

## AutoMatters & More



'The Rise of Skywalker' as envisioned by Director J.J. Abrams. **See page 11**

## Concert listings

Kane Brown, Tool, Snoop Dogg with Warren G, Brian McKnight, Styx, Chance the Rapper, Blue Oyster Cult. **See page 15**

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COMING SOON ... OUR SPECIAL EDITION, USS ABRAHAM LINCOLN'S ARRIVAL TO SAN DIEGO.

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FIFTY NINTH YEAR NO. 37  
THURSDAY, JANUARY 9, 2020

# USS ABRAHAM LINCOLN ARRIVES in Pearl Harbor for post-deployment port visit

by MCSA Julia Brockman,  
USS Abraham Lincoln

PEARL HARBOR, Hawaii - Aircraft carrier USS *Abraham Lincoln* (CVN 72), along with embarked Carrier Air Wing (CVW) 7, arrived at Joint Base Pearl Harbor-Hickam, Jan. 8.

*Abraham Lincoln* has been underway in support of maritime security cooperation efforts in the U.S. 5th, 6th, and 7th Fleet areas of operation since April 1, 2019.

"I am proud of all of the hard work and dedication shown by the entire crew throughout the deployment," said Capt. Walter Slaughter, commanding officer of *Abraham Lincoln*. "Hawaii is a strategic, historic location that presents a well-deserved opportunity for rest and relaxation, and for the crew to honor the sacrifices of those who have gone before us during the attack on Pearl Harbor."

*Abraham Lincoln's* around-the-world deployment, which includes a homeport shift to San Diego has spanned several theaters of missions. The *Abraham Lincoln* Carrier Strike Group operated in the U.S. 5th Fleet for more than seven months fostering freedom of navigation and commerce in some of the world's most consequential waterways. The strike group also participated in numerous interoperability and partnership-building exercises with sister services and allied navies in both the U.S. 5th



Adm. John Aquilino, left, commander of U.S. Pacific Fleet, and U.S. Pacific Fleet Master Chief James Honea speak to the crew of aircraft carrier USS *Abraham Lincoln* (CVN 72) during an all-hands call on the flight deck on Jan. 7. The visit was to congratulate the crew for a successful deployment to the U.S. 6th, 5th and 7th Fleet areas of operations. Navy photo.

and 6th Fleets, demonstrating the U.S. Navy's capability to rapidly aggregate power across combatant commands to meet emerging missions and contingencies. As it transited through U.S. 7th Fleet, the strike group also conducted flight operations in the South China Sea in support of a free and open Indo-Pacific.

Before the ship departs Hawaii, *Abraham Lincoln* family and friends will have the rare opportunity to embark on a Tiger Cruise to experience life at sea

with their Sailors. Tiger Cruises are a time-honored tradition during which civilians are given the chance to spend time underway learning about their Sailors' jobs, ship, and shipmates.

In a report from U.S. Naval Institute News, the last leg of *Lincoln's* lengthy deployment could break records. The ship departed Norfolk, Va., for a deployment and homeport change on April 1. As of Jan. 8, the ship has been deployed for 283 days - just one week shy of the post-

Vietnam War carrier deployment record of 290 days, according to USNI News records.

USNI reported that *Lincoln* deployed with a strike group of surface ships that have all since returned back to Norfolk, while the carrier remained in U.S. 5th Fleet outside the Persian Gulf as tensions with Iran have remained high since May. *Lincoln* rushed to the North Arabian Sea in May when tensions first ratcheted up, and it remained there outside the Persian Gulf until a Nov. 19 tran-

sit through the Strait of Hormuz and into the Gulf.

USS *Harry S. Truman* (CVN-75) was sidelined in late August due to electrical system malfunctions, and so *Lincoln* remained on station in the Middle East until *Truman* arrived in U.S. Central Command waters in mid-December.

*Lincoln's* destroyer escorts - USS *Bainbridge*, USS *Ma-*

*son* and USS *Nitze* - departed the Middle East in the fall and returned to Norfolk on Nov. 5, according to USNI News. Cruiser USS *Leyte Gulf* remained in the Middle East longer and just returned to Norfolk over the weekend, on Jan. 4.

According to the Navy, the 290-day deployment for *Lincoln* was the first deployment of nine months or longer since 1973.

## DoD suspends Trusted Traveler program at NB San Diego

The DoD Trusted Traveler program has been suspended at Naval Base San Diego. This affects all personnel who don't possess an approved DoD or DBIDS ID. Those that do have the appropriate credentials can no longer escort guests unless they are vetted through our Pass and ID office. This requirement is in effect until further notice. In a Facebook post from NB San Diego, "as we continue to maintain vigilance to ensure the safety of all personnel who serve and work at Naval Base San Diego those driving onto base can expect delays at the gates as our security team ensures each visitor is properly cleared to access the installation. Allow for additional time to get on base to ensure you arrive at your location on time." Base officials also say they need individuals with base access to "continue your support to ensure the base is as safe as possible."

## North Island braces for carrier *Abraham Lincoln's* arrival

NAS NORTH ISLAND - For access to Naval Base Coronado, leadership here asks you to ensure that you have appropriate identification documents - up-to-date DoD CAC, military dependent or military retiree card. Commander, Air Pacific advises people coming to the base for USS *Abraham Lincoln's* upcoming arrival to be sure to contact AirPac's public affairs office at (619) 767-1623 or NB Coronado PAO at (619) 545-8167 for guidance on entering the base, even if you'll be coming on the base in the company of a valid military ID card holder.

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## Esper: U.S. continues to deploy, reposition troops in Middle East

by Terri Moon Cronk,  
DOD News

The U.S. continues to deploy and reposition troops throughout the region of Iraq and Iran to bolster U.S. security and force protection and to be prepared for any contingency, said Defense Secretary Dr. Mark Esper.

“Over the last several days, I’ve had many conversations with our partners and allies about the situation in Iraq and the region,” the secretary told reporters at an impromptu Pentagon news conference Jan. 6.

“It’s been uniform support for our position and our actions, and I continue to convey to them the importance we continue to place on the defeat-ISIS position,” Esper said of the U.S. drone attack that killed Gen. Qassem Soleimani, the head of the Islamic Revolutionary Guard Corps’ elite Quds Force, one of the most powerful figures in the region.

Deterring Iran from its bad behavior and standing up to that behavior has been going on for 40-plus years, the secretary added. “And ... we remain prepared for any contingency with regard to Iran,” he said.

The U.S. message is that the ball is in Iran’s court, and the United States encourages Iran to de-escalate the situation, Esper said, adding that the United States is open to discussing issues and having a more normal relationship with Iran. “But if Iran chooses to go the other path, we are prepared to deal with that and will respond forcefully,” he said.

No decision whatsoever has been made for the United States to leave Iraq, the secretary said, reemphasizing the U.S. commitment to Iraq to defeat ISIS and noting the escalation of attacks by Iranian and proxy groups attacking U.S. forces. In recent months, the secretary said, nearly a dozen such attacks took place, escalating in

size, scale and types of weapons, including one attack that killed an American.

Esper said the Iranians fired 31 rockets that weren’t meant to harass, but were designed to kill people and destroy things. “Then we had the siege of the embassy,” he added.

He called the strike that killed the Quds Force leader a matter of self-defense carried out to protect Americans.

“When we looked at this operation, we knew there would be consequences; we knew there’d be risks,” said Army Gen. Mark A. Milley, the chairman of the Joint Chiefs of Staff, who joined Esper in briefing reporters. “We didn’t take any of it lightly. We knew we’d have to address [the posture of U.S. Central Command troops] for force protection in the immediate aftermath of this particular strike operation.”

“How do you expect us not to respond when they’ve been killing our people for 20 years?” Esper asked. “Soleimani alone has the blood of hundreds of Americans; he’s wounded thousands of American coalition partners. He is a terrorist, a leader of a terrorist organization who’s been killing and attacking Americans for 20-some years, and the blood is on his hands.”

Soleimani was planning attacks on American forces, Esper said. “This whole narrative that’s being turned around is silly.”

“We knew his history, and importantly, we knew his future,” Milley said, noting that while the evidence cannot be discussed, the evidence was compelling that Soleimani was planning, organizing and synchronizing significant combat operations against U.S. military forces in the region and it was an imminent decision-making event.

“We would have been culpably negligent to the American people



**A Marine stands watch during the security reinforcement of the U.S. Embassy compound in Baghdad, Jan. 4. Photo by Marine Corps Sgt. Kyle Talbot**

had we not made the decision we made,” the general said. But even with Soleimani dead, he said, it doesn’t mean the strike eliminated all threats.

“There’s still significant risk operating throughout the Middle East, and specifically in Iraq,” Milley said.

As to the United States attacking Iran’s cultural sites, U.S. forces will follow the laws of armed conflict, Esper said.

Milley also addressed an unsigned letter from Brig. Gen. William H. Seely, the commanding general of Task Force, Iraq, that was addressed to Iraq’s Defense Ministry. The letter was a draft that was sent out unintentionally, the chairman said.

It addressed plans to withdraw American troops from the region, per the Iraqi parliament vote over the weekend to send U.S. troops home, and it was composed because the U.S. military is moving forces around, Milley said. “We’ve increased helicopter movement in Iraq between Baghdad and Taji and other camps and stations, and we’re bringing in forces from Kuwait,” he said. “So there are increased levels of U.S. troop movements in rotary-wing helicopters.”

The draft was sent to the Iraqis to get their feedback, Milley said. “The long and the short of it is [that] it was an honest mistake by people trying to do the right things in highly dynamic situations. It shouldn’t have been sent.”



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# 2nd Fleet declares full operational capability

Seven months after reaching initial operational capability, U.S. 2nd Fleet achieved full operational capability Dec. 31.

Since its reestablishment in August 2018, Vice Adm. Andrew Lewis, 2nd Fleet commander, has led the resurgence

of the Navy's newest numbered Fleet, amid a return to great power competition as outlined in the National Defense Strategy.

"Within an increasingly complex global security environment, our allies and competitors alike are well aware that many of the world's most active shipping lanes lie within the North Atlantic," Lewis said. "Combined with the opening of waterways in the Arctic, this competitive space will only grow, and 2nd Fleet's devotion to the development and employment of capable forces will ensure that our nation is both present and ready to fight in the region if and when called upon."

from the previous 2nd Fleet that disestablished in 2011 in that it aligns us with all other OCONUS numbered fleets."

In June, C2F led exercise Baltic Operations on behalf of Naval Forces Europe, marking it the first time the Fleet operated in the European theater since its reestablishment, leveraging increased lethality, interoperability and integrated warfighting capability with regional allies and partners.

