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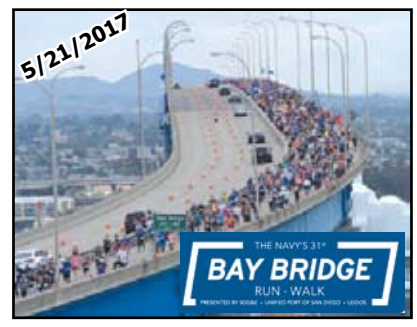

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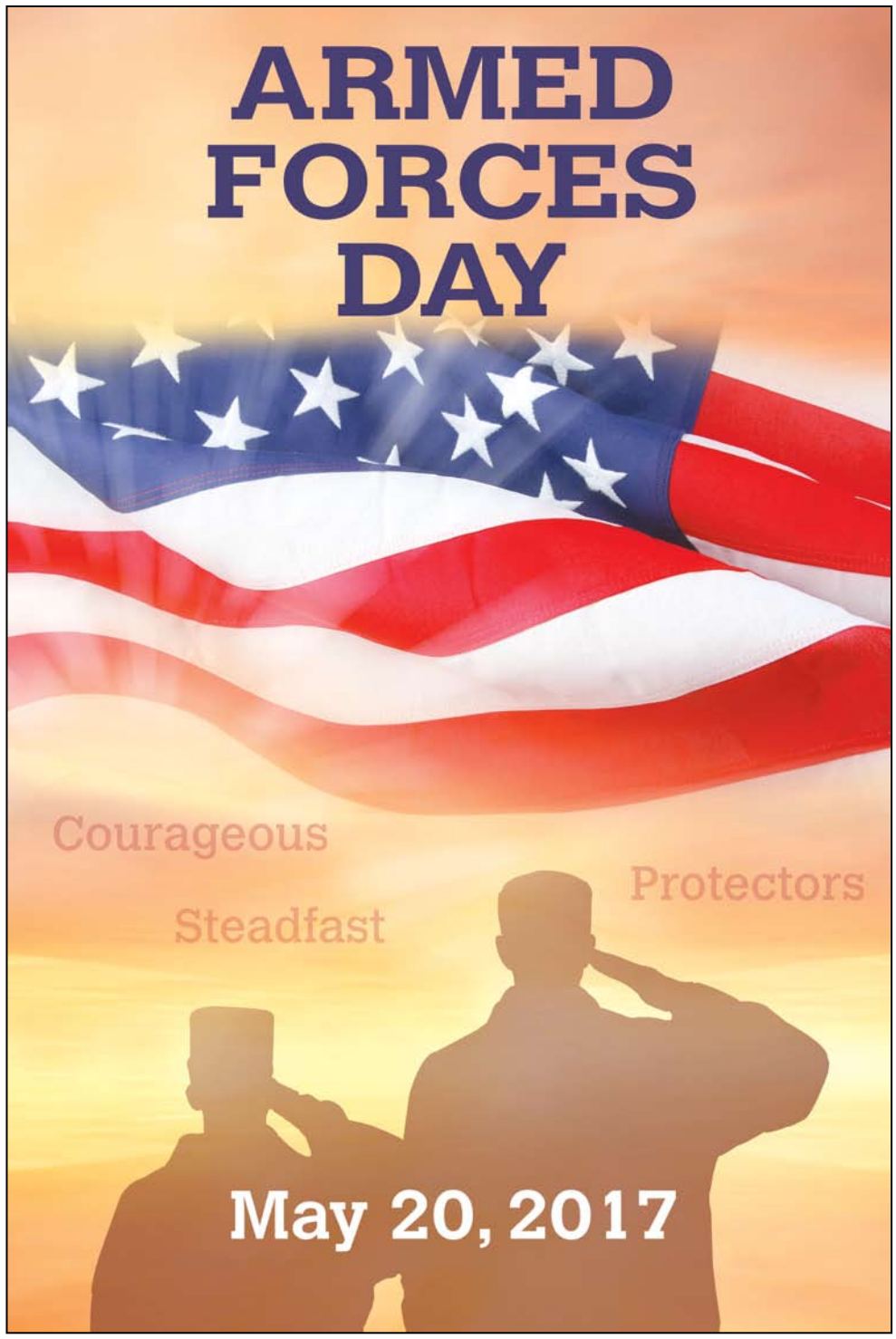

ARMED FORCES DAY
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Armed Forces Day is celebrated on the third Saturday in May. Thanks to President Harry S. Truman, it's a day to pay special tribute to the men and women of the Armed Forces. Truman led the effort to establish a holiday in order for citizens to unite and to honor our military heroes for their patriotic service in support of the United States of America.

Although, originally, there were single day celebrations for each branch of the military - Army, Navy, Marine Corps and Air Force - this format changed on Aug. 21, 1949 when Secretary of Defense Louis Johnson announced the creation of Armed Forces Day, commemorating all branches of the military during one solitary day.

Hospitalman Allan Henson meets his newborn son upon the return of USS *Makin Island* (LHD 8) to Naval Base San Diego from deployment. Navy photo by MC3 Christopher A. Veloicaza

Makin Island ARG, 11th MEU return from deployment

SAN DIEGO - Sailors and Marines of the *Makin Island* Amphibious Ready Group (ARG) returned to their homeport at Naval Station San Diego, May 15, after a seven-month deployment to the 3rd, 5th and 7th Fleet areas of operation.

During the deployment, more than 4,500 Sailors and Marines of the *Makin Island* ARG and embarked 11th Marine Expeditionary Unit (MEU) conducted maritime security operations and theater security cooperation efforts in support of regional security, stability, and the free flow of maritime commerce in the Asia-Pacific and Middle East regions.

Makin Island ARG is comprised of *Makin Island* (LHD 8), USS *Somerset* (LPD 25) and USS *Comstock* (LSD 45). During deployment, the three ships reported to Commander, Amphibious Squadron 5, embarked aboard *Makin Island*, and operated with embarked forces of 11th MEU, "Blackjacks" of Helicopter Sea Combat Squadron 21, and detachments from Assault Craft Unit 5, Fleet Surgical Team 5, Tactical Air Control Squadron 11, and Beachmaster Unit 1.

see **Makin Island, page 11**

NAVFAC hosts industry forum about upcoming environmental contract

by Lee H. Saunders

SAN DIEGO - Naval Facilities Engineering Command (NAVFAC) Southwest in San Diego hosted an industry forum for environmental restoration firms May 3 to provide a brief overview of an upcoming requirement for a $240 million environmental multiple award contract (EMAC).

More than 36 environmental restoration firms participated in the forum.

"The forum offered an open dialog between the government and contracting industry to obtain feedback prior to request for contractor proposals," said Ed Chevalier, NAVFAC Southwest environmental acquisition (EV Acq) director. "Discussed was the contract type, scope, selection criteria and many other points of issue raised by industry. Feedback from both industry and government was extremely positive."

The EMAC will require the performance of environmental remedial activities at sites located on Navy and Marine Corps installations and other government agencies. Environmental remedial activities will occur primarily at Superfund National Priority List (NPL) sites; Comprehensive Environmental Response, Compensation, and Liability Act (CERCLA) sites; Resource Conservation and Recovery Act (RCRA) sites; Underground Storage Tanks (UST) sites; and Military Munitions Response Program (MMRP) sites. - *read the story in its entirety at* afdispatch.com.

NAB Coronado hosts annual Culinary Competition

by MCSN Chanel L. Turner

CORONADO - Navy Region Southwest held its 8th Annual Navy Culinary Competition at the galley onboard Naval Amphibious Base Coronado May 8.

The "Iron Chef"-inspired event brought eight teams of two active duty Navy culinary specialists from the Southwest region for a chance to compete nationally in the 2017 Commander, Navy Installations Command (CNIC) Navy Culinary Competition in Great Lakes, Illinois.

"The region put in a lot of work in this competition," said Chief Culinary Specialist Christopher D. Ganaden. "We prepare every year as early as December to bring out the maximum skills in all of the competitors."

The competition began with opening remarks from Capt. Scott T. Mulvehill, commanding officer, Naval Base Coronado, following an introduction of the competing teams and judges. This years judging panel consisted of Chef Aidan Waite, Food Network Star Penny Davidi, Chef Kenneth L. Hargreaves, and Area Vice President of U.S. Foods National Sales Anne Van Den Haute.

Each team had 150 minutes to create a three-course meal with secret ingredients of trout and ginger revealed to the contestants minutes before the competition began. The teams were not allowed to bring extra equipment or prepared recipes, which added to the intense competition.

The judging criteria included plate presentation, taste, creativity, organization, culinary skills, degree of difficulty, sanitation, teamwork and food appearance. Points were deducted from their overall score if the contestants wasted food or violated sanitation standards.

While the judges critiqued the final dishes, guests were provided samples from vendors including Tyson and Hormel.

Culinary specialists participate in the 2017 Navy Region Southwest Navy Culinary Competition at the galley aboard Naval Amphibious Base Coronado. The winners of the event go on to participate in the Commander, Navy Installations Command (CNIC) 2017 Navy Culinary Competition in Great Lakes, Ill. Navy photo by MCSN Chanel L. Turner

Third place was awarded to Culinary Specialist 2nd Class Ralph Louispierre and Culinary Specialist 2nd Class Benhur Cardines, representing NAS North Island.

Second Place was awarded to Culinary Specialist 1st Class Lhendie Rocamora and Culinary Specialist 2nd Class Nicole M. Howard, representing NAB Coronado.

The grand prize was presented to Culinary Specialist 2nd Class Neptiah Stanley and Culinary Specialist 2nd Class Christine Mumphrey, representing NB Ventura County-Port Hueneme.

"I'm so thankful for all the support I received that brought me here," said Stanley. "This experience is very humbling and I'm thankful to be apart of it."

The judges congratulated all the participants and said they enjoyed their experience with working with the armed forces.

"Not only was I able to mentor these talented Sailors," said Davidi. "I picked up a few things from them as well."

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Syria's Tabqa City liberated, key development for Raqqa

WASHINGTON - Partnered forces in Syria have liberated the Syrian city of Tabqa, a key development in the eventual defeat of the Islamic State of Iraq and Syria in Raqqa, Syria, the Pentagon's director of press operations said May 12.

The Syrian Democratic Forces and Syrian Arab Coalition liberated Tabqa, which is southwest of Raqqa, Syria, as well as the Tabqa Dam and a nearby airfield May 10, Capt. Jeff Davis told reporters Friday at the Pentagon.

"The multi-ethnic SDF forced the surrender of Tabqa Dam and the remainder of Tabqa city, continuing the trend of ISIS's diminished control of territory and people," Davis said.

The SDF's increased pressure on ISIS from each flank allowed the partnered forces to accelerate the pace of the fight, clear the final neighborhoods of Tabqa and isolate the dam, he said.

Navy Drug Screening Lab Great Lakes to review drug testing policy

WASHINGTON - Navy Drug Screening Lab (NDSL) Great Lakes said this week that an administrative review and scientific investigation is underway following the discovery of a sample that incorrectly tested positive for methamphetamine.

Upon discovery, the Great Lakes lab immediately ceased its amphetamine and meth testing pending careful review of the incident, processes, staff actions and training. While NDSL Great Lakes continues to test for other illicit substances, its testing for amphetamine and methamphetamine has been decertified by the dOd Drug Testing Program and Policy Office pending the results of this review.

The admin review will analyze the records of amphetamine and methamphetamine samples dating back to 2006, when this particular testing method for those substances was implemented. The investigation might determine how the cross contamination occurred. Both are being led by the commanding officer of NDSL Great Lakes with oversight from the Navy Drug Testing Program Office at the Navy and Marine Corps Public Health Center.

Additionally, a special inspection has been ordered by the Biochemical Testing Advisory Board, the DoD-level governing body that codifies procedures for the certification, decertification, and recertification of the DoD drug testing laboratories. This process will be led by civilian, board-certified toxicologists and will ensure the admin review and scientific investigation were thorough and that any and all vulnerabilities in the testing method that caused the false positive results have been identified and properly addressed.

While NDSL Great Lakes is decertified, amphetamine and methamphetamine samples are being sent to NDSL Jacksonville and to the Air Force Drug Testing Laboratory (Lackland AFB, Texas), both of which use a different testing method for these substances.

Dunford in Brussels for NATO Military Committee meeting

by Jim Garamone

BRUSSELS - Gen. Joe Dunford arrived here May 16 to discuss Afghanistan, countering terrorism and other missions during NATO's Military Committee chiefs of defense meeting.

The chairman of the Joint Chiefs of Staff will joined his fellow chiefs of defense at a meeting to assess the threats facing the alliance. Czech Army Gen. Petr Pavel is the chairman of the Military Committee and will lead the discussions.

The committee will look at the security environment in Afghanistan and the way forward for the Resolute Support Mission in that country.

Army Gen. John W. Nicholson Jr., commander of U.S. Forces Afghanistan and Resolute Support, has recommended the NATO nations increase the number of troops they deploy to Afghanistan. He has said the situation in the nation is at risk of becoming a stalemate. There are currently around 13,000 troops in Afghanistan with more than 9,000 being American.

Nicholson will participate in the discussions with the chiefs of defense when they're speaking of Afghanistan. He will present what he proposes for 2018 and beyond.

The chiefs will discuss the threats posed to alliance nations on the southern flank, whether by direct attack - like Islamic State of Iraq and Syria attacks in Turkey - or through refugees. Turkey has provided refuge to about 2.2 million refugees.

The chiefs will also discuss Russia's activities and alliance efforts to deter Russia.

The NATO heads of state and government meeting is slated for May 25 and the chiefs' discussion this week will help frame matters for the leaders. President Donald J. Trump will attend that meeting.

Army Gen. Curtis M. Scaparrotti, commander of U.S. European Command and the Supreme Allied Commander Europe; and French Air Force Gen. Denis Mercier, the Supreme Allied Commander Transformation, will also attend the meeting.

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USS *Ronald Reagan* shifts colors to commence 2017 Patrol

by MC2 Nathan Burke

PACIFIC OCEAN - The Navy's forward-deployed aircraft carrier, USS *Ronald Reagan* (CVN 76), and Carrier Air Wing (CVW) 5 resumed operations in the 7th Fleet area of operations (AOO) after departing Yokosuka, Japan May 16.

The departure followed *Ronald Reagan*'s completion of sea trials last week, which marked the end of her 2017 Selected Restricted Availability maintenance period.

"Coming out of a long in-port maintenance period, we have to ensure that *Ronald Reagan*, CVW 5 and the remainder of the strike group are integrated properly as we move forward," said Rear Adm. Charles Williams, commander, Task Force 70. "As our ships' and our aircrafts' capabilities evolve, we have to do the same as a strike group. I look forward to sailing together as a cohesive unit, working with our allies and partners in the region, and continuing our persistent operations throughout the Indo-Asia-Pacific."

To start their 2017 Patrol, *Ronald Reagan* and CVW-5 are slated to conduct flight deck and carrier qualifications to certify their ability to safely launch and recover aircraft.

"We have a job to do," said Capt. Donnelly, *Ronald Reagan*'s commanding officer. "We have tested our equipment and our Sailors' warfighting proficiencies as a ship. Now we have to focus on our primary job to re-integrate with our air wing so that they are able to conduct business and carry out our mission."

The qualifications will evaluate flight deck operations and pilot proficiencies, while operating many systems that have recently been overhauled or upgraded.

"I am truly impressed by the professionalism of our crew and our partners at Puget Sound Naval Ship Yard and Ship Repair Facility, Yokosuka over the course of our recent SRA period," said Donnelly. "Their outstanding accomplishments as a team to improve the material condition our ship lead to a seamless transition from dock trials, through sea trials, an ammunition on-load, and finally to resume operations in our AOO."

Sailors at parade rest on USS *Ronald Reagan* as the ship prepares to commence its 2017 patrol. Navy photo by MC2 Kenneth Abbate

Special & General Courts-Martial for April

Navy Region Mid-Atlantic

* At a General Court-Martial in Norfolk, Va, Lt. j.g. Willie C. Jeter, Jr. was tried for numerous offenses. On April 15, a verdict of guilty was returned to one specification of sexual harassment, one specification of driving a vehicle while intoxicated, two specifications of sexual assault, one specification of extortion, one specification of burglary, two specifications of conduct unbecoming an officer and a gentleman, one specification of communicating a threat, and one specification of unlawful entry and sentenced him to be dismissed from the service and to confinement for 20 years.

Navy Region Northwest

* At a General Court-Martial in Bremerton, Wash., Chief Petty Officer Eric N. Sandoval pled guilty pursuant to a pretrial agreement to two specifications of rape of a child, two specifications of sexual abuse of a child, and one specification each of aggravated sexual abuse of a child and sexual assault of a child. On April 18, he was sentenced to be discharged with a Dishonorable Discharge, reduction in rank to paygrade E-1, and to confinement for 45 years. Pursuant to the pretrial agreement, all confinement greater than 31 years is to be suspended if he completes the Sex Offender Treatment Program.

Navy updates policy on wrongful distribution or sharing of intimate images

MILLINGTON, Tenn. - The Navy announced May 16 in NAVADMIN 119/17 that personnel who wrongfully distribute or broadcast intimate images in violation of Article 1168 of Navy Regulations will face mandatory administrative separation processing.

"There is no room in our Navy for this toxic behavior," said Chief of Naval Personnel, Vice Adm. Robert Burke. "This new policy shows that we are committed to eradicating this behavior from our force."

These changes align with All Naval Message 021/17, released April 18, which updated Navy Regulations with Article 1168, making it unlawful to share an intimate image of someone without their permission for personal gain or to humiliate, harm, harass, intimidate, threaten, or coerce the depicted person or with reckless disregard of harm to the victim.

Military Personnel Manual Article 1910-233, Mandatory Separation Processing, and MILPERSMAN 1910-142, Separation by Reason of Misconduct - Commission of a Serious Offense, have been updated to reflect this new policy for enlisted personnel.

This mandatory processing shall be conducted based upon the version of the MILPERSMAN in effect on the date the violation occurred.

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THURSDAY, MAY 18, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4782	C40	10:00	OCEANA(19)

FRIDAY, MAY 19, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4341	C40	09:00	NELLIS(121), WHIDBEY(53)
CNV 4762	C40	13:44	JACKSONVILLE(66)

SATURDAY, MAY 20, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4846	C40	11:00	COLUMBUS, IN(69), GREENSBORO, NC(30), BEDFORD, MA(30)

SUNDAY, MAY 21, 2017 NO SPACE "A" DEPARTURES
MONDAY, MAY 22, 2017 NO SPACE "A" DEPARTURES
TUESDAY, MAY 23, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4942	C40	09:00	PT MUGU(111), JACKSONVILLE(106), OCEANA(36), BELFAST(36), SIGONELLA(36), SHANNON(36)
CNV 3202	C130	09:00	KALAELOA(25)

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Social Security Matters

by Russell Gloor

Association of Mature American certified Social Security advisor

Ask Rusty - Do over option

Dear Rusty: I just recently turned 62 and have not yet filed for Social Security, but I'm wondering - Is it possible to start my Social Security benefits at age 62, take benefits for about 6 months just to get some extra money in, and then stop benefits and restart them again at my full retirement age of 66? If it's possible would it affect the amount at 66, which at present would be about $1,400 per month? Signed: Wondering

Dear Wondering: Well, the simple answer to your first question is yes but, since your goal is to get some money in, the details of the answer will probably make you not want to do that. Here's why: Social Security does allow a "do over" option, granting anyone who applies for and starts receiving their benefits the option to change their mind within one year, withdraw their application and delay re-applying until a later date when their benefit amount would be larger. But here's the catch - upon withdrawing your application you would be required to repay Social Security all of the benefits that they had paid you between when you first applied and when you withdrew. Not only that, any benefits someone else, such as a spouse or dependents, received on your application would have to be repaid also. Said another way, if you start and later withdraw your application, you will need to wipe the slate clean with Social Security and repay any monies paid out on your behalf, including benefits, withheld taxes and Medicare premiums. So if your goal is to get some money in for the short term, then I don't believe that the "do over" option is one that will help you achieve it since you'll have to pay them back everything they paid out. As to your second question, if for some reason you did exercise the do-over option and pay them everything back, it wouldn't affect your benefit at age 66 - you would still get 100 percent of what you are entitled to at your full retirement age.

