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THURSDAY, DECEMBER 26, 2019

TRUMP SIGNS LAW ESTABLISHING U.S. SPACE FORCE

The law creates the first new armed service in 72 years

by Jim Garamone

President Donald J. Trump signed into law legislation creating the first new armed service since 1947 - the U.S. Space Force.

Trump signed the National Defense Authorization Act during a ceremony at Joint Base Andrews, Md., Dec. 20. The \$738 billion fiscal year 2020 authorization funds military and civilian pay raises, new aircraft, ship construction, tanks and armored vehicles and more.

Since Trump took office, there has been almost \$2.5 trillion in defense spending.

A provision of the voluminous law created the service that will be totally focused on organizing, training and equipping Space Force, said Air Force Secretary Barbara Barrett during an earlier Pentagon briefing.

"Space is the world's newest warfighting domain," Trump said at Andrews. "Amid grave threats to our national security, American superiority in space is absolutely vital. We're leading, but we're not leading by enough, and very shortly, we'll be leading by a lot."

Space Force will help the United States deter aggression and control the ultimate high ground, the president said.



Ascent Abort-2 takes off for a test flight from Cape Canaveral Air Force Station, Fla. Photo by James Rainier

The new service will immediately amalgamate all members of the Air Force Space Command into the new service, Barrett said. "We are moving forward with alacrity and in accordance with presidential direction, congressional legislation and DOD guidance," she said. "Personnel assigned to the initial Space Force headquarters located within the Pentagon will now take over the Space Force planning."

Air Force Gen. John "Jay" Raymond, the commander of U.S. Space Command, will direct the effort. The president

named Raymond the chief of Space Operations, and the general will be a member of the Joint Chiefs of Staff.

The new service emphasizes the importance the nation places on space to U.S. and allied security, Raymond said.

The Space Command, a combatant command, will not go away. It will be DOD's warfighting arm in space. The Space Force, like the services in other domains, will be responsible for organizing, training and equipping the mission.

“CONSISTENT WITH OUR NATIONAL DEFENSE STRATEGY, THE UNITED STATES SPACE FORCE WILL ENSURE WE COMPETE, DETER AND WIN FROM A POSITION OF STRENGTH, SECURING OUR WAY OF LIFE AND OUR NATIONAL SECURITY.”

~ AIR FORCE GEN. JOHN "JAY" RAYMOND, COMMANDER OF U.S. SPACE COMMAND

"U.S. Space Command will only be as strong as the capabilities it is provided by the United States Space Force," Raymond said. "Let there be no mistake, the United States is the best in the world in space today. Consistent with our National Defense Strategy, the United States Space Force will ensure we compete, deter and win from a position of strength, securing our way of life and our national security."

The new service is small by DOD standards with about 16,000 Air Force personnel - active duty and civilian - to start. "They will effectively be

the Space Force immediately," Barrett said.

Raymond said there are many actions that are going to have to take place - from uniform, to a logo, to who's in

the Space Force and who's not in the Space Force.

They will also rename some Air Force bases to reflect the new missions, he said.

Huge haul nets Coast Guard \$312 million of seized cocaine

SAN DIEGO - The crew of Coast Guard Cutter *Bertholf* offloaded about 18,000 pounds of cocaine on Dec. 18 seized from known drug-transit zones of the eastern Pacific Ocean worth approximately \$312 million. The interdictions were made between mid-October and early December by the joint efforts of the following five separate Coast Guard cutter crews:

- *Northland* was responsible for one case, or 3,328 pounds
- *James* was responsible for one case, or 1,609 pounds
- *Harriet Lane* was responsible for one case, or 5,037 pounds
- *Thetis* was responsible for one case, or 2,394 pounds
- *Bertholf* was responsible for three cases, or 5,851 pounds

"This offload demonstrates another successful example of the 'cycle of justice,' said Vice Adm. Linda L. Fagan, Coast Guard Pacific Area commander. "This cycle begins with intelligence-driven detection and monitoring of illicit activities that then cue the interdiction and apprehension of smugglers and contraband, and ultimately leads to criminal prosecution. This 'cycle of justice' disrupts a 'cycle of crime,' which left unchecked, fuels violence and instability that corrodes our Hemisphere's social and economic fabric, and directly contributes to historically high drug-related deaths in neighborhoods across North America."

Construction starts in San Diego on future USNS Harvey Milk

SAN DIEGO - Construction on the Navy's future USNS *Harvey Milk* (T-AO 206) was marked by a ceremony held at the General Dynamics-National Steel and Shipbuilding Company shipyard, Dec. 13. Start of construction is the first major milestone in a shipbuilding program and represents that the first 100 tons of steel for the ship have been cut. "This ship will have significant contributions as part of our Combat Logistics Force, serving as the primary fuel pipeline from resupply ports to ships at sea," said Mike Kosar, Support Ships, Boats and Craft program manager, Program Executive Office, Ships.

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Navy awards medals to Pensacola shooting victims

PENSACOLA, Fla.- The Navy held a memorial service Dec. 19 for the three Sailors killed in the Dec. 6 shooting at Naval Aviation Schools Command on board Naval Air Station Pensacola, Florida, presenting posthumous awards to the fallen service members for their service.

Family members received the Navy and Marine Corps Medal for heroism on behalf of Naval Aircrewman (Mechanical) 3rd Class Mohammed S. Haitham, 19, from St. Petersburg, Fla.; Naval Aircrewman (Mechanical) 3rd Class Cameron S. Walters, 21, from Richmond Hill, Ga.; and Ensign Joshua K. Watson, 23, from Enterprise, Ala. Haitham and Walters also were awarded the Good Conduct Medal, a recognition for enlisted Sailors. All three Sailors were serving as students at NASC.

Families, friends, NASC staff and students, shipmates, senior Navy leaders and local government officials came together for the service at the National Naval Aviation Museum onboard NAS Pensacola where Adm. Chris Grady, commander, U.S. Fleet Forces Command, presided over the ceremony.

“We can never know what will be demanded

of us on any given day, and no one could have foreseen what would be demanded on December 6th, but these men answered the call,” Grady said. “Through their heroic acts, they saved lives by sacrificing their own and for that, we are forever grateful.”

The memorial service allowed the Navy to honor and pay respect to the victims and their families. The service included remarks from Capt. Vincent Segars, commanding officer of NASC, and a four-ship missing man flyover by the Navy’s flight demonstration squadron, the Blue Angels.

With NAS Pensacola known as “the cradle of naval aviation,” Segars described it as a special place where all naval aviators and aircrewmen start living their dreams of flying in service to their nation. Segars encouraged NASC students and shipmates of the fallen to always remember Dec. 6.

“One common theme from these heroic Sailors is their infectious spirit that sought to motivate and bring out the best in all they served with,” Segars said. “Let us honor their memory by achieving our dreams in earning the wings of gold, and wear them proudly as we assume the watch.”

Future USS St. Louis (LCS 19) completes acceptance trial

MARINETTE, Wis. - Future USS St. Louis (LCS 19) successfully concluded its acceptance trial Dec. 13 after completing a series of graded in-port and underway demonstrations on the Great Lakes for the Navy’s Board of Inspection and Survey.

The acceptance trial is the last significant milestone before delivery of the ship to the Navy, which is planned for this spring. During the trial, the Navy conducted comprehensive tests of the littoral combat ship (LCS) intended to demonstrate the performance of the propulsion plant, ship handling and auxiliary systems.

“The strong performance during this Acceptance Trial is an important milestone in the life of the future USS St. Louis,” said LCS program manager Capt. Mike Taylor. “St. Louis will be an exceptional addition to the LCS fleet.”

Following delivery and commissioning, LCS 19 will sail to Florida to be homeported in Mayport with sister ships USS *Milwaukee* (LCS 5), USS *Detroit* (LCS 7), USS *Little Rock* (LCS 9), USS *Sioux City* (LCS 11), USS *Wichita* (LCS 13), USS *Billings* (LCS 15) and USS *Indianapolis* (LCS 17).

Several more Freedom-variant ships are under construction at Fincantieri Marinette Marine Corp. here. Future USS Minneapolis-Saint Paul (LCS 21) was christened in June and Cooperstown (LCS 23) is the next Freedom-variant ship to be christened in 2020. Additional ships in the production phase include future USS *Marinette* (LCS 25), *Nantucket* (LCS 27) and *Beloit* (LCS 29), and *Cleveland* (LCS 31) in the pre-production phase.

LCS is a highly maneuverable, lethal and adaptable ship designed to support focused mine countermeasures, anti-submarine and surface warfare missions. The Freedom- and Independence-variant LCSs integrate new technology and capability to affordably support current and future mission capability from deep water to the littorals.

LCS is now the second-largest surface ship class in production. In 2019, three LCSs were delivered to the fleet and three will be delivered in 2020.

Most recent national military headlines

- ▶ Pentagon Expanding Database Searches as Part of Foreign Student Vetting
- ▶ Next-Generation Anti-Ship Missile Achieves Operational Capability with Super Hornets
- ▶ Report to Congress on U.S. Navy Destroyer Programs
- ▶ Navy Drops TV Ads: Trades Super Bowl Spots for Esports, YouTube
- ▶ CNO Gilday Wants Every New Sailor Tested For Cyber Skills Aptitude
- ▶ Foggo: Navy Needs Unmanned ISR, Tankers to Counter Russia
- ▶ House Approves Money for Carriers, Aircraft in New FY 2020 Funding Bill
- ▶ Congress slashes funding for the Navy’s LCS sensors - again
- ▶ The Navy is buying equipment that makes it easier for female pilots to pee
- ▶ Navy admiral: Russian submarine activity highest US has seen in a long time
- ▶ Hugh Hefner’s son joins Air Force, halts plan to launch new media company
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Pentagon history: 7 big things to know

by Katie Lange,
DOD News

The Pentagon is a universal symbol of U.S. strength and security known around the world, but do you know the history behind it?

The 1,100 acres of land on which the Pentagon sits was once part of the sprawling estate of Confederate Gen. Robert E. Lee. The federal government confiscated it during the Civil War, but the building's concept and construction didn't happen until several decades later.

Here's the rest, in a nutshell.

It was supposed to be temporary.

The Pentagon was the brainchild of Army Brig. Gen. Brehon B. Sommervell, who, in the early 1940s, pitched it as a temporary solution to the then-War Department's critical shortage of space as the threat of joining World War II became imminent.

The plan was approved, and on Sept. 11, 1941, construction began. About 296 acres of land were designated for the building, which was supposed to be turned into a hospital, office or warehouse once World War II was over.

Why make it a pentagon shape?

The logic behind this was pretty simple - the site designated for construction was bordered by five roadways, so the developers decided to go with a five-sided building. Naturally, they called it the Pentagon.

An incredible amount of workers and materials brought it together.

The grounds and building went up in a stunning 16 months. The building was offi-

cially completed in January 1943, thanks to the help of 1,000 architects and 14,000 tradesmen who worked three shifts around the clock. A staggering amount of materials were needed, too, including 435,000 yards of concrete, 43,000 tons of steel, and 680,000 tons of sand and gravel.

