



Cirque du Soleil Volta is coming to Del Mar April 3-28!

Email us for a chance to win 2 tickets to the April 18 show!

contest@navydispatch.com

To be eligible please include: name, address, contact phone, duty station (if active duty) or retiree status. Deadline to enter Feb. 20, 2019. Winner will be notified by phone.

Navy Marine Corps Coast Guard Army Air Force

ARMED FORCES DISPATCH



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

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

FIFTY EIGHTH YEAR NO. 36
THURSDAY, FEBRUARY 7, 2019

All female flyover honors aviation pioneer

by MC3 (SW/AW)
Sara L. Eshleman

NORFOLK, Va. - Honoring the life and legacy of a female pioneer in Naval aviation, the Navy conducted the first ever all-female flyover in Maynardville, Tenn., Feb. 2.

Officially referred to as a "Missing Man Flyover," the tribute was part of the funeral service for one of the Navy's first female jet pilots, retired Navy Capt. (Ret.) Rosemary Mariner, who passed away Jan. 24 following a long and brave fight with cancer.

After completing flight training in 1974, Mariner was designated a naval aviator and received her Wings of Gold to become the Navy's first female jet pilot flying the A-4E/L "Skyhawk" and the A-7E "Corsair II."

She also was the first female military aviator to achieve command of an operational air squadron. During Operation Desert Storm, Mariner commanded Tactical Electronic Warfare Squadron Thirty-Four (VAQ-34). In 1982, she reached yet another milestone by being among the first females to serve aboard a Navy warship, USS Lexington, and qualifying as a Surface Warfare Officer.

Mariner retired from the Navy in 1997 after obtaining the rank of captain and logging seventeen



VIRGINIA BEACH, Va. (Jan. 31, 2019) - Naval aviators participating in a flyover to honor the life and legacy of retired Navy Capt. Rosemary Mariner pose for a photo in a hangar bay at Naval Air Station Oceana. The Navy conducted the first ever all-female flyover Feb. 2 as part of the funeral service for Mariner, a female Naval aviation pioneer. Back row, from left to right: Lt. Christy Talisse, Lt. Emily Rixey, Lt. Cmdr. Jennifer Hesling, Lt. Kelly Harris, Lt. Amanda Lee. Front row from left to right: Lt. Cmdr. Danielle Thiriot, Cmdr. Stacy Uttecht, Cmdr. Leslie Mintz, and Lt. Cmdr. Paige Blok. Navy photo by MC3 Raymond Maddocks.

carrier arrested landings, or "traps," and completing over 3,500 flight hours in 15 different aircraft.

The Missing Man Flyover is a special tribute honoring the service of aviators who have died serving their country. The maneuver features four aircraft flying above the funeral service in formation as one of the aircraft leaves the formation and climbs vertically into the heavens.

All of the female aviators participating in the flyover are from squadrons based at NAS Oceana and were flying F/A-18E/F "Super Hornets." The

event was significant because it's emblematic of the growing role women play in the military.

The flyover is especially meaningful to Lt. Emily Rixey, assigned to Strike Fighter Weapons School Atlantic, a participant in the commemoration.

"I find it important to honor Capt. Mariner and the other female aviators who have come before us," she said. "They paved the way for us and they're the reason I'm able to participate in this flyover."

Cmdr. Leslie Mintz, executive officer of Strike Fighter Squadron (VFA) 213, expressed similar sentiments.

"I'm truly honored and humbled to be a part of this flyover," Mintz said. "This formation flyover is a great way to honor Capt. Mariner's memory and what she has done for our community."

Lt. Cmdr. Paige Blok, a naval aviator with VFA-32, echoes her colleagues' statements. "Honoring a life of service is always a privilege," said Blok.

Aviators who participated in the flyover are Cmdr. Stacy Uttecht, Commanding Officer, VFA-32; Lt. Cmdr. Danielle Thiriot, VFA-106; Lt. Cmdr. Jennifer Hesling, NAS Oceana; Lt. Christy Talisse, VFA-211; Lt. Amanda Lee, VFA-81; and Lt. Kelly Harris, VFA-213.



An artist's conception of aircraft carrier USS Enterprise (CVN 80), the third nuclear-powered aircraft carrier of the Gerald R. Ford-class Navy photo courtesy of Huntington Ingalls Industries

Navy awards contract for construction of two carriers

WASHINGTON - The Navy has awarded a contract for the construction of CVN 80 and CVN 81 to Huntington Ingalls Industries-Newport News Shipbuilding. This contract delivers significant savings to the government - exceeding \$4 billion when compared to the Navy's original cost estimates to procure these CVNs separately.

"Today marks a great team effort to drive out cost and maximize efficiency in government procurement," said Secretary of the Navy Richard V. Spencer. "Focusing on optimizing construction activities and material procurement, the team was able to achieve significant savings as compared to individual procurement contracts. One contract for construction of the two ships will enable the shipbuilder flexibility to best employ its skilled workforce to design once and build twice for unprecedented labor reductions while providing stability and opportunities for further efficiencies within the nuclear industrial base."

In addition to these savings, the contract includes ship integration costs of several modifications required to meet emerging threats including the F-35C Lightning II, MK 38 gun system and MQ-25 Stingray Unmanned Aircraft System. These modifications increase the lethality of the FORD Class, and represent an additional \$100 million in savings that is in addition to the \$4 billion, since these new capabilities were not included in the original single-CVN Navy estimate.

Enterprise (CVN 80) is the third ship of the Ford-Class and the numerical replacement for USS *Eisenhower* (CVN 69). CVN 81, not yet named, will be the fourth ship of the class and will be the numerical replacement for USS *Carl Vinson* (CVN 70). CVN 80 began advanced planning and initial long lead time material procurement in May 2016.

No injuries as 2 Navy vessels involved in minor mishap off East Coast

NORFOLK, Va. - No personnel were injured when a Navy guided-missile cruiser and dry cargo ship made contact during an underway replenishment off the southeastern coast of the U.S. Feb. 5.

USS *Leyte Gulf* (CG 55) and USNS *Robert E. Peary* (T-AKE 5) were able to safely operate after the incident. Damage will be assessed when the ships pull into port.

The ships had been conducting a replenishment-at-sea when the sterns touched. U.S. Fleet Forces Command and Military Sealift Command will thoroughly investigate this incident.



VIRGINIA BEACH, Va. (Jan. 9, 1975) - Ens. Rosemary Conaster (later Mariner), assigned to VC 2, prepares for flight in a Grumman S-2 Tracker antisubmarine aircraft at NAS Oceana in Virginia Beach. (Inset) Official bio photo of Capt. Mariner. Navy photos



At Pardee Homes, we know that modern is so much more than a trend. It's simple lines making a bold statement. Wide, clean spaces giving you the freedom to design your life exactly as you envision. And a level of quality that truly stands the test of time. Modern is our style. Now make it yours.

Find the home of your dreams with nine neighborhoods at Pacific Highlands Ranch, Playa Del Sol and Weston. Priced from the mid \$300s to the high \$1.7 Millions.

Call our New Home Specialist at 858-771-9433 or visit [PardeeHomes.com/SanDiego](https://www.pardeehomes.com/SanDiego)



No information or material herein is to be construed to be an offer or solicitation for sale. A Broker/Agent must register their client in person on client's first visit at each community for a Broker/Agent to receive a commission or referral fee, if available. Not all features and options are available in all homes. Unless otherwise expressly stated, homes do not come with hardscape, landscape, or other decorator items. Photographs or renderings of people do not depict or indicate any preference regarding race, religion, gender, sexual orientation, disability, familial status, or national origin. The prices of our homes, included features, plans, specifications, promotions/incentives, neighborhood build-out and available locations are subject to change without notice. Any photographs or renderings used herein reflect artists' conceptions and are for illustrative purposes only. Community maps, illustrations, plans and/or amenities reflect our current vision and are subject to change without notice. Builder does not warrant the suitability of any trail for any use or for any person. Our name and the logos contained herein are registered trademarks of TRI Pointe Group, Inc. and/or its subsidiaries. CA Contractor's License No. 251810. CA DRE License No. 02027320. © 2019 Pardee Homes, a member of the TRI Pointe Group. All rights reserved.

Military resale community solidifies joint buying alliance

by Courtney L. Williams

VIRGINIA BEACH, Va - - The military resale community has signed a memorandum of understanding to establish a joint buying alliance expected to provide even greater savings for authorized exchange and commissary shoppers.

“The establishment of a Joint Buying Alliance is an outgrowth of numerous cooperative efforts among the exchanges and commissaries,” said Capt. Bruce C. Brown, commanding officer of the Coast Guard Community Services Command.

On Jan. 31, the chief executive officers for the Army & Air Force Exchange Service (AAFES), Navy Exchange Service Command (NEXCOM), Marine Corps Community Services (MCX), Coast Guard Exchange (CGX) and Defense Commissary Agency (DeCA) signed the agreement that provides guidelines for a purchasing alliance involving retail merchandise and any other items sold by two or more of the organizations.

“Efforts including the MILITARY STAR card, private-label products through the Exchange Select brand and now our joint buying alliance are key to lowering overhead costs and maximizing savings,” said Tom Shull, AAFES Director/CEO.

The joint buying alliance will share common data and the cost of goods by maximizing combined buying power. Key retail areas that will kick off the purchasing alliance include electronics and health and beauty.

“The military resale organizations have had a long history of collaborative efforts on various businesses and customer initiatives, retired Rear Adm. Robert J. Bianchi, dual-hatted as the CEO of NEXCOM and the Department of Defense Special Assistant for Commissary Operations. “The joint buying alliance represents the next phase of increased collaboration among NEX, DeCA, CGX, MCX and AAFES.”

Survey shows ‘frustrating’ increase in academy sexual misconduct

by Jim Garamone

WASHINGTON - The increase in rates of sexual misconduct at the military academies detailed in the DoD’s annual report of sexual harassment and violence are “frustrating, disheartening and unacceptable,” said the Pentagon’s director of force resiliency.

Rates of sexual crimes continue to be high, particularly against women, and rates of alcohol abuse by cadets and midshipmen continues to be a concern, said Elise Van Winkle.

Rear Adm. Ann Burkhardt, the director of DOD’s Sexual Assault Prevention and Response Office; Nate Galbreath, SAPRO’s deputy director; and Ashlea Klahr, DOD’s director of health and resilience, briefed Pentagon reporters on the department’s report to Congress.

