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FIFTY EIGHTH YEAR NO. 20
THURSDAY, OCTOBER 18, 2018

Navy, Gerard Butler collaborate to tell 21st Century submarine yarn

by Jim Garamone

WASHINGTON - Hollywood came to the Pentagon Oct. 15 as actor Gerard Butler spoke to Pentagon reporters about his collaboration with the Navy in making "Hunter-Killer," a submarine movie due out this week.

The Pentagon press briefing studio was filled to capacity as Butler - who plays the commander of the fictional attack sub USS Arkansas in the movie - answered questions about the experience.

The movie posits an operation aimed at averting war with Russia. Butler said it's a chance to bring the submarine genre into the 21st century. "Hunter-Killer" is a chance to take viewers into submarines and let them see the culture, "and really see how these people think, work, their courage, their intelligence, basically their brilliance," said the actor.

The plot alternates between the submarine, a special operations team inserted in Russia and the Pentagon.

Navy Vice Adm. Fritz Roegge, now the president of the National Defense University, was the commander of the U.S. Submarine Force in the Pacific. "I was privileged to host Mr. Butler in Pearl Harbor for an orientation to the submarine force," the admiral said.

The Navy supported the effort even as the service remained "laser-focused" on warfighting in today's era of great power competition. "But we're also competing for talent, and in this dynamic economy, it's more important than ever that we find ways to inspire the next generation of warfighters to consider serving our country in the Navy," Roegge said.

Only a small fraction of young Americans qualify to serve in the military. An even smaller number are aware of the opportunities the services offer. "Although the Navy benefits see **Movie**, page 2

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The mission of Fleet Week San Diego is to honor and celebrate the men and women of the military through public events that entertain and alliances that support and thank these heroes.



Fleet Week Events

MILITARY FAMILY TAILGATE Presented by Lincoln Military Housing.
October 20, 2018 • 4:30-6:30pm

This annual event brings together military families for a fun afternoon of tailgating, music, games and other surprises at the homecoming game of San Diego State Football (SDSU vs. San Jose State). SDCCU Stadium, 9449 Friars Rd., San Diego, CA 92108. <https://fleetweeksandiego.org/>

FLEET WEEK ENLISTED GOLF TOURNAMENT Presented by Sycuan
October 22, 2018 • 10am-9pm

The Fleet Week All Enlisted Golf Tournament is exclusively for enlisted men and women. The top foursomes compete head-to-head for the right to display the annual Fleet Week Inter-Service Trophy. In addition, teams from area military commands will participate for prizes in a scramble format. The tournament is held at, and presented by, Sycuan Resort & Casino, 3007 Dehesa Rd., El Cajon, and concludes in the evening with dinner, prizes and giveaways for all participants.

ENLISTED RECOGNITION LUNCHEON Presented by Cubic
October 23, 2018 • 11am-2pm

This luncheon honors 250+ military enlisted guests who have distinguished themselves in their service and within their various commands. These guests are seated with business community and enjoy a delicious lunch and award presentation. After the luncheon attendees are invited to enjoy an exciting day at SeaWorld San Diego. fleetweeksandiego.org

FLEET WEEK / SDMAC BREAKFAST Presented by General Atomics
October 25, 2018 • 7:30am

The SDMAC monthly breakfast, which takes place on the third Wednesday of every month and features prominent speakers, civilian and military, from the Department of Defense, the Navy, Marine Corps, and Coast Guard. This event provides not only the opportunity to hear firsthand from the knowledgeable leadership, but also an opportunity to meet and network with 400+ military and civilian business leaders of the local community. Admiral Kidd Catering & Conference Center, 33050 McDonough Rd., San Diego, CA 92136.

QUALCOMM INNOVATION ZONE Presented by Qualcomm
October 26-28, 2018 • 10am-4pm

The Port Pavilion Building will become home to the Innovation Zone, hosting a combination of STEM and high-tech focused displays geared to attract students, service members, their families, and the public. Numerous vendor booths and interactive displays focused on new and emerging technologies. Broadway Pier & Port Pavilion, 1000 N Harbor Dr., San Diego, CA 92101. <https://fleetweeksandiego.org/>

SHIP TOURS / MILITARY DISPLAYS Presented by Port of San Diego
October 26-28, 2018 • 10am-4pm

Tours of US Navy and US Coast Guard ships will be available during Fleet Week 2018 on a first come, first served basis. Visitors must be at least 5 years old to tour ships; strollers, glass, large bags and backpacks will not be permitted on-board. Broadway Pier. fleetweeksandiego.org

CONCERT & PREGAME PARTY
October 26, 2018 • 7:30-10pm

Following the Notre Dame Pep Rally on Broadway Pier, the pre-game party and live concert is for Notre Dame Alumni, USNA Alumni, active duty fans and invited guests. Featuring Tim Hurley, two large screens with past Navy & Notre Dame highlights, adult beverages, and snacks, this fan evening will prep everyone for the big game on Saturday.

NAVY vs. NOTRE DAME VIEWING PARTY ON THE PIER
October 27, 2018 • 4:30-10pm

Fun evening with BBQ, beverages and music! Celebration of appreciation for our service men and women where they can relax and cheer on their team while viewing the Navy vs. Notre Dame Football Game. Large screen viewing areas, drink specials from Sailor Jerry Rum, and live halftime performances, this evening promises to be full of surprises!

MILITARY FAMILY DAY
October 28, 2018 • 10am-4pm

Open to the Public. Our final event for 2018 will be Military Family Day at Broadway Pier. Featuring kids activities, raffles, lunch and other surprises, we are excited to focus on the families that support our active duty during this special event. <https://fleetweeksandiego.org/>



Some of the U.S. military's F-35s have again been cleared to fly after a brief grounding was ordered last week to inspect the fuel tubes in the aircrafts' engines. Air Force photo

Some Air Force, Navy F-35s resume flying after grounding

by Stephen Losey
AIR FORCE TIMES - The Air Force and Navy said Friday that some of their F-35 Lightning IIs are once again flying, a day after the military grounded the entire fleet of its most advanced fighters.

The Pentagon's move Thursday came just days after a U.S. Marine Corps F-35B crashed in South Carolina.

Investigators feared the crash was caused by a problem with the F-35's fuel tube, which led to the fleet-wide grounding and inspection of fuel tubes within

the engines of all the stealth fighters.

Air Force spokeswoman Laura McAndrews said in an email that the majority of the Air Force's F-35As have been inspected and returned to flying status. Some F-35s - though the Air Force did not say how many - still require additional maintenance, however. McAndrews said the Air Force is working with the F-35 Joint Program Office to solve that problem as quickly as possible.

Navy Capt. Max "Pepper"

McCoy, the commodore of the Navy's Joint Strike Fighter Wing, said in a statement that the Navy is carrying out a flight schedule with F-35Cs that have completed and passed the inspection. McCoy also said that his wing will continue fleet-wide inspections of its F-35Cs.

"We continue to balance safety with operational requirements," McCoy said. "Safety is our primary goal, and we will continue to take every measure to ensure safe operations while we continue to execute our mission."

Movie

continued from page 1

from technology that gives us the world's most capable platforms and equipment, it is our people who are truly our greatest strength," Roegge said. "In the words of another great Scotsman - John Paul Jones - 'Men mean more than guns in the rating of a ship.' So we will only remain the world's greatest Navy by attracting the best talent from across our nation."

Movies are a good way to reach young Americans and they are also a good vehicle to expose all Americans to their Navy, Roegge said. All Americans need to understand "they know their Navy: who we are, what we do, and why it matters."

Butler was immersed in the submarine culture sailing aboard the USS Houston from Pearl Harbor, Hawaii. Being aboard the submarine was like being in another world, he said. "I felt like I could spend a year just in sonar. But I was shipped from sonar to the bridge, to navigation to the engine room to the torpedo room because I had a very quick-minded sub commander who wanted to show me every working living part of the submarine - even how to compress trash."

Butler added, "What I really took out of it was the brilliance and the humility of the sailors I worked with. Not that I didn't have that appreciation before - I certainly did - but having spent time with them to realize how their minds work and how agile and how creative they have to be. And they are constantly being tested to prove themselves to think logically, to think intuitively, and in all different matters."

And it was real for Butler. "You can do it in a movie, but when you are actually on a sub, you realize the dangers that are there," he said. "You are a thousand feet underwater and you go, 'Okay. What are the different ways things can go wrong?' You have a greater appreciation of what these people do every day unsung and unseen and their courage and valor."

DOD officials approved the request in December 2014, and the Navy provided access and technical support to the filmmakers.

Officials stressed that support to "Hunter-Killer" or any other movie is done at zero cost to the American taxpayer.



Actor Gerard Butler and Vice Adm. Fritz Roegge, current president of the National Defense University, speak about the movie "Hunter-Killer" during a Pentagon news conference Oct. 15. DOD photo by Jim Garamone

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Chiefs of Defense Conference looks to 'win the peace' against violent extremism

by Jim Garamone

JOINT BASE ANDREWS, Md. - "It's not about winning the war. It's about winning the peace," was an expression heard often today at the Counter Violent Extremist Organizations Chiefs of Defense Conference here Oct. 16.

Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, hosted the gathering, which drew representatives from 83 nations, including all the U.S. combatant commanders and commanders of counter terrorism operations from around the world.

Dunford and Brett McGurk, the U.S. special envoy for the Global Coalition to Defeat the Islamic State of Iraq and Syria, spoke to Pentagon reporters during a break.

This was the third chiefs of defense conference. It started in 2016 with 40 countries. "Last year we had 71 [countries] and this year 83, so we are pleased with the turnout," the general said.

Over the past two years there has been real and quantifiable military progress against violent extremism. But that does not mean the campaign is over. Nations now must particularly

address the underlying conditions that lead to radicalization, and that requires a whole-of-government approach, the chairman said.

There is a military dimension and chiefs of defense play an important role. The chiefs generally deal with the counterterrorism fight and mass migration. But getting after the underlying conditions - building economies, establishing schools

Combating violent extremism

and hospitals and infrastructure and improving legitimate governance is a broader issue.

"What we've tried to do throughout the day is ensure that we have in context the role of the chiefs of defense," Dunford said. "One of the things that I think most of them will be more empowered to do when they return to their countries is describe the nature of the challenges we face and help craft more comprehensive solutions to deal with violent extremism."

The military can deal with the symptoms of terrorism, but it cannot solve the root cause.

The chiefs of defense them-

selves are a network aimed at taking on a network. The chiefs' network opens up opportunities to share information, share intelligence and share best practices and then, where appropriate, to take collective action, the chairman said.

The chiefs discussed countering violent extremism around the world, from West Africa and the Sahel to Libya and the maritime operation the European

Union is conducting there. They discussed the fight against ISIS and al-Qaida. They discussed the operations in Afghanistan. They also talked about the Sulu Sea and the challenges in Southeast Asia.

Dunford said he was pleased with the good dialogue at the meeting. The chiefs "came prepared to engage and have a discussion," he added.

McGurk called the defeat-ISIS campaign in Iraq and Syria a microcosm of the counter violent extremist organizations campaign worldwide. "The theme of the day is the conventional fight. While not over, we can see the endpoint," he

said. "But that is not the end of the campaign. We talked about transitioning to a new phase really focusing on the stabilization and sustainment effort."

He noted that nations have announced \$300 million in contributions just over the last five months enabling stabilization initiatives in Syria. This is giving hope in even in very difficult places like Raqqa - the former capital of the so-called ISIS caliphate - where 150,000 Syrians have returned to their homes.

In Iraq, the U.S.-led effort has now trained over 170,000 members of the security forces. "We had a good presentation today from the commander of the new NATO Training Mission to Iraq that will continue to professionalize the force," McGurk said. The United States announced today \$178 million will go to vulnerable communities in Iraq that were so damaged by the fight and campaign and the genocidal acts of ISIS.

Getting information and intelligence to the countries that can act upon it is important, as well. Dunford said nations in Africa and Southeast Asia are looking at establishing fusion centers where regional nations can share this vital information.



Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, and Brett McGurk, the U.S. special envoy for the global coalition to defeat the Islamic State of Iraq and Syria, brief the press at the Counter Violent Extremist Organization Chiefs of Defense Conference held at Joint Base Andrews, Md. Official photo

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Stoltenberg, Scaparrotti talk deterrence aboard USS *Truman*

by Jim Garamone

WASHINGTON - NATO Secretary General Jens Stoltenberg and Army Gen. Curtis M. Scaparrotti, the Supreme Allied Commander Europe and commander of U.S. European Command, made a statement about deterrence just by their presence aboard aircraft carrier USS *Harry S. Truman* in the North Sea during an Oct. 12 news conference.

The carrier is participating in Exercise Trident Juncture 18, the largest NATO exercise since the 1980s. The exercise will be held Oct. 25-Nov. 7.

"From these decks, the USS *Truman* projects power to keep us all safe," Stoltenberg said on the hangar deck of the massive ship. "It delivers deterrence every day. It helps keep our sea lines of communication open and it has been critical in the fight against terrorism, against ISIS in Syria and Iraq."

Trident Juncture showcases the defensive might of the 29-nation alliance. More than 45,000

service members, 60 ships and thousands of vehicles will participate in the exercise in and around Norway.

Trident Juncture will test NATO's collective response to an armed attack against one ally. "To keep our nations safe in an unpredictable world, we need to



NATO Secretary General Jens Stoltenberg, left, with Army Gen. Curtis M. Scaparrotti, Supreme Allied Commander Europe and commander of U.S. European Command, aboard *Harry S. Truman* Oct. 12. NATO photo

keep our alliance strong," Stoltenberg said. "We do need to have the training and we need to train together in all domains; at sea, in air, on land and in cyberspace."

The exercise will test NATO's high-readiness forces, and send a clear message of alliance.

The exercise will test NATO nation's ability to work together in a time of crisis, Scaparrotti said. "It will be an important

test and, as you've seen today, a demonstration of our collective capabilities," he said. "With all 29 nations, as well as Finland and Sweden participating across air, land and sea, ... this Trident Juncture exercise is a prime example of NATO allies and partners working together. Trident Juncture 18 will demonstrate that, in an unpredictable world,

NATO remains an anchor of stability."

The general stressed that the alliance is changing and adapting to new threats not only from Russia but across the spectrum. Trident Juncture itself includes the cyber domain, space and activities short of war. NATO nations must train together to

handle these new multinational, multi-domain threats.

"The challenge of doing that across 29 nations makes this complex," he said. "I was just aboard a Danish flagship connected with ships from the United States, Portugal, Norway, sharing a common picture, working on common operating pro-

cedures, tactics and procedures, and doing quite well. So again, we're ready and we're getting stronger every day."

Both Stoltenberg and Scaparrotti noted that the ship's name-sake, President Harry S. Truman, was in office when the Washington Treaty that established NATO was signed in 1949.

NAS Pensacola designated as new remote safe haven

JACKSONVILLE, Fla. - Commander, Navy Region Southeast, Rear Adm. Bette Bolivar has designated the area within 150 miles of here as the new remote safe haven for Naval Support Activity Panama City personnel and families who evacuated due to Hurricane Michael. The new safe haven becomes effective Friday, Oct. 19.

By that date, installation personnel and families who are currently staying at a safe haven within 150 miles of Naval Construction Battalion Command Gulfport, Miss., must ensure they are within the new safe haven area. The purpose of the move is to offer access to a greater number of temporary quarters, a larger Fleet and Family Support Center staff and more robust facilities that are available on board Pensacola. This order only applies to CNIC claimancy personnel, and does not apply to NSA Panama City tenant command personnel who should follow the direction of their chain of command.

"We will make every effort to provide accommodations to house our Hurricane Michael impacted team members and their families," Bolivar said. "Our Fleet and Family Support Centers and other support personnel are ready to assist you."

The change in safe haven moves NSA Panama City families closer to the installation as base personnel continue work to restore essentials services and to ensure facilities and housing are safe for their eventual return.

U.S., Malaysia reinforce new level of maritime partnership

LUMUT, Malaysia - As part of a growing number of maritime exercises held each year between the U.S. and Malaysia, Sailors from both partner navies kicked off Maritime Training Activity Malaysia 2018 here Oct. 8.

2018 marks a significant growth in the relationship between the U.S. and Malaysia as both partner navies expanded their role in this year's 24th iteration of Cooperation Afloat Readiness and Training, 17th iteration of Southeast Asia Cooperation and Training, 13th iteration of the Pacific Partnership (PP), and 26th iteration of Rim of the Pacific.

"With decades of cooperative bilateral and multilateral exercises, the U.S. and Royal Malaysian Navy share a unique friendship built on trust and continued commitment to find more ways to interact and engage out at sea," said Rear Adm. Joey Tynch, Commander Task Force 73.

"By constantly practicing together each year, we are able to effectively sail side-by-side in any complex situation and environment allowing us to rely on each other to jointly ensure maritime stability, security and prosperity."

MTA Malaysia involves subject matter expert exchanges across a broad range of maritime operations to include mine countermeasures, electronic and anti-air warfare, maritime domain awareness and engineering techniques.

- by Lt. Clyde Shavers

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Social Security Matters

by Russell Gloor

Ask Rusty – Changed my mind after claiming Social Security

Dear Rusty: I will be 67 years old this September and have been receiving my Social Security benefits since September of last year (2017). I've found that I don't need the money now, and since I don't need the money, I'm wondering if can I repay what I've already collected and just wait until I'm 70 to get a larger benefit? Signed: Changed My Mind



Dear Changed: Situations such as yours are exactly why Social Security has a "do over" option, which allows those who claim benefits to withdraw that application within one year. Reality is that sometimes financial circumstances change. People who lost their job may react by claiming Social Security, and then later find other employment, which provides them the income they need. Or they may simply just change their mind and be sorry they applied for benefits. In any case, the do-over option can be used to fix that but exercising that option does have some important consequences.