Building its expeditionary capability, C2F established a Maritime Operations Center (MOC) this past September in Keflavik, Iceland. This forward operating MOC, made up of approximately 30 members of C2F staff, possessed the ability to command and control forces, provide basic indicators and warnings for situational awareness, and issue orders while maintaining reach-back capability to C2F headquarters.

Additionally, C2F has a trans-Atlantic outlook and understanding that it is intrinsically linked with allies and partners – both up toward the Arctic as well as across the Atlantic.

"We tirelessly work with our partner and NATO alliances to strengthen our deterrence and defense efforts throughout the Atlantic to improve upon our readiness and responsiveness," Lewis said.

"This critical relationship will continue to grow throughout the future, as we work together to ensure there is no seam in the Atlantic for our adversaries to exploit."

Headquartered in Norfolk, Virginia, C2F exercises operational authorities over assigned ships, aircraft and landing forces on the East Coast and the North Atlantic.

The achievement of FOC signifies 2nd Fleet has reached sufficient capacity to sustain command and control over assigned forces using the operational functions and processes of the Maritime Operations Center and Maritime Headquarters, in accordance with Navy Doctrine.

C2F will primarily focus on forward operations and the employment of combat ready naval forces in the Atlantic and Arctic, and to a smaller extent, on force generation and the final training and certification of forces preparing for operations around the globe.

"Our involvement in force generation is limited to the integrated phase – the final stages of the training cycle when our ships are operating at the high-end in aggregate," Lewis said. "This is an important distinction

## Six B-52 bombers heading to Indian Ocean island amid Iran tensions, report says

by Wyatt Olson, Stars and Stripes

The Pentagon on Monday ordered six B-52 bombers deployed to Diego Garcia, a British-controlled island in the Indian Ocean, for possible operations against Iran, CNN reported Monday.

The bombers are being sent to Diego Garcia because the island is out of range of Iranian missiles, CNN said, citing an unidentified Pentagon source.

America's B-52 bomber wings are based at Minot Air Force Base, N.D., and Barksdale Air Force Base, La.

The deployment doesn't signal the Pentagon has ordered operations, CNN said.

"The Pentagon has traditionally deployed long-range bombers and other aircraft as a sign of U.S. force presence capability," the report said.

A Pentagon spokesman told Stars and Stripes on Monday he was unable to comment on potential movements of U.S. forces.

Tensions rose during the holidays between the two nations after an Iran-backed militia fired rockets at a coalition base in northern Iraq, killing a



**A B-52 assigned to the 23rd Bomb Squadron at Minot Air Force Base, N.D., flies over an aerospace show in Malaysia, March 26, 2019. Air Force photo by Heather Redman**

U.S. contractor and wounding American and Iraqi troops.

The U.S. retaliated with airstrikes in Iraq and Syria on Dec. 29 that killed 25 fighters with the Iran-backed Kataeb Hezbollah. That militia and its supporters attacked the U.S. Green Zone in Baghdad on Dec. 31.

On Jan. 3, a U.S. airstrike near Baghdad airport killed Maj. Gen. Qassem Soleimani, head of Iran's elite Quds military force and the mastermind of attacks against American forces over two decades.

Iranian leaders have vowed revenge for the assassination, which the White House said was warranted because of an "imminent" attack planned by Soleimani.

Shortly after the killing, the State Department advised all U.S. citizens to depart Iraq.

The U.S. has long employed Diego Garcia in military affairs involving the Middle East.

In the early 1970s, the U.S. received permission from Great Britain to expand the island's airfield and build a naval port.

After the Iran hostage crisis of 1979-81, the U.S. and its allies took steps to assure the flow of ships carrying crude oil through the Persian Gulf, and two parallel runways capable of handling long-range, heavy bombers were built on the island.

## DOD launches Security Cooperation Certification Program

The Defense Security Cooperation Agency launched the DoD Security Cooperation Workforce Certification Program for civilian and military members of the security cooperation workforce.

"We're proud to elevate security cooperation as a profession through the new Security Cooperation Workforce Certification Program," said DSCA Director Army Lt. Gen. Charles Hooper.

Security cooperation is the effort to advance U.S. national security and foreign policy interests by building the capacity of foreign security forces to respond to shared challenges. That effort involves, among other things, building and maintaining military-to-military relationships, combined training efforts, and foreign military sales.

"We will provide our workforce the education and training they need to help the DOD strengthen alliances and build partnerships using our security cooperation toolkit," Hooper said. "As the program matures, we look forward to offering DOD professionals new career paths in the important field of security cooperation."

The FY 2017 National Defense Authorization Act directed DSCA to create a professional workforce development program and career paths for the thousands of DOD civilian and military employees supporting security cooperation programs and activities.



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# 432nd Wing/432nd AEW brings Reaper airpower into the new decade

CREECH AIR FORCE BASE, Nev. (AFNS) - In early 2009, a recently reactivated combat unit, now named the 432nd Wing/432nd Air Expeditionary Wing, achieved the mark of 500,000 hours of combat, for a relatively

new form of airpower, known as remotely piloted aircraft.

In roughly a decade, the MQ-1 Predator and MQ-9 Reaper, RPAs designed for enhanced loitering capability and capable

of precision strikes, and the Airmen who operate, maintain, and support it, have achieved milestones unheard of by traditionally-manned counterparts.

Born out of combat necessity, the MQ-1 and MQ-9 platforms were being operated through traditionally-trained manned aircraft pilots. The Air Force announced the creation of the 18X, remotely piloted aircraft pilot, career field training pipeline in June 2010.

By July 2011, one of the first Beta 18X graduates was also launch-and-recovery qualified, marking the beginning of a new era of pilot.

The same Airmen who laid the groundwork for training, also enhanced mission capabilities through the creation of the first intelligence, surveillance and reconnaissance video editing training program in 2012, which then secured the 432nd Wing/432nd Air Expeditionary Wing the 2013 Air Combat Command Meritorious Unit Award for outstanding achievement in direct support of combat operations.

The MQ-9, and its operators, proceeded to prove to combatant commanders its utility as a platform on par with traditional counterparts during a 2014 exercise, marking one of the first times RPA assets were allowed to travel in formation.

Soon after, the RPA enterprise community banded together to meet the Secretary of Defense initiative to support 65 combat lines, a stark contrast to the 33 combat lines flown in 2008.

Beginning in late 2014, the RPA Enterprise became pivotal in the eradication of the Islamic



State group through Operation Inherent Resolve.

While the MQ-1 and MQ-9 mission in Iraq and Syria initially focused on information gathering and battlespace awareness, the 432nd Wing's involvement quickly evolved, providing a persistent attack capability due to the precision effects provided by the MQ-1 and MQ-9 aircraft. Escalating in parallel with their own strikes from the MQ-1/9, the 432nd Wing has also provided a significant number of buddy lases, or a situation in which a laser-guided aircraft provides the final guidance from another aircraft, proving the platforms' ability to integrate with traditional aircraft, such as the A-10 Warthog, F-15E Strike Eagle and F-16 Viper.

"Before OIR, many people may not have known what an RPA was truly capable of," said Capt. Ryan, 15th Reconnaissance Squadron MQ-1 Predator. "Now before combatant commanders take the risk of potentially losing a manned aircraft they will come to us and ask if we've found them targets. We have 24/7 coverage, so we know what the battlefield looks like and how it has changed. They're using us for their situational awareness which improves their safety as well."

The milestones and innovations within the 432nd Wing/432nd AEW were vast within, but not limited to, the battlespace. Airmen within the unit challenged technology, tactics, techniques and procedures through regulated integrations with exercise creations such as the communications device, "Frankenphone," as well as testing and implementation of new munitions such as the GBU-38 in 2017.

Arguably one of the largest changes for the enterprise, was the retirement of the MQ-1 Predator from the Air Force inventory in March 2018. This marked the beginning of an all-MQ-9 Reaper force.

Closing out the decade, 2019 was not short of record-making.

The month of March marked the combined milestone of the MQ-1 and MQ-9 reaching 4 million flight hours. Soon following, Creech AFB gained dedicated support functions through the activation of its own Mission Support Group.

The stand-up of the MSG enabled the 432nd Wing/432nd AEW commander, Col. Stephen Jones, to gain installation command authority of Creech AFB, which previously served as an auxiliary of Nellis AFB.

The growth and development of infrastructure for Creech AFB ties directly to the demand of the MQ-9 and the Airmen who enable its mission. The longevity of the Reaper, and the pursuit of greater utilization of its capabilities, is evident when looking forward to 2020.

"Where I'm focused as we enter the new year is to continue strong with our current mission,"

**432nd Wing/432nd Air Expeditionary Wing Airmen pose with an MQ-9 Reaper at Creech Air Force Base, Nev., Nov. 19. The MQ-9 and its aircrew are one of the most demanded U.S. Air Force assets due to its ability to be employed primarily against dynamic targets and secondarily as an intelligence collection asset. Photo by Airman 1st Class William Rio Rosado**

Jones said. "Our next step is to prepare our (MQ-9) weapons system for potential future conflicts. You will see us evolve, not only our hardware and software, but the tactics, techniques and procedures that we use to more effectively employ our Reapers in anticipated contested environments.

"This is a mission that is non-stop, it has been for years, and it will continue for years."

## DoD answers top questions on expanded commissary, exchange, MWR access

The Defense Department recently announced expanded commissary, military service exchange and MWR access Jan. 1 and established a standard for physical access to military installations. Below are the top questions veterans have asked the Defense Department about the expanded access. For more information on expanded access, call Military One Source at 1-800-342-9647.

**Q1. How do I get access if I have a 0 percent service-connected condition, but my income is too high to get a Veteran Health Identification Card?**

**A1.** Vets who have received a Health Eligibility Center Form H623A that states they have been placed in VA health care priority group 8E may bring this form paired with an acceptable credential like a REAL ID-compliant driver's license or a U.S. passport for installation and privilege access.

**Q2. If I've got a DoD-issued identification card because I'm retired, a Medal of Honor recipient, or have a 100 percent VA-documented disability or unemployability rating, do I also need to have a Veteran Health Identification Card (VHIC) to get access to DoD privileges?**

**A2.** No. If you are eligible for a DoD-issued retiree, Medal of Honor, or 100 percent disabled identification card, you should obtain and use the DoD-issued card to access DoD installations and privileges. While you could use a VHIC if you had one, you would be subject to the commissary credit/debit card user fee if you paid for your commissary purchases with a commercial credit or debit card. The commissary credit/debit card user fee is not charged to DoD-issued identification card holders. Your DoD-issued identification card will also allow you broader morale, welfare, and recreation activity access.

**Q3. How does the installation access process work for me and my guests; and if I have old felony activity on my record, will I be denied access to the installation?**

**A3.** All newly eligible veterans and caregivers and any guests traveling with them who are age 18 or older must stop at the visitor control center before entering an installation for the first time to verify identify, establish purpose for the visit, and undergo a basic on-the-spot background check.