The survey covers the military academy in West Point, N.Y.; the Naval Academy in Annapolis, Md., and the Air Force Academy in Colorado Springs, Colo.

Van Winkle and Burkhardt stressed that addressing sexual harassment and violence at the academies is a leadership problem. Both said solutions require changing the culture at the academies.

Leadership’s responsibility

“We know it takes time to promote and sustain a culture free from sexual violence,” Van Winkle said. “Our cadets and midshipmen must model the ethical behavior we demand of our future officers. But it is leadership’s responsibility to ensure they have the moral courage to demonstrate this behavior.”

Burkhardt stressed that cadets and midshipmen must promote “a climate of respect, where sexual assault, sexual harassment and other misconduct are not condoned, tolerated or ignored.”

The report noted that the prevalence of unwanted sexual contact increased from the 2016 report, while the rate of cadets

and midshipmen choosing to report has remained unchanged.

“Leadership establishes culture,” Burkhardt said. “Leaders enforce standards, and leaders ensure the safety of those entrusted to their care.” The survey shows that cadets and midshipmen have great confidence in senior leaders, but that they have less confidence in their peer leaders, she said. “This is an area we must improve,” the admiral added. “These are our future leaders. We must instill in them the responsibility to

intervene and prevent this type of behavior.”

Past initiatives made short-term progress, but that progress could not be sustained. “We are looking at the entire life cycle of our cadets and midshipmen from acceptance into the academies to entrance into the active force,” Van Winkle said.

Alcohol abuse is clearly a factor in sexual harassment and violence. The survey found that 32 percent of men and 15 percent

see **Misconduct, page 4**

Armed Forces Dispatch (619) 280-2985

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

Publisher.....Sarah Hagerty

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



Achieve financial victory with a **1.99% intro APR** on balance transfers and purchases for **12 months**. After that, a variable standard APR between **11.24% and 18%** applies.* Just open a Navy Federal Credit Card and transfer your balance from another lender.

Act now—offer expires Feb. 28.

For more information, visit navyfederal.org/BToffer, call 1-888-842-6328 or visit a branch.



NAVY FEDERAL
Credit Union

Not a member?
Confirm eligibility and join today.
navyfederal.org

Federally insured by NCUA. *As of 2/1/19, rates range from 11.24% APR to 18% APR, are based on product type and creditworthiness, and will vary with the market based on the U.S. Prime Rate. ATM cash advance fees: None if performed at a Navy Federal branch or ATM. Otherwise, \$0.50 per domestic transaction or \$1.00 per foreign transaction. \$49 annual fee for Visa Signature® Flagship Rewards. Application must be submitted by 2/28/19. Offer valid for balances transferred from non-Navy Federal credit cards within 30 days of account opening. Balance transfers are not eligible to earn rewards. Navy Federal reserves the right to refuse duplicate balance transfer requests. Maximum total transfer amount is limited to your approved credit line, but no single balance transfer can be greater than \$30,000. Balance transfers using convenience checks are excluded from this offer. If you transfer a balance with this offer, interest will be charged on purchases made with your credit card unless your purchases have a 0% APR or you pay the entire balance (including any transferred balances) in full each month by the payment due date. To avoid paying interest on purchases, you must pay your entire balance by the next due date, including balances transferred under this promotion. Offer excludes Navy Federal Rewards® Secured, Platinum, Business and Home Equity Line Platinum credit cards. © 2019 Navy Federal NFCU 10490 (1-19)

VA providing unprecedented transparency to Congress

WASHINGTON - This week, the Veterans Administration will begin providing a new and unprecedented level of transparency to lawmakers in Congress.

For years under previous administrations, Congressional critics have taken the department to task for not providing enough information to the legislative branch.

VA is setting new standards for cooperation with Congress, and that close working relationship has helped the department achieve more substantive reforms than at any other time in decades, including passage of the MIS- SION Act and electronic health record modernization.

As part of that cooperation, the department is providing more information to lawmakers than at any other time in recent history. In fact, during fiscal year 2018:

- VA witnesses participated in 71 congressional hearings and roundtables, a 20 percent increase over FY 2017
- VA conducted a total of 1,302 congressional briefings, a 66 percent increase over FY17
- VA conducted 439 proactive congressional briefings, a 155 percent increase over FY17
- Since the landmark MIS- SION Act became law in June 2018, VA has conducted 20 separate congressional briefings on its implementation status alone
- VA responded to 2,814 requests for information, a 28 per-

cent increase over FY 2017

- VA responded to 369 letters from members of Congress con-

When it comes to transparency, VA is setting new standards, and the results are clear for our nation's veterans.
• Robert Wilkie

cerning policy issues, an increase from 355 in FY 2017

- VA responded to 41,852 constituent letters and inquiries originating from congressional offices

Misconduct continued from page 3

cent of women had five or more drinks when drinking. Twenty-five percent of women and 28 percent of men said they had memory loss from their binges, Galbreath said.

The overwhelming majority of cadets and midshipmen understand the special trust placed in them and the responsibility they bear to behave honorably to all. The military must get rid of the bad apples that poison the barrel, Van Winkle said.

“We will not waver in our

“When it comes to transparency, VA is setting new standards, and the results are clear for our nation's veterans,” VA Secretary Robert Wilkie said. “Under President Trump's leadership, the department is now the first hospital system in the nation to post online its hospital wait times, opioid prescription rates, accountability and settlement info, and chief executive travel.

“All the while, we are keeping lawmakers informed through multiple means regarding the great reforms and progress across the department, and we will continue to do so.”

dedication to eliminate sexual assault from our ranks, nor will we back away from this challenge,” she said. “Our commitment is absolute. While we are disheartened that the strategies we have employed have not achieved the results we had intended, we are not deterred.”

The service academies mirror what is happening in the greater American population. The last time there was a comparable survey for colleges, the service academies were doing better than their civilian counterparts, Van Winkle said.

Social Security Matters

by Russell Gloor

Ask Rusty - What percent of my benefit will my spouse get?

Dear Rusty: My wife and I were both born in 1959 and we both turn 60 soon. Both of us will be eligible for Social Security based on our work records to date, but my SS benefit is much larger than hers. Let's say we both retire from work at 60. Let's say neither of us works in retirement, my wife claims Social Security at age 62 and I claim at my full retirement age of 66 plus 10 months. What will her spousal benefit be, as a percentage of my benefit, when she starts receiving it when I claim at my full retirement age? Signed: Planning Ahead

Dear Planning: A spouse claiming benefits at full retirement age can get 50 percent of the higher earning spouse's FRA benefit, if that amount is more than she is entitled to on her own record. But if your wife claims her own Social Security retirement benefit early at age 62, her spousal benefit will be reduced even if it starts at her full retirement age. The reason is that her total spousal benefit will be the sum of her own age 62 benefit plus a “spousal boost” computed from both of your FRA benefit amounts - the spousal boost will be the difference between your wife's own FRA benefit amount and ½ of your FRA benefit amount.

Let's use an example: if your wife's Social Security benefit at her full retirement age is \$1,000 and your benefit at your full retirement age is \$2,400, your wife's spousal boost would be \$200 (\$1,200 minus \$1,000). If your wife has reached her FRA when you claim benefits that amount would be added to her reduced age 62 benefit of \$708 (70.8 percent of her FRA benefit amount), which would make your wife's total spousal benefit amount \$908 (\$708 plus the \$200 spousal boost).

So, in this example, your wife's total benefit would be about 38 percent of your FRA benefit amount, rather than the 50 percent she would get by waiting until her full retirement age to apply for both benefits. You can apply that same formula using your currently estimated FRA benefit amounts as provided by Social Security to arrive at a more precise percentage, but it will be somewhere in the 38 percent range, reduced from 50 percent because she is taking her own Social Security retirement benefit at age 62.

VA Disability Claim Denied?

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

Why Risk a Permanent Denial and Lose Back Pay?

Call or Text the Professional Advocates Today!

No Fees Unless You Win - Free Consultation

760-585-4665

www.VetDisabilityAid.com

BECAUSE SERVICEMEMBERS DESERVE OPPORTUNITY

You protect our freedoms, and for more than 70 years, University of Maryland University College has brought an in-demand education to the front lines. Earn a respected degree no matter where you serve and get the dedicated support you need from a military-trusted university. We are proud to provide servicemembers with undergraduate and graduate programs, global online and hybrid course options, and academic and career mentoring. At UMUC, opportunity has no boundaries.

Classes start February 25.

MADE FOR YOU
 Call 619-550-1537
 or visit UMUC.EDU/BASE

UNIVERSITY OF MARYLAND
University College
 AT YOUR SERVICE SINCE 1947

© 2019 University of Maryland University College

Don't expect co-workers to be your counselors

by Dr. Daneen Skube

Q: I've been going through a hard time personally and occasionally I try to talk about what is happening with co-workers. However, I either meet with a completely useless comment like "poor you," or people just want to change the subject. How can I get emotional support or advice from co-workers?

A: You really cannot in general expect to get emotional support or advice from co-workers. Obviously, it is normal and healthy to seek comfort and good advice when you are going through a tough time. However, employees are paid to do tasks and counseling each other takes time away from getting work done.

Good for you for recognizing you need help, but what you may not have realized is that most people are wired to either give you sympathy (poor you!) or avoid difficult topics. Realize most people who could actually give you good advice won't because they usually experience people getting irritated if advised how to change their circumstances.

In therapy the worst part is when clients see how they are unconsciously incompetent and creating their own misery. Most of us are much more comfortable blaming others or our circumstances for suffering. Even in counseling clients get pretty annoyed at brave and competent

therapists who are willing to tell them what they are doing that is ineffective.

INTERPERSONAL EDGE:

What you are actually seeking is not friendship where people commiserate with you but good counseling where you will feel uncomfortable, learn skills and problem solve.

When clients first come to therapy, some tell me they think I am just an expensive friend. I reply by asking them what their friends do when they are upset. My new clients tell me their friends validate their viewpoints and express sympathy. As a therapist I do occasionally provide emotional comfort, but the bulk of how I work is to risk making clients mad by pointing out their ability to change.

Some clients will sweetly tell me they wished we were friends. I ask them if they believe I converse therapeutically with my friends. They say, "Yes!" I chuckle and point out I would have no friends if I told them the truths that my clients endure hearing from me.

