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Gold Star Spouse Day Remembering the love, honor, sacrifice

by Stephanie Hunter

Committed to providing continued assistance to families of service members that paid the ultimate sacrifice, the Navy honored it's extended family on Gold Star Spouse Day worldwide on April 5.

Originally named Gold Star Wives' Day in 2010, Congress passed a resolution in 2013 recognizing April 5 as the day to pay tribute to the contributions of the Gold Star Wives of America (GSWA).

The GSWA is a non-profit organization established by four young widows who met in Marie Jordan's apartment on April 5, 1945. A week later, former President Franklin d. Roosevelt died and former first lady Eleanor Roosevelt joined the organization becoming one of the original 15 signers when GSWA was chartered at the state of New York in Dec. 1945.

The survivor support community has pledged to provide unique services for service widowers not available by any other organization.

As the military has evolved over the years, so has the role and demographics of the military spouse. The Gold Star Wives of America amended their membership requirements to include husbands as a reflection of these changes. It is recognized that the origins of this day are steeped in history and to honor that past there must also be a recognition of the change and evolution in today's military culture.

The Gold Star is a symbol of loss dating back to World War I and continues today. Traditionally, families that had a family member serving in the Armed Forces displayed a blue star service flag in their homes to signify a deployed family member. The Gold Star recognition first appeared on flags in 1918, when families would place a gold star over the blue service star hanging in their window to indicate that their loved one had been killed overseas while serving in the U.S. military.

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Navy, Marine Corps explore emerging technologies to create new capabilities

SAN DIEGO - In a concerted push to advance and accelerate America's warfighting advantage, nearly 40 different research and engineering organizations from across the Naval Research and Development Establishment, industry, academia and military test facilities participated in a multi-domain, multi-site, multi-dimensional, multi-spectrum West Coast military exercise recently.

"A strength of our Navy and Marine Corps is our ability to bring all of our talents together to solve hard problems for the nation," said James Geurts, assistant secretary of the Navy for acquisition, research and development. "These exercises provide a unique and powerful venue to rapidly experiment technologies and concepts of operation and enable us to greatly speed the fielding of new capabilities to our Sailors and Marines operating around the globe. Leveraging the incredible talents in academia, industry, and in our formations is most important element of our strategy to deliver on the National Defense Strategy."

Dubbed as the 21st Century Combined Arms Advanced Naval Technology Exercise officially, the exercise was conducted both at Naval Information Warfare Center Pacific - formerly SPAWAR System Center Pacific - and on San Clemente Island.

Overall, ANTX WEST 2019 evaluated more than 80 emerging technologies with a specific focus on command and control, communications (COMMS), kinetic and non-kinetic fires, unmanned systems, counter intelligence, surveillance, reconnaissance, and targeting.

The ANTX is the demonstration phase for technology proposals received in response to a collaborative set of Commercial Solutions Offerings released by NIWC Pacific and Naval Surface Warfare Center, Crane Division last fall.

ANTX assessors conduct evaluations of technologies using the Tactics and Technology Exploration and Experimentation method first developed in the 2017 Ship-to-Shore Maneuver, and 2018 Urban 5th Generation Marine exercises. This methodology pairs technologists with operators to identify capability gaps, and rate new technology proposed to fill them.

"The Tactics and Technology Exploration and Experimentation method has been operationalized in direct response to the urgent calls from our fleet and force leaders, and our acquisition executives, to break down barriers, and to retool our methods and approaches into a deliberate accelerator to speed the rate of adoption of mature, field-able technologies," said Carly Jackson, NIWC Pacific's lead for Advance Prototyping.

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- Operation Hero: \$75 will provide after school programming for a military child for one week.
- Urgent needs: \$100 supports a military family with food, gas, and other necessities during a financial crisis.
- Camp Hero: \$189 will send a military child to camp for one week this summer.

Call the Armed Services YMCA San Diego at (858) 751-5755 or visit them at 3293 Santo Road, San Diego, for donation information.




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AutoMatters & More
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See page 11

What's Going On This Weekend
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DOD official: 'Intense campaign' addressing military housing issues

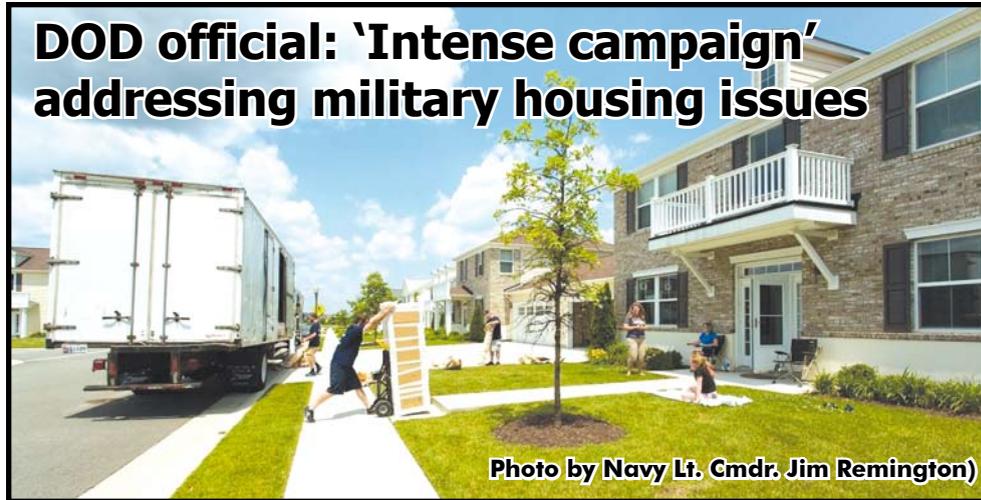


Photo by Navy Lt. Cmdr. Jim Remington)

by C. Todd Lopez

WASHINGTON - Site visits to military housing by defense officials to hear firsthand accounts of problems there are just one step being taken to ensure military families have safe places to live.

Robert H. McMahon, the assistant secretary of defense for sustainment, told lawmakers on April 4 that the military services are aware of problems in privatized housing and have embarked on a series of house calls to let families know they're going to fix issues they find.

"Since the beginning of the year, the military departments have conducted an intense campaign, consisting of site visits, reviews of privatized housing conditions, meetings with families and communities, and senior-level discussions with privatization partners to address property management issues," McMahon said in testimony during a hearing of the House Armed Services Committee's readiness subcommittee.

McMahon said that the Defense Department had an open-door policy when it comes to reporting housing issues.

He said all resident complaints are taken seriously and acted upon by the housing privatization project entity and staff, and that when he's fielded such a complaint, he's then followed up with other service-level officials to help fix problems. Included among those officials were Thomas Modly, undersecretary of the Navy; John W. Henderson, assistant secretary of the Air Force for installations, environment and energy; and Alex A. Beehler, assistant secretary of the Army for installations, energy and environment. All three testified alongside McMahon at the hearing.

Modly told lawmakers the Navy is reaching out to "every single person in the Navy and Marine Corps who lives in privatized housing." So far, he said, they've identified about 4,700 issues with family housing for Sailors, and that about 2,800 of those families have asked leaders to visit their homes personally.

"We're well on the way of ticking away on that," Modly said, noting that about 900

visits have been made to Navy personnel and 7,000 personal visits have been made to family housing.

"I think we are taking it extremely seriously, as well as taking it personally," he said. "But we're trying to do everything we can immediately to address the immediate concerns."

Henderson said nearly 50,000 Air Force families have been contacted and interviewed regarding their concerns with family housing. Accordingly, he said, some 4,700 work orders have been opened up to address issues that were found.

"They are now surging on [those work orders] and we're battle tracking here with the Air Force," Henderson said.

The Army has also stepped up efforts to correct any problems in privatized family housing. Following the hearing, Beehler said leaders across the Army have been visiting Soldier homes to assess problems that might be found there.

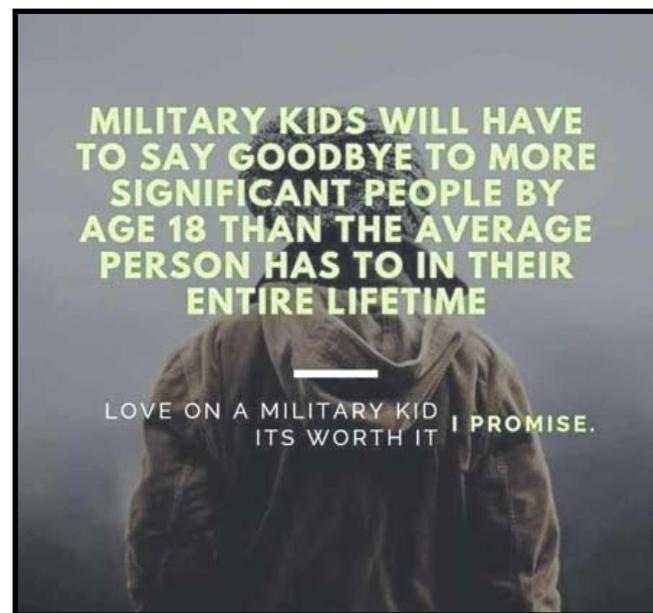
"The chain of command for each Soldier has visited their on-post housing - that's more than 87,000 homes," Beehler said. "These home visits will continue at the request of our military families until the issue is resolved. Furthermore, we are hiring additional personnel on the ground to provide quality assurance oversight for all housing.

"We have also established 24-7 hotlines that are live at every single installation that Soldiers and families can call and connect with key garrison and command personnel to discuss any housing concerns. We want to ensure our Soldiers and families are getting the best quality housing that they deserve."

At the DOD level, McMahon said the department is committed to providing a safe and secure environment on all bases and installations for service members and their families. He said a series of corrective actions are underway already to address problems found in privatized housing. "Examples of these actions include implementing a residents' bill of rights. Determining the feasibility of developing a common tenant lease, clarifying processes for tenants to raise health concerns and for health providers to report issues as appropriate and establishing resident customer care advocates."

In 1996, legislation established the Military Housing Privatization Initiative, or MHPI. As part of this initiative, the military departments conveyed 99 percent, or more than 200,000 units of installation family housing in the United States to private entities.

The MHPI leverages private investment and expertise to significantly improve the quality of on-base housing faster than traditional military construction and facilitates long-term investment necessary to maintain high quality on-base housing.



DOD leaders brief Congress on WMD threats and department's response

by David Vergun

WASHINGTON - The lethality of the U.S. military "depends on our warfighters' ability to deter, prevent, protect against, mitigate, respond to, and recover from chemical, biological, radiological, or nuclear weapons and their effects, the deputy assistant secretary of defense for chemical and biological defense programs told Congress April 3.

"CBRN agents pose uniquely destructive threats," D. Christian Hassell said during a hearing of the House Armed Services Committee's subcommittee

on intelligence and emerging threats and capabilities.

"They can empower a small group of actors with terribly destructive potential," Hassell said. "Thus, countering weapons of mass destruction as far from our homeland as possible is a key mission for the U.S. military we help enable."

Hassell was joined by Theresa Whelan, principal deputy assistant secretary of defense for homeland defense and global security; Navy Vice Adm. Timothy G. Szymanski, deputy

commander of U.S. Special Operations Command; and, Vayl S. Oxford, director of the Defense Threat Reduction Agency.