The first tenants moved into the building in April 1942, several months before the building was finished.

Temporary needs quickly became permanent.

At the height of World War II, the Pentagon housed more than 33,000 people, and its worth exceeded expectations. Officials discovered that they did, in fact, need to keep such a large military force active once the war was over. So, instead of turning the building into something else, it remained the military's command center.

Nowadays, it houses the Office of the Secretary of Defense, the Joint Chiefs of Staff and the highest echelons of the Army, Navy, Marine Corps and Air Force.

In 1992, the building was designated a National Historic Landmark. Due to its age, renovations began around that time on the building's 4 million square feet of space.

Ongoing renovations likely saved lives on 9/11.

On Sept. 11, 2001, the nation's



The Pentagon's facade nearing completion, Dec. 21, 1942. Photo by DOD

sense of security was shattered when terrorists hijacked commercial airplanes and flew them into New York City's World Trade Center, into a field in rural Pennsylvania, and into the nation's symbol of military might.

American Airlines Flight 77 crashed into the west side of the Pentagon, penetrating three of its five rings and killing 184 people. Thankfully, several offices in that area weren't occupied because of the ongoing renovations. In fact, one of the sections had just finished getting upgrades that improved security features, including walls and windows with greater blast resistance. An initial analysis after the attacks suggested that helped to save a lot of lives.

Post-9/11 renovations continued for a decade.

The team working those initial renovations was tasked with rebuilding the damaged portions. The reconstruction effort was

dubbed the Phoenix Project, and it cost \$500 million.

By Aug. 15, 2002 - less than a year later - the first tenants whose offices were damaged began to return, even though renovations were nowhere near complete.

Aside from the rebuild, a groundbreaking for a memorial honoring the lives of the 184 killed at the Pentagon on 9/11 began June 15, 2006. The memorial, which was dedicated on Sept. 11, 2008, sits on a two-acre plot of land on the southwest side of the building, next to where the airplane struck that fateful day.

There were challenges.

Even before the terrorist attacks, the renovations were considered a massive undertaking, which included:

- Removing all hazardous materials
- Replacing all building systems
- Adding new elevators and

escalators to improve vertical circulation

• Installing new security and telecommunications systems to match the times

• Integrating sustainable design measures and force protection initiatives prompted by the 9/11 attacks

• Environmental considerations: High-efficiency lights, recycled gypsum wall board and recycled-content carpet were installed, and 90 percent of all the concrete and metal used was diverted from landfills

According to Pentagon historians, 40,000 personnel had to be relocated during the project's various phases, which went as follows: Each wedge was broken into 10,000 square feet; plumbers, electricians and other tradesmen then had five days to complete their tasks before moving onto the next 10,000 square-foot section.

The first section was completed in 26 weeks to accommodate a timetable laid out by Congress.

Armed Forces Dispatch (619) 280-2985

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

Publisher.....Sarah Hagerty

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USS Arizona living survivors now down to 3

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PEARL HARBOR - The last glimmer of sunset has just fallen beneath the horizon on the shore. The yellow kiss from the sun has transformed to a white glow from the bulbs that illuminate the archways of the memorial. The faint sound of waves rhythmically lapping against the shores of Pearl Harbor are interrupted by scattered snuffles and the stirring of guests in their seats. The silence is finally broken by the ring of a bell and the echo of one solitary voice, "S.M Teslow, 1982." The bell rings once for every name on the list being read. Finally the crowd hears "L. F. Bruner, 2019."

Lauren Bruner, the second to last Sailor to escape USS Arizona on Dec. 7, 1941, was interred among the ship's wreckage during a sunset ceremony held on the memorial, Dec 7.

The 98-year-old former fire controlman died Sept. 10, 2019, in California. Bruner's passing leaves only three surviving crewmembers who were aboard

the Arizona that fateful day: Don Stratton, 97, Lou Conter, 98, and Ken Potts, 98.

Bruner's family, caretakers, friends and members of the Hawaii National Park Service joined service members past and present to honor the legacy of and lay to rest the storied veteran.

Edward Hoeschen, neighbor and caretaker of Bruner, Kelsea Holbrook, an NPS ranger, and others close to Bruner passed the ashes from the memorial platform to Navy divers waiting in the water. The deceased who have chosen interment on the sunken battleship get their urns placed in the well of gun turret four.

Only surviving Sailors that were crew members aboard USS Arizona are given the honor to be interred within the ship once they pass.

As of Feb. 2018, 43 USS Arizona survivors had been interred within the ship, nested on the

sea floor of Pearl Harbor. Bruner makes the 44th and final. The remaining survivors intend to be buried with their families.

There was much debate for Bruner when it came to his final resting place. He ultimately chose the memorial knowing that Americans would continue to visit him daily, learn the history of the historic site and never forget what happened.

Daniel Martinez, chief historian for the Pearl Harbor National Memorial, and Superintendent Jacqueline Ashwell unveiled Bruner's name that has been added to the list of names etched into the memorial's marble walls of the Shrine Room. The wall displays more than 1,700 names of the Sailors entombed inside the ship and those who have been interred.

Once the attacks started on the morning of Dec. 7, Bruner raced up to the ship's main deck. He was shot in the back of the leg and wounded by the bullets of a Japanese fighter.



Edward Hoeschen, neighbor and caretaker of Lauren Bruner, looks at the newly unveiled name on the USS Arizona Memorial during an interment ceremony, Dec. 7. Navy photo by MC2 Cole C. Pielop

At 8:06 the battleship Arizona was hit with a bomb from 10,000 feet. After crashing into the ship on the starboard side, the bomb made its way to the third deck powder magazine. What ensued was nothing less than a horrific explosion.

A Sailor from the nearby maintenance ship, USS Vestal, threw a rope over to the burning ship.

Bruner and his shipmates climbed hand over hand and made their way to safety to become part of the 337 Arizona survivors.

"The experience of the day left Bruner traumatized," said Martinez. "He regularly suffered from nightmares, visions of dead bodies, and memories of the stench of human flesh."

Bruner went through nearly eight months of care recovering from burns that ravaged more than 70 percent of his body. But, his fight was not over.

Martinez recalls the survivor saying, "At that moment in my life I chose to face the future and not let my past dictate what would be ahead."

"I'm a believer in the adage that adversity doesn't build character, it reveals it and that is what Lauren did on that day," said Adm. John C. Aquilino, commander of U.S. Pacific Fleet. "In the opening moments of World War II he and his shipmates set

the standards that all of us to try and emulate every day."

Pearl Harbor was only the beginning of his heroism. Bruner returned to the fight that spread across the Pacific Ocean, participating in eight more battles against the Japanese before succeeding from the Navy.

A routine participant of Pearl Harbor commemorations, Bruner is no stranger to the familiar faces of the service members and civilians that surround the harbor's memorials. Retired Rear Adm. Frank Ponds and Holbrook were two of those lucky enough to form a special bond with the survivor.

Both offered personal accounts of their experiences with the honoree.

"Lauren never ran from his past, he actually ran towards it. He embraced it and he shared it with others. And that's what he did with me," said Ponds. "If there was one thing that Lauren looked forward to, or that he relied on and that he had faith in, it was family and the youth that dawn the cloak of our nation. Lauren loved the Navy and he loved his nation."

When it comes to the history books Bruner will be remembered and described as a veteran, survivor and Purple Heart recipient. But, for those that know him best, he will be remembered as: someone with an unforgettable grin and smile, a man with guts, fight and toughness and an American hero with a legacy worthy of the decades to come. There are many reasons to remember Pearl Harbor, but Bruner and his story gives a resounding reason to never forget.

Top U.S., Russian military leaders meet to improve mutual communication

by Jim Garamone

The top U.S. military officer met in Switzerland with his Russian counterpart for talks aimed at increasing communication between their nations to reduce risks in conflict areas.

The Dec 18 meeting was the first time Army Gen. Mark A. Milley, the chairman of the Joint Chiefs of Staff, and Russian Army Gen. Valery Gerasimov, chief of the General Staff, have met face to face. The two military leaders have spoken by phone since Milley took office in October to avoid conflicts in military operations and risks of miscalculations.

"The two military leaders discussed Syria, strategic stability and a variety of operational and strategic issues to enhance deconfliction and improve understanding to reduce risk," Joint Staff spokesperson Air Force Col. DeDe S. Halfhill said in a written statement issued after the meeting.

The meeting is the latest in a series that began in February 2017 in Baku, Azerbaijan, between then-Joint Chiefs Chairman Marine Corps Gen. Joe Dunford and Gerasimov. Before that, U.S. and Russian military leaders had not met since early 2014 - before Russia illegally annexed Crimea and intervened in eastern Ukraine. Other meetings have occurred in Turkey, Finland and Austria. This is the first such meeting in Switzerland.

The need for communication among nations in conflict areas is

especially keen in Syria. In 2015, Turkey shot down a Russian fighter jet that strayed into Turkish airspace from Syria. The battlespace in Syria is jumbled, with Turkey operating independently, Russian troops working with Syrian President Bashar Assad's forces, and U.S. forces operating through indigenous forces against a resurgence of ISIS. Because the chances of a miscalculation in Syria are high, the U.S.-Russia meetings aim to reduce the risk.

The military leaders have more to discuss. On Dec. 16, U.S. Coast Guard officials protested that a Russian spy ship was operating "in an unsafe manner" off the coast of South Carolina. Also, the U.S. destroyer USS Ross was tailed by a Russian ship after it entered the Black Sea. There have been incidents of Russian aircraft buzzing ships and crowding U.S. planes.

The U.S. National Defense Strategy sees Russia as trying to reshape the international order. Milley addressed this during his confirmation hearing in July.

To continue reading this story, go to <https://www.defense.gov/explore/story/Article/2043133/top-us-russian-military-leaders-meet-to-improve-mutual-communication/source/GovDelivery/>.

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County awarded \$2.5 million to house veterans experiencing homelessness

by Katie White

The County Health and Human Services Agency has been awarded an annual \$2.5 million federal grant to fund housing vouchers for veterans who're experiencing homelessness.

The \$2,520,346 grant from the U.S. Department of Housing and Urban Development (HUD) will allow the County to issue housing vouchers to 175 unsheltered veterans in San Diego County.

The funds are administered

through the Veterans Affairs Supportive Housing program, or VASH, a collaborative effort between HUD and the U.S. Department of Veterans Affairs (VA). VASH provides rental assistance, ongoing VA case management and supportive services, including drug and alcohol counseling and finance education to veterans without a stable home.

"This grant is good news for our unsheltered veteran population," said David Estrella,



Courtesy photo from County of San Diego Communications Office.

director of HHSA's Housing and Community Development Services. "The funds will secure a stable place to live for men and women in our community that have sacrificed so much."

According to the 2019 Point-In-Time homeless count, about 14 percent of the local homeless population has served in the military. Veterans are more likely than civilians to be homeless due to higher rates of traumatic brain injuries and Post-Traumatic Stress Disorder.