The short answer to your questions is "Yes" - you can exercise the "do over" option and totally withdraw from Social Security if you do so within 1 year of the date your benefits originally started. But - and this is a big but - you will have to pay back everything that you have collected, including any withheld taxes, Medicare premiums, and any spousal or other dependent benefits that may have been paid on, to or from your account over the past year. Obviously if you wish to do that you should act with haste to submit Form SSA-521 (Request for Withdrawal of Application), because you're coming up on the one-year anniversary of your original application.

However, since you have already reached your full retirement age of 66, you have another less financially painful option available to you which you might want to consider - you can simply suspend your current benefits, which will allow you to earn delayed retirement credits equal to 2/3rds of 1 percent per month of suspension (8 percent per year) up until you reach 70 years of age. You will have lost that initial 8 percent benefit growth you would have otherwise realized for the 1st year after you reached age 66, but that may be less traumatic than repaying Social Security a very large lump sum for an entire year's worth of benefits paid. Then when you reinstate (un-suspend) your benefits at age 70, the benefit amount will be about 24 percent higher than it is now. Thus, you'll gain a significantly increased benefit without needing to repay all that money you collected for a whole year.

Russell Gloor is a certified Social Security Advisor with the Association of Mature American Citizens. This article is intended for information purposes only and doesn't represent legal or financial guidance.

Bells of Peace and the end of the 'war to end all wars'



American Doughboys surrounded by French civilian celebrate the Armistice in Paris on Nov. 11, 1918. U.S. Army Signal Corps photo

by Jim Garamone

WASHINGTON - In 1918, the world had never seen such killing.

Between 15-19 million people died during World War I, and another 23 million were wounded.

The industrial age had industrialized death and Europe became the factory floor for new weapons and new means of killing from tanks and airplanes to gas and machine guns.

The war had started in 1914, and the killing continued without letup until Nov. 11, 1918, when the Allies and the Central Powers signed an armistice that ended the slaughter.

Just about every city, town and village felt the pain of the war. France alone lost nearly 1.7 million people on the battlefield or by disease. The U.K. lost between 860,000 and 1 million. The United States, which entered the conflict on April 6, 1917, lost 116,708 service members.

The Allies had broken through

on the Western Front. German forces had been decisively beaten and American, British and French forces were advancing on Germany. The other Central Powers - Austria-Hungary and the Ottoman Empire - had already stopped fighting. Germany signed the armistice in a railroad car in the Forest of Compiègne. It was to take effect Nov. 11, 1918 at 11 a.m.

It seemed like a miracle to a tired world.

"Bells burst forth in joyful chimes," began one story in a London newspaper. Big Ben in Westminster tolled long and loud, and its ringing was copied in belfries around the city.

In Paris, people took to the streets with joy and relief. The bells of Paris rang out and people in the city from around the world cheered the end of the fighting that claimed so many.

In New York City, the Armistice was at 6 a.m., but New Yorkers still took to the streets. Again the bells of the city's great houses of worship rang out and people flocked into the streets.

The same thing occurred across the United States.

Armistice Day was supposed to mark the end of the "War to End All Wars." It's now called Veterans Day as Americans honor the vets of all wars and conflicts. In the 100 years since 1918, U.S. service members have fought in the Second World War, the Korean War, the Vietnam War and operations from

Desert Storm to Lebanon to Grenada and Panama. American service members are serving right now in Afghanistan, Iraq and Syria.

The United States World War One Centennial Commission wants all Americans to remember the sacrifices of those killed in World War I and participate in the Bells for Peace program on Nov. 11, 2018. At 11 a.m. on that day, Navy Adm. (Ret.) Mike Mullen, who'd served as the chairman of the Joint Chiefs of Staff, will oversee the bells of Washington's National Cathedral tolling 21 times in honor of those lost during World War I, said Betsy Anderson, a spokesperson for the World War I Centennial Committee. More than 1,000 communities nationwide will also participate in the program.

Individuals can also participate, Anderson said, by going to the commission's website and downloading the Bells of Peace application. "As the built-in countdown timer reaches 11

a.m. local time, the Bells of Peace will toll" from all devices, she said.

To download the app go to: www.ww1CC.org.

Bells draw attention to those lost in the war. Wilfred Owen was a British officer and poet who was killed on Nov. 4, 1918. One of his most famous poems mentioned bells:

Anthem for Doomed Youth
By Wilfred Owen

What passing-bells for these who die as cattle?

Only the monstrous anger of the guns.

Only the stuttering rifles' rapid rattle

Can patter out their hasty orisons.

No mockeries now for them; no prayers nor bells,

Nor any voice of mourning save the choirs,

The shrill, demented choirs of wailing shells;

And bugles calling for them from sad shires.

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the meat and potatoes of life

by Lisa Smith Molinari

A few of years ago, a friend sent me the link to an obituary she'd read in the Boston Globe over coffee that morning. I didn't know the woman who had died. Mrs. Louise Bickford was a complete stranger to me. However, my friend shared the article because Louise had been a military spouse, like me.

The obituary made no reference to an impressive career or professional achievements on Louise's part. It didn't mention awards for talents or proficiencies. No news-worthy contributions to society or attempts to change the world. Nothing that would measure up to traditional barometers of success.

But this seemingly unremarkable newsprint about a military

spouse I never knew, some-how tapped into my psyche and left an indelible mark.

After reading the obit, my friend and I exchanged messages such as, "She did the New York Times crossword in pen. I can't even do it in pencil." And, "Wow, I can only hope that I leave that kind of legacy." And then my friend and I went back to our busy routines, leaving behind the shared tidbit about Mrs. Louise Bickford, the 85-year-old Army wife who died on December 9, 2015.

The only problem was, I couldn't forget.

The 600-word description of Louise's life had seeped into my subconscious, surfacing when I needed to quell doubts about my

The obituary I can't forget



Louise Bickford playing piano for her five children during the holidays in the 1960s. photo courtesy of Anne Bickford

place in the world. The memory of the obituary has become a mantric rumination that I conjure to soothe the deep-seeded fear that my life is insignificant or unimportant.

Even though the article didn't describe the kind of accomplishments that are normally deemed print-worthy, the essay about Louise is a portrait of a life that truly mattered.

I've been thinking more about Louise lately. With my husband retired from the Navy and our last child off to college, I recently interviewed for my first out-of-the-house job since 1996. I've spent the last two decades

raising our three kids, moving, managing the household, volunteering, and freelance writing from home. As I brace myself for rejection, I wonder, have I accomplished enough in life? Will this job save me from oblivion? Will my children be proud of me?

According to the obituary written by Louise's five children, Louise was born in 1930 and raised in a Pennsylvania coal-mining town. The valedictorian of her high school class, she went on to get her teaching degree and to marry James Bickford, her husband of 40 years. "Jim's Army career took him, Louise and the five children

plus pets to postings in France, California, Ken-tucky, Iran, Wisconsin, Virginia, Turkey, Florida and, finally, Pennsylvania," the obit read, adding that Louise parented the kids alone during Jim's unaccompanied tours in Vietnam and Korea. It described her mother's "love of travel, curiosity about other cultures, organizational skills, and pragmatic nature" that made her "well suited to her life as a military spouse."



her entire life."

They wrote, "Louise's life was grounded by family, from her early life until her death," and her family of five children, twelve grandchildren and a great grandchild "loved and admired" Louise for "her great wit, integrity, love of laughter and independent spirit."

Mrs. Louise Bickford had it right. Regardless of the pressure to live up to traditional measures of success, ultimately, a life grounded by family is a life well-lived.

After Jim retired from the Army, one might think he and Louise settled into a stable life without hardship. However, "a tragic accident left Jim a quadriplegic in 1976." Louise "spent the next 18 years as his primary caregiver until Jim's death in 1994." But she had always had a "great capacity to roll with the vicissitudes of life, accepting whatever difficulties life threw at her with humor, grace and style."

Louise spent the rest of her years "caring for her extensive brood," and pursuing her many passions. Her children proudly described her as a "multi-faceted individual" who "taught swimming; was a substitute teacher; led Boy Scout and Girl Scout troops; ... did the NY Times crossword puzzle in pen; played the piano; sang in choruses; organized an international supper club; and was a gracious hostess



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INTERPERSONAL EDGE: Finding ways to work with ADHD

by Dr. Daneen Skube

Q: I have ADHD and find my workplace challenging. I've told my manager that I struggle with this issue, but he doesn't care. I can't help that my brain wiring is different than my co-workers. How can I get my manager to give me latitude on my work?

A: Unfortunately you can't force your manager to care about the wiring of your brain. Many people in the workplace struggle with mental illness, learning differences, mood disorders, physical disabilities and still have to compete with others.

Yes, our federal laws have guidelines that employers have to accommodate some of these challenges, but in the real world it is difficult to require employ-

ers to follow these guidelines.

Your question gets to the heart of our beliefs on how the world should be ideally and how the world is realistically. Most of us would be happier to live in a kinder, gentler world but that is not currently the planet you inhabit.