A robust and modern nuclear deterrent has been the cornerstone of American security for more than 70 years, and "underwrites U.S. security, diplomacy and conventional military operations worldwide," Hassell said, adding that given the strategic environment, nuclear deterrence is more important now than at any time since the end of the Cold War and is DOD's highest-priority mission.

Hassell outlined a number of steps DOD is taking to strengthen its anti-WMD effort.

The Office of the Assistant Secretary of Defense for Nu-



Army survey team member Staff Sgt. Nicky Lam of the New Jersey National Guard's 21st Weapons of Mass Destruction Civil Support Team inspects vials at a simulated crime scene during a training exercise biological, radiological. Photo by Master Sgt. Mark C. Olsen

clear, Chemical, and Biological Defense Programs, or NCB, is rewriting physical security guidance regarding protection of nuclear weapons and nuclear command and control facilities, as well as special nuclear material, he said.

NCB provides oversight of

the Mighty Guardian program, a realistic force-on-force exercise against threats as determined by the Defense Intelligence Agency, he noted.

Through its Chemical and Biological Defense Program, DOD provides the equipment that enables service members to operate in a CBRN environment, Hassell said, whether conducting combat operations abroad or supporting first responders in a domestic incident

The United States can dramatically improve its preparedness for and response to WMD threats through effective collaboration with its allies, Hassell said. This collaboration includes

opportunities to share the cost of research and development, and the chance to improve the interoperability of systems and processes, he said.

For example, Hassell told the House panel, NCB maintains a bilateral relationship with the United Kingdom to improve collective readiness to eliminate foreign chemical and biological weapons. "This cooperation has resulted in intelligence and information sharing, identification of mutual gaps in capabilities, and shared investment to develop solutions to address them," he said.

In adhering to the Chemical see **WMD, page 4**

Officials: 'Domestic' shooting wounds woman, base security kills Sailor gunman

by Mark D. Faram

NAVY TIMES - Naval Air Station Oceana base security killed an unidentified male Sailor April 5 after he shot and wounded a woman here in what authorities describe as a "domestic shooting incident."

The unnamed woman was transported to Virginia Beach General Hospital with "multiple non-life threatening gunshot wounds," according to a prepared statement released by Navy Region Mid-Atlantic and base officials.

"At approximately 6:45 this morning (April 5), an isolated domestic shooting incident occurred on Naval Air Station Oceana in the parking lot of Strike Fighter Squadron 37, Hangar 145," Capt. Chad Vinclette, Oceana's commanding officer told reporters at a press conference outside the Virginia Beach base.

"A male Sailor shot a female sailor several times."

Naval Air Station Oceana was placed on immediate lockdown

while base security forces responded to the gunfire, base spokeswoman Jennifer Hayes told *Navy Times*.

"The shooter was quickly identified and shot and killed by my Naval Air Station Oceana security personnel," said Vinclette said. "The shooter was armed with a single handgun and was not carrying any additional weapons or ammunition."

She said the shooting remains under investigation.

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WMD

continued from page 3

Weapons Convention, Hassell said, DOD is working to safely eliminate the remaining U.S. chemical weapons stockpiles, located in Colorado and Kentucky.

"We're confident that complete destruction of the remaining chemical weapons will occur by the congressional deadline of Dec. 31, 2023," he said.

Whelan said CBRN threats from North Korea are still a concern. DOD "must remain postured to prevent WMD and missile-related proliferation to or from North Korea, counter and respond to WMD and missile attacks from North Korea, and continue to work with allies and partners to ensure they are postured to mitigate North Korea-CBRN threats," she said.

Chemical weapons use is one of DOD's top concerns, she told the panel, noting that the Syrian regime used chemical weapons against its citizens.

The U.S. "remains concerned Iran is developing chemical weapons agents intended to incapacitate for offensive purposes and did not declare all of its traditional CW agent capabilities when it ratified the Chemical Weapons Convention," she said. "Iran's uncertain WMD pursuits heighten the WMD risk in an already-volatile region of the globe."

Health care transition looks to improve processes for wartime missions, beneficiaries

by Jim Garamone

WASHINGTON - Since 2001, the military medical establishment has learned much about caring for trauma.

Many American service members alive today who have fought since 9/11 would have died in previous wars. Thousands more have benefitted from state-of-the-art care and the experience that military medical providers have learned in 18 years of war.

The lessons of the battlefield were learned through experience and repetition, and DOD and Congress want to ensure those lessons are not forgotten.

At the direction of Congress, the military health care system is going through a substantial set of changes in its structure and how it will operate, said Robert Daigle, the Defense Department's director of cost assessment and program evaluation.

"Our No. 1 priority ... is to maintain the quality of care for both the wartime mission and the beneficiary population," Daigle said in a recent interview. "Our goal ... is to improve the readiness of the military health care personnel for the wartime mission."

From Capitol Hill to the Pentagon to military treatment facilities around the world, all

are working together to make the transition as seamless as possible, the director said.

Management of the military treatment facilities will transition from the services to the Defense Health Agency. The agency will focus on providing high-quality care for beneficiaries, enabling the services to focus entirely on medical readiness for the wartime fight.

The military treatment facilities will move to the agency over a three-year period. Officials will be able to examine the changes, assess how the transition is working and make changes as needed, Daigle said. Currently, the facilities at Walter Reed National Military Medical Center in Bethesda, Md., and those at Fort Belvoir, Va.; Fort Bragg, N.C.; Jacksonville, Fla.; and Keesler Air Force Base, Miss., come under the Defense Health Agency. This transitions more than 1,000 headquarters medical staff from the services to DHA.

"The second major muscle movement in this is to reshape the military medical force for the wartime mission," Daigle said. "In some specialties, we have too few providers - emergency medicine for example. In other cases, we have more than we need."

The latest budget request calls for more than 100,000 active-duty military medical professionals, with more than 60,000 in the reserve components.

The budget reallocates 14,000 positions from medical specialties into other critical shortfalls in the services' operational force

structure, Daigle said. If the service needs cyber, infantry or aircraft maintenance personnel, it will be able to apply these slots to those fields, he added, noting that most of the slots reassigned will be personnel who seldom deal with patients directly.

Finally, he said, the initiative is intended to ensure the medical force improves its readiness for the wartime mission.

This is more complicated. The question is to ensure medical personnel get the patient load they need to develop and maintain qualifications. The number of times a surgeon performs a specific surgical procedure is directly tied to the outcome, Daigle explained. "Higher reps, better outcomes," he said.

One of the challenges from a medical readiness perspective is relatively low workload levels per provider. "We just don't have enough patients of certain types to generate the readiness levels we need," Daigle said. "In some cases, we are going to want to remove some people from hospitals so the amount of workload that remains, divided over fewer providers, will give them the opportunity to hone their procedures."

This mirrors the trends in the civilian world, where surgeons specialize in certain procedures. Some surgeons do only knee replacements, and may do hundreds of them per year. Those surgeons have seen the range of complications that can arise from a procedure and are best equipped to deal with them when they arise. They certainly

Navy P-8A and destroyer join JSDF search for Japanese F-35A pilot

MISAWA, Japan - A Navy P-8A maritime patrol aircraft and a guided-missile destroyer are assisting Japanese-led search and rescue efforts for the pilot of a Japan Air Self Defense Force F-35A missing since Apr. 9.

The F-35A lost radar contact approximately 85 miles east of Misawa Air Base.

A P-8A joined JSDF aircraft and Japan Maritime Self Defense Force ships searching the area overnight.

Additional flights continued on April 10. Guided-missile destroyer *Stethem* is sailing to the search area now.

U.S. 7th Fleet provides security alongside allies and partners throughout a free and open Indo-Pacific. As the U.S. Navy's largest forward-deployed fleet, 7th Fleet operates roughly 50-70 ships and submarines and 140 aircraft with approximately 20,000 Sailors.

The P-8A aircraft are assigned to Patrol Squadron (VP) 8 and Patrol Squadron (VP) 5. Both squadrons are homeported in Jacksonville, Fla. and are on rotational deployments to 7th Fleet out of Misawa, Japan.

Stethem is forward-deployed to Yokosuka, Japan.

would be better equipped to handle a complication than a surgeon who might do one a month, Daigle said.

Daigle emphasized that all of this process will be studied and assessed even as the process continues forward, and that

Navy Times probe: MCPON Giordano 'failed to exhibit exemplary conduct'

by Mark D. Faram

NAVY TIMES - The 14th Master Chief Petty Officer of the Navy turned subordinates into waiters serving him coffee and meals, bellowed and berated his staffers and failed to report a gift bestowed on him as a high-ranking official, Inspector General investigators determined.

Obtained by *Navy Times* following a Freedom of Information Act request, the IG report into what Sailors alleged was a

there is time to make changes as needed in the process.

The director said he hopes that standardization of the admin processes in the treatment facilities will make moving among the facilities easier for service members and beneficiaries.

toxic Pentagon post concluded that MCPON Steven S. Giordano "failed to exhibit exemplary conduct" during his brief 96-week reign as the sea service's senior enlisted leader.

"MCPON yelling at (S)ailors, using profanity towards them, and making jokes at their expense is not a good example of virtuous behavior, does not promote the general welfare of the enlisted persons under MCPON's charge, and has the capacity to erode any trust and confidence that the (s)ailors may currently possess for the MCPON office," investigators concluded.

To read this story in its entirety, go to <https://www.navytimes.com/news/your-navy/2019/04/05/probe-mcpn-giordano-failed-to-exhibit-exemplary-conduct>.

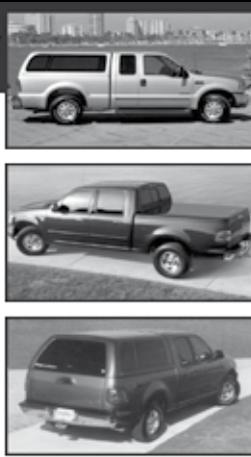
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VA increases contracting with service-disabled and veteran-owned small businesses

5 percent growth in goals are first since FY 2010

WASHINGTON - Secretary of Veterans Affairs (VA) Robert Wilkie today announced an increase to the department's goals for contracting with Service-Disabled Veteran-Owned Small Businesses (SDVOSB) and Veteran-Owned Small Businesses (VOSB).

For fiscal year (FY) 2019, VA seeks to award at least 15 percent of its total contract dollars to SDVOSBs and at least 17 percent to VOSBs, representing a 5 percent increase in both goals, a significant change not noted since 2010.

This increase reflects the department's heightened emphasis on contracting with such firms after the U.S. Supreme Court's decision in *Kingdomware Technologies v. United States* (2016), Wilkie said.

"Three years ago, the U.S. Supreme Court underscored our mandate to do business with service-disabled and other Veteran entrepreneurs," Wilkie said. "We have increased the dollars awarded each year, but now it's time to update the goals to reflect this new commitment. We need to lock in the gains we have made and continue to build for the future."

In FY 2017, the last year for which official data is available, VA awarded \$5.1 billion in contracts to SDVOSBs and \$5.4 billion to VOSBs. These figures represent 19.5 percent and 20.6 percent, respectively, of VA's total procurement of \$26.1 billion.