The \$2.5 million grant supplements federal funding the County has already received under

VASH. Overall, the County's VASH program has assisted more than 1,000 veterans in finding a place to live.

Information on how to apply for these vouchers can be found online, or by calling (877) 478-5478. The County is also actively seeking landlords interested in housing veterans selected for the vouchers.

Landlords interested in participating in the rental assistance programs should call 2-1-1 San Diego or visit the organization's website. 2-1-1 San Diego will refer landlords to the proper jurisdiction.

Social Security Matters

by Russell Gloor

Ask Rusty - Can I increase my benefit by withdrawing from Social Security?

Dear Rusty: I'm 67 and have been collecting Social Security for a couple of years now but I want to increase my benefit. Will you please explain what Social Security's Form SSA-521 is for? Would it benefit me as a retiree to be able to gain more on my monthly benefits? Where and how could I request or access this form? Signed: Seeking Answers

Dear Seeking: Social Security's Form SSA-521, Request for Withdrawal of Application, is used when someone has applied for Social Security benefits and later decides they do not want

to collect their benefits after all. The form can be submitted within 12 months of the start-date of your benefits, and if approved will require that all benefits which have been paid to you, or on your behalf by Social Security - including Medicare premiums, withheld taxes and any benefits (including those paid to your spouse or any other dependents on your record) - are fully reimbursed to the Social Security Administration. It might be used, for example, by those who claim prior to their full retirement age, perhaps because they become unemployed and need the money, and then later become employed again. Or it might be used by someone who applies for benefits early but later simply change their mind and now wants to delay claiming to increase their benefit amount. This form is how someone can initiate the "do over option" that you sometimes hear Social Security pundits speak of. It essentially "wipes the slate clean" with Social Security, but it cannot be used by someone who has been collecting benefits for more than one year and it cannot be used more than once in your lifetime.

From what you have told me, the Request for Withdrawal of Application Form SSA-521 will not work for you. However, there is another way you can increase your Social Security benefit. Since you have already reached your full retirement age you can now request that Social Security "suspend" your benefit payments so that you can earn "delayed retirement credits" (DRCs). If you suspend your benefits, you'll earn DRCs at the rate of 2/3rds of 1 percent per month you delay (8 percent per year of delay), and when you eventually restart your benefits the amount will be higher (how much higher depends upon the number of months your benefits have been suspended). You can earn DRCs up to age 70, so you should not wait beyond age 70 to restart your benefits. But beware, because there's a catch to suspending your benefits - your spouse, or any other dependent, cannot collect benefits based upon your work record while your benefits are suspended. And if your Medicare Part B premium is deducted from your Social Security payment, you'll need to make special arrangements to pay that Part B premium directly to Medicare.

If you decide to suspend and allow your benefit to grow, you will need to contact Social Security directly, either via the general number (800.774.1213) or by contacting your local office (find it at www.ssa.gov/locator). You may ask Social Security to suspend your benefits either verbally or in writing. So, if you have found that you don't need your Social Security benefit at this time and wish to allow it to grow, and you understand that anyone else collecting on your record cannot get benefits while you are not collecting, then suspending your benefits and restarting later would give you the higher benefit you are seeking. Your benefits

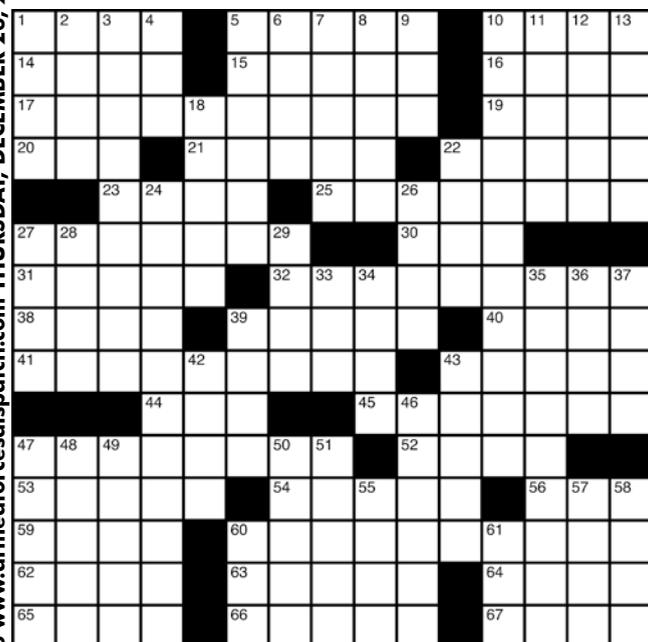
Crossword Puzzle

Across

- 1 New England NFLers
- 5 Workforce
- 10 ___ salad
- 14 Cornell who founded Cornell
- 15 Actress Tierney
- 16 Passionate god
- 17 Nerd's moniker
- 19 Unexciting
- 20 Actress Gabor
- 21 Blends
- 22 Destination for the last flight?
- 23 In the cellar
- 25 Detective's moniker
- 27 Speak to
- 30 Michelle who was the youngest female to play in a PGA Tour event
- 31 Bubbles up
- 32 Didn't like leaving
- 38 Ending for marion
- 39 Traitor's moniker
- 40 Gung-ho
- 41 Lawn-trimming tool
- 43 Anti-inflammatory brand
- 44 Sixth sense, initially
- 45 Coming to a point
- 47 Genius' moniker
- 52 Bonny one
- 53 Captain Kirk's "final frontier"
- 54 Young zebras
- 56 "Gross!"
- 59 ___ avail: fruitless
- 60 Old-timer's moniker
- 62 Skunk cabbage feature
- 63 More flimsy, as an excuse
- 64 Ballet move
- 65 Attention getter
- 66 Krispy ___
- 67 Man, but not woman

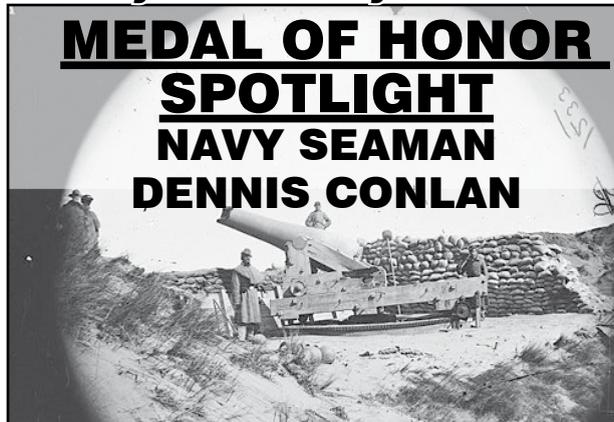
Down

- 1 First name in skunks
- 2 Sea of ___: Black Sea arm
- 3 Court calendar entry
- 4 ___ Diego
- 5 Silvery food fish
- 6 Airport waiter
- 7 Dealership lot array
- 8 At risk of being slapped
- 9 A long way
- 10 Rats
- 11 Former New York senator Al D' ___
- 12 Word with book or opera
- 13 "Clean Made Easy" vacuum brand
- 18 Pill amounts
- 22 Like Death Valley
- 24 Bodyguard, typically
- 26 Lambs' moms
- 27 Not many
- 28 Indulge, with "on"
- 29 Sealed tight
- 33 Summer cooler
- 34 Bakery offering
- 35 Presents too aggressively
- 36 Cave in
- 37 Piggied out (on), briefly
- 39 Taunting remark
- 42 Italian noble family
- 43 Take ___: decline to participate
- 46 Enticement
- 47 Prevent, in legalese
- 48 Apple players
- 49 Compact
- 48-Down
- 50 "My concern is ..."
- 51 "You've got the wrong person!"
- 55 Attention getter
- 57 Cry out loud
- 58 "Look ma, no hands!"
- 60 March on Washington monogram
- 61 Prefix with gram



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Those who perform valiant actions don't always succeed in their missions, but that doesn't mean their efforts aren't worthy of commendation. Navy Seaman Dennis Conlan was one of several men who received the Medal of Honor for actions during the Civil War that didn't bring success for their side - but they were courageous nonetheless.

Read this story at <https://www.defense.gov/explore/story/Article/2046198/medal-of-honor-monday-navy-seaman-dennis-conlan/source/GovDelivery/>.



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Change your response to the office jerk

by Dr. Daneen Skube
Tribune Content Agency

Q: I read all your columns and have read your book, but even with these tools I still find some people act nasty. I agree with your columns that having influence skills is important, but what can you do with people that seem immune to influence?

A: There are two actions to handle people that seem immune

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to influence 1) Don't give up trying new approaches 2) If all else fails, change how you are responding.

If someone at your office seems bent on making you miserable, don't give up. Keep inventing new approaches.

All scientific discovery is the product of trial and error. With difficult people you may try a hundred tactics before hitting upon the one that works. Don't give up because you are learning and growing regardless of how the other person responds.

Difficult people are the ultimate psychological and interpersonal lab because you are forced out of your comfort zone. When you cannot do what you always do, you learn flexibility. Think of difficult people as being interpersonal yoga class.

Sometimes you may need to not respond because you are too upset. You have every right to avoid a person that triggers you while you consider what you are doing and how you are responding internally.

When we take time away from an upsetting situation, we can think objectively about our reactions and any approaches we haven't tried. Don't expect yourself to never need a break from your office brat.

Give yourself plenty of room to rant to people outside your workplace or inside your head. Your negative judgments about your difficult co-worker are fine. The problem occurs when we leak these feelings in word and deed directly to the co-worker.

There are two reasons leaking your fury at your co-worker doesn't help you 1) Many difficult people feel they have no power, so when you let them know how much power they have to drive you nuts, they like it! 2) You will be more upset when you get done than when you started.

Realize that effective interpersonal strategies take the oxygen out of a nasty person's tactic. Realize also that most difficult people are not consciously mal-

icious, they are deeply unconscious, suffering and emotionally undeveloped. No one is your office acts bad because you deserve poor treatment; they act bad because it is the only way they know to act.

If everything you've tried has had no effect, don't despair. You have the power to work with yourself on holding onto your sanity. Nasty people are

masters at kicking us where we are already wounded.

None of us enjoy situations that hit our internal fears about

Enhanced vetting of international military students

by David Vergun

New foreign military student vetting procedures have been put into place, a senior defense official announced at the Pentagon.

Garry Reid said Dec. 19 the Defense Department took immediate steps Dec. 10, to strengthen personnel vetting of international military students and to complete a review within 10 days of policies and procedures for screening foreign students and granting them access to installations.

Reid is the director of defense intelligence, counterintelligence, law enforcement and security, in the Office of the Undersecretary of Defense for Intelligence.

These efforts will seek to more closely align international military student vetting procedures with those applied to U.S. personnel, he said. He then updated the review process.

"We elected to screen all [international military students] using a set of expedited screening protocols that were already developed within the Defense Counterintelligence and Security Agency as part of personnel vetting transformation initiative," he said.