Employers employ you in exchange for you overcoming whatever challenges you have to help them create productivity and/or profit. If your shortcomings prevent you from helping your employer, then your career will be tough.

Believe it or not, ADHD brains have strengths as well as weaknesses. Your brain can multitask like no one else. You

can see and respond to more issues on the job than any of your co-workers. You are good in a crisis and have tons of energy. Your brain gave you gifts as well as deficits.

The tough thing is your brain sees all tasks as equally important. ADHD brains need to make extra effort to prioritize tasks and stay on track. My clients with ADHD use every time management tool and have their cellphones alert them to important meetings and give them other reminders. People with ADHD lose track of time and can drop lots of balls without time management tricks.

If you have not read books on your brain and how to manage it, then please do so. It is not

your boss's job to tell you how to manage your ADHD. Once you have a plan, share it with your boss.

Instead of demanding special treatment, share with your boss how you are coping. If you communicate how you are solving your problem you are more likely to receive accommodations.

Don't leave your well-being in the hands of others. If we want or need special treatment it is up to us to make it appealing and easy for those around us. Instead of making ultimatums, make proposals. Instead of requiring empathy, provide information. Instead of making demands, create negotiations where what you need benefits everyone

around you and watch your career thrive.

The last word(s)

Q: I have an employee who is always flattering me and I find it suspicious. Am I just looking a gift horse in the mouth?

A: No, as American writer Minna Antrim said, "Between

flattery and admiration there often flows a river of contempt." Too much flattery is usually a smoke screen for someone who doesn't want you to look too closely at their real motivations.

• Daneen Skube is an executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning.



A Coast Guardsman of the U.S. Coast Guard Law Enforcement Det. 107, embarked aboard *Shoup*, offers ginger candy to the fishermen of a foreign fishing vessel during a boarding mission in the Western Pacific Oct. 10. The OMSI program leverages DoD assets transiting the region to increase the Coast Guard's maritime domain awareness. Navy photo by MC2 William Collins III

USS *Shoup* Departs Suva, Fiji

By MC2 William Collins III
 SUVA, Fiji - Guided-missile destroyer USS *Shoup* (DDG 86) departed from Suva, Fiji, Oct. 17 following a port visit that celebrated decades of Fiji-American naval partnership.

"The U.S. Navy maintains a presence in the Indo-Pacific region to help preserve peace and security, and further partnerships with friends and allies like Fiji," said Cmdr. Andy Strickland, commanding officer of *Shoup*. "Fiji is a key partner in the Western Pacific, and we are here to reinforce U.S. commitment to that partnership."

Strickland and his crew hosted more than 150 military and civilian dignitaries from the U.S., Fiji, Australia, United Kingdom, Japan, Spain and New Zealand during a flight deck reception Oct. 14.

Michael Goldman, Charge d' Affaires for the American embassy, elaborated on the importance of Fiji-American relations.

"We're a Pacific nation; we've always been in the Pacific; we're always going to be in the Pacific," he said. "We share a commitment, as a Pacific nation, to the peace and security of the Indo-Pacific region."

While in port, Sailors interacted with Fijian military and

civilians during several events including symposiums, ship tours, and volunteer work.

Female Sailors from *Shoup* hosted eight women from the Fijian Navy during a "Women at Sea Conference," where they shared experiences and provided advice to the Fijian Sailors. Fiji recently started allowing women to serve in the military. There are approximately 25 women serving in the Republic of Fiji Military Forces.

ITC Grace Glover said the RFMF female Sailors shared concerns and issues they were facing and their effects. By the end of the symposium, they understood that overcoming the challenges they were facing now would help them shape the future for women in the Fijian Navy.

As part of the port visit, nine

Shoup Sailors played a friendly game of basketball against a Fijian basketball team. After the game, the Fijian men's team presented *Shoup* Sailors with a traditional Fijian wooden bowl for kava-drinking ceremonies and movie tickets.

Other *Shoup* Sailors volunteered at the Chanel Home of Compassion, an assisted living facility. The Sailors helped clean the Catholic nursing center by washing windows, dusting, and yard work. Other Sailors planted thousands of mangrove seedlings in the Suva Foreshore behind the Fiji Maritime Academy.

Shoup returned to its Oceania Maritime Security Initiative (OMSI) mission, transiting the region to increase maritime domain awareness, ultimately supporting maritime law enforcement operations in Oceania.

NBVC hosts wounded warrior Team U.S. before Invictus Games

Naval Base Ventura County and the City of Oxnard hosted Team U.S. in their final U.S. training camp before heading to Sydney, Australia to compete in the 2018 Invictus Games.

From Oct. 11-15, athletes representing each of the U.S. Armed Forces and the U.S. Coast Guard came together to train in various sports at NBVC, Oxnard College, and Channel Islands Harbor.

The 2018 Invictus Games will be held Oct. 20-27 in Sydney. The Invictus Games is an international adaptive multi-sport event, founded by the Duke of Sussex (Prince Harry) and inspired by the DoD Warrior Games, in which wounded, injured or sick active duty and veterans take part in sports including wheelchair basketball, sitting volleyball, and indoor rowing.

Team U.S. has over 70 athletes, including 32 active duty and will join more than 500 competitors from 18 nations. They'll be supported by 170 family and friends. Through competing in 11 adaptive sports, Team U.S. proves that they remain lethal and unconquerable to the world. The shared vision of respect for those who serve their country and their families strengthens our alliances and partnerships while building a greater understanding of service worldwide.

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Strike group boss visits NPS

MONTEREY - Expeditionary Strike Group 3 and the Naval Postgraduate School (NPS) met to discuss Littoral Combat Force Implementation and Integration Initiative (LCF-I3) in Monterey, Calif., on Oct. 9.

Rear Admiral Cedric E. Pringle, commander of Expeditionary Strike Group 3 (ESG3), discussed fifth generation assets, weapons systems and future plans for the strike group with professors, students and advisors at NPS.

"LCF-I3 affords us an opportunity to speak with our naval innovators," said Pringle. "By collaborating with Naval Postgraduate School, we are able to directly ask the students hard questions we are being posed on the waterfront and across the fleet, and work together to come up with solutions."



Rear Adm. Cedric Pringle (center), commander, Expeditionary Strike Group 3, shown here with Vice Adm. (Ret.) Ronald Route (left), president, Naval Postgraduate School, and Dr. Steven Lerman, NPS provost and academic dean. Navy photo by Lt. j.g. Adagray Anderson

Pringle asked the students to analyze their processes at all levels in order to generate and integrate next generation capabilities.

This innovation effort included topics such as effective integration of the Marine Corps team on future amphibious assets, future weapon system augmentation and the littoral combat force organization.

ESG-3 comprises three amphibious squadrons, eight naval support elements and 15 amphibious warships comprised of more than 15,000 active-duty and reserve Sailors and Marines. The mission of ESG-3 is to serve as the command element for Marine expeditionary-brigade level expeditionary operations as commander of an amphibious task force.

Training Support Center San Diego celebrates 243rd Navy birthday

by Lt. Ronald E. Ceballos

SAN DIEGO - Training Support Center (TSC) San Diego held a celebration to mark the Navy's 243rd birthday in the TSC San Diego Auditorium Oct. 11.

The celebration began with a reading of the secretary of the Navy's birthday message, brief heritage presentations, and a few words from Capt. Michael S. Feyedelem, TSC San Diego's commanding officer, on the important role the Navy has had on the growth of the United States since its birth in 1775.

birthday year.

"Our nation would not be as strong as it is without our Navy," said Feyedelem. "It is the Navy that gives us that ability to project power around the world. We don't need weeks to mobilize, we don't need to build huge bases. All we need to do is take

in the lines and go."

The celebration was concluded with a cake cutting performed by the longest and shortest serving members of the TSC staff.

For information about TSC San Diego visit <http://www.netc.navy.mil/centers/tscsd/Default.aspx>.

"We celebrate what the Navy means to our nation and the contributions that all of you make," said Feyedelem. "Most nations have an army or land defense force, but the strong nations have a navy. There are so many times in our history that having a strong navy has impacted our future."

A bell ringing ceremony was also conducted, in which ceremonial eight bells rang to signify the end of the current birthday year and were followed by a ceremonial strike of one bell to signify the start of the new

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PERSIAN GULF (Oct. 11, 2018) - Marine Cpl. Nery Diffenderfer, a mortar Marine with 13th MEU, fights off two attackers during a Martial Arts Instructor course culminating event aboard USS Rushmore (LSD 47). Marine Corps photo by Cpl. Danny Gonzalez

PACIFIC OCEAN (Oct. 9, 2018) - Sailors move ordnance on the flight deck of USS Carl Vinson (CVN 70). (U.S.)

