get more in cumulative benefits by waiting. If you live well beyond those ages, the extra benefits can be very substantial.

I wonder if your friend included in his analysis how the "earnings test" affected his early benefits. If you are still working and you claim benefits before you reach your full retirement age, you'll be subject to Social Security's "earnings limit" (\$17,640 for 2019) which, if you exceed it, will cause Social Security to withhold benefits equal to \$1 for every \$2 you are over the limit. This applies to both you and your wife. The earnings limit doesn't go away until you reach your full retirement age, so when contemplating whether to collect benefits before your full retirement age you should assess the amount of benefit loss you will incur if your earnings exceed the earnings limit. Although at your full retirement age (FRA) Social Security gives you time credit for any months you don't receive benefits because you exceeded the earnings limit, it will take you years to recover any withheld benefits because they only slightly increase your benefit at your FRA to compensate for withheld benefits from over-earning (you need to live long enough to recover those lost benefits).

And did your friend consider this: your surviving spouse will receive 100 percent of the benefit you are receiving at your death. If you claim before your full retirement age, your surviving spouse will get the reduced amount; if you wait until after your full retirement age to claim, your surviving spouse will get the full amount of your benefit increased by delayed retirement credits. Benefits are about 76 percent more at age 70 than they are at age 62.

Of course, the question of when to apply must always take into account your current financial needs, your current health and lifestyle, and your expected longevity (considering your family history). Whether to claim early and invest those benefits or wait until later is a choice only you can make. But you should consider the above points and compare the guarantee of increasing your lifetime benefit amount by 6 percent to 8 percent for each year you wait to claim, against the interest or growth rate you might expect from investing in the securities market.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website.

The 2 million member Association of Mature American Citizens [AMAC] [<https://www.amac.us>] is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC acts and speaks on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining today at <https://amac.us/join-amac>.

Palomar Solar 'gives back' to troops with free solar system installation

For the third year in a row Palomar Solar, with the support of their partners Enphase Energy and LG Solar, will again be giving away one home rooftop solar system to a military family with absolutely no strings attached.

At the 2019 Miramar Airshow, one local San Diego County military family will receive a specifically designed system to their needs. Palomar Solar wants to continue to show their deep appreciation to local troops that

year after year continue to protect and serve the United States of America.

"We at Palomar Solar have been blessed with tremendous success over the last 10 years installing well over 3,000 PV solar systems in Southern California," said Dwight "Andy" Anderson, owner and founder of Palomar Solar. "As a result we wanted to 'give back' to our community. While there are many deserving avenues, we couldn't think of

a better place to start than with those who serve us all so we can enjoy the best quality of life in the world."

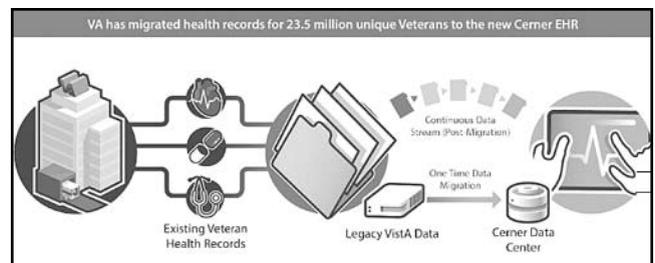
That's why the Escondido-based company has chosen to 'Give Back' to the local community by giving a real, 'right sized' solar system to an active or retired military family here in San Diego where they started our company.

"Palomar knows that a right sized home solar system will substantially lighten the annual financial load for the average San Diego family while adding value to their home," said Anderson. "The System will be right sized up to 7kW DC (24 LG solar panels, with Enphase

IQ7 micro-inverters), which will offset roughly a \$300 month electric bill. The system includes Palomar Solar's standard offering of 25 year labor and workmanship warranties, 25 year roof penetration warranty, and most importantly, per-solar-panel-monitoring for the life of the system.

For official sweepstakes rules and to enter, visit www.palomar-solargivesback.com.

Past winners in the military promotion were Paul Newman, Marine Corps; Anthony & Maria Braithwaite, Marine Corps; Harold Allister, Navy; Adam Webber, Navy Seal veteran; John Vojtas, retired Navy; and Carl Boeck, Air Force veteran.



Data migration chart of VA's Electronic Health Record Modernization. Courtesy art

VA achieves milestone in its Electronic Health Record Modernization program

The Department of Veterans Affairs recently transferred the health records of 23.5 million veterans to a Cerner Corp. data center, setting the stage for the records to be processed this summer in support of VA's and DoD's common electronic health record solution.

This initial data migration phase of VA's Electronic Health Record Modernization, which began in late spring, is an important milestone reflecting the decision to replace Veterans Information Systems and Technology Architecture (VistA) with the Cerner Millennium EHR solution that powers DoD's Military Health System (MHS GENESIS).

"For decades, VA and DoD have been struggling to achieve interoperability and seamlessly share patient records between our health systems - placing an unfair burden on our vets and their families," said VA Secretary Robert Wilkie. "No veteran, family member or caregiver

should have to carry boxes of paper, medical and service records around. This data migration is the first step to solving that problem for good."

To date, over 78 billion records have been compiled from all VA medical centers, accounting for 50 terabytes (equivalent to about 850,000 hours of music) of data storage across 21 clinical areas of patient health records, which includes lab results; pharmacy prescriptions; inpatient and outpatient diagnoses and procedures; and other medical data of both living and deceased veterans.

New data will move into the Cerner system automatically from VistA in near real time, and then make its way to the Cerner Millennium EHR, which will provide shared access with VA, DoD and community care providers. As future phases are completed, service members' medical records from their years of active duty will reside in one comprehensive EHR.

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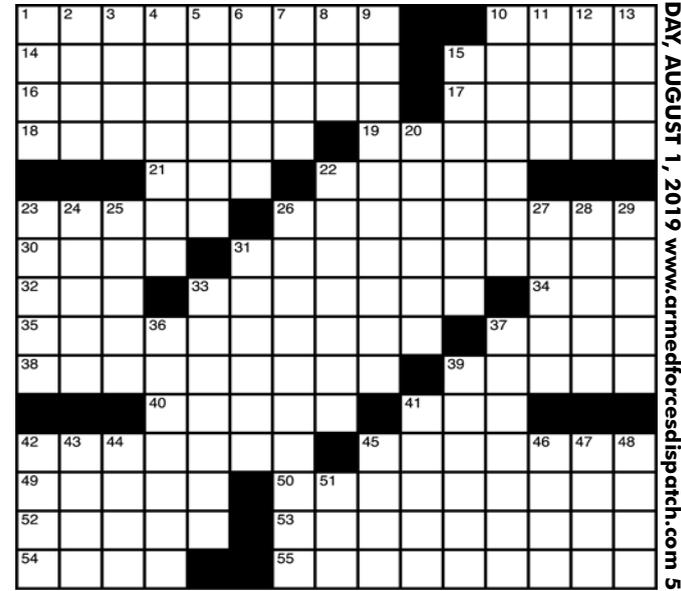
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Crossword Puzzle

- Across**
- 1 Decorative border
 - 10 Business investment?
 - 14 Regardless
 - 15 Black-and-white vegetarian
 - 16 Black-and-white
 - 17 One putting two and two together
 - 18 Exit discreetly
 - 19 Ivory, e.g.
 - 21 Unannounced, as a quiz
 - 22 Beyond silly
 - 23 Corroded
 - 26 Protect against harm, in a way
 - 30 It's about 40.5 for Pittsburgh, Pa.
 - 31 Inspiration for a red shade
 - 32 Tirana is its cap.
 - 33 One of ten in the Kentucky Derby
 - 34 "Gr8 joke!"
 - 35 Classroom no-no
 - 37 Where le nez is
 - 38 Typical ham feature
 - 39 More twisted
 - 40 Cleared the room, perhaps
 - 41 Inc. magazine subject
 - 42 A museum in Pesaro, Italy, marks his birthplace
 - 45 Alternative histories
 - 49 Possible response to "I raise"
 - 50 Words seen before a dollar sign
 - 52 Filmmaker's ___ light
 - 53 Only you
 - 54 Casual food
 - 55 Formal choice
- Down**
- 1 Swinging joints?
 - 2 Organic compound
 - 3 Landlocked African country
 - 4 Fragment
 - 5 Business VIP
 - 6 Freeze
 - 7 Careful handling
 - 8 Union foe in the 19th cen.
 - 9 Not woody, to a botanist
 - 10 Tearjerker
 - 11 Command following "Oops!"
 - 12 Flash, maybe
 - 13 Weather protection
 - 15 Downtown challenge
 - 20 Reason for a misunderstanding
 - 22 Black arts practitioner
 - 23 Make law
 - 24 Quran deity
 - 25 Stand with a leaf
 - 26 Jefferson and others
 - 27 Dancer posthumously awarded the Presidential Medal of Freedom in 2014
 - 28 Govt. issue
 - 29 Pot-using sportsman
 - 31 2K, say
 - 33 Tailor's service
 - 36 Many Aberdeen residents
 - 37 Harness racer
 - 39 Withdrew gradually
 - 41 Piece
 - 42 Casino tool
 - 43 Paella cooker
 - 44 Clothing opening
 - 45 Clothing material
 - 46 Off
 - 47 Bellyache
 - 48 Gets it
 - 51 "Excusez-__"



If someone keeps letting you down, you should stop relying on him or her

by Dr. Daneen Skube
Tribune Content Agency

Q: I have a co-worker who says he's committed to a project I'm responsible for, but he rarely shows up. I want to give him the benefit of the doubt, but I need his help. How do I handle this situation?