•Newly eligible vets must show a Veteran Health Identification Card that displays "PURPLE HEART," "FORMER POW," or "SERVICE CONNECTED" below the photo on the front of the card; or a Health Eligibility Center Form H623A that states the veteran has been placed in VA health care priority group 8E. To continue, go to <https://www.blogs.va.gov/VAntage/70068/dod-answers-top-10-questions-expanded-commissary-exchange-mwr-access/>.

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| FRIDAY, JANUARY 10, 2020   |          |         |                               |
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| CNV 4041                   | C40      | 10:00   | LEMOORE(121), KEY WEST(31)    |
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## Most recent national military headlines

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- ◆ Marine Corps Crisis Response Force Will Remain In Baghdad
- ◆ Report to Congress on U.S.-China Competition in the South, East China Seas
- ◆ Amphibs Called to Evacuate Australian Fire Victims
- ◆ U.K. Royal Navy to Escort Tankers In Strait of Hormuz; U.S. Providing Intel

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## New entrance test to increase Soldier quality, reduce attrition

by Thomas Brading,  
Army News Service

WASHINGTON - A new military entrance exam is now being given to Army recruits to predict performance, behaviors, attitude, and attrition of potential Soldiers. The pilot program is designed to see how the Army can get best-fit recruits, even in jobs that require slightly higher standardized test scores than the applicant achieved.

The three-year pilot study authorized by DoD is for a talent management tool known as the Tailored Adaptive Personality Assessment System, or TAPAS.

The TAPAS accession pilot will evaluate the use of personality testing to supplement the Armed Forces Qualification Test score, known as the AFQT, which grades four of the nine

sub-tests of the Armed Services Vocational Aptitude Battery, known as ASVAB.

Using this pilot, up to 6,000 applicants annually from the Army's three components who score between a 45-49 on the AFQT, have a high school diploma, and also score in the top 50 percent on the TAPAS test will be exempt from the AFQT, AFQT grading scale. Whereas already fully qualified to enlist, this exempt population will be used to assess the effectiveness of TAPAS on new recruit screenings.

TAPAS will "synchronize ways to improve all aspects of developing and maintaining the force at the individual Soldier level," said Tonia Heffner, selection and assignment research unit chief at the Army Research Institute for the Behavioral and Social Sciences.

The 120-question, non-cognitive test has actually been used on recruits in conjunction with other entrance exams, such as the AFQT, since 2009. However, then it was used to collect data on individuals already entering their military occupational specialties.

While TAPAS is expected to expand the market of eligible recruits, Heffner said it will not compromise Army standards.



**Future Soldiers from the Phoenix Recruiting Battalion, National Guard and Marines, recite the Oath of Enlistment during a mass enlistment ceremony Dec. 1 at State Farm Stadium in Glendale, Ariz. The ceremony preceded the NFL game between the Arizona Cardinals and Los Angeles Rams. Courtesy photo**

still pass the ASVAB, the OPAT, pass a drug and alcohol screening test as well as a criminal background check before selecting one of the Army's occupational specialties."

In the past decade, Heffner and her team has compiled data from enlisted Soldiers using TAPAS. The results have consistently shown that individuals with higher motivation outperform what their below-average score indicates. They adapt better to the Army, and have less disciplinary incidents, Heffner said.

"Those who will enlist through the pilot program will be more qualified than what their cognitive test score says," Heffner said. "I expect them to perform much higher than that. It's not even a little bit, it's noticeably higher than that. There will be lower attrition for

the people in the pilot program and they will outperform many of their peers.

"This is increasing the overall quality of the Army," she added.

Allowing those who score in the top 50 percent of the TAPAS to enlist will help fill the Army with "high-quality, extremely-fit individuals who are capable of performing successfully as Soldiers," Heffner said.

The Army has always competed against tough job markets without needing to lower standards, Heffner said, adding "this pilot simply offers more opportunities to qualified Americans willing to serve by taking into account other qualities beyond what a standardized education exam can identify."

## Nominations for prestigious Marine Corps Heritage Foundation awards open

**Marines, civilians eligible for categories including journalism, photography**

The Marine Corps Heritage Foundation is still accepting nominations for its 2020 Annual Awards Program.

Each year, the Foundation presents a series of awards for creative works preserving or advancing Marine Corps history, traditions, culture or service. Marines and civilians are eligible to submit their own artistic entries or the distinguished work of others. Awards will be presented during the Foundation's Annual Awards ceremony on May 9 at the National Museum of the Marine Corps. The deadline for submissions is Jan. 15.

The Annual Awards are presented in 17 categories including journalism, documentary, literature, screenplay, photography and poetry. A panel of experts from major regional and national media outlets, authors, noted photographers and Marines will judge the submissions. Entry is free. Winners will receive a gold medallion award, commemorative brick in Semper Fidelis Memorial Park, and a \$2,000 cash prize if applicable.

"The Marine Corps Heritage Foundation's Annual Awards Program provides us the opportunity to celebrate and recognize individuals who use their talents to educate our nation about the service and sacrifice of all Marines," said MajGen (Ret.) James Kessler, president and CEO of the Marine Corps Heritage Foundation. "We invite

every scholar, writer, photographer and artist whose work has focused on the Marine Corps to submit an entry today."

For a detailed list of the awards as well as submission requirements, visit <https://www.marine-heritage.org/awards.html>.

## Nominees sought for Spirit of Hope and Fisher Awards

The Navy is seeking nominations for the 2019 Spirit of Hope Award and the Zachary and Elizabeth Fisher Distinguished Civilian Humanitarian Award (Department of Defense recipient), as outlined in NAVADMIN 295/19, released Dec. 18. The two awards are named in honor of legendary supporters of service members and their families. Navy is seeking worthy applicants who are either individuals or organizations who will be recognized for their accomplishments during calendar year 2019. Read NAVADMIN 295/19 for criteria and instructions on how to submit nominations. All nominees will be considered for both awards, if they're eligible. Nominations will be reviewed by a selection committee and forwarded to the Secretary of the Navy. The deadline to receive nominations is March 9.

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## Marines gain ammo advantage via upgraded software suite

CORONA, Calif. - With a little help from the Navy, Marines are ringing in the New Year with a new set of tools to manage their complete inventory of ammunition and associated services through a revamped all-in-one software suite.

An information technology development team at Naval Surface Warfare Center, Corona Division recently upgraded and expanded the Marine Ammunition Knowledge Enterprise, or MAKE, application, a suite of software tools that makes managing Marine ammunition simpler than ever. As the Marine Corps ground ammunition enterprise information portal, MAKE includes eight software tools designed with a modern, user-friendly interface to allow Marines to manage ammunition inventory, acquisition, certifications, safety, logistics, service life and training.

According to developers, MAKE provides a secure unified access point to business applications with robust data mining and knowledge management capabilities. MAKE's suite of apps supports requirements mandated by existing Marine Corps policies and programs for Marines in ammo and related

specialties, regardless of geographic location.

"Every bullet, grenade and mortar has to be properly managed and accounted for long before it ever meets its intended target," said Navy Capt. Khary Hembree-Bey, commanding officer for NSWC Corona. "Our goal in reworking and improving MAKE was to focus on the needs of every Marine with a role in that management process - whether at home or down range - and ensure they are outfitted with a quality, modernized product that aids them in more efficiently doing their jobs."

Notably, MAKE will be hosted in the cloud, marking a significant step toward the Navy's goal of providing data-driven, cloud-based solutions to enhance total readiness. A cloud-based solution provides worldwide accessibility in the field, speed in acquisition and delivery, and improved security.

As the Navy Department continues to lean on technology and connections to build a more networked fleet and expand its ability to dominate the threat, applications like MAKE will transform the way the American warfighter does business.

"The bottom line is any user who has been granted access to the MAKE enterprise system has the potential to access ammunition, safety, financial and other information associated with a specific DODIC (Department of Defense Identification Code)," said Steve Wann, portfolio manager at NSWC Corona. "Whether that's a video on how to pack it, safely handle it, retrieve general inventory numbers, or analyze budget impacts, all of that is at your fingertips."

Benefits of the MAKE app for the Marine Corps/Navy team are multi-faceted. While the Marine Corps version of MAKE has existed in various truncated forms since 2006, the new upgrades, fixes and additions built by the Navy's team at NSWC Corona increase functionality and simplify its use. A dynamic, scalable user experience design makes the applications compatible with multiple hardware devices and browsers. The improved user interface provides an appearance that mimics other popular applications and search engines that service members are accustomed to, such as Facebook and Google, to encourage Marines to embrace the technology.

"We wanted to leverage Naval

Sea Systems Command enterprise capabilities to produce something that really makes a difference in day-to-day operations for our Marine brothers and sisters," said Hembree-Bey. "By

developing tools like MAKE that allow them to spend more time focusing on meeting the mission and less time navigating a bunch of separate, more complex management processes,

we hope to contribute to their overall operational readiness.

Refer to [https://www.navy.mil/submit/display.asp?story\\_id=111787](https://www.navy.mil/submit/display.asp?story_id=111787).

## Naval Medical Center SD welcomes its first baby of the year



SAN DIEGO (Jan. 1, 2020) - Naval Medical Center San Diego welcomed its first newborn of the year at 5:04 a.m. Weighing in at 6 pounds, 13 ounces, Kinsley A. Henkel is 18.5 inches long. Baby Kinsley was proudly introduced to the world by her mother, Alaina Henkel and father, Christopher Henkel. Naval Medical Center San Diego delivered 2,326 babies in 2019. Navy photo

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# Abraham Lincoln strike group hosts Thai military officials

by MC2 Amber Smalley  
SOUTH CHINA SEA - The Abraham Lincoln Carrier Strike Group hosted leaders from the Royal Thai Army, Navy, and Air Force, Dec. 23.

Top Thai military officials made an arrested landing aboard Abraham Lincoln following its safe transit of the Strait of Malacca. Building upon existing U.S.-Thai relations, the visit was

an opportunity for the Thai to see U.S. Navy carrier operations firsthand.

The group was hosted by senior strike group leadership

including Rear Adm. Michael E. Boyle, strike group commander, and the strike group's warfare commanders. The group toured the ship, visiting the hangar bay and bridge, and observed flight operations from the flight deck.

"I think it is really reassuring to our Thai partners to know that if needed the U.S. Navy can be here in a hurry," said Boyle. "They had really good questions about our capabilities, how quickly we could respond, and the maneuverability of a carrier strike group, like how a little over a week ago we were in the Middle East and now we are in South China Sea."

One of the oldest and one of the most vital alliances in the region, the U.S. and Thailand established relations in 1818, signed a Treaty of Amity and Commerce in 1833, and became defense treaty allies in 1954 with the signing of the Manila Pact. Today, as part of our mutual defense cooperation program, Thailand and the U.S. conduct an annual slate of more than 400 mil-mil exercises and engagements, covering all services of each nation.

