AutoMatters & More
Regarding 'Top Gear,' Paramount Studios & camera cars at Cine Gear Expo 2019.
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Navy Marine Corps Coast Guard Army Air Force

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THURSDAY, JUNE 6, 2019

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Is it PTSD?

When you have PTSD, it's hard to feel safe. The traumatic event - natural disaster, combat, sexual assault, accident - can take hold, and you find you can't stop thinking about it. Maybe you have nightmares and trouble sleeping. Maybe you feel on edge and unsettled or don't find pleasure in things you used to enjoy. Maybe you feel it's just easier to be alone. Feelings like these are common after going through a trauma. For most people, they pass in a few weeks or months, but for others they are long lasting.

PTSD symptoms fall into four categories: reliving or re-experiencing the event, avoiding things or places that remind you of the event, negative changes in beliefs and feelings, and hyperarousal or being on guard. For someone to be diagnosed with PTSD, they need to have symptoms in all four categories.

PTSD symptoms can happen at any age, and they come and go. Only a mental health care provider can diagnose you with PTSD. And, knowing if you have PTSD is the first step to getting effective treatment. So, it's important to talk with a doctor if you think you have symptoms. There are effective treatments even if you have been living with symptoms for years.

Keep in mind that you're not alone. And, there are treatments that will help you feel better and take back control of your life. Be the advocate - take that first step for yourself.

Learn more about PTSD symptoms at the National Center for PTSD. The PTSD Coach app and PTSD Coach Online can also help you learn about PTSD symptoms and practice skills to manage those symptoms. You can even track your PTSD symptoms in the app. The PTSD Treatment Decision Aid is another online tool that can help you decide which treatment is best for you. Other useful resources are the Understanding PTSD and PTSD Treatment booklet, and the National Center for PTSD's whiteboard videos.

Visit *https://www.ptsd.va.gov/*.

Splashin' summer fun at Knott's parks

Knott's Soak City Waterpark is a separately gated, 15-acre water park next to the Knott's Berry Farm theme park. In 2017, Orange County's largest water park expanded two acres to offer even more fun in the sun with seven new slides.

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Visit *knotts.com* for all the information you need.

Acting Secretary of Defense Patrick M. Shanahan announced recently that Naval Base San Diego was one of five recipients of the 2019 Commander in Chief's Annual Award for Installation Excellence.

The award recognizes outstanding and innovative efforts of the people who operate and maintain U.S. military installations. The five recipients of this competitive presidential award were selected for their exemplary support of Department of Defense missions.

Other recipients are Army Garrison Fort Stewart and Hunter Army Airfield, Fort Stewart, Ga.; Marine Air Ground Task Force Training Command, Marine Corps Air Ground Combat Center, Twentynine Palms, Calif.; Ramstein Air Base, Germany; and DLA Distribution Susquehanna, New Cumberland, Penn.

Installations compete on how well they achieve the department's objectives in several areas of installation management, including mission support, energy conservation, quality of life and unit morale, environmental stewardship, real property management, safety, health and security, communications and public relations.

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Naval Base San Diego Fact Sheet:

(based on most recent statistics)

- Largest Navy base on the U.S. west coast
- Principal homeport of the Pacific Fleet, consisting of 54 ships and over 120 tenant commands.
- Composed of 13 piers stretched over 977 acres of land and 326 acres of water.
- Total on base population is 20,000 military personnel and 6,000 civilians.

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2nd Fleet declares initial operational capability

NORFOLK, Va. - 2nd Fleet declared the command has achieved initial operational capability May 29, less than one year after being established by senior military leaders.

Vice Adm. Andrew commander, U.S. 2nd Fleet, made the announcement here, the waterfront homeport of many 2nd Fleet maritime assets.

"The North Atlantic has some of the world's busiest shipping lanes, and with the opening of waterways in the Arctic, this traffic will only grow," Lewis said. "This is a fact acknowledged by both our allies and competitors, and as such, it is critically important U.S. 2nd Fleet reinvigorates the way our forces are employed in this influential theater."

In achieving IOC, the command has reached the capability to command and control forces assigned, as is expected of a numbered fleet, utilizing the functions and processes of the Maritime Operations Center and Maritime Headquarters.

By focusing on the high-end training and employment of assigned assets, the new 2nd Fleet will be postured to support the employment of forces, whether that is on the Western side of the Atlantic, the Eastern side of the Atlantic, or up into the Arctic.

A few days after achieving IOC, the new Fleet will lead Exercise Baltic Operations, marking the first time the Fleet will operate in the European theater, and leveraging increased lethality, interoperability and integrated warfighting capability with allies and partners in the region.

"BALTOPS 2019 is our collective opportunity to promote peace and security through cooperation, collaboration, interoperability, and an unambiguous display of strength in the Baltic region," Lewis said. "As an alliance, increasing our capabilities across all-domains as well as building a command-wide network will give us the ability to deter aggression and project stability."

U.S. 2nd Fleet exercises operational and administrative authorities over assigned ships, aircraft and landing forces on the East Coast and the North Atlantic. It plans and conducts maritime, joint and combined operations as well as trains and recommends certification of combat ready naval forces for maritime employment and operations around the globe.

Army looks to follow online retailers in modernization

by Joe Lacdan

WASHINGTON - The Army must continually push innovation to meet its logistics modernization goals, leaders said recently. To help achieve that goal, the service enlisted help from one of the nation's top online retailers.

During a panel discussion at an Association of the U.S. Army "Hot Topic" symposium on sustainment May 29, Army leaders discussed with an Amazon executive how to improve speed and precision in transporting supplies.

Amazon revolutionized how consumers shop with timely, expedited delivery of products worldwide. Some Army leaders wondered how much they could learn from the online retail giant?

"In a word, a lot," said William Moore, assistant deputy chief of staff for Army G-4. "Especially when it comes to big data. We have a long way to go."

Army leaders hope to follow Amazon's example of adapting and reinventing itself by learning from setbacks. Like Amazon, the Army has bolstered its cybersecurity capabilities while remaining user-friendly. The service recently announced that it is working on additional authentication measures that will provide Soldiers with greater options to access online resources, while still remaining secure against threats.

"The company is always thinking about cybersecurity and protecting not only our systems, but our customers' data as well," said Dave Bozeman, vice president of Amazon Transportation Services.

Moore said to better expedite the Army's data processing, the service looked at its authoritative data sources and recently created an Army analytics board. Stewards for various data types were established including Moore, who serves as the logistics data steward.

Moore said that the Army had more than 200 authoritative data sources but has reduced that number by 47 and said he expects to reduce more to reduce lag times and operate more efficiently.

The Army's acquisition chief, Bruce Jette, said in his keynote address that logistics should not be an afterthought, but instead be an integrated component of how combat systems are designed.

The Army will explore several measures to improve the transportation of assets and vehicles, including a larger bulk-fuel tanker with sensors that measure fuel and track ammunition levels. The service is looking at line-haul distribution and tactical distribution for fuel. New autonomous trucks with leader-follower and early-entry hose line capabilities were recently introduced.

As the service prepares for new types of warfare, namely large-scale ground combat operations in urban environments and threats from cyberspace, the Army can expect threats to its logistics framework. The Army plans to develop logistics information systems that can operate in a disrupted environment. The systems will need to function without a network connection, leaders said.

"I think the biggest thing we need to worry about is attacks on our logistics systems," said retired Lt. Gen. Kathleen Gainey, who served as the deputy commander of the U.S. Transportation Command at Scott Air Force Base, Ill. "Not just attacks to have denial of service, but attacks to spoof inaccurate data into our systems. And that is even scarier to me than just denial of service. So we need to be looking at what is it we need to do to harden our systems."

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Why the Union Jack is back and here to stay

by Mark D. Faram

NORFOLK (NAVY TIMES) - For the first time in nearly 17 years, the Navy's commissioned ships worldwide hoisted on their bows the star-spangled Union Jack during a June 4 morning colors.

It was a moment of profound symbolism, pointing both to the Navy's heroic past and a potentially violent future.

Tuesday marked the 77th anniversary of the Battle of Midway, a key strategic victory for the United States against Imperial Japan during World War II - and it was the Union Jack that fluttered in ports during the island hopping campaign.

But its rebirth on warships also has much to do with a call by Chief of Naval Operations Adm. John Richardson to focus on combat at sea against peer and near-peer competitors after nearly two decades of waging war against insurgencies and terrorist networks in the Middle East, Africa and Asia.

All that was announced on Feb. 21 by a fleet-wide message ordering the Union Jack to replace the First Navy Jack on shipboard jackstaffs.

Famous for its "Don't Tread on Me" rattlesnake slithering across 13 red and white stripes, the First Navy Jack had fluttered on all Navy ships since Sept. 11, 2002, the first anniversary of the terror attacks in the United States by al-Qaida.

Then-Secretary of the Navy Gordon England assumed it would continue to fly until the so-called Global War on Terrorism ended, but in his message to the fleet CNO Richardson argued that the Union Jack better reflected the cumulative strength of the nation and its Navy "where the whole is greater than the sum of its parts."

The "rattlesnake jack" isn't going away, however. It will be proudly flown on the Japan-based 7th Fleet flagship Blue Ridge, marking it as the oldest commissioned vessel in the active fleet.