A: You can handle this situation if you realize that believing what people do gives them the benefit of believing their true intentions. Giving people the benefit of the doubt prolongs

INTERPERSONAL EDGE:

the suffering you do because you didn't believe them when they showed you who they were the first time.

So often my clients fail to appreciate the importance of believing the first impression in the workplace. The interviewee that shows up late, the customer that doesn't return your phone

call, or the boss that ignores you the first day of work. You ignore these key pieces of information at your own peril.

People do not alter the way they act because they react uniquely in a different way to you. People act the same way with everyone; it is not personal, and when they immediately act

badly, they are showing you signs of things to come.

I often hear clients tell me they don't want to be "judgmental." I ask how it is that making judgments came to be a bad thing. We can't navigate our workplace without making lots of judgments every day. You're wise to have an open mind on your judgments but unwise to mistrust your immediate conclusions while someone repeatedly disappoints you.

Be more willing to see how others treat you and trust actions not words. If your co-worker says he wants to help your project but doesn't show up, his actions tell you the truth.

The good news about believing the first action you witness from people is you'll also be crystal clear on who you can trust. The person who calls you back, emails immediately and shows up will stand out from the flaky crowd with good intentions.

As you stop trusting and being disappointed with those that don't vote with their feet, you'll invest only in the people who make a good first impression.

Another fringe benefit is you'll think more about the impression you are giving others with your actions. You'll be less concerned about what you say at work and a lot more concerned about what you are communicating with your behavior.

Smart money, and smart people, at work invest in the walk and ignore the talk. When it comes to a successful career talk truly is cheap and behavior is invaluable.

The last word(s)

Q: Why do bad things happen to good people? If we try hard to be decent shouldn't we have better luck than people that act crappy?

A: No, we don't get the circumstances we deserve, we get the circumstances to teach us what we need to learn. Instead of looking down feeling unlucky, look up to see the ways your adversity is potentially expanding your brain.

Daneen Skube is an executive coach, trainer, therapist and speaker.

NAVY COOL offers expanded credentialing opportunities

PENSACOLA, Fla.- Sailors have an even wider array of opportunities to earn civilian certifications and licenses funded through Navy Credentialing Opportunities On-line (COOL) with a Navy policy update July 24.

Navy COOL's website at <http://www.cool.navy.mil/> provides information about licenses and certifications applicable to all Navy occupations, offering resources and funding to help Sailors gain appropriate civilian desired, and in many cases required, credentials.

Here is what's new:

- Credentials Earned and

Maintained Prior to Joining the Navy. If you're Navy enlisted (Active or Reserve), you may now be eligible for funding for credentials that were earned, and maintained, prior to your enlistment in the Navy. The certification or license must have relevance to the needs of the Navy, and must appear on Navy COOL, although it does not need to show the "Navy Bucks" icon to be funded.

- Prior Other-Service Enlisted Occupation. If you're Navy enlisted (Active or Reserve), you may now be eligible for funding for credentials related to prior other-Service (Army, Air Force, Marine Corps, Coast Guard) enlisted occupation. The

certification or license must have relevance to the needs of the Navy, and must appear on Navy COOL, although it does not need to show the "Navy Bucks" icon to be funded.

Over the past year, additional expanded credentialing opportunities within the Navy COOL program included:

- Opportunities for Cross-Rated Sailors. If you've cross-rated, you now are eligible for certifications and licenses mapped to your prior rating. The "Navy Bucks" icon on the Navy COOL page for your previous position/rate indicates which certifications and licenses may be funded.

- Opportunities for Navy Reservists. If you're a Navy Reservist, you may now be eligible for funding for credentials related to your civilian occupation. The certification or license must have relevance to the needs of the Navy and must appear on Navy COOL, although it does not need to show the "Navy Bucks" icon to be funded.

- Opportunities Related to Off-Duty or Command-Sponsored Training. If you can document that you have completed an on- or off-duty training course that fully prepares you for a civilian certification or license, you may now be eligible to have it funded. For example, if you took a command-sponsored emergency

medical technician course, you may be eligible for funding for an EMT Basic credential.

- Opportunities Related to Academic Degrees. Out-of-rate requests for exam funding for credentials related to an earned academic degree may also be funded if it can be directly related to a national industry certification or federal license. For example, if you have a degree in human resources but are serving as a culinary specialist, you can get funding for a Professional in Human Resources certification.

As with any credential, Sailors must meet all other eligibility criteria and the certification or license vendors' requirements.

Health & Fitness

It's National Immunization Awareness Month! Is your family up to date on vaccines?

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases [like whooping cough, cancers caused by HPV, and pneumonia] with vaccines.

During NIAM, you're encouraged to talk to your doctor, nurse, or other healthcare professional to ensure you and your family are up to date on

recommended vaccines.

We also encourage you to visit CDC's Interactive Vaccine Guide (<https://www.cdc.gov/vaccines/growing/>), which provides information on the vaccines recommended during pregnancy and throughout your child's life.

As your children head back to school this fall, make sure vaccination is at the top of your checklist. August is also a key time to make sure you are up to date on all the vaccines you need to stay healthy. Use CDC's adult vaccine

assessment tool (<https://www2.cdc.gov/nip/adultimmsched/>) to see which vaccines might be right for you.

California law requires all children enrolled in state schools, both public and private, to have certain doctor-recommended immunizations, or receive them when they enroll.

What immunizations does my child need for grade school, preschool or day care?

Effective July 1, 2019:

Immunizations required to enter 7th grade:

- Tetanus, diphtheria, and pertussis booster (Tdap)
- Varicella (Chickenpox)

Immunizations required to enter Kindergarten:

- Polio
- Diphtheria, Tetanus, and Pertussis (DTaP)

- Measles, Mumps, and Rubella (MMR)
- Hepatitis B
- Varicella (Chickenpox)

Immunizations required to enter Child Care (depends on age when enrolling):

- Polio
- Diphtheria, Tetanus, and Pertussis (DTaP)
- Haemophilus influenzae type b
- Measles, Mumps, and Rubella (MMR)
- Hepatitis B
- Varicella (Chickenpox)

Personal belief exemptions are no longer permitted. Personal belief exemptions submitted before Jan. 1, 2016 were valid until the child enters kindergarten (including transitional kindergarten) or 7th grade. Valid medical exemptions from a licensed physician are not affected and will continue to be accepted.

August is Psoriasis Awareness Month

August is Psoriasis Awareness month and is used as an opportunity to educate and inform sufferers on a range of topics varying from treatment, causes, triggers and management of the inflammatory and often irritating disease.

The cause of psoriasis is still unknown but specialists do know that it is largely affected by the immune system and genetics.

Scientists now believe that at least 10 percent of the general population inherits one or more of the genes that create a predisposition to psoriasis. However, only two percent to three percent of the population develops the disease.

This is thought to be because only two percent to three percent of people encounter the "right" mix of genetics and are exposed to triggers that lead to the development of psoriasis. Those who have a genetic disease but don't have a family history of it, for example, may have inherited two genes from their father and two from their mother—neither of whom had all four and therefore never developed the disease.

Affecting men and women, all races and all ages, the disease can display on a variety of body parts at any given time therefore it is important to understand what you can do about it as and when you are affected by it. Learning to successfully manage treatment can take a long period of time but there are many ways in which the disease can be controlled and treated.

Whether you chose to do this via medication, holistic, complementary and alternative approaches, dietary control or lifestyle choices is down to each individual but there is a huge amount of support and information available enabling you to find the best solution.

An often irritating and sometimes challenging disease, we hope you can find support to manage the symptoms successfully. The National Psoriasis Foundation website www.psoriasis.org has useful information to guide you.



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Oregon-based Coast Guard cutter returns home after \$311 million cocaine seizure

ASTORIA, Ore. - The crew of Coast Guard Cutter *Steadfast* (WMEC-632) returned home July 30 to Astoria following a 56-day counternarcotic patrol to the Eastern Pacific Ocean.

The crew interdicted five suspected smuggling vessels, including three pangas, a fishing vessel and a sailboat, and the crew recovered floating bales of contraband yielding more than 23,000 of cocaine.

The *Steadfast* crew offloaded more than 26,000 pounds of seized cocaine in San Diego last Friday, which was a result of the cutter's five interdictions, bale recovery and an interdiction case by Coast Guard Cutter *Robert Ward* (WPC-1130).

The cocaine, worth an estimated \$350 million, was seized by the crews while the cutters were patrolling international waters off the coasts of Mexico, Central and South America between late June and mid-July.

"This was 26,000 pounds of cocaine that will not make it to the main streets of the USA, and it also gives us the opportunity to make sure we can continue to combat transnational criminal



A sail boat suspected of smuggling drugs sails in international waters of the Eastern Pacific Ocean. A boarding team from Coast Guard Cutter *Steadfast* discovered more than 1,300 pounds of cocaine concealed within hidden compartments of the sailboat during the law enforcement boarding. Coast Guard photo.

organizations who transport this cocaine deep in the Pacific every single day," said Rear Adm. Peter Gautier, the 11th Coast Guard District commander. "Because we know that with a supply chain of

illegal narcotics, at every single step there's violence, instability and despair."