The law directs VA to consider SDVOSBs first and VOSBs second, before considering other small business program preferences. Other federal agencies are covered by an SDVOSB program administered by the Small Business Administration, with a goal of only 3 percent for SDVOSBs. At these agencies,

the government-wide SDVOSB program has equal priority with other small business socioeconomic programs.

In FY 2017, VA awarded more than one-fourth of the dol-

lars given to SDVOSBs by the federal government, more than all other federal civilian agencies combined. Previously, the SDVOSB and VOSB goals were 10 percent and 12 percent established by former VA Secretary

Eric Shinseki in FY 2010.

FY 2018 data on federal contracting is still under review by the SBA and is considered unofficial until final figures are officially released.

Here's who has been nominated as the new vice chairman of the Joint Chiefs of Staff

by Jen Judson

The following story was posted on the Fleet Reserve Association's website.

DEFENSE NEWS - The next vice chairman of the Joint Chiefs of Staff will be Air Force Gen. John Hyten, Air Force Secretary Heather Wilson announced April 9 during a speech at the Space Symposium in Colorado Springs, Colo.

Hyten has served as the commander of U.S. Strategic Command since November 2016. He previously headed Air Force Space Command. He will replace Gen. Paul Selva who is retiring as his second two-year term as vice chairman ends.

The general's nomination was sent to Capitol Hill on April 8 for consideration.

Hyten will take up the job alongside current Army Chief of Staff Gen. Mark Milley, who was picked late last year to become the next chairman of the Joint Chiefs of Staff, succeeding Marine Corps Gen. Joseph Dunford.

The nomination could be seen as a consolation prize for the Air Force because it was considered due to have a chairman from its ranks. This will

'Liberation Heroes: Last Eyewitnesses' for Holocaust Remembrance Day

Discovery Channel will air the documentary *Liberation Heroes: The Last Eyewitnesses*, on Wednesday, May 1 at 4 p.m., to coincide with the nation's Holocaust Remembrance Day. The film draws on a collection of 55,000 testimonies of survivors and witnesses to the Holocaust and other genocidal events.

be the second vice chairman from the Air Force in a row.

In Hyten's role as U.S. Strategic Command chief, he's been a vocal proponent of space-based missile defense sensors and has said the Pentagon has moved too slowly to develop a constellation of sensors that could effectively defend against emerging Russian and Chinese threats.

He's also expressed concern that Russia is developing new strategic weapons outside of the New START treaty, set to expire in 2021.

The White House and the Pentagon also shepherded in a new Nuclear Posture Review during Hyten's tenure.

The ranking member of the House Armed Services Committee, Rep. Mac Thornberry, reacted positively to the news, saying Hyten would "do a terrific job."

"If you think about the key role that position plays about the future of warfare, coming from StratCom and all of his expertise," Thornberry said. "I think he has the background experience but also he has the guts to say, 'We've got to change this.'"

Ask Rusty - Widower seeking answers about Social Security

by Russell Gloor

Dear Rusty: I have two questions. My wife passed away in May of 2015, and I never received any of her benefits. Should I have? Also, I am now 62, turning 63 next month. I'm still working and probably won't quit until age 75 or older. Should I start taking benefits now?
Signed: Bewildered



Dear Bewildered: As a widower, you could have started receiving a survivor benefit from your wife at 60 years of age, though it would have been reduced by about 28.5 percent for claiming early. But you haven't really lost those benefits because you can still claim them, and they won't be reduced as much now because you'd be claiming closer to your widower's full retirement age (FRA) of 66. In your specific case, your "widower FRA" is 4 months earlier than your normal FRA of 66 plus 4 months, because a survivor's FRA is determined by subtracting 2 years from their actual birth date. Since you were born in 1956, Social Security uses 1954 as the date to determine your FRA for survivor benefits.

Since you are now 62 (turning 63 soon), you have a choice to collect either your own benefit or your survivor benefit, and which one you should choose depends upon which one would be highest when it reaches maximum. Your survivor benefit will reach its maximum when you reach your widower FRA; your own benefit will reach its maximum at age 70. You might choose to collect your survivor benefit first and allow your own benefit to grow until you are 70 when it would be about 29 percent more than it would be at your normal FRA. Or, if your survivor benefit at your widower FRA would be more, you could choose to take your own benefit until your survivor benefit reaches maximum at your widower FRA.

But there is one catch you should consider. Any time Social Security benefits of any kind are taken before one's full retirement age and you continue to work, you will be subject to Social Security's "earnings test." That means if your earnings from working exceed the annual earnings limit (\$17,640 for 2019), Social Security will take back \$1 for every \$2 you are over the limit, and they'll withhold that from future benefits until they recover what you owe. Once you reach your normal full retirement age the earnings limit goes away, and you can earn as much as you like without penalty. For clarity, when you reach your normal full retirement age they will recompute your benefit and give you time credit for any month's benefits withheld, which will increase your benefit slightly allowing you to recover some (or eventually all) of the withheld benefits. But exceeding the annual earnings limit before your reach your normal FRA will cause you to lose current benefits for some number of months.

Provided that your finances, your health and your expected longevity allow it, and provided that your own benefit at age 70 will be more than your survivor benefit, you may want to consider a strategy of postponing your own benefit, and also delaying your claim for the survivor benefit until it reaches maximum at your widower's FRA. Then at your widower's FRA (66) you could claim 100 percent of your survivor benefit, while allowing your own benefit to grow to maximum at age 70. In this way you would avoid any lost benefits from exceeding the earnings limit, you would collect the maximum survivor benefit between your FRA and age 70, and at that time switch to your own higher benefit for the rest of your life. This is one of several scenarios you have available to you being dually-entitled to both survivor benefits and your own Social Security retirement benefit.

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

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It's time to fire bad customers

by Dr. Daneen Skube

Q: I have a few customers who take a ton of time, are frustrating and rarely pay me much money. I've been self-employed for 20 years, make good money and am sick of dealing with flakes. How do I graciously make these people go away?

A: You are wise to want a process to refer customers that are not rewarding. They will waste a lot of your time, be aggravating and even refer others like them. You can make them go away.

If your explanation blames

the client, points out the client is wasting your time and obviously fires the client, then you are in for problems. The explanation you use must be about you and not the client's frustrating behavior.

We agree consciously or unconsciously to contracts about how we are treated. Blowing up at people, power struggles or criticizing people does not change these agreements. As we get older, we become less tolerant of professional or personal agreements that diminish our well-being.

There was a study done recently on people who are age 90 and over that discovered most of them had learned to be appropriately selfish. They did not waste time or energy on people

INTERPERSONAL EDGE:

or situations. They didn't argue, or create drama with people that could not benefit them, they just exited. A good question is how much this dedication to well-being contributed to being long-lived.

If a person has little empathy, little respect and little appreciation for what you do, then negotiation will fail. We all benefit from staying in a relationship long enough to see what is possible but not long enough to be mistreated.

Make certain you have effective policies to encourage that you work with clients who pay you promptly and treat you well. Spell everything out specifically and behaviorally, or part of your problem is you not communicating expectations well.

If certain clients still do not respect your time and pay for your product or services, then set them and yourself free. Let the client know you are shifting your focus, limiting your customer

base, changing work hours or any explanation that makes it clear you are now unavailable.

If our egos run our career, then our goal becomes about being understood, being right or being validated. We create power struggles, drama and conflict with others that do not agree with our viewpoint.

You, I'd imagine, did not start your business to sacrifice yourself and be poorly treated and/or simply poor.

You should save your time for the customers who cherish you and what you do.

The last word(s)

Q: I'm getting inquiries about interesting jobs from potential

Enlisted Supervisor Retention Pay update announced

WASHINGTON - The Navy updated Enlisted Supervisor Retention Pay (ESRP) award levels for senior active-duty nuclear-trained Sailors in NAVADMIN 085/19, released April 8.

Updates include the increase of award levels for three ratings in ESRP Zone 1, the decrease of award levels for one rating in ESRP Zone 1 and the increase of award levels for eight ratings in ESRP Zone 2.

The ESRP program provides a retention incentive for senior nuclear-trained enlisted personnel with highly specialized skills and experience to remain in the Navy.

Eligible Sailors desiring ESRP reenlistment are encouraged to work with their Command Career Counselor (CCC) to discuss reenlistment requirements and procedures. ESRP reenlistment requests must be submitted 35-120 days prior to the desired reenlistment date.

Increased award levels are effective immediately and decreased levels are effective 30 days after the release of NAVADMIN 085/19. The minimum ESRP reenlistment length is three years and all ESRP payments must be received prior to the completion of 26 years of service.

Eligible Sailors and CCCs can find more information and references at <https://www.mnp.navy.mil/group/career-planning>, select the Enlisted Community Managers link, then select the Nuclear tab in the gray banner.

- For a complete listing ESRP reenlistment requirements, read NAVADMIN 085/19.
- Get more information about the Navy from US Navy facebook or twitter.
- For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

employers but feeling guilty because my current boss is wonderful. Is there a way to navigate this tricky situation with integrity and appreciation for my current employer?

know what you'd be seeking in a "better" job and see what is possible to grow where you are currently planted.

A: Yes, if your boss is wonderful, then simply ask for some time and tell him or her what you are telling me. Let your boss

Daneen Skube is an executive coach, therapist and speaker. You can contact her at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. No personal replies.

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More illegal drugs taken out of circulation, thanks in part to Coast Guard

SAN DIEGO - The crew of Coast Guard Cutter *Waesche* offloaded more than 14,300 pounds of cocaine here April 5.

The drugs were seized in international waters off the Eastern Pacific Ocean from February to late March.

"The offload that you see behind me, the bales of cocaine, represents a successful example of the cycle of justice," said Rear Adm. Nathan Moore, deputy commander of Coast Guard Pacific Area.

"This cycle of justice disrupts a cycle of crime which, left unchecked, fuels violence and instability that erodes our hemisphere's social and economic fabric and directly contributes to historically high numbers of drug related deaths in North America," said Moore."

The drugs were seized dur-

ing six separate interdictions off the coasts of Mexico, Central and South America by the Coast Guard cutters *Active* (WMEC-618), *Steadfast* (WMEC-623) and *Waesche* (WMSL-751).

"The National Security Cutter is the Coast Guard's most sophisticated and technologically advanced asset," said Capt. Patrick Dougan, *Waesche's* commanding officer. "However, it would be ineffective without the men and women who serve aboard. Everyone on board plays an important role and manning these ships requires everyone to contribute.

"This crew and those of our other assets are relentless in their pursuit of professional excellence. This offload is just a small sample of our success."

Numerous U.S. agencies from the Departments of Defense, Justice and Homeland

Security cooperated in the effort to combat transnational organized crime. The Coast Guard, Navy, Customs and Border Protection, FBI, Drug Enforcement Administration and Immigration and Customs Enforcement along with allied and international partner agencies play a role in counter-drug operations.

The fight against transnational criminal organizations in the Eastern Pacific requires unity of effort in all phases from detection, monitoring and interdictions, to criminal prosecutions by U.S. Attorneys in districts across the nation.

The Coast Guard increased U.S. and allied presence in the Eastern Pacific Ocean and Caribbean Basin, which are known drug transit zones off of Central and South America, as part of its Western Hemisphere Strategy.