Navy photo by MCSN Ethan J. Soto



EASTERN PACIFIC OCEAN (Oct. 13, 2018) - Capt. Ronald Dowdell, commanding officer of USS Boxer, and Command Master Chief Francisco Valdovinos, look on as the most junior Sailor, Airman Felicity Natal, and senior Sailor, Cmdr. Michael Fortunato, cut a cake to celebrate the Navy's 243rd birthday in the hangar bay. Photo by MCSN Zachary D. Behrend



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Haunt Fest on Main

Fri., Oct 19, 5-10 p.m., downtown El Cajon

Before Halloween creeps into San Diego County, get some family-friendly spooks at Haunt Fest on Main. El Cajon's annual Halloween bash, on E. Main Street between Magnolia and Avocado avenues, is perfect for little ones and parents alike; the event features pumpkin patches, a kids zone, which will screen family-friendly movies during the event, and a trick-or-treat style candy challenge and carnival rides. The free event will also have two stages this year with live music, performances and this year's Haunt Fest costume contest.

Pumpkin Express

**10am-5pm Saturday and Sunday
Pacific Southwest Railway Museum Campo**

All aboard the Pumpkin Express! The Pacific Southwest Railway Museum Association invites brave guests to take a ride through San Diego County's mountains on their haunted railcars. Trains depart from the Campo Depot three times a day through Sunday, Oct. 28 for a scenic ride through the winding San Diego and Arizona Railway for those with an \$18 ticket or \$14 ticket for kids. When guests return to the Pacific Southwest Railway Museum, they will find Halloween-time activities.

The Great Annual Pumpkin Festival

**10am-5pm through October,
Children's Nature Retreat Alpine**

Escape to this animal haven in East County for a unique pumpkin patch experience. Children's Nature Retreat invites kids daily (except Mondays) to learn about nature and its creatures through hands-on interaction with more than 120 animals on this 20-acre farm. During the month of October, the ranch gets a fall twist, transforming into a pumpkin patch and equipped with a six-foot-tall hay maze on top of the ranch's daily feeding and interactions. A single day pass to the farm costs \$25 for adults and \$15 for kids.

Del Mar Gem Faire

Sat.-Sun., Oct 20-21, 10am-5pm

Fine jewelry, precious and semi-precious gemstones, millions of beads, crystals, gold and silver, minerals and more at manufacturer's prices. Over 70 exhibitors from around the world. Jewelry repair and cleaning while you shop. Free hourly door prizes. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd. <https://gemfaire.com/>

Halloween Party at Camp Pendleton

Sat., Oct 20, 2-4pm • Free

On Saturday, Oct. 20, from 2-4pm, MCCA will host a Halloween Party at the Mainside library, Bldg 1146 at E Street and 14th Street, Camp Pendleton North, CA 92055. Join us for food, fun, and a spooky good time! We will have crafts and games, plus bring your own pumpkin for pumpkin painting. Costumes are welcome! All ages are welcome, children must be accompanied by an adult.



Ye Scallywag! Festival

Sat., Oct. 20, noon-9pm, Waterfront Park

The San Diego Waterfront will become the spot for music lovers and beer fans alike this weekend. Performing at this year's Ye Scallywag! Festival are artists Rancid, Mighty Mighty Bosstones, Hepcat, Less Than Jake and The Interrupters. Guests with a \$55 general admission ticket to will get access to more than 150 craft breweries, like Mason Ale Works, Ska Brewing, Thorn Brewery and more, offering up pours of their suds for three hours. Get an extra hour of tasting and access to special lounges with a \$129 VIP ticket.

Santa Ysabel East 200th Anniversary

Hike & Harvest Celebration,

Sat., Oct. 20, 8am-2pm

Help us honor the 200th anniversary of the Santa Ysabel Indian Mission. Hike a historic section of trail that Padre Sanchez traveled in 1821 and chronicled in his diary. This 6.5-mile hike will follow the Santa Ysabel Creek downhill to the Mission, where we will pass by a White Alder forest and stop to pick the last few remaining blackberries along the trail. After the hike enjoy the Harvest Celebration, where park staff will have a nature touch table and a "Make your own hiking stick" station set up. Meet at the Santa Ysabel Mission 1.5 miles north of Santa Ysabel, where we will carpool to the Farmer Staging Area at Santa Ysabel East Preserve. Santa Ysabel East County Preserve, 23000 Highway 79, Santa Ysabel.

Coronado Art Walk - Ferry Landing

Sun., Oct. 21, 10am-5pm

Dozens of local artists will feature their original works of fine art -- from paintings to photography, sculpture to woodworking during this year's Coronado Art Walk. The free two-day event will be held at the ferry landing on 1st Street.

Families roll down car-free streets in OB

Sun., Oct. 21, 10am-3pm • Free

CicloBias invites participants to rediscover coastal town from new standpoint. On Sunday, Oct 21, from 10am-3pm, the coastal neighborhood of Ocean Beach will host this year's open streets celebration, CicloBias <ciclosdiassd.com>. San Diego Bike Coalition invites families to bike, skate, scooter, walk — anything outside a car — while exploring the community's most popular streets. Participants can cruise along the three-mile route in the vibrant community of Ocean Beach. The free event allows participants to enjoy time outdoors while catching a glimpse of what streets would be like without car traffic. The CicloBias route begins at Voltaire St. and expands through Bacon St. with access to Santa Monica Ave. and Newport Ave.

Arch in the Park

Sat., Oct. 20, 10am-3pm • Free

The San Diego County Archaeological Society celebrates California Archaeology Month and International Archaeology Day by hosting the 20th Annual Arch in the Park event. This free event for all ages features traditional craft demos, raffles, games, and educational booths. Local companies and organizations will also provide information on various archaeological career and volunteer opportunities. Join SDCAS for a fun-filled outing. Los Peñasquitos Ranch Adobe, 12122 Canyonside Park Dr, Rancho Penasquitos.

Escondido Grand Avenue Festival

Sun., Oct. 21, 9am-5pm, Grand Ave.

Escondido's main thoroughfare will once again be home to more than 400 arts, craft food and drink vendors as the Grand Avenue Festival takes over. The event is held twice a year and features live entertainment and plenty of family-friendly activities. The free event spans Grand Avenue from Centre City Parkway to Juniper.

EastLake Community-Wide Garage Sale

Sat., Oct. 20, 7am-5pm

EastLake I, II, & III Communities are hosting a Community-Wide Garage Sale. Locator maps of participating homes for this event are available at our Onsite office located at 2050 Lakeshore Drive, Chula Vista, CA 91913 & at the local VONS @ EastLake Village off Otay Lakes Rd or via email at hoa@eastlake1.com. Over 300 homes participating in this sale including; EastLake Hills, Shores, Greens, Trails, Woods, and Vistas. 2050 Lakeshore Drive, Eastlake

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On Base & On Board

3rd Annual Pumpkin Chunkin Festival Thur., Oct. 18, 5-8pm, NAS-NI, VADM Martin Ball Fields. Free food, caramel apples, games, music, inflatable bungee jump. Pumpkin carving & painting contests, pumpkin pie eating contest, and pumpkin chunkin contest! Experience 'Witches Market' with real tarot card readers, psychics, astrology and crystal ball readers, a clairvoyant vision and voodoo! \$500 in prizes! Plus, contortionist, sword swallower and FIRE acts! Event open to ALL Liberty and Community Rec patrons, 18 yrs.+ . Info: 619-545-3331

Improv Night. Thur., Oct. 18, 5:30pm, FREE. NBSD Waterfront Community Recreation Center, Bldg. 45. Join Cygnet Theatre for a night full of theatre and improv games to activate the imagination. Workshop emphasis on fun and laughs, chance for people from all walks of life to express themselves in relaxed, safe environment. Register: 619-556-9597

PINK/PURPLE IT OUT! Golf Tournament. Fri., Oct. 19, 1-7pm, \$60. Sea 'N Air Golf Course, NASNI. Honor those affected by breast cancer or domestic violence. Dress: pink/purple golf wear for fun 18-hole tourney. Includes dinner, prize drawing entry, contests for prizes: putting, longest drive, closest to pin. Reg req'd: @ golf course/619-545-9659

Trick-or-Treat Run. Fri., Oct. 19, 7-8:30pm, FREE. NBSD Admiral Prout Field House Track. Come in costume and enjoy a family fun run complete with trick or treat stations, DJ, glow sticks and prizes for best costumes! Register: 619-556-9597

Pumpkin Patch & Glow Swim. Thur., Oct. 25, 6-8pm, FREE. Admiral Prout Pool, NBSD, Bldg. 3279. Pick a favorite from our floating pumpkin patch, then enjoy swim-time with glow sticks! All MWR patrons welcome. Appropriate swimwear required to enter pool. Register online at www.navylifsw.com. Info: 619-520-3048

The Cursed Cove. Thursday-Saturday, Oct. 25-27, 6-11pm, FREE. Naval Base Point Loma, Main Base Smuggler's Cove. Never walk alone! Take a stroll through our park... if you dare! Celebrate your Halloween the right way...through our haunted maze. Scary, spooky, and chilling - all in one! Event open to all MWR patrons. Warning: intended for mature audiences. Info: 619-524-0961

Trick-or-Treat Village. Sat., Oct. 27, Noon-5pm, FREE. Naval Base Point Loma, Main Base Smuggler's Cove. Halloween family fun, entertainment and more! Info: 619-553-9138 Presented by MWR and USAA.