The information presented in this article is intended for general information purposes only. The opinions and interpretations expressed in this article are the viewpoints of the AMAC Foundation's Social Security Advisory staff, trained and accredited under the National Social Security Advisors program of the National Social Security Association. NSSA, the AMAC Foundation, and the Foundation's Social Security Advisors aren't affiliated with or endorsed by the U.S. government, the Social Security Administration, or any state government. To submit a request, send e-mail to info@amacfoundation.org.

Armed Forces Day open house at Miramar Cemetery

Community event this Saturday on Nobel Drive

This Saturday - Armed Forces Day - is your opportunity to learn about services and benefits available to veterans, servicemembers and their families during an open house at the Miramar National Cemetery.

Brought to you, in part, by the Miramar Cemetery Support Foundation, the open house begins at 10 o'clock. It's intedned at to raise awareness of the new cemetery and to let vets, the active duty, and eligible family members know about the burial options available to them.

Miramar National Cemetery offers gravesite and columbarium facilities as well as a full range of burial alternatives to the approximately 235,000 veterans in San Diego County.

Rep. Scott Peters (CA-52), cemetery staff, and volunteers will provide information on VA burial benefits for veterans and their families; burial options available at Miramar; eligibility determinations; and military funeral honors. Visitors can also tour the cemetery grounds. The event is free and open to the public - no registration is required.

"It's an honor to help raise awareness of Miramar National Cemetery as these grounds become a part of our identity as a proud military town," said Peters. "With 235,000 veterans in San Diego County and another 15,000 servicemembers transitioning out of active duty each year, a new VA cemetery helps us honor the veterans that call San Diego home. I look forward to working with Miramar National Cemetery Support Foundation to ensure our veterans and their families know about this new opportunity and the options available to them."

Miramar National Cemetery - located about 15 miles north of downtown San Diego at the northwest corner of MCAS Miramar - is the newest VA cemetery in the western United States.

Burial in a VA national cemetery is open to all members of the armed forces and veterans who meet minimum active duty service requirements, and were honorably discharged. Members of the armed forces reserves who die while on active or training duty may also be eligible for burial, as are servicemembers who were eligible for retired pay at the time of their death.

The 313-acre Miramar National Cemetery will serve veterans' needs well into the 21st century. The main entrance to the cemetery is on Nobel Drive between Miramar Road and Interstate 805. courtesy photo

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NMCSD breaks new ground for military medicine with new vision correction procedure

The Refractive Surgery Center aboard Naval Training Center (NTC), an outlying clinic of Naval Medical Center San Diego (NMCSD), successfully performed the first ever KAMRA Inlay surgery in the Department of Defense (DoD) April 24.

The Refractive Surgery Center specializes in optical surgery using lasers to correct vision, typically done through photorefractive keratectomy (PRK) and laser-assisted in situ keratomileusis (LASIK) in the history of the center. KAMRA Inlay is a corrective surgery that treats presbyopia, a common condition that makes it difficult for individuals to see close to them. Presbyopia affects everyone, eventually, to different degrees. KAMRA Inlay is a long lasting technology, treating one eye for near sightedness, while maintaining distance vision in both eyes.

Cmdr. John Cason, program director at Navy Refractive Surgery Center, performs a Kamra corneal inlay procedure for the treatment of presbyopia at the Naval Training Center Medical Branch Clinic. The KAMRA corneal inlay is a mini-ring with an opening in the center that sits in the first few layers of the eye known as the cornea, focusing light coming into the eye restoring near vision. This is the first procedure of this kind done within the Department of Defense. U.S. Navy Photo by MC2 William Cousins

"This is a treatment for our more senior servicemen and women, and it will be able to meet all their vision demands. They'll be able to see distance, be able to see up close," said Cmdr. John Cason, Program Director for Naval Refractive Surgery Center, NMCSD. "It is available to any active duty military, and while we gain experience with new technology, we are also offering it to dependents."

This new technology offers total correction to vision deficiencies and is still eligible to servicemen and women who may have already received LASIK or PRK in the past.

"I am excited that it will correct my eye to match my other eye. I'm excited to not wear reading glasses and make day-to-day life easier," said Petty Officer 1st Class Russell Staley, the first DoD KAMRA Inlay surgery patient.

Following the successful treatment, Staley will have over-corrected vision in both eyes that will give him vision better than 20/20, and completely eliminate any need for corrective lenses.

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‘Getting the pulse of the fleet’ from Hollywood to Bollywood

by MCC Mark Schultz

Knowing what’s on the minds of Sailors, relaying information up and down the chain of command, and acting as an enlisted ambassador are some of the main tasks of the Fleet Master Chief, and for the Pacific Fleet Master Chief, that’s no small task.

Getting around and talking to more than 140,000 Sailors spread over half the globe, “from Hollywood to Bollywood,” separated by the world’s largest ocean, Fleet Master Chief Susan “Suz” Whitman makes the most of her time spent away from Hawaii.

Visiting Sailors in Japan alone takes three weeks. All Hands calls, meetings with Japanese Maritime Self Defense Force leadership, including their MCPON equivalent, and meeting with U.S. Navy leadership is a full time job. But Whitman doesn’t do it alone. She typically travels with Pacific Fleet Navy Career Counselor, Master Chief Navy Counselor Ty Jiles and picks up local senior enlisted leadership when she arrives, like Fleet, Force and Command Master Chiefs. Between these subject matter experts, Whitman can address most questions and concerns from Sailors.

Recently, Whitman spent time recalibrating Sailors’ views on alcohol related incidences, a hot topic in Japan. After a rash of incidents, and the region on a perceived lock down, Whitman reassured Sailors that the majority was doing the right thing, and trends were actually down from past years.

“The truth is, if you look at the numbers, alcohol incidents have decreased each year since 2014. So why is there still such a big spotlight on this area compared to other Navy concentration areas like Norfolk and San Diego?” Whitman asked at an all hands call. “Because we can still do better and we need you to continue to be true ambassadors and leaders wherever you serve.”

Alcohol Incidents, or AI’s, are a touchy and hot topic for Sailors in Japan. Whitman’s job is to address those issues head on; to hear the Sailors’ concerns and provide feedback, and take the Fleets’ questions and thoughts back to Navy senior leadership. AI’s aside, Whitman’s visits provide results.

“Your voices were heard,” Whitman told Sailors at another all hands call. “We have our rates back because leadership heard you. Now we need your support to continue making it better and all ideas are welcome.”

Many of the issues Sailors bring up are personnel related. Jiles helps keep Whitman up to date on the latest changes in the Navy personnel system; topics like blended retirement, manning, and the overseas screening process.

“We get to bring the newest instructions and guidance directly to the Sailors without any filters,” Jiles said. “And the Sailors get that direct feedback from leadership to clear up any questions or concerns they may have; and that helps them do their job better.”

When travelling overseas, Whitman splits her time with U.S. Sailors and our partner nation leadership. These meetings help build a stronger relationship between our two nations as well as help seek opportunities for working together.

“Japan is one of our long standing allies and we share a great relationship,” U.S. Naval Forces Japan Command Master Chief Joe Fahrney said during one of Whitman’s visits. “When we have the opportunity to bring more senior leaders out to meet with our Japanese counterparts it opens up the conversation for more joint initiatives.”

Opportunities can include combined training and exercise opportunities, but it can also be about sharing experiences. According to Fahrney, the U.S. Navy is interested in learning how the Japanese instill leadership at a more junior paygrade. The Japanese Maritime Self Defense Force is interested in growing a more diverse senior enlisted corps.

“We would like more leaders like you,” said Master Chief Hideyuki Seki, master chief petty officer of the Maritime Self Defense Force (MCPOM), referencing Whitman. “We would like more female voices in SEL [senior enlisted leadership] positions and sea duty positions to model where we can go as a force.”

These joint initiatives, according to Fahrney, provide both groups of Sailors with fresh perspectives on their allies like understanding that in Japanese culture, women are expected to prioritize family over service, which means it is difficult to keep women after they have a baby.

Centrally located in the Pacific Fleet, and Pacific Ocean, Whitman spends a lot of time on planes getting around the Pacific. She says it’s a good time to catch up on emails and work, but really, it’s worth it to meet the Sailors throughout the Fleet.

“She [Whitman] knows how to connect with today’s Sailors,” said Jiles, a frequent companion on these trips. “This is where she really makes her money.”

At each stop, there are lines of Sailors waiting with a notepad in one hand and a cell phone in the other. Even after a long flight, Whitman smiles bright for countless selfies before (and after) all hands calls.

“You can tell she really loves having these one-on-ones with Sailors,” said Jiles.

For more news from U.S. Pacific Fleet, visit www.cpf.navy.mil.

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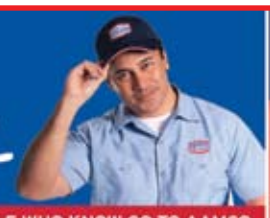
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Security training initiative offers Coxswain qualifications to Airmen

by Blair Martin Gradel

In an effort to fully utilize security resources on Joint Base Pearl Harbor-Hickam (JBPHH), a select few of Air Force security members will soon be eligible for Navy Coxswain qualifications, thanks to a new Joint Base training program initiative.

"If we are truly going to be a Joint Base, then we can't have just Airmen on the airfield and Sailors on the boats. There should be a mix," said Senior Chief Master-at-Arms Adam Singleton, leading chief petty officer for JBPHH harbor patrol unit. "So, we are working on presenting a proper training pipeline to get an Airman qualified as a coxswain for our harbor security team."

The program will allow a small handful of Senior Airmen from the 647th Security Forces group to obtain Level 1 coxswain qualifications, and join the harbor security team that patrol and escort Navy vessels in and out of the harbor on JBPHH.

Since each harbor patrol boat crew includes a coxswain driving the vessel and crewmen manning gun or operating as backup, Airmen had to receive crewmen qualifications first in order to be eligible for coxswain certifications.

According to Singleton, out of 18 Air Force Defenders who initially showed interest, only four Airmen first classes were chosen for the six-month pilot program. Selectees had to undergo a basic eye exam, pass a 2nd Class swim qualification test and also attend additional weapons training sessions.

Next, they set out to receive their crewmen qualifications: a basic boating course which introduced them to nautical terminology, basics about watercraft equipment and maintenance, as well as harbor rules and regulations.

Once they became qualified crewmembers, the Airmen were then paired up with seasoned Level 1 and 2 Coxswains to perform more than 100 hours of experience behind the helm of a Navy vessel before they will be allowed to test for Coxswain Qualification.

Master-at-arms 1st Class Billy Boyd, a Level 2 coxswain and one of the harbor boat training supervisors, said with more than 16 years in the U.S. Navy, he treats the young Airmen just like any other new Sailor reporting for duty on the waterfront.

"We've been working with them on landing the vessel on a pier and they were fast learners that showed confidence in their abilities," the San Diego native said. "After only a few attempts they were safely operating the boat and ready to learn more."

Boyd said he is optimistic the pilot program will be successful, as well as beneficial to JBPHH.

"I believe this is the right direction for a joint command to work together and hopefully will continue in the future."

Airman 1st Class Gianni Santa Cruz said he jumped at the opportunity to learn something new outside his normal line of duties.

"I consider it a huge honor to have the chance to work alongside the Harbor Patrol Unit at the world-renowned duty station Pearl Harbor," said the Riverside, Califonia native. "I was definitely excited about the new training and experience. I was just hoping I would not get seasick," he said.

To date, all of the Airmen have received their crewmen qualifications and are currently working on getting their 100 hours of time on the waterfront before a written test and check ride with other seasoned coxswains can be conducted for their Level 1 Coxswain qualifications.

"The biggest thing we are working on now is getting familiar with harbor area, the nomenclature, and their confidence of driving the boats and making approaches to and from the pier," Singleton said. "Just like driving a car, it is going to take practice. But in general, everyone is excited about this fairly new idea and I look forward to the day I can say I have four Airmen Defenders as qualified Coxswains."

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

NAVFAC Southwest personnel receive 40 hour 'Fall Protection' training

by Mario Icari

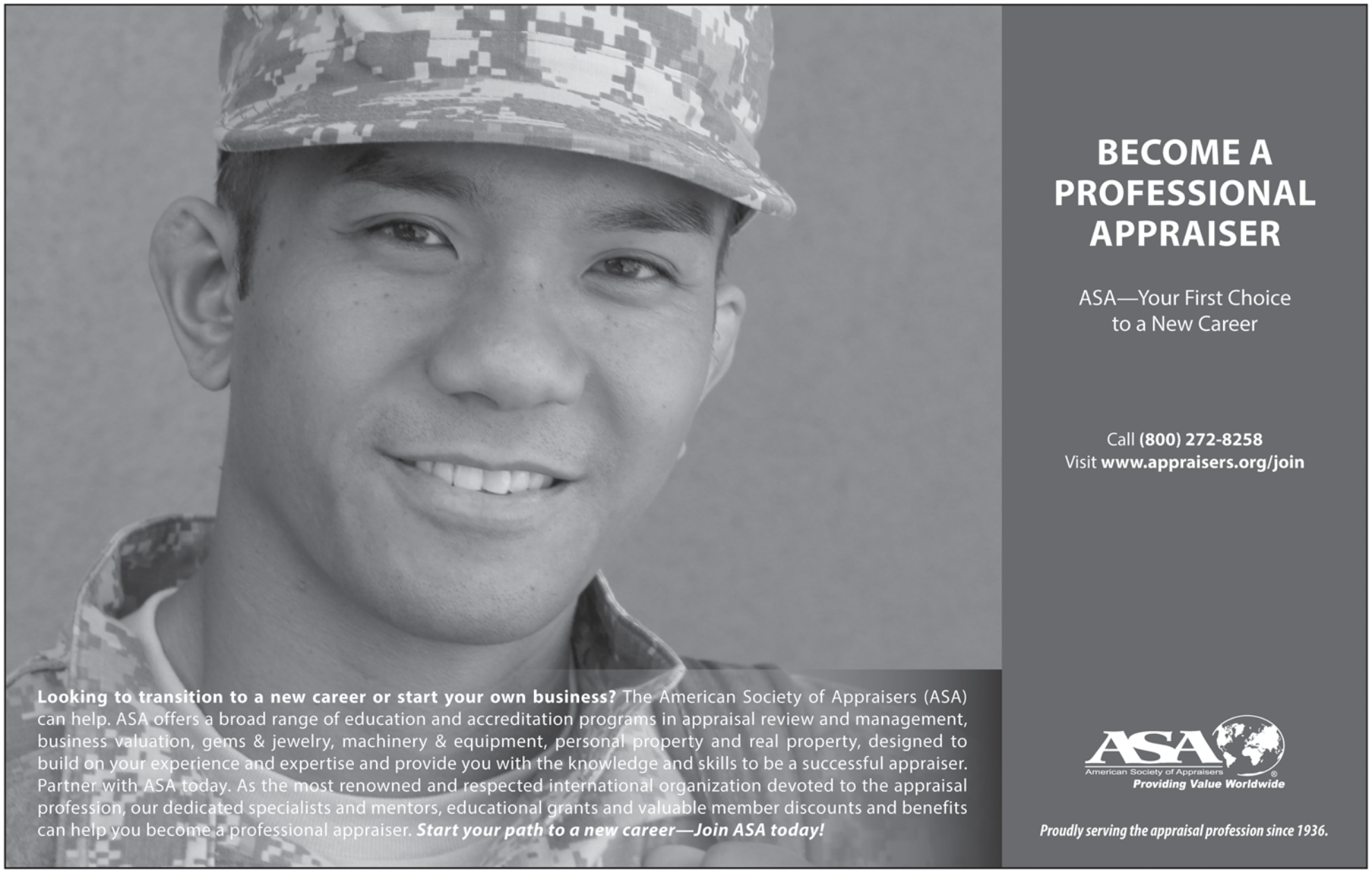
NAVFAC Southwest partnered with Associated General Contractors of America (AGC) San Diego May 1 to provide a five day, 40 Hour Fall Protection Competent Person training course to meet Navy and OSHA requirements to train personnel working at heights and exposed to fall hazards.

"Falls consistently remain one of the leading causes of workplace fatalities," said David Frye, NAVFAC Southwest Safety High Risk program manager. "The Fall Protection for Competent Person training provides the training necessary to address any fall hazard situation, evaluate it and recommend solutions, and in addition provides them the knowledge to conduct end user hands-on training for those employees required to work at heights."

A total of 46 NAVFAC Southwest employees participated in the training. The training was conducted at the AGC training facility in San Diego. Employees participated in classroom and hands-on training. NAVFAC Southwest personnel from Public Works Departments (PWD's) Coronado, China Lake and Ventura County who attended this course were recommended by their supervisors as candidates to be considered for designation as a competent person for fall protection at their job sites.

"To bring awareness to all employees at NAVFAC Southwest, we designated May as our 'Preventing Slips, Trips and Falls Campaign,' coinciding with OSHA's National Fall Prevention Stand-down," said Frye. "In addition to this training, newsletters and other training material were distributed throughout the command in an effort to bring awareness in preventing falls."

Currently, 43 NAVFAC Southwest Public Works personnel have successfully completed the training this fiscal year.



Fifty shades of mattress shopping

by Lisa Smith Molinari

I stepped out of our car and squinted up at the sleek, tall building. It seemed more like a tech company, or a global banking institution, or the corporate headquarters of something really important.

Not a furniture store.

Francis and I hiked across what seemed like acres of parking lot toward the enormous entrance with its gliding automatic doors and gleaming blue "Cardi's Furniture" sign. We stopped inside and stared, mouths agape, at the massive lobby before us.

The ceiling soared five stories overhead. Outdoor furniture was everywhere - wicker, teak, canvas and cotton stripe. Ahead, criss-crossing escalators chugged hoards of shoppers up and down to floors filled with furniture displays.

"How can I help you?" a salesman said, appearing out of nowhere. He was balding and wore a lilac open-collared shirt, a silver pinky ring, and grey slacks. I avoid hard-sales pitches, but Francis can't resist the opportunity to have someone's undivided attention. He widened his stance, crossed his arms and began.

the meat and potatoes of life

"Thanks for your help, uh," he squinted at the name tag on the man's lilac shirt, "Joe. My name is Francis, and I just retired after 28 years in the Navy. My wife Lisa and I are …"

"Well, thank you for your service," Joe schmoozed, glancing at both of us.

"I appreciate that, Joe. Truthfully, it was my honor. When I showed up for Aviation Officer Candidate's School down in Pensacola back in 1988, I never imagined that I'd end up making military service a career. But I've enjoyed every minute of it. Even my last deployment to …"

"Joe," I interrupted, "do you have mattresses?"