During at-sea interdictions in



The crew of Coast Guard Cutter *Waesche* offloads 7.1 tons of contraband from the cutter at Tenth Avenue Marine Terminal in San Diego. Coast Guard photo by Petty Officer 2nd Class Joel Guzman

international waters, a suspect vessel is initially detected and monitored by allied, military or law enforcement personnel coordinated by Joint Interagency Task Force-South based in Key West, Fla.

The law enforcement phase of counter-smuggling op-

erations in the Eastern Pacific is conducted under the authority of the 11th Coast Guard District, headquartered in Alameda, California. The interdictions, including the actual boarding, are led and conducted by members of the U.S. Coast Guard.

Waesche is a 418-foot national security cutter homeported in Alameda. *Active* is a 210-foot medium endurance cutter and is homeported in Port Angeles, Wash. *Steadfast* is also a 210-foot medium endurance cutter and is homeported in Astoria, Ore.

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April 21 - Easter Sunday
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April 28 - Divine Mercy Sunday

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PACIFIC OCEAN (March 23, 2019) - USS John P. Murtha (LPD 26) transits the Pacific Ocean. John P. Murtha is underway conducting routine operations as a part of Boxer Amphibious Ready Group (ARG) in the eastern Pacific Ocean. Navy photo by MC2 Kyle Carlstrom



MCAS MIRAMAR (April 4, 2019) - Construction employees sign a beam before placing it on the F-35C hangar here. Key leaders with MCAS Miramar and more than 60 local San Diego construction firms came together to place the last beam on MCAS Miramar's first F-35C Hangar during a "topping out" ceremony. Marine Corps photo by Sgt. Jake McClung

CAMP PENDLETON (March 21, 2019) - Pfc. Aaron Rivera, a rifleman with 2nd Battalion, 4th Marine Regiment, 1st Marine Division, provides security during the Infantry Integration with Counterintelligence/Human Intelligence Operations here. Marine Corps photo by Lance Cpl. Alexa Hernandez



CAMP PENDLETON (April 4, 2019) - Marine Corps Lance Cpl. Austin Wright, a tiltrotor airframe mechanic, walks across the wing of an MV-22 Osprey aircraft here. Marine Corps photo



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Multi-purpose canine retires from the MARSOC

by Lance Cpl. Drake Nickels
CAMP PENDLETON - For an average service member, it takes an obligation of 20 years to retire from the military. For their furry four-legged counterparts, it takes over 30 years to accomplish the same goal in dog years of course.

Marine Corps working dogs date back to Nov. 1, 1943, during World War II when 1st Marine War Dog Platoon out of Camp Lejeune, N.C., attacked the beach of Bougainville, Solomon Islands.

Today, working dogs lead regular Marine Corps careers by deploying, taking official photos and even attaining rank. A Marine Special Operations Command working dog, however,

has much more rigorous training, increased mission capability and known as a multi-purpose canine (MPC).

“A dog handler is around for about five years,” said Marine Corps Staff Sgt. John Koman, multi-purpose canine handler,



A dog handler is around for about five years ... around the same time as them leaving we try to retire their dog.

Marine Special Operations Command, “around the same time as them leaving we try to retire their dog.”

Roy is one such multi-purpose canine with MARSOC, and Koman just so happens to be his handler. On March 29, 2019, the

command held a formal retirement ceremony to honor Roy’s five years of faithful service as a specialized force multiplier within the special operations world. After spending 16 weeks developing skills in explosives detection, tracking, controlled aggression, Roy’s amphibious

capabilities, such as water insertion and extraction techniques, prepared him to serve in combat. For this accomplishment, Roy received the Military Working Dog Service Award, an award presented to working dogs and MPCs that deploy into combat.

As a Marine receives a ceremony after 20 years, MARSOC conducts the same for MPCs. Once the MPC retires, it is put up for adoption and given priority to the owner. According to results from recent data from the Department of Defense Military Working Dog Adoption Program, more than 90 percent of military working dogs and MPC’s adopted by their handlers.

“The handler and dog have been through so much together,” said an unnamed MPC master trainer with MARSOC. “It’s a no brainer for the dog to go to

the handlers.”

Before Roy was ready to transition into civilian life, the unit was required to ensure that there are no signs of aggression towards humans and animals. After this assessment, Koman was able to proceed in filing the necessary paperwork for adoption.

“When I first saw him I knew he was the dog I wanted,” added Koman, “it’s just surreal that he’s officially mine today!”

When asked about his and Roy’s plans for the future, Koman stated that he plans to give Roy the most relaxing life possible.



Staff Sgt. John Koman, multi-purpose canine handler with Marine Corps Forces Special Operations Command, awaits command during the retirement ceremony of his multi-purpose canine, Roy, at Camp Pendleton. Koman and Roy have served together with 1st MRSB for five years. Upon his retirement, Roy was adopted by Koman. photo by Lance Cpl. Drake Nickels

Officials: Sailor killed himself the day before his child porn court-martial began

NAVY TIMES - A Seabee drove his car head-on into a massive rock and killed himself the day before he was supposed to appear at a California court-martial hearing on child pornography charges, officials and legal records indicated.

Construction Electrician Constructionman Kirkland Warren Whitmyre, 22, steered a Hyundai Sonata off the Pacific Coast Highway and into Mugu Rock in Ventura County early

on March 18, according to the county’s medical examiner and sheriff’s office.

That’s about 15 miles from where Naval Mobile Construction Battalion 4 is stationed at Naval Base Ventura County.

Refer to this *Navy Times* story by Geoff Ziezulewicz at <https://www.navytimes.com/news/your-navy/2019/04/03/officials-sailor-killed-himself-the-day-before-his-child-porn-trial-kicked-off/>.

BHR Sailors participate in beautification project

By MC3 Cosmo Walrath

SAN DIEGO - Sailors assigned to amphibious assault ship *Bonhomme Richard* participated in a community relations, or COMREL, event at the San Diego Center for Children, March 28-29. Sailors took part in beautification projects on the center’s main campus by helping out with landscaping, demolition and disposing heavy trash.

“I think it’s great doing this to help out this organization that helps children,” said Aviation Boatswains Mate (Handling) Raykwon Lawson, from

Youngstown, Ohio. “By doing this we’re setting an example to help people and maybe it will inspire others to want to help out to.”

The San Diego Center for Children is a non-profit group that helps at-risk youth and their families through therapy, education and other programs.

“Basically we have 11 acres here on our main campus with a maintenance crew of three and a non-profit budget,” said Warren Johnson, the special events and volunteer manager at the

San Diego Center for Children. “There just isn’t enough money or hands here to do these kinds of beautification and heavy lifting projects. That’s why having the *Bonhomme Richard* folks here is such a big help to us. It makes a huge difference in such a short amount of time.”

“I’ve always liked working with kids and today we get to help out a staple in the community with the goal of helping kids,” said Airman Daniel Stein, from Aurora, Colo. “It’s exciting that we get to come out here and learn about this place.”

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The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

“Your fuel level is low.

Would you like to navigate to the nearest gas station?” an unfamiliar male voice called out. I glanced at the other seats in my new car, but I was entirely alone. Then I saw the words displayed across my vehicle’s digital screen.

My car was talking to me.

More specifically, it was passively-aggressively telling me what to do. It was the first time it had asked me a direct question since I bought the car back in January. But I wasn’t surprised. In the last few months, I had learned that my new car most certainly believed it was smarter than I am.

Ever since we made the \$400 trade-in on our 2005 minivan with 240,000 miles on her odometer, I had been driving around in the veritable lap of luxury. My new SUV was better, cleaner, faster and cooler than my old minivan was in every way. However, my new car brought new problems.

When I drove my old minivan, I was the superior one. Aside from complicated mechanics which I left up to qualified auto repair shops to deal with, I controlled everything in that vehicle. Having

My car thinks I’m an idiot

put most of her 240,000 miles on her myself, I knew exactly how to manually adjust the sound system (with its handy-dandy tape deck), the heat and AC, the seat positions, the headlights, the doors, and all other systems. There was no digital display, no voice recognition feature, no navigation system, no Bluetooth capability, no automatic doors, no heated steering wheel, no keyless start, no camera system.

She was not hands-free, but rather, totally hands-on.

During those meager minivan years, I was a modern-day Robinson Crusoe. My minivan was my primitive island, and I was forced to make due. Like Crusoe, “I had nothing to covet, for I had all that I was now capable of enjoying; I was Lord of the whole Manor ... I learned to look more upon the bright side of my condition, and less upon the dark side, and to consider what I enjoyed, rather than what I wanted.”

I didn’t complain that the van’s carpets were tainted with years worth of spilled juice boxes and kids’ upchuck, I just spritzed them with Febreze and carried on. I didn’t gripe when the roof sprouted a leak, I just covered it with duct tape. I didn’t demand a new car when the door handle fell off, I just got in the other side.

Through ingenuity and self-reliance, I became the Master of my minivan’s Domain. The Lady of the Manor. The Queen of the Castle.

But now I drive a German-engineered vehicle with complicated digital systems that did not exist when my old minivan was manufactured back in 2005. My new car senses my confusion and takes control, as if I’m a complete idiot.

It recognizes my voice, detects my phone, knows everyone in my contact list, turns on my Audible book to the page where I left off, adjusts my seat to my pre-set specifications, warns me that the gas is too low, and offers to find the nearest gas station. It controls the climate inside the car for me, heats my steering wheel and my seat, and knows exactly when a little defrost is needed to avoid fogging up the windows. It even turns my lights and wipers on when they’re needed, and turns them off when they are not.

Despite all this newfangled automation, I still look back after parking the car and wonder, “Is it really going to turn the lights out for me? What if it doesn’t and the battery goes dead?” Until I learn to trust machines, I’ll wait out in the cold until the lights blink out, just to make sure.

My new car has made it painfully clear that I am unqualified to operate its advanced systems. I wouldn’t be surprised if it snapped at me, “Eh-Eh! Don’t touch! Let me handle it so you don’t screw anything up.” Although I don’t want my minivan back, I sometimes yearn for the empowerment I felt when I was Master of my Domain.

AutoMatters™ & More



by Jan Wagner

Audiences around the world are in awe of the incredible gymnastics and creative staging of Cirque du Soleil shows. In 2018 LUZIA, under the Big Top in Costa Mesa, Calif., did the seemingly impossible, beautifully staging a major water show within the confines of what was essentially a large circus tent in a parking lot (see AutoMatters & More #531 at Drive-Tribe.com).

Now, after a seven-year absence, Cirque du Soleil’s Big Top has returned to the Del Mar Fairgrounds with VOLTA, the 17th Cirque du Soleil production to visit San Diego.

My VOLTA experience began about a week before the premiere. Long metal spikes had already been driven deep into the parking lot of the fairgrounds. The central part of the Big Top was secured to these. Then, using ropes, about 60 people worked in unison, one section at a time, to quickly raise the massive Big Top.

VOLTA is an experience unlike any other that Cirque du Soleil has ever done before. For the very first time, they’ve taken action sports from the streets to the stage. Think X Games.

There is a sense of freedom that goes along with street sports, such as rope skipping and BMX. They are spontaneous, as the participants pretty much do them wherever and whenever they want.