The term "expedited" refers to the application of automated checks to multiple data sets, including government data, commercial data and publicly available data, to include social media, Reid noted. The results of these automated data checks are reviewed and validated by trained security analysts, he explained.

The intent of this process is to determine if there is any information that could be an indicator of elevated risk that was not previously identified as part of the IMS applicant screening and approval process, Reid said.

As of today, DCSA has com-

pleted screening of all current Saudi Arabian military students, he said.

The only actual power a nasty person has is to force us out of our comfort zone and make us emotionally uncomfortable. When forced out of our comfort zone, we expand our interpersonal tools. When we are emotionally uncomfortable, we have the opportunity to see what we need to heal within us.

The last word(s)

Q: I have a co-worker who constantly argues with everyone. Is there a best way to get the last word in with this guy?

ourselves dead on. Then again if we can see what we fear about ourselves, we have the power to heal that part of us.

"The analytic process is still underway, but we can report that no information indicating an immediate threat scenario was discovered," he stated.

DOD will continue the vetting for the remainder of all current international military students and apply the same procedures to any inbound international military students while working with the State Department and the Department of Homeland Security on any permanent policy changes, he said.

Regarding the 10-day review of policies and procedures, the FBI established a vetting and security review team led by a senior defense security policy official. The team is composed of representatives from DCSA, the military department, DCSA, the State Department, DHS and the U.S. Embassy team in Riyadh, Saudi Arabia, he said.

This also includes the DOD general counsel and others within the department, he added.

The team has collected all relevant policy and procedure information pertaining to screening and vetting Saudi Arabian military students and will use this as a baseline reference for comparison to analogous procedures used for U.S. personnel, Reid said.

The intent of the review is to determine where the current process can be modified to improve collaboration and sharing of security-related information from the initial point of nomination, through arrival in the U.S., enrollment in the training program, gaining access to U.S. military bases and across the entire training cycle, he said.

The vetting and security review team will provide a report

A: Yes, try silence. The best way to end an argument is to stop feeding the power struggle.

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

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of the findings and recommendations to the deputy secretary of defense on the required timeline, Reid said, and it's likely some portions of the report will contain classified information.

"Our first priority will be to ensure that all of our components are informed and postured to adopt any new procedures that stem from the report and recommendations," Reid said.

DOD releases 2020 CONUS COLA rates

The Defense Department released the 2020 Continental United States (CONUS) Cost of Living Allowance (COLA) rates, which take effect Jan. 1, 2020. In 2020, the total number of service members receiving CONUS COLA will decline by 2,600.

Approximately \$20.2 million will be paid to approximately 12,300 service members stationed CONUS in 2020 - \$1.9 million less than last year. Approximately 3,800 members will now receive CONUS COLA; 3,300 will see an increase in their CONUS COLA payments; 4,100 members will see a decrease; 6,400 members will no longer receive CONUS COLA; and 1,100 will see no change.

CONUS COLA is a taxable, supplemental allowance designed to help offset higher prices in the highest cost locations in CONUS that exceed the costs in an average CONUS location. Rates can increase, decrease or remain the same, depending on the non-housing prices in a duty location as compared to non-housing prices in an average CONUS location.

By law, a contractor provides cost data from each military housing area (MHA) for the following categories: transportation, goods and services, federal income taxes, sales taxes and miscellaneous expenses. Data is adjusted to account for the amount of Basic Allowance for Subsistence, an allowance meant to offset the costs for a member's meals, and for cost savings gained from shopping at commissaries and exchanges.

This information is compared to the same cost data for average CONUS, which serves as a benchmark. The resulting ratio is called an index. By law, a CONUS COLA rate is only prescribed when the index meets a threshold of 108 percent, meaning the costs for non-housing types of goods and services in a particular location are at least eight percent more expensive than average CONUS. An index in excess of 108 percent would qualify for CONUS COLA (e.g., a location that is 10 percent more expensive would qualify for a two percent COLA index).

This year, eight MHAs will now receive an index; two will receive a CONUS COLA index increase; four will receive a decrease; eight will no longer receive CONUS COLA; and two MHAs will remain unchanged.



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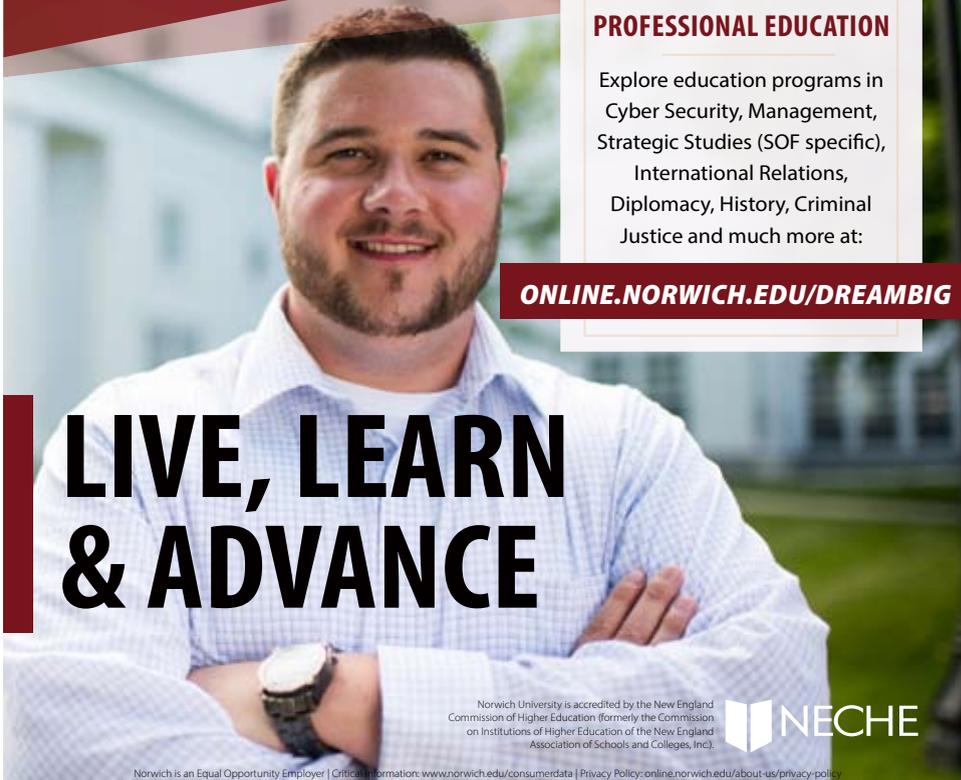
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VCNO, chief of naval personnel visit West Coast naval air stations

The vice chief of naval operations and the chief of naval personnel completed a trip to West Coast-based naval aviation commands Dec. 16-18.

VCNO Adm. Robert Burke and CNP Vice Adm. John Nowell held small-group discussions with officers and enlisted Sailors, received updates on readiness, and toured facilities at Naval Air Station Fallon, Nev., and NAS Lemoore. VCNO also visited Naval Air Weapons Station China Lake.

Each aviation base provides the Navy and Marine Corps invaluable air space, weapons ranges, facilities, and training opportunities that cannot be replicated elsewhere.

“Naval aviation is a significant portion of naval warfare, and the future fight depends on the critical work being done here,” Burke said. “I can sense the pride and teamwork here, and most importantly the ownership all in the very real context of warfighting and warfighter development.”

For example, the Naval Avia-

tion Warfare Development Center (NAWDC) at NAS Fallon is the critical centerpiece in developing advanced warfighting tactics, as well as joint integrated training.

“The professional development opportunities out here are tremendous,” said Nowell. “NAS Fallon and NAS Lemoore are where Sailors go to become the best at their craft. The leadership knows this, so the Navy will continue to invest in the quality of life and sense of community at these bases.”

While at Lemoore, Burke and Nowell joined the Commander, Naval Air Forces Vice Adm. DeWolfe Miller for a Naval Aviation Enterprise Boots on the Ground event, where they were



Vice Chief of Naval Operations Adm. Robert P. Burke speaks to naval aviators during a visit to Naval Air Station Lemoore. Burke visited West Coast-based aviation commands and held small-group discussions with officers and Sailors, received updates on readiness and toured facilities. Navy photo by Marcelo Calero

updated on the Naval Sustainment System and Super Hornet readiness.

“2019 was a year of success for aviation maintenance improvements and readiness, thanks to immense work by both Navy Sailors and civilians, as well as our contracting and industry partners,” said Burke. “While naval aviation works to sustain record readiness levels, we continue to learn not just here, but everywhere. These

First SNCO graduates Expeditionary Warfare School’s Blended Seminar Program

by Lance Cpl. Andrew Cortez

CAMP PENDLETON - The Marine Corps is full of different types of training and education programs. While many of the courses are required for promotion and retention, there are also many others available for Marines to simply improve themselves.

Gunnery Sgt. Daniel Best, the Marine Security Guard detachment commander for the U.S. Embassy in Bogota, Colombia, went above and beyond in improving himself as a Marine when he became the first enlisted student to graduate from the Expeditionary Warfare School’s Blended Seminar Program, Dec. 13.

“My goal is to expand my horizons, and this course is supposed to teach you the (Marine Air-Ground Task Force) in more detail,” said Best. “I want to use

this and help influence decisions in operational planning.”

The six-month-long training course is comprised of four weeks of resident training, and then 13 weeks of internet training followed by six weeks of resident training. Each student comes to class every day for the first four weeks. During the entire course, the students are working with each other to solve problems.

In a course designed for senior captains, Best’s enlisted rank and experience sets him apart.

“(Best) is a glass ceiling breaker, he’s a groundbreaker,” said Willard Buhl, an instructor for the EWS blended seminar. “He’s the first Staff NCO we’ve had in the Blended Seminar Program. I think he lends a great dimension to the class, because he brings a mature senior enlisted experience to the room.”

It was a bit of a long road for Best to get into the program. The course has been open to enlisted Marines for some time, but officers have priority over enlisted personnel. After spending eight months on a waiting list, Best got accepted into the class and became the first enlisted Marine to be enrolled in the Blended Seminar Program in June.

Best did not know he was the only enlisted Marine in the program until he arrived at Camp Pendleton to start the course. Once he found out he was the first-ever enlisted Marine in the program, he knew wanted to set a good example for the enlisted Marines who would follow in his footsteps. He’s performed so well in the course he’s become a standout even among the commissioned students, and they often look toward him for his experience, according to Buhl.

see EWS, page 10

best practices are being shared in other communities in the Navy to improve readiness across the board.”

During the visit to Naval Air Weapons Station China Lake,

VCNO Burke also toured several sites affected by the earthquake that hit nearby Ridgecrest, Calif., July 5.

“A ready Navy—ready to fight today and ready for the threats

of tomorrow - must commit fully to training, maintenance, and modernization,” Burke said. “The work being done every day at these locations will ensure a Navy ready for tomorrow.”



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CORPS VALUABLE

by Sgt.

Christian Oliver Cachola

SAN DIEGO - Marines are no strangers to setting the example on and off the battlefield. One of these individuals is Capt. Richard A. Hayek, an Arlington, Texas native. Throughout his Marine Corps career he has used the lessons he learned to become an exemplary Marine and an inspirational leader.