It also survives as a shoulder patch worn on the Type III Navy Working Uniform.

The newest arrival to Naval Station Norfolk, aircraft carrier *John C. Stennis*, put Richardson's words into action on Tuesday.

"Today we raised the Union Jack on our ship," said Lt. Nick Elliott, the flattop's assistant navigator, after watching two of the warship's quartermaster's execute colors at Norfolk's Pier 14.

"This small flag's 50 stars represent the unity of the United States and that's especially significant, today, on the anniversary of the critically important victory at Midway - a battle we won because of not only our initiative, but our unity and single focus of purpose, traits that are just as important today as we refocus on a more global scale."

Flanked by fellow Texan Quartermaster 3rd Class Danaril Mojet on board *Stennis*, Quartermaster 2nd Class Matthew Lewis told *Navy Times* that both petty officers felt honored to raise the Union Jack on Tuesday.

"We wanted to get this right, so we took our time and and stayed focused on what we needed to do and did it right," said Lewis, a Dallas native.

In this Navy file photo, Midshipman 4th Class Nicholas D. Brockert raises the Union Jack aboard Yard Patrol Craft 691 (YP691) after mooring in Philadelphia, Pa. YP691 was one of six YPs on a three-day training cruise designed to provide midshipmen from the Naval Academy hands-on underway training in navigation, ship-handling and seamanship. Navy photo by Airman Cale Hanie

Abraham Lincoln participates in joint exercise with Air Force

By MC2 Jessica Paulauskas

ARABIAN SEA - Carrier Air Wing (CVW) 7, attached to the *Abraham Lincoln* Carrier Strike Group (ABECSG), and an Air Force B-52H Stratofortress, part of a Bomber Task Force assigned to the 20th Expeditionary Bomb Squadron, conducted joint operations in the U.S. Central Command area of responsibility, June 1.

The operations emphasize joint force integration and interoperability within DoD. "It's a pretty awesome feeling to look up and see our jets flying alongside the Air Force bomber," said Capt. William "Spig" Reed, commander, CVW- 7. "The training the air wing conducted with the B-52's today is an incredible demonstration of how our military can to rapidly join capabilities to enhance our lethality and our ability to respond to any threat when called upon."

During the exercises, CVW-7 and the bomb squadron conducted several joint training evolutions designed to improve operational tactics in several warfare areas. Exercises included air-to-air training, flying in formation, and simulated strike operations in defense of a national asset.

"While the Air Force trains different assets together all the time, including Navy F-18s, we typically don't have the opportunity to integrate with the surface fleet," said Lt. Col. Scott Mills, Air Forces Central Command 609th Air and Space Operations Center air and space strategist. "Training together gives us the chance to examine the bias we each bring to the engagement. We each learn about the other's domain by searching for areas of dissonance."

Super Hornets and Growlers conducted a self-escort strike with a Stratofortress Bomber.

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Commemorating World War II, 75 years after D-Day

Major events that shaped World War II

Battle of Bataan

Japanese troops began attacking Allied forces stationed in the Philippines in January 1942. U.S. and Philippine forces fought hard, despite being outnumbered and lacking supplies, but Japanese troops pushed them into the jungle of the Bataan Peninsula. They were ill and starving - surviving on iguanas, snakes and monkeys by the time they surrendered on April 9, 1942. More than 11,000 Americans and 60,000 Philippine soldiers became prisoners of war.

Battle of the Coral Sea

Japanese and Allied forces clashed in the Battle of the Coral Sea May 4-8, 1942, the first battle using aircraft carrier planes. Among them, the USS Lexington and USS Yorktown. It was also the first naval engagement in which ships of the opposing sides never saw each other. Coral Sea also marked the first time the Allies successfully stopped a Japanese advance.

Battle of Midway

From June 4 to 7, 1942, the U.S. and Japanese navies fought for the island of Midway, home to a U.S. naval base. America's ultimate victory there, against a larger and more combat-experienced Japanese fleet, is considered one of the greatest naval battles in U.S. history and the war's turning point in the Pacific.

Battle of Guadalcanal

Also code-named Operation Watchtower, the Battle of Guadalcanal was fought in the Solomon Islands from Aug. 7, 1942, to Feb. 9, 1943. It was the Marine Corps' first offensive battle of World War II and the Pacific. Allies overwhelmed Japanese forces, including the decimation of Japan's elite group of naval aviators.

Battle of Normandy

On June 6, 1944, nearly 160,000 Allied troops landed along a heavily fortified, 50-mile stretch of French coastline in the historic operation known as D-Day. Allied casualties were heavy - an estimated 10,000 killed, wounded and missing in action - but by day's end, the Allies had gained a foothold to begin liberating Europe.

Liberation of Paris

Allied forces liberated Paris from the Germans on Aug. 25, 1944. The city's population was starving after four years of Nazi occupation, and a French Resistance agent told American military leaders Aug. 21 that an uprising had begun and the Germans would kill thousands of people if the Allies did not send help. Gen. Omar Bradley, commander of the 12th Army Group, sent in American and French forces, freeing the City of Light.

Battle of the Bulge

This German counteroffensive launched Dec. 16, 1944, saw the loss of some 75,000 Americans, while the Germans lost 80,000 to 100,000. But by the end of January 1945, American units had retaken all ground they had lost. 8

Battle of Iwo Jima

U.S. Marines battled the Imperial Army of Japan on Iwo Jima after American forces invaded the island on Feb. 19, 1945, a battle that would last five weeks.

Battle of Okinawa

The last major amphibious assault of World War II, the Battle for Okinawa, began on April 1, 1945, when U.S. soldiers and Marines landed under heavy naval gunfire and aircraft support. The campaign lasted 82 days, ending with Allied victory.

Victory in Europe

President Harry S. Truman, British Prime Minister Winston S. Churchill and Soviet Premier Josef Stalin simultaneously announced that Nazi Germany had surrendered on May 8, 1945 - one day after formal surrender negotiations began in Rheims, France. Celebrations erupted in cities around the world.

Victory over Japan

President Harry S. Truman announced the unconditional surrender of Japan at 7 p.m. on Aug. 14, 1945, addressing reporters gathered at the White House. The news sent millions of American and Allied troops and civilians out into streets around the world to celebrate, though the Japanese didn't formally sign surrender documents ending World War II until Sept. 2. Americans celebrate victory over Japan, or V-J Day, on this date; in Great Britain, V-J Day is Aug. 15, which was when the announcement arrived in the United Kingdom.

A crowd smiles for a photo and holds up peace signs. On Dec. 31, 1946, President Harry S. Truman issued a presidential proclamation declaring an official end to World War II. Courtesy historic photo

Ask Rusty: Windfall Elimination Provision affects state retiree

by Russell Gloor

Dear Rusty: I have a question in regard to the "windfall act." I am receiving a pension from the State of Nevada. I retired from the State, and did not pay into Social Security, but I worked in the private sector before and am currently working in the private sector. My question is: How much "penalty" will I be subject to when I decide to finally hang it up? Signed: State Retiree

Dear State Retiree: The State of Nevada is one of 27 states which, for all or some employee categories, do not participate in the Federal Social Security (SS) program; rather their State pensions are designed to provide a retirement benefit in lieu of Social Security. Because you receive a Nevada state pension and have also worked in the private sector long enough to be entitled to a Social Security (SS) benefit, your SS retirement benefit, when you claim it, may be reduced by the Windfall Elimination Provision (WEP), with the amount of reduction based upon how many years of substantial SS-covered earnings you have. If you have 20 or fewer years of SS-covered employment, here's how WEP will affect your Social Security benefit:

Your actual benefit amount is based upon your "primary insurance amount" (PIA), which is computed using the average monthly earnings from the 35 highest earning years over your lifetime, known as your Average Indexed Monthly Earnings or "AIME" (only earnings up to the maximum payroll tax cap for each year are counted). Your PIA is the Social Security benefit you are entitled to at your full retirement age. Normally, when WEP doesn't apply, your Social Security benefit amount is computed by taking the monthly average of those 35 inflation-adjusted years of earnings (your AIME) and using a standard formula to arrive at your PIA. That formula includes using 90 percent of the first part (called a "bend point") of your AIME to be the first portion of three used to arrive at your PIA amount. For those first becoming eligible for benefits in 2019 (usually at age 62) that first bend point is $926, which means that $833 (90 percent) would normally be the first contribution to your PIA. But when WEP applies, the formula is different; instead of using 90 percent of that first bend point, if you had 20 or less years of covered-SS substantial earnings they use 40 percent, which would mean that the first bend point would add $370 to your PIA amount instead of $833, a reduction of $463. Remember that the bend points used are those for your year of Social Security eligibility, not for the year you claim benefits.

The percentage used to compute that first "bend point" goes up by 5 percent for each year over 20 years of substantial SS-covered earnings you have - for example, if you have 22 years of SS-covered substantial earnings, the formula would use a 50 percent multiplier instead of 40 percent. And at 30 years of SS-covered earnings you're no longer affected by WEP. WEP can't reduce your PIA by more than half of your NV pension amount, and there is also a maximum WEP reduction which might apply. And finally, please note that any benefit estimates you might get from Social Security now will not include the WEP reduction, which will be applied only when you actually claim your Social Security benefits.