Francis took the hint, and fast-forwarded his life story to the end. "Our last military move is next month, Joe, and we need a new bed."

"Right this way," Joe said. He led us to the elevator doors and said, "Press three."

The third floor displayed mattresses as far as the eye could see. We didn't know where to begin. For the first half of our marriage, we used low-budget mattresses from the military PX. Then, in 2011, we found a Sears clearance center in Jacksonville, Florida, where we bought a slightly scuffed, queen-sized pillow-top that was leaning against a wall between a scratch-and-dent refrigerator and a reconditioned lawn mower.

Classy.

"How can I help you today?" Another salesman appeared magically. This one was named Pete. He had comb-lines in his hair and wore a blue open-collared shirt, a gold pinky ring, and black slacks. Francis widened his stance and squinted at Pete's name tag.

Here we go again.

After Francis finished his life story, Pete led us through the sea of quilted polyester. Like Vanna White, he motioned for us to lie down on the first luxurious king-sized bed.

"Which side do you prefer?" he asked me. It seemed odd, exposing my bedtime preferences to a complete stranger, but I took the left side, and Francis flopped onto my right, groaning loudly with pleasure.

"Oh, yeah, Pete, that's what I'm talking about!"

Pete showed us three more models, each time hovering over us, asking intimate questions. "Do move around a lot? Do you get sweaty? Do you like to have your legs raised? Do you prefer soft or firm?"

I felt cheap and violated, but I noticed other couples testing mattresses too — bouncing around, spooning, and flopping from side to side. I decided I was being silly, and finally surrendered to the process.

Mind over mattress, I told myself.

"I like this one," I announced, "so how much does it cost?"

Pete gestured to a felt flap over the end of the bed. Like Vanna revealing the Wheel of Fortune Bonus Puzzle, he flipped the cover to reveal the price.

I nearly choked on my uvula.

Pete tried to snap us out of our sticker shock by offering 60-month no-interest financing. This weekend only, of course. When this didn't work, he led us directly to the economy section, where we spooned and flopped until we found a decent mattress in our price range.

I guess you could say, we slept our way to the bottom.

5K offers something for all ages, including bounce houses, food trucks, and a beer garden

The 3rd Annual Undefeated EOD Warrior 5K, benefitting the EOD Warrior Foundation, will be held on Memorial Day, Monday, May 29, in NTC Park at Liberty Station, San Diego, Calif. The annual 5K run/walk will begin at 9 a.m., and will include a variety of family friendly activities, including bounce houses, food trucks, a beer garden, and vendors. Registration for the event is currently open, and sponsorship opportunities remain available.

The Undefeated EOD Warrior 5K will be held on Memorial Day at 2455 Cushing Road in San Diego, Calif. The funds raised will be used to further the mission of the EOD Warrior Foundation, which is to improve the quality of life for the EOD family by providing financial relief, scholarship opportunities, physical, social, and emotional support. The event also includes a junior EOD Warrior 1K, and a bomb suit race. The race is chip-timed, all participants will receive an event T-shirt and finisher medal, and there will be awards given to the top finishers in 8 age groups. The event schedule is as follows: Memorial Day (Race Day) – Mon, May 29.
7a.m. – Race day registration & packet pickup
8:30a.m. – Race day registration & packet pickup CLOSED
8:40a.m. – Opening Ceremony
9a.m. – 5k start
10a.m. – Junior EOD Warrior 1k start
10:30a.m. – Bomb Suit Relay start
11a.m. – Awards Presentation

"We are looking forward to beautiful weather, lots of energy, and a wonderful time," added Motsek. "This event is a great way for people and businesses to give back to these brave warriors and their families, and they get to have fun while they do it. We hope to see the community come out to show their support and enjoy a great day!"

The 5K registration fee is $40 from May 1-May 23, and $45 on packet pickup and race day. The Junior EOD Warrior 1K is $10. Wounded services members receive free registration. Register for the 5K and 1K online at EOD Warrior Foundation. The event is also seeking sponsors, with sponsorship packages offered being $500, $1,000, $2,500, $5,000, and $10,000. Booth rental for the event is also available, with it being $250 for a 10'x10 booth.

The EOD Warrior Foundation is an organization that helps the families of the 7,000 people in our military who are Explosive Ordnance Disposal (EOD) technicians, and perform bomb disposal duties. The EOD Warrior Foundation helps this elite group by providing financial relief, therapeutic healing retreats, a scholarship program, care of the EOD Memorial Wall located at Eglin AFB, Fla. and more. Their work is supported by private donations and the generosity of those who support the organization. To learn more about the EOD Warrior Foundation, or see their fundraising events calendar, visit their site at: www.eodwarriorfoundation.org.

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ariel@fbcoronado.com **FB: First Baptist Church of Coronado**

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Santee, CA 92071
(619) 448-5950
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Special and General Courts-Martial for April 2017

WASHINGTON - The following reports the results of Special and General Courts-Martial tried and completed within Navy Region Southwest in April 2017.

General Court-Martial

* In San Diego, Petty Officer 2nd Class Alex J. Werner pled guilty pursuant to a pretrial agreement to one specification of rape of a child and four specifications of aggravated sexual abuse of a child. On April 4, the was sentenced to be discharged with a Dishonorable Discharge, to forfeit all pay and allowances, reduction in rank to paygrade E-1, and confinement for 26 years. Pursuant to the pretrial agreement all confinement greater than 17 years is to be suspended.

Special Court-Martial

* In San Diego, Airman Kristopher A. Scrivens pled guilty pursuant to a pretrial agreement to one specification of conspiracy and three specifications of wrongful introduction of a controlled substance. On April 7, he was sentenced to reduction in rank to paygrade E-1 and to confinement for 7 months.

* In San Diego, Seaman Caleb C. Soto pled guilty pursuant to a pretrial agreement to four specifications of wrongful use of a controlled substance and one specification of wrongful introduction of a controlled substance. On April 10, he was sentenced to be discharged with a Bad Conduct Discharge, reduction in rank to paygrade E-1, and to a period of confinement equivalent to time served (61 days).

* In San Diego, Seaman Apprentice Laurisa R. Sylla pled guilty pursuant to a pretrial agreement to one specification each of conspiracy, introduction with intent to distribute a controlled substance, obstruction of justice, and violating restriction orders. On April 14, she was sentenced to forfeit $1,195 for one month, reduction in rank to paygrade E-1, and to confinement for 90 days.

Logistics center holds training to save DOD millions

by Candice Villarreal

SAN DIEGO - NAVSUP Fleet Logistics Center (FLC) San Diego held formal training sessions for their Global Business Support (GBS) Spiral 2 contracting vehicle for logistics support services May 3-4 in San Diego.

Spiral 2, the second round of the GBS contract, is a $750 million strategic sourcing program that allows Department of Defense (DOD) activities to satisfy contract labor support requirements at the best possible price by streamlining processes and leveraging collective buying power.

"Strategic sourcing means being smart about how we buy goods and services," said Tine Thompson, the command's strategic sourcing manager. "We knew that people were buying services using different contracts, but we were all essentially buying the same things. By creating and using one contracting vehicle for these services, we could save a significant amount of time and money while making it so that our customers didn't have to reinvent the wheel."

The GBS Spiral 2 vehicle is made up of 73 firm, fixed-priced and indefinite delivery/indefinite quantity award contracts that span 14 service support areas. Everything from administrative support and clerical services to maritime material handling and specialized technology services is available for inclusion under the GBS umbrella.

Strategic sourcing for vehicles like GBS starts with identifying and understanding customer requirements, analyzing spending trends and historical data to see how much of a particular service is required, and taking a look at what's available to meet those needs in the market. Once market research has been completed, the team develops an acquisition strategy to determine the best contracting solution for the services to form powerful, innovative vehicles like GBS.

"The GBS vehicle continues to be a 100 percent set-aside for small business that supports all socioeconomic groups," said Marcia Cruz, deputy director of contracting. "There is no fee to use it, and each activity utilizing it receives the small business credit associated with their task orders. We're continually asked 'What's the catch?' There is no catch. This is a competitive vehicle that achieves significant cost savings, supports small business goals and objectives, and is an effective and efficient means to satisfy customer requirements rather quickly."

As a small business set-aside, every penny pumped into the contracts will go on to benefit veteran-, women-, tribally- and minority-owned small businesses, in addition to various other socioeconomic groups in our nation's communities.

According to Cruz, the initial GBS pilot, or Spiral 1, was only available to Department of Navy customers. At a time where defense operating budgets are already tight, savings are high on every command's priority list.

> *Awarded in 2011 after several years of research and development, Spiral 1 saved the Navy a whopping $43 million in just over three years and justified the approval to open Spiral 2 up for use by all DOD activities. Projected savings for Spiral 2 are expected to surpass $75 million.*

"We are tasked with meeting our missions, but we're also on the hook to ensure we are good stewards of the taxpayer dollar," said Commanding Officer Capt. Michelle Morse. "Just like it's important for everyday consumers to find the best price and value, the same is true for us. That's what this is all about; sourcing the services we need and being as frugal as possible while we do it. If we can save millions of dollars on services, those are millions that can be used elsewhere to fund other important necessities or emergent mission requirements."

Savings estimates to date have been conservative; figures are expected to increase as more DOD activities learn about and employ the contracts. The GBS training sessions help further those goals, with additional training sessions in other locations already on the horizon.

"The GBS Spiral 2 makes procurement an easy process," said Nancy Landeros, GBS program manager. "You're eliminating redundancy and duplication of effort, and instead of writing a whole new contract, which could take months, you can have your requirements

see GBS, next page

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New Intrepid Spirit Center opens at Camp Pendleton

by MC2
Yasmine Muhammad

CAMP PENDLETON - A $12.5 million traumatic brain injury treatment center is scheudled to open next May.

Following last week's groundbreaking of the new Intrepid Spirit center at the Naval hospital here, construction begins on the the 25,000 square foot facility which will be equipped with the latest medical technology and will be staffed by personnel from Naval Hospital Camp Pendleton.

"As a neurosurgeon, I appreciate the complexity and subtlety of brain circuitry. That said, medical science as a whole remains in its infancy of its understanding of neuroplasticity and the potential for recovery after head injury," said Capt. Lisa Mulligan, NHCP commanding officer. "This center will combine resources of clinical, research and educational specialists to broaden our horizons and make sure that service members benefit from an unprecedented level of care."

The Camp Pendleton Intrepid Spirit center will be the seventh in a series of nine centers located at military bases around the country built by the Intrepid Fallen Heroes Fund, a not-for-profit organization supporting the men and women of the United States Armed Forces and their families. The center will be gifted to the Department of Defense for operation and management upon completion.

"We are humbled and grateful to accept this donation to the American people from the Intrepid Fallen Heroes Fund," said Commander Paul Sargent, department head of the NHCP Concussion Care Clinic and future medical director of the new center. "Most patients who suffer head injuries improve on their own, however, for those with persistent symptoms, numerous studies show the benefit of an interdisciplinary approach to care. This cutting-edge facility will house two full interdisciplinary teams focused on the recovery and rehabilitation of service members with a history of brain injury as well as its physical and psychological consequences."

The design and mission of the Intrepid Spirit centers are based on the original National Intrepid Center of Excellence (NICoE) which opened in 2010 at the Walter Reed National Military Medical Center in Bethesda, Md. Operated by the Department of Defense, NICoE is the center of the Armed Forces' efforts in researching, diagnosing and treating TBI, psychological health conditions and related injuries sustained by military personnel.

Intrepid Spirit centers currently are operational at Fort Belvoir, Va., Camp Lejeune, N.C., Fort Campbell, Ky., Fort Hood, Texas, and Fort Bragg, N.C., and another still under construction at Joint Base Lewis-McChord, Wash.

GBS

continued from previous page

in place in 30 days. On top of that, all the research and legwork was already done for you. I think it's a really attractive option that holds a remarkable amount of value for all involved."

As Spiral 2 continues, the GBS and strategic sourcing teams will continue to track metrics, manage contract performance, and ensure the DOD is still getting the best possible value.

"We monitor all of our vehicles on a monthly basis," said Thompson. "We pull the spend metrics, we find potential leakage. We want to identify those customers who could have used GBS and didn't, let them know it's available, and provide them with targeted training to show them the benefits they could be realizing."

As for what the future holds for GBS, the team is optimistic.

"Hopefully, we end up seeing so much success with Spiral 2 that GBS becomes a 'Best in Class' vehicle," said Thompson. "Maybe it will eventually be opened up to all federal agencies, where we could make an enormous impact on fiscal savings across the government. Who knows? We could very well be headed down that path. I hope we are."

Navy lab tests GunnAR helmet with *Bunker Hill* Crew

by MCSN Nicholas R. Burgains

PACIFIC OCEAN - Representatives from Navy Warfare Development Command (NWDC) recently embarked aboard USS *Bunker Hill* (CG 52) to demonstrate and test GunnAR, an augmented reality (AR) combat helmet prior to the start of Exercise Trident Warrior 2017 (TW17).

The combat heads up display (HUD) has undergone extensive testing and design refinement over the last year within the Space and Naval Warfare Systems Center Pacific Battlespace Exploitation of Mixed Reality (BEMR) Lab to prepare for demonstrations like the one currently underway on *Bunker Hill*. BEMR Lab scientists developed GunnAR to best meet the needs of the warfighter and the data collected during TW17 will help define any necessary modifications.

GunnAR utilizes a helmet with an AR underlay that allows personnel manning naval gun systems as well as the gunnery liaison officer to experience heightened, integrated visual and audio coordination in order to identify, track and fire upon targets.

Makin Island

continued from page 1

"The Makin Island ARG/11th MEU team provided our commanders with capable sea-based rapid-response force," said Capt. Mike Crary, commander, PHIBRON 5. "Our ships and the landing force they carried gave commanders the operational flexibility they needed to respond to a range of crises, anywhere in theater, in a moment's notice. After seven months of operations, I'm still impressed by this team's capabilities."

Capt. William Sherrod, XO of USS *Somerset*, hugs his children after the ship returned to it's homeport. photo by MC2 Jacob I. Allison

Throughout the U.S. Pacific and Central Command areas of responsibility, the ARG/MEU trained with partner militaries to enhance relationships with those nations and to strengthen proficiency in the execution of the full spectrum of amphibious operations. In 7th Fleet, Sailors and Marines worked with militaries and self-defense forces from Japan, Malaysia, Sri Lanka, and Papua New Guinea. While in 5th Fleet, the team participated in exercises with forces in Djibouti and Oman.

"Exercises like Tiger Strike with the Malaysian armed forces and Alligator Dagger in Djibouti included hundreds of LCAC (landing craft air cushion) evolutions and flight hours," said Capt. Mark Melson, *Makin Island*'s commanding officer. "Moving the landing force ashore and working with our partners in those countries enhanced our collective crisis-response capabilities and ensured the team's readiness to react to anything our commanders needed."

The 2,600 Marines and Sailors of the 11th MEU recently disembarked the ships to return to their home base in Camp Pendleton. The 11th MEU is comprised of the command element, aviation combat element and ground combat element, to name a few.

This was the third deployment for *Makin Island*, the seventh for *Comstock*, and the first for *Somerset.*

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MCRD SAN DIEGO (May 12, 2017) - A Fox Company Marine gets a congratulatory hug after his graduation ceremony here. Marine Corps photo

San Diego Sailors clean up community streets

by MCSN Morgan K. Nall

SAN DIEGO - Approximately 300 Sailors and their family members picked up trash around Naval Base San Diego (NBSD) during the semi-annual "Main Street Cleanup" event, May 13.

During the event, volunteers from 16 different commands walked an approximate five-mile radius beginning and ending at Mariner's Park.

"We had an excellent turn out today," said Cmdr. Jesse Lankford, executive officer of NBSD. "It's great to see so many commands contribute their free time to this worth-while community service event."

The event was coordinated by Chief Quartermaster Colin Lalor, the First Class Petty Officers Association and the Junior Sailors Association from NBSD.

"Planning up until this day was a little stressful, but actually seeing the complete product is worth it," said Culinary Specialist 2nd Class Michelle Little, president of NBSD JSA. "This event greatly improves morale because the families get to come out here, be with their Sailor and do something meaningful. It's good to see everyone out here without the uniform, being themselves and having a good time."

Participants of Main Street Cleanup gather around all of the trash they collected. Sailors from 16 commands and their family members worked a five-mile radius around Mariner's Park. Navy photo by MCSN Morgan K. Nall

Little said she hopes that their efforts will show civilians that live in the area that the military cares about the streets they share.

"I've done this a couple of times," said Personnel Specialist 1st Class Giebenson V. Perturbos. "I drive on this road every day so it's the least I can do to help the community."

This is the first year the event has covered this area of the community and there was a lot of trash to be collected.

"It gave me a different perspective because normally I'm just driving in my car and I don't actually see all the trash that's there," said Hospitalman Gabriele Stegall.

Following the clean-up, Capt. Roy Love, commanding officer of NBSD, awarded a trophy to Sailors from USS Essex (LHD 2) for collecting the most trash.

"Naval Base San Diego is proud to give back to the community and the surrounding area, and to be doing our part to make the streets more beautiful," said Love.

America, Makin Island transfers ammo

by MC3 Arnesia McIntyre

PACIFIC OCEAN - USS *America* (LHA 6) received unexpended ammunition during an ordnance transfer from USS *Makin Island* (LHD 8) while underway off the coast of Southern California during a Composite Unit Training Exercise May 12.

Makin Island is currently returning home from a seven-month deployment to the Pacific, Middle East, and the Horn of Africa as America prepares for its maiden deployment later this summer.

While *Makin Island* was off the coast locally, an MH-60S Sea Hawk assigned to Helicopter Sea Combat Squadron 23 transported RIM-116 rolling airframe standard missile 2's from *Makin Island* to *America*'s flight deck.

These missiles are an upgrade to *America*'s original ammunition load-out earlier in the year.

"What they're giving us is something that is going to be better for us in the 5th Fleet," said Chief Aviation Ordnanceman Javier Keyser, ordnance control leading chief petty officer. "We want to ensure our ammo is the latest and greatest."

America is armed with two RAM launchers that hold 21 SM 2's. This missile system is the ship's second line of defense, with an approximately 3 nautical-mile range, and is a fire-and-forget missile designed to destroy anti-ship cruise missiles and asymmetrical air and surface threats.

"Before deployment, we're going to load them up into our forward and aft RAM launchers and they will stay there while we are in harm's way." said Chief Fire Controlman Joseph Tsicouris, Combat Systems maintenance manager.

"This is a highly visible ship, not only being named *America*, but being one of the newest ships in the fleet," said Keyser.

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HSC-23 conducts ground-breaking Fire Scout ops at San Clemente Island

An MQ-8B Fire Scout unmanned aerial vehicle, top, conducts laser designation of an AGM-114 Hellfire missile for an MH-60S Sea Hawk helicopter attached to USS *America* (LHA 6) off the coast of San Clemente Island. Navy photo by MC3 Trenton J. Kotlarz. (inset) Courtesy photo of SCI.

by Lt. Michael DiDonato

SAN CLEMENTE ISLAND- The "Wildcards" of Helicopter Sea Combat Squadron (HSC) 23 made history this month, operating MQ-8B Fire Scout Unmanned Air Vehicles (UAV) from Naval Auxiliary Landing Field (NALF) San Clemente Island utilizing a Mobile Mission Control Station (MMCS).