In recognition of his reputation and notable accomplishments, the USO awarded Hayek with the George Van Cleave Military Leadership Award on Dec. 4 during the 58th USO Armed Forces Gala and Gold Medal Dinner in New York City. But Hayek believes he didn't earn that award from his merits alone.

The USO recognized Hayek for his initiative and leadership, but also highlighted two distinct moments in his career which affected the lives of many. One of the events took place Dec. 22, 2004, when then Sgt. Hayek served as a security commander during a convoy. This was Hayek's first deployment to Iraq.

"We were headed south from FOB Al Qa'im headed towards Al Asad," recalled Hayek. "We saw an orange and white four-door sedan approaching the front of our convoy."

Hayek and his Marines communicated to the driver using hand and arm signals to move away from the



Marine Corps Capt. Richard A. Hayek, getting his award. Photo by Sgt. Christian Oliver Cachola

convoy. The sedan began to drift off in a direction seemingly in compliance with their orders, approximately 200 meters off the roadway. But then something changed.

"Approximately 18 vehicles in is when he made the decision to ram into the side of a 7-ton and detonate his vehicle," said Hayek. "It was loud enough to hear in my vehicle, and I was a couple hundred meters down the road."

At this point, Hayek decided to turn his vehicle around to provide support and establish communication at the blast site.

"The standard operating procedure at the time was that if there's some sort of IED attack, all the vehicles to the rear of the 'kill zone' will come up and offer fire support and evacuation for wounded. Everybody to the front of the blast will push up and set up security," stated Hayek. "I was a squad leader at the time and it felt like my responsibility to be

there, instead of setting up a security posture away from the threat."

When he arrived at the blast site, Hayek and his team realized the vehicle was engulfed in flames. They worked hastily to ensure every Marine in the vehicle made it out alive amidst the burning ordnance. Immediately upon recovery of the Marines, he coordinated a casualty evacuation, saving the lives of many.

"My main focus was ensuring nobody else was going to get hurt by making sure security was established and providing aid to the Marines and making sure they ended up in a military treatment facility fast," said Hayek.

Hayek soon returned home from deployment with mental scars from that day. He continued his Marine Corps career and was accepted to a commissioning program and at-

see **Hayek, page 10**



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Seal Beach marks ammo pier project with groundbreaking



by Gregg Smith

SEAL BEACH - The groundbreaking ceremony for a major enhancement to Pacific Fleet ammunition support capabilities, as well as to Commander, Navy Region Southwest, was held onboard Naval Weapons Station Seal Beach Dec. 13.

The project will construct a 1,100-foot-long replacement ammunition pier and will in-

clude a larger ship turning basin and a new public navigation channel that will separate Navy vessels from civilian boats traveling through Anaheim Bay.

"Today's event celebrates the culmination of over four years of detailed design and environmental analysis, and the beginning of construction activities that are anticipated to take five years to complete," said base Public Works Officer Lt. Cmdr. Nigel Morrissey.

"This day was a long time in the making," said Commanding Officer Capt. Jason Sherman. "The general concept and alternatives development for this project were started over 15 years ago, and have been constantly improved upon."

"The project will have significant benefits for both the Navy and the surrounding community," said Sherman.

Benefits will include a new, larger ammunition pier built to the latest standards, the ability to simultaneously dock two medium sized ships or one large ship, enhanced safety and security for base operations, and fewer disruptions to civilian boating activities.

"This has really been a team effort across multiple commands, involving everyone from planning and environmental staff to the crews running our port and munitions operations," said Sherman. "I'm really looking forward to seeing our plans become reality."

Naval Weapons Station Seal Beach is the primary munitions installation for the Navy's Pacific Fleet surface ships. Its primary role is to store and maintain Navy and Marine Corps munitions and load and unload Navy ships and larger Coast Guard vessels with the weapons they need to conduct their missions.

Hayek

continued from page 9

tended Ohio State University. In his transition to officer, he'd now save veterans on the home front.

While doing his commissioning requirements, Hayek helped found Vets 4 Vets at OSU. What began as Hayek discussing to one of his college professors about having a veteran-only class to share their experiences, flourished into the student organization that it is today.

"We had meetings, we had by-laws, we had pizza parties, we went to veteran facilities out in town, we did a Valentines' Day event; it was kind of like the Single Marine Program in a way," explained Hayek.

The establishment of Vets 4 Vets became well-known throughout campus and caught the attention of Jim Miller, associate to the Dean for the Fisher College of Business at OSU. Miller reached out to Hayek to see if he could help honor his father, a veteran, who recently passed away.

"The idea was that if you wanted to invest in something for veterans and honor your dad, they could use a student house," said Hayek. "I'm relating this to base housing; everywhere you go in the military you have some sort of base housing if you're married, or the barracks if you're single."

Hayek currently serves as the Adjutant for 12th Marine Corps District, based out of San Diego, and continues to look after Marines under his charge.

He reminds himself regularly of the greater effort and how his success is ultimately shaped by those around him.

EWS

continued from page 8

"They haven't had the diverse experiences that the gunnery sergeant has had, and they haven't had the leadership opportunities he's had," explained Buhl. "So he not only provides that enlisted perspective to them, but he provides a bit more experience with it. Its powerful."

Best joined the Marine Corps in August 2004, a month after he graduated high school. He enlisted as a financial management specialist, but took advantage of an opportunity to move into supply during Marine Combat Training.

"Supply is such a larger military occupational specialty than financial management," explained Best. "I've been able to do a lot of other things in the Marine Corps because my job allows me to."

Throughout his time in the Marine Corps, Best has branched out into different areas to become as well rounded possible. He's a third-degree Marine Corps Martial Arts Instructor Trainer and a combat marksman-ship instructor. While building his Marine Corps career, he has also worked on his outside education and studying for his master's degree.

"Someone told me knowledge equals access and access equals influence," said Best.

Now that he's graduated from the program, Best is looking forward to using his new knowledge and experience to improve the Marines he leads.

"Trying to increase my knowledge showed people here that I wasn't trying to make this a check in the box," said Best. "This is not a requirement for me to be here, I am here to make myself better for my Marines."



Gunnery Sgt. Daniel Best, the Marine Security Guard detachment commander for the U.S. Embassy in Bogota, Colombia, plots points on a map during the EWS Blended Seminar Program at Camp Pendleton. Best was the first staff noncommissioned officer to attend the program and graduated. Photo by Lance Cpl. Andrew Cortez

Obedient Don



CAMP PENDLETON (Dec. 17, 2019) - Marine Corps Cpl. Zachary Devaney, a military working dog handler with the Provost Marshal's Office, Security and Emergency Services Battalion, directs military working dog, Don, through the obedience course here. Handlers and their K9, spend over 50 hours training and developing their bond every week. Photo by Lance Cpl. Kerstin Roberts

Lincoln bell



ARABIAN SEA (Dec. 12, 2019) - Aviation Electronics Technician 2nd Class Brian Perry cleans the lower bell mouth of an MH-60R Sea Hawk helicopter attached to the Griffins of Helicopter Maritime Strike Squadron (HSM) 79 aboard USS Abraham Lincoln (CVN 72). Navy photo by MC3 Allayah Carr

Transit test



CAMP PENDLETON (Dec. 18, 2019) - Marines with Amphibious Vehicle Test Branch, Marine Corps Tactical Systems Support Activity, drive a new amphibious combat vehicle ashore during low-light surf transit testing here. The test was designed to assess and verify how well Marines can interface with the vehicle and operate at night. The ACV is an eight-wheeled armored personnel carrier designed to fully replace the Corps's aging fleet of Amphibious Assault Vehicles. Photo by Lance Cpl. Andrew Cortez

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

I find that the optimal time for one to muster motivation for self-improvement is right after one has polished off an entire pint of ice cream.

“Okay, that’s it!” I recently bellowed to my college-aged daughters after tossing an empty carton into the kitchen trash can. “I’m dead serious this time - In 2020, I’m finally going to become my best self!” I wasn’t exactly sure what that entailed, but the pint of ice cream had triggered an all-too-familiar level of personal disgust that I had experienced many times before.

The mudslide of rocky road sloshing in my stomach had brought me to rock bottom, and I was ready for something new. Not a new ice cream flavor, but a new path. A new way of doing things. A new attitude.

A new and improved me.

“I don’t care if I’m fifty-three years old!” I ranted, dropping my spoon into the sink with a repugnant clank. “I’m finally going to learn portion control, for criminy’s sake. And ... and also... I’m going to stop staying up so damned late, I’m not gonna bite my nails anymore, I’m going to take my vitamins, I’m going to stay organized,” I counted dramatically on each of my sticky fingers, “I’m not going to make excuses, and I’m gonna do things right, once and for all!”

“Glow up, Mom,” my daughter Anna said from her seat at

Glowing up in 2020

the kitchen island, nonchalantly smirking at her sister. She and Lilly were accustomed to my hormonal mood swings. They stared blankly at reruns of “Below Deck” on the countertop television as if I made such dramatic proclamations every day.

“Wait. What do you mean ‘glow up?’” I asked, stopping in front of Anna. She craned her neck to see her show around me, and responded without looking, “You know, Mom - you do you, be confident, don’t let anyone get you down.”

“Hmm,” I thought for a minute, “I like that... Yeah, that’s exactly what I’m going to do. I’m going to glow up in 2020!”

Mildly amused, my daughters egged me on with woots and fist pumps, their eyes only temporarily deviating from their reruns.

“Giddyup, Big Mamma!”

“Go on wit ya bad self!”

“Pop off, sis!”

“No cap!”

I had no idea what Anna and Lilly were shouting at me, but apparently, they were offering modern colloquial phrases of support and encouragement. And I knew I would need all the help I could get.

Despite the fact that self-discipline had never been my strong suit, that afternoon in the kitchen with my daughters, I felt a true sense of determination to change. As a middle-aged woman, I knew I would need to buck the “old dog” stereotype. Could I learn new

tricks at my age?

I reminded myself that I had spent 23 years as a Navy wife and mother of three - I had tackled challenges before. Deployments, loneliness, career challenges, managing the household alone, trying to make new friends, eleven moves, financial worries, military retirement, feelings of isolation, longing for the comfort of military culture. Memories of our military life seemed to woot and fist pump at me, just as my daughters had.

My determination to succeed at self-improvement seemed more real than ever before. But I was still facing at least a week of seasonal festivities, houseguests, chaos and clutter. I knew I would need to put some safeguards in place to minimize the risk that my motivation would wither and die like our Christmas tree.

First, I googled the term to make sure my girls weren’t punking me. To them, nothing was more hilarious than to hear their middle aged mother misuse modern phrases. To my relief, the pop culture blogs confirmed that “glow up” was generally defined as “a personal transformation” that includes “increased self confidence” and “a positive change in one’s lifestyle.”

Perfect. Next, I made a call to the base gym to book personal training sessions, listed my 2020 goals in a new organizational calendar, and painted my nails.