The good news is you are that rare human being who is not just seeking to have people feel sorry for you. The other good news is you realize going it alone when you are under severe stress is foolish and unnecessary. The bad news is you are going to the wrong source to get concrete tools to navigate your difficult life circumstances.

To find a good counselor, ask the following questions; how many years have you personally been in weekly therapy (a decade is a low bar), do you emphasize education/tools or emotional comfort, and are you willing to risk losing me as a client to challenge me to change?

When the going gets tough the tough get help - just not from your co-workers!

The last word(s)

Q: I can't stand my job and a lot of new positions open up in the beginning of the year. Would it be a good idea to quit my job so I can spend all my time seeking a better opportunity?

A: No, the secret of success is to have the impulse control to stay in uncomfortable circumstances when it benefits your future. You'll always find it easier to find employment when you have a job.

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

Fleet rating experts critical to advancement exams

by Patti Gibson

PENSACOLA, Fla. - Active-duty Navy chief petty officers (CPO) interested in shaping the future of their rating are needed to serve as Subject Matter Experts (SME) for upcoming Advancement Examination Readiness Review (AERR) panels.

NAVADMIN 025/19, released Jan. 31, announced the AERR schedule for April to June 2019. Selected AERR panel members will work as fleet SMEs for their respective rating to develop future E4 - E7 rating advancement exams.

Navy CPOs (E7 - E9) on active duty, Full Time Support (FTS), and Reservists on Active Duty for Special Work (ADSW) are encouraged to take part in the process by reaching out to their respective Type Commander (TYCOM) for application information.

"Fleet rating experts bring critical knowledge and experience to the AERRs, as that's what ensures relevance in our exams by identifying Sailors with the rating knowledge need-

ed for advancement," said Naval Education and Training Professional Development Center (NETPDC) Command Master Chief Gregory Prichard.

"The Navy has a lot of confidence in enlisted exams due to the hands-on involvement by the chiefs' mess. AERRs are considered a career highlight because of the direct impact this work has on each rating."

AERRs vary in length between one-to-two weeks and exam readiness reviews are held throughout the year, with each specific rating being reviewed on an annual basis. The reviews are held at NETPDC at Saufley Field in Pensacola, Fla. AERR participants receive Temporary Duty Travel (TDY) orders from their parent command, funded by NETPDC.

To view the annual AERR schedule, locate a specific rating and selection point of contact (POC), log into MyNavy Portal my.navy.mil, and search under Professional Resources/Navy Advancement Center/AERR. TYCOM POCs are listed and specific AERR

eligibility requirements are provided on the page.

NAVADMIN 025/19 provides additional information and a listing of upcoming rating conferences scheduled for the next six months. Additional quarterly AERR schedule NAVADMINs will be released this year for eligible Sailors to participate in the review process.

NETPDC's mission is to provide products and services that enable and enhance education, training, career development, and personnel advancement throughout the Navy. Primary elements of the command include the Voluntary Education (VOLED) Department, the Navy Advancement Center (NAC), and the Resources Management Department.

For more information about the Navy Advancement Center and the Navy Enlisted Advancement System, visit <https://www.facebook.com/Navy-Advancement-Center-213190711299>. For more information on NETPDC visit: <https://www.netc.navy.mil/netc/netpd/Default.htm>.

TEST YOUR CYBER SKILLS AT MCAS MIRAMAR
TUESDAY, FEBRUARY 12, 2019 | 10:00AM-2:30PM
BLDG. 5305 "THE HUB" CLASSROOM 1

- PASSWORD CRACKING
- NETWORK FORENSICS
- MALWARE ANALYSIS
- INTERNET RESEARCH
- CRYPTOGRAPHY

GROSSMONT COLLEGE ADMINISTRATION OF JUSTICE (AOJ) DEPT.
Great careers for Veterans • Many online courses • Classes taught by working professionals

FORENSIC TECHNOLOGY
Careers: Forensic Technician "CSI" and Latent Fingerprint Examiner
Continued education can lead to becoming a Criminalist or Forensic Scientist.

SECURITY MANAGEMENT
Careers: Entry-level management positions in loss prevention, risk management, and asset protection.
Entire degree can be completed online.

ACADEMIES
• Police Academy - Modular Format (III & II)
• Corrections Academy
• Public Safety Dispatch
• Security Academy

LAW ENFORCEMENT
Careers: Local, state, and federal law enforcement agencies
Entire degree can be completed online.
Students who complete a full POST academy may receive course credit.

CORRECTIONS
Careers: Juvenile or Adult Corrections, Private Corrections, and Probation
Entire degree can be completed online.

VISIT OUR WEBSITE
WWW.GROSSMONT.EDU/AOJ
AOJ Office (619) 644-7323

JOB FAIR

Reata Glen Now Hiring
Hiring Over 200 People - On-Site Interviews

Friday, February 8 - Saturday, February 9
10:00 AM - 5:30 PM

Arroyo Trabuco Golf Club
26772 Avery Pkwy - Mission Viejo

To Attend - Apply Online Now!

ReataGlen.com/Careers

Naval Medical Center San Diego's CO recognized for mentoring women

by Suzanna Brugler

SAN DIEGO (NNS) -- Naval Medical Center San Diego's (NMCS) commanding officer received honors from the American Medical Association (AMA) 2018 Inspirational Physicians Recognition Program during an awards ceremony held in Chicago Nov. 10, 2018.

Capt. Bradford Smith was formally recognized for sharing his "wisdom, expertise and passion for medicine to inspire other physicians" at the ceremony.

When asked about the award, which was created by the AMA Women Physicians Section to honor leaders who have offered their time, wisdom and support to mentor women in the medical field, Smith was characteristically self-effacing in his response.

"To the best of my ability I try to lead and mentor anyone who I feel may benefit from my tutelage, which in the U.S. Navy Medical Corps includes both men and women," said Smith. "And if in receiving this recognition, which is specifically geared toward mentoring women, I can inspire others to also take an active role in mentoring

women, then to me that is a good thing."

Smith was nominated for the honors by a member of his previous command, Captain James A. Lovell Federal Health Care Center, the nation's first fully integrated DoD/Veterans Affairs facility, in North Chicago, Ill. Cmdr. Josephine Nguyen was recently appointed to her current position as Acting Associate Director for Specialty Care when she nominated Smith, who was the then-commanding officer of Lovell, for the honors.

"Capt. Smith is an inspiring leader because he is first and foremost a professional who leads by example," said Nguyen. "He gives 150 percent to impact the command using grace and kindness without condemnation, cultivating a nurturing environment and inspiring others to lead by his example."

Nguyen credits Smith for encouraging her to step-up to the Acting Associate Director for Specialty Care position at Lovell, and for providing guidance on how to handle the difficulties which she might face.

"Capt. Smith has a way of providing personalized mentorship, encouraging others to seek out leadership opportunities and coaching them for success," said Nguyen.

Before Lovell, Smith and Nguyen had previously worked together at the Bureau of Medicine and Surgery from 2013-2014, recruiting students for the Navy's Health Professions Scholarship Program.

"He always encourages others to do the right

"Capt. Smith has a way of providing personalized mentorship, encouraging others to seek out leadership opportunities and coaching them for success." --Cmdr. Josephine Nguyen



Navy photo by Keely Albarracin

(from left) Courtney Barrett, Capt. Bradford Smith, commanding officer, NMCS, Cmdr. Josephine Nguyen and Penny Darracott, members of the command's Specialty Care department. Smith later received honors from the American Medical Association 2018 Inspirational Physicians Recognition Program in November of that same year after being nominated by Nguyen for the award.

thing, even when the 'right thing' may be the harder thing to do," said Nguyen. "In doing this he creates a culture of responsibility and safety, a culture of accountability, at his commands."

Smith carried over this leadership trait to NMCS, where he reinvigorated the weekly "Good Catch" recognition program. The program reinforces good processes and procedures in the workplace by rewarding employees who speak-up when they notice something has been

overlooked in day-to-day practice, or something that appears to be awry.

"My top three priorities for NMCS are fairly simple: to provide world-class patient care, for our employees to take care

of and look after each other, and for our military staff to prepare to deploy," said Smith. "Accomplishing this takes the entire team, and getting recognized for leadership toward this effort is unexpected yet appreciated from my perspective."

LIKE US ON FACEBOOK
A THOROUGHLY MODERN WAY TO KEEP UP WITH YOUR COMMUNITY THROUGH THE ARMED FORCES DISPATCH.
DISPATCH
Armed Forces Dispatch Newspaper

TOP QUALITY FIBERGLASS TONNEAU COVERS & TRUCK CAPS

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

10460 Mission Gorge Rd. • Santee • 92071
619-749-0742

SNUGTOP
THE PERFECT FIT

MIDTOWN MOTO GARAGE
EST. 2010

Independent Motorcycle & ATV Service & Repair

Located in the heart of Kearny Mesa
Watch out for the Big Dealer pricing

Give us a call
888-262-4559

or visit our website
www.Midtownmotogarage.com

WINTER SPECIAL **GREAT PRICE!**

MANILA \$513

TAX & FEE INCLUDED FROM LAX DEPARTURE ONLY
ASK US ABOUT OTHER ASIA DESTINATIONS AVAILABLE

LAYAWAY PLAN AVAILABLE
SOME RESTRICTIONS APPLY PRICES SUBJECT TO CHANGE CST 2007746-10

Visit our facebook page
Visit our website: www.travelnetworksan.com

TRAVEL NETWORK
THE PLACE TO GO BEFORE YOU GO ANY PLACE

7888 Dagget St. Suite 102
San Diego, CA 92111
858-292-2888 • Fax 858-292-2887
email: travelnetworksan@gmail.com

SO CAL Truck Accessories and Equipment

10460 Mission Gorge Rd
Santee, CA 92071
619-749-0742
www.socaltruck.net

- Truck Bed Covers • New and Used
- Camper Shells • Side Steps • Bed Liner
- Trucks Racks • Tool Boxes • Fuel Tanks
- Carpet Kits • Tow hitches • Mufflers •

MILITARY DISCOUNT
Get \$25.00 off \$300 or more with this ad

You name it, We've Got It

SPECIAL ARMED FORCES OFFER!

CIRQUE DU SOLEIL
VOLTA

THE BIG TOP RETURNS AFTER 7 YEARS!

