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FIFTY NINTH YEAR NO. 33
THURSDAY, DECEMBER 12, 2019

NAVY CHANGES TOUR LENGTHS for 50,000 Sailors and boosts reenlistment bonuses

by Joshua Karsten,
Stars and Stripes

MANAMA, Bahrain - Over 50,000 sailors will see changes in their planned sea and shore tour lengths, the Navy announced in an updated policy that will affect more than half of all job fields.

The changes to the Sea Shore Flow policy, announced in an administrative message Monday, will affect 47 ratings: 20 will have longer sea tours, 22 shorter sea tours and seven will have longer shore tours.

"This was a necessary adjustment to ensure that we have the right people in the right billets to maintain our operational readiness across the fleet," Chief of Naval Personnel Vice Adm. John B. Nowell Jr. said in a statement.

The Sea Shore Flow system maps out a path to balance each sailor's time on land and at sea over the course of a hypothetical 30-year career.

Factors that impacted the changes to tour lengths included initial training, available duty billets and retention, the Navy said.

Minemen will serve in a ship for an extra year during their first sea tour, the largest average increase among all ratings; however, they'll serve six months less of their third projected sea tour. Machinist's mates will see a 12-month average increase on their second sea tour.

Fire controlmen will have less



Sea Shore Flow (SSF) is the Navy's policy that sets sea and shore tour lengths for each enlisted rating over a 30-year career continuum. SSF allows the Navy to establish enlisted career paths in order to properly man the Fleet while providing Sailors with predictability and stability throughout their career.

Frequently Asked Questions

Q Why was this done?
Sea and shore tour lengths are driven by the total number of sea and shore duty billets each enlisted community needs to fill to ensure proper manning of all sea duty and operational billets. Changes to the enlisted sea duty and/or shore duty billet base require periodic tour length updates to ensure proper manning of sea duty billets.

Q What can most Sailors expect based on this adjustment?
Sailors should look to see if they are included in the changes and be prepared to stay longer if their PRD falls outside of 12 months.

Q Why are some ratings affected and not others?
A number of factors can affect whether or not a rating is impacted, such as initial time to train, number of shore duty billets available, retention/continuation rates and total number of sea duty billets needed to man our ships, submarines, aircraft squadrons and other operational commands.

Q Where can Sailors and commands find SSF information like tour lengths for specific ratings and any applicable notes?
A. Sailors and commands can access SSF information including specific tour lengths and additional career management notes by browsing the MyNavy Portal Career Planning page.

TOTAL SAILORS AFFECTED
50,000+
MORE TIME ON SEA DUTY
30,000+
LESS TIME ON SEA DUTY
21,000+
TOTAL RATINGS AFFECTED
47 of 88
MORE TIME ON SHORE DUTY
2,500+

sea duty across their careers, with decreases between nine and 12 months during each of their first four sea tours. Mass communications and religious program specialists will each be spending, on average, an extra year in their first three shore duties.

The new policy will not affect sailors within 12 months of their next rotation date, but those who fall outside that window will have their tour dates adjusted in their records, the announcement said.

In a separate announcement released last week, the Navy said it will be adding more than 60 select reenlistment bonuses for critical billets, ranging from \$30,000 to

\$100,000, to try to keep talented sailors in the service.

The special warfare ratings, including SEALs, and nuclear-trained ratings are receiving the biggest offers.

The bonus announcement also highlighted an expansion of the Pay for Performance pilot program for seven engineering ratings, helicopter crewmen and submarine culinary specialists.

The administrative messages announcing the tour changes and new bonuses are available at the Navy Personnel Command website. <https://www.public.navy.mil/bupers-npc>

National Wreaths Across America Day is this Saturday

WREATHS ACROSS AMERICA
EVERYONE PLAYS A PART

See page 14 for information about what our national cemeteries at Fort Rosecrans and Miramar are doing to honor the day.

F-117 Stealth Fighter 'lands' at Reagan Presidential Library & Museum

(Simi Valley, Calif.) The Ronald Reagan Presidential Foundation and Institute has opened its "Operation Nighthawk Landing" project - a Reagan Foundation & Institute and Lockheed Martin Skunk Works® joint effort that brought an F-117 Nighthawk Stealth Fighter to the Reagan Museum for permanent exhibition. Made possible by loan from the National Museum of the U.S. Air

Force, the F-117 placed on display will serve as a visible reminder to the Library's near half-million annual visitors of President Reagan's commitment to the rebuilding of the U.S. military through his "Peace through Strength" program. The F-117 Nighthawk, Tail #803, nicknamed "Unexpected Guest," flew more combat sorties (78) than all other F-117s combined. The aircraft entered service

in May 1984, during President Reagan's administration.

"The Reagan Library will now be one of two places in the nation where the general public can visit an F-117 Stealth Fighter on permanent display," said John Heubusch, executive director of the Ronald Reagan Presidential Foundation and Institute. "We are deeply grateful to Lockheed Mar-

tin for their outstanding assistance in restoring the aircraft for such a meaningful display and to the U.S. Air Force for making it possible for the Reagan Library to exhibit the plane for millions of visitors to enjoy for years to come."

The F-117 Nighthawk was the world's first operational stealth aircraft. Between 1981 and 2008, Lockheed Martin produced 59 op-

erational F-117s and five developmental prototypes, but the aircraft weren't publicly acknowledged until 1988. Known as "stealth fighters," the F-117's angular shape was designed to reflect radar waves and was bolstered by the use of a radar-absorbing material. Because the aircraft was only expected to operate at night, it was painted black to make it more difficult to discern against

the night sky.

"I was privileged to fly the airplane when the program was classified," said Lt Col Scott Stimpert, USAF (ret), a pilot for the F-117 tail number 803 going on display at the Reagan Library. "It was an exciting time, and a vitally important capability, but not something you could share
See NIGHTHAWK page 14



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Ship's sponsor christens PCU John F. Kennedy

NEWPORT NEWS, Va. - With more than 20,000 attendees, President John F. Kennedy's daughter, Caroline Bouvier Kennedy, former U.S. Ambassador to Japan, officially christened Pre-Commissioning Unit (PCU) John F. Kennedy (CVN 79) during a Huntington-Ingalls Industries' Newport News Shipbuilding division ceremony Dec. 7.

Kennedy thanked the Navy, Newport News Shipbuilding, as well as the leadership and crew of PCU John F. Kennedy for their efforts to build the warship.

"I'm so proud to be the sponsor of this ship and bring her to life," said Kennedy. "The CVN 79 crew is fortunate to have such distinguished leaders, this is your day, and our chance to say thank you."

Kennedy reflected on the first ship to bear her father's name and how the second Ford-class aircraft carrier will continue to represent her father proudly.

"Having a chance to get to know the people who served on USS John F. Kennedy (CV 67), really gave me insight into who he was, and what kind of leader he was in a way that I wouldn't have had any other way. And, I know that's going to be just as true now with a whole new generation," said Kennedy.

Former NASA Administrator and Marine Corps Maj. Gen. (Ret.) Charles F. Bolden Jr., delivered the keynote address emphasizing the important role of the 35th president to the nation and the continuation of his legacy through the second Ford-class aircraft carrier.

"This vessel is a symbol of our nation's strength, technical achievement and critical service our men and women provide for this nation and the entire world."

- Charles F. Bolden Jr.

"This carrier is a tangible example of the legacy of the great man who risked his own life during World War II and the wake of Pearl Harbor," said Bolden, who added that the future USS John F. Kennedy will join an elite group of aircraft carriers unmatched in strength around the world.

"This incredible ship before us today serves as the biggest in-

strument of deterrence and carries our nation's pride and hope for a better world," said Bolden who added that the future USS John F. Kennedy serves as "a hope for a better tomorrow."

The Thomas B. Modly, acting Secretary of the Navy, discussed the significance of the day's event on a truly historical date in our nation's history.

"Today is the anniversary of the attack on Pearl Harbor, a day that forever changed the lives of brave American warriors like John F. Kennedy and transformed the way we fought as a Navy," said Modly.

"Much has changed over the past 78 years, but our nation, and our world, still needs brave American Sailors like the ones who will operate and serve on this ship," he said.

"Kennedy knew what it meant to serve, to lead, and to sacrifice and his legacy will continue with you."

Indo-Pacom commander describes threats from China

by David Vergun

In addition to threatening freedom of navigation in international waters off its coast, China is stealing intellectual property and personally identifiable information from U.S. companies and citizens, as well as from allies and partners, the commander of U.S. Indo-Pacific Command said.

Navy Adm. Philip Davidson addressed threats from China at the Reagan National Defense Forum in Simi Valley, Calif., Dec. 7.

The U.S., its allies and its partners will continue to navigate through the East and South China Seas, he said, noting that undersea telecommunications cables and \$3 trillion worth of trade, all vital to the global economy, pass through that area.

Last week, the admiral said, he spoke with telecommunications and technology industry leaders about China and its Huawei 5G network. That network is a threat to the states and other nations, he said, because by law, Huawei and other firms such as ZTE must provide information to the Chinese Communist Party when asked.