Little Sailor Baby Shower. Sun., Oct. 28, 10am-2pm, FREE. Island Club, NASNI, Bldg. X. All expectant and new mommies and daddies are invited to a special baby shower to learn about what military services are available to you during this special time in your life. Light snacks/beverages provided. Participants receive a Baby Bundle Sea Bag. Sponsored by MWR and North Island Credit Union. Registration req: 619-437-3190

Zombie Run. Tue., Oct. 30, 5pm (4:30pm check in), FREE. NBPL, Harbor Drive Annex. Halloween Costumes & Family Fun! Register online at www.navylifsw.com. Call 619-524-4833 for more information. Sponsored by MWR and Armed Forces Dispatch.

LIBERTY

North Fortuna Hike. Sat., Oct. 20, 8am, \$2 active/\$5 guest. Let's hike the second of our 5 Peak Challenge. Cost covers transportation and snacks. Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. Balboa Liberty Center, NMCS: 619-532-8909.

Six Flags Fright Fest. Sat., Oct. 20, 2pm, \$50. The stuff of nightmares lurk around every corner as the ghouls are set free for their daily hunting rituals. Are you afraid? Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. VADM Martin Liberty Center, NASNI: 619-545-3331.

Savage House Haunted Attraction. Sat., Oct. 20, 6:30pm, \$20. What happens when a facility for the criminally insane is overtaken by the residents that it was designed to contain? Brave souls invited to join us! Cost includes transportation and admission. Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. The RECYARD, NBSD: 619-556-5078.

Cowles Mountain Full Moon Hike Wed, Oct. 24 • 5pm • FREE. Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. Hike to the top to watch the full moon rise above the mountains. VADM Martin Liberty Center, NASNI: 619-545-3331

The Scream Zone. Fri., Oct. 26, 7pm, Call for cost. San Diego County's largest haunted experience, The Scream Zone is considered among the goriest, scariest, and screaming-est fright fests to be found in the dark corners of Southern California. Cost includes admission and transportation. Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. Q-Zone Liberty, NAB: 619-437-3190.

Halloween Horror Nights Sat., Oct. 27 • 8 am • Call for cost. Visit Universal Studios Hollywood, where ghosts and zombies lurk in every corner. Don't get left behind! Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. Balboa Liberty Center, NMCS: 619-532-8909.

Navy vs. Notre Dame Game Sat., Oct. 27 • 10 am • \$75. Watch two notorious college teams battle it out on the field here in San Diego! Cost includes transportation, tailgate food and soda, and admission. Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. VADM Martin Liberty Center, NASNI: 619-545-3331 and Q-Zone Liberty, NAB: 619-437-3190

Giant Paintball Sat., Oct. 27 • 11am • \$10 active/\$15 guest Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. The RECYARD has chosen you for a thrilling adventure. Should you choose to accept this adventure, sign up today! Cost includes transportation and admission. The RECYARD, NBSD: 619-556-5078

Halloween Bash Wed., Oct. 31 • 5-8pm • FREEEvent open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+.

Join us for free snacks, games, and more! Be sure to wear your best costume! Liberty Hall, NBPL, Harbor Drive Annex: 619-524-0961

CYP

"FALL BALL" Fri., Oct. 19, 6-9pm, FREE. Teens, 12-18 years, are invited to join us for a fun-filled fall festival of games, cooking, dancing, and pumpkin painting! - Murphy Canyon Youth Center, 858-268-2828

Out of the Darkness Walk Sat., Oct. 27, 8 am-Noon, FREE. Join the fight against suicide by walking around Liberty Station Park and help bring awareness to suicide prevention. Registered teens, 13-18 years, are encouraged to sign now at <https://afsp.donordrive.com/>. Transportation is provided. Our group will meet at the registration booth.

- Admiral Hartman Youth Center, 858-270-2060

- Chesterton Youth Center, 858-268-2252

- Gateway Youth Center, 619-225-5628

- Village of Serra Mesa Youth Center, 858-571-3853

Bayview Harvest Festival Wed., Oct. 31, FREE. This around-the-world event features youth art, music, samples from our own garden, dancing, mini apple pie making, pumpkin chucking, a rolling hoops challenge, and old-world, wood sign making. Open to registered youth, 5-18 years. Times: School Aged Care Program 4-5:30 pm/Teen Program 5-7 pm - Bayview Hills Youth Center, 619-267-2018

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2018 AZTEC FOOTBALL HOME SCHEDULE

SEPTEMBER 8 6:00 PM SDSU VS. SACRAMENTO STATE <i>Honoring US Army KGB SkyShow.</i>	SEPTEMBER 15 7:30 PM SDSU VS. ARIZONA STATE <i>Honoring US Marine Corps, First Responders</i>	SEPTEMBER 22 7:30 PM SDSU VS. EASTERN MICHIGAN <i>Honoring Navy ROTC</i>	OCTOBER 12 6:00 PM SDSU VS. AIR FORCE <i>Honoring US Air Force</i>
OCTOBER 20 7:30 PM SDSU VS. SAN JOSÉ STATE <i>Honoring US Navy Fleet Week Classic ROTC March-On Homecoming</i>	NOVEMBER 10 TBA SDSU VS. UNLV <i>Honoring US Coast Guard, Veterans</i>	NOVEMBER 24 TBA SDSU VS. HAWAII <i>Senior Day</i>	

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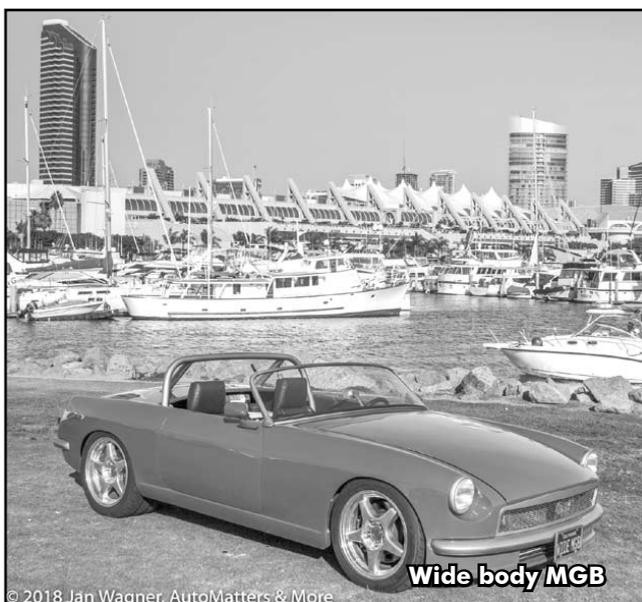
by Jan Wagner

From the get-go the enormous scope of what this project would ultimately encompass was insane, but Jim Stabe surely did not know that. He likely had no idea what he was ultimately setting himself up for when this 1966 MGB conversion project began.

Fortunately for us, he stuck with it. The result is a truly one-of-a-kind, marvelous car. It is one man's brilliant vision of what a classic 1966 British sports car, completely re-imagined for high performance, permanently top-down driving in 2018, can be.

This car should be on display at the SEMA Show in Las Vegas, for all to see and enjoy. Little there would top this car for its unique combination of the imagination, technical expertise and sheer determination of its sole creator to learn and do what it took, with relatively minimal resources, to get this car built.

Its probability for success at the outset had to have been somewhere close to zero, but the beauty of someone embarking on a project such as this by himself with truly minimal resources, is that we do not know what we do not know. The odds against him succeeding had to be astronomical.



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Wide body MGB

A project such as this should have necessitated the direct and full participation and resources of a major car customizer – someone like Chip Foose or West Coast Customs – with a workshop full of experts and equipment, and a big budget. That someone could successfully pull this off by himself was highly improbable, and yet that is precisely what Jim Stabe has done over a period of many years.

The story of this particular car began way back in 1971, when Jim Stabe got out of the U.S. Navy, but its genesis can be traced to several years earlier. Jim had owned a 1964 MGB back in college. He had used it for daily transportation, and had heavily modified it for autocross use – complete with race tires and a high compression engine.

When he went into the U.S. Navy, he drove the car to Pensacola, Fla., where he parked

his pride and joy. While he was fully occupied with his initial duties in the Navy and having no time off, his MG suffered the wrath of a particularly bad Florida rainstorm. The lot where his car was parked was flooded, and his car sat there for weeks. As he marched by every day, he could see his car sitting in two feet of water, but there was nothing he could do.

By the time he was able to get some time off, his car's interior was full of mold, and the engine and gearbox were full of water. He had to scrap that car.

When he got out of the Navy, the Datsun 240-Z had just been introduced. He wanted to buy one of those but at that time the car was so in demand that the dealer he was working with wanted to charge him a big premium for "Dealer Prep."