OPENS APRIL 3
DEL MAR FAIRGROUNDS

cirquedusoleil.com/volta

SAVE 15% WITH PROMO CODE AF15

OFFICIAL PARTNER
Hennessy
—BLACK—
CHAMPAGNE
Nicolas Feuillatte

Navy Medicine West names region's 2018 Senior Sailors of the Year

By Regena Kowitz

SAN DIEGO - Navy Medicine West (NMW) named the regional 2018 Senior Sailor and Reserve Senior Sailor of the Year during a ceremony Jan. 24.

Hospital Corpsman 1st Class Beatriz Solorio, from Naval Health Clinic Hawaii, was named the region's 2018 Sailor of the Year and HM1 Amy Bohrer, from Operational Health Support Unit Bremerton, was named the 2018 Reserve Sailor of the Year.

They were selected from among 15 Sailors from commands throughout the region. "We selected two outstanding Sailors to represent the enlisted personnel of Navy Medicine West," said NMW Command Master Chief Loren Rucker. "The caliber of Sailors we have in the Navy now rivals that of any generation and I'm incredibly proud to serve with them. The 15 Sailors that represented their commands in both the active and reserve force are all top notch and should be proud of their accomplishments."

Having been selected as senior Sailors of the year by their individual commands through a rigorous process that included review of their nomination packages and oral boards led by chiefs within their commands, the 15 Sailors of the Year assembled at NMW headquarters in San Diego for the regional selection.

"They attended heritages events in San Diego, had their career performance graded, and participated in another oral board, this time

in front of all the command master chiefs, with questions about Naval history, tradition, customs, and military knowledge," said Rucker.

After the commands voted for the top Sailors - one active duty and one Reserve - the names were submitted to the regional commander, Rear Adm. Paul Pearigen, who announced the 2018 Senior Sailors of the year during NMW's annual board of governor's meeting, a gathering of all the region's commanding officers and command master chiefs.

Solorio, a native of San Jose, is the public health directorate leading petty officer for NHCH where she mentors over 80 active duty and civilian public health technicians. "I'm very proud to be part of an organization that recognizes and promotes its Sailors based on merit," said Solorio. "I don't think I've done anything special. I've just tried to be a better person - I volunteer, I stay fit, I take care of our Sailors, and I make sure that our mission is being met. When you do these things, it's going to show in your work and hard work does pay off."

Bohrer, a Navy Reservist who hails from Aurora, Colo., is OHSU Bremerton Detachment O's unit LPO and directly responsible for leading and mentoring 32 enlisted Sailors, to include managing five work center supervisors, the clinic leading petty officer and the unit's career counselor. "I can't say thank you enough to the leaders throughout my career who saw a lot more in me than I could ever see in myself," Bohrer said.



UNIVERSITY CITY, Calif. (Jan. 25, 2019) - Standley Middle School hosted its annual Marine Corps Fitness Challenge with Marines from MCAS Miramar. Marines led students through three different physical training courses throughout their physical education periods to give the students a better outlook on physical fitness. Photo by Sgt. Jake McClung



NAF EL CENTRO (Feb. 2, 2019) - The Blue Angels Diamond pilots take off for a training flight Photo by MC2 Timothy Schumaker

Most recent Special and General Courts-Martial results

WASHINGTON - The following reports the most recent results of Special and General Courts-Martial convened within Navy Region Southwest.

General Court-Martial

Hospitalman Nathaniel T. Huron pled guilty to wrongful use of a controlled substance and assault consummated by a battery. The military judge sentenced him to forfeit \$1,451.00 per month for one month, reduction in rank to paygrade E-1, and confinement for 25 days.

Seaman Kyle M. Ines pled guilty to sexual assault and child pornography. The military judge sentenced him to be discharged with a Dishonorable Discharge, to forfeit all pay and allowances, reduction in rank to paygrade E-1, and confinement for six years.

Petty Officer Second Class Jeremy P. Duncan pled guilty to false official statement, committing a sexual act upon a child, and three specifications of committing a lewd act upon a child. The military judge sentenced him to be discharged with a Dishonorable Discharge, to forfeit all pay and allowances, reduction in rank to paygrade E-1, and confinement for 10 years.

In Lemoore, Chief Petty Officer Jason L. Redick pled guilty to fraternization, providing alcohol to a minor, and assault consummated by a battery. The military judge sentenced him to reduction in rank to paygrade E-5 and restriction for 60 days.

Special Court-Martial

An O-5 was tried for wrongful use of a controlled substance. The military judge returned a verdict of not guilty.

Chief Petty Officer Grover R. White pled guilty to dereliction of duty. The military judge sentenced him to a reduction in rank to paygrade E-6.

In Lemoore, an E-3 was tried for negligent homicide. The panel of members returned a verdict of not guilty.

Petty Officer Third Class Jovontia Lyons pled guilty pursuant to larceny, two specifications of assault consummated by a battery, and obstructing justice. The military judge sentenced him to be discharged with a Bad Conduct Discharge and confinement for 120 days.



A&B TRUCK RECYCLING

2863 COMMERCIAL ST. • SAN DIEGO, CA 92113

WE SELL NEW & USED

- TRUCK, VAN & SUV PARTS
- FOREIGN & DOMESTIC
- WE ALSO SPECIALIZE

IN REBUILT AUTOMATIC & STANDARD TRANSMISSIONS, TRANSFER CASES, DIFFERENTIALS & DRIVESHAFTS PARTS INSTALLATION & TOWING SERVICES AVAILABLE

OVER 45 YEARS OF EXPERIENCE!



WE BUY ANY CARS TRUCKS AND VANS RUNNING OR NOW FREE DELIVERY

CALL US AT: 619-234-5282

MON-FRI 8AM-5PM SAT 8AM-3PM CLOSED SUNDAY

MILITARY DISCOUNT

www.ABTRUCKPARTS.COM ABTRUCKRECYCLING@YAHOO.COM

Places of Worship

Bayview Baptist Church
"A Multi-Cultural, Multi Ethnic, Multi Generational Church"
 6126 Benson Ave., San Diego, CA 92114 (619) 262-8384
 Sunday 7am, 9am and 11am Worship Service
 2nd Wednesday's 6pm YLoV and YMoV
 Wednesday Night Live (WNL) 7pm
 www.bayviewbc.org

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

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

City of Praise
The Perfect Place for Imperfect People to Mature in Christ!
 A place to belong with exciting life related messages for everyday living.
 See you at Sunday School - 9am & Sunday Morning Celebration-10:30am
 Tues Bible Connection-7pm Location: 2321 Dryden Rd., El Cajon, 92020
 (619) 749-1767 visit us: www.thecityofpraise.org twitter@citybishop
 Bishop Stephen M. Brunson, Senior Pastor, USN, Retired

EGWC Worship Center
 Sunday: Sunday School 9am; Morning Worship Service 10am
 Wednesday: Bible Study 7pm
 Preschool Academy Ages 2-5; 6am to 6pm; M-F (619) 656-0131
 10% Military Discount
 880 Kuhn Dr., Chula Vista, CA 91914 (Directly Across from Kohl's)
 Website: http://www.extremegospelwc.org

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

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

First Baptist Church of San Luis Rey
 Sunday: Sunday School 9:15am; Morning Worship Service 10:30 am
 Wednesday: Prayer Service 6:30pm
 Friday Bible: Study 6:30pm; Youth Night 6:30pm
 101 Stallion Dr., Oceanside, CA 92057
 (760) 757-2722 email: fbcslr@att.net

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

Lighthouse Baptist Church
"Where the Shout has not Died Out"
 1345 Skyline Dr., Lemon Grove, CA 91945
 Sunday School and Adult Bible Classes: 9:30am
 Sunday Morning Service 11am, Sunday Evening at 5:30pm
 Midweek Service and Teen Church, Thursdays at 7pm
 www.lighthousebaptist.com (619) 461-5561

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

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

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

Hot Wheels: RACE TO WIN



by Jan Wagner

The event announcement about Hot Wheels: RACE TO WIN read “Real Racing - Real Fast - Real Fun!” The exhibit’s web description says “It’s time for roaring engines and real fast racing in Los Angeles.” Seriously? I have covered professional and amateur auto racing for many years, but Hot Wheels? I was skeptical.

The Motor Press Guild is a well-respected automotive industry organization for journalists, analysts, public relations professionals and industry affiliates. I’ve been an active, full journalist member of MPG for many years. Our events are al-

ways informative and well worth sharing with you, so I had no reason to think that this one would be any different. If they say “Real Racing,” well then there must be more to this event than meets the eye. Count me in, despite the long drive from San Diego to Los Angeles.

On the day of the event there was very heavy rain in the area, as had been forecast. Southern California usually experiences so little rain that many of our drivers tend to drive as if the roads are dry, driving too fast for conditions and following too closely. I was especially careful and thankfully only saw one wreck along the way.

This event was the opening day of a Hot Wheels exhibit about racing - not just Hot Wheels racing, but 1:1 motor racing too. The exhibit is located in the DiscoveryCUBE Los Angeles interactive museum in Sylmar. This family-friendly exhibit is especially aimed for children aged six to 12 years, but it really is “fun for all ages.”

Visitors will be introduced to the



Tire circumferences and their effect on performance exhibit.

science, technology, engineering and math that goes into racing aerodynamics, engine performance, safety gear, strategy, suspensions and more, through a combination of interactive video stations, hands-on educational simulations, actual racing gear and explanatory graphics boards. Naturally there are also opportunities to do some actual HotWheels diecast racing.

You may even pose for a victory photo in the Winners Circle!

As you explore each of the four zones you’ll have the opportunity to learn about how race teams work together to build and test the world’s fastest and safest race cars in this behind-the-scenes look at the thrilling world of racing.

The Blue Zone focuses on Design, where you will learn what makes one race car faster than another. Factors influencing maximum speed include body design and choosing the right tires. The Yellow Zone is for Power, as provided by the engine through the use of fuel.

Auto racing is inherently dangerous. Crashes inevitably occur. In the Red Zone we learn about Safety, including ever-improving safety equipment and procedures that are designed to protect the drivers, crews, fans - and journalists.

The Green Zone is all about Speed.