"I spoke with the generals and admirals and told them that having them come out to see us is a reminder that together, with all of our partners and allies, we are much stronger," said Boyle. "Today we showed our commitment to a key ally in this region."

# Pendleton Marines put amphib combat vehicle to the test

by Lance Cpl. Andrew Cortez  
CAMP PENDLETON - The world is constantly advancing around us. As the most feared fighting force in the world, it is imperative Marines advance their capabilities along with it. The Corps' new Amphibious Combat Vehicle is here to improve Marines' amphibious capabilities.

Marines with the Amphibious Vehicle Test Branch, Marine Corps Tactical Systems Support Activity, tested the ACV's maneuverability and performance during low-light and night operations on Camp Pendleton's beaches recently. The Marines spent hours driving ACVs the Southern California surf and in the open ocean to assess how well they could interface with the vehicle and conduct operations in low light.

"AVTB has been on Camp Pendleton since 1943," said David Sandvold, the director of operations for AVTB. "We are the only branch in the military who uses our warfighters to test equipment that is in development."

The ACV will be replacing the Amphibious Assault Vehicle starting in late 2020. The AAV has been in service since 1972, serving in countries around the world. The AAV has been the go-to vehicle to carry Marines and gear from ship to shore, but with adversaries around the world growing more powerful, the ACV was created to enhance the capabilities of ship to shore missions and amphibious assaults.

The ACV will come in four different variants derived from the armored personnel carrier base. There's a recovery variant, a command and control variant, and an up-armed variant to engage enemy armored vehicles. Each ACV comes equipped with eight wheels instead of the tracks originally on the AAV.

"It's a huge difference on how the ACV and the AAV drive and handle," said Marine Sgt. Fernando Alvarez, an AAV operator with AVTB. "The main difference (with wheels) is that it's a lot faster on land. But instead of pivoting like the AAV, we have to make three-point turns now, which is not a problem."

The ACV powers through high surf, traverses over trenches and trucks over sloped terrain. The ACV's significant protective assets make it resilient to direct attacks and allow it to operate with degraded mobility in an ever-changing battle environment. The vehicle possesses sufficient lethality to deliver accurate fire support to infantry, whether stationary or on the move.

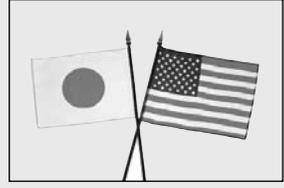
"Technology is modernizing," explained Sandvold. "As we learn about the ACV, we see everything it has to offer."

The ACV also has a unique V-shape underbelly to deflect the blast of improvised explosive devices. Since IED's were the most lethal weapons used against AAV's, the new ACV was designed to take a blast from an IED, continue the mission and bring Marines home safely.

# U.S. Marines, Japanese forces to conduct amphibious training in Southern California

CAMP PENDLETON - U.S. Marines and Sailors are scheduled to participate in Exercise Iron Fist alongside members of the Japan Ground Self-Defense Forces Amphibious Rapid Deployment Brigade. The exercise will occur at various facilities in Southern California and at sea from Jan. 17 to Feb. 21.

Iron Fist is an annual bilateral exercise designed to enhance the ability of the U.S. Marine Corps, U.S. Navy and Japanese forces to plan, communicate and conduct combined amphibious operations.



The U.S. and Japan will integrate at the staff level, conducting bilateral planning to seize notional objectives through real-world amphibious training. The five-week exercise also focuses on advanced marksmanship, amphibious reconnaissance, fire and maneuver assaults, logistics, medical support and fire support operations such as mortars, artillery and close air support.

This year's exercise not only marks the 15th iteration but also occurs during the 60th anniversary of the signing of the Treaty of Mutual Cooperation and Security. For the last 60 years, this treaty has served as the cornerstone of the U.S.-Japan Alliance, an alliance that has been critical in fostering stability and prosperity across the Indo-Pacific region. This exercise is another example of the dedication of the United States and Japan to work together to make advancements across multiple domains and to ensure the future security of both countries.

With the wide variety of overseas crises and conflicts and the Marine Corps' role and approach to expeditionary operations remain more important than ever. Exercise Iron Fist reinforces the relevancy of amphibious interoperability and exemplifies the spirit of trust and cooperation between the Marine Corps and JGSDF.

"It is through hard yet realistic training which embodies our universal warrior ethos that we continually build on established relationships between partners and allies," said Col. Christopher Bronzi, 15th Marine Expeditionary Unit Commanding Officer.

An opening ceremony will mark the start of the exercise Jan. 17 at 10 a.m. on Marine Corps Base Camp Pendleton.

The culminating training event will be a scenario-based amphibious assault Feb. 12 at Camp Pendleton.



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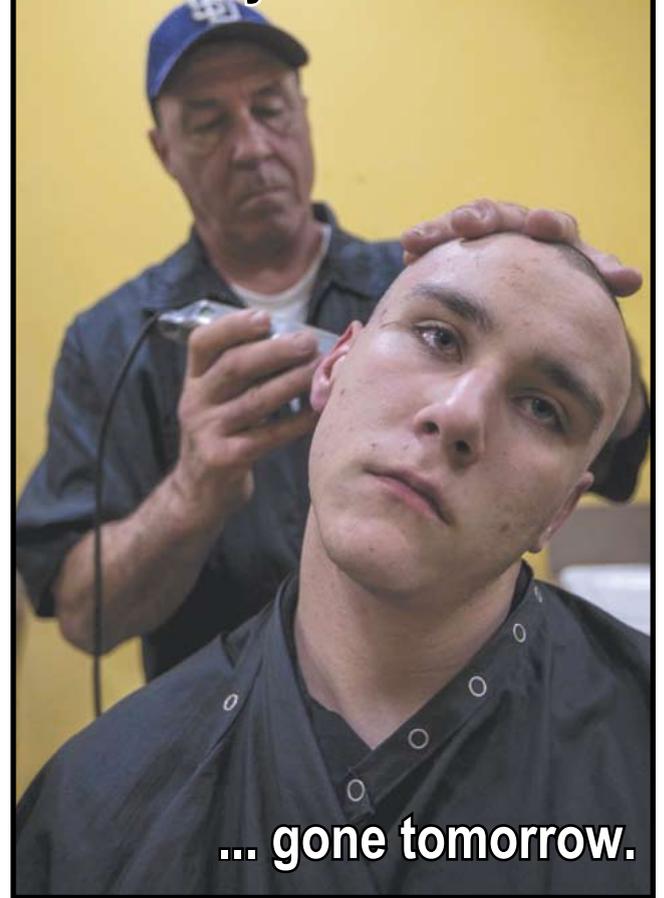


## Lincoln kudos



**PACIFIC OCEAN (Jan. 7, 2020)** - Pacific Fleet Master Chief James Honea, left, and Adm. John Aquilino, commander of Pacific Fleet, speak to Sailors on the flight deck during a visit to aircraft carrier USS Abraham Lincoln (CVN 72). The visit was to congratulate the crew for a successful deployment to the U.S. 6th, 5th and 7th Fleet areas of operations. The Abraham Lincoln Carrier Strike Group is deployed to the 3rd Fleet area of operations. Abraham Lincoln is scheduled to arrive soon in San Diego as part of a Navy homeport change. Navy photo by MC3 Darion Chanelle Triplett

## Hair today ...



... gone tomorrow.

**MCRD SAN DIEGO (Jan. 6, 2020)** - A new recruit with Delta Company, 1st Recruit Training Battalion, receives his initial haircut during receiving here. Photo by Lance Cpl. Grace J. Kindred

## Grand unfurling



**SAN DIEGO (Dec. 27, 2019)** - Sailors unfurl the American flag during the pre-game show of the 42nd annual Holiday Bowl at SDCCU Stadium. Navy photo by MC3 Nicholas V. Huynh

## Inside protecting Camp Pendleton's natural resources

By Lance Cpl. Alison Dostie I

**CAMP PENDLETON** - Across Camp Pendleton's 125,000 acres of land is a wide variety of wildlife. One of the top priorities for base officials is to help preserve the natural habitats and wildlife here.

Camp Pendleton's land represents the largest stretch of undeveloped wilderness and coastline in Southern California. There are many different procedures, operations and day-to-day activities base officials use to protect it.

The wildlife ecosystem on Camp Pendleton is monitored and maintained by game wardens with the base's Environmental Security Department. When it comes to keeping track of specific populations, the base game wardens launched Operation Buck Rogers to count mule deer on base. With the various natural disasters and rigorous military training that occur on Camp Pendleton, it is essential to keep track of the wildlife over the years. Game wardens have to ensure the wildlife is not being affected in a negative manner. Without the deer, natural ecosystems on Camp Pendleton will fall apart.

"This is important because in the Western United States mule deer are on the decline, so we see fewer and fewer of them every year," said Michael Tucker, a game warden with Environmental Security Department, MCB Camp Pendleton. "They are an important species, they manage the vegetation, they're part of the food web, they're the primary source of food for mountain lions."

When it comes to Marines being able to conduct training, maintaining and protecting the environment is extremely important, especially during the wildfire season where the environment is most susceptible to significant damage. Studies show there are certain instances where controlled burns and traditional wildfires can make a positive impact on the environment by clearing areas to safely conduct training, clearing invasive plants lingering in certain animal's habitats, and protecting endangered plant species.

"We do a lot of preventative measures, one of them being controlled burns," said Deborah Bieber, Land Management section head for Environmental Security Department, MCB Camp Pendleton. "We look for areas where the Marines need to train, but the way they're training may have a risk to cause a fire, so we'll go in and do a controlled burn to remove all the fuels so that the Marines can conduct their training."

Camp Pendleton is also a vital nesting ground for various types of endangered birds in California.

In March 2019, breeding grounds for the California Least Tern flooded, resulting in destruction of the original flatland area. Marines with 7th Engineer Support Battalion, 1st Marine Logistics Group, volunteered its services by moving sand from the foredunes running along the coastline to a location in the middle of the tern colony.

"I think it is wonderful to see how (the operating forces) work with us to preserve our environment," said Katrina Murbock, a wildlife biologist with Environmental Security's wildlife management section. "We can all agree there is a lot of amazing wildlife out here, but also a lot of amazing training. The fact that we were able to make (those) go hand-in-hand speaks highly of the Marine Corps."