Teams of pilots, aircrewmen, maintenance personnel and civilian specialists functioned organically to complete integrated missions with various surface and air assets.

The two-week operation culminated with the successful employment of the Fire Scout as the laser designating platform for an AGM-114N Hellfire missile, fired from an MH-60S Knighthawk attached to HSC-23 Detachment 2 on board USS *America* (LHA 6).

Additionally, the team accomplished the first ever long-range transit of the Fire Scout by an operational squadron, executing a "control station handoff" while transiting between San Clemente Island and Naval Base Ventura County Pt. Mugu. This operation has paved the way for the future development of the Fire Scout program, functioning as a force multiplier for the larger naval surface community and the tactical application of integrated manned and unmanned platforms in Naval Aviation.

Personnel from HSC-23 began operations from NALF San Clemente Island on May 3.

Prior to this detachment, Fire Scout operators conducted all flight training at NBVC Pt. Mugu, which is approximately 175 miles northwest of San Diego. Bringing the system to NALF San Clemente Island, which is located 80 miles west of San Diego, afforded many opportunities for integrated training with naval assets due to the multitude of ranges and support facilities around the island. The detachment planned and coordinated events despite an array of logistical hurdles, and established procedures for unmanned air vehicle operations within San Clemente Island airspace.

"A primary goal for this detachment was to showcase the capabilities of the MQ-8B," said Lt. Cmdr. David Barnhill, officer-in-charge of the detachment. "San Clemente Island broadens the training opportunities for our Fire Scout team and gives us the ability to work with a multitude of assets not otherwise available."

After completing unit-level training and confidence testing of the Fire Scout system within local and special use airspace during the first week, Fire Scout crewmembers flew range clearance missions and a successful Hellfire missile event in support of USS *America* Amphibious Ready Group on May 10.

"The Hellfire shot was absolutely a highlight for this detachment," said Barnhill. "It proved that Fire Scout is a viable asset to an already potent team. More than that, executing a successful in-flight transfer of the MQ-8B from one air vehicle operator to another over 70 miles away was the biggest milestone. It gives us enormous operational flexibility going forward to work with fleet elements on a regular basis."

This det can be classified as a resounding success by bringing UAV operations to the fleet on a larger scale than ever before. The Fire Scout provides critical mission sets to enhance battlespace awareness.

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PACIFIC OCEAN (May 3, 2017) - Cmdr. Ladislao Montero, executive officer of the "Cougars" of Electronic Attack Strike Squadron (VAQ) 139, performs his pre-flight inspections on an EA-18G Growler aboard USS *Theodore Roosevelt* (CVN 71) during a group sail training unit exercise. Navy photo by MC3 Spencer Roberts

CHANGI, Singapore (May 13, 2017) - Littoral combat ship USS *Coronado* (LCS 4) moors here in preparation for the International Maritime Defense Exhibition. *Coronado* is on a rotational deployment in U.S. 7th Fleet area of responsibility. Navy photo by MC3 Deven Leigh Ellis

PACIFIC OCEAN (May 9, 2016) - An SM-2 missile is launched from USS *Lake Erie* (CG 70) during a missile exercise. *Lake Erie* is underway on an independent deployment to the U.S. 7th and 5th fleet areas of operation in support of maritime security operations and theater cooperation efforts.

Navy photo by MCSN Lucas T. Hans

PACIFIC OCEAN (May 6, 2017) - Aviation Boatswain's Mate (Handling) 3rd Class Chinedu Darlington directs a firefighting team during a fire drill aboard USS *Essex* (LHD 2). The ship is underway conducting sea trials off the coast of Southern California.

Navy photo by MC3 Chandler Harrell

PEARL HARBOR (May 4, 2017) - Quartermaster Seaman Jaylan Ingalls renders honors to the USS Arizona Memorial as amphibious dock landing ship USS *Comstock* (LSD 45) departs Joint Base Pearl Harbor-Hickam following a scheduled port visit. *Comstock* is part of the *Makin Island* Amphibious Ready Group which visited Hawaii during their return voyage to San Diego following a 7-month deployment to the 3rd, 5th, and 7th Fleet areas of operations. photo by MC3 Abby Rader

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Pala Casino Spa & Resort will continue its free events series in June

Pala Casino Spa & Resort will continue its FREE Events series in June featuring the 60+ Club at 1 p.m. on Tuesdays and 12:30 p.m. on Thursdays; the underground wine CAVE and Luis Rey's on weekends, and tribute concerts at 8 p.m. on Saturdays in the Infinity Showroom.

The FREE June entertainment schedule includes:
Tribute Concerts, 8pm Saturdays,
Infinity Showroom

June 3, Viva Santana, a tribute to Santana, followed by Club Infinity with DJ Gonzo

June 10, The Long Run, a tribute to The Eagles, followed by Club Infinity with DJ Sinn

June 17, Fooz Fighters, a tribute to the Foo Fighters, followed by Club Infinity with Dennis Blaze

June 24, Journey Captured, a tribute to Journey, followed by Club Infinity with DJ Shy

60+ Club

12:30 p.m., Thursday, June 1, BINGO, Win a share of $1,200

1 p.m., Tuesday, June 6, Andy Dimino, celebrating the 100th birthday of Dean Martin

12:30 p.m., Thursday, June 8, BINGO, Win a share of $1,200

1 p.m., Tuesday, June 13, The Neil Deal, a tribute to the music of Neil Young and Crosby, Stills, Nash and Young

12:30 p.m., Thursday, June 15, BINGO, Win a share of $1,200

1 p.m., Tuesday, June 20, Captain Cardiac & The Coronaries, the country's premier rock and roll party show

12:30 p.m., Thursday, June 22, BINGO, Win a share of $1,200

1 p.m., Tuesday, June 27, Chris Nolan, a tribute to Nat King Cole

12:30 p.m., Thursday, June 29, BINGO, Win a share of $1,200

CAVE

7 p.m., Friday, June 2, Warren La Plante, Top 40/Pop/Classic Acoustic Rock

7 p.m., Saturday, June 3, Warren La Plante, Top 40/Pop/Classic Acoustic Rock

5 p.m., Sunday, June 4, Warren La Plante, Top 40/Pop/Classic Acoustic Rock

7 p.m., Friday, June 9 Chris James, Energy Acoustic Pop/Rock

7 p.m., Saturday, June 10, Chris James, Energy Acoustic Pop/Rock

5 p.m., Sunday, June 11, Warren La Plante, Top 40/Pop/Classic Acoustic Rock

7 p.m., Friday, June 16, David Reynolds, Variety/Classic Rock

7 p.m., Saturday, June 17, David Reynolds, Variety/Classic Rock

5 p.m., Sunday, June 18, David Reynolds, Variety/Classic Rock

7 p.m., Friday, June 23, Chris James, Energy Acoustic Pop/Rock

7 p.m., Saturday, June 24, Chris James, Energy Acoustic Pop/Rock

5 p.m., Sunday, June 25, Chris James, Energy Acoustic Pop/Rock

7 p.m., Friday, June 30, Warren La Plante, Top 40/Pop/Classic Acoustic Rock

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Friday, June 2, and Saturday, June 3, The Cougrzz
Friday, June 9, and Saturday, June 10, Mickie Arnett Band
Friday, June 16, and Saturday, June 17, David Paul Band
Friday, June 23, and Saturday, June 24, All In
Friday, June 30, Mor Sol

Additional Shows and Events Coming to Pala in June

The Moody Blues, "Days of Future Passed" 50th Anniversary Tour, 6:30 p.m., Sunday, June 4, Starlight Theater. Tickets, $85, $75, $65, at www.startickets.com

Tower of Power with Special Guest Average White Band, 7:30 p.m., Saturday, June 10, Starlight Theater. Tickets, $55, all seats, at www.starttickets.com

Jo Koy, 7:30 p.m., Saturday, June 24, Starlight Theater. Tickets, $45, all reserved, at www.startickets.com

About Pala Casino Spa & Resort includes a Las Vegas-style casino with 2,000 slot machines, 82 table games and 15 poker tables; a 507-room hotel; a 10,000-square-foot, full-service spa and salon that features 14 treatment rooms; a state-of-the-art fitness center; swimming pool with 12 private poolside cabanas, and dual-temperature outdoor whirlpool hot tub. Pala also offers 11 restaurants and 40,000 square feet of meeting and convention space. Pala Casino Spa & Resort is an AAA Four-Diamond Award winner for 12 consecutive years. The new Pala RV Resort opened May 23, 2016, and offers 100 parking sites for RVs and trailers from 55 to 70 feet and full-service amenities for RVers. Pala RV Resort is rated a perfect 10/10*/10 by Good Sam, the national RV Resort rating publication. Trailer Life and Motorhome magazines awarded Pala RV Resort its Gold Awards for 2016 as Best RV Resort Casino and Best Campground Resort. Its state-of-the-art Pala Spa was named the number three spa in North America and the number one spa in the State of California and the entire casino industry for 2016. The ranking marked the eleventh consecutive year that Pala Spa has been ranked in the Top 100 and Top 10. Pala Casino Spa & Resort was voted Best Casino in San Diego by the public in the 10News.com annual A-List poll sponsored by KGTV-TV 10 News in San Diego. For more information, visit http://www.palacasino.com.

In preparation for Valley Center Western Days May 26-28

Library to host Free Western Days Library Carnival May 24

The Valley Center Branch Library is celebrating its third annual Western Days Library Carnival on Wednesday, May 24 from 4-6 p.m. The Valley Center Branch Library is located at 29200 Cole Grade Road, Valley Center, CA 92082. This is a free event open to the public. John Abrams will offer a live animal magic show in the Library's Community Room. Valley Center Fire will be bringing a firetruck and a fun jump for the kids this year. Other booths will be sponsored by local Valley Center organizations and businesses. First responders such as the Valley Center Fire Department and San Diego County Sheriff's Department will have safety information available for the public. The Valley Center Kiwanis Club and the Valley Center Branch Library will be serving free food. The Valley Center Art Association will offer free face painting.

"Everybody can pick up a Free Tote Bag and Western Days Passport to go around and collect all kinds of free goodies and get their passport stamped at each booth," said Branch Manager, Laura Zuckerman. "When you fill up your passport you can visit the Friends of the Library's Bookstore and redeem your passport for a free Happy Trails gift bag."

New vendors will include: Rita's Italian Ice, HiCaliber Horse Rescue, LA Fitness, Spirit Martial Arts, Kahoots Pet Supply, H&H Feed, A-1 Irrigation, Medicare, Wyatt Security, do-Terra Wellness and the OMVA: Office of Military and Veterans Affairs.

Extra parking is available at the Church Parking Lot, next to the library. For more information about the Valley Center Western Days Library Carnival, call the library at (760) 749-1305 and visit the website at http://www.sdcl.org/locations_VC.html.

VARIETY: 'Once Upon a Time' star Jennifer Morrison to exit series after 6 seasons

by Joe Otterson

"Once Upon a Time" star Jennifer Morrison will exit the series at the conclusion of the current season, Variety has confirmed.

Morrison has been with the show since its launch, playing the role of Emma Swan in 134 episodes in total. Her exit comes as the ABC series is said to be a lock for another season. As Variety previously reported, offers have already been made to the writing staff, which will be tasked with taking the show in a new direction with the loss of some original characters in Season 7.

"The past six years of collaborating with Jennifer as Emma Swan have been truly magical," said series co-creators and showrunners Adam Horowitz and Edward Kitsis. "Watching her breathe life into Emma, she accomplished more than we could have dreamed possible - she gave life to a brand-new Disney Princess, filled with strength and intelligence and an incredible closet full of red leather jackets. We'll miss seeing her every day, but her imprint upon 'Once Upon a Time' is indelible. She will always be a part of the show and its heart and soul. That said, just because Jennifer won't be back every week doesn't mean we won't see our savior again."

Prior to joining the series, Morrison starred in the hit Fox medical drama "House" opposite Hugh Laurie, and has also appeared on "How I Met Your Mother" and the 2009 "Star Trek" reboot. She shared a message to fans on Instagram regarding her decision to exit the ABC series.

"As I reached the end of my 6 year contract on ONCE UPON A TIME, I was faced with a significant decision. ABC, Eddy Kitsis, and Adam Horowitz very generously invited me to continue as a series regular. After very careful consideration, I have decided that creatively and personally, it is time for me to move on," she wrote.

"As I move on to other creative endeavors, I will continue to attend the fan conventions whenever my professional schedule allows," she continued. "I always look forward meeting the fans. If ABC Network does in fact order a season 7, I have agreed to appear in one episode, and I will most certainly continue to watch ONCE UPON A TIME. The creativity of the show runners has always inspired me, and I cannot wait to see the ways that they continue to develop and reinvent the show."

Jennifer Morrison attends the FOX Fall Eco-Casino Party in West Hollywood, California, Sept. 24,2007.

The series has seen a dramatic drop in live ratings over the course of its run, currently averaging a 1.0 rating in adults 18-49 and 3.2 million total viewers, down approximately thirty percent in both measures from Season 5.

Armed Forces Day Operation Appreciation

On Armed Forces Day, Saturday, May 20, 2017, the Oceanside Chamber of Commerce will bring the business community and area residents together to provide a day of recognition to all active-duty military stationed on Marine Corps Base Camp Joseph H. Pendleton and nearby military bases.

Thousands of active duty military and their family members are treated to a day of free food, carnival rides and entertainment at the Oceanside Pier Amphitheatre.

The fun begins at 11 a.m. and last until 4 p.m. The day consists of a host of activities: including a great children's fun zone with carnival rides, inflatable jumps, rock climbing wall, kid's crafts and face painting.

Live entertainment will be featured at the amphitheater all day long. The Heroes, a multi-award winning show and dance band, will entertained our guests.

The Base Commanding General is helping to support Operation Appreciation on May 20 in honor of Camp Pendleton's 75th Anniversary by supplying vehicles from Camp Pendleton's Mechanized Museum. Included will be:

(1) M998, HMMWV (highback)

(1) M998, HMMWV (lowback)

(1) M923A1, 5-Ton Truck, Cargo

(1) MK48A1, LVS

All active duty military and their dependents must bring an active duty military ID Card to get unlimited rides, activities, and a free lunch. This event is open to the public. Tickets are available for purchase for children's rides. Entertainment and military displays are free to everyone.

Whether you are a civilian who wants to show your gratitude and enjoy a day of fun, or a member of the military family, this is a day for you: Show your appreciation or to be appreciated!

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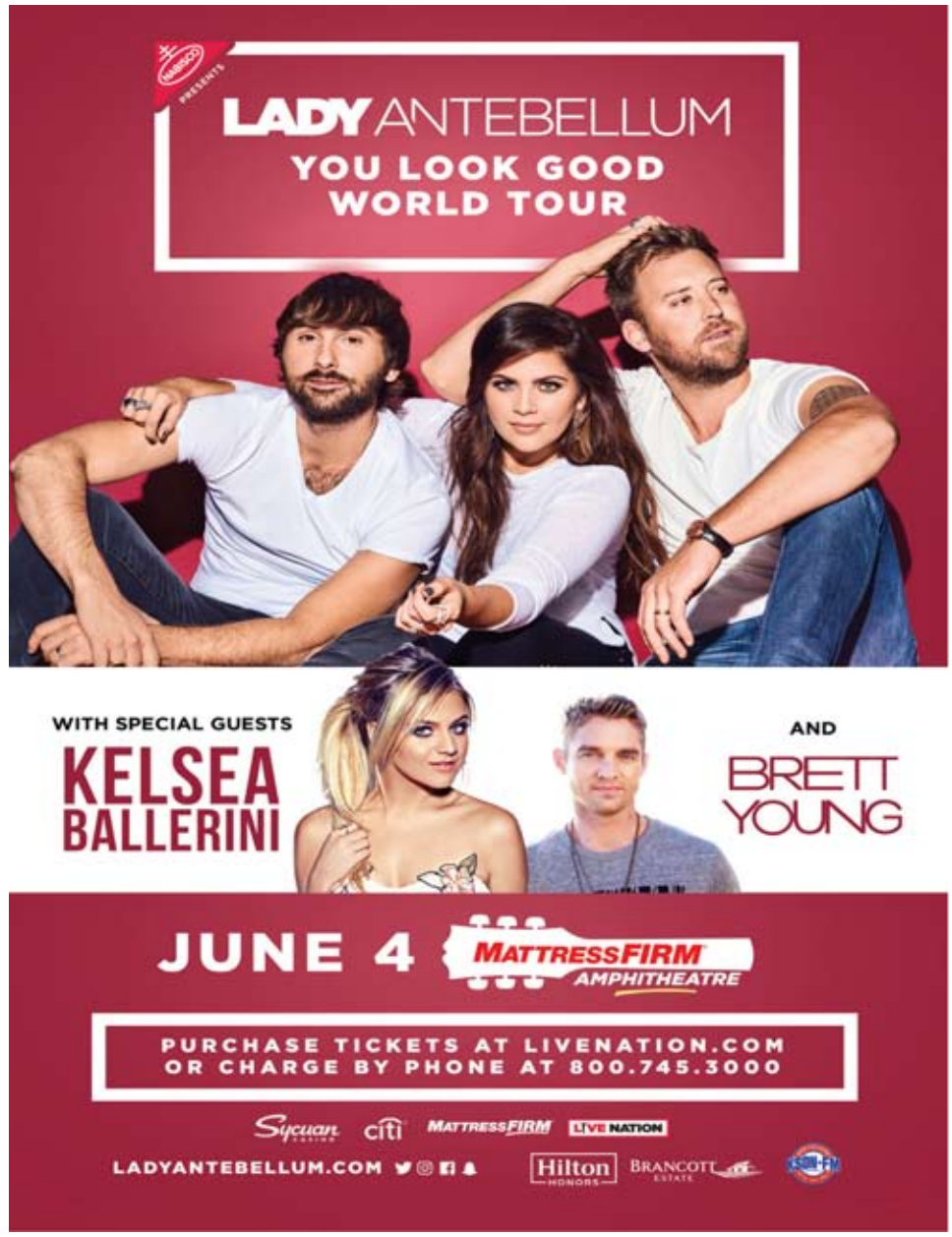

Join San Dieguito Lagoon for a day of fun

JOIN San Dieguito Lagoon for A day of family-friendly events and fun for all ages Saturday, May 20, 8:30 am – 2 pm

The schedule of events is:
8:30 am - Bird Walk
10am - Wild Wonders: Presentation of native birds, mammals, and reptiles
11am –2pm - Family oriented activities

Birds and Binoculars - use binoculars and telescopes to observe and learn about the bird species found in the lagoon.

The Art of Nature - utilize specimens found in the lagoon to create artwork.

Seedballs – increase native plant communities by mixing native seed and soil to create seedballs which will then be distributed within the Park.

Animals of the Park - try to properly identify a skull to the correct animal and then learn about their importance in the environment.

Marine Life - Biologists will have aquatic animals they have found in the lagoon to observe and learn about their role in the marine ecosystem.

Directions: Take the I-5 freeway to Via de la Valle. Go east; turn right on San Andres by California Bank and Trust. Take a left through Park gate and follow signs to park in the staging area.