China's advantage in spreading this technology is its ability to offer extraordinarily cheap goods at state direction that other nations can't compete with.

China's Belt and Road Initiative, which includes lending money to countries wanting to improve their infrastructure, is another threat China poses, Davidson said. The danger, he said, is that if nations can't pay back the loans, they can be subject to political, economic or

military pressure from China.

Nations are starting to resist the initiative, he said, citing the example of the small island nation of Tuvalu in the Southwest Pacific. Tuvalu rejected China's offer of a \$400 million loan for infrastructure improvements such as levee construction, he said. The island's annual gross domestic product is just \$40 million, and Tuvalu's leaders recognized that if they were unable to pay it back, their sovereignty could be threatened.

The admiral also noted that China's authoritarian model has resulted in the suffering of its own people from the Uighurs in the Xinjiang region and the people of Hong Kong, who want freedom and democracy.

The world should be outraged China's behavior, Davidson said, adding that about 100,000 Americans live in Hong Kong. And if things don't go well there, he said, global business - including China's - will suffer.

Davidson said the United States and other countries have no desire to see the Chinese economy collapse or to "decouple" with China on a diplomatic, economic or military level. Nations just want China to offer a fair playing field and to play by the rules of international norms, he said.

As it engages in great-power competition with China and Russia, Davidson said, the United States draws strength through its numerous alliances and partnerships.

COVER

SAN DIEGO (Dec. 15, 2018) - Cryptologic Technician (Collections) Second Class Richard Baray, attached to Information Warfare Training Command San Diego, lays a wreath on the grave of a fallen service member at Fort Rosecrans National Cemetery during a Wreaths Across America event. Navy photo by Chief Cryptologic Technician (Collections) Zachary Schulz

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Acting SECNAV Modly orders \$100M shifted toward Navy education effort

by Megan Eckstein,
USNI News

The acting secretary of the Navy ordered a 22-percent increase in spending on education within the Navy, calling for more than \$100 million to be shifted around this year and for \$350 million to be added in the out-years to better focus on the service's education needs.

Thomas Modly, who had served as under secretary of the Navy since January 2018 until his recent appointment as acting secretary, signed a memo Dec. 9 calling for sufficient money to "fully fund our Naval Education Strategy, increase our warfighting advantage, invest long term in our human capital, fully leverage our existing investment in educational infrastructure, and fill high-risk gaps in current educational institution budgets."

The Navy's Education for Seapower report that was re-

leased a year ago found that improvements in the Department of the Navy's education infrastructure would be impor-



Airman James Mead uses a multimeter during a performance test in the Naval Air Technical Training Center's Aviation Electrician 'A' School Basic Electrical Theory course aboard Naval Air Station Pensacola. Photo by Bruce Cummins

tant as the Navy and Marine Corps prepared for the high-end fight laid out under the National Defense Strategy.

"The prioritization - as it should be over the last several years - has been around readiness, and education, I think, has not been considered a part of that readiness equation at a high enough level," Modly said in February. "But I think that's a little short-sighted, and I think that's what the study found, is that it's short-sighted because at some point if we don't educate our people prop-

erly, it's going to have a huge impact on readiness."

Modly wrote in Dec. 9 memo

that, based on the 2018 report, he directed that the Navy identify the proper resources to ensure the entire educational enterprise was sufficiently funded. The naval education system includes the United States Naval Academy, the Naval War College, Naval Postgraduate School, Marine Corps University and the future Naval Community College.

"Since this decision was announced, the DON Chief Learning Officer (CLO), John R. Kroger, has worked with the Deputy Chief of Naval Operations for Warfighting Development (OPNAV N7), and the Deputy Commandant for Combat Development and Integration (DC CDI), to create a budget that would fulfill the direction of the reference, as well as my personal order to fully fund the Naval University System and Naval Education Strategy to the maximum extent possible, with immediate effect," Modly wrote in his memo.

It's unclear where the money was taken from to pay for the investments in education.

After reviewing their proposed spending plan, Modly announced in his memo that the Navy comptroller, chief of naval operations, commandant of the Marine Corps and DON CLO would work together to increase educational spending from \$1.61 billion to \$1.95 billion in Fiscal Year 2025.

For more immediate impact, he wrote, "this investment in education will begin with a \$109.1 million increase in FY20

and grow to \$349.6 million by FY25. This represents my desire to increase the DON's investment in naval education in order to achieve our educational goals, which include a new Naval Community College for enlisted Marines and sailors, an increase in the number of naval officers pursuing advanced degrees in strategy and management, the development of a new warfighting curriculum for our officer corps, and a focus on making sure that our Naval University System institutions are world-class centers for teaching, learning, and research."

Most recent national military headlines

- ▶ CMC Berger Wants to Retool Kit for Leaner, Lethal Marine Corps
- ▶ Coast Guard to Re-Compete Multi-Billion Dollar Offshore Patrol Cutter Contract
- ▶ Navy, Industry Still Talking Over What Ship Designs Could Best Support Distributed Maritime Ops
- ▶ Navy to Hold Large Scale Fleet Exercises In Summer 2020
- ▶ Navy Still Mulling Post-F-35C Aviation Combatant; Could be Mix of Manned, Unmanned Aircraft
- ▶ Pentagon chief plans to shift US focus to China and Russia
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- ▶ Paratrooper used a power tool to stop blood loss of man shot in robbery
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- ▶ 60% more female Marines, Sailors serving in previously all-male units than in 2018
- ▶ Drastic changes coming to Marine Corps rifle qualification: Here's what you need to know

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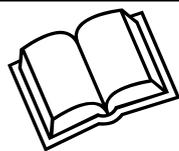
Statement from Chief of Naval Operations on recent attacks on Naval installations

by Adm. Mike Gilday,
Chief of Naval Operations

WASHINGTON (Dec. 6, 2019) - This has been a devastating week for our Navy family. Our hearts break for those who lost their lives in Pensacola and the wrenching pain it causes their loved ones.

When tragedy hits, as it did today, and Wednesday in Pearl Harbor, it is felt by all. Those who grieve do not do so alone. We grieve together alongside you. We serve together as one team, as one Fleet, as part of one Joint Force. As shipmates - uniform and civilian, active and reserve - we must come together to be the strength and support for those who need us now.

No one should feel alone. There are many resources available for us all - including counselors, chaplains and mental health professionals. We must look out for each other and take care of one another. That extra effort to extend a hand or lend an ear to those who need help should never be underestimated. It will make a difference.



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Ask Rusty - Does paying Social Security payroll tax increase my benefit?

by Russell Gloor

Dear Rusty: After losing my job of 31 years in 2013 at 63 years of age, I decided to start drawing my Social Security benefits. In 2015 I started a part time job, which I still have. In January 2020 I will fully retire. I have been paying Social Security taxes for the last 4 years without receiving any increase in my Social Security benefit amount. Can I therefore claim an increase in benefits, or even a refund of those taxes? If not, is there anything that I can do? Signed: Overtaxed Senior



Dear Overtaxed Senior: I'm afraid it doesn't work that way, nor is there anything you can do to get either an increase in your benefit amount from (or a refund of) those FICA payroll tax contributions you made to Social Security while you were working and also collecting Social Security benefits. Everyone who works and earns - even those who are collecting Social Security benefits - must pay the Social Security FICA payroll tax. But paying that payroll tax doesn't entitle you to a benefit increase. The FICA tax you pay doesn't get credited to a personal account for you; rather it goes into the Social Security general fund to help pay benefits to all current beneficiaries.

Social Security's basic premise since inception in 1935 is that current workers pay for current beneficiaries. Today, there are about 175 million workers contributing to pay benefits to over 63 million beneficiaries. And actually, the ratio of workers to beneficiaries has been declining for years, which is largely responsible for Social Security's current financial issues. For example, in 1950 there were about 16.5 workers for each Social Security beneficiary; today there are about 2.4 workers per beneficiary.

As I said, everyone who works and earns must pay the Social Security FICA tax, but the FICA taxes you pay do not increase your benefit and there is no refund of FICA taxes for those already collecting Social Security benefits. Once you claimed your Social Security benefit, the amount was set and will only change as a result of COLA (cost of living adjustment) increases, or if any of your current/recent earnings are more than any of the inflation-adjusted earnings in the 35 year lifetime work record used to originally compute your benefit. Social Security uses the highest earning 35 years in your lifetime work history (adjusted for inflation) to compute your benefit, and if you don't have earnings in at least 35 years they put in zeros to make a full 35 years. In that case, any current earnings you have would replace any zero earning years in your 35-year history which would slightly increase your benefit. But except for those circumstances, your benefit won't change simply because you are paying Social Security FICA payroll taxes while you are working.

Think of it this way: The Social Security benefits you are now receiving are being paid for by those Americans currently working, and that will continue even after you retire completely in January. And, you'll continue to get those Social Security benefits for the rest of your life, from the payroll taxes paid by those still working.