## Shipboard readiness



**SOUTH CHINA SEA (Jan. 2, 2020)** - Operations Specialist 1st Class David Mershon fights a simulated fire during a general quarters drill aboard littoral combat ship USS Gabrielle Giffords (LCS 10) while underway. Gabrielle Giffords is on a rotational deployment to the U.S. Indo-Pacific Command, conducting operations, exercises and port visits throughout the region and working hull-to-hull with allied and partner navies to provide maritime security and stability, key pillars of a free and open Indo-Pacific. Navy photo by MC2 Damon Grosvenor

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by Jan Wagner

## STAR WARS: 'The Rise of Skywalker' as envisioned by Director J.J. Abrams



"STAR WARS: The Rise of Skywalker" is the final film in the STAR WARS saga. Its scope within the STAR WARS universe is massive, as is suggested by the large and familiar cast which includes Carrie Fisher, Mark Hamill, Adam Driver, Daisy Ridley, John Boyega and Billie Dee Williams, as well as a few noteworthy cameos (I will not spoil the surprise for you).

In the Global Press Conference, Director J.J. Abrams discussed the challenges faced in "wrapping up not one film, not three films but nine." Needless to say, he felt a strong and significant sense of responsibility for getting this film right.

Where did the ideas for this film come from? We learned from J.J. that "because we had worked on "Force Awakens" - Larry Kasdan and I, and Michelle Rejwan and Kathy (Kennedy) - producers, we had talked about quite a few things back in the day, so it was a bit of sort of picking up where we had left off. The fact is that what Rian Johnson had done in "Last Jedi" had set up some things that were sort of wonderful for the story - one of the things being that the cast was separated - the characters weren't together for the entire movie, essentially."

"This was the first time that the group got to be together. Chris (Terrio, co-writer with J.J. Abrams) and I got together. We knew immediately we wanted to tell a story of a group adventure. There were some very specific things that we were both drawn to immediately and we just started doing the thing that you do, which is you say what do you desperately want to see? What feels right?"

"STAR WARS: The Rise of Skywalker" is truly epic, as is exemplified by one particular battle scene in space between the forces of good and evil (you'll know it when you see it). J.J. said, "the scale of the movie is pretty enormous and we knew that none of that would matter, none of it would work, if you didn't care deeply and track with the people. So the most

important thing - the people - we were good with. We knew we had this incredible cast, who I think have gone above and beyond anyone's expectations, and are truly spectacular in the film."

The cast members do become those characters to us, as we are transported back to a long time ago in a galaxy far, far away...

The film brings back, for one final farewell, many of the heroic and villainous characters that we remember so well, and in familiar places, in an epic fight between the forces of good and evil. Yet while it has many of the characters that we've grown to love or despise for decades, the epic battles in space, the technology, exotic planets and places, and more, that is not enough.

To their credit, "STAR WARS: The Rise of Skywalker" tries hard to do it all, as it wraps up many loose ends. The problem is not that it gets wrapped up, but what is lacking. The best of the STAR WARS films have great heart and a wry sense of humor. They keep us breathlessly on the edge of our seats, again and again. That seems to be missing from this film. Perhaps what this film-to-end-all-films in the STAR WARS saga is lacking is a fresh new story that takes

off in a new, surprising and totally unexpected direction; a story that is substantially new and wondrous and surprising; a story that catches us off-guard again and again; a fresh new story - a reset - that makes us eager to see this film more than just once - a truly memorable film to celebrate this end of an era. Instead, while there are some surprises, it stays close to the storylines that preceded it, making this story too predictable. Is that its weakness?

After the anticipated extra-long break in production, it will be interesting to see what the future holds for STAR WARS. In the meantime, let's check out "The Mandalorian."

"STAR WARS: The Rise of Skywalker" is in theaters now. To see videos, including the final trailer, still images from the movie and for more information, visit <https://www.starwars.com/films/star-wars-episode-ix-the-rise-of-skywalker>.

To see additional photos, visit [www.drivetribe.com](http://www.drivetribe.com), click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #624" in their search bar. Please send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com).

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## The Meat & Potatoes of Life



by  
Lisa  
Smith  
Molinari

I'm a little upset that my husband didn't give me a Peloton for Christmas, but then again, he might be in the doghouse if he did. Without a shiny new exercise machine in my living room, I'm left to muster the motivation to begin a 2020 fitness regimen all by myself.

\*Sigh\*

But this isn't my first rodeo. I've been yo yo dieting for longer than most of my readers have been alive. I've shed and packed back on more total pounds than there are calories in a bacon double cheeseburger, fries and a shake. I've been on the Cleveland Clinic Diet, Weight Watchers, Cabbage Soup Diet, Slim Fast, South Beach Diet, Carbohydrate Addict's Diet, Atkins Diet, Fast Metabolism Diet, Intermittent Fasting, and, most recently, Keto.

Essentially, I know every trick in the book.

This month, as the general public gears up to tackle New Year's resolutions to lose excess pounds, I'll share what I've learned with my fellow yo yo dieters. I won't tell anyone how to lose weight. No, weight loss plan choice is quite personal, and may ultimately depend on whether or not your husband gave you a Peloton for Christmas.

Instead, I'll pass along the five steps that I take before going on a diet. If you follow these universal words of wisdom, you'll be ready to succeed on any New Year's diet.

#1. Go to TJ Maxx.

Before passing Go, I hit the stores for new workout clothes. With a couple of crisp Jacksons and some luck at TJ Maxx's post-holiday clearance rack, I adorn myself with matchy-matchy exercise gear. Ensnared in brand new Spandex, I look the part of a fitness guru as I drive up to the Starbucks window and order a Caramel Macchiato with extra whipped cream on my way home.

#2. Stop by the Base Gym, but do not exercise

Prior to beginning my diet plan in earnest, I make a preliminary visit to the base gym. I wear my new Spandex to impress the poor slob pumping away on the treadmills, but I have no intention to exert myself. Instead of heading for the stair machine, I simply pluck a schedule from the desk and go home, where I tape it to my refrigerator. Although the schedule does not burn calories, it assures me that I'm ready to begin my fitness regimen, right after I wolf down this mixing bowl full of Frosted Mini-Wheats.

## Five steps I take before starting my diet

#3. Order the book

Even though all diets basically boil down to "eat less, move more," a new diet book can make the same old diet seem trendy, fresh, exciting. So, before I commit to a plan, I order the book. Besides, Amazon's two-day shipping, plus a few days to read, buys me a whole week of lounging around in my new Spandex before I'm obligated to start.

#4. Eat everything in sight

In order to prompt my body's natural messaging system, I continue the holiday overeating and daily cocktail drinking for as long as possible. This serves dual purposes - it clears the house of high calorie foods that could derail my upcoming diet, and it triggers my body's inner voice to plead in desperation, "Please for the love of God, STOP!" This message is a clear sign (along with stomach

distention, shallow breathing and back rolls) that it's time to give my body a break.

#5. Do an initial weigh-in

Once my maximum level of personal disgust has been reached, it's time for the initial weigh-in. The goal here is not accuracy, but rather to register the highest weight possible. It can only go down from here. This seems masochistic, but it makes sense a few days into my diet, when I'm so hungry I find myself eyeing up the dog's kibble. Desperate for a bit of good news to motivate me to stick to the plan, I step on the scale after emptying my bladder, trimming my toenails, shaving my legs, and blowing my nose. Inevitably, I've lost a pound or two.

It might be water weight, but if I've learned anything about yo yo dieting by now, it's that success is on the scale of the beholder.

## MWR THIS WEEK

**Outdoor Adventure Challenge** Jan. 1-March 31. \$10 one time entry package fee. New Year...New Challenge. Discover San Diego's local outdoor landmarks at your own pace, on your own time, and win prizes with MWR. Here's how it works: Stop by the North Island OAC to purchase your Outdoor Adventure Challenge pennant flag and approved outdoor landmark location list. Visit great San Diego sites and post pictures to Instagram showing your OAC pennant. Be sure to tag us @NavyLifeNBC and use #OACChallenge to log checkpoints. Prizes range from MWR/OAC apparel to weekend gear rental packages. North Island Outdoor Adventure, Bldg. 825, 619-545-2632.

**Big Bear Weekend Trip.** Fri.-Mon. Jan. 17-20, 10 a.m., \$200/Liberty, \$65 Guest. Spend a weekend skiing or snowboarding at Snow Summit. Cost includes 3 night cabin stay, double occupancy rooms, ski/snowboard gear, meals and transportation. Lift tickets available at the MWR Ticket Office. Info: 619-437-3190.

**Dog Treat Making.** Thur., Jan. 16, 6 p.m., \$10. NBSD Waterfront Community Recreation Center, Bldg. 45. Learn how to make some homemade treats for your 4-legged friends. Everyone goes home with recipes and samples for your dogs at home! Info: 619-556-9597.

**Medieval Times Trip.** Sat., Jan. 18, 12:30 p.m., \$46. Meeting location: NBPL Subbase Community Rec. Bldg. 546. Join in for the event of a lifetime with chivalry, rivalry, and revelry during Medieval Times' spectacular show. Price includes transportation and entry to event. Info: 619-553-9138 Register Online. [www.navylifew.com/sdcr](http://www.navylifew.com/sdcr).

**Zovargo.** Sat., Jan. 18, 2 p.m. NBSD Mariner's Park 2260 Callaghan Hwy., San Diego (Corner of 32 nd st. and Callaghan Hwy). Jump into the world of animals with Zovargo. Zovargo's animal program is family-friendly, full interactive, and excites all the senses. Info: 619-556-9597 Register Online. [www.navylifew.com/sdcr](http://www.navylifew.com/sdcr).

**Liberty K-1 Speed Go-Karts** Sun., Jan. 19, 2-5 p.m., \$40. Get ready for unforgettable, adrenaline-pumping racing on a professionally designed indoor track. Cost includes transportation and tickets for three races. Bring cash for extra races and food. Sign up by Thurs., Jan. 9 at the NBPL Harbor Drive Liberty Center, Bldg 606 (open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+) .Info: 619-524-0961.

**Love Established Rope Board.** Sun., Jan. 19, 2 p.m., \$12. NBSD Waterfront Community Recreation Center, Bldg. 45. Design your own Love Est. board in this fun 'self-guided' craft. All supplies included. Info: 619-556-9597 Register Online. [www.navylifew.com/sdcr](http://www.navylifew.com/sdcr).

**Men's Basketball Tournament. (1)** Starts Jan. 21, 11 a.m. & noon, NASNI VADM Fitness Center. **(2)** Jan 21, 11 a.m. & noon, NAB Peak Performance Fitness Center. Think you're a big shot. Bring it on the courts.

**Men's Racquetball League.** Jan. 21, 11 a.m.-1p.m., NBPL Subbase Indoor Courts. Come find out what all the racquet is about. Info: 619-553-7552.

**Scrapbook Making.** Wed., Jan 22., 6 p.m., \$8. NBSD Waterfront Community Recreation Center, Bldg. 45. Create your own paper scrapbook memorabilia holder for 2020 All supplies included. Info: 619-556-9597 Register Online. [www.navylifew.com/sdcr](http://www.navylifew.com/sdcr).