Steadfast's seizure of more than 23,000 pounds of cocaine marks the largest amount of cocaine seized by crews aboard a 210-foot Reliance-class medium-endurance cutter during a single counternarcotic deployment in the service's history.

Many of the medium-endurance cutters in service today are more than 50 years old. The Coast Guard's medium-endurance cutters represent 70 percent of the services's counter-drug interdiction fleet. These cutter's are approaching the end of their service life. Replacing the aging fleet of medium-endurance cutters with the offshore patrol cutter is one of the Coast Guard's top priorities. Even though medium-endurance cutters are still highly effective, as shown by the 26,000 pounds of cocaine *Steadfast's* offloaded, they can be difficult and expensive to maintain and operate.

As these cartels become more advanced in their methods at sea, the Coast Guard is recapitalizing the fleet with modern assets equipped to detect, interdict and disrupt the growing flow of il-

legal drugs, weapons and people in the Eastern Pacific.

The offshore patrol cutter will provide a critical capability bridge between national security cutters like cutter *Munro* (WMSL 755), which offloaded 39,000 pounds of cocaine earlier this month, and fast response cutters like *Robert Ward*, which seized more than 3,000 pounds of the cocaine offloaded Friday. *Robert Ward's* interdiction was the first cocaine seizure made by a fast response cutter in the Eastern Pacific.

"There are few closer relationships than those among the members of a ship's crew performing a dangerous, important mission," said Cmdr. Dan Ursino, *Steadfast's* commanding officer.

"*Steadfast's* crew has worked as a remarkable, dedicated team with a strong common goal - protecting their nation from the deadly, destructive effects of illegal drugs. Something that makes their achievement even more impressive, is that before leaving homeport on June 13, nearly a third of this crew had never sailed before on *Steadfast* - a true testament to the emphasis we put on standards and training."

Mobile Bay, Spruance join in parade of ships for Seattle Fleet Week

SEATTLE - San Diego-based USS *Mobile Bay* and USS *Spruance* (DDG 111), along with Royal Canadian navy ship HMCS Edmonton, and U.S. Coast Guard Cutter *Active* (WMEC 618) participated in a parade of ships here July 29 to kick off the 70th Seattle Fleet Week.

Seattle Fleet Week 2019 is a time-honored celebration of the sea services and provides an opportunity for the citizens of Washington to meet Sailors and Coast Guardsmen, as well as witness firsthand the latest capabilities of today's maritime services from July 29-Aug. 2.

"Everyone is excited to get out, interact with people and explore Seattle," said Chief Intelligence Specialist Shela Constantineau, from Corunna, Mich. "We're very eager to show the people what it is we do on a day to day basis."

During Seattle Fleet Week, Sailors will participate in various community relations projects, as well as host ship tours and interact with Seattleites.

"This week, Sailors are taking some time out of their primary national defense mission to come to Seattle for Fleet Week," said Rear Adm. Scott Gray, commander, Navy Region Northwest. "This is a great opportunity for the community to see what the Navy has to offer, to tour an active Navy vessel, and meet the men and women who perform our mission."

Events will be taking place throughout the week for Seattle Seafair Fleet Week. *Spruance* and *Mobile Bay* are open for public tours.

"I encourage people to come out to the waterfront to see the ships and get to know the men and women of your seagoing services," said Gray. "We care a great deal about the communities in which we live and work, and do our best to support our shared environment. So, I wanted to thank the outstanding people of Washington State who continue to support their U.S. Navy."



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Prosecutors: Minesweeper drug dealer nabbed in acid, ecstasy plot

by Mark D. Faram
Navy Times

A Sailor faces multiple drug charges for allegedly importing ecstasy and LSD to distribute in California late last year, according to charge sheets provided to *Navy Times*.

Currently assigned to the Naval Base San Diego-based mine countermeasures ship *Champion*, Information Systems Technician 3rd Class Daniel van Dijk imported hundreds of grams of the mood-altering stimulant ecstasy “at or near Queens, N.Y.,” through multiple transactions between Nov. 22 and Dec. 3, military prosecutors wrote.

On Nov. 26, 2018, he allegedly bought 174 grams of ecstasy online and had it shipped to his mailbox on Naval Base San Diego “with intent to distribute” the controlled substance, his charge sheets state.

On Nov. 30 in San Diego, he allegedly possessed another 152 grams of ecstasy and 93 “squares of LSD” to distribute.

On the same day, he allegedly put 15 grams of ecstasy into “capsule form” for the same scheme, according to the legal filings.

On Dec. 3, he allegedly brought another 58 grams of

ecstasy to the base for distribution, prosecutors wrote.

Authorities so far have named only one suspected drug deal, an Oct. 26 incident in which he allegedly sought to “wrongfully distribute some amount” of ecstasy at or near San Diego.

Van Dijk’s court-martial trial is slated to kick off on Oct. 21, according to Navy Region Southwest spokesman Kevin Dixon.

If found guilty on a single charge of wrongful possession with the intent to distribute, he faces a dishonorable discharge, forfeiture of all pay and allowances and up to 15 years behind bars.

Through a public affairs officer, van Dijk’s military attorneys declined comment “at this time.”

According to his military records, van Dijk enlisted on Dec. 15, 2016 and later trained



IT3 Daniel van Dijk faces charges stemming from an alleged ecstasy and LSD scheme in San Diego. Navy photo by MCC Alex Diaz

at Information Warfare Training Command Corry Station in Pensacola, Fla.

Originally from New Jersey, he reported to the *Champion* in late 2017 and became a petty officer on June 16, 2018. He’s authorized to wear two Navy “E” ribbons and the Global War on Terrorism Service Medal, according to his military records.

Most recent Marine Corps General and Special Court-Martial dispositions

- At a Special Court-Martial at Camp Pendleton, a military judge convicted Private D. J. Fasanella of wrongful use of a controlled substance. The judge sentenced the accused to forfeiture of \$1,120.00 per month for 11 months and 11 months confinement.

- At a Special Court-Martial at Camp Pendleton, a panel including enlisted members convicted Staff Sgt. M. D. Williams of violation of a lawful general orders, assault consummated by a battery, and indecent language. The judge sentenced the accused to a reduction to E-3 and 18 days confinement.

- At a General Court-Martial at Camp Pendleton, a military judge convicted Lance Cpl. M. J. Day of wrongful use of a controlled substance and assault. The judge sentenced the accused to reduction to E-1, 7 months confinement, and a bad-conduct discharge.

- At a General Court-Martial at MCAS Miramar, a military judge convicted Cpl. M. R. Terwilliger of wrongful use of a controlled substance, conspiracy, and attempted distribution of a controlled substance. The judge sentenced the accused to 24 months confinement and a dishonorable discharge. Pursuant to a pretrial agreement, the convening authority will suspend all confinement in excess of 13 months.

- At a Special Court-Martial at Camp Pendleton, a military judge convicted Cpl. P. L. Gregory of violating a lawful general order and assault consummated by a battery. The judge sentenced the accused to a reduction to E-2 and 30 days restriction.

- At a General Court-Martial at MCAS Miramar, a military judge convicted Sgt. C. A. Zazueta of violating a lawful general order, false official statement, misappropriation, battery, obstructing justice, and extramarital sexual misconduct. The judge sentenced the accused to a reduction to E-1, six months confinement, and a bad-conduct discharge.

- At a Special Court-Martial at Camp Pendleton, a panel of officer and enlisted members convicted Staff Sgt. A. C. Bailey of unlawful entry. The members sentenced the accused to 30 days restriction.

- At a Special Court-Martial at MCAS Miramar, a military judge convicted Sgt. J. M. Tryan of violating a lawful general order and making a false official statement. The judge sentenced the accused to reduction to E-3.



NCIC

continued from page 1

Both Marines face federal charges for allegedly smuggling three undocumented immigrants near the U.S.-Mexico border for financial gain, court documents detail.

The Marine Corps said in Thursday’s press release the 16 Thursday arrests were based off information learned during

a previous investigation.

Marine officials with 1st Marine Division worked alongside NCIS during the arrests, the release said.

“Any Marines found to be in connection with these alleged activities will be questioned and handled accordingly with respect to due process,” the Corps said.

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GULF OF ADEN (July 5, 2019) - Marines assigned to Marine Medium Tiltrotor Squadron (VMM) 163 (Reinforced), 11th Marine Expeditionary Unit (MEU), lower an RQ-21A Blackjack unmanned aerial system from a recovery system aboard USS John P. Murtha (LPD 26). The Boxer Amphibious Ready Group and the 11th MEU are deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the Western Indian Ocean and three strategic choke points. Marine Corps photo by Cpl. Adam Dublinske



SEATTLE (July 29, 2019) - USS Mobile Bay participates in a parade of ships in Elliott Bay during the 70th annual Seattle Fleet Week. Seattle Fleet Week 2019 is a time-honored celebration of the sea services and provides an opportunity for the citizens of Washington to meet Sailors and Coast Guardsmen, as well as witness firsthand the latest capabilities of today's maritime services. (Navy photo by MC3 Victoria Foley)

MARINE CORPS RECRUIT DEPOT, San Diego (July 23, 2019) - A recruit with Golf Company, 2nd Recruit Training Battalion, climbs over a wall during the Confidence Course here. During the course recruits must strive to overcome each obstacle to overcome fear and increase confidence among themselves. Annually, more than 17,000 males recruited from the Western Recruiting Region are trained at MCRD San Diego. Golf Company is scheduled to graduate Sept. 24. Marine Corps photo by Pfc. Cristian Torres



PACIFIC OCEAN (July 20, 2019) - Sailors run diagnostics on an C-2A Greyhound assigned to the Providers of Fleet Logistics Support Squadron (VRC) 30 on the flight deck of Theodore Roosevelt. Navy photo by MC3 Zachary Wheeler



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Naval Weapons Station Seal Beach holds change of command

by Gregg Smith

SEAL BEACH - Naval Weapons Station Seal Beach held a dual change of command ceremony July 26.