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. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

Test your knowledge on the largest amphibious assault in history, a turning point for the U.S. and Allied forces in World War II.

Sample question
What was the code name for D-Day?
(a) Operation Rolling Thunder
(b) Operation Red Dawn
(c) Operation Overlord
(d) Operation Desert Storm

Take the quiz online, at *https://www.defense.gov/Engage/Quiz/Article/1859208/75th-d-day-anniversary/*.

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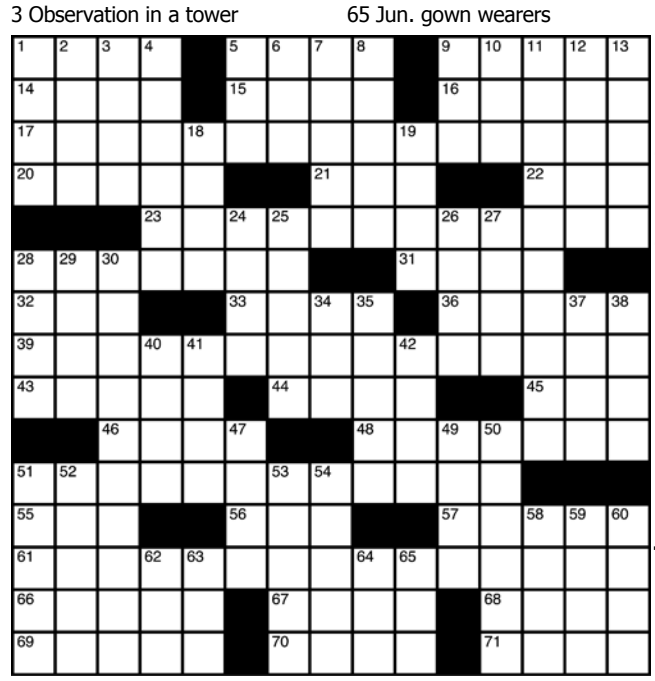
Crossword Puzzle

Across
1 __ salad
5 Maddux who won four consecutive Cy Young Awards
9 Prominent feature of toondom's Droopy Dog
14 Efficient
15 Dunkirk dream
16 2003 LPGA Rookie of Year
17 Sight
20 Cuttlefish pigment
21 "Homeland" org.
22 Wyo. neighbor
23 Hearing
28 Acting sister of Lynn
31 Big biceps, at the gym
32 Form 1040 calc.
33 Like law school trials
36 Befuddled
39 Smell
43 Burns art?
44 Omission in logic
45 Ltr. holder
46 Macy's department
48 Sierra __
51 Touch
55 Led
56 __ Park Lincoln of "Knots Landing"
57 Playgroup demand
61 Taste
66 Reno-__ Intl. Airport
67 Magnate
68 Goddess of discord
69 Cape Ann's county
70 Bottom lines
71 Energetic

Down
1 Crosswords are often solved in them
2 Black wind
3 Observation in a tower
4 Playgroup warning
5 Garden product word
6 Call the game
7 Throw out
8 Powerful lamp contents
9 Average beverage?
10 Text-scanning technology, briefly
11 Like some conditionally ordered stock
12 Mr. Wrong?
13 Didn't act
18 __ Ski Valley, site of Kachina Peak
19 Sharpness
24 Camp Pendleton letters
25 "The Phantom of the Opera" role
26 Esse __ videri: North Carolina motto
27 Biblical preposition
28 Siren
29 Currency exchange fee
30 Three quarters
34 A.L. Central team
35 He played Kevin in "The Devil's Advocate"
37 Lombardy Castle city
38 Off-rd. rides
40 Discounted, perhaps
41 Four-fifths of a pop band?
42 Adopt-__.com: humane online gp.
47 Songs for singles
49 Chevy named for a star
50 Pops up
51 Steamed
52 Law office workers
53 Contest
54 Contest lure
58 Car sticker letters
59 Prime minister before Rabin
60 "Whoever you are, find whatever you're into" website
62 Iowa campus
63 T. __
64 Pic taker
65 Jun. gown wearers



Awareness regarding Men's Health Month

WASHINGTON - This June, families and communities around the nation are bringing men's health to the forefront with the kick-off of the 2019 Men's Health Month,

This year, Men's Health Week will be celebrated June 10-16, ending on Father's Day. The week is celebrated as International Men's Health Week around the globe. Health care professionals, private corporations, faith-based community organizations, and government agencies, plan activities that focus on the health and well-being of boys, men, and their families.

"Men continue to lag behind women in health outcomes while leading the top causes of death in the U.S., which is why an awareness period like Men's Health Month is critical for men, boys, and communities to be more engaged in their health," said Ana Fadich-Tomsic of Men's Health Network. "Consequently, more health dangers loom for men who continue to suffer from the lack of access to mental health services and the impact of the ongoing opioid crisis. Now, more than ever, support is needed from policymakers, state and federal legislators, the media, and our private and non-profit partners to help fight these systemic issues and save lives."

Over 350 mayors and governors across the country have recognized June as Men's Health Month with official proclamations. These proclamations are displayed in Congress. Report cards on the status of the health and well-being of boys and men in each state are available at the State of Men's Health web site. Free resources and toolkits are available in both English and Spanish at *www.MensHealthMonth.com*.

"Although we continue to make progress in raising awareness about the importance of overall preventative health screenings, in addition to self-care, mental health, and the ongoing opioid epidemic, many men and women are still neglecting their own health care needs," said Beth Battaglino, RN, CEO, HealthyWomen.

"We share in the goal of Men's Health Month to raise awareness, educate, provide resources and remove any stigmas that are associated with these important health topics that affect so many men and young boys."

Men still face challenges in health outcomes that extend beyond their physical wellness. This year, men and boys continue to suffer a "silent crisis" in accessing mental health services. Men are more likely to commit suicide and suffer from depression. Additionally, the ongoing opioid crisis has also hit men hard as they are more than twice as likely to die from opioid use than women, according to the Kaiser Family Foundation.

"Men are significantly impacted by the opioid crisis. In 2017, 68 percent of Americans who died from opioid overdoses were men (CDC)," said Holly Jespersen, Senior Communications Manager of Shatterproof. "Shatterproof is committed to Men's Health Month and continues to work towards ending the unjust stigma of addiction and ensuring treatment based on science is available to all who need it."

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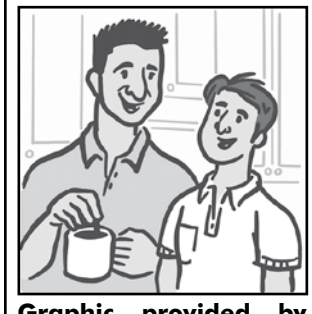
How to guide teens' choices

The teenage years are filled with change. Body, mind, and feelings are maturing quickly. Teens are also learning about who they are and who they want to become. To do that, they need to try new things. But that means taking risks.



Graphic provided by the National Institutes of Health.

"Parenting during the teen years can be a very exciting but also a really risky time," explains Dr. Kevin Haggerty, an National Institutes of Health-funded prevention researcher at the University of Washington.That's because a teen's brain is still developing and is extra sensitive to emotion and to things that feel good.

Here are some helpful tips:

- ✔ Talk with your teen about their life. Listen to their concerns and opinions. Respect their views.
- ✔ Encourage kids to try new things that interest them, like sports, music, or volunteer work.
- ✔ Stay involved in your teen's school and after-school activities. Get to know their friends.
- ✔ Teach your teen how to solve problems and resolve conflicts on their own. Create opportunities for them to make their own decisions. Be available for advice and support.
- ✔ Help your teen plan ahead for difficult or uncomfortable situations. Talk about what to do if they're being pressured for sex, to use drugs or alcohol, or to accept a ride from someone under the influence.
- ✔ Put your rules for driving into a parent-teen driving contract.
- ✔ Limit your teen's screen time each day. Be aware of their online activities and offer guidance about posting on social media.
- ✔ Respect your teen's need for privacy.

Navy launches Advancement-to-Position program

A recruit division commander at Recruit Training Command Great Lakes oversees recruits performing physical exercises. Photo by Austin Rooney

WASHINGTON - Navy announced the creation of a program with an advancement incentive to fill priority recruiter and recruit division commander billets June 3, in NAVADMIN 122/19.

The Advancement-to-Position program will advance select Sailors to the paygrade of E-6 and provide them with pay commensurate with that paygrade upon reporting to their ultimate duty station, after completion of their required "C" school.

Sailors selected for advancement-to-position billets will receive PCS orders corresponding to the billet for which they are selected.

In order to be eligible for the program, all applicants must:

-Be a second class petty officer in the detailing window for rotation to shore duty

-Have completed a minimum of six years of active service by their projected rotation date

-Have achieved a standard score of 50 or higher on the March 2019 E-6 Navy-wide advancement examination

-Be an Active Component Sailor

Sailors who apply for any RDC billet in the Career Management System - Interactive Detailing will be considered for all RDC billets, since all RDC billets offered under the program are located at Recruit Training Command Great Lakes. Recruiting billets will be advertised for specific priority Navy recruiting districts or Navy Talent Acquisition Groups and applicants will only be considered for billets at the specific NRD or NTAG to which they have applied.