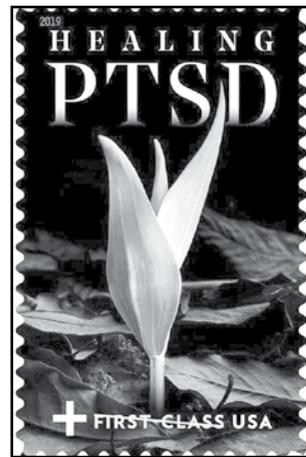
Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited 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 us at <https://www.amac.us>

U.S. Postal Service issues 'Healing PTSD' stamp to raise funds for veterans

by J.D. Simkins,
MilitaryTimes

The United States Postal Service is taking action to help veterans suffering from post-traumatic stress disorder with the release of a new commemorative stamp.

Proceeds from the "Healing PTSD" stamp purchases will be donated to the Department of Veterans Affairs and National Center for PTSD, the Postal Service announced this week during a dedication event in Charlotte, N.C..



The image on the stamp, created by Mark Laita and Greg Breeding, features a sprouting green plant surrounded by withered leaves, a design meant to elicit feelings of growth, healing, and hope, the release said.

"The Postal Service is honored to issue this semipostal stamp as a powerful symbol of the healing process, growth and hope for tens of millions of Americans who experience PTSD," said David C. Williams,

vice chairman of the Postal Service's Board of Governor.

"Today, with the issuance of this stamp, the nation renews its commitment to raise funds to help treat soldiers, veterans, first responders, health care providers and other individuals dealing with this condition."

The psychological wellbeing of troops returning from the wars in Iraq and Afghanistan is increasingly a focus of mental health studies centering on post-traumatic stress disorder.

Nearly 3 million service members have deployed in support of American war operations since 2001. Approximately 11 percent to 20 percent of returning personnel suffer from PTSD. Some

studies suggest that number is as high as 30 percent.

The U.S. Postal Service is authorized to sell such stamps that champion causes it "considers to be in the national public interest and appropriate," the U.S.P.S. release said.

The "Healing PTSD" stamp, which can be purchased for 65 cents, is the second stamp issued under this clause. In November 2017, a stamp was issued with funds going to Alzheimer's research. "Tens of millions of Americans will experience PTSD in their lifetimes," the release said. "Today, the nation is increasingly dedicated to compassionately treating this mental health issue."

Veterans



VA continues record setting claims processing pace for 2019

Department of Veterans Affairs' disability claims backlog reached its lowest point ever, Nov 23, from its previous record low achieved May 2018. Additionally, the percentage of the total inventory in backlog is less than 18 percent, surpassing the previous record from October 2016. "I'm pleased with the Veterans Benefits Administration's delivery on our commitment to improve customer service and provide benefits in a way that honors Veterans for their service," said VA Secretary Robert Wilkie. "This is evidence, that VA's unprecedented modernization efforts are yielding positive results."

VA recognized for health IT innovations directly impacting veterans

Veterans Affairs makes an impact, driving change and advancement, in the federal health information technology market. FedHealthIT recognized VA for creating products and services that have a profound impact on the lives of Veterans through developments in digital and cloud-based solutions and health-IT modernization initiatives. "Part of the department's mission is its commitment to providing exceptional customer service," said VA Secretary Robert Wilkie. "Among the Veterans" calls VA heeded - building a simpler, more user-friendly VA.gov website and expanding telehealth services to the 40 percent of Veterans living in rural areas."

Telehealth locations serve vets in rural areas

The VA and Walmart cut the ribbon in Asheboro, N.C. on Dec. 10 for a new VA-led Accessing Telehealth through Local Area Stations (ATLAS) services pilot location. The public-private affiliation provides convenient health care to Veterans in their communities. "This type of collaboration is the way of the future," said VA Secretary Robert Wilkie. "Veterans need the expansion of choice, and this partnership is vital to affording them convenient access to VA health care services where they live."

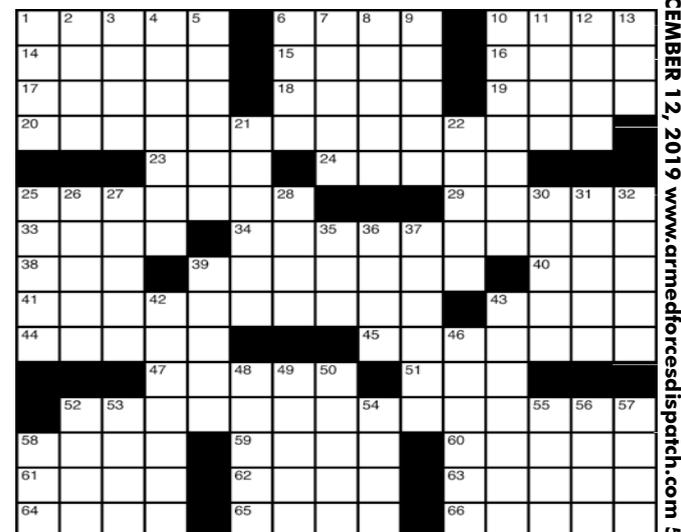
Crossword Puzzle

Across

- 1 Workbench gadget
- 6 Antlered beast
- 10 Glasses, in ads
- 14 Popular depilatory
- 15 Campaign staffer
- 16 Rochester's bride
- 17 Part of the soft palate
- 18 Lady of the knight
- 19 Concussions generally aren't visible on them
- 20 Goal for some college-bound students
- 23 "What was ___ was saying?"
- 24 Tie ___
- 25 Rat Pack member
- 29 Growing concerns?
- 33 Like a used hibachi
- 34 Record-setting slugger in the Japanese Baseball Hall of Fame
- 38 General on a menu
- 39 Gadgets
- 40 One of 34-Across' 2,170
- 41 Ocular organs of cephalopods, say
- 43 Aspirin target
- 44 Nocturnal carnivore
- 45 Perambulates
- 47 Piece of cake
- 51 Poet's contraction
- 52 Period needed to fulfill a request ... and a hint to words hidden in three long puzzle answers
- 58 Homey
- 59 Pack firmly
- 60 "___ making this up"
- 61 Spigot issue
- 62 Site with tech reviews
- 63 Trilateral trade agreement, briefly
- 64 Tag line?
- 65 Grinder
- 66 Speed units

Down

- 1 Motley ___
- 2 Fiery hue
- 3 Bleu hue
- 4 Placate
- 5 Beseech, as a deity
- 6 Anti-DWI gp.
- 7 Venetian valentine message
- 8 Ones in charge, for short
- 9 Sixth-day Christmas gift
- 10 Workshop
- 11 One who likes to light up?
- 12 "___ go brag!"
- 13 Chooses, with "in"
- 21 Two-front, as a Coast Guard rescue
- 22 Divans
- 25 Trunk piece
- 26 Put a value on
- 27 Words before "Yeah, you!"
- 28 Brubeck of jazz
- 30 Like much of New York
- 31 Company with a longtime travel guide
- 32 They often have guards
- 35 Self-help letters
- 36 Super-duper
- 37 1959 Ben-Hur portrayer
- 39 Let out gradually
- 42 Use an Enigma machine, say
- 43 "Black Swan" Best Actress Oscar winner
- 46 Bad bottom line
- 48 "No prob!"
- 49 Origami staple
- 50 Reason to trot
- 52 Corrida beast
- 53 Israeli weapons
- 54 Until
- 55 Scoop
- 56 Suffragist Lucretia
- 57 RR station predictions
- 58 Govt. health org.



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Decades of combat led to SEAL team discipline issues, acting Navy secretary says

by Matthew Cox.
Military.com

The new acting secretary of the Navy says he is concerned that the strain of two decades of combat may be to blame for some of the discipline problems that prompted a recent crackdown in the Naval Special Warfare community.

"We have been at war now for almost 20 years, and you are starting to see what that is doing to our forces," Acting Navy Secretary Thomas Modly told an audience Dec. 5 at a U.S. Naval Institute defense forum, referring to some of the "cultural challenges that we are having in the special operations community."

Modly was named acting secretary of the Navy after Richard V. Spencer was fired from the post over his handling of the highly publicized war crimes case against Chief Petty Officer Edward Gallagher. Modly's comments, the first made publicly since he became acting secretary, alluded to some of

the news coverage of scandals in the special operations community that resulted in Navy leadership launching an ethics review, followed by a discipline crackdown.

Anthony DeDolph, accused of killing an Army staff sergeant. Matthews pleaded guilty to lesser charges and was sentenced to a year in prison; DeDolph still faces trial.

on our forces; we have to really think about how long we want to keep these folks out, particularly in these extremely high stress, high violent, close contact type of work."

tions, released a Navy-wide message on integrity and standards of conduct.

"This is a chance to think about what makes us a profession ... and why it is so important that we take our values to work every day and especially

into combat. That is what the nation expects, and it's easy to take that for granted," he said at the forum. "We have made some mistakes, in some communities in particular, but it's something that we have to dig back into and not just put it behind us."