Capt. Jason Sherman relieved Capt. Noel Dahlke as commanding officer of both Naval Weapons Station Seal Beach and Navy Munitions Command Pacific, continental United States (CONUS) West Division.

A career officer and naval aviator with over 20 years of service, Capt. Sherman brings with him a wealth of operational experience, including over 3,200 flight hours in multiple aircraft types.

His previous assignments include flight instructor for San Diego based Helicopter Anti-Submarine Squadron Light 41, flying the SH-60B Seahawk;

lead planner for the Theater Campaign Plan at the U. S. Southern Command; and commanding officer of Helicopter Maritime Strike Squadron 72, flying the MH-60R Seahawk.

Sherman's most recent tour was as operations officer of aircraft carrier USS *George Washington* (CVN 73).

"Today is really a celebration of Capt. Dahlke, his extraordinary leadership, and a reflection of all the accomplishments that he and his team have achieved over the past three years," said Sherman.

During Dahlke's tenure, Naval Weapons Station Seal Beach received a number of Navy wide awards for environmental stewardship, energy and water conservation, and housing operations. The base also garnered back-to-back awards as best small installation in the region, and in 2017 won accolades as the best small installation in the Navy.

"For as long as our nation has had a Navy, the change of command has been done in roughly the same manner, so there is never any question about who is in charge," said Rear Adm. Bette Bolivar, the commander of Navy Region Southwest.

"For the last three years, there's been no doubt that Captain Dahlke has been in charge. His accomplishments have truly reflected our mission to 'enable warfighter readiness.' Everything he's done has been directed

at living up to - and supporting - that mission."

"My time to pass my commander's guidance, vision, and expectations are over," said Dahlke.

"I can only reflect, pass on my thanks and gratitude, and offer some parting words to the outstanding Sailors and civilians who make Naval Weapons Station Seal Beach and Navy Munitions Command Pacific CONUS West Division truly the

greatest places and organizations my family and I have been a part of."

"I could not be more excited and honored to lead both the weapons station and the munitions command in this capacity," said Sherman. "I feel extremely blessed to be back in Southern California and call the community of Seal Beach our new home, and I look forward to writing the next chapter in the history of this storied weapons station."

USS America to host NNOA STEM Day

SAN DIEGO - The fourth annual National Naval Officers Association (NNOA) Youth Science, Technology, Engineering, and Mathematics (STEM) Day will be held aboard amphibious warship USS *America* (LHA 6) on Aug. 6 from 8:30 a.m. to 12:30 p.m.

Students from the greater San Diego area, ages 9-19, will engage with military officers and STEM professionals to learn about the various STEM opportunities available within the sea services. The Youth STEM Day is happening in conjunction with the 2019 NNOA Professional Development Symposium at the Admiral Kidd Catering Conference Center on August 7-8.

For more information about NNOA and Youth STEM Day, please visit <https://nnoa.org/>.

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FREE INSPECTION



by Jan Wagner

Since there is never nearly enough time to see more than a tiny fraction of San Diego Comic-Con, each year I always intend to prepare by reading the huge volume of advance materials. Unfortunately, that never happens because I spend much of my time scrambling to write and produce this column each week.

This year I discovered what proved to be one of those must-see highlights. It was what Comic-Con regulars refer to as an “off-site activation.” That is where commercial entities (often movie or TV production companies) swoop in to temporarily transform vacant nearby commercial properties (either empty lots or in buildings) into often highly detailed, elaborate and surely very expensive promotional recreations of scenes from movies or TV series.

I hit the jackpot when I discovered The Orville Experience - an offsite for “The Orville” on Fox, a brilliant science fiction TV series created by and starring Seth MacFarlane. Reminiscent of the original late 1960s Star Trek T.V. series, but with decades-newer visual effects, each week the diverse human and alien crew of the Orville embark upon new adventures as they explore the vast reaches of space and encounter other beings.

Costumes and props from “The Orville,” and the highly detailed shooting model of the ship itself, were on display at The Orville Experience. Seth MacFarlane and many of the cast members, along with costumed aliens, visited there one afternoon, posing for photos while copies of the hardcover book entitled “The World of the Orville” were given away.

To create and produce episodes of “The Orville” the way Seth MacFarlane wants them to be requires a tremendous amount of time and resources. To produce the episodes for season three in time to meet Fox’s scheduling needs just was not going

The Orville, Comic-Con & one man’s journey towards designing vehicles for the entertainment industry

to happen, so through cooperation between all of the parties involved, the next season of “The Orville” will move to Hulu - probably in late 2020. That lengthy delay will give Seth the time that he needs to take “The Orville” significantly beyond where it is now.

On Hulu, the length of episodes of “The Orville” will no longer be limited to the short, commercial-breaks limited, one-hour, free-T.V. program. Scenes, shots and storyline material will no longer need to be cut for reasons of insufficient time. Furthermore, the move from main-

television, his was art. He travelled to California for an acting gig and then, about ten years ago while at San Diego Comic-Con, he came upon a booth for the world-famous Art Center College of Design in Pasadena. That led to him taking night classes there, followed by admission into their entertainment design program.

While at Art Center, Lex met and worked alongside several people who are now well known and respected in the entertainment industry - among them David Levy. David invited Lex to work with him on



Lex Cassar surrounded by aliens from The Orville at The Orville Experience.

stream network T.V. to a streaming service will enable the creative team to venture beyond the more restrictive adult content limits imposed on T.V. broadcasters, so the stories will have the potential to better reflect the full range of human, and alien, behavior.

During Comic-Con I met one member of the immensely talented production team of “The Orville.” Lex Cassar, a senior concept designer, works on futuristic visual design elements for the “The Orville.” He was at “The Orville Experience,” taking photos of visitors who posed with some of the prop weapons from the show.

As did I, Lex received his initial formal training in the entertainment industry in Canada but moved to the United States to further pursue his career.

We also both share an interest in automotive design, and our presence at San Diego Comic-Con has helped further our roles in the entertainment industry. Whereas my initial field of study was writing and producing for

a 2014 short film called “PLUG,” which was set in a post-apocalyptic Earth. Lex acted in that film and designed a practical dune buggy for it (see the film at: <https://www.imdb.com/title/tt1899268/>).

Later, David invited Lex to work with him as an art department intern on Ridley Scott’s 2012 film “Prometheus,” alongside Ben Procter and Steve Messing. For that film, Lex was given the opportunity to help design the treaded ATVs.

Recently Lex began work on the third season of “The Orville.” To watch past episodes of “The Orville” online, visit: <https://www.fox.com/the-orville/>.

To see additional photos, visit www.drivetribe.com, click on the magnifying glass, select “POSTS” and enter “AutoMatters & More #601” in their search bar. Please send your comments to HYPER-LINK “mailto:AutoMatters@gmail.com” AutoMatters@gmail.com.

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The Meat & Potatoes of Life



by Lisa Smith Molinari

Last week, three hot shots from the National Academies of Science, Engineering, and Medicine presented a report titled “Strengthening the Military Family Readiness System for a Changing American Society” at the Military Child Education Coalition’s National Training Seminar in Washington, DC. The 320-page report gave a scholarly scolding to the DoD for “siloining” and fragmenting the many services for military families.

The National Academies undertook the study to examine the state of military family readiness and the DoD’s Military Family Readiness System, a network of agencies, programs, services, and individuals that promotes the well-being and quality of life of military service members and their families.

“The system lacks a comprehensive, coordinated framework to support individual and population well-being, resilience, and readiness among military families,” the National Academies’ Committee on the Well-being of Military Families concluded.

One guiding principal of the study was that military family readiness is directly linked to mission readiness, and the Committee cited four reasons why the well-being of families is essential to the DoD.

First, family well-being affects individuals deciding whether to enter or remain in military service.

Second, family difficulties

DoD scolded in military family readiness report

force DoD to pay cost for legal, medical, mental health, or financial problems.

Third, family stress takes a service member’s focus away from the mission. “Finally, and perhaps most importantly, service members families support the military mission by supporting them while they serve, making it possible for service members to leave home to train and deploy, and providing significant care for service members when they are wounded, ill, or injured.”

There are a variety of challenges that pose a threat to family readiness and resilience, according to the report, including illness, injury, troubles with housing, lack of career progression, financial instability, moving, deployments, temporary duty away from home, and lack of connection to the local community. Combat exposure and family separation were identified as “acute stressors” to military families.

While the DoD recognizes the importance of military family readiness and provides many sources of support and programs; the Committee concluded that the MFRS was flawed because it did not coordinate these sources and programs so that they were easily accessible to families in need.