All RDC and recruiter billets will require 36 months of obligated service from the completion of the applicable "C" school. E-5s selected for advancement to E-6 during the March 2019 NWAE cycle will not be considered for this program, however, applicants who have already been selected for E-6 may be contacted by their detailer to potentially fill other open billets as recruiters or RDCs.

For questions about program eligibility or specifics, contact MyNavy Career Center (MNCC) at 833-830-MNCC/833-830-6622 or via e-mail at askmncc@navy.mil.

Beware of entitled victims at work

by Dr. Daneen Skube
Tribune Content Agency

INTERPERSONAL EDGE:

Q. I have a coworker who lurches from one life crisis to another. She is honestly pretty pathetic and always has a dramatic life event happening that badly affects her job. She pretty much expects the rest of the team to continue to pick up her work - just this one time. After two years of her behavior I'm done. How can I stop her from being entitled to me doing her job?

A. You can't stop her sense of entitlement or trolling for pity, but you can stop yourself from rewarding her behavior. When she cries and looks pitiful, you may believe you need to help her out, but you are only enabling her.

A psychological research project was done in the last few years that looked at the main emotional device con artists use to take advance of people. Across the board, invoking pity was the main means of getting others to give away their common sense.

Most people are suckers for others who invoke pity in them. All their usual intelligent reasoning goes out the window and they help the pathetic "victim" that is actually going to take advantage of them. Most people will actually offer to be a doormat if someone around them acts pitiful enough.

Your job is to refuse to fall prey to the opportunistic victims in your workplace. Any time you are around another person who is acting pathetic and victimized, watch out. The next person who will end up victimized is you.

Obviously, you can express compassion and paraphrase that you can see this coworker is having a difficult time. Then back up quickly and leave her with her pile of responsibilities.

If your coworker insists you need to do her job, your best move is to say you'd love to help her but you can't because you are visiting your good friend with cancer. It is fair game to come up with your own pathetic circumstances that trump her excuse to not do her work.

Vicious victims are actually quite narcissistic and lack empathy toward others. By presenting your own pathetic circumstances, you will checkmate your office victim in her chess game of pity. You're playing by her rules; you can't help her because you're more pathetic than she is.

I understand your coworker is presenting each crisis as an isolated problem you need to help her with. I also understand you can see she would not want to admit this is going to be her chronic way of avoiding work for her paycheck. If you and your coworkers are willing to keep bailing her out, then her strategy is pretty clever.

If you simply stop picking up the balls your office victim is dropping, it will also occur to others that they don't need to do your coworker's job. Your boss will also get to notice that your pathetic coworker isn't earning her paycheck. Your boss then gets to decide if he wants to keep an employee who is better at creating excuses than productivity, and you finally get a coworker that pulls his or her weight!

The last word(s)

Q. I have a goal at work, but there is one pretty big challenge to getting what I would like to happen. I'm trying to figure out if I should forget about this project or take a run at it. Is there a downside to trying something you know is unlikely to succeed at work?

A. No, difficulties on the job can be stepping stones or stumbling blocks, depending on how you look at them. I can promise you if you take a run at a difficult goal you will learn something, and learning has no downside.

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

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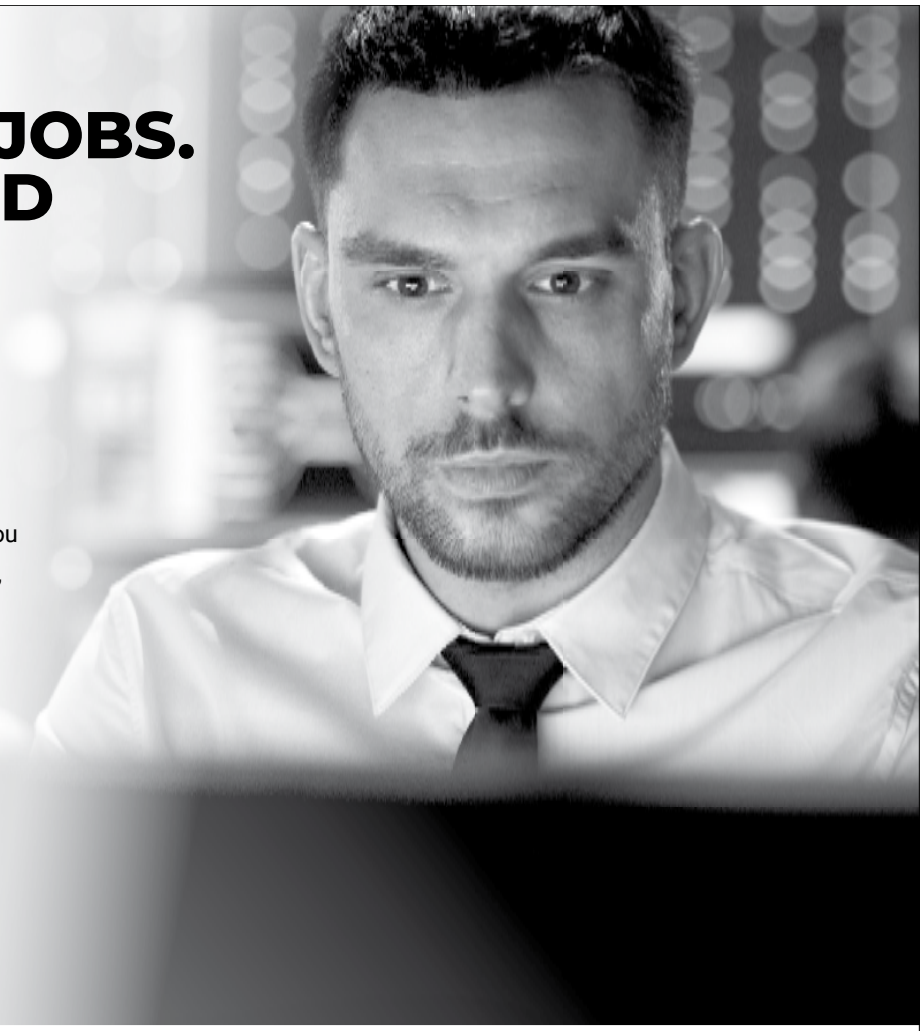

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*Source: "Cybersecurity Market Report," Cybersecurity Ventures, May 31, 2017.

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Command formerly known as SPAWAR changes name to better align identity with mission

SAN DIEGO - Space and Naval Warfare Systems Command (SPAWARSYSCOM) has changed its name to Naval Information Warfare Systems Command (NAVWARSYSCOM) reaffirming the command's commitment to outpacing adversaries in the information warfare domain to enable a competitive edge in all other warfare domains.

The Chief of Naval Operations, Adm. John Richardson, announced the name change at the Information Warfare Senior Leadership Symposium in Washington D.C., June 3. The change is effective immediately.

"We have been on a steady drumbeat since the issuance of the Design for Maintaining Maritime Superiority to further normalize information warfare into the way we do operations and warfighting in the Navy," said Richardson. "Today, we will take an important step in that direction as we rename the Space and Naval Warfare Systems Command to the Naval Information Warfare Systems Command. This new name more accurately describes the full totality of the mission, supporting naval warfare - from seabed to space."

The intent of the name change is to recognize the power that information warfare brings to the fight. The change aligns the command name with the command mission to identify, develop, deliver and sustain information warfare capabilities and services that enable naval, joint, coalition and other national missions.

"In this era of great power competition, information is a fundamental element of warfare, an essential concept of the Navy's strategy, and a warfare area that transcends the traditional domains of air, sea, land and space," said NAVWARSYSCOM Commander Rear Admiral Christian Becker. "This name change underscores the importance of information warfare in providing our fleet with an unfair advantage in today's complex and increasingly competitive security environment."

In addition to more accurately reflecting the focus and core capabilities of the command, the name change will bring renewed clarity of mission and purpose for the warfighter, stakeholders across the fleet, industry partners, the broader information warfare community and the Naval Research and Development Establishment.

"We have been at the center of incorporating advanced information warfare technologies that enable new operational concepts for decades," said NAVWARSYSCOM Executive Director Patrick Sullivan.

"Information Warfare has been and will continue to be our central focus, and now our name accurately reflects this focus."

In February 2019, NAVWARSYCOM's two Echelon III commands, formerly 'systems centers' in Charleston, South Carolina and San Diego, California changed their names to Naval Information Warfare Center (NIWC) Atlantic and NIWC Pacific respectively.

While this move reflects clarity of mission and purpose, it also aligns the centers' naming architecture with Naval Air Systems Command's air warfare centers and Naval Sea Systems Command's surface and undersea warfare centers.

The change of SPAWARSYSCOM to NAVWARSYSCOM is the second name change in the command's history. In May of 1966, the Department of the Navy established the Naval Electronic Systems Command. The command was one of five systems commands placed under the cognizance of the Naval Material Command.

In May of 1985, the Department of the Navy disestablished the Naval Material Command, and the Naval Electronic Systems Command became Space and Naval Warfare Systems Command, an Echelon II command under the Chief of Naval Operations.