Cirque du Soleil’s breathtaking, sensational VOLTA

VOLTA is the first show of Cirque with a very strong narrative. It tells the beautifully crafted story of a young man named Waz, and of his journey to find his true self. I highly recommend that you read the souvenir program, which tells that story.

Like so many of us who have something about ourselves that we may not particularly like or are not comfortable with, Waz does too. He is unhappy because instead of a normal head of hair, his head is covered in blue feathers. He gets bullied and picked on because of that difference.

At first Waz believes that to overcome this bullying, and to ultimately find love, he needs to become famous. Seeking this fame, he goes on a reality TV program: The Mr. WOW Show.

However, on his journey towards self-discovery and happiness, Waz meets characters called FREE SPIRITS. They include colorful, free and very outgoing BMX riders. They teach Waz that it is not only okay to be himself, differences and all, but that he actually must embrace his differences, for those are what make him unique, special and appealing to others. That is his true self.

Waz learns that only once he accepts himself, will true happiness and love follow. VOLTA teaches Waz that he must leave behind him his insufficiently fulfilling, monochromatic, grey, constricting life of just trying to blend in.

To create Waz’s world, Cirque du Soleil has yet again done the seemingly impossible. This time they have managed to fit a full-blown, multi-ramp BMX park under the Big Top.

Also, for the first time, VOLTA incorporates electronic music. It was

composed by the multi-talented Anthony Gonzales, who is a member of the M83 electronic band (<http://ilovem83.com>) - originally from France but now based in Los Angeles. Since the timing of the gymnasts and other athletes varies somewhat from performance to performance, the music is played live, by a five-member band.

The story of VOLTA aerialist Kia-Melinda Eastman serves as inspiration and hope to new generations. She began at a very young age, after receiving a birthday present to a gym for tots. Soon she advanced into competitive teams. When she was seven, her mother enrolled her in a flying trapeze workshop in her home town of Boston, Mass. That weekend class eventually led to her touring with Circus Vargas, when she was only twelve, and ultimately to her becoming an aerialist with Cirque du Soleil.

I chatted with Kia-Melinda Eastman behind the scenes, the day before the premiere of VOLTA. In one of her many roles, she performs on bungees. Surprising the audience, she emerges from the darkness, high above the stage, and plunges 45 feet. Her spell-binding routine includes a series of bounces and flips, at the end of which she catches a trapeze.

VOLTA is being performed at the Del Mar Fairgrounds through May 5, after which it’ll move to Chicago, then to Washington, D.C. For tickets and other information, visit <https://www.cirquedusoleil.com/volta>.

To see photos, visit www.drivetribe.com, click on the magnifying glass, select “POSTS” and enter “AutoMatters & More #585” in their search bar. Send comments to AutoMatters@gmail.com. Copyright © 2019 by Jan Wagner – AutoMatters & More #585

Health & Fitness

The inflamed brain: Recognizing encephalitis and meningitis

When you get sick, some germs can attack the brain or the protective lining that surrounds the brain. This can cause swelling and lead to severe illness, or even death. It’s important to recognize the symptoms so you can get medical help as quickly as possible.

When the brain swells, it’s called encephalitis. When the lining of the brain, or meninges, becomes inflamed, it’s called meningitis. The symptoms can be similar for both.

At first, you might get a fever, feel tired, and sometimes have a rash. “Those things can last a day or two, or a little bit longer,” explains Dr. Avindra Nath, a neurologist at NIH. “Then, you may have a headache, along with fever, neck stiffness, and you can get sensitivity to light.”

Other symptoms include nausea or vomiting, double vision, drowsiness, and confusion. More severe illnesses can cause speech, hearing, or vision problems. If it’s left untreated, you could develop cognitive difficulties with progressive loss of consciousness, seizures,

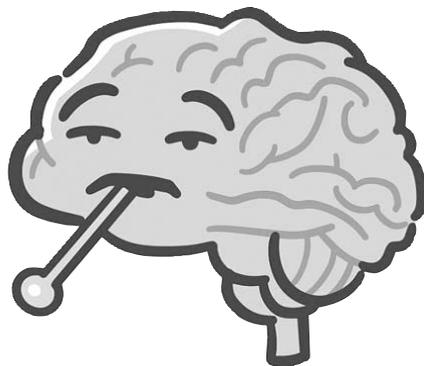
or muscle weakness.

You need to get immediate medical help if you have symptoms of encephalitis or meningitis. Early treatment is important for the best recovery. Treatment will depend on the cause. Viruses, bacteria, parasites, and fungi can all cause encephalitis and meningitis. The most common causes can be different depending on where you live.

“Worldwide, the most common cause of meningitis is bacterial meningitis,” Nath explains. “Now in the United States, we don’t see a lot of bacterial meningitis because we have certain vaccines. So, the most common cause of meningitis is viral meningitis.”

Early treatment for bacterial causes may be antibiotics and other medicines to treat swelling and other symptoms of the illness. There aren’t any

specific anti-viral treatments for most viral causes. But treating the symptoms can affect the course of the illness. More



severe illnesses may require hospitalization.

Anyone can get these conditions. Protecting yourself and your family from germs and staying up-to-date on vaccines is the best way to guard against both encephalitis and meningitis.

Vaccines are available to prevent some bacterial causes of meningitis, including Haemophilus influenzae, pneumococcal pneumonia, and meningococcal disease.

NIH-funded researchers are looking for other ways to prevent or treat encephalitis and meningitis. Some are studying how to stop germs from infecting the brain or its lining.

Nath’s team is testing compounds that may block Zika virus from getting into brain cells grown in the lab. His team

hopes that these may block other viruses that are transmitted by insects and parasites, too.

Many scientists are trying to develop broad antivirals, Nath says. “Broad” means the antiviral would stop many viruses rather than just one. This would be helpful, since doctors wouldn’t have to know which

virus is causing the problem before starting treatment.

Until we have better treatments, prevention is still the best medicine. Children, older adults, and those with weakened immune systems are most at risk for infections. See the Wise Choices box for tips on protecting yourself and your family.

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Del Mar Horse Show opens with Western Week, see spectacular 'Night of the Horse'

The 74th annual Del Mar National Horse Show kicks off its three-week run on April 16 with Western Week. The iconic horse show brings together many of the most accomplished, athletic and revered horse and rider teams to compete for coveted trophies.

"Night of the Horse," presented by Mary's Tack & Feed at 7 p.m. April 20, is the exclamation point of Western Week where spectators will be dazzled with daring feats during a unique musical equestrian theatrical performance.

Each week of the Del Mar National represents a distinct discipline - Western (April 16-20), Dressage (April 25-28) and Hunter/Jumper (April 30 - May 5) - and closes with a special Saturday evening event highlighting that discipline. Nearly 1,500 horses from various countries compete in the 3-week show for over \$300,000 in cash and prizes.

Much of the Del Mar National Horse Show is free for spectators. The featured Saturday evening events including "Night of the Horse," require a paid admission, and tickets are now available for both reserved seating and gourmet dinner VIP boxes online at delmarnational.com.

ALL ABOUT WESTERN WEEK

Ranch Day, April 16: You'll find traditional Western riding techniques such as trail skills and reining during Western Week. Ranch Day features ranch riding and the Highpoint Horse Award. Classes for the American Quarter Horse Association, the National Snaffle Bit Association, the National Reining Horse Association and the Pacific Coast Horse Show Association are featured along with Circuit and Highpoint Awards. Traditional perpetual trophies, dating back to the 1960s, are awarded to the winners, making the Del Mar National Horse Show unique.

Featured Event - Night of the Horse, April 20: This equestrian variety show features entertainment that will dazzle the whole family with daring feats and beauty during this unique musical equestrian theatrical performance. Tomas Garcilazo, along with accomplished horsemen, horsewomen and dancers, will perform a dramatic act about the Mexican Revolution. Cowboys and cowgirls will thrill the crowd with their daring trick riding, trick roping and gun slinging. The California Cowgirls and The Blue Shadows Drill Team will present a 36-member fast and furious precision drill team.

Guests are encouraged to arrive early to enjoy live music by Liquid Blue, dine at a variety of food concessionaires, and shop among vendors selling unique equestrian merchandise including art, clothing, books, jewelry and more. Explore the Meet the Breeds Expo, a fun interactive exhibit open from 5-7 p.m. Whether you grew up in the equestrian arena or have simply dreamed about owning or riding a horse, the Meet the Breeds Expo offers a fun chance to sit in different types of saddles and get an up-close and personal view of different breeds of horses.

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

Thursday, April 11
6pm How To Train Your Dragon:
The Hidden World
8pm Captain Marvel
Friday, April 12
5:50pm Wonder Park
7:30pm Five Feet Apart
Saturday, April 13
1pm Wonder Park
2:40pm Five Feet Apart
5pm Captain Marvel
Sunday, April 14
1pm How To Train Your Dragon:
The Hidden World
3pm Fighting With My Family
5pm Wonder Park
Monday, April 15
6pm Wonder Park
7:40pm Five Feet Apart
Tuesday, April 16
5:50pm Captain Marvel
8:10pm Happy Death Day 2U
Wednesday, April 17
6pm Wonder Park
7:40pm Five Feet Apart
Thursday, April 18
5:50pm Captain Marvel
8:10pm Fighting w/My Family

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

Thursday, April 11
5:40pm Happy Death Day 2U
7:50pm Captain Marvel
Friday, April 12
5:50pm Wonder Park
7:50pm Five Feet Apart
Saturday, April 13
12:50pm Wonder Park
2:40pm Captain Marvel
5:40pm Five Feet Apart
8:10pm Captain Marvel
Sunday, April 14
1:30pm Wonder Park
3:20pm Captain Marvel
6pm Five Feet Apart
Monday, April 15
5:40pm How To Train Your Dragon: The Hidden World
7:50pm Five Feet Apart
Tuesday, April 16
5:50pm Wonder Park
7:50pm Captain Marvel
Wednesday, April 17
5:50pm Five Feet Apart
8:10pm Madea Family Funeral
Thursday, April 18
5:40pm Captain Marvel
8:10pm Fighting w/My Family

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

Friday, April 12
5pm Mary Poppins Returns
Saturday, April 13
5pm Escape Room
Sunday, April 14
5pm Defiance

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

Thursday, April 11
11am Smallfoot
5pm Holmes & Watson
Friday, April 12
5pm Miss Bala
Saturday, April 13
11:15 am Peter Rabbit
2pm Kid Who Would Be King
5pm The Upside
Sunday, April 14
5pm A Dog's Purpose
Monday, April 15
5pm Aquaman
Tuesday, April 16
11am How to Train Your Dragon
5pm The Mule
Wednesday, April 17
5pm American Pie
Thursday, April 18
11am How to Train Your Dragon 2
5pm Bumblebee

Bob Hope Theater 577-4143

Miramar Bldg 2242
* indicates last showing

Thursday, April 11
6:30pm Alita: Battle Angel
Friday, April 12
6:30pm Five Feet Apart
9pm Happy Death Day 2U
Saturday, April 13
3pm Wonder Park
6:30pm Captain Marvel
9:20pm Fighting w/My Family
Sunday, April 14
1pm Wonder Park (3-D)
6:30pm How To Train Your Dragon: The Hidden World
Wednesday, April 17
6:30pm Happy Death Day 2U
Thursday, April 18
6:30pm How To Train Your Dragon: The Hidden World

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Movies/times subject to change

Thursday, April 11
6:30pm Tyler Perry's A Madea Family Funeral
Friday, April 12
6pm Captain Marvel
9pm Happy Death Day 2U
Saturday, April 13
1pm How To Train Your Dragon: The Hidden World
3:45pm Captain Marvel
7pm Fighting With My Family
Sunday, April 14
1pm How To Train Your Dragon: The Hidden World
3:45pm Tyler Perry's A Madea Family Funeral (PG13)
Thursday, April 18
6:30pm Captain Marvel (PG13)

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			3	1	2
		9		7	5
8			4		3

Entertainment

Port of San Diego's Day at the Docks Sun, April 14 • 9-5 • Free

40th year the San Diego Sportfishing Council has sponsored its special showcase of San Diego sportfishing. We hope you'll take this opportunity to join us and discover a bit more of what the Port of San Diego holds for you.