Instead, he decided to stick



Jim Stabe in his wide body MGB.

with what he knew and liked. He found and purchased a very well kept, one owner, 1966 MGB in British Racing Green. That was the car that ultimately evolved into what we can see today.

Jim went down many paths, trying different things out, learning what worked and did not work, what he liked and

what he wanted to improve. Countless modifications were done to make things fit. Along the way he installed, and subsequently upgraded and replaced components large and small, and improved his skills.

His first modification was to pioneer the installation of a Buick 215 cubic inch, all-aluminum engine from the 1961-63 Buick Special, along with a Muncie 4-speed gearbox and a Jaguar XKE Independent rear suspension. This engine became the basis for the MGBV8 produced by BMC in the early 1970s.

He drove it that way for 15 years, eventually replacing that

engine with a turbocharged Olds F-85 Jetfire powerplant. Unfortunately, the front end of the car was damaged in an accident in 1983. Jim retired the car, selling the drivetrain but keeping the body.

In part two, we will learn about the major modifications that Jim decided to make to his MGB.

Find additional photos at www.drivetribe.com. Enter "AutoMatters & More" in their search bar and click on TRIBES. Send comments and suggestions to AutoMatters@gmail.com.

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by Jeraldine Saunders

ARIES (March 21-April 19): A little flirtation goes a long way. You might feel like a magnet this week, attracting people who can inspire ideas and support your goals, but someone may not be there for a romantic rendezvous.

TAURUS (April 20-May 20): Don't get in over your head. You may take on more than you're capable of doing because you wish to appear cooperative. A partner or spouse may seem harsh or manipulative this week.

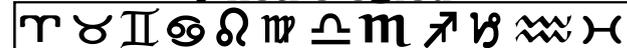
GEMINI (May 21-June 20): Impress someone by doing rather than talking in the week ahead and you will become someone's new superhero. Don't make important investments, rack up credit card bills, or borrow money.

CANCER (June 21-July 22): Take some decisive steps toward achieving your goals as this week unfolds. Someone harbors a secret passion for you and is just waiting for a green light, but the light is red this week.

LEO (July 23-Aug. 22): Your

instincts may betray you in the week to come. Don't let the little things get to you. A minor suspicion could snowball into something unwieldy if you don't keep

Omarr's weekly Astrological forecast



your imagination in check.

VIRGO (Aug. 23-Sept. 22): Endless bills and endless expenses could put your nerves on edge. It might seem that someone fed laxatives to your bank account by the time this week is done. Take as few risks as possible.

LIBRA (Sept. 23-Oct. 22): There can be only one leader. Conflicts may arise if you try to take charge of a situation or throw your weight around in the upcoming week. It may be wise to maintain a low profile.

SCORPIO (Oct. 23-Nov. 21): It is possible that you think that something, or someone, is quite desirable. Your heart is in the right place in the week to come, but someone else's heart might not be keeping pace.

SAGITTARIUS (Nov. 22-Dec.

21): Keep your balance if you walk on the cutting edge. In the week to come your appreciation of advanced technological techniques could create a bond

with others who value your expertise.

CAPRICORN (Dec. 22-Jan. 19): You may need to do your best Joe Friday imitation today with "just the facts, ma'am." Be sure to have all the figures and details in hand before making presentations to peers.

AQUARIUS (Jan. 20-Feb. 18): An infatuation can interfere with your best interests in the week ahead. You may be under pressure to pursue a career objective. Your social life can interfere with your work schedule.

PISCES (Feb. 19-March 20): You have long range vision when it comes to business and financial security. However, you might let pocket money slip through your fingers. Steer clear of spending sprees this week.

Places of Worship

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

Canyon View Church of Christ

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

Christ Community Church

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9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15
www.gotoChrist.com or (858) 549-2479

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6265 University Ave., San Diego CA 92115, (619) 265-2921
www.cityoffaithFWC.org
Join us on Sunday for Christian Education 9am,
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Wednesday - Bible Study 7pm -8pm

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Bishop Stephen M. Brunson, Senior Pastor, USN, Retired

First Baptist Church

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

First Baptist Church of San Luis Rey

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

First Church of Christ, Scientist, Chula Vista

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Sunday: Worship Service and Sunday School 10am
Wednesday: Testimony Meeting 7pm
Reading Room: Bookstore/library--items to read, purchase, borrow, or for free. 300 Third Avenue, Chula Vista Tu-Sat 10 am-2 pm
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Call (619) 422-6400 for further info. www.prayerthatheals.org

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Wednesday 6:30pm Bible Study
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LaJollaLutheranChurch.com

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Sunday School and Adult Bible Classes: 9:30am
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www.lighthousebaptist.com (619) 461-5561

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website: www.st-lukes-la-mesa.org
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Pastor: Mark Menacher, PhD.
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SD Botanic Garden Fall Plant Sale

Huge fall plant sale. Saturday & Sunday, Oct. 20 & 21, 10am-4pm, and Monday, Oct. 23, 9am-noon, San Diego Botanic Garden. 230 Quail Gardens Drive. Free with paid admission or membership. Admission only \$5 on Sunday, Oct.22 & Monday, Oct. 23 (until noon). Plant donations from over 100 local growers, wholesalers, retail nurseries and individuals make this one of the most interesting and diverse plant sales in San Diego County! Visit our Botanic Attic for garden-related items and stop by for a homemade goodie at The Bakery Shoppe. www.sdbgarden.org/plantsales.htm

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MOVIES at the Bases

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

Thursday, Oct. 18
 6pm Searching ★
 8pm Happytime Murders ★
Friday, Oct. 19
 6pm The House With A Clock In Its Walls ★★
 8pm Night School ★★
Saturday, Oct. 20
 1pm House w/Clock In Its Walls ★★
 3:10pm The Predator ★★
 5:20pm Night School ★★
Sunday, Oct. 21
 1pm House w/Clock In Its Walls ★★
 3pm A Simple Favor ★★
 5:20pm Night School ★★
Monday, Oct. 22
 6pm House w/Clock In Its Walls ★★
 8pm Night School ★★
Tuesday, Oct. 23
 6pm The Nun ★★
 8pm White Boy Rick ★★
Wednesday, Oct. 24
 6pm Night School ★★
 8:10pm The Predator ★★
Thursday, Oct. 25
 6pm Searching ★★
 8pm Peppermint ★★

NAB Theater - NAB, 619-437-5487, Bldg. 337 ★

Thursday, Oct. 18
 11am Hotel Transylvania ★
 5pm Men In Black 3 ★
Friday, Oct. 19
 5pm The First Purge ★
Saturday, Oct. 20
 2pm Winchester: The House that Ghosts Built ★
 5pm Unfriended ★
Sunday, Oct. 21
 5pm Addams Family Values ★
Monday, Oct. 22
 5pm Insidious ★
Tuesday, Oct. 23
 11am Hotel Transylvania 2 ★
 5pm A Quiet Place ★
Wednesday, Oct. 24
 5pm Hereditary ★
Thursday, Oct. 25
 11am Hotel Transylvania 3pm Summer Vacation 5pm Insidious: Chapter 2 ★

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

Thursday, Oct. 18
 5pm Jurassic World: Fallen Kingdom ★
Friday, Oct. 19
 5pm Addams Family Values ★
Saturday, Oct. 20
 5pm Blockers ★
Sunday, Oct. 21
 5pm Ready Player One ★
Thursday, Oct. 25
 5pm Sherlock Gnomes ★

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

Thursday, Oct. 18
 6:30pm Alpha* ★
Friday, Oct. 19
 6:30pm Night School ★
 9pm White Boy Rick n ★
Saturday, Oct. 20
 3pm Searching ★
 6:30pm The House With A Clock In Its Walls ★
 9pm The Predator ★
Sunday, Oct. 21
 1pm A Simple Favor ★
 6:30pm The Nun ★
Wednesday, Oct. 24
 6:30pm The Nun ★
Thursday, Oct. 25
 6:30pm Searching ★

Alpha • PG-13 • 96 min
 Adventure, Drama, Family
 Cast: Kodi Smit-McPhee, Johannes Haukur Johannesson, Marcin Kowalczyk, Natassia Malthe, and Morgan Freeman (voice).
 Synopsis: In the prehistoric past, a young man struggles to return home after being separated from his tribe during a buffalo hunt. He finds a similarly lost wolf companion and starts a friendship that would change humanity.