In the well-stocked museum gift shop, you’ll find plenty of Hot Wheels

and other merchandise. I spotted a very cool, orange, 50’s era robot on a shelf behind the cashier. Thinking it was probably a display, nevertheless I asked about it. To my surprise this nearly two-foot-tall, original work of art by Sally Colby of Nutzen Bolts Works (<https://www.nutzenboltsworks.com>), which had been in the store for years, was actually for sale, and at a reasonable price. Better yet, its body is made in part from discarded old camera gear. I added “Tangerine,” and also a canvas print of 50’s era robots, to my eclectic collection of art.

In addition to Hot Wheels: RACE TO WIN, be sure to check out the many other fascinating exhibits. It is hard to pick favorites but I especially enjoyed the (simulated) helicopter ride that showed where the greater Los Angeles area gets its water, and how it is treated.

Kids were captivated by the educational grocery store, as their special computerized shopping carts guided them through the aisles to find and scan products, and then check out.

In a multi-room house exhibit, visitors learn about a houses various systems as they play the role of house inspectors, answering questions with interactive tablets.

A recycling game encourages visitors to sort their trash.

Hot Wheels: RACE TO WIN will be open for three months, through April 28th, at DiscoveryCUBE Los Angeles. For more information, visit <https://la.discoverycube.org/event/hot-wheels-race-to-win/>. Admission is available at the door or you can save money by buying your tickets in advance and learning about the free child’s ticket promo, online at the museum’s website.

For additional photos, visit www.drivetribe.com and enter “AutoMatters & More #576” in their search bar. Please send your comments to AutoMatters@gmail.com.

Copyright © 2019 by Jan Wagner - AutoMatters & More #576



by Lisa Smith Molinari

Valentine’s Day is coming, and while your civilian friends are picking out new lingerie and making dinner plans with their hubs, you’re wallowing in self-pity because your soldier or sailor is deployed.

You imagine that your friends will float through the upcoming week buoyed by the anticipation of foil hearts, velvety roses, and soft kisses, while you scan Netflix for

the meat and potatoes of life

something to binge watch alone on Thursday night after the kids go to bed. Maybe an alien invasion movie or a documentary about serial killers? Definitely not “The Bachelor” or “Fifty Shades of Grey.”

With a heavy sigh, you slump your shoulders and drag your feet, resigned to being a lonely military spouse while the rest of the world enjoys the exquisite expressions of love and abundant sensual pleasures of Valentine’s Day.

But I’m here to tell you, my fellow military spouses, you’ve got it all wrong.

Having your spouse deployed on Valentine’s Day is a blessing in disguise. Believe it or not, Thursday night will be much more romantic for you than your civilian friends,

and here’s why:

Just like growing up and New Year’s Eve parties, Valentine’s Day seems really wonderful until you actually experience it. You tend to glamorize these overrated events in life, when the reality can be sadly disappointing.

For married couples on Valentine’s Day, there’s pressure to be thoughtful, to look sexy, and to perform, despite the unavoidable realities that permeate our day-to-day lives. Bills and babysitters. Receipts and razor burn. Cat boxes, cold sores. Migraines, mivivans. Dust bunnies, dragon breath. Stretch marks, soap scum.

Romance doesn’t come easily for some husbands and wives who have passed through the honeymoon

Remotely romantic

phase and are fully entrenched in hectic modern family life. After they fight traffic to get home from work - stopping to get the cards and heart-shaped box of chocolates they almost forgot - they pick up the babysitter, and rush to make their 7:30 reservation for dinner. They’re angry, but they hide their annoyance because they know it will kill the mood. They order a bottle of wine, hold hands over the table. Inevitably, they find themselves talking about the kids, the in-laws, and the carburetor. By the time the check comes, they’re muffling yawns.

At home, they muster the energy for the obligatory romp in the sack, even lighting a candle for extra atmosphere. But it’s not the stuff that romance novels are made of. It takes too long or not long enough. The dog jumps on the bed. A kid wakes up. Something embarrassing happens. The days of sexual nirvana

have long passed, and they must now be satisfied with the unaltered affections of normal married life.

At least they’re together, you argue. But you still don’t get it - this Feb. 14, you’ll be living every woman’s romantic fantasy.

Somewhere across the planet, there’s a man. Not just any man. Your man. A man in uniform. In blues, greens, khakis and camouflage.

He’s not stopping to buy a box of chocolates for you. He’s not picking up the babysitter. He’s not spritzing himself with cologne. He’s not paying the dinner bill.

He’s serving his country. He’s doing something brave and honorable to protect you, your children, and everyone else back home. Normally, he doesn’t stop to think

about what he’s missing while he’s away. He must keep his mind on the mission.

But on this Valentine’s night, your husband lays in his bunk, looking up at the dim ceiling of his barracks, quarters, or bivouac. As he listens to the ambient sounds of engines, wakes, aircraft, and foreign lands, his mind wanders away from his military duties, to you, his wife.

Maybe he was able to video chat, call, or e-mail you today to wish you a Happy Valentine’s Day. Maybe not. Regardless, he won’t just miss you tonight. He’ll long for you - your hair, your perfume, your lips, your curves. And he’ll envision every last detail of what would happen if you were together.

See? Lucky girl, you are the envy of women everywhere.

WESELOHCHEVROLET.COM
CAR COUNTRY CARLSBAD
GIVE US A CALL (760) 317-4995

WESELOH CHEVROLET

FIND NEW ROADS

EXTRA \$250 OFF OUR BEST DEAL ON ANY NEW WESELOH CHEVY

AD MUST BE PRESENTED PRIOR TO SALE

Now Offering Distillery Tours!

BREWERY TOURS of SAN DIEGO

Visit & Sample at Award-Winning Breweries in “America’s Finest City”

Public & Private Tours Available
7 Days a Week • Day or Night • For Any Size Group

California DRINKIN

619.961.7999
brewerytoursofsd.com

ACCOUNTING ACADEMY
Vocational-Technical Business School

Learn High-Demand Valuable Job Skills

Get Trained Quickly
Hands-On Small Classes
Learn Practical Skills
1000’s of Job Openings

**Jr. Accountant/Bookkeeper
Administrative Assistant
Microsoft Office/QuickBooks
Tax Preparer-Enrolled Agent**

ENROLL NOW (858) 836-1420
theaccountingacademy.com

VA

Museum Month: Half-off admission to 40+ museums

Locals and visitors to San Diego area libraries are in for a special treat this February! Pick up your Museum Month discount pass at a San Diego City or County libraries to enjoy half-off admission at more than 40 San Diego Museum Council (SDMC) member museums. The pass can be used to visit multiple museums across the region.

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

Traveling from out of town? Receive a Museum Month pass when you book a stay in February at one of Hilton's 29 participating locations throughout San Diego County.

Where can I pick up my Museum Month discount pass? The Museum Month discount pass can be picked up at over 75 library locations in the San Diego area. The pass is free and can be used to get half-price admission at more than 40 local museums in the month of February.

<https://sandiegomuseumcouncil.org/specials/museum-month/>



San Diego Theatre Week: Celebration of performing arts

Have a Play Date! More than 30 San Diego performing arts organizations have come together to collaborate on and promote the fourth annual San Diego Theatre Week, a celebration of performing arts that will serve to promote the vast array of performing arts in the city. San Diego Theatre Week will take place February 14-24.

"The Performing Arts is one of San Diego's greatest treasures," says D. Candis Paule, President of the San Diego Performing Arts League, the local organization which serves as a liaison and advocate for performing arts organizations, and which runs the iconic San Diego ArtsTix Ticket Center at Westfield Horton Plaza downtown. "Just as Restaurant Week is a week for foodies to explore new culinary options while saving money, our vision for Theatre Week is audience members will take advantage of the opportunity to discover new theatre companies and unforgettable arts experiences. It's the perfect chance to try out something new."

Most theatres will be performing during the special week, but even organizations without events that week will have special offers whether for present or future performances. 858-381-5595. artstix@sdpal.com <http://www.sandiegoteatweek.com/>



Tết Festival: Spring to New Horizons Friday-Sunday, Feb. 8-10

Join us in welcoming the Year of the Pig as we Spring To New Horizons, Friday, Feb. 8 through Sunday, Feb. 10! This prosperous Year of the Pig will be celebrated at Mira Mesa Community Recreation Park. We will be featuring many fun attractions such as: Our signature Miss Vietnam San Diego Pageant, Lion dancing all 3 days, a new cultural village, Beer Garden, full carnival rides, Golden Voice contest and dancing contests for cash prizes, Game Booth with prizes!

2 stages with non-stop entertainment from A-list singers/artists as well as local artists in San Diego. Food vendors with variety of foods from cultures all around the world!

Contests: • Step Up Dance competition • Golden Voice

Hosted by young groups of high school and college students, we are known to put on the BEST Asian Lunar New Year's (Tet) Festival in San Diego! Our festival has proven to be one of the largest 3-day cultural festivals in San Diego, attracting more than 25,000 people! Mira Mesa Community Park, 8575 New Salem St.

Hours: Friday 5-10pm. Saturday 11am-10pm. Sunday: 11am-9pm. <https://www.sdtet.com/#/>



6th Annual San Diego Improv Festival Thursday-Sunday, Feb. 7-10



This yearly festival brings some of the top talent from all over the nation to both perform and teach right here in our own backyard!

The 6th Annual San Diego Improv Festival returns, attracting improv enthusiasts from around the country for the four-day comedy binge. The festival will offer professional workshops and performances from a selection of hand-picked improv teams from cities around the country.

Anyone attracted to improv is encouraged to take the plunge and join the four-day comedic journey. The San Diego Improv Festival begins on Thursday, February 7, with workshops and performances through Sunday, February 10 at the Tenth Avenue Arts Center located at 930 Tenth Avenue.

Tenth Avenue Arts Center, 930 Tenth Ave., San Diego, CA 92101. <https://www.finestcityimprov.com/sdif/>

KuumbaFest: Black 2 Excellence 2019 Friday-Sunday, Feb. 8-10

KuumbaFest is San Diego's longest running and premier celebration of African-American expression, culture, and heritage.

The three-day festival that includes traditional African art and pageantry, drama, educational workshops, community leadership awards, an African marketplace, a health fair, Hip Hop Showcase, tribute to the famed Apollo Theatre "Live at the Lyceum," a Gospel Concert, and powerful guest speakers and artists. San Diego Repertory Theatre, 79 Horton Plaza, San Diego, CA 92101. info@kuumbafest.com <http://www.kuumbafest.com/>



Fun with MWR

New MWR offerings...