They cited a 13-garrison study in which respondents reported “when a soldier or family member is experiencing a problem ... bouncing around could be avoided if there were more communication and coordination among service providers, and unfortunately ... if it is not about their program, they really don’t know to tell you where to go.”

The Committee also found an increasing number of

military families who are “invisible” to the DoD because their make up does not fit the definition of a military family. “Examples of invisible families may include same-sex-headed households and families as well as co-parenting but unmarried families. ... [F]ully understanding military families and their needs may require greater attention to family complexity and diversity.”

Having a military family of my own, I agree that my spouse’s readiness to serve hinged on our family’s support and stability. My husband Francis was able to stand watches, travel, and deploy, because we, his family, were fairly healthy and content, holding down the home fort for him. Now, as the spouse of a recently retired Naval officer with 28 years of active duty service, I see the shortcomings that this new study has identified. Even though I’ve read about new budgets and programs, our health clinic has drastically reduced services for dependents, base housing services are inconsistent, and traditional services have shut down on some bases. I’m worried about losing services that affect military family well-being.

When I find myself grumbling about changes in services that I’d become accustomed to as a military spouse, I wonder to myself, “Am I too set in my military ways? Am I turning into one of those blue-haired spouses who refuse to go through the self-service check out at the commissary? Am I just mad because I’m no longer allowed to see the base clinic podiatrist?”

No. This new study affirms that, despite my bunions, I am not just a grumpy old military spouse.

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Thursday, August 1
6pm Toy Story 4
8pm Men in Black: International
Friday, August 2
5:30pm Spider-Man: Far From Home
8pm Midsommar (2019)
Saturday, August 3
12:50pm Spider-Man: Far From Home
3:20pm Toy Story 4
5:20pm Spider-Man: Far From Home
Sunday, August 4
12:50pm Toy Story 4
2:50pm MIB: International
5pm Spider-Man: Far From Home
Monday, August 5
5:50pm Yesterday
8pm Annabelle Comes Home
Tuesday, August 6
6pm Toy Story 4
8pm Shaft (2019)
Wednesday, August 7
5:40pm Spider-Man: Far From Home
8:10pm Child's Play (2019)
Thursday, August 8
5:50pm Yesterday
8pm Midsommar (2019)

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

Thursday, August 1
5:50pm Toy Story 4
8pm Annabelle Comes Home
Friday, August 2
5:30pm Spider-Man: Far From Home
8:30pm Spider-Man: Far From Home
Saturday, August 3
12:50pm Toy Story 4
3:10pm Spider-Man: Far From Home
6:30pm Spider-Man: Far From Home
Sunday, August 4
1pm Spider-Man: Far From Home
3:40pm Toy Story 4
6:10pm Spider-Man: Far From Home
Monday, August 5
5:50pm Child's Play (2019)
7:50pm Spider-Man: Far From Home
Tuesday, August 6
5:40pm Toy Story 4
7:50pm Midsommar (2019)
Wednesday, August 7
5:40pm Spider-Man: Far From Home
8:20pm Yesterday
Thursday, August 8
5:40pm Annabelle Comes Home
8pm Spider-Man: Far From Home



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

Thursday, August 1
11am Captain Underpants: The First Epic Movie
5pm Breakthrough (2019)
Friday, August 2
5pm The Curse of La Llorona
Saturday, August 3
2pm A Dog's Way Home
5pm SHAZAM!
Sunday, August 4
5pm LEGO Movie 2: The 2nd Part
Monday, August 5
5pm Lethal Weapon
Tuesday, August 6
11am The Boss Baby
5pm Lethal Weapon 2
Wednesday, August 7
5pm Lethal Weapon 3
Thursday, August 8
11am Mulan
5pm Lethal Weapon 4

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

Thursday, August 1
6:30pm Secret Life of Pets 2*-2D
Friday, August 2
6:30pm Midsommar
9:30pm Child's Play
Saturday, August 3
3pm Toy Story 4-2D
6:30pm Spider-Man: Far From Home
9pm Yesterday
Sunday, August 4
1pm MIB: International-2D
6:30pm Spider-Man: Far From Home
Wednesday, August 7
6:30pm Shaft*
Thursday, August 8
6:30pm MIB: International*

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Thursday, August 1
6:30pm Toy Story 4
Friday, August 2
6pm Yesterday
9pm Annabelle Comes Home
Saturday, August 3
1pm Toy Story 4
4pm Men in Black: International
7pm Annabelle Comes Home
Sunday, August 4
1pm Toy Story 4
4pm Yesterday
7pm Shaft

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

Thursday, August 1
5pm The Fate of The Furious

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

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JC Fest: Riverside County's biggest Christian Festival Sat., Aug. 3 • Lake Skinner

A one of a kind family friendly Music Festival filled with Games, Arts & Crafts and a Splash Zone for the kids. Hear, dance, praise and sing to some of the biggest touring national recording artists in Christian Music! Music lineup includes Unspoken, Brandon Heath, Sanctus Real, Coffee Anderson.

Help us help those in need. How? Just by attending and having a great time! Thanks to our generous sponsors who make these tickets affordable for all, (Kids 5 & under get in Free!). Proceeds of this event will benefit Project T.O.U.C.H., providing emergency and transitional housing along with other basic essential needs to the homeless. This event brings our community together and is for everyone.

And Don't miss a special tribute that will be given to honor all First Responders and Military personnel.

What to do at JC Fest:

Cool off at our splash zone
Find a treasure among our art & crafts vendors
Enjoy food from a variety of vendors
Sing and rejoice to your favorite hits at our huge JC FEST Music Stage
Meet & Greet with your favorite artists
Meet our first responders and servicemen & women
Hear from Special Celebrity guests
Rejoice with your friends and family
Grab one of a kind souvenir t-shirt
Know that your fun-filled day is helping your fellow men and women

Join your neighbors, friends, and family and have the most memorable weekend before school hits and summer is gone! ht-tps://jcfest.com/

Julian StarFest 2019 Thurs.-Sat., Aug. 1-3

Explore the world of astronomy during the three-day Julian StarFest. See telescopes and view objects in the night sky, vendors, guest speakers, and camping. Come and enjoy the largest public star party in Southern California at the Julian StarFest on August 1-3. The event is hosted by the San Diego Astronomy Association, under the dark skies of Menghini Winery near the mountain resort of Julian (think fine wine and fresh baked hot apple pie)! Here is some of the fun:

• Free public star party on Saturday night, August 3 • Camping availability for tent and RV campers • Exhibits by major telescope and accessory vendors • Food and beverage vendors • Astronomy games/crafts for kids • Raffle for donated astronomy equipment on Saturday • Optional behind the scenes tour of the world famous Palomar Observatory on Saturday

The Star Party runs from dusk to 10:30 p.m. Saturday. Primitive camping is available for tent campers and RVs for up to three nights at the beautiful Menghini Winery. Camping fees, are \$40 per adult, \$20 per teen and free for those 12 and under. Send emails to info@julianstarfest.com or visit the Julian StarFest web page for more information about camping, schedule of speakers, the Palomar Observatory tour, and other activities: www.julianstarfest.com

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Fun with MWR

Summer Fun Happens at Admiral Baker Pool. We have everything to make great summer memories: • Relax and catch some rays in a comfy lounge. • Participate in our weekly Wacky Wednesday and Sunday Funday games and races. • Sign up for a session of swim lessons (private/group/parent & child). Whatever you're after, Admiral Baker Pool is your headquarters for summer family fun! Check out www.navylifefsw.com for full details or call 619-284-4054.

DRI-TRI: Row ~ Reps ~ Run Sat, Aug 3, 9-11am. NBSD, Admiral Prout Field House Gym. ROW 1000m; REPS 50 reps each (push-up, squat, burpee, plank run, TRX row/pull-up, lunge, sit-up, squat jump); RUN 1.5-miles. Register: www.navylifefsw.com

Kid's Dance Party Fri, Aug 9, 10am, FREE (1-4 yrs.). NAB Community Recreation Center, Bldg. 337. Show your moves on the dance floor at our kid-friendly dance party! Register: navylifefsw.com/sdcr, 619-437-3190

Movie in the Park Fri, Aug 9, 7:30 pm, FREE. NBPL, Harbor Drive Annex, Seabee Park. Bring your blanket and join us for the movie, Marvel's The Avengers (PG-13). Register: www.navylifefsw.com/sdcr, Info: 619-553-9138

Rockin' Beach Bash & Campout Under the Stars. Friday, Aug. 16 @ NASNI, Breakers Beach. Rockin' Beach Bash: Start the week-end with FREE live music, a Silent Disco Dance Party, and games from 2-8 pm. Extend the fun by registering for our Campout Under the Stars! Check-in starts at 4pm and cost is \$26 Adult / \$20 E1-E6 Active Duty / \$19 Child (3-12 yrs.) or \$10 Camping Only Option. It'll be a great night of family fun compete with an outdoor movie! Then be lulled to sleep with a visit by the Mobile Story Station and calming ocean sounds to wake up refreshed for a Fit Family Boot Camp workout. Cost includes catered dinner, dessert, breakfast and a special nighttime reading kit for the kiddos. All campers must supply their own camping gear. Register: www.navylifefsw.com/sdcr Info: 619-437-3190.