Now, effective June 3, 2019, the command will be known as the Naval Information Warfare Systems Command, and will continue to bring expertise and experience to the information warfare domain, standing ready to compete and win today and in the coming decades.

NAVWARSYSCOM identifies, develops, delivers and sustains information warfighting capabilities and services that enable naval, joint, coalition and other national missions operating in warfighting domains from seabed to space. NAVWARSYSCOM consists of more than 11,000 active duty military and civil service professionals located around the world and close to the fleet to keep NAVWARSYSCOM at the forefront of research, engineering and acquisition to provide and sustain information warfare capabilities to the fleet.

For more news from Space and Naval Warfare Systems Command, visit *www.navy.mil/local/spawar/.*

Gold Coast procurement event is big business for small businesses

SAN DIEGO - The San Diego Chapter of the National Defense Industrial Association (NDIA) will present the NDIA 31st Department of the Navy Gold Coast Small Business procurement event July 24-26 at the San Diego Convention Center.

Gold Coast is the largest small business exposition focused on the Navy in the U.S. The event is a premier forum to educate, guide, and assist small to large businesses in support of the warfighter mission within the Navy and throughout the Department of Defense.

Last year, over 1,800 local, national and international participants attended and over 60 organizations signed up as sponsors. This year's theme is 'Engaging with Small Business to Fortify National Defense.'

Leaders from both government and industry will discuss critical policy, programs and maritime service issues in insightful panels, workshops and networking events to identify how to meet DoN needs with cutting edge solutions.

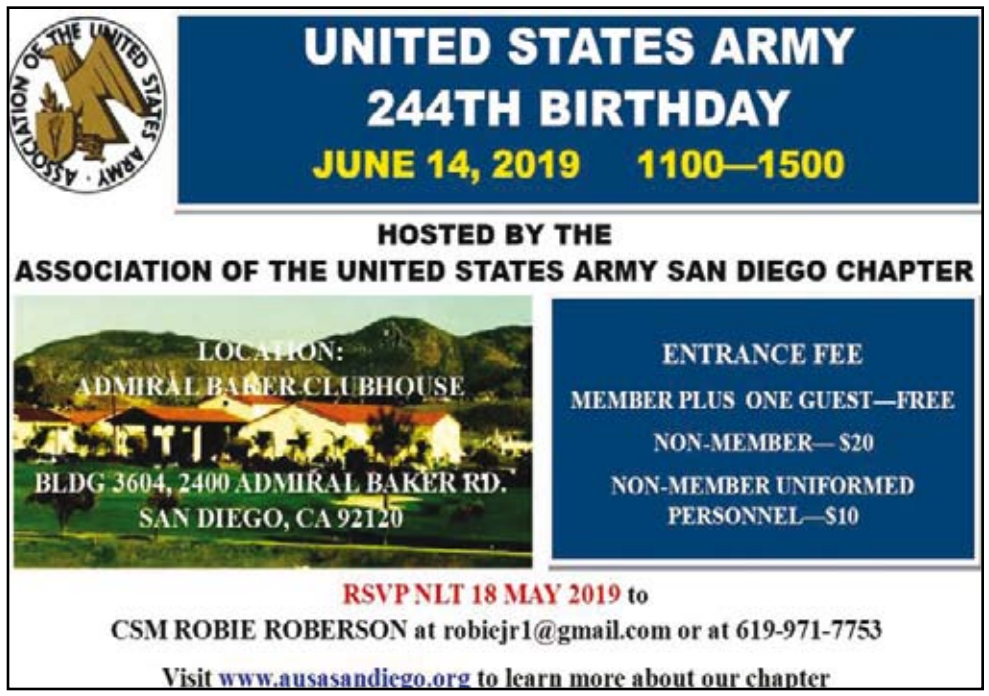
On the exhibit floor, attendees have an opportunity to connect with over 200 government agencies and industry organizations, including acquisition professionals from the 10 Navy Systems Commands. One-on-one matchmaking sessions provide a unique opportunity for industry personnel to meet key government procurement authorities.

As the only DoN co-sponsored procurement event, Gold Coast is invaluable for everyone interested in growing their business through defense contracting.

U.S. small businesses serve as a catalyst for economic development, provide employment opportunities, and drive new ideas and innovations. To nurture their important role in the economy, the Federal Government has established programs and annual small business contracting goals for prime and subcontract dollars.

The intent is to ensure that small businesses have opportunities to fulfill the public policy objectives of the Federal government and provide warfighters access to a source of innovative products and services.

Register, exhibit, and sponsor today. Go to *http://www.navy-goldcoast.org/.*

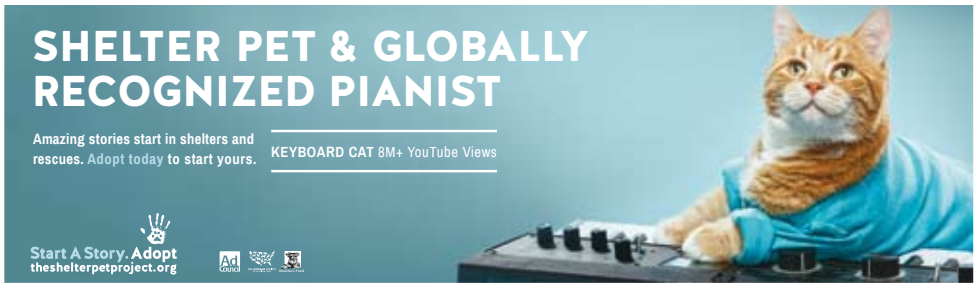


PACIFIC OCEAN (May 30, 2019) - An AV-8B Harrier with Marine Medium Tiltrotor Squadron (VMM) 163 (Reinforced), 11th Marine Expeditionary Unit (MEU), is staged aboard USS *Boxer* (LHD 4) during night flight operations. The Marines and Sailors of the 11th MEU are deployed to the 7th Fleet area of operations to support regional stability, reassure partners and allies, and maintain a presence postured to respond to any crisis ranging from humanitarian assistance to contingency operations. Marine Corps photo by Lance Cpl. Dalton S. Swanbeck

MCAS MIRAMAR (May 29, 2019 - 2nd Lt. Shawn Doublet, Communication Strategy and Operations deputy director, poses for a photo. Marines from MCAS Miramar gave shout outs for the San Diego legion rugby team before their game on June 2. Marine Corps photo by Sgt. Jake McClung

MCAS MIRAMAR (June 3, 2019) - A firefighter supervises a controlled burn here. MCAS Miramar firefighters and San Diego firefighters worked together on a controlled burn to mitigate risks of wild fires here and its surrounding areas. Photo by Sgt. Jake McClung

PACIFIC OCEAN (May 28, 2019) - Seaman Juan Rivera signals to a pilot of a landing craft air cushion (LCAC), assigned to Assault Craft Unit 5, as it enters the well deck of USS *John P. Murtha* (LPD 26). *John P. Murtha* is on its maiden deployment as part of the *Boxer* Amphibious Ready Group. Navy photo by MC2 Kyle Carlstrom



Shipyard notches 7th consecutive on-time carrier overhaul

BREMERTON, Wash. - Declaring the massive overhaul of USS *Nimitz* (CVN 68) complete May 27, Puget Sound Naval Shipyard & Intermediate Maintenance Facility celebrated its seventh consecutive early or on-time completion of an aircraft carrier availability.

Nimitz's docking planned incremental availability (DPIA) ended four days ahead of schedule, completing sea trials on Memorial Day.

"Congratulations to team *Nimitz*," said Capt. Howard Markle, PSNS & IMF commander. "You have done a tremendous job in returning *Nimitz* to the fleet ahead of schedule and within budget. The *Nimitz* project team, ship's force and our private sector partners should be incredibly proud of this accomplishment.

"Completing this challenging and intricately complex task on time is an incredible feat all on its own. Doing it for the seventh time in a row - that's exceeding all expectations, and it speaks volumes about the professionalism and dedication of our entire shipyard team."

Prior to the Nimitz availability, PSNS & IMF and its Japan and San Diego detachments completed these six carriers on time or early:

- San Diego-based USS ***Theodore Roosevelt*** (CVN 71) planned incremental availability, completed on time in San Diego in December 2016.

- USS *Ronald Reagan* (CVN 76) selected restricted availability, completed one day early in Japan in May 2017.

- USS *John C. Stennis* (CVN 74) planned incremental availability, completed five days early in Bremerton in August 2017.

- *Ronald Reagan* selected restricted availability, completed on time in Japan in May 2018.

- *Theodore Roosevelt* planned incremental availability, completed 25 days early in San Diego in December 2018.

- *Ronald Reagan* selected restricted availability, completed on time in Japan in May 2019.

The oldest carrier in its class, Nimitz's DPIA began on March 1, 2018, with an ambitious plan of upgrades and renovations to systems across the ship, including steering components, hull preservation, combat systems equipment, aircraft elevator doors and berthing areas. In all, the team of PSNS & IMF personnel, ship's force and contractors invested more than 770,000 man-days of work in the project.

Shipyard officials say the *Nimitz* project success is largely attributable to careful planning that started months before the availability and fully embracing innovative technological solutions. They add that the pace of operations on the Nimitz project, which resulted in the ship departing dry dock in only nine months, permitted USS *Carl Vinson* (CVN 70) to move into Dry Dock 6 on Feb. 28. *Carl Vinson* is currently undergoing its own DPIA at PSNS & IMF.