Ice Skating. Fri, Feb 8, 7:45-10pm, \$12. Ice skating in San Diego? You bet! Cost includes ice time and skate rental. Meet at San Diego Ice Arena, 11048 Ice Skate Pl., San Diego, 92126 Register: www.navylifesw.com/sdcr, Info: 619-556-9597

Sweetheart's Dinner & Dance. Thur, Feb 14, 6pm, \$80/couple. Enjoy a romantic, delicious dinner complete with a breathtaking view of the ocean. Cost includes a photo keepsake, three-course meal with dessert bar, music and dancing. Cash bar available. Main entrée selections made at registration. BONUS: child care options available for \$5/hour. Call 619-545-5617 to reserve. NASNI, Island Club Catering & Conference Center, Bldg. X. Register: www.navylifesw.com/sdcr, Info: 619-437-3190

Swim Your Heart Out Thur, Feb 14, 5-8am. How many laps can you complete in 3 hours? Enjoy aquatic fitness demonstrations, healthy lifestyle information and much more! Info: 619-520-3048. NBSD, Admiral Prout Pool, Bldg. 3279

Breakfast with Fairytales Sat, Feb 16, 9:30-11:30am, \$22 adults, \$18 kids (3-12 yrs.) Spend a magical morning with fairytale characters and enjoy crafts, a photo booth, pancake breakfast bar and, of course, dancing! NBSD Anchors Catering Center, Bldg. 3210. Register: www.navylifesw.com/sdcr, Info: 619-556-9597

Polar Bear Swim Silver Celebration Fri, Feb 22, 11am, FREE. 500-yard open water bay swim! All MWR patrons welcome. First 50 participants receive a 25th Anniversary T-shirt. NBPL, Main Base, Smuggler's Cove. Register: www.navylifesw.com, Info: 619-553-0934

Weekend Hike: Blue Sky Reserve to Ramona Lake Sat, Feb 23, 9am, FREE. Join us for a classic SoCal hike enjoyable for the whole family. This 5.9 mile out and back trail features beautiful views of Lake Poway with lots of shady oaks along the way. Challenge yourself with a moderate grade climb, great for beginners. Dogs are welcome. Come early for parking. Meet at 16275 Espola Rd, Poway, 92064. Register: www.navylifesw.com/sdcr, Info: 619-437-3190

The following Liberty trips are open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+.

LIBERTY Big Bear Trip. Fri-Sun, Feb 22-24 • Call for cost. Whether you're skiing, snowboarding, or simply taking a stroll in the idyllic town of Big Bear, this weekend get-away will surely be worth it. Purchase lift tickets at any MWR Ticket Office, reserve gear early at NBSD Outdoor Adventure Center. Trip sign ups available through your base Liberty Center.

Capture her heart.



Heart Pendant with Abalone Inlay and Diamond in 14K Yellow, White or Rose Gold \$399

Chain included



NA HOKU
Hawaii's Finest Jewelers Since 1924

Fashion Valley, Lower Level by Bloomingdale's, 619-294-7811
NaHoku.com

NAVYCHIEF.COM



We print custom

T-SHIRTS

all year long. So don't wait for
CPO SEASON
to start on your next order.

Call today for a personalized quote

301-475-0437

or email your ideas to: sales@navychief.com

You can also place an order Online using one of our 12
SEMI-CUSTOM TEMPLATES

This cost saving alternative has a quicker turnaround and a simplified ordering process that is available from almost any personal device.

WWW.NAVYCHIEF.COM

- Custom full color screen printing
- Graphic design
- Government & commercial clientele
- Small or large quantities (minimum order of 12)
- Specialty merchandise (coffee mugs, coins, etc.)
- Veteran Owned

CLASSIFIEDS

ARMED FORCES DISPATCH CLASSIFIEDS

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

ATTORNEYS

LOW COST DIVORCE

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

PAYMENT PLANS
 Free Consultation
 (619) 232-1717
 Mission Valley ... 283-7777
 El Cajon ... 442-6999
 Chula Vista ... 427-3404

LOW COST BANKRUPTCY

Recordon & Recordon, Attorneys
STOP Creditor Calls
Home Foreclosure Repossessions
PAYMENT PLANS
 Free Consultation
 (619) 232-1717
 Mission Valley ... 283-7777
 El Cajon ... 442-6999
 Chula Vista ... 427-3404

AUTOS FOR SALE

BUICK LUCERNE 2007-Always garaged, xint cond. Only 130K & pwr everything. 6 cyl. Tags good til 1/20. White. \$3500. 760-520-3207. 2/17

COLLECTIBLES/WANTED TO BUY

BUYING Pre-1975 - Baseball/ Football/ Basketball/ Non-Sports Cards & old sports collectibles. Autographed items too. 619-732-8302. 3/14

WANTED STAMPS! - Buying large postage stamps collections! Call for free quote. Nick (619) 672-0434. 2/21

CONDO FOR SALE

CAMP PENDLETON CONDO - 2BR/2BA Nicely furn, 1089sf, htd pools, jacuzzi, wt room & gym, tennis & more. Only \$360K. 361-752-8623. 2/28

HELP WANTED

Good Morning...McDonald's! Earn Extra \$\$\$! Mornings with McDonald's Afternoons/Evenings with your family. McDonald's now hiring-flexible hours. Apply at McDonald's MCAS Miramar. TFN

Customer Service Rep. Part time, M-F, 9-3. Near trolley stop. La Mesa. Must have clear speaking voice for telephone. Hours could be flexible for military spouse. Call Brenda 619-280-2985. Computer experience a plus. TFN

HORSE BOARDING

HORSE BOARDING CARLSBAD - \$400/month. Western casual family-oriented ranch. We have roomy 12x48 or 12x24 corrals and provide a veterinarian recommended diet twice daily. (760) 840-0187.

MEMORIAL SERVICES

At Sea Or Ashore Memorials
 Scattering of Ashes. Celebration of Life Services
 Contact Maritime Museum of San Diego.
 619.234.9153 ext.102 sdmaritime.org
 2/26/19

RENTALS APARTMENTS

IMPERIAL BEACH - Beaut. 2 BR/1BA, up-stairs w/bay views. \$1450, lg rm. On site lndry, walk to shop/dine. Avail now. 619-841-5870. 2/17

PT LOMA New Yr Bonus \$500. Renovated 1BR. Gated, quiet, close to schools, shops, transp, parks. Lndry, rec facilities, prkg, no smoke/pets.. 619-222-5143 2/28

Imperial Palm Apartments

Spacious Studios across the street from the beach!

- Vinyl wood flooring throughout
- Walk-in closet
- Most utilities included

CALL FOR MOVE-IN SPECIAL

619-424-3119

"Military Friendly" PACIFIC LEGACY PROPERTIES

1, 2 & 3 Bedrooms available throughout San Diego County. Online Rental HotSheet www.pacleg.com
619-423-7500

AVAILABLE NOW

1, 2 or 3 BR's Apartments, Townhouse & Houses

MOVE-IN SPECIAL!

LEADINGHAM REALTY

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

SEA BREEZE

GARDEN APARTMENTS
 LARGE ONE & TWO BEDROOMS

One block from beach
 Custom two tone paint
 Vinyl wood flooring
 Most utilities included!

CALL FOR MOVE-IN SPECIAL
619-424-8153

RENTALS CONDOS

CHULA VISTA - Upstairs condo, 2BR/2BA, gated with pool \$1500/mo., \$800 security dep. Message 619-434-1105. 2/17

CORONADO - 3BR/2.5BA, Attached garage + off st prkg. Nr school, 2 fplc's, w/d hkup, central heat, No pets. \$3,800 Nick 619-302-8974. 2/21

RENTALS HOUSES

CHULA VISTA-3BR/2BA 1700sf on cul-de-sac. Close to bases. New paint, new kitchen. Access pool/rec rm. \$2800/mo.619-427-9111. 2/21

IMPBCH -1/2 mi to Helo base. Nu home w/solar, 3BR/2.5BA, 2 car att gar, finished office, a/c, gas range, new appli. \$2,995. 619-222-7262. 2/28

NEAR QUALCOMM-Huge 3000sf. 5BR/3BA. Fncd yrd, 2-car gar, fplc, w/d hkup, lrg family rm. Nr shopping/schls. \$3225. 858-484-5131. 2/14

RENTALS STUDIOS

CLAIREMONT - Lrg furn, w/kitchenette. Pvt entry. Utis/wi/fil/basic cable incld. No smoke/drugs/pets. Good credit. \$1300/mo. 858-268-4743. 2/21

ROOMMATES/ROOM FOR RENT

CARMEL MTN-Huge master, sunken tub, deep walk-in. New paint, pool, no smk. Close 15. Quiet. \$1175 cable/utl incld. 858-449-3553. 2/21

CHULA VISTA-Share bath, pvt sink/storage area in fam home. Female pref. Kitch use. Golf, tennis, pool. No smk/drugs. \$659/mo. 619-992-5215. 2/21

CORONADO - \$1450. LG BR w/ many amenities. Small deposit. dog ok. Nr bch No Island. Female pref. Free wifi. 714-271-0963. 2/17

OTAY RANCH - \$900. Nicely furn, clean, utl included. Free wi-fi, cable, pool/ gym for quiet Female. Nice yard/ garage. 619-244-3703. 2/28

SELF-HELP GROUP

Do you suffer from: stress, tension, anxiety, panic, mood disorders, fatigue, sleeplessness, worry, anger, fears, helplessness, hopelessness?

Let Recovery International help you. We don't take the place of the professional, we work in conjunction with. (\$1-\$5 donation) with daily meetings through out San Diego County. 1-866-221-0302.

www.recoveryinternational.org

Advertise in our classifieds. Call today!
619-280-2985.

Grossmont College hosts Black History Month events

Wednesdays through Feb. 27: "Jazz Kitchen with Soul Food Specials" featuring singers and musicians from the college's Jazz Vocal Ensemble and Jazz Studies Department takes place Wednesday, Feb. 6-27 from noon-1 p.m. Enjoy student performances and soul food at the Griffin Grill.