Dive-In Movie Night Fridays, 5:30pm, FREE. Balboa Athletic Complex Pool, NMCS, Bldg. 12. Cool off in the pool with good music, games and lots of fun! Plus, enjoy our special \$1 Meal Deal! Our summer movie line-up includes: August 16: Toy Story 4. Events open to all MWR patrons. Register by calling 619-532-8516.

Family Fun Run/Walk & Zumba Class Sat, Aug 17, 9-11am. Murphy Canyon @ Damato Field, 4502 Damato Court. Join CYP for a healthy, fun summer event for the whole family! 8:30 am - Sign-In Opens; 9 am - Fun Run/Walk; :30 am - Zumba Class. nfo: Youth Sports & Fitness Office, 858-268-2244

Harvest & Cooking at Olivewood Gardens Sat, Aug 17, 10-11:30am, \$16. Olivewood Gardens Learning Center, 2525 N Ave, National City, 91950. Behind the scenes tour of the gardens as well as a chance to harvest herbs to take home. Then head into the kitchen to cook and enjoy veggie tacos for lunch! Register: www.navylifefsw.com/sdcr, Info: 619-556-9597

Hearst Castle Trip Fri-Sun, Aug 23-25, 10am, \$70 MWR Patron \$60 Liberty (18 yrs.+). Take a trip up the beautiful California coast to tour the famous Hearst Castle. Cost includes transportation, camping gear, two meals and Hearst Castle Tour. Register: www.navylifefsw.com/sdcr, Info: 619-553-9138

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

Take Advantage of the San Diego Weather. Enjoy fun and effective water workouts designed to burn calories and keep you smiling while doing it! Stop by www.navylifefsw.com for your base pool information. • Aqua Zumba • Water Fitness • Deep Water Walking • BOGA Yoga & WOGA Yoga • BOGA Fit • Water Polo Clinic • Masters Swim Practice. Stop by or visit www.navylifefsw.com for your base

CYP

Summer Camp 2019 ~ Adventure Awaits! Have fun, explore, learn and experience. CYP has it all: Arts & Crafts, Field Trips, Cooking, STEM Activities, Sports, AND MORE! Camp is designed to enhance the lives of youth 5-12 years. Registration is now open. Cost is on a sliding scale based on total family income. Days and hours vary by location. Visit MilitaryChildCare.com today!

Give Parents a Break Military families are subject to unique stresses such as deployments, remote tours of duty, and extended working hours. This Navy Child & Youth Programs (CYP) program is designed to give family members a short break from parenting in order to help them deal with these types of stressful situations by providing child-care for children 6 weeks to 12 years of age. Centers are utilized for care at no cost for eligible families and at the hourly care rate (\$5 per hour) for all other eligible CYP patrons, on a space available basis. Visit <http://sandiego.navylifefsw.com/fleet-family/fleet-family/child-youth-programs/parent-information> for more information and the most recent GPAB schedule.

MARINAS

Sailing Classes Ahoy Mates. Fiddler's Cove offers beginner, intermediate and advanced sailing classes designed to get you out on the water. Held on Saturday and Sunday, each 2-day session runs from 9 am to 4 pm at Fiddler's Cove Marina. Basic Sailing class fees are E1-E6 \$50; E7 and above and Retirees \$75; DoD civilians \$100; and sponsored guests \$125. Call for upper level sailing class fees. Pre-registration is recommended as classes fill up fast. Registration fee includes boat rental, instruction and textbooks. For more information call Fiddler's Cove Marina at 619-522-8680.



Ramona Country Fair, Junior Livestock Fair and Auction to be held Aug. 1-4

The Ramona Chamber of Commerce will present the 49th annual Ramona Country Fair, Thurs.-Sun., Aug. 1-4, at the Ramona Outdoor Community Center, 431 Aqua Lane, Ramona. Admission to the fair is free.



Billed as a real old-fashioned country fair, the four-day event will feature a midway of carnival rides, games and prizes, "only-at-the-fair" food choices, along with craft beer, award-winning wines, a stage with live music and entertainment, crafts, shopping and contests for artists and cooks vying for blue ribbons. The fair also will feature a large variety of vendors, including local businesses and home crafters.

Experience the Ramona Junior Livestock Fair and Auction, an annual event which has been previously held on different dates than the Ramona County Fair. Local 4-H and FFA members compete for blue ribbons after raising and caring for their prized goats, rabbits, swine, lambs and steers. The week-long livestock program organized by the Ramona Junior Fair culminates with an auction on Saturday, Aug. 3.

Another new attraction to this year's fair will be a wooden BMX track presented by the San Diego Mountain Biking Association. Youngsters are invited to bring their bikes and helmets and ride on the wooden track. Also new this year will be jackpot barrel racing beginning Sunday morning when dozens of riders will compete for prizes in timed events.

Parking at the fair is \$10 per vehicle. A \$15 unlimited multi-day parking pass is also available. With each paid parking admission, the driver will receive one opportunity drawing ticket. Opportunity drawing ticket prices include a mountain bike, a three-day RV rental, a stuffed hiking backpack and 12 months of curbside trash service in Ramona.

The schedule for live music performances includes: Steal Dawn, 8 p.m., Friday, Aug. 2; Three Cord Justice, 2 p.m., Saturday, Aug. 3; Farm Truck (wear your line-dancing boots), 7:30 p.m., Saturday, Aug. 3; The Sick String Outlaws, 2 p.m., Sunday, Aug. 4; Chase Perez, Acoustical, 5 p.m., Sunday, Aug. 4. www.ramonacountryfair.com

Fair hours are: 5-10pm on Thursday, Aug. 1; 5-11pm on Friday, Aug. 2; 11am-11pm on Saturday, Aug. 3; 11am-10pm on Sunday, Aug. 4.

National Night Out Tues., Aug. 6

What is National Night Out? Since 1984, National Night Out has highlighted community involvement in crime prevention activities, police-community partnerships and neighborhood camaraderie. These year-long efforts are celebrated during National Night Out with an evening that showcases efforts toward teamwork and collaboration.

The event is sponsored by the National Association of Town Watch in the United States and Canada. National Night Out began simply with neighbors turning on their porch lights and sitting in front of their homes. National Night Out 2019 is predicted to involve 37.8 million people from 16,124 communities in all 50 states. **Here is how to participate**

Plan an outside neighborhood gathering like a block party, barbecue or potluck • Between the hours of 5:30 and 9 p.m. • Invite your neighbors • Turn your porch light on! <https://www.facebook.com/nationalnightout/>

ASYMCA

School Supply Distribution Aug. 3 • Murphy Canyon

Armed Services YMCA Back to School Supply Distribution is taking place on Aug. 3 from 9-11am. School supplies will be distributed to military children in grades K-8. A special thank you to our generous sponsors - Walmart and Wells Fargo. If you would like to donate school supplies we will be accepting donations up to day of! ASYMCA, 3293 Santo Rd, San Diego, CA 92124 www.ASYSD.org (858) 751-5755

Neighborhood Food Distribution Aug. 8 Bayview

Armed Services YMCA Neighborhood Food Distribution happening on August 8, at their Bayview Location, 1898 Sky Harbor Rd., San Diego, 92139. This is located in the middle of military housing and the same parking lot as the Bayview Recreation Center. www.ASYSD.org (858) 751-5755

30th Annual Vista Rod Run Sun., Aug 4 • 8am-2pm

Vista Rod Run cruises back into town on August 4. From 9am to 2pm, more than 350 classic cars are on display on downtown Vista's historic Main Street. Spectators can stroll the streets to look at the automobiles and vendor booths, with music to accompany the event. Thirty awards will be given to the finest automobiles and there are also prizes offered through a raffle and 50/50 drawing.

Vista Rod Run is open to all makes and models. For more information, visit www.facebook.com/sdcarshows

NNOA 47th Annual Leadership, Professional Development and Training Symposium Aug. 7-8 • Adm Kidd Catering & Conference Center

Invitation from National President Sinclair Harris, Rear Admiral United States Navy (Retired). Please join us for the 47th Annual National Naval Officers Association Leadership, Professional Development and Training Symposium.

American Sea Power is more vital today than ever. According to the National Security Strategy and National Defense Strategy, our nation is again engaged in a great power competition while simultaneously battling asymmetric threats across every domain. These challenges call for more innovative and resilient professionals to lead in our Navy, Marine Corps, Coast Guard, Public Health Service, National Oceanic and Atmospheric Administration and Maritime Administration.

It is for these reasons, the NNOA has chosen this year's theme, "Charting a Course for Tomorrow's Leaders." Additionally, NNOA will be sponsoring Science, Technology, Engineering and Mathematics (STEM) event on Aug. 6 onboard the USS America.

Receive one-on-one mentoring on career advice, hear from our top leaders, and expand your network. To cap off our symposium, I am proud to announce that our guest speaker will be presidential advisor, pastor, theologian, author, activist, and academic who served as the United States Ambassador-at-Large for International Religious Freedom Dr. Suzan Johnson Cook.

Location: Navy Base Point Loma's Harbor Drive Annex, 33050 Mc Donough Rd, San Diego, CA 92136. <https://nnoa.org/2019symposium/>



NNOA National President Sinclair Harris, RADM, USN (Ret.)



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Things to do Around Town this weekend

Sunset Market at Coast Highway & Pier View Way in downtown Oceanside, Thur, Aug 1, 5-9pm.