**Mountain High Sledding & Snow Trip.** Mon., Jan. 20, 7 a.m., \$33 per person, \$10 for each non-sledding parent(s). Delight in the crisp mountain weather and breathtaking scenery as you whiz down the slopes with your friends & family. Equipment, transportation, and snacks will be provided for the 2 hour private mountain experience. Info: 619-437-3190 Register Online. [www.navylifew.com/sdcr](http://www.navylifew.com/sdcr).

**Beeswax Reusable Wrap.** Tue., Jan. 21, 6:30 p.m., \$12 for three sizes. NAB Community Recreation Center, Bldg. 337. Customize your own alternative for plastic wrap. We will teach you how to make a reusable eco-friendly food wrap. Info: 619-437-3190 Register Online. [www.navylifew.com/sdcr](http://www.navylifew.com/sdcr).

**\$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.

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

**Thursday, January 9**  
5:40pm Dark Waters  
8pm Queen & Slim  
**Friday, January 10**  
5:50pm Jumanji: The Next Level  
8pm Richard Jewell  
**Saturday, January 11**  
12:50pm Jumanji: The Next Level  
3pm Frozen II  
5pm Jumanji: The Next Level  
**Sunday, January 12**  
12:50pm Frozen II  
2:50pm Jumanji: The Next Level  
5pm Richard Jewell  
**Monday, January 13**  
5:50pm A Beautiful Day In The Neighborhood  
7:50pm 21 Bridges  
**Tuesday, January 14**  
5:50pm Frozen II  
7:50pm Jumanji: The Next Level  
**Wednesday, January 15**  
5:40pm Dark Waters  
8pm 21 Bridges  
**Thursday, January 16**  
5:50pm Jumanji: The Next Level  
8pm Richard Jewell

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

**Thursday, January 9**  
5:50pm Frozen II  
8pm 21 Bridges  
**Friday, January 10, 2020**  
5:50pm Jumanji: The Next Level  
8:20pm Richard Jewell  
**Saturday, January 11, 2020**  
1:30pm Frozen II  
3:50pm Jumanji: The Next Level  
6:50pm Jumanji: The Next Level  
**Sunday, January 12**  
1:30pm Frozen II  
4pm Jumanji: The Next Level  
6:20pm Richard Jewell  
**Monday, January 13**  
5:50pm Jumanji: The Next Level  
8:10pm Knives Out  
**Tuesday, January 14**  
5:40pm A Beautiful Day In The Neighborhood  
7:50pm Richard Jewell  
**Wednesday, January 15**  
5:50pm Jumanji: The Next Level  
8:10pm Queen & Slim  
**Thursday, January 16**  
5:40pm 21 Bridges  
7:50pm Jumanji: The Next Level

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

**Thursday, January 9**  
11am Dumbo (2019)  
5pm The Goldfinch  
**Friday, January 10**  
5pm The Hustle (2019)  
**Saturday, January 11**  
2pm Judy  
5pm Long Shot  
**Sunday, January 12**  
5pm Good Boys  
**Monday, January 13**  
5pm Downton Abbey  
**Tuesday, January 14**  
11am Overcomer  
5pm It: Chapter Two  
**Wednesday, January 15**  
5pm Captive State  
**Thursday, January 16**  
11am The Angry Birds Movie 2  
5pm Harry Potter and the Half-Blood Prince

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

**Thursday, January 9**  
6:30pm Ford v. Ferrari  
**Friday, January 10**  
6:30pm Richard Jewell  
9:10pm Queen & Slim  
**Saturday, January 11**  
3pm Knives Out  
6:30pm Frozen II  
9pm 21 Bridges  
**Sunday, January 12**  
1pm A Beautiful Day In The Neighborhood  
6:30pm Dark Waters

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**Thursday, January 9**  
6:30pm 21 Bridges (R)  
**Friday, January 10**  
6pm Dark Waters (PG13)  
9pm Queen & Slim (R)  
**Saturday, January 11**  
1pm Frozen 2 (PG)  
3:45pm A Beautiful Day In The Neighborhood (PG)  
6:30pm Queen & Slim (R)  
**Sunday, January 12**  
1:pm SENSORY FRIENDLY A Beautiful Day In The Neighborhood (PG)  
3:45pm Frozen 2 (PG)  
6:30pm Dark Waters

## Top 10 library book and movie checkouts of 2019

by Katie White, County of San Diego Communications Office

The beginning of the new year is the perfect time to set some reading goals for the months ahead! San Diego County Library has released its top 10 checkout list for 2019. Get some inspiration for your 2020 reading list and see if your favorite books, e-books and DVDs from last year made the cut.

Ready to leave the last decade behind and start this one off with some fresh recommendations? County librarians can tell you what to watch for in 2020 and help you find your next favorite book or movie. For recommendations, visit the library in person or go online.

The items below all fall under the "grown-up" category and do not include children's books.

### Books

"Where The Crawdads Sing" by Delia Owens  
"Dark Sacred Night" by Michael Connelly  
"Becoming" by Michelle Obama  
"The Great Alone" by Kristin Hannah  
"The Reckoning" by John Grisham  
"Nine Perfect Strangers" by Liane Moriarty  
"Long Road to Mercy" by David Baldacci  
"Past Tense: A Jack Reacher Novel" by Lee Child  
"Crazy Rich Asians" Kevin Kwan  
"The President is Missing: A Novel" by James Patterson

### EBooks

"The Great Believers" by Rebecca Makkai

"Where The Crawdads Sing" by Delia Owens  
"Becoming" by Michelle Obama  
"Educated: A Memoir" Tara Westover  
"Nine Perfect Strangers" by Liane Moriarty  
"Past Tense: A Jack Reacher Novel" by Lee Child  
"The Reckoning" by John Grisham  
"Crazy Rich Asians" by Kevin Kwan  
"Little Fires Everywhere" by Celeste Ng  
"The Great Alone" by Kristin

Hannah  
**Movies (Based on DVD and Blu-Ray checkouts)**  
"The Greatest Showman"  
"Avengers, Infinity War"  
"Jumanji, Welcome to the Jungle"  
"Ant-Man and the Wasp"  
"Crazy Rich Asians"  
"Star Wars Solo: A Star Wars Story"  
"Black Panther"  
"Jurassic World: Fallen Kingdom"  
"Spider-Man Homecoming"  
"A Star is Born"

## Balboa Park Free Admission Tuesdays for residents/military

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

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

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

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

**Second Tuesday**  
Museum of Photographic Arts  
San Diego History Center  
Veterans Museum and Memorial Center

If you or someone you care about needs to speak to someone or is in crisis and needs immediate help, please call the Access & Crisis Line at (888) 724-7240.



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## Rash decisions: How to deal with itchy, red skin

You've broken out in a red, itchy rash. You're likely wondering where it came from—and, most importantly, how to make it go away.

Unfortunately, your mystery rash could have many causes. Maybe you switched to a new detergent or accidentally brushed against poison ivy. Maybe it came from a virus or fungus. It can be hard to pinpoint the cause.

Red, uncomfortable skin rashes are called dermatitis. "When we use the term dermatitis, all we really mean is skin inflammation," says Dr. Brian Kim, a dermatologist at Washington University in St. Louis.

Our skin is a barrier, serving as the first line of defense against the outside world. It is filled with immune cells. These cells actively fight against viruses, bacteria, and other invaders. If a foreign substance is detected, immune cells start a chain reaction to neutralize the threat. This, in turn, causes inflammation.

### Eczema

Many people are familiar with atopic dermatitis—the red, itchy rash commonly called eczema. "It affects up to 30% of people, particularly in childhood, and it tends to run in families," explains Dr. Heidi Kong, a dermatologist at NIH. While some children may outgrow eczema, others will have the disease for life.

The cause of eczema is unknown. But skin microbes—bacteria, fungi, and viruses—may play a role. Kong is working to understand how the millions of microbes that live on your skin may contribute to eczema. Kong and her team have shown that certain types of bacteria are more commonly found on people with eczema. When applied to the skin of mice, these bacteria cause an immune response in the skin.

"We're trying to understand the bacteria on a deeper level," says Kong. "We see that they are associated with flares." Flares are periods when eczema gets worse.

Treatment using bacteria normally found on healthy skin may help. In a small preliminary study, children and adults with eczema improved after using a spray that contained a specific kind of healthy bacteria. Research like this may one day lead to new



### Other Rashes

Not all rashes are mysterious. Some have a very clear cause. If your skin touches something you're allergic to, it's bound to get red and itchy. Common triggers include fragrances in soaps, lotions, and cosmetics. Some people are

sensitive to nickel, which is often found in jewelry.

Your doctor may recommend a "patch test." Small amounts of different substances are applied to your skin to see if you have a reaction.

"People are very familiar with allergic contact dermatitis by way of poison ivy," Kim says. "But there are many, many environmental allergens that can cause contact dermatitis." Luckily, hydrocortisone cream may be all you need if the rash only covers a small area.

Psoriasis is another common form of dermatitis. It causes thick, red, scaly skin on the elbows, knees, scalp, and other parts of the body. It's caused by an overactive immune system. Skin ointments and medications that quiet the immune system can help. A doctor may also prescribe light therapy, where the skin is regularly exposed to ultraviolet light.

Rashes can also be triggered by bacterial and viral infections. And certain drugs may cause an itchy skin rash if you're allergic.

"That's a few of probably hundreds of rashes you can get," Kim says. But common to all of them? "A five-year-old child could tell you that whenever something's rashy, it itches. Itch is probably the most common symptom in the field of dermatology."

### Itch Relief

For a long time, people questioned whether itch was even its own unique sensation. They thought it might be a mild form of pain. But scientists have discovered that itch has its own pathway in the brain.

That was the starting point for developing new treatments for chronic itch. Now researchers are focusing on finding drugs to help fight itch.

treatments.

Scientists are also interested in understanding whether eczema can be prevented before it starts.

"I tell my patients that you were probably programmed from birth to be at risk for developing atopic dermatitis," says Dr. Eric Simpson, a dermatologist at Oregon Health & Science University. Scientists estimate that the risk for eczema may be up to 60–70% genetic. But environmental causes also play a role.

What if a simple act, like moisturizing daily, could keep children from developing the disease? Doctors often prescribe moisturizing creams for people with eczema. These creams help to stop itching and restore the skin. Studies have shown that using moisturizers, sometimes called emollients, can prevent eczema flares.

In Simpson's new study, parents will moisturize their baby's entire body each day using one of several emollients. "Our idea was to repair the skin barrier that's dysfunctional as early in life as you can," says Simpson.

Over several years, the team will be able to see whether emollient treatment helped prevent eczema. They are also looking at whether regular moisturizing could impact allergies and asthma, which are common for children with eczema.

How do you choose a moisturizing product if you have eczema? "It's a bit of trial and error," Kong says. While some people prefer petroleum jelly-based products, other people find they have better results with cream-based lotions.