"This team has rocked it from start to finish, and I am proud to have worked with such great folks," said Jerry Moore, PSNS & IMF's non-nuclear assistant superintendent for the project.

Naval Base Coronado, Verizon celebrate small-cell deployment

CORONADO - Military and first responders need reliable, secure connectivity. That's why Verizon and Naval Base Coronado announced the installation of a new wireless small-cell deployment at NAS North Island, the Naval amphibious base and San Clemente Island.

This mission-critical communications partnership expands capabilities for tactical and public safety operations, and improves connectivity for on-base tenant commands and residents.

"This is a great step in the evolution of mission-critical communications on-base," said Captain Timothy Slentz, commanding officer, Naval Air Station North Island. "Through this partnership, we are building a more responsive, agile and secure network that will help meet our communications needs, even as technology continues to advance."

The Verizon design provides a dedicated cellular network for day-to-day operations as well as emergencies. Naval Base Coronado is one of the first naval installations in the region to lay the groundwork for Verizon 4G LTE small-cell wireless technology, which will help enable future 5G technologies for Smart Shore Initiatives.

"With decades of experience working with military and federal agencies, Verizon is uniquely positioned to partner with the Navy to build a network infrastructure that meets its critical needs," said Mike Maiorana, senior vice president, public sector, Verizon. "This investment further solidifies Verizon's commitment to the mission needs of the Navy."

Verizon powers the nation's largest 4G LTE network, covering more than 2.5 million square miles and more than 98 percent of Americans with a more than 450,000 square mile coverage advantage over the nearest competitor. Since 2000, Verizon has invested more than $145 billion in its network. Verizon is a leader in wireless innovation and we will continue to bring that innovation to address the challenges that our military, government, public safety agencies and first responders face every day.

Milius officer wins Surface Warfare Officer of the Year competition

by MC2 Alex Millar

SAN DIEGO - Vice Adm. Richard Brown, Commander, Naval Surface Force, Pacific Fleet (CNSP), announced that Lt. James Ballingall has won the 2018 CNSP Surface Warfare Officer of the Year (SWOY) recently.

Ballingall is assigned to the guided-missile destroyer USS *Milius* (DDG 69). CNSP made the announcement via Navy message.

"This year's competition was extremely fierce," Brown wrote in the message. "Each SWO nominated for the prestigious award should take great pride in being an example of the best our community has to offer. Bravo Zulu!"

CNSP instituted the award in 2009 to recognize the SWO who best personifies the ideals of excellence in warfighting and leadership, expertise in tactics, engineering, and weapons systems, and a commitment to mission accomplishment through superior professionalism and personal example. "Ballingall received the best scores on the rules-of-the-road exam and ship handling demonstration," said Lt. Keri Pittman, SWOY action officer. "Overall, he proved to be the most well-rounded and knowledgeable SWO. He was the most comfortable at the simulator and had pronounced command presence."

Sixteen officers from across the Pacific Fleet surface force were nominated for the award. Ballingall's record rose above the rest after a thorough review of all submissions.

"The selection process was very humbling," said Ballingall. "The talent resident in the SWO community today is at the high-water mark of my 10-year career."

NMCSD to graduate the Navy's newest medical professionals

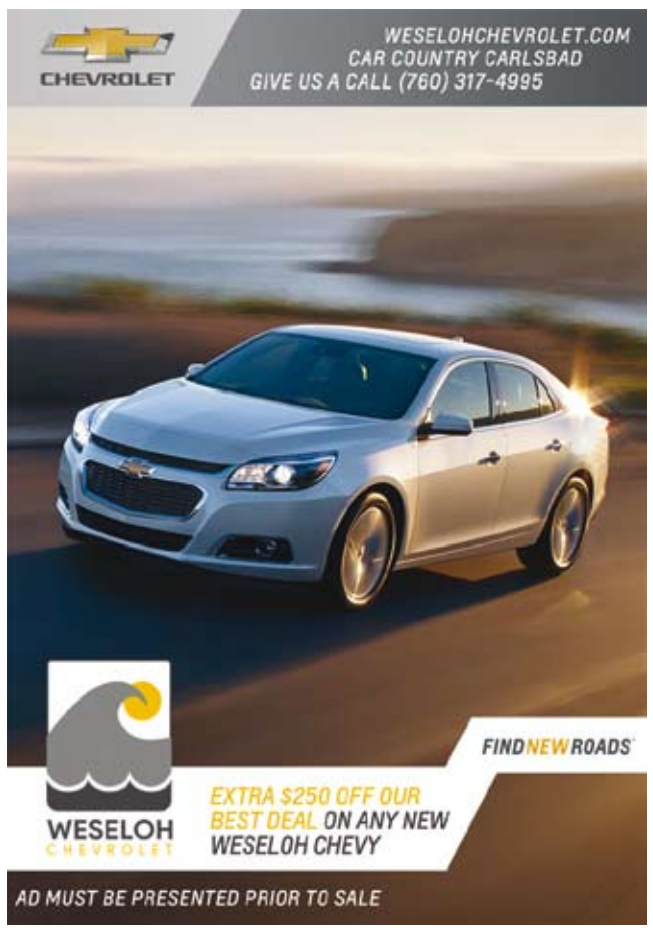
SAN DIEGO - One hundred seventy five interns, residents and fellows will walk across the stage at Spreckels Organ Pavilion in Balboa Park this Friday at 9:30 a.m. to represent the Naval Medical Center San Diego (NMCSD) Graduate Professional Medical Education program's graduating class of 2019.

With graduates from 25 different professional education programs, the annual ceremony will mark the successful completion of challenging education, training and research programs designed to prepare the Navy's newest group of medical professionals who will continue to shape the future of military medicine and ensure the medical readiness of our nation's service members and their families.

The NMCSD GME program's half-century-old legacy dates back to 1946. Today, it's one of only three major Navy GME training sites and three family medicine sites across the U.S. Navy Medicine enterprise.

The NMCSD GME program trains an average of 340 interns, residents and fellows annually, in 25 different programs that range from one to six years in length. The program graduates an average of about170 medical professionals per year.

Capt. Bradford L. Smith, commanding officer of the medical center, will be in attendance. Rear Adm. (Ret.) William M. Roberts, senior vice president for University Programs, Western Region, Uniformed Services University, will provide remarks as the keynote speaker.



Regarding Top Gear, Paramount Studios & camera cars at Cine Gear Expo 2019

AutoMatters™ & More

by Jan Wagner

Cine Gear Expo is a trade show where movie, television and video production industry artists and technicians gather to learn from each other and from industry experts, discuss the latest trends, get a close look at the latest technology, screen films and videos, and share news. It takes place in the sound stages and along the familiar streets of the iconic Paramount Pictures Studios in Hollywood, Calif.

This year's four-day event was bookended with seminars, classes and screenings on Thursday, May 30 and Sunday, June 2, beginning with Film Competition Finalist Screenings of Student Shorts, Independent Shorts and Commercial/Music Video segments. Winners were announced and prizes awarded on May 31st during a VIP Awards Reception.

The large exhibition, along with more presentations and screenings, took place on Friday and Saturday. The exhibit space consisted of six areas, which included indoor locations in Paramount's Stages 3, 5, 6 and 7. Outdoor exhibits took place in front of and sometimes within the facades along the New York streets, and in what they call the "B-tank" - a large, blue, paved area in front of a massive wall. Together they can be used to simulate on-the-water settings for movies and TV.

Local and international vendors and manufacturers shared their latest tools and products to enhance the creative works, and facilitate the challenging work of artists and technicians. There were many drawings for valuable giveaways.

Several exhibitors displayed motion picture camera cars, trucks and off-road vehicles; aerial platforms for everything from drones to helicopters to jets capable of 400+ MPH, fully aerobatic aerial filming; and track-based and free-roaming, robotic camera dollies. Features typically include complete flexibility of movement, from fixed and mobile positions.

I discovered many products that can also be used for still photography, as well as video production. These included the compact, full spectrum, waterproof and very bright LitraPro Bi-Color LED light for professional photographers and videographers. Litra is a San Diego company (*www.litra.com*). Billed as "Studio Lighting in Your Pocket," it features up to ten hours of battery life, and can be attached to a camera's hot shoe or placed on lighting stands as needed. The system includes a variety of accessories including barn doors, a soft box, mounts and more. I asked them to send me a sample kit to review in a future column, and look forward to putting it to the test. They also offer the award winning LitraTorch 2.0, a smaller LED light.

In the title, I made a reference to "Top Gear." Yes, as in "Top Gear" on the BBC. Every year at the popular RoboCup booth there are hourly drawings for a bright orange RoboCup - a rugged, dual caddy with removable end caps that is available in a variety of colors. Using powerful springs, it can be clipped securely onto a light stand to hold beverages, fishing poles or pretty much anything else that will fit inside. As luck would have it, since I will be taking delivery of an orange MX-5 Miata, I won an orange RoboCup.