For more information call 858-674-2275 Ext. 14. www.sdrpmobile.org/lagoonday

Outrigger Canoe Club meet-up

Ongoing until Saturday, Feb. 3, 2018 Saturdays, 8:30am-10:30am Cost: Free. Age limit: 18+ San Diego Outrigger Canoe Club is looking for a few good men and women to join our club. If you enjoy working out, love the ocean and being outside, and are a little bit competitive, you'll love outrigger paddling. No cost to check it out, and we'll have a paddle for you. Campland on the Bay, 2211 Pacific Beach Drive, San Diego, 92109.

Omarr's weekly Astrological forecast

ARIES (March 21-April 19): While you are busy barking up the wrong tree, you might ignore all the other trees in the forest. Suspicions could get the worst of you or you may be distracted by unrealistic goals in the upcoming week.

TAURUS (April 20-May 20): Practice being practical. In the week to come don't take on extra duties or volunteer for more responsibilities than you can handle. You may have enough on your plate to do properly without inviting criticism.

GEMINI (May 21-June 20): Anchor your feet firmly on the ground and keep your head out of the clouds. You may not be adept at business affairs and could easily be confused by unrealistic strategies. Watch the clock and be on time this week.

CANCER (June 21-July 22): You only get past something if you wait until the coast is clear. You might run into a roadblock or frustrations in the first half of the week. You will get more accomplished after the middle of the week is past.

LEO (July 23-Aug. 22): Use tortoise tactics to triumph at the races. Remember that the tortoise beat the hare through sheer tenacity. You may find that forcing any key issue or initiating a confrontation can cause trouble in the week ahead.

VIRGO (Aug. 23-Sept. 22): Keep your friends close and enemies closer. You could be in for an unwanted surprise in the week ahead if you ignore problems close to home. A partner may give you a head's up about a beneficial financial situation.

LIBRA (Sept. 23-Oct. 22): Touch base with the most trustworthy advisors. Ask for advice on troubling matters before you make a move. You may find inspiration right in your own backyard and grow closer to a friend in the week ahead.

SCORPIO (Oct. 23-Nov. 21): There is a time and place for everything. A desire to be seen as dependable or a preoccupation with popularity could be a prime motivating factor in the week ahead. You risk making the wrong move at the wrong time.

SAGITTARIUS (Nov. 22-Dec. 21): As this week unfolds remember to cross your "T"s and dot your "I"s. You may need to be more careful and more perfect than usual. There is a danger of being the subject of disapproval or causing offense.

CAPRICORN (Dec. 22-Jan. 19): If you tell it "like it is" you may be considered a Wiz. Your fact checking methods and a high degree of accuracy may highlight your genius. Pursue friendships rather than amorous hookups in the week to come.

AQUARIUS (Jan. 20-Feb. 18): Pay attention to criticisms. Accept the necessity of a few negatives as a positive step in your road to perfection. Be tolerant of other people's opinions in the week to come and keep the lines of communication fully open.

PISCES (Feb. 19-March 20): If it isn't broken don't fix it. In the week ahead your faulty intuitions may tell you it is time for drastic changes. Assess key situations at leisure and you will realize it would be foolish to change what is working well.

Archaeological Society presents

Lecture by Guest Speaker: Archaeologist Richard Schultz Tuesday, May 23, 7:30 pm at Los Peñasquitos Adobe, Los Peñasquitos Canyon Preserve, Off Black Mountain Road, beyond Canyonside Community Park.

For many years small excavation units have been utilized to gain understanding of the contents and contexts of sediments below the sod and streets of La Jolla Shores. As a practice, this is simple enough. However, add to this a 1920s grading operation, professional experiences with previously undocumented fill profiles, and small excavation unit archaeology, and it almost missed the big picture--until a recent recovery-oriented excavation program exposed sediment profiles that were not what they were presumed to have been.

For directions or additional information, call the San Diego County Archaeological Society at (858) 538-0935, or visit www.sdcas.org.

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San Diego State University and Nike sign new deal

San Diego State Athletics has reached a long-term agreement with Nike, expanding its agreement with the apparel provider through the 2023-24 season.

The new deal, which is now in effect, significantly increases San Diego State's promotional money from Nike. The extension ensures Nike remains the exclusive provider of uniforms, footwear, apparel and equipment for all 19 SDSU athletic programs.

"We value our long-standing relationship with Nike and look forward to advancing our partnership with this industry leader," SDSU director of athletics John David Wicker said. "We appreciate that Nike recognizes the tremendous successes of our 19 athletic programs. We are excited that our student-athletes will continue to be equipped with the best products in the industry."

Nike has been San Diego State's primary apparel provider since 2006.

This is the third major agreement recently announced by the athletic department. In February, SDSU entered a partnership with FOX Sports College Properties to manage its multimedia and sponsorship sales, while last week it was announced that 101.5 KGB and XTRA 1360 AM in conjunction with iHeartMedia will be the radio home of San Diego State athletic events beginning this fall.

San Diego State is enjoying another banner season, with six teams already having advanced to NCAA postseason competition. Since the beginning of the 2012-13 academic year, San Diego State has won 35 team conference championships. This decade, SDSU has had seven teams in six different sports finish in the top 10 at NCAA national championship competitions. The two-time defending conference champion football program has advanced to postseason play each of the last seven seasons, has won 11 games each of the last two seasons and ended the 2016 campaign ranked 25th nationally in both the Associated Press and USA Today polls. Since the start of the 2010 football season, San Diego State ranks fifth nationally in combined football and men's basketball winning percentage.

Women's Crew wins third straight Patriot League title; Earns NCAA championship bid

The Navy women's rowing team earned its third consecutive Patriot League Championship with a dominant performance May 12 on the waters of the Cooper River. Racing in first varsity eight, second varsity eight and first varsity four competitions, the Mids breezed to victories with its lower two boats to build up a five-point lead before closing strong and finishing in second place in the first varsity eight race. At the completion of the championship, Navy was atop the podium with a 51-46 victory over Boston.

Following Navy and Boston in the standings were Georgetown with 36 points, Bucknell with 34, MIT with 33, and Lehigh and Holy Cross with 26 each. Colgate (11) and Loyola (7) rounded out the lineup of nine teams that raced May 12.

"Today was another really good team effort," remarked head coach Joe Schlosberg. "The varsity four got the finals going with a really solid win. The second eight followed that up with an incredibly dominant win. The V8 struggled through the middle 1,000 meters, but made a huge push late. Every point mattered and every member of the team both here and in Annapolis contributed to this win. This championship is a culmination of hours and hours of hard work by this entire program. Our depth really came through today."

After a sweep of qualifying heat races in the morning the day's championship action started at 12 p.m. with the first varsity four grand final. The crew of Aria Dang, Giovanna DeVito, Rayelynn Brackett, Olivia Czerewko and coxswain Lauren Schrock led wire-to-wire on its way to a 14.087-second victory over Georgetown at 8:13.650 to 8:27.737. The V4 win earned Navy nine points in the overall team standings.

The Armed Forces Dispatch wants you to be a

WINNER!

Enter to score a pair of vouchers

San Diego County Fair

June 2 -July 4

This year's theme:

How the West was Won

Rules: Fill out the entry form below and send it to us at: Dispatch Newspaper/San Diego County Fair, P. O. Box 600600, San Diego, CA 92160. Entries must be in our office by Wed., May 24, 2017. One entry per family. Must show ID upon pickup. Entries may also be submitted via e-mail to *contest@navydispatch.com,* Subj: San Diego County Fair. Include all information requested below in online entries. Winners notified by telephone.

Armed Forces Dispatch Newspaper/San Diego County Fair
Wednesday, May 24, at noon.
Please answer all questions to be eligible.

name _____

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What radio station do you listen to?_____

❑ Active duty military (which base):

_____

❑ Military spouse/family member ☛

❑ Civilian

❑ Retired military

TV Listings

WEEKDAY MORNING/AFTERNOON

TVData©	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
XETV 6	Judge Mathis	Maury		Hot in Cleve-land	Hot in Cleve-land	The 700 Club		The Doctors		Judge Faith	Paternity Court	Judge Mathis		The Robert Irvine Show		Maury		Maury	
KFMB 8	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM		Judge Judy	Bold/Beautiful	The Young and the Restless		The Talk		Dr. Phil		Judge Judy	Judge Judy
KGTV 10	Good Morning America			Live with Kelly and Ryan		The View		10News Midday		The Chew		General Hospital		T.D. Jakes		RightThis-Minute	RightThis-Minute	10News: The Now San Diego	
KPBS 15	Ready Jet Go!	Nature Cat	Curious George	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Sesame Street	Dinosaur Train	Peg Plus Cat	Super Why!	Thomas & Friends	Sesame Street	Dinosaur Train	Wild Kratts	Arthur	Nature Cat	Ready Jet Go!	Odd Squad	Odd Squad
KNSD 39	Today			Today's Take		Today		NBC 7 News Midday		Days of our Lives		Access Hollywood Live		Steve Harvey		The Ellen DeGeneres Show		NBC 7 News at 4	
DISN	Stuck in the Middle	PJ Masks	Mickey Mouse	Mickey Mouse	Mickey Mouse	Roadster-Racers	The Lion Guard	Elena of Avalor	Sofia the First	Goldie & Bear	Doc Mc-Stuffins	Roadster-Racers	PJ Masks	PJ Masks	The Lion Guard	Jessie	Jessie	Austin & Ally	Austin & Ally
ESPN	First Take			SportsCenter		Outside the Lines	NFL Live	Varied Programs		NBA: The Jump		SportsNation	Questionable	Around the Horn	Pardon the Interruption	SportsCenter With Michael and Jemele		Varied Programs	
ESPN2	SportsCenter	SportsCenter		The Dan Le Batard Show With Stugotz		First Take		Varied Programs		NFL Live		Intentional Talk	Varied Programs	NBA: The Jump		Around the Horn	Pardon the Interruption	Varied Programs	
TLC	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Varied Programs						Hoarding: Buried Alive		Hoarding: Buried Alive		My 600-Lb. Life		Varied Programs		Say Yes to the Dress	Say Yes to the Dress
USA	Varied Programs									Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Varied Programs				Law & Order: Special Victims Unit	

MOVIETIME

Playing at theatres near you!
Mark your calendars!

5/26 PIRATES OF THE CARIBBEAN: DEAD MEN TELL NO TALES

5/26 BLACK BUTTERFLY

Pirates of the Caribbean: Dead Men Tell No Tales

Thrust into an all-new adventure, a down-on-his-luck Capt. Jack Sparrow feels the winds of ill-fortune blowing even more strongly when deadly ghost sailors led by his old nemesis, the evil Capt. Salazar, escape from the Devil's Triangle.

Genre: Action, Adventure, Fantasy PG-13
Cast: Johnny Depp, Javier Bardem, Brenton Thwaites

Black Butterfly

Paul, a reclusive writer, struggles to start what he hopes will be a career-saving screenplay. After a tense encounter with a drifter named Jack, Paul offers Jack a place to stay. Soon, the edgy, demanding Jack muscles his way into Paul's work. As a storm cuts off power to the isolated cabin, the two men begin a jagged game that will bring at least one tale to an end

Genre: Thriller, R
Cast: Antonio Banderas, Jonathan Rhys Meyers, Piper Perabo

THURSDAY EVENING — MAY 18, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	The Insider (N) ᑎ	The Middle (CC)	Mike & Molly ᑎ	Mike & Molly ᑎ	2 Broke Girls ᑎ	2 Broke Girls ᑎ	Supernatural "Who We Are" (N) ᑎ (CC)		Supernatural (Season Finale) (N) ᑎ (CC)		Seinfeld ᑎ (CC)	Seinfeld ᑎ (CC)	The Insider (CC)	The King of Queens
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edi-tion (N)	Big Bang Theory	The Great Indoors	The Amazing Race (N) ᑎ (CC)		The Amazing Race (N) ᑎ (CC)		News	Late-Colbert
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Grey's Anatomy "Ring of Fire" (CC)		Scandal "Tick, Tock; Transfer of Power" Fitz makes unexpected changes. ᑎ (CC)				10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) ᑎ (CC)		Ken Kramer's	A Growing Passion	Crossing South	Crossing South	Midsomer Murders "Vixen's Run" (N)		Midsomer Murders	Crossing South
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	Law & Order: Special Victims Unit ᑎ		The Blacklist "Mr. Kaplan" (N) (CC)		The Blacklist "Mr. Kaplan: Conclusion"		NBC 7 News	Tonight Show
DISN	L & M: Cali Style	L & M: Cali Style	Andi Mack	Bizaard-vark ᑎ	Tangled: The Se	Good-Charlie	Stuck/ Middle	Good-Charlie	K.C. Under-cover	K.C. Under-cover	L & M: Cali Style	Bunk'd ᑎ (CC)	Jessie ᑎ (CC)	Jessie ᑎ (CC)
ESPN	College Baseball Kentucky at Florida. (N) (Live) (CC)				To Be Announced			SportsCen-ter	SportsCenter With Scott Van Pelt (N)		To Be Announced		SportsCenter (N) (Live) (CC)	
ESPN2	WNBA Basketball: Lynx at Liberty		College Track and Field SEC Outdoor Champion-ship. (Taped) (CC)				SportsCenter (N) (CC)		30 for 30 (CC)		Jalen & Jacoby	30 for 30 Shorts	NFL Live (CC)	
TLC	Say Yes, Dress	Say Yes, Dress	Nate & Jeremiah by Design "Happy Hour"		My 600-Lb. Life "Milla's Story" ᑎ (CC)		My 600-Lb. Life: Supersized "Milla & Charity" Char-ity tries to help her daughter. (N) ᑎ				Skin Tight: Transformed (N)		My 600-Lb. Life: Super-sized ᑎ	
USA	Law & Order: Special Victims Unit ᑎ		Law & Order: Special Victims Unit ᑎ		Law & Order: Special Victims Unit ᑎ		Law & Order: Special Victims Unit ᑎ		Law & Order: Special Victims Unit ᑎ		Inside the FBI: New York (N) (CC)		Law & Order: Special Victims Unit ᑎ	

FRIDAY EVENING — MAY 19, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	The Insider (N) ᑎ	The Middle (CC)	Mike & Molly ᑎ	Mike & Molly ᑎ	2 Broke Girls ᑎ	2 Broke Girls ᑎ	The Originals "Queen Death" (N) ᑎ (CC)		Reign Darnley and John Knox team up.		Seinfeld ᑎ (CC)	Seinfeld ᑎ (CC)	The Insider (CC)	The King of Queens
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edi-tion (N)	Undercover Boss (Sea-son Finale) (N) ᑎ		The New I Love Lucy Superstar Special (N)		Blue Bloods "For the Community" ᑎ		News	Late-Colbert
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Toy Box "Episode 106; Episode 108" The judges decide a winner. ᑎ (CC)				20/20 ᑎ (CC)		10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) ᑎ (CC)		Washington Week	Roundtable	The Coroner "Pieces of Eight" (N) (CC)		Death in Paradise ᑎ (CC)		Live at the Belly Up	
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	First Dates "I Take a Lot of Selfies" (N) ᑎ		Dateline NBC (N) ᑎ (CC)				NBC 7 News	Tonight Show
DISN	L & M: Cali Style	L & M: Cali Style	Andi Mack	Bizaard-vark ᑎ	K.C. Under-cover	Bunk'd ᑎ (CC)	Andi Mack	Andi Mack (N)	★★½ **Brave** (2012) Voices of Kelly Macdonald. ᑎ			Tangled: The Se	Andi Mack	Stuck/ Middle
ESPN	College Softball		College Softball NCAA Tournament, Regional: Teams TBA. (N) (Live) (CC)				SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	College Softball		College Softball NCAA Tournament, Regional: Teams TBA. (N) (Live) (CC)				NCAA Update	College Softball NCAA Tournament, Regional: Teams TBA. (N) (Live) (CC)				Jalen & Jacoby	NFL Live (N) (CC)	
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Girl Starter "Build It" (N) ᑎ		Say Yes to the Dress ᑎ (CC)		Say Yes to the Dress ᑎ (CC)		Say Yes to the Dress ᑎ (CC)		Say Yes to the Dress ᑎ (CC)	
USA	Law & Order: Special Victims Unit ᑎ		Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ

SATURDAY MORNING/AFTERNOON — MAY 20, 2017

TVData©	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
XETV 6	Dog Whis-perer	Dog Whis-perer	Dog Whis-perer	Save Our Shelter	Vacation Creation	Save to Win (N)	Animal Friends	24-Hour Fat Loss	Paid Program	Paid Program	Paid Program	24-Hour Fat Loss	Paid Program	Nip&Tuck	Paid Program	Paid Program	Nip&Tuck	Championship Wrestling	
KFMB 8	Dr. Chris: Pet Vet (N)	Innovation Nation	The Inspec-tors	Hidden Heroes	The Open Road	Paid Program	Paid Program	Paid Program	Paid Program	PGA Tour Golf AT&T Byron Nelson, Third Round. From TPC Four Seasons Las Colinas in Irving, Texas. (N) (Live) (CC)						PiYo Work-out!	Inside Edition	Judge Judy ᑎ (CC)	Judge Judy ᑎ (CC)
KGTV 10	Good Morn-ing	10News This Morning at 8am Saturday (N) (CC)		Jack Hanna	Ocean Treks	Sea Rescue (N)	The Wildlife Docs	Rock the Park (N)	Outback Adventures	World of X Games (N)		IndyCar Racing Indianapolis 500, Qualifying Day 1. From Indianapolis Motor Speedway. (N) (Live)				Paid Program	Paid Program	Castle Castle hunts an arsonist-turned-killer. ᑎ	
KPBS 15	Daniel Tiger	Splash and Bubbles	Curious George	2017 National Geographic Bee ᑎ (CC)		Suze Orman's Financial Solutions for You Finding financial solutions. ᑎ (CC)				This Old House (N)	Ask This Old House	Scandinavian	Simply Ming (N) ᑎ	Test Kitchen	Cooking School	Pati's Mexi-can Table	A Growing Passion	R. Steves' Europe	Crossing South
KNSD 39	NBC 7 News To	The Voyager	Wilderness Vet (N)	Journey-Dreyer	Naturally, Danny Seo	Give (N) ᑎ (EI)	Heart of a Champion	Laureus World Sports Awards 2017 (N) (CC)		Cycling Tour of California, Stage 7. Stage 7. From Moun-tain High to Pasadena, Calif. (N) (CC)				142nd Preakness Stakes (N) ᑎ (Live) (CC)				NHL Hockey: Predators at Ducks	
DISN	The Lion Guard ᑎ	Roadster-Racers	Puppy Dog Pals (CC)	Elena of Avalor ᑎ	Tangled: The Series	Star vs. Forces	Milo Murphy's Law	Stuck in the Middle	K.C. Under-cover	★★★½ **Brave** (2012) Voices of Kelly Mac-donald, Billy Connolly. ᑎ			Tangled: The Series	Andi Mack ᑎ (CC)	Stuck in the Middle	Stuck in the Middle	Stuck in the Middle	Stuck in the Middle	Stuck in the Middle
ESPN	SportsCenter (N) (Live) (CC)			College Softball NCAA Tournament, Regional: Teams TBA. (N) (Live) (CC)				NCAA Studio Update	College Softball NCAA Tournament, Regional: Teams TBA. (N) (Live) (CC)				NCAA Studio Update	College Softball NCAA Tournament, Regional: Teams TBA. (N) (Live) (CC)				SportsCenter (N) (Live) (CC)	
ESPN2	FIFA Team	FIFA Ultimate Team Cham-pionship		College Softball NCAA Tournament, Regional: Teams TBA. (N) (Live) (CC)				NCAA Studio Update	College Softball NCAA Tournament, Regional: Teams TBA. (N) (Live) (CC)				NCAA Studio Update	College Softball NCAA Tournament, Regional: Teams TBA. (N) (Live) (CC)				College Softball	
TLC	Four Wed-dings ᑎ	Little People, Big World ᑎ (CC)		Little People, Big World "Twinning Through Life"		Little People, Big World ᑎ (CC)		Nate & Jeremiah by Design "Happy Hour" ᑎ		Nate & Jeremiah by Design "East Meets West"		Nate & Jeremiah by Design ᑎ (CC)		Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress
USA	Paid Program (CC)	Paid Program (CC)	Paid Program (CC)	NCIS: Los Angeles "Active Measures" ᑎ		NCIS: Los Angeles "Citadel" ᑎ (CC) (DVS)		NCIS: Los Angeles "Driving Miss Diaz" ᑎ		NCIS "Driven" A highly clas-sified robotic vehicle.		NCIS "Suspicion" Intel-ligence officer is killed. ᑎ		NCIS A military family comes under suspicion.		NCIS Busting an illegal trucking operation. ᑎ		NCIS Officer's death links to a prostitute. ᑎ	