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

Thursday, Oct. 18
 5:50pm The Predator ★
 8pm A Simple Favor ★
Friday, Oct. 19
 5:50pm The House With A Clock In Its Walls ★
 8pm Night School ★
Saturday, Oct. 20
 12:30pm Night School ★
 2:50pm The House With A Clock In Its Walls ★
 6:30pm ADVANCED SCREENING ~ Hunter Killer ★
Sunday, Oct. 21
 2pm House w/Clock In Its Walls ★
 4pm Peppermint ★
 6:30pm The Predator ★
Monday, Oct. 22
 5:50pm The House With A Clock In Its Walls ★
 8pm Night School ★
Tuesday, Oct. 23
 5:50pm Night School ★
 8:10pm The Predator ★
Wednesday, Oct. 24
 5:50pm White Boy Rick ★
 8pm Peppermint ★
Thursday, Oct. 25
 5:50pm The House With A Clock In Its Walls ★
 8pm A Simple Favor ★

Sudoku answer on page 15

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

Around Town

Kids Free in October: Free admission to over 40 local attractions and museums for children 12 and under. Through Oct 31. www.sandiegomuseumcouncil.org

Art San Diego at Del Mar Fairgrounds. Thurs-Sun, Oct 18-21. www.art-sandiego.com

Extreme Sailing Series at Harbor Island. Thurs-Sun, Oct 18-21.

www.extremesailingseries.com/view/san-diego-usa-2018

Mutt Mixer at San Diego Humane Society Oceanside campus, Fri, Oct 19, 6-8pm. www.sdhumane.org

SD Gulls vs. Milwaukee Admirals at Valley View Casino Center, Fri, Oct 19, 7pm. www.sandiegogulls.com

LA Clippers vs. Oklahoma City Thunder at Staples Center, Fri, Oct 19, 7:30pm. www.nba.com/clippers

Fall Camping Series at Lake Poway. Fri-Sat, Oct 19-20. www.poway.org

53rd Annual Borrego Days Desert Festival in Borrego Springs. Fri-Sun, Oct 19-21. www.borregodays.com

San Diego Ballet presents 'The Jungle Book' at Lyceum Theatre. Fri-Sun, Oct 19-21. www.sandiegoballet.org

Pumpkin Plunge at Carlsbad's Alga Norte Aquatic Center, Sat, Oct 20, 5-9pm. www.carlsbadconnect.org

Haunted Tales aboard Star of India at Maritime Museum of San Diego. Sat, Oct 20. www.sdmaritime.org

Hoot, Howl & Prowl at Blue Sky Ecological Reserve, Sat, Oct 20, 5:30pm. www.poway.org

Fall Fun Festival at Alta Vista Botanical Gardens. Sat, Oct 20. www.altavistabotanicalgardens.org

Annual Halloween Costume Contest & Parade at Bates Nut Farm, Sat, Oct 20, 9am-1pm. www.batesnutfarm.biz

Roots Series: Ireland at San Diego Children's Discovery Museum, Sat, Oct 20, 2-4pm. www.sdcdm.org/roots

Teen Glow-in-the-dark Dodgeball at Meadowbrook Gymnasium, Sat, Oct 20, 5-9pm. www.poway.org

The Bulls of Sant'agata Charge Little Italy: Lamborghini Car Show on W. Fir Street, Sat, Oct 20, 6-11pm. www.littleitaly.com

SD Gulls vs. Bakersfield Condors at Valley View Casino Center, Sat, Oct 20, 7pm. www.sandiegogulls.com

LA Lakers vs. Houston Rockets at Staples Center, Sat, Oct 20, 7:30pm. www.nba.com/lakers

Cephalopod Celebration at Birch Aquarium, Sat-Sun, Oct 20-21, 10am-3pm. www.aquarium.ucsd.edu

Antique Engine & Tractor Show at Antique Gas & Steam Engine Museum, Sat-Sun, Oct 20-21, 9am-4pm. www.agsem.com

Return to the Reef - 24th Invitational Surf Contest at Swamis in Cardiff by the Sea. Sat-Sun, Oct 20-21. swamissurfingassoc.org

Annual Fall Plant Sale at San Diego Botanic Garden. Sat-Mon, Oct 20-22. www.sdbgarden.org

Grand Avenue Festival in downtown Escondido, Sun, Oct 21, 9am-5pm. www.escondidochamber.org

12th Annual Ride & Stride & Horse Heritage Festival at Walnut Grove Park, San Marcos. Sun, Oct 21. www.keepitequestrian.org

Breakfast with Kangaroos at San Diego Zoo Safari Park, Sun, Oct 21, 7:30-9am. www.sdzsafari.com

CicloBias open street event in Ocean Beach, Sun, Oct 21, 10am-2pm. www.facebook.com/ciclosdias

Howl-o-ween Doggie Costume Contest & Parade at Bates Nut Farm, Sun, Oct 21, 11am-12pm. www.batesnutfarm.biz

LA Clippers vs. Houston Rockets at Staples Center, Sun, Oct 21, 6pm. www.nba.com/clippers

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Concerts

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

October

Lonestar. Thurs, Oct 18, 8pm. Country/rock. Sycuan Live & Up Close Theater, 5469 Casino Way, El Cajon. (619) 445-6002.

Allen Stone. Sat, Oct 20, 7:30pm. Acoustic. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

Simple Minds. Mon, Oct 22, 7:30pm. Alt/rock. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

Basia. Tues, Oct 23, 7:30pm. Jazz. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

Bruno Mars, Tues, Oct 23; Wed, Oct 24; Fri, Oct 26; Sat, Oct 27, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles, 90015. staplescenter.com

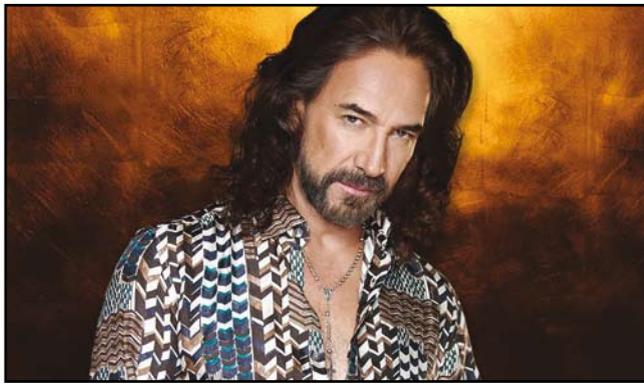
Troye Sivan and Kim Petras. Thurs, Oct 25, 7:30pm. Rock. Open Air Theatre, 5500 Campanile Dr., SD. (619) 594-6947.

Thomas Rhett. Thurs, Oct 25, 7:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

Pastor Brian Houston & Hillsong Worship. Worship/gospel. Fri, Oct 26, 7:30pm. Open Air Theatre, 5500 Campanile Dr., San Diego. (619) 594-6947.

Oingo Boingo Dance party. Sun, Oct 28, 7:30pm. Covers. Humphrey's by the Bay, 2241 Shelter Island (619) 224-3577.

Joan Baez. Tues, Oct 30,



7:30pm. Folk. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

November

Maxwell. Fri, Nov 2, 7:30pm. Funk/pop. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

So So Def 25th Cultural Curren\$y Tour. Fri, Nov 2, 7:30pm. Staples Center, 1111 S. Figueroa St., Los Angeles, 90015. staplescenter.com

Estas Tonne. Fri, Nov 2, 7:30pm. Acoustic/latin. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

Marco Antonio Solis. Sat, Nov 3, 7pm. Latin/pop. Valley View Casino, 16300 Nyemil Pass Rd. Valley Center. (866) 843-9946.

Nick Cannon Wild 'N' Out. Sat, Nov 3, 7pm. Comedy. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

Camila & Sin Bandera. Sat, Nov 3, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

Paula Abdul. Fri, Nov 9, 7:30pm. Pop. Pechanga Resort & Casino, 45000 Pechanga Pkwy, Temecula. (951) 693-1819.

Pepper. Sat, Nov 10, 5-7pm. Reggae/ska/rock. 18+. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

NF, Sun, Nov 11, 8pm. Hip-hop/rap. Cal Coast Credit Union Open Air Theatre, 5500 Campanile Dr., San Diego. (619) 594-6947.

David Crosby & Friends. Mon, Nov 12, 7:30pm. Folk. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

A Perfect Circle. Sat, Nov 17, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

Justin Timberlake. Tues, Nov 20, 7:30pm. Honda Center, 2695

E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

Easton Corbin. Sat, Nov 24, 5-7pm. Country. 18+. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Ozuna. Sat, Nov 24, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

Justin Timberlake. Tues, Nov 27, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles, 90015. staplescenter.com

Big Bad Voodoo Daddy "Wild and Swingin' Holiday Party." Fri, Nov 30. Poway OnStage, 15489 Espola Rd., Poway. www.powayonstage.org

The Ten Tenors. Fri, Nov 30, 7pm. Classical/pop. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Future

Charlie Daniels Band. Tues, Dec 4, 7pm. Country/rock. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Sudoku puzzle on page 13

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

Fleetwood Mac. Sat, Dec 8, 7pm. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

Trevor Noah. Sat, Dec 15, 7:30pm. Comedy. Viejas Arena at SDSU, 5500 Canyon Crest

Dr., San Diego, CA. (619) 594-6947.

A.J. Croce. Sun, Jan 13, 7pm. Acoustic. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

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1 at this payment. Stk#: 53799, VIN: JS250838, Model#: 6947. Net capitalized cost \$34628.71. \$370 plus tax monthly for 36 months with \$4,200 due at lease signing. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$80 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 11/4/18.

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-\$500 MILITARY INCENTIVE

NET PRICE
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-\$500 MILITARY INCENTIVE

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