Feb. 7: Black History Month Movie Night at 5 p.m. at Griffin Gate, Bldg 60. "The Hate U Give," based on the book by Angie Thomas and directed by George Tillman Jr., is the story of a young black student from a poor neighborhood who attends a prep school in an affluent area. She finds her uneasy life balance further disrupted when she witnesses her childhood friend being shot by a police officer.

Feb. 11: New Media Essential for Marginalized Communities featuring hip-hop artist Jasiri X, 6-8 p.m. Bldg. 26, Room 220. Hip-hop artist Jasiri X examines the constant bombardment of media images on society and the effect that it has on self, community and the world. The musical artist and activist emerged on the national scene in 2007 with the powerful hit song "Free the Jena 6" and the groundbreaking internet video series that reached millions. In 2015, he was selected among 600 applicants as an Artist as Activist fellow by the Robert Rauschenberg Foundation and in 2016, he was awarded an honorary doctorate from the Chicago Theological Seminary.

Feb. 21: Open Mic Night Festival and Competition 5-8 p.m. in Bldg. 26, Room 220. Join special guest M.C. Gill Sotu and the Grossmont Black History Month Committee for the 3rd Annual BHM Open Mic Night featuring poetry, rap, spoken word, and more.

Feb. 27: Black History Month Movie Night 2 at 5 p.m. in Griffin Gate features "Hidden Figures," the real-life story of three African-American female mathematicians who provided crucial calculations for NASA's space race against the Soviets, all while dealing with the racist and sexist assumptions of their white co-workers. Starring Taraji P. Henson, Octavia L. Spencer, and Janelle Monae.

Grossmont College is at 8800 Grossmont College Dr., El Cajon.

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

SELF STORAGE

www.STORAGEWEST.com

877-917-7990

10% MILITARY DISCOUNT

MOVIES at the Bases

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

Thursday, January 31

5:50pm Mary Poppins Returns

8:20pm The Mule

Friday, February 1

5:50pm The Upside

8:10pm Escape Room

Saturday, February 2

1pm Bumblebee

3:10pm The Upside

5:30pm Escape Room

Sunday, February 3

1pm Spider-Man: Into The Spider-Verse

3:10pm Bumblebee

5:20pm Aquaman

Monday, February 4

5:50pm The Upside

8:10pm Escape Room

Tuesday, February 5

5:50pm Spider-Man: Into The Spider-Verse

8pm Holmes & Watson

Wednesday, February 6

5:50pm The Upside

8pm Escape Room

Thursday, February 7

5:50pm Bumblebee

8pm Mortal Engines

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

Thursday, January 31

11am The Boss Baby

5pm The Nun

Friday, February 1

5pm Hunter Killer

Saturday, February 2

2pm The House With A Clock In Its Walls

5pm Can You Ever Forgive Me

Sunday, February 3

5pm Night School

Monday, February 4

5pm The Hate U Give

Tuesday, February 5

11am Smurfs: The Lost Village

5pm A Simple Favor

Wednesday, February 6

5pm Mid90s

Thursday, February 7

11am Captain Underpants: The First Epic Movie

5pm Nobody's Fool

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

Thursday, January 31

6:30pm The Mule*

Friday, February 1

6:30pm Escape Room

9pm The Upside

Saturday, February 2

3pm Mary Poppins Returns

6:30pm Aquaman 2D

9pm Bumblebee 2D

Sunday, February 3

1pm Holmes & Watson

6:30pm Aquaman 2D*

Wednesday, February 6

6:30 PM Spider-Man: Into the Spider-Verse 2D *

Thursday, February 7

6:30 PM Mortal Engines 2D *

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

Thursday, January 31

5pm Paul Blart: Mall Cop 2

Friday, February 1

5pm Overlord

Saturday, February 2

5pm Creed II

Sunday, February 3

5pm Widows

Thursday, February 7

5pm Dr. Seuss: The Grinch

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

Thursday, January 31

5:50pm Holmes & Watson

7:40pm Mortal Engines

Friday, February 1

5:50pm Escape Room

8pm The Upside

Saturday, February 2

1:30pm Spider-Man: Into The Spider-Verse

4pm Mary Poppins Returns

6:50pm Escape Room

Sunday, February 3

1:30pm Spider-Man: Into The Spider-Verse

4pm Mary Poppins Returns

6:50pm The Upside

Monday, February 4

5:50pm Escape Room

7:50pm The Upside

Tuesday, February 5

5:50pm Bumblebee

8:10pm Escape Room

Wednesday, February 6

5:40pm Holmes & Watson

7:40pm Aquaman

Thursday, February 7

5:40pm Bumblebee

8pm The Upside

Pendleton Movie Theatre
 Building 1330 Vandegrift Blvd (760) 725-9217
 Active Duty adults \$7/3D-\$9
 Kids (6-12) \$3/3D-\$4
 \$5/under free/3D \$1 for glasses
 Half price Thursdays admission and \$1 regular popcorn!

Movies/times subject to change

Thursday, January 31

1/2 price admission

6:30pm Aquaman

Friday, February 1

6pm Bumblebee

9pm Holmes & Watson

Saturday, February 2

1pm Bumblebee

4pm Holmes & Watson

6:30pm Mary Poppins Returns

Sunday, February 3

1pm Spider-Man Spider-Verse

4pm Holmes & Watson

6:30pm Bumblebee

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

BUSINESS & SERVICE DIRECTORY

New Energy Massage

3817 University Ave. • SD, Ca 92105

1 Block West of I-15

619.795.0955

\$10 Discount on any Massage

Open 7 Days a Week • 9am-10pm
 NO APPOINTMENT NECESSARY

TRAVEL NETWORK
 THE PLACE TO GO BEFORE YOU GO ANYWHERE!

Email: travelnetworksan@gmail.com

7888 Dagget St, Suite

Around Town

February is San Diego Museum Month: 50% off at participating museums. Discount passes available at San Diego County and Public Libraries. www.sandiegomuseumcouncil.org

Whale Fest, Thurs-Sun, Feb 7-10, 10am-3pm. Free-\$19.50. Celebration of whales. All activities are included with aquarium admission. Winter is the peak time to see migrating Gray Whales in SoCal and we are celebrating these marvelous marine mammals and their fin-tastic cousins with a festival of whales. Meet Scripps Oceanography scientists who study whales and create cute whale crafts. Birch Aquarium at Scripps, 2300 Expedition Way, La Jolla.

27th Annual Kuumba Fest Gathering – Black 2 Excellence at Lyceum Theatre. Fri-Sun, Feb 8-10. www.kuumbafest.com

Cactus & Succulent Society Show & Sale, Sat, Feb 9, 9am-4pm. Free. Open to the public. Unusual and exotic cacti and succulents, highlighting "winter growers" from around the world. Open to novice, intermediate and expert growers. Also Plant and Pottery Sale, featuring a variety of small plants and specimen plants. Sale-Room 101 of the Casa del Prado. Show adjacent patio area. Casa del Prado. 1800 El Prado, Balboa Park.

Restore Least Tern Nesting Habitat, Sat, Feb 9, 9:30-12:30. Free. Join San Diego Audubon to remove these weeds, repair fencing and install signage, all to help this little bird and its chicks thrive. The work event will run at Story Point on Fiesta Island. Come prepared in closed-toed shoes and work clothes, and bring a hat, sunglasses and a jacket. Water, snacks, sunscreen, gloves and all needed tools will be provided. We will require that all minors have their waivers signed by a legal guardian. RSVP or find out more by reaching out to our Restoration Manager, Megan Flaherty, at flaherty@sandiegoaudubon.org, or at 858-273-7800 x 106. 1500 Fiesta Island Road, Mission Beach.

10th Annual Brewbies Festival at Bagby Beer Company, Sat, Feb 9, 1-5pm. www.brewbies.org

Discovery Tables: Owl Pellets, Sat, Feb 9, 10am-1pm. Free. What do owls eat? Find this out and more about owl pellets from a Trail Guide at the Mission Trails Regional Park Visitor Center Discovery Tables. Meet inside the Visitor Center. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos.

Mermaid Half Marathon, Women's 10K, 5K & Mermaid Dash at Tecolote Shores North. Sat, Feb 9, 7-11am. The flat course is ideal for both runners and walkers. www.mermaidseries.com/mermaid-half-marathon-san-diego

Escondido Chocolate Festival, Sat, Feb 9, 1-5pm. \$30-\$50. Bring your sweetheart or just your sweet tooth to downtown Escondido to enjoy the "For The Love of Chocolate" Escondido Chocolate Festival. Stroll through designated restaurants, shops and spas while sampling chocolates paired with local fine wines and craft beers. Take a romantic horse-drawn carriage ride down Historic Grand Avenue. Plus, don't miss the 2nd Saturday, Escondido Arts & Culture events downtown! Historic Downtown Escondido, 198 Maple St Plaza, Escondido.

Project Wildlife Baby Shower at Pilar & Chuck Bahde Wildlife Rehabilitation Center, Sat, Feb 9, 10am. www.sdhumane.org

Valentines on Volcan Hike on Volcan Mountain, Sat, Feb 9, 8:30am-12pm. www.sdrvc.org

Cabrillo Sunrise 5K Fun Run & Walk, Sat, Feb 9, 6:30-9am. Watch the sun rise over the city and then run or walk 5K through Cabrillo National Monument--San Diego's only national park. Spectacular ocean views in a unique setting at an hour of the day when the park is normally closed. Plus, your participation helps with the park's many programs, including science education for underprivileged children. Event details and to Register, visit <https://www.active.com/san-diego-ca/running/distance-running-races/cabrillo-sunrise-5k-2019>. Cabrillo National Monument, 1800 Cabrillo Memorial Dr, Point Loma. (619) 222-4747. Gates open at 6:30 a.m. for on-site packet pick-up. 5K

run/walk begins at 7:30 a.m. <https://cnmf.org/>

Nourished: The Gluten Free, Allergy & Special Diet Festival at Del Mar Fairgrounds, Sat-Sun, Feb 9-10, 10am-3pm. www.nourished-festival.com

Brisk Morning Walk, Saturdays, Feb 9 & 23, 8:30-10am. Free. Walk led by Mission Trails Regional Park Trail Guide. Meet at the Kumeyaay Lake Campground flagpoles at the campground entry station. Two Father Junipero Serra Trail, Santee.