“Glow up, Big Mamma,” I told myself, confident that in 2020, I would do whatever I set my mind to.

AutoMatters™ & More



by Jan Wagner

The holiday season begins around Thanksgiving. In addition to the Black Friday and Cyber Monday sales, and holiday music on the radio, there are ice skating rinks and snow, even in balmy San Diego. Houses are decked out in bright, colorful lights, as are boats on parade in San Diego Bay. This is a time of year especially enjoyed with family and friends.

In San Diego one of most highly anticipated events of the winter holiday season takes place on the first Friday and Saturday of December. It is the annual “December Nights” celebration at Balboa Park – one of the largest free holiday festivals in the United States. It could only happen with the widespread participation of cultural groups, young people, musicians and others from all over San Diego County.

Think of “December Nights” as a gigantic, holiday-themed open house. More than 350,000 people enjoyed the food, fun, entertainment and beauty in Balboa Park. There always is way more to see and do than can possibly be experienced in person, let alone shared here, but here are a few highlights from the two days and evenings: visits and photos with Santa Claus, Mexican Folklorico dancing, Norwegian singing, gymnastics, hip-hop and breakdancing, traditional Peruvian dancing and singing, shopping for holiday memorabilia, tap dancing, Rockette-style dancing, The Village People (YMCA, Macho Man), lion and dragon dancing, folk dancing from South Asia and the Indian subcontinent, line dancing, Philippine dancing and music, “The Life and Times

December Nights 2019 at San Diego’s Balboa Park

of Santa Claus” puppet show, Mexican folk ballet, clogging, arts & crafts-making, organ music, Panamanian folkloric dancing, jazz dancing, flamenco dancing, music and song; ethnic food, pop and rock music, San Diego Chorus of Sweet Adelines (four-part harmony, barbershop style), mariachi music, Polynesian dancing, “zoolahoop” contests at the nearby San Diego Zoo, Scottish pipe and drum music, “taiko” drumming from Japan, singing and dancing by the JCompany youth theater, and much more.

For more than 35 years, the “Christmas Story” has been told with narration, choirs and an orchestra in the Organ Pavilion. At the center of its stage was a gigantic, 33-foot tall, brightly lit Christmas tree which opened up to reveal dramatic recreations of the story of the birth of Jesus in Bethlehem, over 2,000 years ago. Afterwards the audience was led in a rousing singalong of popular Christmas carols.

There was even a carnival midway with rides and games.

Another must-see event is the annual performance of excerpts from “The Nutcracker,” performed by the San Diego Civic Youth Ballet in the Casa del Prado Theater.

Live music and choreographed dancing was performed on stages setup throughout Balboa Park. Especially fun was “Theo (Bellow) and Zydeco Patrol.” They wrapped up Saturday’s performances on the Bon Temps Social Club Stage with lively, high-energy dance music reminiscent of Mardi Gras in New Orleans, which I captured on video.

Representing the House of Sweden, children clad in white full-length gowns wound their

way through the International Cottages in a traditional Santa Lucia Procession. After reaching the stage they sang traditional Swedish Christmas songs.

The museums opened their doors free of charge from 5 p.m. to 9 p.m. Inside they had holiday entertainment, special exhibits, treats, arts & crafts, and more.

Even though it is not yet open on a regular basis throughout the year, the Comic-Con Museum opened for this special occasion with pop culture-themed interactive activities, an amazing art show with works from the famous artist Shag, treats and movies. One could easily have spent several hours in that museum alone.

The Fleet Science Center always gets into the spirit of the holidays, with the tone well set by its very hands-on President & CEO, Dr. Steven Snyder. He was dressed in a green suit covered in Christmas decorations!

Balboa Park’s international houses go all-out, preparing foods that are associated with their home countries. One of my favorites is paella, cooked up fresh in huge pans by members of the House of Spain.

As you can see, “December Nights” in Balboa Park is a fantastic San Diego tradition. Be sure to mark your calendar to attend next year, the first Friday and Saturday of December.

To see additional photos, visit www.drivetribe.com, click on the magnifying glass, select “POSTS” and enter “AutoMatters & More #622” in their search bar. Please send your comments to AutoMatters@gmail.com. Copyright © 2019 by Jan Wagner – AutoMatters & More #622r1



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4:30pm A Beautiful Day In The Neighborhood
6:30pm Ford v. Ferrari
Friday, December 27
5:30pm Knives Out
7:50pm 21 Bridges
Saturday, December 28
1pm Frozen II
3pm Charlie's Angels
5:20pm 21 Bridges
Sunday, December 29
12:40pm A Beautiful Day In The Neighborhood
2:40pm Knives Out
5:10pm Midway (2019)
Monday, December 30
5:30pm Last Christmas
7:30pm 21 Bridges
Tuesday, December 31
2pm Charlie's Angels
4:20pm Ford v. Ferrari
Wednesday, January 1
2pm Frozen II
4pm A Beautiful Day In The Neighborhood
Thursday, January 2
4:30pm Knives Out
7pm 21 Bridges

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

Thursday, December 26
11am The Lion King (2019)
5pm Battleship
Friday, December 27
5pm The Goldfinch
Saturday, December 28
2pm The Intruder
5pm It: Chapter Two
Sunday, December 29
5pm The House
Monday, December 30
5pm The Best of Enemies
Tuesday, December 31
11am Dora and the Lost City of Gold
5pm Ma
Wednesday, January 1, 2020
No Movie
Thursday, January 2
11am Dumbo (2019)
5pm Yesterday

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Thursday, December 26
THEATER CLOSED
Friday, December 27
6:30pm Knives Out
9:10pm 21 Bridges
Saturday, December 28
3pm A Beautiful Day In The Neighborhood
6:30pm Frozen II
9pm Charlie's Angels
Sunday, December 29
1pm Last Christmas
6:30pm Midway (2019)
Wednesday, January 1, 2020
THEATER CLOSED - HAPPY NEW YEAR
Thursday, January 2
THEATER CLOSED

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

Thursday, December 26
5:40pm Frozen II
7:50pm Midway (2019)
Friday, December 27
5:50pm 21 Bridges
8pm Knives Out
Saturday, December 28
12:50pm Frozen II
5:50pm Frozen II
Sunday, December 29
1:30pm Frozen II
4pm Knives Out
6:40pm 21 Bridges
Monday, December 30
5:50pm A Beautiful Day In The Neighborhood
8:10pm 21 Bridges
Tuesday, December 31
5:50pm Frozen II
8pm Knives Out
Wednesday, January 1, 2020
2pm Frozen II
4:20pm Charlie's Angels
Thursday, January 2
5:40pm A Beautiful Day In The Neighborhood
8pm 21 Bridges

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Thursday, December 26
CLOSED
Friday, December 27
6pm A Beautiful Day In The Neighborhood
Saturday, December 28
1pm Frozen II
3:45pm A Beautiful Day In The Neighborhood
6:30pm Last Christmas
Sunday, December 29
1pm A Beautiful Day In The Neighborhood
3:45pm Frozen II
6:30pm Charlie's Angels
Thursday, January 2, 2020
CLOSED

Defend yourself against 21st-century travel scams

by Rick Steves
Tribune Content Agency

Europe is a surprisingly creative place when it comes to travel scams. Many of the most successful gambits require a naively trusting tourist, but seasoned travelers can be taken in, too. We should all be wary of the numerous subtle scams - a cabbie pads your fare, a hotel business center computer records your password, or a waiter offers a special with a "special" increased price. But if you're cautious and not overly trusting, you should have no problem. Here are some of the latest travel scams I've discovered on my travels, and how to skirt them.

You're searching the web for a short-term rental in Paris and contact the owner Pierre through Airbnb. Suddenly you get a private email from Pierre saying he can give you a better deal on the side - avoiding the website commission. The price is right, and the location is fantastic, but Pierre wants

you to wire the money directly to his bank account. "I've got others interested too, so you'd better do it quick," he writes. But once you wire the money, Pierre disappears along with the listing, and there's no way to get your money back.

DEFENSE: When booking accommodations, never wire money directly to a foreign bank account. Stick with a reputable, secure reservation website and use a credit card so you can dispute any fraudulent transactions.

In the heart of Barcelona you are about to use an ATM when another tourist stands on the sidewalk with a selfie stick and starts taking pictures. You don't think much about it as you withdraw your money and head into the Metro. Five minutes later, after being jostled in a crowded subway car, you find that your wallet is missing. When you frantically call your bank, you find out that someone with your

PIN has already withdrawn hundreds of euros from a different ATM. It turns out the "tourist" with the selfie stick was actually taking a video as you entered your PIN on the ATM keypad. His accomplice then targeted you in the subway.

DEFENSE: Check your surroundings before withdrawing cash from an ATM. If there is someone suspicious nearby, find a different ATM. And always cover the keypad when you enter your PIN.

Fresh off a long flight into Schiphol Airport and eager to get to your hotel in central Amsterdam, you approach the train-ticket machine with your credit card in hand. But a friendly-looking passerby offers to sell you at a discount a legit-looking ticket, saying he accidentally purchased two. Later when you feed the ticket into a turnstile, it doesn't work - the ticket was either a fake, or already had its bar code scanned.

DEFENSE: Never hand over cash (or a card) to someone who's not behind a counter.

On your last day in London you find a Union Jack coaster set you know your sister will love. You push your credit card into the reader, and it defaults to running the transaction in "USD" unless you select "GBP." The shopkeeper explains that the U.S. dollar option is a service that lets you "lock in" your conversion rate.

Later when you're in Edinburgh, an ATM offers two options. "You can be charged in dollars: Press YES for dollars, NO for British pounds." You think "dollars" is the logical choice and press YES. But when you check your bank statements, you see a "fee" for converting transactions to dollars and a poor exchange rate. You've been a victim of what banks call "dynamic currency conversion," which may be legal, but is a rip-off.

DEFENSE: When a merchant or a bank asks if you want to be charged in dollars, always choose the local currency. Cancel the transaction if they say you must pay in dollars.

In Prague two uniformed men stop you on the street, flash "Tourist Police" badges, and ask to check your wallet for counterfeit bills. After looking through your wallet, they say everything is fine and leave. You don't even notice some bills are missing until later.

DEFENSE: Never hand over your wallet to anyone. If the "police" insist, tell them you'll do it at a police station, not on the street.

There probably aren't more thieves in Europe than in the USA. We travelers just notice them more because they target us. But remember, nearly all crimes suffered by tourists are nonviolent and avoidable. Don't travel fearfully - travel smartly.

(c)2019 RICK STEVES

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Maintaining your cognitive health

Getting older can bring many changes, both physically and mentally. Even when you're healthy, your brain and body start slowing down. Maintaining your cognitive health—the ability to clearly think, learn, and remember—is important for your overall well-being.

Many things influence cognitive health. Your genes, lifestyle, and environment can all impact your thinking skills and ability to perform everyday tasks.