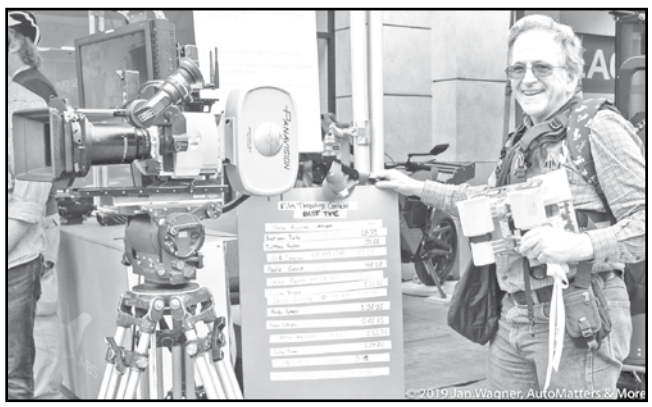
To get attention, they cleverly staged a competition to see who could thread film into a Panavision movie camera the quickest. Their times were written down on a white board, specially made to look like the one from "Top Gear." That was so cool. Check out RoboCup at *www.TheRoboCup.com.*

This year my most unexpected, yet very useful find was a hat. When I cover car races I wear a wide-brimmed, floppy sun hat, along with ear muffs for hearing protection, like shooters wear. I've had to wear them over my hat, but at Cine Gear Expo I discovered the KSH1 - Stingray Audio SunHat, from K-Tek in Vista, Calif. (*www.ktekpro.com*). It has a flap on each side of its brim, under which an ear muff can be inserted. Now I will be able to keep the headband over my head, to keep the hat from blowing away, while positioning the ear muffs under the brim. Brilliant! I bought two.

More than 30 complementary seminars, panels and screenings were scheduled. Venues included three theaters: The Paramount, Sherry Lansing and Screening Room 5.

Special screenings included Paramount Pictures' theatrical feature "Rocketman," a musical about Elton John's breakthrough years, on Saturday evening. Sunday featured the typically sold-out Lighting Workshop Master Class.

To see additional photos, visit www.drivetribe.com*, click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #593" in their search bar. Please send your comments to* AutoMatters@gmail.com.*Copyright © 2019 by Jan Wagner - AutoMatters & More #593r1*



Jan Wagner with a RoboCup by the look-alike "Top Gear" film threading contest Best Time scoreboard.

The Meat & Potatoes of Life

by Lisa Smith Molinari

by Lisa Smith Molinari

I had done it, all by myself this time. I would finally make my parents proud.

It was 1991, and I was about to graduate from law school. My parents made the nine-hour drive from Pennsylvania to Michigan for the occasion, the first time since I had left home three years prior. I met them at school, eager to show them the place where I finally transitioned from child to adult.

Unlike college when I was still under my parents' thumbs, I completed law school without their hand-holding or bank accounts. As much as it would have been nice to have them foot the bills, I knew I had to the cut the apron strings and set out on my own.

In order to do this as a flat-broke college grad, I had to get every loan possible, and work at least 20 to 30 hours a week with a full course load. It wasn't easy.

I drove a 1976 Volkswagen Beetle through snow-blown Michigan winters, shopped at thrift stores, and ate plenty of ramen.

But I did well, earning a spot on Law Review, getting a coveted internship at the county prosecutor's office, and securing two job offers before graduation. All I had to do now was accept the sweetest reward of all - my parents' approval.

Dressed in the eggplant business suit I'd splurged on with my meager savings, I walked them through the institution that would award me my degree later that day. I pointed out the library, the bookstore, the mock courtroom, the school cafe where I ate bran muffins and the heavily smoke-infused student lounge.

I told them how the system worked - how our final grades in every non-writing course were based on anonymous "blue book" exams. To demonstrate this, I pulled my "Secured Transactions and Bankruptcy" blue book out of my bag while we sat in the cafe for a coffee break. It was the last exam I had taken, and I still needed to check my grade.

"See Mom and Dad, this booklet is what we record our exam answers in. Each one has a random number in the corner… here," I pointed. "In order to see what grade I got on this exam, I have to find that number on a bulletin board upstairs. We call it 'The Wailing Wall,'" I said with a chuckle, "I'll show you."

After finishing our Styrofoam cups of coffee, we took the elevators to the Wailing Wall on the sixth floor. Students were milling about, muttering the long numbers from their blue books, pointing to the printouts on the wall, and drawing their fingers across the board to the columns of final grades.

"Okay, so let's find my Secured Transactions and Bankruptcy blue book number," I guided my parents, who seemed fascinated by my world.

The three of us scanned the lists, looking for the right combination of numbers.

"Is that it?" my mother said excitedly, pointing and squinting at a number high on the wall.

"You found it, Mom, nice job!" I said. I held the place with my fingertip. "Now, let's follow the line over to the grade column." I dragged my finger along, and they watched, each of us sporting an eager grin.

"And voila!" I said when my fingertip reached the column of letter grades. "What does it say?" I asked, as they craned their necks to see.

My parents' expressions turned from cheerfully entertained, to somewhat confused, to downright embarrassed.

"It says D+," my father reported with deadpan delivery.

For that moment, I felt that all was lost. Every bad memory of disappointing Cs on my high school report cards and college transcripts bubbled to the surface. Would I ever exceed my parents' mediocre expectations for me?

But less than an hour later in the auditorium, they watched, tears flooding their eyes, as their only daughter accepted her hard-earned Juris Doctor degree.

"We're so proud of what you've accomplished," they gushed, hugging and kissing me after the ceremony. Turns out, my grades hadn't defined me after all. And much to my surprise, my parents knew that better than I did.

Lisa Smith Molinari is a syndicated columnist. Her Meat & Potatoes of Life appears in military and civilian publications, including Stars and Stripes, the newspaper for the U.S. Armed Forces. She was the first place winner in the 2018 Humor Award by the National Society of Newspaper Columnists. You can access all her columns in the archives at http://themeatandpotatoesoflife.com.

The Wailing Wall: School grades sometimes miss the mark

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Astrological Forecast

♎

by Magi Helena

ARIES (March 21-April 19): A pop in your popularity might take you by surprise. Your activities are likely to receive widespread notice, so be sure to do your very best. Don't ignore any opportunities that appear in the upcoming week.

TAURUS (April 20-May 20): Romance, passion and affection could seem to be a major motivating force in your life for the next several days. If you share your original ideas in the week ahead you could earn some applause for your brilliance.

GEMINI (May 21-June 20): It might take longer than usual to learn a new technique but when you do, you will understand it thoroughly. In the upcoming week your attention may shift from bouncing ideas around to learning to know your partner or mate better.

CANCER (June 21-July 22): Being sharp is great, but you must also use the right tool in the right way. You can't snip roses with an axe or chop wood with clippers. In the week ahead use your skills appropriately for the best results.

LEO (July 23-Aug. 22): You can relax without pressure and reassess what constitutes true happiness. Or you can put on your thinking cap and start something worthwhile while the vision is fresh. Make wise decisions in the week ahead.

VIRGO (Aug. 23-Sept. 22): You may feel too awkward to say what you mean, but later this week you should have a comfortable opportunity to voice your opinions clearly and completely. Don't feel unloved if you are briefly put on the sidelines.

LIBRA (Sept. 23-Oct. 22): As this week unfolds you may need to push back against the influence of people who challenge you to increase your spending habits. Use the utmost discretion with purchases and temper impulsiveness with good business sense.

SCORPIO (Oct. 23-Nov. 21): You could be spellbound by a new person or interest in the week ahead. Be alert for red flags in case all isn't what it first seems to be. Focus on making wise and informed financial decisions with no strings attached.

SAGITTARIUS (Nov. 22-Dec. 21): In the week ahead, you may focus on the things that spark joy. You won't mind working for a living since you can find ways to make your job rewarding on many levels. Gather inventive ideas.

CAPRICORN (Dec. 22-Jan. 19): You are aware that some people get a thrill from gaming the system. In the week ahead you will be able to maintain boundaries and elude any players who want to use you to fulfill their own agendas.

AQUARIUS (Jan. 20-Feb. 18): Someone else may receive the recognition while you do all the work. It might be wise to find a good opening in the upcoming week to mention your accomplishments and talents so that you get your fair share.

PISCES (Feb. 19-March 20): Be patient if it takes more time to reach a solution or a conclusion. Some people are too polite or not willing to be straightforward so you may need to act on faith. In the upcoming week you must trust your intuitions.