Rain and Shine, Sat-Sun, Feb 9-10, 23-24 & Wed, Feb 13 & 27, 9:30-11am. Free. Some rain, then some sunshine and now you can enjoy a Trail Guide led walk at Mission Trails Regional Park to see how the native plants enjoyed the rain and the sunshine. Meet inside Visitor Center. Mission Trails Regional Park. One Father Junipero Serra Trail, San Carlos.

Coronado Valentine's Day 10K, 5K & 1 Mile Fun Run at Tidelands Park. Sun, March 10. www.valentinesday10k.com

Aloha Spirit Championships at San Diego Convention Center. Sun, March 10. www.alohaspiritchamps.com/san-diego

Scholastic Surf Series: San Diego High School Divisions 1 & 2 at Ponto Beach. Sun, March 10. www.surfsss.org

Maritime Museum of San Diego's Sweetheart Sail on San Diego Bay. Sun-Mon, March 10-11. www.sdmartime.org

Manzanar: The Wartime Photographs of Ansel Adams & Wendy Maruyama – Executive Order 9066 at California Center for the Arts, Escondido Museum. Feb 1-March 10. www.artcenter.org

Concerts

Confirm concerts before attending. NOTE: Some venues age 21+ only.

February

KISS. Thur, Feb 7, 7:30pm. Rock. Viejas Arena at SDSU, 5500 Canyon Crest Dr. (619) 594-6947.

Pebo Bryson and Sister Sledge. Sat, Feb 9, 7:30pm. Funk/pop. Pala Casino, 35008 Pala Temecula Rd., Pala. (877) 946-7252.

Art Laboe Valentines Super Love Jam at Pechanga Arena San Diego, Sat, Feb 9, 7:30pm. www.pechangaarenasd.com

2Cellos. Sun, Feb 10, 7:30pm. Classical/pop. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Air Supply. Fri, Feb 15, 8pm. Pop. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

Panic! At the Disco. Sat, Feb 16, 8pm. Pop/rock. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Murphy's Celtic Legacy. Sun, Feb 17, 7pm. World. Poway Center for the Performing Arts, 15498 Espola Rd. (858) 748-0505.

Bob Seger & the Silver Bullet Band. Thur, Feb 21, 7:30pm. Rock. Viejas Arena at SDSU, 5500 Canyon Crest Dr. (619) 594-6947.

Justin Timberlake, Thur, Feb 21, 7:30pm. Pop. Pechanga Arena

(SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Penn & Teller. Fri, Feb 22, 8pm. Comedy. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

Red Dragon Cartel and Taz Taylor. Tues, Feb 26, 8pm. Rock. Brick by Brick, 1130 Buenos Ave, San Diego. (619) 276-3990.

Gina Chavez. Thur, Feb 28, 7pm. Latin/pop. California Center for the Arts, Escondido, 340 N. Escondido Blvd. (760) 839-4438.

March

Sarah Brightman. Fri, March 1, 7:30pm. Pop. Viejas Arena at SDSU, 5500 Canyon Crest Dr. (619) 594-6947.

The Clairvoyants. Fri, March 1, 7pm. Folk. California Center for the Arts, Escondido, 340 N. Escondido Blvd. (760) 839-4438.

Metric and Zoe. Tues, March 5, 7:30pm. Pop/rock. Open Air Theatre at SDSU, 5500 Campanile Dr. (619) 594-6947.

Muse. Tues, March 5, 7:30pm. Rock. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd, San Diego. (619) 224-4171.

Joe Jackson. Wed, March 6, 7:30pm. Jazz/lounge/pop. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

Chris E'Elia. Sat, March 9, 8pm.

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

Scottish International Tattoo & Music parade. Wed, March 13, 7pm. World. California Center for the Arts, Escondido, 340 N. Escondido Blvd. (760) 839-4438.

Masters of Hawaiian Music. Fri, March 15, 7:30pm. Acoustic/world. California Center for the Arts, Escondido, 340 N. Escondido Blvd. (760) 839-4438.

Banda MS. Fri, March 15, 7:30pm. Latin. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

Arlo Guthrie. Sat, March 16, 8pm. Folk/rock. Poway Center for the Performing Arts, 15498 Espola Rd. (858) 748-0505.

Chris Tomlin. Sat, March 16, 7pm. Gospel. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

Ringo Starr and his All Starr Band. Thurs, March 21, 7:30pm. Rock. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

Motown With A Twist. Sun, March 24, 2pm. Funk/pop. Poway Center for the Performing Arts, 15498 Espola Rd. (858) 748-0505.

Blues Brothers Revue. Sun, March 24, 6pm. Blues. Balboa Theatre, 868 Fourth Ave. (619)

570-1100.

Michael Buble. Sun, March 31, 7:30pm. Pop. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

April

Massive Attack: Mezzanine XXI. Tues, April 2, 8pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

El Indio

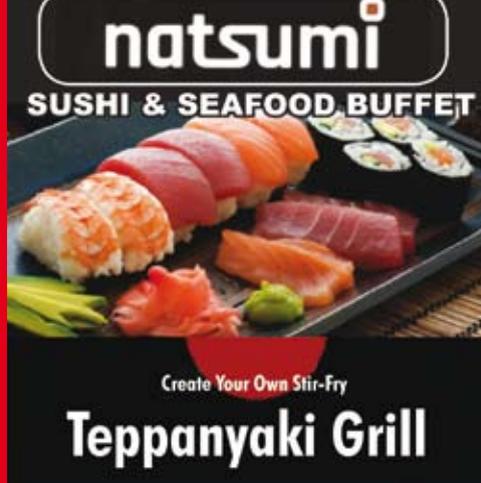
Mexican Restaurant & Catering
Family Owned & Operated Since 1940

"Best Mexican Food in San Diego"

3695 India Street * www.elindiosandiego.com * 619-299-0333

Open Daily: 8am-9pm

Free Parking! 10% Military Discount



natsumi
SUSHI & SEAFOOD BUFFET

Create Your Own Stir-Fry

Teppanyaki Grill

7040 Miramar Rd. • San Diego, CA 92121
858-695-0888 www.natsumibuffet.com

Military Special

10% Discount
With ID

FREE Birthday Meal
with a regular paying adult meal. Not to be combined with any other offer. With ID.

HOURS:
Sun-Thurs. 11am-9:30pm
Fri. & Sat. 11am-10pm



WHEEL DEPOT
everyday & performance

1743 Main Street • Chula Vista, Ca. 91911 • 619-427-2004

FULL AUTOMOTIVE REPAIR CENTER

Oil, Lube & Filter • Shocks & Struts • Transmission Maintenance • Brake Service & Systems
• Emissions Testing • Wheel Adjustment • Computerized Engine Analysis
• Cooling System Maintenance

• FREE BRAKE INSPECTION • WE ALSO SERVICE RV TRUCKS • 30K - 60K - 90K SERVICE •

Military Discount 10% OFF on Labor

LEVELING KIT
with Wheels & Tires Package

starting at **\$2200** Most trucks

\$10 OFF
ANY OIL CHANGE

INCLUDING SYNTHETIC with coupon only

WHEELS POWDER COATING

STARTING AT **\$400** PER SET OF 4

HOURS: MON-FRI 8am-6pm • SAT 8am-5pm • CLOSED SUNDAY



COOK YOUR OWN STEAK
HOME of the

Outdoor Seating & Fire Pit

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

HAPPY HOURS:
Mon-Fri 4pm - 7pm
Sat 9pm - 12am

Mon-Fri Open at 11am • Sat & Sun Open at 9am • Sun-Thurs Close 12am
Fri & Sat Close at 1am

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

Frank Subaru GM nominated for TIME Magazine's TIME Dealer of the Year Award

Give back to the community. It's been a pillar the Fornaca Family has used since the inception of Frank Motors Inc. in 1965 – and 2018 was no different. It was no surprise that Ron Fornaca was nominated by the San Diego New Car Dealers Association for TIME Magazine's TIME Dealer of the Year Award. From serving at Veterans Village of San Diego's Operation Stand Down, to sponsoring local Subaru enthusiast festivals, to ensuring kids at the local elementary received brand new science books, to helping fundraise for Rady Children's Hospital, Ron and his team at Frank Subaru take pride in making our community a better place and living out our Love Promise.

We'd like to take the time to congratulate Frank Subaru President Ron Fornaca for being nominated as a TIME Dealer of the Year presented by Ally. Ron took Frank Subaru from a tiny Subaru dealership in 2011 to the largest built Subaru dealership in Southern California. We are proud to continue growing while continuously giving back to the community.

We're happy to announce that Ally Financial in-conjunction with Ron Fornaca's Nomination will be donating \$1,000 to Rady Children's Hospital on Frank Subaru's behalf!



2829 NATIONAL CITY BLVD.
888.207.1891
www.franksubaru.com

2019 HYUNDAI ELANTRA SE

\$15,777 FRANK'S PRICE
-\$1,500 RETAIL BONUS CASH
-\$500 HMF BONUS CASH
-\$500 MILITARY INCENTIVE

NET PRICE
\$12,777



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 2/11/19. 2 at this price #451560 & #794293



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

2019 HYUNDAI KONA SEL

\$197
PER MONTH
PLUS TAX



*10 at this payment. \$197 per month for 36 months with \$0 Due at Signing. Plus government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge \$0.15 per mile over 10,000 miles per year. Security Deposit Not Required. Subject to Above Average Credit by Hyundai Finance. Offer expires 2/11/19.

2019 HYUNDAI SONATA

\$23,310 FRANK'S PRICE
-\$4,033 FRANK'S DISCOUNT
-\$2,000 RETAIL BONUS CASH
-\$500 MILITARY INCENTIVE

NET PRICE
\$16,777



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 2/11/19. 1 at this price #744701

4-WHEEL ALIGNMENT

\$89⁹⁵ + tax

~~WAS \$119⁸⁵~~



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

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 2/28/19.

ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

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

Military Special Only

OIL & FILTER CHANGE

\$29⁹⁵ + tax

~~WAS \$39⁸⁵~~

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

Synthetic, V6 & V8 additional. Toyotas, Hyundais, or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 2/28/19.

FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL
\$50 OFF

- ✓ Inspect and Resurface Rotors
- ✓ Inspect Brake Hardware
- ✓ Replace Front Brake Pads

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Not valid with any other offer or discount. Valid only at Frank Auto Motors locations. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 2/28/19

Plus **10% OFF**

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

WE HONOR OUR MILITARY!!