"We have been at war now for almost 20 years, and you are starting to see what that is doing to our forces."
Acting Navy Secretary Thomas Modly told an audience Dec. 5



In July, a Naval Special Warfare platoon was kicked out of Iraq over alleged sexual misconduct and drinking in the war zone. Another incident in April 2018 involved a handful of Navy SEALs testing positive for cocaine use.

There have also been high-profile legal cases, such as those of Chief Special Warfare Operators Adam Matthews and

Modly acknowledged the problem and said some of it "has to do with the fact that we have been asking people to do extremely hard, stressful and dangerous jobs for 20 years."

"It does have the capability to create a cultural problems within the special operations [community], and we saw some of this play itself out," he said. "It's causing significant strain

NAVFAC Southwest announces Emerging Leader Program Cadre 2020

by Mario T. Icari,
NAVFAC Southwest Public Affairs

SAN DIEGO - Naval Facilities Engineering Command (NAVFAC) Southwest announced Public Works Business Line (PWBL) Emerging Leader Program (ELP) Cadre 2020 selectees, Nov. 25 in San Diego.

"It is my honor to announce our Emerging Leader Program (ELP) Cadre for 2020," said Capt. Michael Oestereicher, NAVFAC Southwest commanding officer, in a Nov. 25 email announcing the selectees. "This program parallels the NAVFAC Southwest Leadership Development Programs, but targets our trades workforce."

The ELP is a one-year program that focuses on developing and improving leadership skills and competencies for future leaders within the Federal Wage System (FWS) pay plan. Selection into this program is highly competitive and fully recognizes NAVFAC Southwest's FWS employees at the journeyman, leader, and supervisory levels who are highly motivated to broaden their understanding of the different functions within NAVFAC and gain an understanding of roles and responsibilities as leaders.

NAVFAC Southwest's ELP supports NAVFAC's Strategic

Design focus area of people. The goal of the ELP is to develop and improve leadership skills and competencies of our future leaders within the Federal Wage System pay plan. The program develops leaders by providing a solid foundation of leadership skills and team building, enhanced by training and developmental experiences.

The ELP is available to supervisory and non-supervisory positions in the following Federal Wage System (FWS) pay plan: WG-08 through WG-12 journeymen; WL-08 through WL-12; and WS-09 through WS-15. The program offers each individual ELP candidate the ability to customize their experience to develop their leadership skills through a robust program of training, interviews, access to leadership, mentoring, and a greater perspective of the organization.

The selection process into the ELP involves completing an application package of questions, and endorsements from the individual's leadership chain. A panel interviewed ELP applicants as part of the process for final consideration. The ELP's three distinct tiers and its requirements differ at each level.

Journeymen WG-08 through WG-12 are Tier 1. Work leaders WL-08 through WL-12 are Tier 2. Supervisors WS-09 through WS-15 are Tier 3.

"Please join me in congratulating those selected," said Oestereicher. "All are highly deserving of this developmental opportunity."

•Metro Production Office selectee: Cross Connection Control Mechanic Roberto Montoya.

•Public Works Department (PWD) Coronado selectees: HVAC Mechanic Justin Piatt, Electrician Jose Rivas, Maintenance Mechanic Jose Rugama, Insulation Leader Andre Tellez, and Welder Tyler Woof.

•PWD Lemoore selectees: Air Conditioning Equipment Mechanic Jayson Black and Air Conditioning Equipment Mechanic Tyler Hollback.

•PWD Pt. Loma and MCAS Miramar selectees: Painter Miguel Gutierrez, Construction Mechanic Edward Mascle, Electronic Alarm System Mechanic Russell Quick, and Painter Armando Santos.

•PWD San Diego selectees: Electronic Mechanic Moises Brambila, Electrician Alberto Delmar Jr., and HVAC Mechanic Brian Hampton.

•PWD Ventura selectees: Boiler Plant Equipment Mechanic John Anderson, Maintenance Mechanic Leader Jay Anderson Rigger Ernest Gutierrez, and Heavy Mobile Equipment Mechanic Julian Riordan.



Alice Hatcher recommends Naval Medical Center San Diego.
December 5 • San Diego



I don't typically have great experiences with military health care, but all of my experiences at NMCS D have been wonderful. Most recently I went to the Breast Health Center for an annual exam. I was very impressed. The staff was attentive, on time, and used all of the latest information and diagnostic practices. While that seems like it should be standard, many places I have been, military or not, fail to have the most up to date information and practices. I wish that I didn't have to move so that I could continue to receive care here.

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SAN DIEGO (Dec. 4, 2019) - Sailors combat a simulated fire during a flight deck fire drill aboard amphibious assault ship *Essex*. *Essex* is underway for the first time following an eight-month planned maintenance availability.

Navy photo by MC2 William Phillips

USS NEW ORLEANS (Dec. 5, 2019) - Information Systems Technician 3rd Class Kendra Pettes heaves in a mooring line on the forecastle of amphibious transport dock ship *New Orleans*.

Navy photo by MC2 Kelby Sanders



SAN DIEGO (Dec. 2, 2019) - Hospital Corpsman 3rd Class Dallas Evernden, an orthopedic technician assigned to Naval Medical Center San Diego, applies a controlled ankle motion boot to HM2 Travis Jones.

Navy photo by MCSN Luke Cunningham

PACIFIC OCEAN (Dec. 2, 2019) - An MH-60S Seahawk, assigned to the Eightballers of Helicopter Sea Combat Squadron 8, fires flares during an aerial change of command near aircraft carrier *Theodore Roosevelt*. Cmdr. Justin Issler turned over command of HSC 8 to Cmdr. Brian Jameson during the ceremony. Navy photo by Airman D.J. Schwartz



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NPS, Marine Corps advance graduate education for senior NCOs

by MC2 Patrick Dionne
NAVAL POSTGRADUATE SCHOOL - The cohort of senior enlisted Marines enrolled in Naval Postgraduate School is growing. Driven by the Depart-

ment of the Navy's Education for Seapower study, and its recommendations to bolster education among the department's enlisted ranks, NPS and the Marine Corps have opened up

graduate education opportunities for senior enlisted non-commissioned officers.

NPS' Master of Applied Cyber Operations program, which has provided Navy enlisted Sailors with graduate degrees since

opens NPS programs to active duty enlisted Marines in the grades of Staff Sergeant through Master Sergeant, with at least seven years of service who have previously obtained a Bachelor's degree.



Four enlisted Marines, part of the newest cadre of NCOs attending the Naval Postgraduate School, join Marine Corps officers Nov. 11. Photo by Petty Officer 2nd Class Patrick

"Knowledge is the new currency, and this means we need to educate our force from the most junior person all the way up."
- Col. Randy Pugh, NPS Senior Marine Corps Representative

2012, now educates enlisted Marines to help meet the DOD's growing need for trained cyber professionals. Three Marine NCOs are now enrolled in the 12-month program.

But they're not the only enlisted leaders getting their education on campus ... Joining them are two additional Marines attending graduate or certificate programs - one for the Foreign Area Staff NCO program, and one in the university's defense analysis department.

The increase of senior Marine NCOs was made possible by the development and release of MARADMIN 709/18, which

Historically, the Marine Corps has not had a program to select NCOs for graduate education in the same way we have had for officers," said NPS Senior Marine Corps Representative Col. Randy Pugh.

"Now the Marine Corps is getting more serious about providing advanced education opportunities to enlisted Marines," said Pugh, "because 21st century warfare is becoming more technically complex. Our service needs to be prepared, and accurately reflect the environment that we are going to fight in.

"Educating our force is about capability rather than rank," Pugh continued. "By getting an education, our Marines can then contextualize it for what they're expected to do, and although the role of an officer and NCO may be different, they both require the foundational understanding that education provides."

According to Pugh, the increase in enlisted Marines is a direct result of the Education for Seapower study, which aims to tackle the challenges of a changing technological world through an educated naval force.

"Another thing that's happening is we're blending together commercial and civilian technologies with military technologies," he continued. "Big data, artificial intelligence and communications technologies that are being created outside the military are being integrated into the military, and having enlisted Marines that receive the same education and credentials as their counterparts on the other side of the fence in the civilian sector gives you a level of legitimacy when you go and interact with the commercial sector."

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Employment options, tools abound for military spouses

by C. Todd Lopez

Military spouses looking for employment have a lot of options and a lot of tools available

to them.

During a briefing recently at the Association of the U.S. Army 2019 Annual Meeting and Exposition

in Washington, Lee Kelley, the Defense Department's director of military community support programs in the Military Community and Family Policy Office, said military spouses can access career coaches through the Military OneSource website from 7 a.m. to 10 p.m. on weekdays and all day on Saturdays.

Military OneSource career coaches work with military spouses all day, she noted. "It is hard to stump them with a career obstacle," she added.

Kelley also pointed out that Military OneSource provides the MyCAA Scholarship, a \$4,000, noncompetitive scholarship for spouses married to service members in pay grades E-1 through E-5, O-1 and O-2, and W-1 and W-2. "It can close the gap in expertise needed to enter portable job opportunities," she said. "It can be used for associate degrees, licenses and certifications."