SATURDAY EVENING — MAY 20, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	American Ninja Warrior "Miami Finals" ᑎ		American Ninja Warrior ᑎ (CC)		The Middle (CC)	The Middle (CC)	Mike & Molly ᑎ	Mike & Molly ᑎ	2 Broke Girls ᑎ	2 Broke Girls ᑎ	Engage-ment	Engage-ment	The King of Queens	Tosh.0 ᑎ (CC)
KFMB 8	CBS News 8 at 5pm (N) ᑎ (CC)		Weekend News	News	Entertainment Tonight (N) ᑎ (CC)		NCIS: New Orleans "One Good Man" ᑎ		Training Day "Elegy, Part 2" (CC)		48 Hours ᑎ (CC)		News	Blue Bloods
KGTV 10	10News at 5pm	World News	10News at 6pm	The List (N) (CC)	Rookie Blue "Bad Moon Rising" (CC)		American Housewife	Downward Dog ᑎ	20/20 ᑎ (CC)		20/20 ᑎ (CC)		10News at 11pm	Sports XTRA
KPBS 15	NewsHour Wk	KPBS Spectrum	The Lawrence Welk Show (N) (CC)		Keep-Appear	Keep-Appear	Father Brown Dollhouse crime scene.		Rock, Rhythm and Doo Wop Little Richard and others perform. ᑎ (CC)				Globe Trekker Climbing Volcan Lanin. (N)	
KNSD 39	NHL Hockey Nashville Predators at Anaheim Ducks. (N) ᑎ (Live) (CC)				1st Look (N) (CC)	NBC 7 News	SoundDiego	Saturday Night Live Dwayne Johnson; Katy Perry performs.			Saturday Night Live ᑎ (CC)		NBC 7 News	Saturday Night Live
DISN	Stuck/ Middle	Stuck/ Middle	Stuck/ Middle	Stuck/ Middle	Walk the Prank ᑎ	Walk the Prank ᑎ	MECH-X4 ᑎ (CC)	Lab Rats: Elite	★★½ **Diary of a Wimpy Kid** (2010) Zachary Gordon. ᑎ			K.C. Under-cover	K.C. Under-cover	Bunk'd ᑎ (CC)
ESPN	NBA Countdown (N) (Live)		NBA Basketball Golden State Warriors at San Antonio Spurs. (N) (Live) (CC)					SportsCenter (N) (Live) (CC)			SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	College Softball		NCAA Update	College Softball NCAA Tournament, Regional: Teams TBA. (N) (Live) (CC)				E:60 (CC)	30 for 30 (CC)		30 for 30			
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress ᑎ (CC)		Say Yes to the Dress UK "Royal Edition"		Nate & Jeremiah by Design ᑎ (CC)		Nate & Jeremiah by Design ᑎ (CC)		Say Yes to the Dress UK "Royal Edition"	
USA	NCIS "Ships in the Night" (CC) (DVS)		NCIS "Enemy on the Hill" (CC) (DVS)		NCIS The team investi-gates a plane crash.		NCIS Searching for a missing Marine.		NCIS "Housekeeping" ᑎ (CC) (DVS)		NCIS "Secrets" ᑎ (CC) (DVS)		NCIS "Rekindled" ᑎ (CC) (DVS)	

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

TV Listings

SUNDAY MORNING/AFTERNOON — MAY 21, 2017

TVData©	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30
XETV 6	Paid Program	Nip&Tuck	Paid Program	Paid Program	24-Hour Fat Loss	Paid Program	Paid Program	Paid Program	Paid Program	The Neighborhood SD	Paid Program	San Diego	Paid Program	The Incredible Dog Challenge Tour (CC)		The Incredible Dog Challenge Tour (CC)		Home Pro Show	Raw Travel (N) (CC)
KFMB 8	CBS News Sunday Morning (N) (CC)		Face the Nation (N) (CC)		Paid Program	Paid Program	King of the Grill-Wood	Paid Program	PiYo Workout!	PGA Tour Golf AT&T Byron Nelson, Final Round. From TPC Four Seasons Las Colinas in Irving, Texas. (N) (Live) (CC)						Paid Program	Laura McKenzie	Entertainment Tonight (N) (CC)	
KGTV 10	Good Morning	10News This Morning at 8am Sunday (N) (CC)		This Week With George Stephanopoulos (N)		Joel Osteen (CC)	Paid Program	Paid Program	Nip&Tuck	Paid Program	Paid Program	IndyCar Racing Indianapolis 500, Qualifying Day 2. From Indianapolis Motor Speedway. (N) (Live)				Home Pro Show	Castle The murder of a video store clerk. (CC)		World News
KPBS 15	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Ready Jet Go! (EI)	Washington Week	KPBS Roundtable	Charlie Rose	Inside CA Education	School, Inc. "Push or Pull" Private schools. (N)		NOVA Disappearance of John Franklin and crew.		NOVA Design secrets of chariots. (N)		Nature "Dolphins: Spy in the Pod" (CC) (DVS)		Ken Kramer's S.D.	Historic Places
KNSD 39	English Premier League Soccer Championship Sunday: Teams TBA.			Premier League Goal Zone (N) (Live) (CC)		Auto Racing Global RallyCross Series. From Kentucky Exposition Center in Louisville, Ky. (N) (CC)				NHL Hockey Ottawa Senators at Pittsburgh Penguins. Eastern Conference Finals, Game 5. (If necessary). (N) (Live) (CC)						Paid Program	Graham Bensinger	Access Hollywood (N) (CC)	
DISN	The Lion Guard	Roadster-Racers	Puppy Dog Pals	Elena of Avalor	Tangled: The Series	Star vs. Forces	Milo Murphy's Law	Stuck in the Middle	K.C. Undercover	★★½ **Diary of a Wimpy Kid** (2010) Zachary Gordon, Robert Capron.			Andi Mack	Bunk'd (CC)	Bunk'd (CC)	Bunk'd (CC)	Bunk'd (CC)	Bunk'd (CC)	Bunk'd (CC)
ESPN	SportsCenter (N) (Live) (CC)			College Softball NCAA Tournament, Regional: Teams TBA. (N) (Live) (CC)				NCAA Studio Update	College Softball NCAA Tournament, Regional: Teams TBA. (N) (Live) (CC)				NCAA Studio Update	MLS Soccer LA Galaxy at Minnesota United FC. From TCF Bank Stadium in Minneapolis. (N) (Live)				Baseball Tonight: Sunday Night Countdown	
ESPN2	E:60 (N)	SportsCenter Special		College Lacrosse NCAA Tournament -- Towson vs Syracuse. Third Quarterfinal. (N) (Live)				NCAA Studio Update	College Lacrosse NCAA Tournament -- Albany (N.Y.) vs Maryland. Fourth Quarterfinal. (N) (Live)				SC Featured	E:60		SportsCenter (N) (Live) (CC)		College Softball	
TLC	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	My 600-Lb. Life "Dottie's Story" (CC)		My 600-Lb. Life "Ashley R's Story" Ashley makes changes to save her life. (CC)				My 600-Lb. Life Lupe still can't walk. (CC)	
USA	English Premier League Soccer Teams TBA. (Taped) (CC)			Inside the FBI: New York (CC)		Law & Order: Special Victims Unit "Consent"		Law & Order: Special Victims Unit "Abuse"		Law & Order: Special Victims Unit "Secrets"		Law & Order: Special Victims Unit "Stolen"		Law & Order: Special Victims Unit "Florida"		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit	

CROSSWORD PUZZLE

The identity of the featured celebrity is found within the answers in the puzzle. In order to take the TV Challenge, unscramble the letters noted with asterisks within the puzzle.

ACROSS

1. "American __"
8. Certain votes
9. "Did You __ About the Morgans?"; Hugh Grant film
10. Role on "Criminal Minds" (2)
14. "__ Misbehavin' "; musical revue
15. "__ Vegas"
16. "There __ __ tavern in the town..."
17. One of the Gosselin sextuplets
18. "Orange Is the __ Black"
19. Blow a __; lose one's temper
20. "Killing __ Softly"; 2012 Brad Pitt movie
24. Bath with seats
27. "Rabbit __"; 2010 Nicole Kidman film
28. Suffix for long or strong
29. Felix or Morris
32. Item on a bread tray
33. Series for Monica Raymund (2)
36. "__ __ for All Seasons"
37. Role on "Two and a Half Men"
38. Michael of the series "Bull"

DOWN

1. Wild scavengers that seem to be laughing
2. "...__ __ ramparts we watched..."
3. Take advantage of
4. "__ the Boss?"
5. Suffix for boss or blood
6. Ron Moody's role on "Oliver!"
7. Clear the board
8. Foreign farewell
11. Initials for singer Loggins
12. Barker or Bell
13. Slangy refusal
14. Sitcom alien
20. "The __ of It All"; 1963 Doris Day/James Garner film
21. Cry of joy or approval
22. Burstyn or Pompeo
23. Role on "Alice"
24. 1/60 of a min.
25. "Nonsense!"
26. "One Day at __ __"
29. "White Men __ Jump"; Wesley Snipes movie
30. Initials for the star of "Matlock"
31. "What Not __ Wear"
34. President Arthur's monogram
35. "Master and Commander: The __ Side of the World"

Solution
Matt Lauer

© Zap2it

SUNDAY EVENING — MAY 21, 2017

TVData©	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
XETV 6	Horizon	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs	The Insider (N)	Mike & Molly	Mike & Molly	2 Broke Girls	2 Broke Girls	Seinfeld (CC)	Seinfeld (CC)	The King of Queens	Tosh.0 (CC)
KFMB 8	CBS News 8 at 5pm (N) (CC)		Weekend News	News	60 Minutes (N) (CC)		60 Minutes (N) (CC)		Madam Secretary "Article 5" (CC)		Elementary "Hurt Me, Hurt You" (CC)		News	Blue Bloods
KGTV 10	2017 Billboard Music Awards Festivities recognize artists. (N) (Live) (CC)						2017 Billboard Music Awards Festivities recognize artists. (CC)						10News at 11pm	Sports XTRA
KPBS 15	NewsHour Wk	SciTech Now (N)	Father Brown Dollhouse crime scene.		A Place to Call Home "Boom!" (N) (CC)		Call the Midwife (Season Finale) (N) (CC)		Dark Angel on Masterpiece Mary Ann arouses suspicions. (N) (CC)				Secrets of Great British Castles (CC)	
KNSD 39	Politically Speaking	Nightly News	NBC 7 News at 6	Paid Program	Dateline NBC (N) (CC)				Shades of Blue "Behind the Mask" (N)		Shades of Blue "Broken Dolls" (N) (CC)		NBC 7 News	Sportswrap
DISN	Bunk'd (CC)	Bunk'd (CC)	Bunk'd (CC)	Tangled: The Se	Stuck/ Middle	Andi Mack	K.C. Undercover	Bizaardvark	**Invisible Sister** (2015, Adventure) Rowan Blanchard, Karan Brar.			Bunk'd (CC)	K.C. Undercover	Bizaardvark
ESPN	MLB Baseball Texas Rangers at Detroit Tigers. From Comerica Park in Detroit. (N) (Live)						SportsCenter (N) (Live) (CC)			SportsCenter (CC)			SportsCenter (CC)	
ESPN2	College Softball		NCAA Update	College Softball NCAA Tournament, Regional: Teams TBA. (N) (Live)				SportsCenter	ESPN FC (N) (CC)		30 for 30 (CC)			
TLC	My 600-Lb. Life Lupe still can't walk. (CC)		Return to Amish: Extra Chapter "Fun in the Shun" (N)				Return to Amish "From Here to Maternity" Tensions settle down in Florida. (N)						Return to Amish	
USA	Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Modern Family	Modern Family

MONDAY EVENING — MAY 22, 2017

TVData©	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
XETV 6	The Insider (N)	The Middle (CC)	Mike & Molly	Mike & Molly	2 Broke Girls	2 Broke Girls	Supergirl "Nevertheless, She Persisted"		Jane the Virgin "Chapter Sixty-Four"		Seinfeld (CC)	Seinfeld (CC)	The Insider (CC)	The King of Queens
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	Princess Diana: Her Life -- Her Death -- The Truth Exploring the legacy of the global icon.				The Late Late Show Carpool Karaoke		News	Late-Colbert
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Dancing With the Stars (CC)		The Bachelorette (Season Premiere) Rachel meets the bachelors. (N) (CC)				10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)		Antiques Roadshow "Orlando" (N) (CC)		Antiques Roadshow Paul Revere print.		Secrets of Great British Castles (N) (CC)		Independent Lens (N) (CC)	
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "Live Finale, Part 1" The final four artists perform. (N Same-day Tape) (CC)				Running Wild With Bear Grylls (N) (CC)		NBC 7 News	Tonight Show
DISN	Liv and Maddie	Liv and Maddie	Andi Mack	Bizaardvark	K.C. Undercover	Good-Charlie	Stuck/ Middle	Good-Charlie	K.C. Undercover	K.C. Undercover	L & M: Cali Style	Bunk'd (CC)	Jessie (CC)	Jessie (CC)
ESPN	NBA Countdown (N) (Live)		NBA Basketball Golden State Warriors at San Antonio Spurs. (N) (Live) (CC)					SportsCenter With Scott Van Pelt (N) (Live) (CC)					SportsCenter (N) (Live) (CC)	
ESPN2	Kickboxing Glory 41. (Taped)				E:60		SportsCenter (N)	30 for 30 Shorts	NFL Live (CC)		Jalen & Jacoby	SportsCenter	SportsCenter	SportsCenter
TLC	Say Yes to the Dress (CC)		Say Yes to the Dress "The Shay Way"		Say Yes, Dress	Say Yes, Dress	Little People, Big World (CC)		Little People, Big World (CC)		Little People, Big World (CC)		Little People, Big World (CC)	
USA	Law & Order: Special Victims Unit		Modern Family	Modern Family	Modern Family	Modern Family	WWE Monday Night RAW (N Same-day Tape) (CC)						Friday Night Tykes: Steel Country (N)	

TUESDAY EVENING — MAY 23, 2017

TVData©	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
XETV 6	The Insider (N)	The Middle (CC)	Mike & Molly	Mike & Molly	2 Broke Girls	2 Broke Girls	The Flash Barry takes on Savitar. (CC)		iZombie "Eat a Knievel" (N) (CC)		Seinfeld (CC)	Seinfeld (CC)	The Insider (CC)	The King of Queens
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS "Off the Grid" (CC) (DVS)		Bull "Benevolent Deception" (CC)		48 Hours: NCIS (N) (CC)		News	Late-Colbert
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Downward Dog	Dancing With the Stars (Season Finale) (N Same-day Tape) (CC)					10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)		Victorian Slum House "The 1890s" (N)		American Epic "Blood and Soil" (N)		Frontline "Bannon's War" (N) (CC)		Beyond Wall	VISA Dream
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	Great News (N)	Great News	The Voice "Live Finale, Part 2" Carson Daly announces the winner. (CC)				NBC 7 News	Tonight Show
DISN	Liv and Maddie	Tangled: The Se	Andi Mack	Bizaardvark	K.C. Undercover	Good-Charlie	Stuck/ Middle	Good-Charlie	Tangled: The Se	K.C. Undercover	L & M: Cali Style	Bunk'd (CC)	Jessie (CC)	Jessie (CC)
ESPN	MLB Baseball San Francisco Giants at Chicago Cubs. From Wrigley Field in Chicago.				MLB Baseball St. Louis Cardinals at Los Angeles Dodgers. From Dodger Stadium in Los Angeles. (N) (Live)						SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	WNBA Basketball Connecticut Sun at Minnesota Lynx. (N) (Live) (CC)				SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter With Scott Van Pelt (N)		Jalen & Jacoby	NFL Live (CC)		Jalen & Jacoby
TLC	Say Yes to the Dress "Love is Love" (CC)		Say Yes to the Dress (CC)		7 Little Johnstons		Little People, Big World: Back to the		Little People, Big World (N) (CC)		7 Little Johnstons "I Just Tinkled" (N)		Little People, Big World (CC)	
USA	NCIS The team hunts for an escaped spy.		Modern Family	Modern Family	Modern Family	Modern Family	WWE SmackDown! (N Same-day Tape) (CC)				Team Ninja Warrior "Qualifying Week 6"		Chrisley Knows	Chrisley Knows

WEDNESDAY EVENING — MAY 24, 2017

TVData©	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
XETV 6	The Insider (N)	The Middle (CC)	Mike & Molly	Mike & Molly	2 Broke Girls	2 Broke Girls	Arrow "Lian Yu" (Season Finale) (N) (CC)		The 100 The heroes fight for their survival.		Seinfeld (CC)	Seinfeld (CC)	The Insider (CC)	The King of Queens
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	Survivor (Season Finale) One remaining castaway will be crowned. (N) (CC)				Survivor "Reunion Show" (N) (CC)		News	Late-Colbert
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	**Dirty Dancing** (2017, Musical) Abigail Breslin, Debra Messing. Premiere. Baby falls in love with a summer camp dance instructor.						10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)		Nature Swarm intelligence. (CC) (DVS)		Sinking of an Aircraft Carrier (N) (CC)		Food -- Delicious Science (N) (CC)		The Crowd & the Cloud (N) (CC)	
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	Law & Order: Special Victims Unit		Law & Order: Special Victims Unit (N)		Law & Order: Special Victims Unit		NBC 7 News	Tonight Show
DISN	Liv and Maddie	Liv and Maddie	Andi Mack	Bizaardvark	K.C. Undercover	Good-Charlie	Stuck/ Middle	Good-Charlie	K.C. Undercover	K.C. Undercover	L & M: Cali Style	Bunk'd (N) (CC)	Jessie (CC)	Tangled: The Se
ESPN	NBA Countdown (N) (Live)		NBA Basketball San Antonio Spurs at Golden State Warriors. Western Conference Finals, Game 5. (If necessary).					SportsCenter With Scott Van Pelt (N) (Live) (CC)					SportsCenter (N) (Live) (CC)	
ESPN2	30 for 30 (CC)				E:60		World of X Games (N)			SportsCenter Special		Jalen & Jacoby	E:60	
TLC	My 600-Lb. Life "Brittani's Story" (CC)		My 600-Lb. Life "Milla & Charity, Part 1"		My 600-Lb. Life "Milla & Charity, Part 2"		My 600-Lb. Life "Joe W. & Pauline" Joe, once housebound, becomes engaged. (N)						My 600-Lb. Life "Joe W. & Pauline"	
USA	NCIS "Blood Brothers" (CC) (DVS)		NCIS Ducky is attacked. (CC) (DVS)		NCIS British prisoners flee stateside.		★½ **G.I. Joe: The Rise of Cobra** (2009, Action) Channing Tatum, Dennis Quaid, Adewale Akinnuoye-Agbaje.					★★ **G.I. Joe: Retaliation** (2013) Dwayne Johnson, Bruce Willis.		