Here are some of the highlights:

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For the angler who wants to pick up a few tips for that next fishing trip, don't forget to look for the seminar schedule. You'll learn the "how to's" and get "insider tips" from the San Diego fleet skippers and other industry experts.

KIDS FISHING ADVENTURE

From 9am-4pm. For kids 4-12 years old. The Kid's Fishing Adventure are areas set aside and stocked with fish, providing kids with the chance to wet a line and make a catch. Expert assistance is provided.

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The whole family can take a boat ride around San Diego Bay for \$3. Trips run continuously throughout the day from the three sportfishing landings.

HOT TACKLE

Find out what's hot on the fish equipment market. The top manufacturers will be there to show off their latest.

LOTS OF BOATS

You'll find boats of all shapes and sizes. The modern sportfishers in the San Diego fleet will be hosting a grand open house. You are welcome to climb aboard and look around. Joining the fleet for the day will be a U.S. Coast Guard Special Purpose Craft, the Harbor Police Fire Boat, Vessel Assist and Sea Tow towboats, some smaller fishing kayaks and trailerable boats.

OPEN HOUSE ON BOATS IN THE FLEET

Step aboard and meet the captains in the San Diego fleet. Have you ever been on a San Diego Sportfisher before? Now is your chance.

ENTERTAINMENT ALL DAY ON STAGE

On the Main Stage things get going at 9am. The day will also feature three raffles benefiting The Bum Institute with great prizes include fishing trips, tackle, tickets to area attractions and much more!

Point Loma Peninsula, SD Sportfishing Landings, Scott Street and Garrison Street, San Diego, CA 92109. <http://sportfishing.org/day-docks-to-do/>

Gaslight Gathering 9: SD's Steampunk Victoriana Tradition • April 12-14

Gaslight Gathering is a convention to promote Steampunk and Victoriana aesthetics as it relates to dress, art, music, crafts, pop culture, and literature. San Diego's finest Steampunk Victoriana event returns! We hope you will join us for another exciting weekend of steampunk shenanigans and excitement. Enjoy fashion shows, a merchants room, make & takes, maker panels, parasol & fan dueling and a Friday Night Soiree! Delight in the sound of Amazing Steampunk Music! Sunday will feature afternoon tea and many wonderful activities for your Family enjoyment! <http://gaslightgathering.org/> Handlery Hotel, 950 Hotel Cir N., San Diego, CA 92108. \$10-\$125.



Jazz duo comes to Scripps Ranch April 14

"The Pleasure of Your Company" music series presents the exciting jazz duo of guitarist Peter Sprague and vocalist Rebecca Jade on Sunday, April 14, at 2:30pm in the informal and intimate setting of the Scripps Miramar Ranch Library Center. Hear why Rebecca and Peter's Cole Porter album earned them a 2018 San Diego Music Award for "Best Jazz Album." There is no charge for the concert, which is sponsored by Scripps Ranch Friends of the Library, although donations are appreciated. Meet the musicians at a complimentary reception following the concert. Scripps Miramar Ranch Library Center is located at 10301 Scripps Lake Drive near Miramar Lake. Overflow parking is available on Meanley Drive off Scripps Ranch Blvd. Visit www.srfol.org or call (858) 538-8158 for information.

Heartbreak Ridge • Run

Sat., April 27 • 8am-1pm • \$10-\$90

Come out for an off-road running race held in the northwestern foothills of your Marine Corps Base Camp Pendleton. It offers multiple distance choices with a challenging hill climb and scenic views of surrounding mountains and meadows. Race open to Base Patrons & Active Duty only • Marines and civilians ages 4 & up. Distances: Half marathon, 10K, 5K and 1K kids run. Marine Corps Base Camp Pendleton, California, Camp Pendleton North, CA 92055. <http://www.mccsc.com/hcrs>



Fallbrook Avocado Festival Sun, April 14 • 9am-5pm • Free

The 33rd Annual Avocado Festival includes local artisans on the Artisan Walk on Alvarado, Cazadores Margaritas at the Main Stage area, featuring local talent, food, wine garden, local beer, community stage, kid's zone and Avocado Central (located in the center of the event) where avocados and trees can be purchased.

Since the 1960s, thousands of avocado lovers converge in Fallbrook, located in San Diego's North County Inland to sample avocados, check out the crazy cooking contest entries, buy avocado-themed gifts enjoy bands, live entertainment and friendly beer gardens. Come prepared to visit the many craft and food booths – you can never go hungry at the Avocado Festival. Colorful booths line Main and Alvarado Street featuring unique clothing, hats, arts, crafts, jewelry, and farm-fresh produce for purchase. A variety of bands and other live entertainment offered for the pleasure of festival-goers. Beer gardens and numerous food vendors cater to every whim.

Main Street, E Alvarado St & S Main Ave, Fallbrook, CA 92028. <https://www.fallbrookchamberofcommerce.org/events-v2/avocado-festival.html>



Coronado Flower Show April 13-14 \$5 adults

Largest tented flower show in the nation! Exhibits surround a central gazebo which stages continuous live music entertainment, announcements, and trophy presentations. Saturday 1-5pm. Sunday 10am-4pm. Food pavilion and beer garden on site! 12 & under free! Spreckels Park, Orange Ave & 6th St, Coronado, CA 92118. <https://coronadoflowershow.com/>



Fun with MWR

The Navy's 33rd Bay Bridge Run/Walk Sun, May 19, 8am. Participate in the Navy's 33rd Bay Bridge Run/Walk. Your only chance to walk across the Coronado Bridge! Register at www.navybaybridgerun.com.

Joshua Tree Climbing and Camping Fri-Sun, April 12-14, 4pm, \$135 MWR patron/\$125 Liberty (18 yrs.+). Weekend camping & climbing in Joshua Tree Nat'l Park. Includes transpo, 4 meals, camping gear, climbing guides. Departs from NBPL, Main Base, Community Rec Center, Bldg. 546. Register: navylifesw.com/sdcr, 619-553-9138

Spring Fling, Sat, April 13, 9 am-1 pm, FREE. Join in the fun! Family event includes an egg hunt with 30,000 eggs, Amusement Fun Zone and inflatables, face painters, balloon artists, arts & crafts, resource fair, All-Hands Car Show, petting zoo and Armed Forces Kids Run. Presented by San Diego Zoo & San Diego Zoo Safari Park. NBSD Admiral Prout Fields. Info: 619-284-4054/619-556-7444.

Warner Brothers Tour Friday, April 19, 7:30 am, \$33 E1-E5 Active Duty/\$59 MWR patrons (8 yrs.+). 3-hour Studio Tour! 2-hour guided tour starts with access to the Archives Museum, props and costumes used in DC Films, access to sound stages, an inactive TV set, the "Bat Cave" from Batman movies and prop house! Last hour self-guided tour of the Script to Screen portion including the "Friends" set and photo op. Cost includes studio tour admission, bus, and snacks on the bus. Pick up Locations: 7:30am NASNI Visitors Lot; 8am Adm Baker Picnic Parking Lot. Register: www.navylifsw.com/sdcr, Info: 619-437-3190

Easter Egg Swim Friday, April 19, 4-6 pm, FREE. NBPL, Main Base Pool, Bldg. 1. Come celebrate by diving in and hunting for Easter eggs in the pool. Everyone swims away a winner! All MWR patrons welcome. Register: www.navylifsw.com, Info: 619-553-0934

Outdoor Movie Night Friday, April 19, 7 pm (Dusk) FREE. Watch a movie under the stars on large inflatable screen. Movie: Ralph Breaks the Internet (PG). Admiral Baker Picnic Grounds, Mission Gorge, 2400 Adm Baker Rd Register: www.navylifsw.com/sdcr, 619-556-9597

"Time for You" Spouse Appreciation Day Sat, April 20, 12-2 pm or 2:30-4:30 pm, \$12. NAB Community Rec Center, Bldg. 337. Pamper yourself as you learn to make your own easy facial mask and shower melts, enjoy a 10-minute professional massage & facial analysis, participate in yoga meditation and stretching. Healthy light snack items included. Register: www.navylifsw.com/sdcr, Info: 619-437-3190

Book Now for Easter & Mother's Day Brunches Leave the cooking to us! Easter Brunch ~ Sunday, April 21. Mother's Day Brunch ~ Sunday, May 12. \$35 pp (per event). Call for your reservation today! We offer 3



beautiful and convenient locations: • Admiral Baker Rivers Edge, Mission Gorge, 619-487-0016. • Island Club, Naval Air Station North Island, 619-545-9199. • Admiral Kidd Catering & Conference Center, Naval Base Point Loma, Harbor Drive Annex, 619-524-6287

Operation Megaphone Overnight is Back! Friday-Saturday, April 26-27. Connect with military teens from around the world to talk about issues affecting YOU! Event open teens, 12-18 years. Contact your local Youth Center to register today or call 619-435-5056 for details.

LIBERTY

Open to junior Sailors, E1-E6, active duty geo-bachelors, plus guest 18+ Grand Prix Sat, April 13, 8 am, \$60 Active/\$70 Guest. Watch the race live at Long Beach! Cost includes admission and transportation. Coronado Liberty: 619-545-3331 or 619-437-3109

Native American Pow Wow Wed, April 17, 5 pm, FREE. Watch a live performance and enjoy free food! Balboa Liberty Center, NMCS: 619-532-8909

Dave & Buster's Trip Friday, April 19, 5:30 pm, \$5. Exclusive games and extreme fun! The RECYARD, NBSD: 619-556-5085

Bike to Embarcadero Sat, April 20, Noon-4 pm, \$20. Learn the biking basics. We'll teach you everything you need to know before long-distance biking! After lesson, we'll bike to Embarcadero Park, near Seaport Village. Includes bike rental. NBPL Liberty: 619-524-0961 or 619-553-9138

Spring Fling Luau Sunday, April 21, 5-8 pm, FREE. Spring is here! Ring in the season, island style. Enjoy island snacks, games, and music. Main Base, Bldg. 302! NBPL Liberty: 619-524-0961 or 619-553-9138

BOWLING

Monday Madness. Bowling \$1.25 per item: bowling game, shoe rental, hot dog and/or soda. Get great these great deals at Sea 'N Air Lanes, NASNI & Admiral Robinson Recreation Center, NBSD. For more information call 619-545-7240 or 619-556-7486.