Play & Create at the Backyard, Thursdays, Aug 1, 8 & 15, 5-7pm. \$5. Let kids' creativity soar with an interactive art workshop, snacks, supplies and goodness. Westfield Plaza Bonita, 3030 Plaza Bonita Road, National City.

Flicks at the Fountain: A Dog's Way Home at State Street & Grand Avenue in Carlsbad. Thur, Aug 1. www.carlsbad-village.com

Star Wars: The Empire Strikes Back in concert at Embarcadero Marina Park South, Thur-Fri, Aug 1-2, 7:30pm. www.sandiegosymphony.org

Matilda The Musical at Moonlight Amphitheatre, Thur-Sat, Aug 1-3, 8pm. www.moonlightstage.com

North Coast Repertory Theatre School presents The Comedy of Errors at La Colonia Park. Thur-Sat, Aug 1-3. www.northcoastrep.org

Showpark August Festival Horse Show at Del Mar Horse Park. Thur-Sun, Aug 1-4. www.showpark.com

Another Roll of the Dice at North Coast Repertory Theatre. Thur-Sun, Aug 1-4. www.northcoastrep.org

Little Shop of Horrors at New Village Arts Theatre. Thur-Sun, Aug 1-4. www.newvillagearts.org

Grunion Run at San Diego County beaches. Thur-Sun, Aug 1-4. www.wildlife.ca.gov/fishing/ocean/grunion

Orange County Fair thru Aug 11, at OC Fair & Event Center, Costa Mesa. www.ocfair.com

San Diego Repertory Theatre presents 33 1/3: House of Dreams, Aug 1-15, at Lyceum Theatre.

Twilight in the Park Summer Concerts at Balboa Park, Aug 1-29, 6:30-7:30pm, every Tuesday, Wednesday & Thursday. www.balboapark.org

Electric Ocean at SeaWorld San Diego thru Sept 2. www.seaworld.com/san-diego

Nighttime Zoo at San Diego Zoo thru Sept 2. www.sandiegozoo.org

Del Mar Thoroughbred Horse Racing Season at Del Mar Race-track thru Sept 2. www.dmtc.com

Petco Park Tour behind the scenes of San Diego Padres thru Sept 30. Approx \$20. <https://www.mlb.com/padres/tickets/tours>

First Friday Night Market, Free. Fri, Aug 2, 6-10pm. Montly Vegan Market, sweets, drinks, music, kids games. 2611 El Cajon Blvd.

Fallbrook Summer Nights: National Night Out on Main Avenue in Fallbrook, Fri, Aug 2, 5-9pm.

First Friday Art Walk in downtown Oceanside. Fri, Aug 2. www.oceansideartwalk.org

TGIF Concerts in the Parks Series: Unsteady at Calavera Hills Community Park, Fri, Aug 2, 6-8pm.

Bon Odori Festival at Japanese Friendship Garden. Fri-Sat, Aug 2-3 (Fri noon-8; Sat 11-9). www.niwa.org

16th Annual Carlsbad Music Festival in Carlsbad Village. Fri-Sun, Aug 2-4. www.carlsbadmusicfestival.org

Mamma Mia! at California Center for the Arts, Escondido, Fri, Aug 2-Sat, Aug 10. www.artcenter.org

Discovery Tour at San Elijo Lagoon, Sat, Aug 3, 10-11am. www.thenaturecollective.org

Wildlife Tracking Walk, Sat, Aug 3, 8:30-10:30am. Free. Guided, easy walk for family. Meet in front of visitor center. Mission Trails Regional Park, One Father Junípero Serra Trail, San Carlos.

10th Annual Japan Festival at Encinitas Library, Sat, Aug 3, 1-4pm. www.encinitaslibfriends.org

Clairemont Family Day, Sat, Aug 3, 8am-4pm. Free. Annual family fun event! South Clairemont Recreation Center, 3605 Clairemont Dr, San Diego.

Taco & Beer Festival at Del Mar Racetrack, Sat, Aug 3, 2-5pm. www.dmtc.com

Julian Natural Wonderfest at Jess Martin Park, Sat, Aug 3, 4-11pm. www.visitjulian.com

Summer Movies in the Park Series: How to Train Your Dragon – The Hidden World at Poway Community Swim Center, Sat, Aug 3, 6-9:45pm. www.summermoviesinthepark.com

Summer Movies in the Park Series: Little Giants at Felicita County Park, Sat, Aug 3, 7:30pm.

Behind the Scenes Tour at Mission San Luis Rey, every Saturday & Sunday. www.sanluisrey.org

Impossible Science Festival, Sat-Sun, Aug 3-4. 11am-5pm. \$22-\$25. 20+ interactive demo stations. Includes regular exhibits and IMAX film. Fleet Science Center, 1875 El Prado, Balboa Park.

Chaparral and Coastal Sage Scrub Hike. Sat-Sun, Aug 3-4, 17-18, Wed, Aug 7 & 21. Free. Meet guide inside visitor center. Mission Trails Regional Park, One Father Junípero Serra Trail, San Carlos.

Family Campout at Lake Poway. Sat-Sun, Aug 3-4. www.poway.org

Open Cockpit Days, Sat-Sun, Aug 3-4, 17-18, 31-Sept 1, 9am-3pm. Free. Cockpits of several aircraft will be open so kids and adults can experience U.S. Marine Corps aviation from a pilot's perspective. Strap into an ejection seat, put on a helmet, talk to pilots and try your luck with an "I Spy" activity. See 31 historical aircraft up close & hundreds of artifacts from the earliest days of aviation to present day. Open Cockpit Days are family friendly activity hosted every other weekend during the summer thru Sept 1. Flying Leatherneck Aviation Museum, 4203 Anderson Ave, off Miramar Rd.

Stagecoach Days in Old Town San Diego, Sat, Aug 3-Sat, Aug 17, 12-4pm. www.parks.ca.gov/oldtownsandiego

Vista Rod Run in downtown Vista, Sun, Aug 4, 9am-2pm. www.facebook.com/sdcarshows

www.facebook.com/sdcarshows

Family Fun Day at The Nature Collective, Sun, Aug 4, 11am-1pm. www.thenaturecollective.org

Chula Vista Lemon Festival in Third Avenue Village, Sun, Aug 4, 11am-5pm. www.thirdavenuevillage.com

Sunday Summer Concerts by the Sea: The Smokin' Cobras at Moonlight Beach, Sun, Aug 4, 3-5pm. www.encinitasparksandrec.com

Summer Concert Series: Blue Breeze Band at Lake Poway, Sun, Aug 4, 5:30-7pm. www.poway.org

San Diego International Organ Festival at Spreckels Organ Pavilion, thru, Aug 26, 7:30pm, every Monday. www.spreckelsorgan.org

National Night Out: Light Up La Mesa, Tues, Aug 6, 6-8pm. Free. Turn on your porch light and come meet your neighbors. Food, line dancing, music. United Church of Christ of La Mesa, 5940 Kelton Avenue, La Mesa.

Taste of Encinitas in downtown Encinitas, Tues, Aug 6, 5:30-8:30pm. www.encinitas101.com/event/tasteofencinitas

North County Health & Wellness Fair at Oceanside Civic Center Plaza, Thurs, Aug 8, 9am-1pm. www.oceansidechamber.com

Flicks at the Fountain: Incredibles 2 at State Street & Grand Avenue in Carlsbad. Thurs, Aug 8. www.carlsbad-village.com

San Diego Italian Film Festival: Tito e gli alieni at La Paloma Theatre, Thurs, Aug 8, 7pm. www.sandiegoitalianfilmfestival.com

SD Padres vs. Colorado Rockies at Petco Park. Thru-Sun, Aug 8-11. www.mlb.com/padres

Encinitas Cruise Nights, Thurs, Aug 15, Sept 19, 5:30-7:30pm. Free. Downtown Encinitas will be rockin' and rollin' when Encinitas Classic Car Nights roll in on the third Thursday of each summer month, through September. Hot rods, foreign automobiles, classic cars and Woodies will line S. Coast Highway 101 from D St to K St. Classic cars will be parked along the Hwy 101 and on side streets. Come to Downtown Encinitas for this unbeatable combination of historic cars, historic Hwy 101 and a national award-winning MainStreet. You will hear live music in various spots along South Coast Hwy 101. Downtown Encinitas Mainstreet Association, 818 S. Coast Highway 101.