The Military Spouse Employment Partnership, or MSEP program, involves more than 400 companies who have committed to providing job opportunities to military spouses, Kelley said. An account within the program allows prospective employers to search the resumes of military spouses. Some 139,000 spouses have found employment that way, she said.

Suzanne King, with the Army

Installation Management Command's family child care program, said becoming a child care provider can be a double opportunity for some spouses who are looking for a job.

Certification as a family child care provider, King said, allows military spouses to augment their family's income, while providing care for their own children without having to pay for it.

"You can earn an income, run your own business, stay at home with your child, have the same hours as your [spouse] for the most part, receive great training which could lead to even greater opportunities and have a career that can [move] with you," King said.

King said the Army provides support to military spouses who want to become a family child care provider.

"As soon as a provider comes on board, they are placed on an 18-month training program that includes CPR, first aid, identifying, preventing and reporting child abuse, various areas of child development, special needs, creating appropriate environments and more," she said.

The Army even provides training to help military spouses learn to manage a child care business.

Once certified, Children and Youth Services officials will also work to ensure that family child



great program to help military spouses make the move from one state to another and keep their employability through the transfer of credentials.

The department's veterans.gov website

care professionals are able to move between installations when a military service member is transferred, and continue to work at the new duty location, King said.

Twenty-six Army facilities have the family child care program, King said. For locations that don't have it, the required training program allows those military spouses to find work in installation child development programs and youth centers, she said.

"FCC providers will need to apply for positions at the [child development centers], but may come in at a much higher caregiving level and rate of pay," she said. "Family child care and [Children and Youth Services] are the perfect career choice, one in which passion may become a profession."

Sgt. Maj. Kristopher Rick, senior Army fellow with Veterans' Employment and Training Services in the Labor Department, said the department also has a

helps military spouses with license portability so they can move from camp, post and station to camp, post and station, he said. The website puts all of the state legislation about portability of licensing and credentials in one place, he noted. An interactive U.S. map allows users to hover over a state and see a brief description of how the state handles license portability.

Rick said he believes the availability of the site prompted many states to change their laws to be more accommodating to military spouses. He said it created competition among governors to see "who could move that ball the furthest."

The site also provides robust information on how states deal with the transfer of licenses for attorneys, emergency medical services personnel, nurses, physical therapists and physicians, he added.

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

From a plastic chair beside a burbling aquarium tank occupied by one lonely sucker fish, I relayed our dog's recent behavior to the veterinarian. "Moby's been acting ... well, funny. He's walking stiffly, favoring his left side, whining a lot, and he won't get up for anything except meals, of course. He is a lab, after all."

The assistant distracted Moby with treats while the vet did several tests and drew a vial of blood. While pumping antibacterial gel into her hand from an enormous jug sitting near the examining room sink, she broke the news. "Mrs. Molinari, your big guy here has cervical disc inflammation that is causing him pretty severe pain. This kind of condition warrants aggressive treatment, so we'll put him on steroids, Gabapentin, muscle relaxers and strict bed rest. Next week, once the pain subsides a bit, we'll do X-rays and start physical therapy."

Before we were released to wait for medications and paperwork in the lobby, the veterinarian's assistant wheeled a suitcase-sized machine into the examining room. She explained that a bit of laser therapy could help to reduce Moby's disc inflammation.

We all donned protective glasses to protect our eyes, and she flipped the switch. Moby sat obediently, looking somewhat humiliated by the dog goggles that made him look like some-

The parallels between dogs and men

thing out of a Snoopy the Flying Ace comic strip, while the assistant ran the humming laser wand up and down his stout neck.

After being given instructions on home care, we went out to the lobby. I sat on a bench with two old ladies stroking a cat with cataracts, listening to surprisingly loud baritone squeals emanating from a crate containing a tiny pink and grey pig, when a sudden wave of *deja vu* washed over me like a lukewarm flea shampoo.

The veterinarian's words seemed so familiar... Where had I heard them before?

Later at home, freshly-medicated Moby slept soundly on his kitchen dog bed, while I relayed the news to my husband, Francis, over cups of coffee.

"He got a laser treatment?" he asked incredulously. "How come I can't get lasered? For criminy's sake, I got diagnosed with bulging discs at the VA two years ago and I can't even get a shot of cortisone without making a federal case! I'm still waiting on the PT referral I requested weeks ago. But our dog had laser therapy ten minutes after arriving at the vet? Something is wrong here!"

I shrugged nonchalantly and went back to scribbling my holiday To Do list, accustomed to Francis griping about his sciatica. But then it hit me.

Just like Moby, Francis acted strangely. He walked with a limp, favoring his left side. He groaned, moaned, winced and whined at the slightest movement, especially if others were watching. A look of self-pity had

taken up permanent residence on his face. He was prescribed - you guessed it - Gabapentin, among other medications. And he only got up from his lounge chair for meals.

Come to think of it, even without spinal ailments, Francis and Moby had become so similar, kindred spirits, like minded, simpatico. They both lived for every meal, shed body hair around the house, yawned too much, scratched inappropriately, and were driven by their bodily functions.

The *deja vu* I had experienced at the veterinarian's office was legit. How had I missed the obvious parallels?

Despite my husband's tendency toward narcissism, the sight of our people-pleasing lab, in a drugged stupor, tugged Francis' attention away from his favorite subject - himself - for a moment.

"Poor guy ... what else did the vet tell you to do?"

"She said we need to make sure he sleeps a lot. He should only get up for meals and quick potty breaks. If he's feeling better in a week or two, we'll start physical therapy which entails some kind of massage and exercises with treats for rewards," I told Francis.

He leaned against the counter, staring intently at Moby, snoring softly from his cozy kitchen nest. "Sheesh," he said after several beats of silence, "I want those doctor's orders."

I glanced at my lengthy holiday To Do list, and thought, "Don't we all."

AutoMatters™ & More



by Jan Wagner

Those who haven't yet had the pleasure of taking a cruise might be excused for thinking that cruises are boring. I know that's what I thought before I took my first cruise, but that couldn't be further from the truth. While it's been several years since I took my last cruise, I still remember them well.

Today's cruise ships are truly floating luxury hotels. On board they typically offer a variety of activities and entertainment, ranging from world-class stage shows, informative classes and lectures, shopping and friendly competitions that promote interaction and light-hearted rivalry amongst the passengers, while others simply relax and soak up the sun poolside.

It seems as if fabulous dining opportunities are presented non-stop, from early in the morning to late at night. Fortunately, the large cruise ships offer plenty of room to walk off the calories.

The ships sail to a variety of interesting ports of call, where the passengers can take shore excursions or simply explore on their own. Afterwards they return to their ships to eat, be entertained and rest up for the next day's adventure.

For far too long - seven years - Carnival Cruise Lines hasn't had regular sailings from the Port of San Diego. That situation changed recently with the arrival of the Carnival Miracle cruise ship, its inaugural visit.

Carnival returns to the Port of San Diego: Our window to the world

To celebrate its arrival, and the Carnival Cruise Line's return to regular service at the Port of San Diego, a traditional plaque exchange ceremony was held on board the vessel. Shortly thereafter, a live mariachi band and the ship's crew welcomed aboard 2,360 passengers on this, a sold-out sailing that would soon be making its way south, along the coast of Mexico. We were then given a tour around the ship.

I wish that I could have remained on board but the crew kept a pretty close eye on us, making it impossible to stow away. It shouldn't come as a surprise to you if you find me covering a cruise in the not-too-distant future. I'm more than ready to go again. However, for now, it was time to leave.

The already visitor - and resident-friendly Port of San Diego is undergoing a massive, multi-year redevelopment project. In addition to the floating museums, tour boats and restaurants, there are public spaces - with more to come. I discovered that on Sundays there's a marvelous street food market located directly across the street from where they cruise ships dock, at the corner of Harbor and Broadway.

On Sundays a carefully selected variety of food vendors, - the best of their respective specialties, based on popularity - prepare a variety of delicious offerings. I was hungry so I tried two.

The first was a traditional Spanish seafood paella prepared fresh in small batches by Antonio Delgado at Viva Paella. Long ago, at the end of each week, the leftovers were cooked up in what

they called paella. Of course, this paella was fresh and delicious.

I discovered Paella a few years ago while covering a reenactment of Cabrillo's landing in what is now San Diego. The House of Spain had made up a huge pan of delicious paella, and I was hooked. Now I always make sure to stop by the House of Spain in Balboa Park where, at the December Nights event, they make paella. Thanks to Viva Paella, I no longer wait for special occasions to enjoy delicious paella.

After I walked around a bit and worked off some of that paella, I stopped by to watch the cooking taking place at The Pad Thai Stand. The chef explained that pad thai is basically a pan-fried noodle with a tamarind sauce, but that the flavors vary greatly depending upon the place in Thailand where it originated. One style of pad thai that he prepares originates from Central Bangkok. It is the most common style of pad thai, and is found from coast to coast in the U.S. Also prepared there is a curry or peanut sauce pad thai from the Northern Region. Pad Thai from the South has lime roasted coconuts, roasted shallots and roasted chili peppers. I prefer sweet rather than spicy flavors. The Pad Thai that he prepared for me was absolutely delicious.