"But because of the tendency for a lot of these patients to have sensitive skin, we do recommend they avoid products that have a lot of fragrances or preservatives," she says.

If you're a little itchy, it's okay to start with over-the-counter creams. Moisturizers and creams work well for dry, itchy skin. Mentholated moisturizers can cool the skin and provide relief. But some perfumes or dyes added to skin lotions may make things worse. For more tips on soothing a mild rash, see the "Wise Choices" box.

If you have a severe itch that's been going on for a long time, you should see a doctor. For these types of severe itch, Kim says, trying to use over-the-counter treatments is "like trying to put out a fire with a garden hose."

For an itchy rash, it's important

### Wise Choices...

## Mild Rash Relief

These tips may help soothe some rashes:

- Use moisturizer to calm your skin.
- Consider using over-the-counter medications like hydrocortisone if the rash covers a small area.
- Take a lukewarm bath.
- Avoid rubbing and scratching.
- Wear cotton clothing so the rash doesn't worsen.
- Get medical help if your itch is severe or has been going on for a long time.

to understand the cause. Call your doctor if your rash is so uncomfortable that it interferes with your sleep or daily activities. You should also seek medical help if

you break out in a rash after taking a new medication.

An itchy rash can be trying, but with help, you can calm your skin and feel better.

## Provider beliefs may affect pain relief

Health care provider smiling while talking to an older adult—The study suggests that a health care provider's expectations and facial expressions can affect their patient's perception of pain. gradyreese / E+ via Getty Images

How your health care provider interacts with you is important. Their style can shape how you feel about your treatment. A new study found that people experienced less pain when the treatment provider expected a pain reliever to work. This may have been due, in part, to the provider's facial expressions.

The study didn't use real doctors and patients. Participants were assigned to play these roles. Those playing the doctor were first asked

**The study suggests that a health care provider's expectations and facial expressions can affect their patient's perception of pain.**

to rate their experience of pain relief after applying two creams on their own arms. The creams were actually the same. But the "doctors" were given different levels of mildly painful heat with the two creams. That led them to believe that one was effective and the other wasn't.

The doctors then tested the patients to see how they responded to the creams. Researchers analyzed

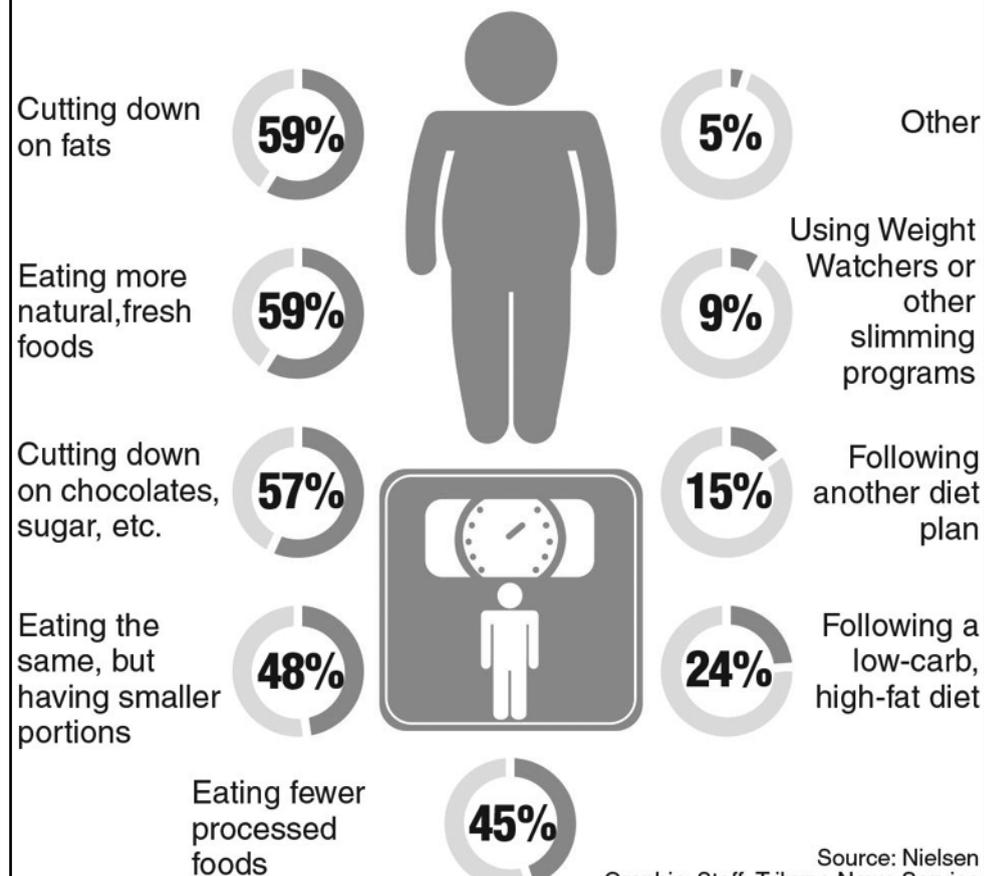
the facial expressions of both participants. They found that the amount of pain displayed in the doctor's facial expressions affected the patient's overall pain rating. Patients experienced less pain when the treatment provider expected the pain reliever to work.

"When the doctor thought that the treatment was going to work, the patient reported feeling that the doctor was more empathetic," says Dr. Luke Chang of Dartmouth College.

"The doctor may have come across as warmer or more attentive. Yet, we don't know exactly what the doctor was doing differently to convey these beliefs that a treatment works."

## What works for you?

How Americans are changing their diets to lose weight



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# Go out and play

**View the Winter Skies**, Sat, Jan 11, 5-8pm. Free. Come to MTRP to observe the January skies. High-powered telescopes will be set up by Trail Guide, George Varga and members of the San Diego Astronomy Association. Come view the beautiful nighttime sky in this low-light area with knowledgeable star gazers to help identify the stars and planets. Bring your own telescope if you like. Meet at the Kumeyaay Campground Day Use Parking Lot & park away from the viewing area. Cloudy skies and/or rain cancels the event. Kumeyaay Lake Campground, Two Father Junipero Serra Trail, Santee.

**Bloomsday**, Through Feb 2. North Coast Repertory Theatre, Solana Beach. [www.northcoastrep.org](http://www.northcoastrep.org)

**The Humans**, presented by SD Repertory Theatre, Thur, Jan 9-Feb 2. at Lyceum Theatre. [www.sdrop.org](http://www.sdrop.org)

**SD Gulls vs. Iowa Wild**, Fri, Jan 10, 7pm. Pechanga Arena San Diego. [www.sandiegogulls.com](http://www.sandiegogulls.com)

**LA Clippers vs. Golden State Warriors**, Fri, Jan 10, 7:30pm. Staples Center, LA. [www.nba.com/clippers](http://www.nba.com/clippers)

**Winter Festival**, Fri-Sat, Jan 10-11, Poway Community Park. [www.poway.org](http://www.poway.org)

**Del Mar Gem Faire**, Fri-Sun, Jan 10-12 (Fri noon-6; Sat-Sun noon-5pm). \$7. Fine jewelry, precious & semi-precious gemstones, millions of beads, crystals, gold & silver, minerals & much more at manufacturer's prices. Over 50 exhibitors from around the world. Jewelry repair & cleaning while you shop. Free hourly door prizes. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. <https://gemfaire.com/>

**San Diego Spring Home Show**, Fri-Sun, Jan 10-12, San Diego Convention Center, downtown SD. [www.homeshowsandiego.com](http://www.homeshowsandiego.com)

**Totally Tidepools**, Sat, Jan 11, 10-11am. Free. Registration required. The San Dieguito River Valley Conservancy and Living Coast Discovery Center present Totally Tidepools, a family-fun interactive presentation of the tough life animals have in the tidepools. Children will discover the amazing adaptations that help animals survive through animal encounters, a discovery table, and movement activities. This free program is generously funded by the City of Solana Beach and limited to 50 persons. Participants should arrive early for parking and finding a seat. Registration is required. Questions: email Ana Lutz-Johnson, [ana@sdrvc.org](mailto:ana@sdrvc.org), or call 858 755 6956. La Colonia Community Center, 715 Valley Ave, Solana Beach. <https://sdrvc.org/>

**Birch Aquarium Turtleversary**, Sat-Sun, Jan 11-12, 11am-3pm. Shell-ebrate Our Loggerhead Seaturtle's Fifth Anniversary at Birch Aquarium Her story of survival and perseverance has inspired thousands of guests and millions of people around the world! We are celebrating our Loggerhead's fifth anniversary at Birch Aquarium with a sea turtle-filled weekend of crafts, sea turtle science, and family-friendly activities. Included with admission. Birch Aquarium at Scripps, 2300 Expedition Way, La Jolla. Get tickets: <https://aquarium.ucsd.edu/experiences/events/turtleversary>

**Find Peace in Nature**, Sat-Sun, Jan 11-12 & Jan 25-26, Wed, Jan 15 & 29, 9:30-11am. Free. Maximize your New Year's resolve to find more peace in 2020. Simply walking in the beautiful surroundings of Mission Trails Regional Park will give you a refreshed feeling. Some plants are already sending up green shoots due to the December rains. Join our

informative and casual trail guide-led walk and be part of nature's vibrant world for 90-minutes of peace for all ages. Meet inside Visitor Center. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos.

**Kumeyaay Lake Nature Walk**, Sat, Jan 11 & 25, 8:30-10am. Free. Around this peaceful lake, you will see a riparian environment with cattails and duck weed in green profusion, reflected in the mirror-like surface. Western Sycamore trees in the deciduous state present an intricate skeletal frame against the sky, with be-speckled bark, laden with Mistletoe, and the promise of regeneration. The lake is home to numerous bird populations, both airborne and aquatic. Enjoy nature's delights on a fun and informative trail guide-led walk. Walk begins at the Kumeyaay Lake Camp Ground. Meet by the flagpoles. Two Father Junipero Serra Trail, Santee.