It's common to experience some decline in cognitive function as you get older. That may mean occasionally losing things, forgetting words, or briefly forgetting what day it is. Or you may notice that it takes longer to learn new things. Such symptoms don't necessarily mean that you're developing Alzheimer's disease or another type of dementia.

"I like to think about the brain as a computer disk for memory and thinking," explains Dr. Marie Bernard, an aging expert at NIH. "As you get older it gets fuller and fuller. So, it can get more difficult to retrieve data and add data to it. But you're still able to learn and grow."

Aging is bound to bring changes. But there are many things you can do to protect your cognitive health as you age. That includes knowing what puts your well-being at risk.

Staying Aware

It's not only occasional memory problems that older adults are more likely to experience. Aging can bring other changes to the way the brain works. These changes can impact your ability to deal with complex social situations. That can put you at higher risk of being scammed.

"Older adults are often targeted by scam artists," says Dr. Patricia Boyle, who studies the aging brain at Rush University.

Older adults are also more likely than younger ones to pick up the phone without knowing who's calling, she explains. "Simply by doing that, you're opening yourself up to a conversation with someone who may be an unscrupulous person trying to steal from you."

Common scams targeting older adults include identity theft, risky or fake investments, charity scams, and people posing as relatives in distress to ask for money.

Any adult can fall victim to

these sorts of scams. But Boyle and her team recently found that low awareness of tactics used by scam artists may be an early indicator of worsening brain function.

In their study, people with low scam awareness were about twice as likely to later develop Alzheimer's disease as those with high scam awareness.

People should verify any investment proposal or request for money before acting, Boyle explains. Trusted family members or friends may be able to help with this. "Take the time to look into financial propositions and make sure they are legitimate," she says.

Reversing Changes

Many things can cause memory or other thinking problems. Depression, anxiety, an infection, or even certain medications can cause cognitive changes. Some-



have dangerous, or even deadly, effects when combined with alcohol. And alcohol alone poses risks for the older brain. It can take less alcohol to alter judgment, coordination, balance, or sleep patterns in an older adult.

Dangerous drinking habits have been rising among older adults in the U.S. A recent NIH-funded study found that 1 in 10 Americans aged 65 or older binge drinks regularly. That means drinking four or more drinks on the same occasion for women and five or

alcohol later in life.

The good news, she explains, is that some problems with thinking or memory caused by medications or alcohol misuse can be reversed. "That's different from classical dementia, which is a one-way street of decline," says Sullivan.

Building Brain Power

There are many things you can do to protect your brain as you age. "Cognitive activity, physical activity, and social engagement are associated with better cognitive functioning in older adulthood," Boyle explains.

Managing your health conditions is also important. Controlling your blood pressure, for example, reduces the risk of having a small stroke (bleeding from blood vessels in the brain). Small strokes can cause temporary or permanent cognitive problems.

Feeling a sense of purpose in one's life also seems to help protect older adults from cognitive decline. A study from Boyle and her colleagues found that people who felt more purpose in life had fewer symptoms from brain changes linked to Alzheimer's disease.

"The aging brain can accumulate Alzheimer's changes, but if you're stimulating your brain and strengthening it like a muscle, you may be better able to tolerate those changes," she says.

Bernard stresses that getting older can also bring cognitive advantages you might not know about.

"Older adults have greater verbal ability than younger adults. They're better problem solvers. And accumulated experiences are very helpful," she says.

"Think about the positive things that come with aging," Bernard says. "It's a great time to become engaged in meaningful activities, maintain connections to friends and family, develop new connections, and be physically active. And in turn, all of these things can enhance one's quality of life and one's aging."

Protecting your brain health

Good overall health can help you maintain your brain health. These tips can help you stay active and healthier physically and mentally:

- Choose healthy foods whenever possible
- Drink enough fluid
- Limit your use of alcohol
- Don't smoke or use tobacco products
- Get enough sleep
- Make physical activity part of your routine
- Keep your mind active with learning, teaching, and volunteering
- Stay connected with loved ones, friends, and your community
- Manage chronic health problems like diabetes, high blood pressure, and high cholesterol

times these types of issues can be resolved with treatment.

If you experience a sudden change in thinking, memory, or mood, it may be caused by a new medication. Some drugs may not cause cognitive changes when taken on their own but can do so when combined with other medications. Even common supplements or over-the-counter remedies can cause these types of interactions.

Sometimes, if you have more than one doctor, one might not know what the others prescribed. "Older adults really benefit from having a list of all their over-the-counter, herbal, and prescribed medications with them whenever they see a health care professional," says Bernard.

Certain medications can also

more for men.

Older adults may change their drinking habits to cope with the death of a partner or other loved one, or because they're lonely. But drinking can also be part of social activities for older adults, explains Dr. Edith Sullivan, an alcohol researcher at Stanford University.

"Older adults might feel that 'well, I'm old now, it's OK for me to drink,'" Sullivan says. But older brains and bodies are especially vulnerable to the effects of alcohol, she adds.

A recent study by Sullivan and her team used brain imaging to see how alcohol affects the brain. They found that older adults who misused alcohol had greater loss of brain tissue compared with their peers who didn't drink. This was true even if they started misusing

Fun Animal Friday Fri, Dec. 27, 11am, \$6.50 (paid at museum). Meet at San Diego Children's Discovery Museum, 320 N Broadway, Escondido. Great for families with littles! Meet fun, furry animals, hear a special story time, and participate in a themed craft or activity. Sign up to meet at the NAB Community Recreation Center, Bldg. 337, and you will be entered to win your family's entry into the museum. Info: 619-437-3190 Register Online! www.navylifefsw.com/sdcr

SeaWorld Day Sat, Dec. 28, \$28. Purchase tickets through NBSD Tickets & Travel Offices. Discounted parking passes sold separately for \$10. Info: 619-556-2174

Viejas Mountain Hike Sun, Dec. 29, 7:30am, \$5 MWR Patron/\$3 Liberty. Depart from NBPL, Subase, Community Recreation Center, Bldg. 546. Difficult, 3.1-mile hike offering great views of San Diego County's natural beauty. Price includes transportation. Bring sun protection, water and snacks. Info: 619-553-9138

Ice Skating Mon, Dec. 30, 6pm, \$15 Adult/\$13 Child/\$10 Military. Meet at Rady Children's Hospital Ice Rink at Liberty Station. Show off your ice skating skills as the holiday month wraps up! Tickets are good for in-and-out access throughout the day, include a pair of skates and an optional helmet. All pre-registered participants receive an MWR beanie and are entered to win a date night restaurant bundle. Info: 619-437-3190 Register Online! www.navylifefsw.com/sdcr

New Year's Eve Party Tue, Dec 31, 9pm-12:30am, FREE. Test your luck with our Minute to Win It party games. Try our many board games. Or dance the night away, as we count down to 2019's end and ring in 2020! iberty Hall (NBPL, Harbor Drive Annex) Bldg. 51, NBPL, Harbor Drive Annex, San Diego, CA 92147

\$22 Ski & Snowboard Rentals. Full set includes skis/snowboard, boots, poles, and helmet (optional). Outdoor Adventure Center, Naval Base San Diego, Bldg. 3223. 619-556-7493

Hump Day Prime Rib & Wine Dinner, Wednesdays, 6:30-8pm, \$19. Admiral Baker River's Edge, Mission Gorge. Due to popular demand, we are extending this dinner offer. So make the most of your Wednesday! Enjoy terrific food with a great, social atmosphere! Includes glass of wine and accompaniments. Call for reservations today, 619-487-0016. Don't forget...Admiral Baker is open to the public!

NEW Lunch Buffet Menu, Mon-Fri, 11am-1pm. Naval Base San Diego, Anchors Catering & Conference Center. Look forward to lunch again! Enjoy a new, fresh and delicious buffet each weekday at Anchors complete with soup, salad bar, soft drinks and dessert.

Monday - HOMESTYLE, \$11.75
Tuesday - SOUP, SALAD & SANDWICHES, \$11.25
Wednesday - STEAKHOUSE, \$15.75
Thursday - BACKYARD BBQ, \$12.75
Friday - TASTE OF ASIA & SEAFOOD, \$12.75 Info: 619-556-7788

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Disney on Ice – Mickey's Search Party: January 23-26, 2020
Monster Jam on February 1 and 15, 2020
Supercross on February 8, 2020
Harlem Globetrotters on February 14 and 23, 2020
Big Bear, Snow Summit and Mountain High Lift Tickets.
Coming Soon: Mammoth Mountain Lift Tickets
Call 858-307-4126/4141 or visit the Miramar ITT Office in Bldg. 2524 for information.

MCCS CAMP PENDLETON

Polar Bear Plunge

Wednesday, January 1, 2020 from 11am-1pm
Del Mar Beach Resort, 210841, 12th St, Camp Pendleton North, in front of Ramones Cantina & Grill.
11am registration ('day-off' signups ok!). Plunge kicks off at noon! Take a "quick-dip" in the Pacific Ocean to celebrate the New Year. Costumes encouraged, bring the entire family! DJ will kick off the plunge at noon. Ramones Cantina will provide a FREE breakfast burrito and a coffee, hot chocolate or orange juice per participant!

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Go out and play

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

Wonderspaces Virtual Reality Showcase, Through Sun, Dec 29, Mon-Fri, :30-10pm. Sat-Sun, 10am-10pm. \$13-\$15. What is the Wonderspaces VR Showcase? Visitors will begin their one-hour experience by sitting down to DINNER PARTY, a film based on the accounts of Betty and Barney Hill, the couple who experienced America's first nationally-reported UFO abduction in the 1960s. After exploring the Hills' otherworldly adventures, visitors will be invited to find their joy with two infectious animated films by Tyler Hurd. OLD FRIEND, invites visitors to an animated dance party in a psychedelic squall of energy and color, and CHOCOLATE, casts visitors as a robot god in a chrome-tinted world. Spread cats throughout the sky to the music of Giraffage. The Showcase finishes with TRANSITION, a short film inspired by the music of Kettel & Secede. A metaphor for death and the afterlife, this final piece takes visitors on a journey from one world to the next. San Diego Art Institute, 1439 El Prado, Balboa Park.

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

Port of San Diego Holiday Bowl Parade, Thurs, Dec 26, 3pm. Downtown SD. www.holidaybowl.com

Kwanzaa celebrated Dec 26-Jan 1.

Holiday Bowl NYE Pregame Party & VIP Tailgate Party, Fri, Dec 27. SDDCU Stadium Concourse, Mission Valley. www.holidaybowl.com

Holiday Bowl, Fri, Dec 27, 5pm. SDCCU Stadium, Mission Valley. www.holidaybowl.com

Noon Year's Eve Bash, Fri, Dec 27, 11:30am. Free. Count down to "noon year's eve"! Children ages 3-7 will get to dance the morning away with music and party favors as they wait for the ball to drop. Parents and caregivers in attendance...expect a big hug from your little one when that clock strikes twelve. Coronado Library, 640 Orange Ave, Coronado.