To see additional photos, visit www.drivetribe.com, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #619" in their search bar. Please send your comments to AutoMatters@gmail.com. Copyright © 2019 by Jan Wagner - AutoMatters & More #619



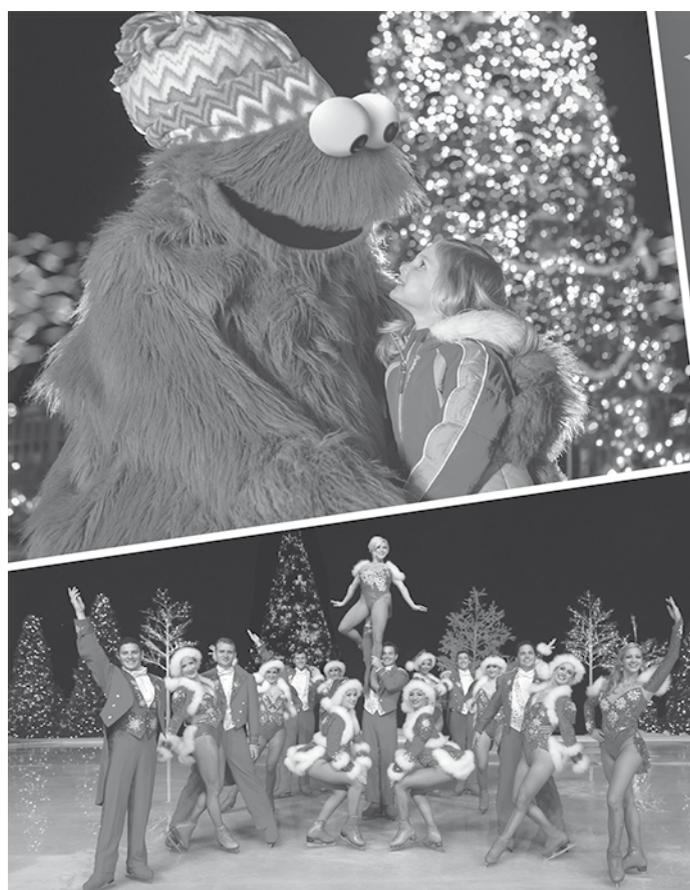
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Praise for those who 'make' Christmas

by Dr. Glenn Mollette

As we approach Christmas day let's take a moment to salute the great women of Christmas.

My wife knocks herself out preparing for events like Thanksgiving and Christmas. She started preparing the Thanksgiving meal two weeks in advance and for sure we had a feast. For some time now she has been in charge of locating the right Christmas gift for children and grandchildren and most anyone else. She also wraps the gifts and has the wheels turning for our Christmas meal. Let me stop everything here and interject that I have presented myself front and center many times for helping wrap gifts and even preparing the meal. However, my wrapping and cooking do not "meet up to

muster," as we used to say in the country.

My mom worked hard cooking and wrapping and decorating the Christmas tree. The mother of my two sons loved Christmas and always knocked herself out cooking, shopping and wrapping. I remember my grandmother Hinkle slaving over a stove and my hat is off to my two sisters and deceased mother's in law who did so much to make Christmas meaningful for family and friends. Trust me here I don't want to leave anyone out.

Hear me I am not slighting the men of Christmas. My dad, Joseph and Jesus all count big time. Many men cook, wrap gifts and shop. I've done all of that. For twelve years my now deceased first wife could do nothing because of multiple sclerosis. Whatever was done was on me. Looking back I know I was sorely lacking when it came to pulling it all together. I simply had to do the best I could and my best wasn't all that great really.

I wonder how many moms and women feel this way. I wonder how women cook their brains out and wrap to exhaustion, clean house and try to make Christmas wonderful and then feel like nobody gives a dang or appreciates

what they have done? I bet plenty do. Don't let this happen this year. Praise them! Thank the dear souls who knock themselves out to try to make Christmas happen - for you and your loved ones.

Mary the mother of Jesus went through a lot. When she became pregnant and still a virgin, who bought her story? Not many. Joseph did and he married her and took care of her and the new baby Jesus. However, starting out as a young mother with so many

unknowns and the hardships that came with an unexpected pregnancy in that day were not easy. The Bible says, "But Mary treasured up all these things and pondered them in her heart." For most of her life before and after the birth of Jesus, she carried a heavy load.

Keep the love, kindness and praise flowing this Christmas - especially for those dear women who often carry a heavy load. Often they are the ones who really make Christmas.

Balboa Park Free Admission Tuesdays for residents/military

Balboa Park museums offer free general admission on a rotating basis throughout each month to residents of the City and County of San Diego, and to active military personnel and their dependents.

Some museums may offer complimentary admission to their permanent collections only and charge admission to special exhibitions, attractions, films, showings and events.

Due to large crowds and for visitor safety, access for organized groups and strollers may be restricted. Tour groups/organized groups should refer to individual organization websites for scheduling information and supervisor/chaperone ratios required.

Please be prepared to present a photographic ID with your address.

Third Tuesday

San Diego Museum of Art
 San Diego Museum of Man
 Japanese Friendship Garden

Visit balboapark.org for details.

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

Thursday, December 12

5:30pm Midway (2019)

8pm Terminator: Dark Fate

Friday, December 13

5:30pm Charlie's Angels

7:40pm Ford v. Ferrari

Saturday, December 14

12:50pm Charlie's Angels

3:10pm Terminator: Dark Fate

5:40pm Midway (2019)

Sunday, December 15

12:40pm Last Christmas

2:40pm Ford v. Ferrari

5:30pm Charlie's Angels

Monday, December 16

5:50pm Last Christmas

7:50pm *Countdown

Tuesday, December 17

5:50pm* Black and Blue

7:50pm Terminator: Dark Fate

Wednesday, December 18

5:40pm Last Christmas

7:40pm Midway (2019)

Thursday, December 19

5:40pm Charlie's Angels

8pm Ford v. Ferrari

NAB Theater - NAB, Q-Zone

619-437-5487, Bldg. 337

Thursday, December 12

11am Aladdin (2019)

5pm NO MOVIE

Friday, December 13

5pm Ma

Saturday, December 14

2pm A Dog's Journey

5pm Child's Play (1988)

Sunday, December 15

5pm Child's Play (2019)

Monday, December 16

5pm Aquaman

Tuesday, December 17

11am Nightmare Before Christmas

5pm Annabelle Comes Home

Wednesday, December 18

5pm Isn't It Romantic

Thursday, December 19

11am A Dog's Way Home

5pm Fighting With My Family

Community Rec Center

NBPL, Main Base, Bldg. 546

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Bob Hope Theater 577-4143

Miramar Bldg 2242

* indicates last showing

Thursday, December 12

6:30pm *Maleficent: Mistress of Evil

Friday, December 13

6:30pm Last Christmas

9pm Charlie's Angels

Saturday, December 14

3pm Midway (2019)

6:30pm Ford v. Ferrari

Sunday, December 15

1pm Terminator: Dark Fate

6:30pm Ford v. Ferrari

Wednesday, December 18

6:30pm Black and Blue

Thursday, December 19

6:30pm Countdown

Naval Base Theater - NBSD,

619-556-5568, Bldg. 71

Thursday, December 12

5:40pm Midway (2019)

8:20pm Last Christmas

Friday, December 13

5:30pm Charlie's Angels

8pm Ford v. Ferrari

Saturday, December 14

1:30pm Charlie's Angels

4pm Last Christmas

6:30pm Ford v. Ferrari

Sunday, December 15

12:30pm Midway (2019)

3:30pm Ford v. Ferrari

6:50pm Charlie's Angels

Monday, December 16

5:40pm Countdown

7:40pm Ford v. Ferrari

Tuesday, December 17

5:50pm Charlie's Angels

8:10pm Black and Blue

Wednesday, December 18

5:50pm Last Christmas

8pm Harriet

Thursday, December 19

5:40pm Terminator: Dark Fate

8:20pm Midway (2019)

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Thursday, December 12

6:30pm Terminator: Dark Fate

Friday, December 13

6pm Last Christmas

8:15pm Midway

Saturday, December 14

1pm Last Christmas

3:30pm Harriet

6:30pm Terminator: Dark Fate

Sunday, December 15

1pm Midway

4pm Last Christmas

6:30pm Terminator: Dark Fate

Saturday, December 21

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Question: To fast or not to fast?

What you eat matters. Many studies have shown that the types of food you eat affect your health. But what about the timing? Scientists are just beginning to understand that when you eat may also make a difference.

Throughout history, people have experienced periods when food was either scarce or completely lacking, says Dr. Valter Longo, an NIH-funded longevity researcher at the University of Southern California. "So, they were forced to fast," he says.

But current technology—like refrigeration, transportation, and electric lighting—have made food more readily available.

"This has shifted our eating patterns," explains Dr. Vicki Catenacci, a nutrition researcher at the University of Colorado. "People now eat, on average, throughout a 14-hour period each day."