**King Tide Event**, Sun, Jan 12, 8-9:30am. Free. Batiquitos Lagoon invites you to come and learn about the effects of sea level rise and document the extreme low and high tides with photos for a citizen science project. Meet at the parking lot near the restrooms. Ponto Beach, Carlsbad Blvd at Ponto Drive, Carlsbad. <https://www.batiquitoslagoon.org/>

**SD Seals vs. Saskatchewan Rush**, Sun, Jan 12, 1pm. Pechanga Arena San Diego. [www.sealslax.com](http://www.sealslax.com)

**Fiesta Island Time Trials**, Sun, Jan 12, 7-9:30am. \$17-\$45. All levels are welcomed and encouraged to participate. Join competitors to see who can ride the quickest 20K, improve the most, or log your best PR. Single riders, tandems, and teams all compete for top honors and island records. Top six finishers in each category eligible to earn points towards series competition. Prizes and awards will be given to series winners at the last race of the season in November. You may sign up each race individually, or sign up for the entire series to receive a 15% discount. The registration fee for 20K is \$33 for adults and \$17 for juniors. Fees for tandems and 40K are \$45. All prices include processing fees. No other hidden charges. There are 150 riders maximum per day, and the event sells out very early. Entry is on a first-come, first-served basis. Fiesta Island, 1500 Fiesta Island Road, San Diego. <http://www.fiestaisland.info/>

**College Football Playoff National Championship** in New Orleans, Mon, Jan 13, 5pm ESPN. [www.collegefootballplayoff.com](http://www.collegefootballplayoff.com)

**LA Lakers vs. Cleveland Cavaliers**, Mon, Jan 13, 7:30pm. Staples Center, LA. [www.nba.com/lakers](http://www.nba.com/lakers)

**LA Clippers vs. Cleveland Cavaliers**, Tues, Jan 14, 7:30pm. Staples Center, LA. [www.nba.com/clippers](http://www.nba.com/clippers)

**LA Lakers vs. Orlando Magic**, Wed, Jan 15, 7:30pm. Staples Center, LA. [www.nba.com/lakers](http://www.nba.com/lakers)

**LA Clippers vs. Orlando Magic**, Thur, Jan 16, 7:30pm. Staples Center, LA. [www.nba.com/clippers](http://www.nba.com/clippers)

**SD Gulls vs. Tucson Roadrunners**, Fri, Jan 17, 7pm. Pechanga Arena San Diego. [www.sandiegogulls.com](http://www.sandiegogulls.com)

**Fun Home**, Fri, Jan 17-Feb 9. Patio Playhouse, Escondido. [www.patio-playhouse.com](http://www.patio-playhouse.com)

**Beginning Gardening 101 workshop**, Jan 18, 10am-noon. Free. The differences between annuals and perennials. Watering, fertilizers and soils will be discussed. There will be an emphasis on organic gardening methods. This is a free class. Contact Green Thumb Nursery to reserve a spot at (760) 744-3822 or visit [Green Thumb Nursery 1019 W. San Marcos Blvd., San Marcos.](http://www.greenthumbnursery.com)

**Kids Marathon Mile at Legoland California Resort**, Sat, Jan 18, 8am. [www.inmotionevents.com/event/kids-marathon/](http://www.inmotionevents.com/event/kids-marathon/)

**MLK volunteer event** at Gonzales Canyon, Sat, Jan 18, 9am-noon. [www.sdrvc.org](http://www.sdrvc.org)

**Oddities & Curiosities Expo**, Sat, Jan 18, 11am-6pm. Del Mar Fairgrounds. [www.odditiesandcuriositiesexpo.com](http://www.odditiesandcuriositiesexpo.com)

**Western Surfing Association Tour Event #6**, Sat-Sun, Jan 18-19. Oceanside South Harbor Jetty. [www.surfwsa.org](http://www.surfwsa.org)

**Red Bike**, Sat, Jan 18-Feb 16. Moxie Theatre, San Diego. [www.moxie-theatre.com](http://www.moxie-theatre.com)

**August Wilson's Jitney**, Sat, Jan 18-Feb 23. The Old Globe, Balboa Park. [www.theoldglobe.org](http://www.theoldglobe.org)

**NFL Conference Championships**, Sun, Jan 19. [www.nfl.com](http://www.nfl.com)

**Tri-City Medical Center Carlsbad Full & Half Marathon, Surf Run 5K & Double Down Challenge**, Sun, Jan 19. [www.carlsbadmarathon.com](http://www.carlsbadmarathon.com)

**SD Sockers vs. Mesquite Outlaws**, Sun, Jan 19, 5:05pm. Pechanga Arena San Diego. [www.sdsockers.com](http://www.sdsockers.com)

**San Diego Restaurant Week**, Sun, Jan 19-Sun, Jan 26. Various restaurants throughout San Diego County. [www.sandiegorestaurant-week.com](http://www.sandiegorestaurant-week.com)

**Martin Luther King, Jr. Day**, Monday, Jan 20.

**No more boring weekends!**

## Winter Festival at Poway Community Park Fri-Sat., Jan. 10-11 • Free

Poway Community Park showcases the magic and charm of winter at the annual Winter Festival on Jan. 10-11. There are activities for everyone to enjoy: carnival games, building a snowman, sledding down the snow hill, roasting marshmallows by the campfire, making silly faces in the photo booth, or taking a spin around the synthetic skate rink. A combination of old favorites and new specialty and food vendors are on-site for the event, and visitors are encouraged to come curious and hungry. The festival takes place from 5-9pm on Friday and from 3:30-8:30pm on Saturday. The special needs community is invited to a special edition of the Winter Festival from 2:30-3:30pm on Jan. 11.

Families can check in upon arrival to receive a free wristband for the event. Free shuttles are available from Poway City Hall and the Boys and Girls Club. Admission and some of the festival activities are free; however, there is a fee for food and specialty vendors. Poway Community Park is located at 13094 Civic Center Drive, Poway. For more information, call (858) 668-4671 or visit [www.poway.org](http://www.poway.org).

## San Diego Restaurant Week Jan. 19-26 • Fixed price menus

San Diego Restaurant Week returns for the 16th year from Jan. 19-26 with an edible extravaganza to kick off the New Year. For eight delicious days, more than 180 participating restaurants offer two-course prix-fixe lunch menus for \$10 to \$25 per person and three-course prix-fixe dinner menus for \$20 to \$60 per person. Restaurant Week is the perfect time to take a culinary tour of the region's diverse food culture. It is expected to attract more than 150,000 diners.

Once again, Restaurant Week Your Way delivers the same great price points with more flexibility. Diners can create the perfect palate with personalized menu options from participating San Diego eateries. Tickets are not necessary for this delectable week of discounted dining, but reservations are recommended. For a list of participating restaurants, visit [www.sandiegorestaurantweek.com](http://www.sandiegorestaurantweek.com).

## Coming of Age Ceremony at Japanese Friendship Garden Sun., Jan. 19 • 2-5pm

The Coming of Age Ceremony (Japanese: "Seijin-shiki") is an important rite of passage for Japanese young adults who are turning 20 years old. Many attend a ceremony at their local community center, dressed in traditional kimono or western suits to celebrate the new chapter in their lives. Unmarried women have the chance to wear the elaborate long-sleeved kimono called a furisode. The Japanese Friendship Garden, Azunakai, and the San Diego Yokohama Sister City Society host a ceremony from 2 to 5pm on January 19. Families and friends can pose for photos together at the Japanese Friendship Garden. Students from all cultures and backgrounds are highly encouraged to participate in this event. Kimono rental service is available upon request and participants are welcome to wear any other formal or cultural attire. The cost is \$25 for students and \$30 for adult guests. The Japanese Friendship Garden is located at 2215 Pan American Road E., San Diego. Visit [www.niwa.org/comingofage](http://www.niwa.org/comingofage).

## New Year's resolution: Microchip your pet!



San Diego Humane Society is reminding pet parents to protect your pet this year 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

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# Concerts



**Blue Oyster Cult.** Thurs, Jan 16, 8pm. Sycuan Live & Up Close Theatre

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

## January

**Art Garfunkel.** Thurs, Jan 9, 7pm. Folk/pop. The Magnolia Performing Arts Center, 210 East Main St., El Cajon. (619) 440-2277.

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

## 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 Blalamy Brothers.** Fri, March 6,

7pm. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

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

**Tame Impala.** Mon, March 9, 7:30pm. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

**Karla Bonoff.** Fri, March 13, 7:30pm. Acoustic. AMSDconcerts Bonita, 5305 Sweetwater Rd (Sweetwater Community Church), Bonita. (619) 201-0520.

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

**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.

**NF.** Mon, May 18, 7pm. Hip-hop/rap. Petco Park, 100 Park Blvd, San Diego. (619) 795-5000.

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

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

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

**Maroon 5 and Meghan Trainor.** Sat, May 30, 7pm. North Island Credit Union Amphitheatre,

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The military is the largest economic cluster in our region by a factor of 2 to 1 over the next largest.

(Travel & Entertainment)

In 2019 the military was responsible for over \$28 Billion in direct spending to the region which resulted in a Gross Regional Product of over \$51 Billion and over 354,000 jobs. Over 22% of the region's GRP and jobs come from military spending. 2020 forecast is for a 7% growth over 2019 to approximately \$30 Billion direct dollars equating to a Gross Regional Product (GRP) of approximately \$54.3 Billion and approximately 378,000 jobs

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Source: SDMAC Military Economic Impact Study 2019

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## 2020 HYUNDAI ACCENT

\$13,027 FRANK'S PRICE  
-\$750 RETAIL BONUS CASH  
-\$1000 MILITARY or 1st RESPONDERS  
-\$500 VALUED OWNER COUPON  
(VOC 2011-2018 Sonata or Santa Fe)

AUTOMATIC



NET PRICE  
**\$10,777**

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. \$1000 Military Incentive, must be active duty or veteran to qualify. Offer expires 1/13/20. 1 at this price #095546.

## 2020 HYUNDAI ELANTRA SE

\$15,527 FRANK'S PRICE  
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-\$500 EVENT CASH  
-\$1000 MILITARY or 1st RESPONDERS

AUTOMATIC



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. \$1000 Military Incentive, must be active duty or veteran to qualify. Offer expires 1/13/20. 6 at this price.

## 2019 HYUNDAI SONATA LIMITED

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\$5,000 FRANK DISCOUNT  
\$3,000 Retail Bonus Cash  
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\*1 at this payment, STK# 22386 VIN# L8200396 Model # LRD 11. \$321 plus tax monthly for 36 months with \$0 Due at Signing, \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 1/31/20.

## 2020 SUBARU OUTBACK 2.5i PREMIUM CVT

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**\$325** PER MONTH PLUS TAX  
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\*1 at this payment, STK# 22214 VIN# L3118453 Model # LDD 15. \$325 plus tax monthly for 36 months with \$0 Due at Signing, \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 1/31/20.

## 2020 SUBARU ASCENT PREMIUM 7 PASSENGER CVT

LEASE FOR

**\$391** PER MONTH PLUS TAX  
36 MONTHS

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## 4-WHEEL ALIGNMENT

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

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



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

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 1/31/20.

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## OIL & FILTER CHANGE

**\$29<sup>95</sup>** + tax

WAS ~~\$39<sup>95</sup>~~

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

Synthetic, V6 & V8 additional. Toyotas, Hyundais, or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 1/31/20.

## FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL  
**\$50 OFF**

- Inspect and Resurface Rotors
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- Replace Front Brake Pads

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plus **10% OFF**

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

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