San Diego Seals vs. Calgary Roughnecks, Fri, Dec 27, 7pm. Pechanga Arena SD. www.sealsax.com

A Charlie Brown Christmas, Fri, Dec 27, 1:30pm. Balboa Theatre, downtown SD. www.sandiegoteatres.org

Nature's Holiday Traditions, Sat, Dec 28, 8:30-10am. Free. Get the facts behind the mysteries of mistletoe and learn about other plants that showcase Southern California holiday traditions. Make the natural world part of your holiday celebration by joining your Mission Trails Regional Park trail guide on a fun excursion into nature. Meet by flag poles at Kumeyaay Campground Entry Station. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos.

SD Gulls vs. Ontario Reign, Sat, Dec 28, 7pm. Pechanga Arena SD. www.sandiegogulls.com

Broadway San Diego presents A Magical Cirque Christmas, Sat, Dec 28, 7:30pm. SD Civic Theatre. www.sandiegoteatres.org

LA Clippers vs. Utah Jazz, Sat, Dec 28, 7:30pm. Staples Center. www.nba.com/clippers

Late Night Skate, Sun, Dec 29, 5-9pm. \$9.95-\$14.95. Trade in your flip-flops for lace-up skates and take a glide session on our new synthetic ice rink (you know, because it's science). The Fleet will be open late on

select Saturdays and Sundays, beginning November 23 through December 29, with discounted pricing from 5-9 p.m., so you can celebrate with a late skate, sip cocktails rink side (available for purchase) and let your imagination run wild in our interactive exhibitions. Fleet Science Center, 1875 El Prado, Balboa Park.

Gospel Brunch, Sun, Dec 29, 11am. House of Blues. www.houseofblues.com/sandiego

Free Yoga in the City, Sat, Dec 28, 9-10am. Free. Every weekend, we invite members of the community to relax and unwind during a family-friendly yoga class taught by Yoga One. Please be sure to bring your own mat and water for the class. All levels and ages are welcome. The Headquarters, 789 West Harbor Dr, downtown SD.

LA Rams vs. Arizona Cardinals, Sun, Dec 29, 1:25pm. Los Angeles Memorial Coliseum. www.therams.com

LA Lakers vs. Dallas Mavericks, Sun, Dec 29, 6:30pm. Staples Center. www.nba.com/lakers

Guided Medicine Buddha Self-Healing Meditation, Sun, Dec 29, 11am-noon. Free. Age limit: 18+. In this class Varada introduces you to the Medicine Buddha and the traditional Buddhist practice of yidam, through which you can access an Enlightened Being to open a spiritual door to your own innate power. You will be guided in a visualization process and chakra meditation to enable you to focus your own healing energy to alleviate your suffering. This practice will help you to utilize your own power to impact the physical, mental and emotional aspects of your suffering, as well as the causes and conditions that precipitated this suffering, and the karma that set this process in motion. Everyone is welcome; no prior experience or knowledge is needed. Dharma Center, 5059 Newport Avenue, Ocean Beach.

Orange Bowl, Mon, Dec 30, 5pm. Watch on ESPN. orangebowl.org

Kid's New Year's Eve at Legoland California Resort, Tues, Dec 31. www.legoland.com

Alamo Bowl, Tues, Dec 31, 4:30pm. Watch on ESPN. alamobowl.com

Happy New Year Jan 1, 2020!

New Years Day Spreckels Organ Concert, Wed, Jan 1, 2-3pm. Free. Ring in the new year with a dose of passion for music and life at the Spreckels Organ New Years Day concert! Organist Russ Peck is joined by tenor Marco LaBastida in a free one-hour concert on the Spreckels Organ. Spreckels Organ Society, 1549 El Prado, Balboa Park. <https://spreckelsorgan.org/>

San Diego International Auto Show, Wed-Sun, Jan 1-5. SD Convention Center, 111 W. Harbor Dr, downtown SD.

131st Rose Parade in Pasadena, Wed, Jan 1, 8am. www.tournamentofroses.com

The Sky Tonight: Mythological Tour of the Solar System, Wed, Jan 1, 7-8:15pm. \$17.95-\$19.95. Enjoy a tour of the solar system narrated by the Fleet's resident astronomer. Journey through the cosmos with us as we explore a new topic each month. This month: How do planets get their names? How about the moons of the Solar System? Many of the names have their roots in the mythologies of several cultures. Join us for a tour of the Solar System and its many myths. Fleet Science Center, 1875 El Prado, Balboa Park.

Citrus Bowl, Wed, Jan 1, 10am. Watch on ABC. www.citrusbowl-lando.com

Del Mar Lifeguard Penguin Plunge, Wed, Jan 1, 11am. City of Del Mar Beach Safety Center. www.visitdelmarvillage.com

106th Rose Bowl Game, Wed, Jan 1, 2pm. Rose Bowl Stadium, Pasadena. Watch on ESPN. www.tournamentofroses.com

Sugar Bowl, Wed, Jan 1, 5:45pm. Superdome, New Orleans. Watch on ESPN. www.allstatesugarbowl.org

LA Lakers vs. Phoenix Suns, Wed, Jan 1, 7:30pm. Staples Center. www.nba.com/lakers

LA Clippers vs. Detroit Pistons, Thur, Jan 2, Staples Center. www.nba.com/clippers

LA Lakers vs. New Orleans Pelicans, Fri, Jan 3, 7:30pm. Staples Center. www.nba.com/lakers

SD Gulls vs. Bakersfield Condors, Fri-Sat, Jan 3 & 4, 7pm. Pechanga Arena SD. www.sandiegogulls.com

Jungle Bells at San Diego Zoo, thru Jan 5. www.sandiegozoo.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.

Holiday Food Truck Festival Thur.-Mon., Dec 26-30, noon-7pm



Balboa Park. Celebrate the holidays with visiting family and friends under Balboa Park's dazzling holiday light display. For five days and evenings between Christmas and New Year's Day, the annual Holiday Food Truck Festival serves up gourmet food from over a dozen of San Diego's top food trucks, along with free live entertainment and fun activities for families. There

will also be a rotating selection of games/activities on the Plaza, including giant checkers, hula hoops, bowling, cornhole, and giant tumbling blocks. Food trucks open for business at noon each day, with the first set of live performances beginning shortly thereafter. From 4-7pm, a different musical group performs in the Plaza de Panama. This year's featured evening bands are Carmen Murray Jazz Trio (12/26), Finnegan Blue (12/27), Theo and the Zydeco Patrol (12/28), Sue Palmer (12/29), and the Bayou Brothers (12/30). Select museums are open extended hours, and various park organizations and community partners are offering booth activities for families in the Plaza de Panama. Visit balboaparkconservancy.org/holiday for details and food truck roster.

Kwanzaa Celebration: Kola Nutcracker Sat., Dec. 28 • 6:30pm • Free

Kwanzaa Celebration: The Kola Nutcracker, Sat, Dec 28, 6:30pm. Free. The Kola Nutcracker is a twist on the classic Nutcracker holiday story, wrapped in a Daishiki and transported to Africa. Sugar Plum Fairy, the Nutcracker Prince, and all our favorite characters will take Clara on an ancestral journey to find SANKOFA. Don't miss this ballet, modern, tap, hip-hop, and African dance spectacular. In addition, each day will feature ceremonial candle lighting and libation with live drumming, poetry reading by Johnnierenee, Nia Nelson, Karamu, and the traditional feast (free vegetarian African American soul food). WorldBeat Cultural Center, 2100 Park Blvd, Balboa Park.

New Year's resolution: Microchip your pet!



The holidays are great fun for people, but they can be scary for our pets. Loud New Year's celebrations and fireworks can be stressful for animals, and opening doors for holiday guests provides plenty of opportunities for spooked pets to flee, resulting in a higher number of stray animals entering the shelter. San Diego Humane Society is reminding pet parents to protect your pet with a microchip, and ensure existing

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

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

Legoland slates Kid's New Year's Eve



Legoland's Kids' New Year's Eve Celebration features live music, entertainers and a countdown with a Lego brick that drops 22 feet and fireworks that starts at 6pm. The park closes at 7pm. Located just 30 minutes north of San Diego and one hour south of Anaheim.

With more than 60 rides, shows and attractions, it's an interactive, hands-on theme park experience for families with children 2-12. Call (760) 918-5436 or visit www.legoland.com.



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Concerts



Styx. Tues, Jan 14, 8pm. The Grove of Anaheim

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

December

Donavon Frankenreiter and Tom Curren. Sat-Sun, Dec 29-30, 8pm. Belly Up Tavern, 143 South Cedros Ave., Solana Beach. (858) 481-8140. www.bellyup.com

Bone Thugs-N-Harmony. Tues, Dec 31, 9pm. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583. www.houseofblues.com/sandiego

Steel Pulse. Tues, Dec 31, 8pm. Reggae/ska. Belly Up Tavern, 143 South Cedros Ave., Solana Beach. (858) 481-8140. www.bellyup.com

January

Willie Nelson and Family. Fri, Jan 3, 7pm. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

10th Annual Beat Farmers Hootenanny. Country/rock/rockabilly. Sat, Jan 4, 8pm. Age limit 21+. Belly Up Tavern, 143 South Cedros Ave., Solana Beach. (858) 481-8140. www.bellyup.com

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

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

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

Brian McKnight. Fri, Jan 10, 8pm. The Grove of Anaheim, 2200 E Katella Ave, Anaheim. (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. www.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.

Close to You: The Music of the Carpenters. Covers. Sun, Jan 26, 2-4pm. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

John Mayall. Tues, Jan 28, 8pm. Age 21+. Blues/rock. Belly Up Tavern, 143 South Cedros Ave., Solana Beach. (858) 481-8140. www.bellyup.com

Tower of Power. Wed, Jan 29, 8pm. Age 21+. Blues/funk. Belly Up Tavern, 143 South Cedros Ave., Solana Beach. (858) 481-8140. www.bellyup.com

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

Sergio Mendes. Thurs, Jan 30, 8pm. Age 21+. Latin. Belly Up Tavern, 143 South Cedros Ave., Solana Beach. (858) 481-8140. www.bellyup.com

February

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

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

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

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

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

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

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

JD Souther. Thur, Feb 27, 8pm. Age 21+. Country/rock. Belly Up Tavern, 143 South Cedros Ave., Solana Beach. (858) 481-8140. www.bellyup.com

March

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

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

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

Tame Impala. Mon, March 9, 7:30pm. Pechanga Arena (SD Sports Arena), 3500 Sports Arena

Bld. (619) 224-4171.

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

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

Future

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

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

Five Finger Death Punch. Sun, April 19, 6pm. Viejas Arena at SDSU, 5500 Canyon Crest Dr.,

San Diego. (619) 594-6947.

Lauren Daigle. Tues, April 21, 7pm. Pechanga Arena, 3500 Sports Arena Bl. (619) 224-4171.

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

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

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

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

Maroon 5 and Meghan Train-

or. Sat, May 30, 7pm. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

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

Ozzy Osbourne. Mon, July 27, 7:30. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles. hollywoodbowl.com

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

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

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*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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