Studies suggest that this constant food intake may lead to health problems. Researchers have started looking at whether fasting can have potential benefits for some people.

Going Without Food

Fasting diets mainly focus on the timing of when you can eat. There are many different fasting diets, sometimes called "intermittent fasting."

In time-restricted feeding, you eat every day but only during a limited number of hours. So, you may only eat between a six- to eight-hour window each day. For example, you might eat breakfast and lunch, but skip dinner. In alternate-day fasting, you eat every other day and no or few calories on the days in between. Another type restricts calories during the week but not on weekends.

But scientists don't know much about what happens to your body when you fast. Most research has been done in cells and animals in the lab. That work has provided early clues as to how periods without food might affect the body.

In some animals, certain fasting diets seem to protect against diabetes, heart disease, and cognitive decline. Fasting has even slowed the aging process and protected against cancer in some experiments.

"In mice, we've seen that one of the effects of fasting is to kill damaged cells, and then turn on stem



cells," explains Longo. Damaged cells can speed up aging and lead to cancer if they're not destroyed. When stem cells are turned on, new healthy cells can replace the damaged cells.

Now, studies are starting to look at what happens in people, too. Early results have found that some types of fasting may have positive effects on aspects of health like blood sugar control, blood pressure, and inflammation. But fasting can also cause weight loss. So researchers are studying whether the beneficial changes seen in the body are side effects of the weight loss or the fasting process itself.

Body Changes

For many people, the main reason to try fasting is to lose weight. Currently, most people try to lose weight by restricting how many calories they eat each day.

"That doesn't work for everyone," Catenacci explains. "It takes a lot of focus. It takes a lot of math, and a lot of willpower."

One of Catenacci's studies showed that, over a two-month period, adults who were overweight or obese were equally likely to lose about 15 pounds when they either completely fasted every other day or restricted their calories every day.

"For some people, restricting calories every day may be the best approach. For others, it might be easier to not have to count calories every day and use an intermittent fasting strategy for weight loss," says Catenacci. "The best diet for any given person is the one that they can adhere to. I don't think weight loss is a one size fits all approach."

Now her research team is run-

ning a similar study to compare how much weight participants lose with fasting versus calorie restriction, but over a one-year period. They're also testing whether adding a small meal on fasting days will make it easier to stick

to as a longer-term weight loss strategy.

But are the benefits from fasting all due to weight loss or is there something more to it? "There's a lot of debate about whether the benefits of intermittent fasting are due to the extended fasting period itself," says Dr. Courtney Peterson, an NIH-funded nutrition researcher at the University of Alabama.

To understand this better, Peterson did a study in pre-diabetic men. It was designed so the volunteers would not lose weight. The men ate an early time-restricted feeding diet for five weeks. They could eat only between 8 am to 2 pm. They then fasted for the next 18 hours. Next, they ate the same amount of food but only during a 12-hour period per day for five weeks. None of the men lost weight.

The longer fasting period alone made a difference. "The early time-restricted diet improved their blood sugar control," Peterson says. "And we found a blood pressure lowering effect equivalent to what you see with a blood pressure medication."

These findings suggest that an extended fast or the timing of when you eat—even when it doesn't affect your weight—can bring health benefits for some people.

Should You Fast?

Fasting may bring health benefits, but Longo cautions that there's still a lot we don't know. For some, fasting may cause problems. For example, studies have found that people who regularly fast more than 16 or 18 hours a day have a higher risk of gallstones. They're also more likely to need surgery to

remove the gallbladder.

Eating for 12 hours and then fasting for 12 hours is likely safe for most people, Longo explains. "That pattern of eating is very common among people who have record lifespans," he says. "It seems to match both science and tradition."

Longo and his team are also looking at fasting-mimicking diets, which they hope will be safer and easier to follow than completely fasting. They designed a five-day, monthly fasting-mimicking diet that allows some food, but is low in calories. They tested the diet for three months in a recent study. Those who stayed on the diet lost weight and showed decreases in age-related disease risk factors.

But he and other experts caution against people trying fasting diets that are not based on research. If you're considering fasting, talk with your health care provider first. People with certain health conditions or who are taking certain medications should not try fasting at all (see the Wise Choices box).

Even if you fast sometimes, you still need to make healthy food choices overall, Peterson explains. "It looks like when you eat matters a lot, but what you eat probably matters more."

Historical Walking Tour Sun, Dec 15, 9am FREE. NBPL, Subase, Community Recreation Center Bldg. 546. Learn about Naval Base Point Loma's turn of the century buildings and structures, including two coastal defense batteries, from our very own resident historian. Info: 619-437-3190 Register Online! www.navylifsw.com/sdcr

Bowling with Santa Sun, Dec 15, 11am-1pm \$16. NBSD Admiral Robinson Recreation Center (Bowling Alley), Bldg. 3223. Includes 2-hours of bowling, shoe rental, 2 slices of pizza and a soda. Info: 619-556-9597 Register Online! www.navylifsw.com/sdcr

Stocking Decorating Kids Craft & Cooking Sun, Dec 15, 2 pm \$8. NBSD Waterfront Community Recreation Center, Bldg. 45. Spend the afternoon decorating your own stocking and learning to make pancakes! Info: 619-556-9597 Register at www.navylifsw.com/sdcr

Used Outdoor Gear Sale Mon-Tues, Dec 16-17, 9am-4pm. NASNI Outdoor Adventure Center, Bldg. 825 Bay 7. Make sure you stop by our OAC to view our retired equipment ready for a new home! Pricing varies per item. Credit card purchases only. Sale includes camping gear, beach gear, and lawn games. Limited availability. All sales are final. Info: 619-545-2632

Holiday Gift Wrap & Card Making Dec, 16-23, 10am-5pm, FREE. NAB Community Recreation Center, Bldg. 337. Show off your wrapping skills and save money at the same time! Holiday paper, special cards, and tags are available at our gift wrapping station. Info: 619-437-3190

Golf Winter Series Sun, Dec 15, 8am Shotgun Start, \$60 early sign-up/\$65 day-of. Admiral Baker Golf Course North. Get in on the action! Two-person teams in three flights: Men's, Ladies, Mixed Couples. Entry fee includes golf, cart, lunch, beverage ticket, contests and giveaways. Register today by calling 619-487-0090.

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Go out and play

My Sinatra with Cary Hoffman, Dec 12-15. North Coast Repertory Theatre, Solana Beach. www.northcoastrep.org
Annie, Dec 12-15. Star Theatre, Oceanside. www.startheatreco.com
Sherlock Holmes & The Case of the Christmas Angels, Dec 12-22. California Center for the Arts, Escondido. www.artcenter.org
California Ballet Company presents The Nutcracker: family-friendly performance, Fri, Dec 13, 2pm. San Diego Civic Theatre, downtown SD. www.sandiegotheatres.org
Wine & A Bite Art Walk on Main Avenue, Fri, Dec 13, 5:30-8:30pm. Fallbrook. www.fallbrookchamberofcommerce.org
Holiday Mutt Mixer at San Diego Humane Society, Fri, Dec 13, 6pm. Oceanside Campus. www.sdhumane.org
North Coast Symphony Holiday Concert, Fri, Dec 13, 7pm. Encinitas Community Center. www.northcoastsymphony.com
SD Sockers vs. Ontario Fury, Fri, Dec 13, 7:35pm. Pechanga Arena San Diego. www.sdsockers.com
An Irish Christmas, Fri, Dec 13, 8pm. Balboa Theatre, downtown, SD. www.sandiegotheatres.org
Annual Turtleneck & Sweater Party, Fri, Dec 13, 9pm. Belly Up, Solana Beach. www.bellyup.com
Christmas in the Valley, Fri-Sat, Dec 13-14. Bates Nut Farm, Valley Center. www.batesnutfarm.biz
Carols by Candlelight, Fri-Sat, Dec 13-14, 8pm. California Center for the Arts, Escondido. www.artcenter.org
Holiday in the Village, Fri-Sat, Dec 13-14. Downtown La Mesa. www.lamesavillageassociation.org
I'll Be Home for Christmas, Fri-Sun, Dec 13-15. Village Church Community Theater, Rancho Santa Fe. www.villagechurchcommunitytheater.org
Del Mar Horse Park County Show, Fri-Sun, Dec 13-15, 8am-5pm. www.delmarfairgrounds.com
Oceanside Theatre Company presents A Christmas Carol: A Radio Play at Sunshine Brooks Theatre, Dec 13-22. oceansidetheatre.org
Jungle Bells at San Diego Zoo, Dec 13-Jan 5. www.sandiegozoo.org
Breakfast with Santa, Sat, Dec 14, 7:30-11am. San Marcos Community Center. www.san-marcos.net
Breakfast with Santa, Sat, Dec 14, 9am. Harbor House Restaurant, Seaport Village. www.seaportvillage.com
69th Annual Escondido Jaycees Christmas Parade, Sat, Dec 14, 9:30am. Broadway Ave from Escondido High School to Grape Day Park. www.escondidojaycees.org
Gingerbread House Decorating at L'Auberge Del Mar, Sat, Dec 14, 10-11:30am. www.laubergedelmar.com
Bilingual Santa, Sat, Dec 14, 10am-3pm. Rancho Buena Vista Adobe, Vista. www.ranchobuenavistaadobe.com
San Dieguito Art Guild Holiday Bazaar, Sat, Dec 14, 10am-4pm. Encinitas Community Center. www.sandieguitoartguild.com
Toast of Gaslamp, Sat, Dec 14, 1-5pm. Gaslamp Quarter, downtown SD. www.toastofgaslamp.com
Christmas in the Park, Sat, Dec 14, 3:30-8:30pm. Old Poway Park. www.poway.org
Ales 'n' Rails Ugly Sweater Christmas Party, Sat, Dec 14, 6-9:30pm. San Diego Model Railroad Museum, Balboa Park. www.sdmmr.org



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Join us on National Wreaths Across America Day, Dec. 14

REMEMBER the Fallen. . . HONOR those who Serve. . . TEACH our children the value of Freedom.