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

On Base & On Board

A Great San Diego View During The Navy's Bay Bridge Run/Walk! The Navy's 31st Bay Bridge Run/Walk, presented by SDG&E, Leidos and Unified Port of San Diego, is Sunday, May 21, 2017. Your only chance to walk across the Coronado Bridge! Register today at www.navylifesw.com/bridgerun.

Summer Swim Lessons Affordable, private, semi-private and group lessons are available for all ages. Balboa Athletic Complex Pool, NMCSD, Bldg. 12, 619-532-6080 NBSD Admiral Prout Pool, Bldg. 3279, 619-520-3048 NBPL, Main Base Pool, Bldg. 1, 619-553-0934 VADM Martin Pool, NASNI, Bldg. 1507, 619-545-2877

Summer Day Camp CYP summer camp offers your child, 5-12 years of age, high learning activities, small group clubs, meals, FREE field trips and "on the spot" fun! Additional core programs include: sports, fitness, arts, character and leadership, education and career, and healthy lifestyles. For full day camp details visit or call the Youth Center near you. Admiral Hartman, 858-270-2060, Bayview Hills, 619-267-2018, Chesterton, 858-268-2252, Gateway Village, 619-225-5628, Murphy Canyon, 858-268-2828, Silver Strand, 619-435-5056, and Village at Serra Mesa, 858-571-3853 or register today at www.militarychildcare.com.

Friday Night Trivia & Costume Contest – '90s Nostalgia Friday, May 19, 6 pm, FREE NBPL, Main Base, The Clubhouse, Bldg. 546 Join us for '90s nostalgia trivia, featuring toys, music, movies and pop icons! Prizes handed out to first place trivia winners, as well as Best '90s Costume! Great group fun, so bring some friends. Food specials available for purchase. Registration required: 619-553-9138

Family Fitness & Movie Night Friday, May 19, 7 pm, FREE Parents and children of all ages are welcome to join MWR Fitness for a night of family-friendly fitness activities followed by a movie. Proudly sponsored by MWR, Navy Federal Credit Union and USAA. Register online www.navylifesw.com or call NBPL, Main Base Fitness Center at 619-553-4259.

Warner Bros. Tour Saturday, May 20, $58/person (8 yrs.+) See where your favorite shows and movies are filmed on an exclusive 2-hour tour. Includes snacks and transportation. Pick up locations: 7 am Silver Strand Youth Center/7:30 am Admiral Baker Picnic Area. Register: NBSD 619-556-9597, NBC 619-437-3190, NBPL 619-553-9138

Mission Breakfast Monday, May 22 • 6-11 am • NBSD, 4000 Brinser Street, Bldg. 548 All active & retired service members and their families are invited to Mission: Breakfast, provided by Smucker's (The J.M. Smucker Company) and hosted by NBSD MWR. This FREE event will include breakfast yummies, live music, giveaways and more. Mission: Breakfast...serving those who serve our country!

Warrior Games Tuesday, May 23, 9 am, NBPL, Main Base Upper Field, FREE Show your strength at MWR's version of a Scottish Strongman event open to men and women. Events include stone put, weight over bar, caber toss, hammer throw, and weight throw. Awards, event T-shirt and goodie bags await all competitors. Register online at www.navylifesw.com or call 619-553-7552.

Beachfest Saturday, May 27, 10 am-4 pm, FREE NBPL, Main Base, Smuggler's Cove Kick off the summer with great activities and fun opportunities to get on the water. Try everything from outrigger canoes to kayaks and much more! Info: 619-553-9138

Summer Kick-Off Party Saturday, May 27, 1-4 pm, FREE Admiral Baker Pool, Mission Gorge What better way to start summer than with a party! Enjoy swimming, crafts, DJ, games and snacks! Register: 619-556-9597

Daddy Daughter Dance Sunday, June 4, 4-7 pm, $20 per person NBSD Anchors Catering & Conference Center, Bldg.3210 Have the best date night with your daughter! Cost includes photo, photo frame craft area and, of course, dancing! Registration required: NBC 619-437-3190, NBSD 619-556-9597, NBPL 619-553-9138

Liberty's Great American Campout Saturday-Sunday, June 17-18 It's luxury, coastal yurt camping in the heart of Ventura, CA! Plus, spend the day having fun in the sun with a variety of outdoor activities like standup paddle boarding, surfing, kayaking and beach games. Sign up today at your base Liberty Center or call 619-437-3190. Trip open to single and unaccompanied service members and a guest, 18+.

MEMORIAL Day

Memorial Day Ruck Out Wednesday, May 24, 8 am, NAB Turner Field, FREE
Participate in MWR's 2-mile ruck/run/walk event with a short circuit workout to follow. Participants are encouraged to wear their own "ruck sack" or weighted vest filled with 15 lbs. (min) to 40 lbs. (max) of weight of your choice.

Free T-shirt awaits the first 200 to complete the event.
For more details call 619-437-2982 or register today at www.navylifesw.com.

AQUATHLON ~ Run-Swim-Run Thursday, May 25, 6:30 am, FREE NBSD, Admiral Prout Pool, Bldg. 3279 Individual or 2-person teams welcome. Participants receive an event T-shirt, plus awards for top finishers. Register today at www.navylifesw.com! Call 619-556-8915/14 for more information.

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AutoMatters™ & More

AutoMatters & More: BMW Ultimate Driving experience

by Jan Wagner

BMW has long been known for its iconic slogan "The Ultimate Driving Machine." This slogan was developed by Bob Lutz way back in 1973, when he was BMW's Executive Vice President of Global Sales and Marketing. Back then big, lumbering American cars dominated in the U.S. auto market. "The Ultimate Driving Machine" ad campaign was created to appeal to a new, younger generation, to differentiate BMW automobiles from the competition by emphasizing the driving experience (you can read more about the history of this massively successful ad campaign at http://www.bmwstyle.tv/the-ultimate-driving-campaign).

Capitalizing on this slogan, BMW's new "Ultimate Driving Experience" is touring the U.S. to introduce the all-new BMW 5 Series to potential customers. The event's adrenalin-charged introductory video (https://youtu.be/Lcc8OlFl5t) begins with a high-energy announcer asking "Can you drive, like really drive?" as a BMW speeds – tires squealing – around an autocross course (learn more and register at https://ude.bmwusa.com).

In the Ultimate Driver competition, first you will attend a classroom session where you will be schooled in the fine art of autocrossing. Then you, along with an instructor, will drive multiple laps in the BMW 5 Series around an autocross course. Here you can "push BMWs to their limits" and learn a few things about high performance driving including how to corner, when to brake and when to accelerate.

There is also a teen driving course and an optional (for a fee) driving event that they call the M Car Control Clinic.

Additionally there are a variety of BMW models available to test drive on the streets surrounding the venues. Inside a large, tented lounge you may enjoy refreshments, peruse displays showcasing BMW accessories and lifestyle items, and get a close look at the bullet hole-riddled BMW 5 Series from "The Escape."

"The Escape" is a high production value, tense, exciting action adventure drama from BMW Films. It features Clive Owen reprising his role as The Driver, Jon Bernthal as a machine gun-wielding bad guy named Holt and Dakota Fanning as Lily (https://youtu.be/Lcc8OlFl5tM).

Rather than attend the press preview of the tour, I signed up on the consumers' website so as to experience this event as you might. Overall this is a very good event but BMW missed several significant opportunities to make this even better and, in the process, further drive sales of their all-new BMW 5 Series. On the autocross course, where we drove multiple laps in two different 5 Series sedans (540i xDrive all wheel drive and 540i rear wheel drive) with 8-speed automatic transmissions (significant lag on hard acceleration), we were accompanied by a professional driving instructor. Throughout every lap of the course he repeated instructions about how to autocross: get as close as you can to the orange apex cones, brake hard and in a straight line, look ahead where you want the car to go (the car will follow your eyes) and so forth. While continual instruction might be ideal if the primary goal of this event were to teach us how to autocross, doing so on each and every lap distracts from the Ultimate Driving Experience. If you attend I suggest that you ask your instructor to let you drive your one timed, competitive lap without that instruction.

Autocrossing the all-new BMW 5 Series

Years ago I attended several similar events hosted by other auto manufacturers. One that comes to mind was called "Rev It Up," which promoted the Mazda6 in 2003 and the Mazda3 in 2004. At "Rev It Up" drivers paid a small entry fee to compete in an autocross. Like BMW's autocross, where you compete on the autocross course to try to become the "Ultimate Driver," the quickest competitors overall could win exceptional prizes.

Another suggestion that I'd make to BMW is to begin and/or end the classroom session by playing trailers from "The Escape." That would really get the adrenalin pumping and generate excitement.

The all-new, seventh generation BMW 5 Series (go to bmwusa.com) features an improved chassis to optimize weight distribution for near perfect balance, enhanced steering to provide precise feedback, a 75% larger head-up display that provides easier use of the navigation system, interactive iDrive 6.0 with optional Gesture Control that displays live content and understands natural speech patterns, and an "Active Lane Keeping Assistant" that uses camera sensors to detect lane markings and keep your vehicle towards the center of the lane.

Join in the conversation. Send your comments and suggestions to AutoMatters@gmail.com.

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ROOM FOR RENT

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Weekly Inspiration from Colette

"DRAMA DOES NOT JUST WALK INTO YOUR LIFE, EITHER YOU CREATE IT, INVITE IT OR ASSOCIATE WITH IT."
-UNKNOWN

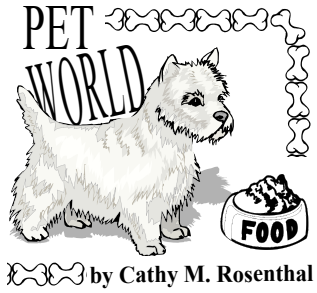
PET of the week

Magic is a nine years young spayed black cat with a medium length coat. She finds the shelter a bit overwhelming so she maybe seem a bit reserved at first, but once she warms up to you she is a total love bug. Magic will purr and purr and purr when she gets petted, and she enjoys the attention that is helping her become more social. Her mellow and calm demeanor will help her fit in well with a quiet home & family. Meet this sweet gal by asking for ID#A1222852 Tag#C151. Magic can be adopted for the Senior Fee of just $35.

Rowena is a two year old spayed Pit Bull/Lab mix who weighs 64lbs and has a beautiful blue/grey coat. She loves to play fetch and will even drop the ball for you to give it another toss. After a bit of exercise, Rowena calms down nicely and mellows out to hang with her human pals. Rowena would love to be part of an active family and can't wait to become your favorite walking/running/hiking buddy. She also plays nicely with other dogs at the shelter. Meet this beautiful girl by asking for ID#A1774179 Tag#C334. Rowena can be adopted for $69.

A pet is more than a "gift," a pet is a forever friend to share your home for the rest of their lifetime. Bring some love into your life by adopting today! Dogs and puppies can be adopted for just $69. Adult dogs and cats over 5 years old can become a member of your family for just $35. If you're a senior yourself, or disabled, you can make any pet your forever companion for just $35. Rabbits can be adopted for just $25, so be sure to visit our bunny room too! You can visit these animals and more at Central County Shelter, 5480 Gaines Street, San Diego between the hours of 9:30am-5:30pm, Tue.-Sat.. Visit http://www.sddac.com for more information and for holiday hours.

Love is a four legged word



by Cathy M. Rosenthal

Helping your dogs with a cross-country move

Dear Cathy,
My husband and I are moving to Nevada. We have two dogs who will be making the cross-country trip with us. One will be fine, but our Westie (West Highland Terrier) concerns us. He's not a fan of being in the car. Do you have any advice for how to make this a stress-free experience for him and all of us? - Diane Rosen, Glenview, IL

Dear Diane,

Thank you for moving with your dogs. I can't tell you the heartbreak I have witnessed working at animal shelters through the years from the depressed faces of dogs and cats left behind forever because their families were moving. Pets should always move with their families, and I am glad you are thinking of ways to make the trip easier for your dogs.

I have moved 19 times with my dogs and cats in tow, and the good news is, it's much easier today to move with a pet than it was 20 years ago. In addition to finding accommodations along the way that accept pets, there are also more things than ever to calm anxious pets during long car trips.

Going from your house to the vet's office is going to be different than a long-distance road trip. You will likely have blankets, crates, or dog beds for their comfort and maybe a few toys for their entertainment. So, start pre-conditioning your dog by introducing those things into the car now while making short trips to fun places around town, like a dog park or pet store. Increase the length of these car rides over a few weeks' time to see if your Westie adjusts to the travel.

Also, consider getting your Westie a pressure wrap, like an Anxiety Wrap or ThunderShirt, for car trips, which can make him feel calmer and more secure.

If he still isn't enjoying these short trips, then he may be suffering from some motion sickness. There are natural "calming" and "travel" over-the-counter supplements for dogs; I give my dog a "calming chew treat" before every visit the vet to take the edge off. While these may not have enough staying power for a long road trip, they might help during the pre-conditioning exercises described above.

If your Westie still doesn't improve, then talk to your veterinarian about an anti-anxiety medicine that also addresses nausea. Try the medication during short car rides and monitor how long it lasts so you can plan your long-distance trip accordingly. The goal is for your Westie to rest and sleep during most of the trip.

Also, feed your dog a little less on the morning before travel, and at least an hour before getting on the road, to reduce nausea. Fresh air helps nausea, so crack open the car windows a little throughout the trip and plan several stops where the dogs can spend 10 to 15 minutes out of the car.

Dear Cathy,
Rosie, my nine-year-old Scottie (Scottish Terrier), has been trying to hide her dry dog food with the cloth mat, which is under the bowl. She also puts some food in her kitchen bed, which is near the bowl. She does eventually eat it all. I've been feeding her the same dry food for many years. I tried a new food, but she doesn't seem to like anything I've tried. Help! - Lenore Ilberg, Sea Cliff, NY

Dear Lenore,

It's not uncommon for dogs to hide food, toys and bones to keep them safe to enjoy later. While it's a normal dog behavior, because it's a new behavior for Rosie, there may be a new reason she's doing it.

If Rosie didn't like her food or had a medical issue, she would most likely reject her food altogether. If something changed in her environment, she might be uncomfortable eating near her bowl and so take the food elsewhere to finish. But you said she is a senior pet, and she hides her food under the mat and her kitchen bed, both of which are near her bowl.

I am thinking that as a senior pet, she may not need as much food as she used to and is choosing to hide the leftovers for later rather than leaving the food exposed in her bowl. Try decreasing her portions for a few days and feeding her smaller meals throughout the day to see if this stops this behavior.

New behaviors can't always be understood right away, so if this suggestion doesn't work, get back to me with more clues.

(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @ cathymrosenthal.)

MOVIES at the Bases

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

Thursday, May 18
11:00 AM Epic (PG)
5:00 PM Underworld: Blood Wars (R)

Friday, May 19
5:00 PM John Wick: Chapter 2 (R)

Saturday, May 20
2:00 PM The Space Between Us (PG-13)
5:00 PM A Cure For Wellness (R)

Sunday, May 21
5:00 PM Harry Potter and the Deathly Hallows Part 1 (PG-13)

Monday, May 22
5:00 PM Harry Potter and the Deathly Hallows Part 2 (PG-13)

Tuesday, May 23
11:00 AM Despicable Me 2 (PG)
5:00 PM Sleepless (R)

Wednesday, May 24
5:00 PM The Resurrection of Gavin Stone (PG)

Thursday, May 25
11:00 AM Monsters University (G)
5:00 PM Split (PG-13)

The Clubhouse – NBPL, Main Base, 619-553-9138, Bldg. 546

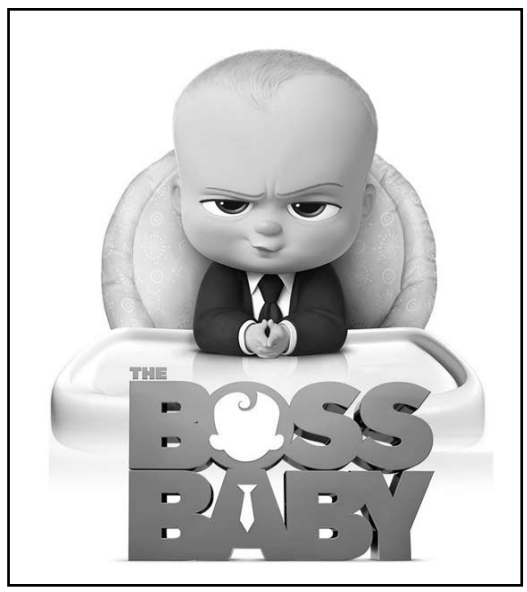
Thursday, May 18
5:00 PM Charlotte's Web (2006) (G)

Friday, May 19
5:00 PM John Wick: Chapter 2 (R)

Saturday, May 20
5:00 PM Fist Fight (R)

Sunday, May 21
5:00 PM A Cure For Wellness (R)

Thursday, May 25
5:00 PM A Dog's Purpose (PG)



PG | 1h 37min | **Animation, Comedy, Family** |

A suit-wearing briefcase-carrying baby pairs up with his seven-year old brother to stop the dastardly plot of the CEO of Puppy Co. Stars: Alec Baldwin, Steve Buscemi, Jimmy Kimmel

★ **The Fate of the Furious** Action, Adventure, Crime - *136 minutes*
Cast: Vin Diesel, Jason Statham, Dwayne Johnson, Michelle Rodriguez and Tyrese Gibson Synopsis: When a mysterious woman seduces Dom into the world of terrorism and a betrayal of those closest to him, the crew face trials that will test them as never before. "PG-13"

★ **Ghost in the Shell (2D)** Action, Crime, Drama - *107 minutes*
Cast: Scarlett Johansson, Pilou Asbaek, Takeshi Kitano, Juliette Binoche, Michael Pitt Synopsis: In the near future, Major is the first of her kind: A human saved from a terrible crash, who is cyber-enhanced to be a perfect soldier devoted to stopping the world's most dangerous criminals. "PG-13"

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

Thursday, May 18
5:40 PM Going In Style (PG-13)
7:40 PM The Fate of The Furious (PG-13)

Friday, May 19
5:50 PM Unforgettable (R)
8:00 PM The Promise (PG-13)

Saturday, May 20
12:50 PM The Boss Baby (PG)
2:50 PM Smurfs: The Lost Village (PG)
5:50 PM The Promise (PG-13)
8:30 PM The Fate of The Furious (PG-13)

Sunday, May 21
12:50 PM Smurfs: The Lost Village (PG)
2:40 PM The Boss Baby (PG)
5:40 PM Unforgettable (R)
7:40 PM The Promise (PG-13)

Monday, May 22
5:50 PM Unforgettable (R)
7:50 PM The Zookeeper's Wife (PG-13)

Tuesday, May 23
5:50 PM The Promise (PG-13)
8:20 PM Unforgettable (R)

Wednesday, May 24
5:50 PM Smurfs: The Lost Village (PG)
7:50 PM The Fate of The Furious (PG-13)

Thursday, May 25
5:50 PM Going In Style (PG-13)
7:50 PM The Promise (PG-13)

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

Thursday, May 18
6:00 PM Power Rangers (PG-13)
8:30 PM Going In Style (PG-13)

Friday, May 19
5:50 PM The Promise (PG-13)
8:30 PM Unforgettable (R)

Saturday, May 20
1:00 PM The Boss Baby (PG)
3:00 PM The Fate of The Furious (PG-13)
5:50 PM Going In Style (PG-13)
8:00 PM Unforgettable (R)

Sunday, May 21
1:00 PM The Boss Baby (PG)
3:00 PM The Promise (PG-13)
5:50 PM The Fate of The Furious (PG-13)
8:30 PM Unforgettable (R)

Monday, May 22
5:50 PM The Promise (PG-13)
8:20 PM Unforgettable (R)

Tuesday, May 23
5:50 PM The Fate of The Furious (PG-13)
8:30 PM Ghost in the Shell (PG-13)

Wednesday, May 24
5:50 PM The Zookeeper's Wife (PG-13)
8:20 PM Unforgettable (R)

Thursday, May 25
6:00 PM The Boss Baby (PG)
8:00 PM The Zookeeper's Wife (PG-13)

Around Town

Events subject to change. Please confirm details before attending!