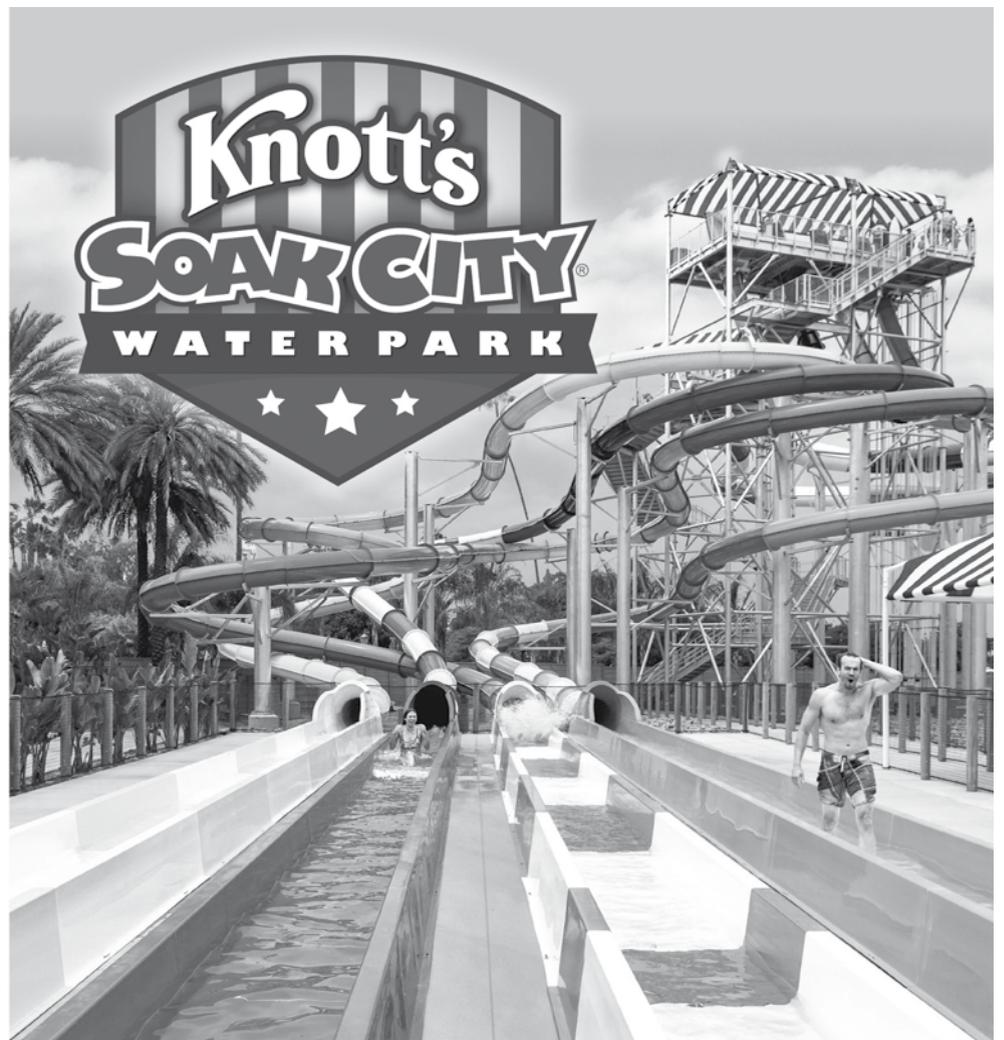
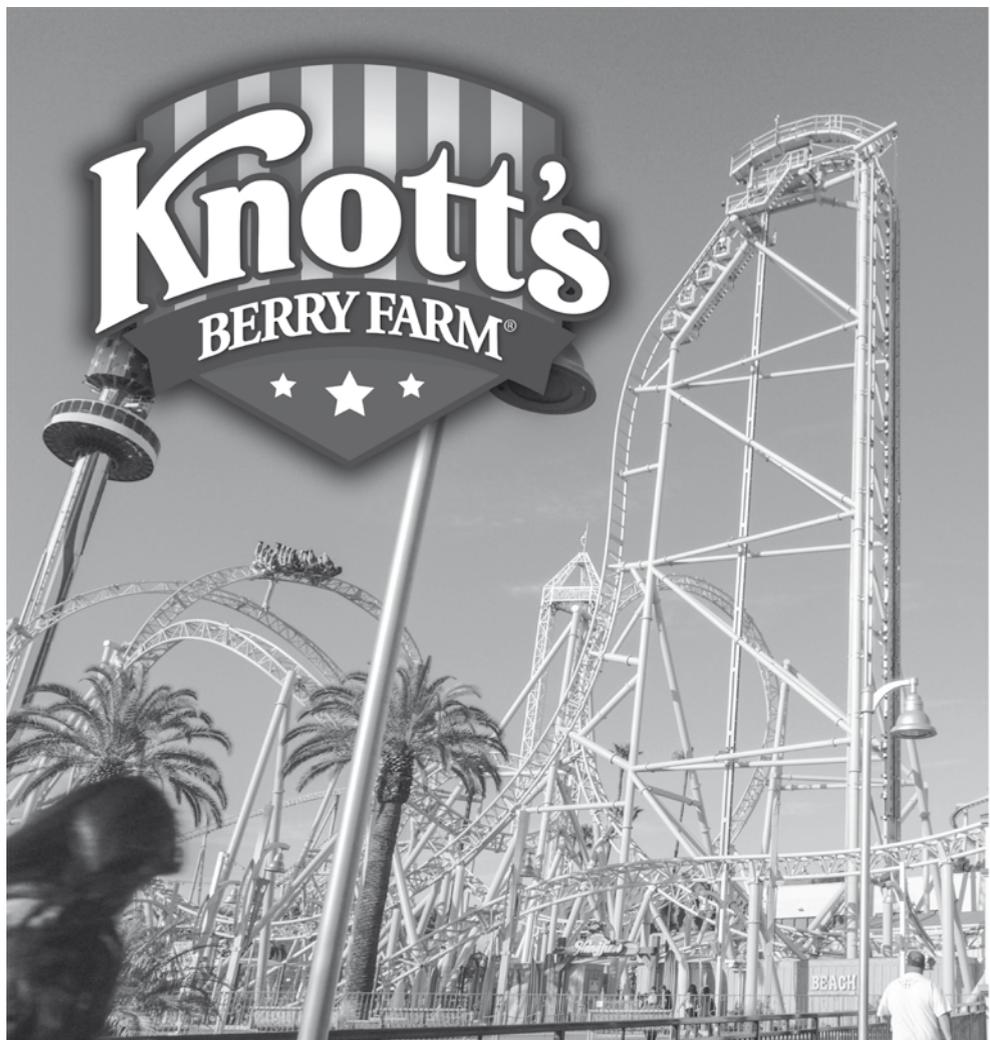
Del Mar Summer Concert Series at Del Mar Racetrack, most Friday & Saturday nights thru Aug 31, after the last race. [dmtc.com](http://www.dmtc.com)

Ongoing

Fridays

Food Truck Fridays at Balboa Park, 4-8:30pm, every Friday thru Sept 27. www.balboaparkconservancy.org

Cruisin' Grand on Grand Avenue in Escondido, every Friday thru Sept 27. www.cruisingrand.com



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Concerts

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

August

Rascal Flatts. Thurs, Aug 1, 7:30. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

Third Eye Blind and Jimmy Eat World. Thurs, Aug 1, 7:30pm. Alt/rock. NI Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Iration. Fri, Aug 2, 5:30pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

Rascal Flatts. Fri, Aug 2, 7:30pm. Country. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Trombone Shorty & Orleans Avenue. Fri, Aug 2, 4pm. Jazz/world. Del Mar Throughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

Sad Syner Festival. Sat, Aug 3, 1:30pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

Iration. Sat, Aug 3, 4pm. Reggae/ska. Del Mar Throughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

Third Eye Blind and Jimmy Eat World. Sat, Aug 3, 7pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

Backstreet Boys: DNA World Tour. Sat, Aug 3, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

Elvis Costello and Blondie. Sun, Aug 4, 7:15pm. Five Point Amphitheatre, 14800 Chino, Ir-



vine. (949) 988-6800.

Lord Huron and Shakey Graves. Mon, Aug 5, 7:30pm. Pop/rock. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

Backstreet Boys. Mon, Aug 6, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

Blink-182 and Lil Wayne. Wed, Aug 7, 7:30pm. Alt/hip-hop/rap/rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Prettypuch. Thurs, Aug 8, 7pm. Pop. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

Chris Young and Chris Janson. Fri, Aug 9, 7:30pm. Country. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Young the Giant and Fitz & the Tantrums. Fri, Aug 9, 7:30pm. Open Air Theatre at SDSU, 5500 Campanile Dr. (619) 594-6947.

Wiz Khalifa and French Mon-

tana. Sat, Aug 10, 7:30pm. Hip-hop/rap/pop. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Chris Young. Sat, Aug 10, 7pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

MONSTA X. Sat, Aug 10, 7pm. Staples Center, 1111 S. Figueroa St., LA. staplescenter.com

311 and Dirty Heads. Sun, Aug 11, 7:30pm. Alt/rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Chase Rice. Fri, Aug 16, 4pm. Pop. Del Mar Throughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

Lost 80s Live. Sat, Aug 17, 6pm. Pop/rock. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

KCON 2019 LA. Sat-Sun, Aug 17-18. Staples Center, 1111 S. Figueroa St., LA. staplescenter.com

O.A.R. and American Authors. Mon, Aug 19, 6pm. Rock. Hum-

phrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

Kacey Musgraves. Thurs, Aug 2, 7:30pm. Country/folk. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

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

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

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

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

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

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

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

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

Korn and Alice in Chains. Fri, Aug 30, 4pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

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

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

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

September

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

Massive Attack: Mezzanine XXI. Sun Sept 1, 8pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

Wayward Sons. Mon, Sept 2,

4pm. Rock. Del Mar Throughbred Club, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1141.

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

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

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

Rebecca Jade & the Cold Fact. Fri, Sept 6, 7:30pm. Acoustic. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Kidz Bop Live. Sat, Sept 7, 6pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

Carrie Underwood. Tues, Sept 10, 7pm. Pechanga Arena (SD

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