Tuesday Night BOGO. Tuesdays, 5 pm-close. Buy one game of bowling and get one FREE! Adm Robinson Rec Center, NBSD. 619-556-7486.

Thursday Prize Night Bowling. 6pm-close. Various non-skill based games will be played and prizes awarded. Sea 'N Air Lanes, NASNI, Bldg. 772. Info: 619-545-7240.

GOLF

Demo Day. Saturdays, 10am-2pm. Head over to Admiral Baker & Sea 'N Air Golf Courses to try the latest drivers, fairway metals, hybrids and irons. Get fitted by one of our certified fitters/PGA staff. For more information call 619-487-0090 or 619-545-9659.

Junior Golf Clinics. Every Wednesday, 3:30-4:30pm and Saturday, 10-11 am • \$20. Kid's 6-17 years, learn fundamentals, etiquette and golf rules in fun, friendly envi-



ronment. For details contact the Sea 'N Air Golf Course-619-545-9659 or Admiral Baker Golf Course-619-487-0090.

CYP

Give Parents a Break. Military families are subject to unique stresses such as deployments, remote tours of duty, and extended working hours. This Navy Child & Youth Programs (CYP) program is designed to give family members a short break from parenting in order to help them deal with these types of stressful situations by providing childcare for children 6 weeks to 12 years of age. Centers are utilized for care at no cost for eligible families and at the hourly care rate (\$4 per hour) for all other eligible CYP patrons, on a space available basis. Visit <http://sandiego.navylifsw.com/fleet-family/fleet-family/child-youth-programs/parent-information> for more information and the most recent GPAB schedule.

AQUATICS

Water Fitness. A great full-body, low-impact workout! FREE for active duty, dependents and DoD, \$3 per guest. Tues./Thur., 9-10am Admiral Prout Pool, NBSD, Bldg. 3279, 619-520-3048.

Learn to Swim with MWR! NAB Pool, Bldg. 508, 619-437-5012. Affordable private and semi-private lessons are available for all ages.

Admiral Prout Pool, NBSD, Bldg. 3279, 619-520-3048

Balboa Athletic Complex Pool, NMCS, Bldg. 12, 619-532-6080

NAB Pool, Bldg. 508, 619-437-5012

NBPL, Main Base Pool, Bldg. 1, 619-553-0934



VADM Martin Pool, NASNI, Bldg. 1507, 619-545-2877

FREE Active Duty Swim Lessons

Lessons for beginning, intermediate and advanced swimmers to achieve

their personal aquatic goals from basic swim skills to challenging workouts. Space is limited ~ Call today!

T/T 6:30-8:30am -NAB Pool, Bldg. 508, 619-437-5012

M/W/F, 5:30-8:30am -VAdm Martin Pool, NASNI, Bldg. 1507, 619-545-2877

T/T, 10-11am - Adm Prout Pool, NBSD, Bldg. 3279, 619-520-3048

Wed, 7-7:45am - NBPL, Main Base Pool, Bldg. 1, 619-553-0934

AUTO SKILLS

"DO IT YOURSELF" AUTO SKILLS CENTERS. Save money, get it done right and have the satisfaction of knowing you did it yourself at your base Auto Skills Center. We specialize in all your automotive needs from changing/balancing tires and lift rental to steam cleaning, diagnostic and code reading. We supply the tools and "know how," you provide the labor. Visit your base Auto Skills Center for: Automotive Retail Store with 100s of items in stock • Special Order Parts Service • Stall Rental (covered and uncovered) • Lube Hoists • Lifts • Steam Cleaner • Code Scanner • Battery Charger • Lock Out Service and the list goes on! Stop by or call today: NASNI, Bldg. 825, 619-545-7235 and NBSD, Bldg. 3234, 619-556-7009. Plus, check out our Automotive Retail Store at NBSD!

Around Town

Military museums in San Diego

The Veterans Museum at Balboa Park. The Veterans Museum and Memorial Center is a museum located in historic Balboa Park of San Diego, California. Founded in 1989, it is dedicated to create, maintain, and operate an institution to honor and perpetuate the memories of all men and women who have served in the Armed Forces of the United States of America.

Open to the public

Active duty military, Museum Member, Children under 12: Free
Veterans/Seniors: \$4 • Adults: \$5 • Student ID: \$2

2115 Park Blvd, San Diego (Balboa Park) • (619) 239-2300

<http://www.veteranmuseum.org/>

Hours: Monday Closed • Tues-Sun 10am-4pm

MCRD Command Museum & Historical Society. Museum focusing on Marine Corps history from the 19th century to today is also a research library.

Free admission • Open to the public

1600 Hochmuth Ave, San Diego, 92140 • (619) 524-4426

<https://www.mcrdmuseum.org/>

Hours: Mon-Sat 8:30am-4pm • Sunday Closed

Flying Leatherneck Aviation Museum. The Flying Leatherneck Aviation Museum is a United States Marine Corps command museum at Marine Corps Air Station Miramar, San Diego, California. The museum contains exhibits and artifacts relating to the history and legacy of United States Marine Corps Aviation.

Free admission • Open to the public

Address: 4203 Anderson Ave, San Diego, 92145 • (858) 693-1723

<https://lyingleathernecks.org/>

Hours: Monday Closed • Tues-Sun 9am-3:30pm

USS Midway Museum. The USS Midway Museum is a maritime museum located in downtown San Diego, California at Navy Pier. The museum consists of the aircraft carrier Midway. The ship houses an extensive collection of aircraft, many of which were built in So Cal.

Online ticket prices reflect \$2 discount/ticket over regular admission: \$21-Online Adult (ages 18-61) • \$18-Online Senior (ages 62+)

\$8-Online Retired Military (w/ID) • \$8-Online Youth (ages 6-12)

\$15-Online Student (ages 13-17 or w/College ID)

FREE-Children 5 years old and younger, Active Duty Military (w/valid ID), Active Law Enforcement (w/valid ID), Active Fire Fighter (w/valid ID) and including Reservist.

910 N Harbor Dr, San Diego, 92101 • (619) 544-9600

<https://www.midway.org/>

Hours: Open daily 10am-5pm • Last admission at 4pm

San Diego Seals vs. Saskatchewan Rush at Pechanga Arena San Diego, Fri, April 12, 7pm. www.sealslax.com

Camping at Lake Poway. Fri-Sat, April 12-13. www.poway.org

Oceanside Jazz Festival: Vocal Jazz, Fri-Sat, April 12-13, 7:30pm. www.miracosta.edu/buytix

La Jolla Concours d'Elegance at Ellen Browning Scripps Park. Fri-Sun, April 12-14. www.lajollaconcourse.com

Spring Home Decorating/Remodeling Show at Del Mar Fairgrounds. Fri-Sun, April 12-14. www.homeshowusa.net

California Ballet Company presents Cinderella at San Diego Civic Theatre. Fri-Sun, April 12-14. www.sandiegotheatres.org

Coachella Valley Music & Arts Festival in Indio. Fri-Sun, April 12-14. www.coachella.com

Wheelchair Over-the-Line Tournament (OTL), Sat, April 13, 7:30am-6pm. Free. Old Mission Beach Athletic Club (OMBAC), presents 41st Annual Wheelchair OTL Tournament. Top level wheelchair athletes from across the Southwest compete in Jr. and Adult divisions. Wheelchair OTL is variation of traditional OTL featuring 3-player teams that play on asphalt courts. Registration 7:30-9am. Tournament is free and complimentary lunch served to all athletes. Mini clinic on rules and format of WCOTL offered at 8:30am. Chair repair booth also provided for athletes. Family, friends and OTL enthusiasts are invited to cheer on the teams and enjoy music and displays. OTL Tournament Fields, 1240 West Morena Blvd, SD.

Imperial Beach Coastline Cleanup, Sat, April 13, 9-10:45am. Free. Public beach cleanup. Imperial Beach Pier Plaza, 10 Evergreen Ave, IB.

7th Annual VinDiego Wine & Food Festival at Waterfront Park, Sat, April 13, 3-7pm. www.vindiego.com

Fly Your Ride Flying Car Competition at San Diego Air & Space Museum. Sat, April 13. www.sandiegoairandspace.org

Plant Walk, Sat, April 13, 9-11am. Free. Bring your cameras and binoculars. Batiquitos Lagoon Foundation docents lead free, family-friendly plant walk. Easy walk-less than a mile. We will see flowers, birds and possibly other wildlife. Batiquitos Lagoon Nature Center, 7380 Gabbiano Lane, Carlsbad

Walk MS at NTC Park at Liberty Station, Sat, April 13, 8:45am. www.nationalmssociety.org

Taste of Hillcrest Sat, April 13, noon-4pm. Check-In required at Ride-Aid or Rich's San Diego. www.fabuloushillcrest.com

SD Sockers vs. Monterrey Flash at Pechanga Arena San Diego, Sat, April 13, 7:05pm. www.sdsockers.com

Discovery Tables: Birds Nests, Sat, April 13, 10am-1pm. Free. Many types of birds-many types of nests. Learn about nests the birds build in Mission Trails Regional Park (MTRP). Meet inside the Visitor Center. MTRP, One Father Junipero Serra Trail, San Carlos

Earth Day Celebration at California State Parks. Sat, April 13. www.calparks.org

a-kind art pieces to adorn your home/garden? 30+ local & regional artists display, sell and giving demos of their work at amazing prices. Find sculptors, painters, glass artists, potters, jewelry makers, gourd & fiber artists. sdbgarden.org/artfest.htm

Guided Nature Walk, Sat-Sun, April 13-14 & 27-28, & Wed, April 17 & May 1, 9:30-11am. Free. Wander the trail at Mission Trails Regional Park with trained Trail Guide, notice the many native plants that are thriving after their good soaking this winter. Perhaps you will see San Diego's very own Sunflower! Meet inside Visitor Center. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos.

Glorious Day For A Walk, Saturdays, April 13 & 27, 8:30-10am. Free. Trail Guide takes you on hike around the environs. Meet at flagpoles by campground entry station. Kumeyaay Lake Campground, Two Father Junipero Serra Trail, Santee.

33rd Annual Avocado Festival on Main Avenue between Fallbrook Street & East Mission Road in Fallbrook, Sun, April 14, 9am-5pm. www.fallbrookchamberofcommerce.org

6th Annual Mariachi Festival at California Center for the Arts, Escondido, Sun, April 14, 3pm. www.artcenter.org

SD Strike Force vs. Cedar Rapids River Kings at Pechanga Arena San Diego, Sun, April 14, 5:05pm. www.sdstrikeforce.com

Makers & Music Vintage & Handmade Faire at Heritage Ranch, Sun, April 14, 10am-2pm. www.heriteranch.bravesites.com/vintagefaire

Nature Education Series: The World of Plants, Sun, April 14, 10am-1pm. Registration required. Join naturalist to discuss diverse plants on Volcan Mountain. Explore VMF's trails and examine the unique plant adaptations and habitats on the mountain. Volcan Mountain, 1209 Farmer Road, Julian. <https://www.volcanmt.org/>

Lake Murray Walk & Talk: Ball Fields, Tue, April 16, 9-10:30am. Free. Walk the paths along the lake and enjoy a friendly encounter with fellow walkers who enjoy getting out and about the cool environs of Lake Murray. The topic for this month will be coyotes. Meet at the ball fields by entering from Murray Park Dr and Belle Glade Ave. Lake Murray Community Park, 7001 Murray Park Dr, San Carlos.