Dance Break at MiraCosta College. May 18-21 www.miracosta.edu
Teen Campout at Poway Community Park. May 19-20, 6pm. www.poway.org
San Diego Padres vs. Arizona Diamondbacks at Petco Park. May 19-21 www.sandiego.padres.mlb.com
Ballet May 19-21 San Diego Ballet presents An Evening of Jazz & Dance at Lyceum Theatre. www.sandiegoballet.org
Hana's Suitcase at Laguna Playhouse. May 19-21 www.laguna-playhouse.com
San Diego Rock Church Men's Ministry Conference Sat May 20, 7:30 am -3:00 pm The Rock Church is holding a Men's Ministry Conference which will include a display of classic cars, boats, custom cars, motorcycles, emergency vehicles, and military vehicles. Anticipated Attendance: 2,500. Anticipated Participants: 100. Location: Liberty Station in front of the Rock Church on Truxton Rd. near Womble Rd. www.sdrock.com.
Girl Scout Bridging Ceremony Sat May 20, 8:30 am -11:30 am The Girl Scout Bridging Ceremony celebrates when Girl Scouts move from one program grade level to another. The ceremony begins at the Organ Pavilion and ends on the southwest end of Cabrillo Bridge where Girl Scouts will celebrate the day with activities on the lawn. Balboa Park (Organ Pavilion & Cabrillo Bridge). www.sdgirlscouts.org.
Tierrasanta Patriot's Day Parade & Dinner Sat May 20, 10 am -9pm You can celebrate Armed Forces Day by watching a patriotic parade in Tierrasanta. The parade features a high school band, ROTC unit, youth sports leagues, community groups, floats, dignitaries, and more. In the evening, enjoy the "Patriot's Day Dinner & fireworks show". Anticipated Attendance: 2,500. Anticipated Participants: 1,200. Location: Parade: Serra Mesa High School at 5156 Santo Rd. - Tierrasanta Blvd. - La Cuenta Dr. - Baroque Lane - Vista Grande Church parking lot. Dinner: Tierrasanta Recreation Center
North Park Festival of Arts Sat May 20, 10am -10pm Spend the day with your family and friends exploring historic North Park at the 20th Annual Festival of Arts in North Park. This annual free festivalincludes amazing local art, exciting live music and dance performances, vendor booths, fabulous food, and craft beer. Anticipated Attendance: 35,000. Anticipated Participants: 500. Location: University Avenue from 30th St. & 32nd St. - Ohio Street from University Ave. & 420 feet north ~ Illinois and Iowa Streets (from University Ave. & 20. 0 feet north ~ Ray, 31st, Herman, and Grim Streets from University Ave. & North Park Way www.northparkmainstreet.com/events/festival-of-arts.
D6 Night Market Sat May 20, 4pm-10pm D6 Night Market is a modern adaptation of a traditional outdoor night market. Features include food, merchandise, live entertainment, a beer & wine garden, and a tea garden in a festival-type atmosphere. Anticipated Attendance: 10,000. Anticipated Participants: 1,000. Location: Mira Mesa Community Park at 8575 New Salem Street. www.D6nightmarket.com.
SDCCU Festival of Arts in North Park. May 20 www.northpark-mainstreet.com
Bird Walk at San Dieguito Lagoon. May 20, 8:30 – 10:30am. www.sdrvc.org
Family Fun Paddle Regatta at Agua Hedionda Lagoon. May 20, 9am – 12pm. www.aguahedionda.org
Canyoneers Hike at Volcan Mountain. May 20, 9am – 1pm. www.sdrvc.org
Wild West Fest at Leo Carrillo Ranch Historic Park. May 20, 11am – 2pm. www.carlsbadca.gov
SEA Days: Birds of a Feather at Birch Aquarium. May 20, 11am – 3pm. www.aquarium.ucsd.edu
San Diego Century Bicycle Tour 2017 Sat, May 20, 6:30am- 5pm Cyclists can test their endurance by choosing one of these non-competitive rides that travel along the coast and back country. There's a pleasant butchallenging 33-mile course, a grueling 66-mile course, and an extreme 105-mile course. An expo accompanies the event. Location: Start & Finish is at Mira Costa College in Encinitas and routes are on Northern San Diego roadways. www.sdcentury.com.
Mito 5K - Tropical Run Sat, May 20, 7:30am-12pm All ages can run, walk, or propel on wheels at this 5K event. It is accompanied by a festival that offers an array of activities and amusement. There are live musical performances, carnival games, a magician, bounce house, raffles, silent auction, merchandise, and a beer garden. Liberty Station Park at 2455 Cushing Road. www.mitoresearchfund.org.
Beach Soccer Jam May 20-21, 9am -8pm Welcome to the exciting world of beach soccer and volleyball. If you like sun, sand, and beachy entertainment with your soccer and volleyball, then get ready for Beach Soccer Jam! It's open to youth soccer teams, military teams, and men & women open matches. It's all happening at Fiesta Island in East Mission Bay. www.beachsoccerjam.com.
San Deigo Taco Fest Sat May 20,11am-10pm The San Diego Taco Fest is a food, music, and cultural celebration! The region's best taco-centric restaurants offer a wide range of mouth watering taco creations. Enjoy local and national musical performances. In between the music and tacos, catch live Lucha Libre wrestling matches! Waterfront Park at 1600 Pacific Highway. www.sdtacofest.com.
Out of the Darkness Overnight Sat May 20,2pm-12am & Sun May 21,12am-6am Every year suicide claims more lives than war, murder, and natural disasters combined. Join the local leaders for Suicide Prevention on a 16 mile overnight walk through downtown San Diego. Location: Ruocco Park - Embarcadero boardwalk - roadways in Downtown, Little Italy, Balboa Park, and Hillcrest. www.theovernight.org.
Armed Forces Day Operation Appreciation at Oceanside Pier Amphitheatre. May 20, 11am – 4pm. www.oceansidechamber.com
Deep Pit BBQ at San Dieguito Heritage Museum. May 20, 12 – 3pm. www.sdheritage.org
Back to the Garden at Poway Center for Performing Arts. May 20, 8pm. www.powayonstage.org
Beach Soccer Championships at Oceanside Harbor. May 20-21 www.beachsoccerusa.org
Community Band Festival at Old Poway Park. May 20-21 www.poway.org
A Salute to Russia at MiraCosta College Concert Hall. May 20-21 www.miracosta.edu
38th Annual Fiesta Del Sol Festival at Fletcher Cove. May 20-21, 9am – 9pm. www.fiestadelsol.net
Mount Palomar Kennel Club Dog Show at Bates Nut Farm. May 20-21 www.batesnutfarm.biz
Pirate Days at San Diego Maritime Museum. May 20-21 www.sdmaritime.org
59th OMBAC Coming Out Party: Craft Beer Festival Sun May 21, 6am-10pm The event is an adult (age 21+) beach bash with rock n' roll music, food, drink, craft beer, and sand-dancing. Some people will be soaking up sun rays as others amuse themselves with beachy activities. Anticipated Attendance: 3,000. Anticipated Participants: 50. Location: Mariner's Point located in Mission Bay Park. www.ombac.org.
Belgian Waffle & Wafer Ride. May 21 www.granfondoguide.com
San Diego Soccer Club 5K at Bernardo Community Park. May 21, 6 – 9am. www.sdrvc.org
Grand Avenue Festival in downtown Escondido. May 21, 9am – 5pm. www.escondido.org
Jazz at the Jacobs Series: Chuco Valdes at Copley Symphony Hall. May 21, 7:30pm. www.sandiegosymphony.org
Impractical Jokers at San Diego Civic Theatre. May 21, 8pm. www.sandiegotheatres.org
Art 295 & 271 exhibit at Kruglak Gallery, MiraCosta College. May 22-26 www.miracosta.edu
Celtic Woman at San Diego Civic Theatre. May 24, 7pm. www.sandiegotheatres.org
Brahms with Bronfman at Copley Symphony Hall. May 24, 7:30pm. www.sandiegosymphony.org
Sebastião Salgado: Genesis exhibit at Museum of Photographic Arts, Balboa Park. May 24-Sept. 30 www.mopa.org
Honors Recital at Howard Brubeck Theatre, Palomar College. May 25, 12:30 – 1:30pm. www.palomarperforms.com
Belly Dance Greek Dinner Show with an all-you-can-eat Greek buffet Fri, 6:30pm-2am Sat, 6:30pm-2am $19 Live Greek & Arabic music, full bar, open dancing, kid friendly. Two seatings: 6:30pm & 8:30pm. Zorba's Greek Buffet,100 Broadway, Chula Vista, 91910

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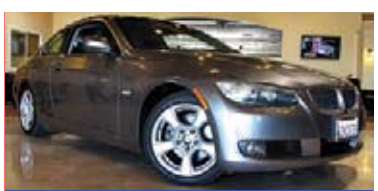
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Concerts

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

May

Chris Stapleton and Brothers Osborne. Thur, May 18, 7pm. Country. Sleep Train Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.
Chris Brown and 50 Cent. Fri, May 19, 7:30pm. 18+. Hip-Hop/Rap/Pop. Viejas Arena at Aztec Bowl San Diego State University. 5500 Canyon Crest Dr, San Diego
John Lindahl. Sat, May 20, 7pm. Voodoo Room at House of Blues San Diego, 1055 Fifth Ave., San Diego. (619) 299-2583.
Bryan Adams. Mon, May 22, 7:30pm. Rock. Open Air Theatre SDSU, 5500 Campanile Dr, San Diego. (619) 594-6947.
Rodriguez. Tues, May 23, 8pm. Folk. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.
Melissa Etheridge. Wed, May 24, 7:30pm. Folk/Pop. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.
The Freedom Concert featuring Lifehouse. Sat, May 27, 7:30pm. USS Midway Museum, 910 N Harbor Dr, San Diego, CA 92101.(619) 544-9600.
Jake Shimabukuro. Sat, May 27, 8pm. Ukulele/Pop/Rock. Segerstrom Center for the Arts, 600 Town Center Dr, Costa Mesa, 92626. Tickets (714) 556-2787.
Modest Mouse. Tues, May 30, 7:30pm. Electronic/Pop/Rock. Open Air Theatre SDSU, 5500 Campanile Dr, San Diego. (619) 594-6947.

June

New Kids on the Block, Boys II Men & Paula Abdul. Thurs, June 1, 7:30pm. Pop/R&B. Viejas Arena at Aztec Bowl San Diego State University. 5500 Canyon Crest Dr, San Diego
Kidz Bop: Best Time Ever. Sat, June 3, 6pm. For Kids/Pop. Open Air Theatre SDSU, 5500 Campanile Dr, San Diego. (619) 594-6947.
Gloria Trevi vs. Alejandra Guzmán. Sat-Sun, June 3-4, 8pm. Staples Center, 1111 S. Figueroa St, Los Angeles. staplescenter.com
Lady Antebellum. Sun, June 4, 7:30pm. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.
Sheryl Crow. Tues, June 6, 7:30pm. Folk/rock. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.
Brian Setzer's Rockabilly Riot. Wed, June 7, 8pm. Rockabilly. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.
Patty LaBelle. Wed, June 7, 7pm. Pop. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.
Aaron Tippin. Thurs, June 8, 7pm. Country. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.
Gloria Trevi vs. Alejandra Guzmán. Fri, June 9, 8pm. Latin. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.
Toby Keith. Sat, June 10, 7pm. Country. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.
Enrique Iglesias & Pitbull. Sat, June 10, 7:30pm. STAPLES Center, 1111 S. Figueroa St, Los Angeles. www.staplescenter.com
Fishfest 2017 with Toby-Mac, for KING & COUNTRY, Crowder, Mac Powell, Jordan Feliz, Hollyn, Zach Williams. Sat, June 10, 3pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400.
39th Annnual Playboy Jazz Festival. Sat-Sun, June 10-11, 3pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com
91X-FEST 2017 Presented by

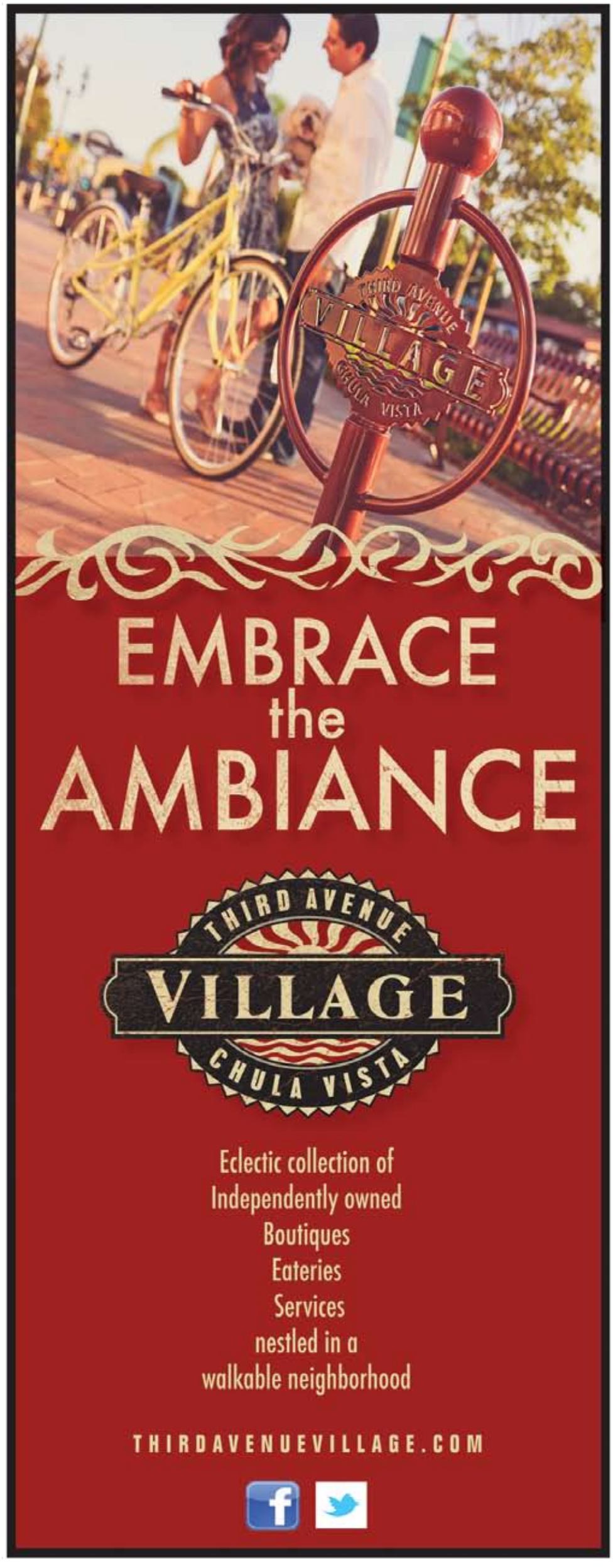
91X and Goldenvoice. Sun, Jun 11, 2:30pm. Qualcomm Stadium, 9449 Friars Rd, San Diego, CA 92108.,
The Taj Mahal & Keb' Mo' Band. Sun, June 11, 7pm. Blues/folk. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.
Banda Sinaloense MS de Sergio Lizarraga. Sun, June 11, 7pm. Latin. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.
Ziggy Marley. Mon, June 12, 7:30pm. Reggae/Ska. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.
Elvin Bishop & Charlie Musselwhite. Wed, June 14, 7pm.Blues. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.
Sister Hazel. Thur, June 15, 7pm. Folk/Rock. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.
Phoenix with the Lemon Twigs. Thur, June 15, 8pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com
Don McLean. Thurs, June 15, 7pm. Folk/Rock. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.
Def Leppard, Poison, Tesla. Fri, June 16, 7pm. Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.
Darius Rucker. Fri, June 16, 7pm. Country/Rock. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.
Spirit West Coast. **Christian music festival**. Sat, June 17, 5-9pm. Gospel. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.
Morris Day & the Time and Zapp. Sat, June 17, 7pm. Funk/Hip-Hop/Rap/Pop. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd. Point Loma. 619-224-4171.
Moody Blues. Sat, June 17, 8pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com
Boston and Joan Jett. Sun, June 18, 7:30pm. Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.
Intocable. Sun, June 18, 7pm. Latin. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.
Reggae Night XVI. Ziggy Marley with Orchestra. Sun, June 18, 7pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com
King Crimson. Mon, June 19, 7:30pm. Jazz/Rock. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.
Korn. Tues, June 20, 7:30pm.

Lady Gaga

Tues, Aug 8, 7:30pm. Pop

The Forum
3900 W. Manchester Blvd
Inglewood (310) 330-7300

Metal/Hardcore/Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.
Roger Waters. Tues-Wed, June 20 & 21, added June 27, 8pm. STAPLES Center, 1111 S. Figueroa St, Los Angeles. www.staplescenter.com
Switchfoot. Wed, June 21, 7pm. Gospel/Rock. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.
John Michael Montgomery. Wed, June 21, 7pm. Country/Rolk/Rock. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.
Gordon Lightfoot. Wed, June 21, 8pm. Legend! The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. http://www.grove-of-anaheim.com
Frankie Valli & The Four Seasons. Thur, June 22, 7pm. Latin. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.
Who's Bad: Michael Jackson Tribute. Thurs, June 22. 7pm. Pop. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.
Gordon Lightfoot. Fri, June 23, 8pm. Folk. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.
Brad Paisley. Fri, June 23. Country. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.
Brad Paisley. Sat, June 24, 7pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com
Tasha Cobbs. Sat, June 24, 7pm. Gospel. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.
Blind Pilot. Sun, June 25, 7;30pm. Rock. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.
Williams and Ree. Thurs, June 29, 7pm. Folk. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.



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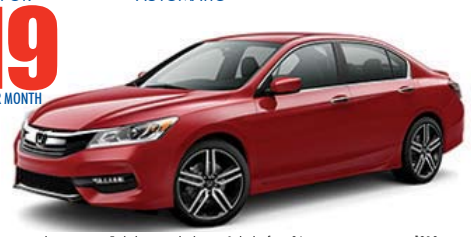

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