Each December on National Wreaths Across America Day, our mission to **Remember, Honor and Teach** is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as at more than 1,600 ad-

ditional locations in all 50 U.S. states, at sea and abroad.

On Saturday, Dec. 14, at 9am, Wreaths Across America will be at Fort Rosecrans National Cemetery and at Miramar National Cemetery to Remember and Honor our veterans through the laying of Remembrance wreaths on the resting places of our country's fallen heroes and the act of saying the

name of each and every veteran aloud.

Everyone of all ages is encouraged to attend the ceremonies and participate in the laying of wreaths. Please remember that the national cemeteries are sacred ground. Keep off of the rocks and please

do not run or yell. Let's provide our fallen veterans and their families the honor they deserve.

For more information please visit <https://www.wreathscrossamerica.org/> scroll down to the "Where We Remember" head and click 'find a specific location'.

Top of the World: A Carpenters Holiday Concert, Sat, Dec 14, 7pm. Moonlight Amphitheatre, Vista. www.moonlightstage.com

Parade of Lights at Oceanside Harbor, Sat, Dec 14, 7pm. www.visitocceanside.org

SD Seals vs. Toronto Rock, Sat, Dec 14, 7pm. Pechanga Arena San Diego, Sports Arena. www.sealsslax.com

Coaster Holiday Express train rides, Sat-Sun, Dec 14-15. Oceanside Transit Center. www.gonctd.com

Noel Noel, Sat-Sun, Dec 14-15. Copley Symphony Hall, downtown SD. www.sandiegosymphony.org

California Ballet Company presents The Nutcracker, Dec 14-24. San Diego Civic Theatre, downtown SD. www.sandiegotheatres.org

Gospel Brunch at House of Blues, Sun, Dec 15, 11am. www.houseofblues.com/sandiego

48th Annual San Diego Bay Parade of Lights, Sun, Dec 15, 5pm. www.sdparadeofflights.org

12th Annual Gaslamp Holiday Pet Parade, Sun, Dec 15, 12-5pm. Gaslamp Quarter, downtown SD. www.holidaypetparade.com

SD Sockers vs. Soles of Sonora, Sun, Dec 15, 5:05pm. Pechanga Arena (Sports Arena) San Diego. www.sdsockers.com

LA Chargers vs. Minnesota Vikings, Sun, Dec 15, 5:20pm. Rokit Field. www.chargers.com

The Colors of Christmas, Sun, Dec 15, 7pm. Balboa Theatre, downtown SD. www.sandiegotheatres.org

Victorian Tea at Hotel Del Coronado, Mon, Dec 16. www.hoteldel.com

Dickens UnScripted, Dec 16-17, 7:30pm. North Coast Repertory Theatre, Solana Beach. www.northcoastrep.org

SD Gulls vs. Grand Rapids Griffins, Tues, Dec 17, 7pm. Pechanga Arena San Diego. www.sandiegogulls.com

LA Clippers vs. Phoenix Suns, Tues, Dec 17, 7:30pm. Staples Center, LA. www.nba.com/clippers

City Ballet of San Diego presents The Nutcracker, Through Dec 22. Spreckels Theatre, Downtown, SD. www.cityballet.org

Miracles of the Season at Patio Playhouse. patrioplayhouse.com

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

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

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

Christmas Celebration at SeaWorld San Diego, through-Jan 5. www.seaworldsandiego.com

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

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

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



The F117 has officially landed at the Reagan Library. Air Force Personnel assisted (from left) F117 pilot Scott Stimpert, Reagan Foundation Board Chairman Fred Ryan, Secretary of the Air Force Barbara Barrett, Air Force Chief-of-Staff David Goldfein, Vice President and GM of Lockheed Martin Skunk Works Jeff Babione, and F117 pilot Rick Wright during a ribbon cutting ceremony.

Nighthawk on permanent display

Continued from page 1

with friends or family. I'm glad the airplane can come out of the dark to take its rightful place in the light, somewhere it can be seen and appreciated by the people it helped to protect."

The F-117 Nighthawk will be going on public display at the Reagan Library beginning December 7, 2019, at an official ribbon-cutting ceremony during the Reagan Foundation and Institute's annual Reagan National Defense Forum. The jet will be located outdoors near the Library's F-14 aircraft, situated on the west side of the Library's property and clearly visible from inside the Library's famous auditorium.

"The F-117 was developed in response to an urgent national need," said Jeff Babione, vice president and general manager of the Lockheed Martin Skunk Works®. "It has paved the way for today's stealth technology and reminds us to continue redefining

what's possible. It's been a privilege for our team to collaborate with the USAF and the Reagan Foundation on this effort, and we are excited to see it on proud display at its new home."

The Ronald Reagan Presidential Foundation and Institute is the non-profit organization created by President Reagan himself and specifically charged by him with continuing his legacy and sharing his principles - individual liberty, economic opportunity, global democracy and national pride. The Foundation is a non-partisan organization which sustains the Ronald Reagan Presidential Library and Museum in Simi Valley, CA, the Reagan Center for Public Affairs, the Presidential Learning Center, The Air Force One Pavilion and the award-winning Discovery Center, as well as the Reagan Institute in Washington, D.C. The Reagan Library houses over 55 million pages of gubernatorial, Presidential and personal papers and over 60,000 gifts and artifacts chronicling the lives of Ronald and Nancy Reagan. It also serves as the final resting place of America's 40th President and his First Lady. www.reaganfoundation.org

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Concerts

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

December

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

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

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

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

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

Gabriel Iglesias. Fri, Dec 27, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

January

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

Tool. Fri, Jan 10 & Sun, Jan 12, 7:30pm. Rock. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

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



Kane Brown.
Thurs, Jan 9, 8pm.
Staples Center

AguaCalienteCasinos.com
Brian McKnight. Fri, Jan 10, 8pm. The Grove of Anaheim,

2200 E Katella Ave, Anaheim. (714) 712-2750. citynationalgroveofanaheim.com

Calibash. Sat-Sun, Jan 11-12, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

Styx. Tues, Jan 14, 8pm. The Grove of Anaheim, 2200 E Katella Ave, Anaheim. (714) 712-2750. citynationalgroveofanaheim.com

Chance the Rapper. Wed, Jan 15, 7:30pm. Hip-hop/rap. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Blue Oyster Cult. Thurs, Jan 16, 8pm. Rock. Sycuan Live & Up

Close Theatre, 5469 Casino Way, El Cajon.

Eric Johnson-Classics Past & Present. Fri, Jan 17, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. citynationalgroveofanaheim.com

Boyz II Men. Sat, Jan 18, 8pm. The Show at Agua Caliente Resort Casino Spa, 32-250 Bob Hope Dr, Rancho Mirage. (800) 514-3849. www/AguaCalienteCasinos.com

Boomshaka Music Festival. Sat, Jan 18. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Concert of Hope: Los Lobos. Sat, Jan 18, 8pm. Folk/latin/rock. Spreckels Theatre, 121 Broadway,

San Diego. (619) 235-9500.

SuperM. Thurs, Jan 30, 7:30pm. K-Pop/World. Viejas Arena at SDSU, 5500 Canyon Crest Dr. San Diego. (619) 594-6947.

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

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

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*1 at this payment, Stk#: 58113, VIN#: LU857346, Model#: 2546. Net capitalized cost \$24,692.37. \$299 plus tax monthly for 36 months with \$4,350 due at lease signing. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Security deposit not required. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 12/31/19.

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2019 SUBARU CROSSTREK 2.0i LIMITED CVT

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*1 at this payment, STK# 21213, VIN# KH308435, Model # KRE 23. \$319 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 12/31/19.

2020 SUBARU OUTBACK 2.5i CVT

LEASE FOR

\$321

PER MONTH PLUS TAX 36 MONTHS



*1 at this payment, STK# 22101, VIN# L3106118, Model # LDD 15. \$321. plus tax monthly for 36 months with \$1999 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 12/31/19.

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