Del Mar National Horse Show. Tues, April 16-Sun, May 5. 8am-10pm. Free-\$21. 74th annual Del Mar National Horse Show-world class competition, excitement, pageantry. Three separate weeks of equestrian competition. Western Week 4/16-4/20. Dressage Week 4/25-4/28 and Hunter/Jumper week 4/30-5/5. Del Mar Arena, Jimmy Durante Blvd, Del Mar.

'Life After' at The Old Globe Theatre. thru Thur, April 28. www.theoldglobe.org

Ongoing

The Flower Fields. Thru May 12. \$9-\$18. Nearly 50 acres of Giant Tecolote Ranunculus bloom for 6-8 weeks each year. The Flower Fields of Carlsbad, 5704 Paseo del Norte, Cbad. theflowerfields.com/

Cowles Mountain Hike, Ongoing Saturdays thru June 1, 5:30-6:30am. Free. Looking for an adventure? Join us! Group photos will be taken at the summit and water will be provided. Meet at Cowles Mountain Staging Area (corner of Golfcrest Dr & Navajo Rd) at the trail head south of the comfort station. Cowles Mountain, San Carlos.

Box Lacrosse Pick-Up Games, Sundays, 4-6pm. Ongoing thru Dec 2019. \$10. Play Box Lacrosse Pick-Up Games. Everyone 18+ welcome, or high school Varsity players. Fun, fast box lacrosse-get a great workout. Sportsplex USA, 12349 McIvers Court, Poway. Registration requested. <https://www.epiclacrosse.org/>

Fun & Fitness Hiking Series at Blue Sky Ecological Reserve, thru Jan 28, 9am, every Monday. www.poway.org

Daley Ranch Open House, Open to public 2nd Sunday of every month. 11am-2pm. Free. Approximately 1 mile from the La Honda entry is the Historic Daley Ranch House. Ranger staff/docents provide info and insights into the history of the ranch. Steady rain cancels. Daley Ranch, 3024 La Honda Dr, Escondido.

Baby Time, Ongoing Tuesdays 3-3:30pm, thru Dec 31, 2019. Free. Join us for a program that is perfect for babies and young toddlers: short, fun and interactive. Mission Valley Library, 2123 Fenton Pkwy, Mission Valley, 92108

Qualcomm Stadium Swap Meet, Ongoing Wednesdays, 2-10pm. \$1-\$2. Open air swap meet and farmer's market. Info: 619-283-3100. SDCCU Stadium, 9449 Friars Road, Mission Valley, 92108. <http://www.qualcommstadiumswapmeet.com/>

Fly Casting Clinic, Ongoing Sundays thru Sun, Dec 29, 2019, 9am-noon. Free. If you have wanted to cast a fly rod, or you know how but just want to practice, then the free fly casting clinic at Lake Murray on Sunday mornings might be the ticket. The sponsor, San Diego Fly Fishing Club has rods, reels and casting instructors for the participants without gear. Ages 16 and up. Look for the Gazebo and the fly poles east of the Boat Ramp by the Lake. Lake Murray Reservoir, 5540 Kiowa Drive, San Diego.

Waterski and Wakeboard, Ongoing thru Dec 23, 2019. Sundays, 8-11am, Thursdays 5-8pm. The Convair Waterski Club is active year-round on Mission Bay. The club provides two ski boats for waterskiing and wakeboarding, with instruction and equipment available on request. Nominal fee per run. Meet at the south end of Crown Point Beach, 3500 Crown Point Drive. Guests of any skill level are welcome. Info: convairwaterskiclub@gmail.com. Crown Point, 3700 Crown Point Drive, Mission Beach, 92109. <http://sdwaterski.org/>

Community Easter Egg Hunt at Bates Nut Farm, Sat, April 13, 9am-noon. batesnutfarm.biz

Poway Valley Garden Club Annual Flower Show & Plant Sale at Old Poway Park, Sat, April 13, 9am-3pm. poway.org

One Night in Memphis at Poway Center for the Performing Arts, Sat, April 13, 8pm. www.powaycenter.com

4th Annual Dancing with Our Stars at California Center for the Arts, Escondido, Sat, April 13, 7:30pm. www.artcenter.org

Classic Albums Live: Fleetwood Mac's Rumours at Moonlight Amphitheatre, Sat, April 13, 7:30pm. www.moonlightstage.com

STREAM Festival at MiraCosta College, Sat, April 13, 1-4pm. www.miracosta.edu/events

Scholastic Surf Series High School State Championships at Oceanside Harbor South Jetty. Sat-Sun, April 13-14. surfsss.org

ArtFest Sat-Sun, April 13-14, 9am-5pm. SD Botanic Garden. 230 Quail Gardens Drive. Free with paid admission or membership. Looking for unique, one-of-

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El Capitan Stadium Association Presents




55th Annual Lakeside Rodeo

Fri. April 26, Sat. April 27, & Sun. April 28

Lakeside Rodeo Grounds • 12584 Maplevue Street • Lakeside
(One block east of Hwy 67)

TICKETS

619-443-5125

Boot Barn El Cajon (619) 441-8111
Boot Barn Kearny Mesa (858) 571-5741

INFO

619-561-4331

Tickets

Rodeo Grounds Ticket Office Opens April 15 - hours 10am-6pm (Closed Easter Sun.)
For tickets after April 15th Call 619-561-4331 • Parking \$5

Performances: Friday & Saturday evening 7:30pm • Saturday & Sunday 2:00pm
ALL PERFORMANCES ARE RESERVED SEATING

Ticket prices: Choice Reserve Tickets \$20 Adults and Children
General Reserve Tickets \$15 Adults, Child 12 & under \$10

General Info: Gates and Snack Bars will open 1 1/2 hours before each performance
Stick Horse Race-Cowboy/Cowgirl ages 3-6 Limited entries available,
Sign up at info booth before each performance

NO FOOD OR BEVERAGES CARRIED IN - NO VIDEO CAMERAS OR PHOTOGRAPHY EQUIPMENT ALLOWED

PRCA Rodeo

WPRA Barrel Races

Rodeo events each performance

- Bareback Bronc Riding • Saddle Bronc Riding
- Tie Down Calf Roping • Team Roping • Steer Wrestling • Bull Riding
- Barrel Racing • Rodeo Clown Bull Fighter • Jr. Barrel Racing

PRCA Announcer: Don Jesser **Rodeo Clown & Barrelman:** Kevin Higley
Stock Contractor: Western Rodeo

Proceeds benefit the Youth of Lakeside
THANK YOU TO OUR SPONSORS!

Concerts

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

April

Steven Curtis Chapman. Thur, April 11, 7:30pm. Gospel. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

Kenny Wayne Shepherd and the Beth Hart Band. Fri, April 12, 7:30pm. Blues/rock. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

Pink. Sat, April 13, 7:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

One Night in Memphis. Sat, April 13, 8pm. Covers. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

Los Angeles Azules. Sun, April 14, 7:30pm. Latin. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

Pink. Mon, April 15, 7:30pm. Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

Kenny Wayne Shepherd Band and Beth Hart Band. Tue, April 16, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

Joe Rogan. Sat, April 20, 7:30pm. Comedy. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

Tower of Power. Sat, April 20, 8pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345.

Bad Bunny. Mon, April 22, 8pm. Staples Center, 1111 S. Figueroa



Sat, April 13, 7:30pm. Honda Center

St., Los Angeles. staplescenter.com

Raffi. Sat, April 27, 1pm. Kids music/pop. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

The Kingston Trio. Sun, April 28, 3pm. Folk. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

May

Capitol Steps. Fri, May 3, 8pm. Comedy. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

Colin Hay. Fri, May 3, 7:30pm. Pop/rock. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

Robin Trower. Fri, May 3, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

Violent Femmes and X. Sun, May 5, 7:30pm. Punk/rock. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

Ariana Grande. Mon-Tues, May 6-7, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

Lila Downs. Sat, May 11, 7pm. Latin/pop. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Trevor Noah. Sat, May 11, 8pm. Comedy. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

Tedeschi Trucks Band. Sun, May 12, 7:30pm. Country/rock. San Diego Civic Theatre, 1100 Third Ave. (619) 570-1100.

Sebastian Maniscalco. Thur, May 16, 8pm. Fri, May 17, 7pm. Comedy. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

Morissette Amon & Wency Cornejo. Fri, May 17, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

Eric Church. Fri-Sat, May 17-18, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

Keb'Mo'. Sat, May 18, 8pm. Acoustic/blues. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

Powerhouse: Liftoff Edition (Mustard, G-Easy, Tyga, french Montana, Blueface, T-Pain, more!) Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

Tobias Sammet's Avantasia. Sun, May 19, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

Juanes. Sun, May 19, 8pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

Gary Clark Jr. Wed, May 22, 7:30pm. Blues/rock. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

New Kids On The Block. Thurs, May 23, 7:30pm. Pop. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

Wisn & Yandel. Fri, May 24, 7pm. Latin. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego. (619) 594-6947.

New Kids on the Block. Fri, May 24, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

The Winery Dogs. Thurs, May 20, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

Kidz Bop. Fri, May 31, 7pm. Pop. Open Air Theatre at SDSU, 5500

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

Justin Moore. Fri, May 31, 7pm. Country. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

June

Brad Paisley. Sat, June 1, 7:30pm. Country. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Jim Gaffigan. Sat, June 1, 7:30pm. Comedy. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

TobyMac. Sat, June 1 4pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

Father John Misty and Jason Isbell & the 400 Unit. Thur, June 6, 8pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

The Fab Four. Thur, June 6, 7pm. Covers. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

DJ Quik. Fri, June 7, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

Hillsong United. Fri, June 7, 7:30pm. Acoustic/gospel. Viejas Arena at SDSU, 5500 Canyon Crest Dr. (619) 594-6947.

Jeff Dunham. Fri, June 7, 7:30pm. Comedy. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Bad Company. Sat, June 8, 7:30pm. Rock. Starlight Theater, Pala Casino, 11154 CA-76, Pala, CA 92059. (877) 946-7252.

Brad Paisley. Sat, June 8, 7:30pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

Pepe Aguilar presenta Jaripeo Sin Fronteras. Sat, June 8, 8pm. Staples Center, 1111 S. Figueroa St., LA. staplescenter.com

Jennifer Lopez. Mon, June 10, 7:30pm. Pop. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Johnnyswim. Wed, June 12, 7:30pm. Pop/rock. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

Toby Keith. Fri, June 14, 7:30pm. Country. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Train and the Goo Goo Dolls. Fri, June 14, 7:30pm. Alt/rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Flotsam and Jetsam. Fri, June 14, 7pm. Rock. 21+. Brick by Brick, 1130 Buenos Ave, San Diego. (619) 276-3990.

Rebelution and Protoje. Sat, June 15, 7:30pm. Regga/ska/rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Smokey Robinson. Sat, June 15, 7:30pm. Pop. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Mariachi Sol de México. Sun, June 16, 6pm. Latin. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Goo Goo Dolls and Train. Sun, June 16, 7pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

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