June dates to remember

June 6 – Anniversary of the World War II Allied invasion in Normandy, France, know as D-Day
June 14 – Flag Day
June 14 – Army Birthday
June 16 – Father's Day
June 23 – Coast Guard Auxiliary Birthday
June 27 – National PTSD Awareness Day

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

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MOVIES at the Bases

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

Thursday, June 6
5:50pm Breakthrough (2019)
8pm Long Shot
Friday, June 7
5:50pm POKEMON Det. Pikachu
7:50pm The Hustle (2019)
Saturday, June 8
12:50pm POKEMON Det. Pikachu
2:50pm The Hustle (2019)
4:40pm POKEMON Det. Pikachu
Sunday, June 9
12:40pm Breakthrough (2019)
2:50pm The Intruder
4:50pm Avengers: Endgame
Wednesday, June 12
5:50pm POKEMON Det. Pikachu
7:50pm Curse of La Llorona
Thursday, June 13
5:50pm Ugly Dolls
7:30pm Long Shot

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

Thursday, June 6
5:40pm Little
7:50pm Hellboy (2019)
Friday, June 7
5:50pm POKEMON Det. Pikachu
8pm The Hustle (2019)
Saturday, June 8
1:40pm POKEMON Det. Pikachu
3:50pm The Hustle (2019)
6:20pm Avengers: Endgame
Sunday, June 9
1pm Avengers: Endgame
4:40pm POKEMON Det. Pikachu
7pm The Hustle (2019)
Monday, June 10
5:50pm POKEMON Det. Pikachu
8:10pm The Hustle (2019)
Tuesday, June 11
5:40pm Ugly Dolls
7:40pm Avengers: Endgame
Wednesday, June 12
5:50pm POKEMON Det. Pikachu
8pm The Intruder
Thursday, June 13
5:50pm The Hustle (2019)
7:50pm Long Shot

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5/under free/3D $1 for glasses

Thursday, June 6
6:30pm Avengers: Endgame
Friday, June 7
6pm The Intruder
8:30pm Long Shot
Saturday, June 8
1pm Ugly Dolls
3:30pm Breakthrough
6:30pm Long Shot
Sunday, June 9
1pm Ugly Dolls
4pm Avengers: Endgame

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

Thursday, June 6
11am The Incredibles
5pm A Star Is Born
Friday, June 7
5pm Cold Pursuit
Saturday, June 8
2pm Get Shorty
5pm Alita: Battle Angel
Sunday, June 9
5pm RV
Monday, June 10
5pm Last of The Mohicans (1992)
Tuesday, June 11
11am Wonder Park
5pm What Men Want
Wednesday, June 12
5pm A Madea Family Funeral
Thursday, June 13
11am Megamind
5pm Happy Death Day 2U

Bob Hope Theater 577-4143

Miramar Blding 2242
* indicates last showing

Thursday, June 6
6:30pm Little
Friday, June 7
6:30pm The Hustle (2019)
9pm The Curse of La Llorona
Saturday, June 8
3pm Ugly Dolls
6:30pm POKEMON Det. Pikachu
8:50pm Breakthrough (2019)
Sunday, June 9
1pm Avengers: Endgame
6:30pm POKEMON Detective Pikachu (3-D)
Wednesday, June 12
6:30pm The Curse of La Llorona
Thursday, June 13
6:30pm Breakthrough (2019)

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

Thursday, June 6
5pm Toy Story
Friday, June 7
5pm X-Men: First Class
Saturday, June 8
5pm X-Men: Apocalypse
Sunday, June 9
5pm Back To The Future
Thursday, June 13
5pm The Secret Life of Pets

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Entertainment

How HARD CORPS are you?
2019 Marine Corps Mud Run Sat-Sun, June 8-9

Get ready to run through the terrain of Marine Corps Base, Camp Pendleton where U.S. Marines train. Over 300 Marines "motivating" participants along the course, as well as Military vehicle displays.

10K-Challenging course with 24 obstacles, including running through a real training combat town, cargo net climb, six mud pits and other hard corps obstacles. Finally, crawl through theMarine Corps Mud Pit before the finish.

#MARINE CORPS MUDRUN

5K-New to the mud run, or just like dressing up to get dirty? Run for fun and overcome nine obstacles, four mud pits and a crawl through the to finish through the muddiest pit in the world.

1K-Get dirty just like the big kids. Kids ages 6-12 can test their might against six obstacles and finish at the muddiest pit in the world!

What You Get-T-shirt, finisher medal, free parking and parking shuttle, post-race refreshments, course-aid/hydration stations. Plus you get to support the Marines & families aboard Camp Pendleton.

MUD RUN FEST-Bring your lawn chairs or blankets and relax in our large Mud Run venue featuring a grassy area before and after the race. Food & beverage available for purchase at the venue all day long. If you forget to bring something, visit the Mud Run Store with all your mud run racing needs and apparel.

Mud Run Store-Forget to bring something to the race? The Mud Run Store offers a variety of mud run needs. Exclusive Mud Run and USMC apparel also available. **Shoe Drop Recycling**-Don't throw out your muddy shoes, donate them after the race at our on-site shoe drop. **Live DJ** playing crowd favorites. Dance along with our Marine Volunteers and guests. **Food Vendors** Featuring some of our best food truck vendors. Pizza, BBQ and other treats. Food vendor list revealed closer to event. **Beer Garden** Cool off after your run in our large beer garden. Separate limited seating area available for beer garden.

No entry fee for spectators, so bring your family and friends and stay a while. MCB Camp Pendleton. www.marinecorpsmudrun.com/

Experience Something Creative
First Friday at Arts District Liberty Station

This popular free arts event takes place on the First Friday of every month from 5-9pm throughout the 28 acre campus. Meet working artists, enjoy dance, theatre and music performances featuring community partners and discover intriguing public art installations. Wander and explore the galleries, museums, artist studios, distinctive shops and dining at historic Liberty Station. Visitors can start their stroll in the Dick Laub NTC Command Center at 2640 Historic Decatur Road and pick up a monthly program and District Map.

First Friday Arts District will be (((amplified))) on June 7th! During San Diego's biggest monthly art walk you can also enjoy a free Concert, Craft Beer Garden, and Pop-Up Market. Guests can also enjoy dance performances, make art, see new art exhibitions, and so much more!

The free June 7 concert will feature New Reveille, hailed by Rolling Stone as one of the "10 New Country Artists You Need to Know: August 2018." This four-piece Americana band has been described as "twangy, truck-driving music that runs on classical gas." Opening for New Reveille will be Nena Anderson. Nena's blues-tinged Americana music and velvet voice is soulful and intimate. The concert begins 6:30pm on the North Promenade between Stone Brewing World Bistro & Gardens - Liberty Station and the vibrantly painted Greetings Tour mural. Guests are welcome to bring low-back chairs and blankets but should be ready to dance!

The new Pop-Up Market will offer an eclectic mix of local fashion as well as handmade and vintage gifts. Our outdoor spaces will come alive with a curated selection of vendors, artisans, and creative activities while featuring jewelry designers, candle makers, vintage retailers, local boutiques, fashion and art mixed with live demonstrations and mini-workshops.

ARTS DISTRICT Liberty Station, 2640 Historic Decatur Road, Point Loma. libertystation.com/events/First-Friday-ARTS-DISTRICT

Talking about your summer

by Glenn Mollette

Summer is here and will soon be gone. Here is what you can do for an enjoyable summer.

Turn off the television. Seriously how much of your life have you spent starring at the television? I grew up watching one channel most of the time and have surely parked a lot of my life in front of the tube. Television is good for a little entertainment, news and salvaging a boring day. However, life has to be more than television.

Limit yourself to 15-20 minutes of social media every day. Actually every other day might be better. Wish your friends happy birthday. Stay in touch with significant people in your life and then turn it off.

Unplug yourself from negative people. Do you really need negativity in your life? You may be stuck with some at work and even family. However, stop catering to those people who drain you, resent and are envious of you. Spending time with people who constantly badmouth others and are angry about something is not enhancing your life.

Formulate your own opinions on all the national political issue stuff that we hear every day. We hear political jargon nonstop and it's driving us all crazy. Do you really want to spend your entire summer listening to politicians from Washington who aren't interested in what you are doing but only what they are doing? You can pick it all back up this winter when there are ten inches of snow on the ground.

This summer be involved in doing. Do something. Participate. Visit your local state parks. Sit by a lake somewhere. Go fishing. Picnic. Take lots of walks. Sit on a porch with a friend or family member. Use your telephone for conversations.

Garden some. Mow your grass. Sing in your church choir. Connect with a local exercise class. Shoot some basketball. Take some mini one or two day trips. Connect with people. You may be working six or seven days a week. Still, find a way to smell the roses and enjoy summer.

There is something about participating in life that makes life more like life. It doesn't haven't to be on a grand scale or in a grand arena. However, it can be in your arena and it's our individual lives we are talking about and that's what will matter to you at the end of your summer.

Fun with MWR

Navy All-Stars vs. Padres Alumni Softball Game Thur, June 6, 11am, FREE. Naval Base San Diego, Surface Warrior Field. Kid's Activities ~ Food Trucks ~ Autographs ~ FUN! Info: 619-556-7444

Splash 'N Dash Fri, June 7, 11am, FREE. NBPL, Main Base Smuggler's Cove. Goodies, T-shirts and refreshments await all participants! Register: www.navylifesw.com, Info: 619-553-7552

Flag Day Ruck Run Thur, June 13, 5pm. Admiral Prout Field House Track, NBSD, Bldg. 3279. Conquer the challenge! MWR has planned a 2-mile run and multi-level workout to test your limits.
Level 1: 25 pull-ups, 50 push-ups, 100 squats (without ruck/vest)
Level 2: 50 pull-ups, 100 push-ups, 150 squats (without ruck/vest)
Level 3: 50 pull-ups, 100 push-ups, 150 squats (with ruck/vest)
ELITE Level: 100 pull-ups, 200 push-ups, 300 squats (with or without ruck/vest) Register: www.navylifesw.com, Info: 619-556-7444

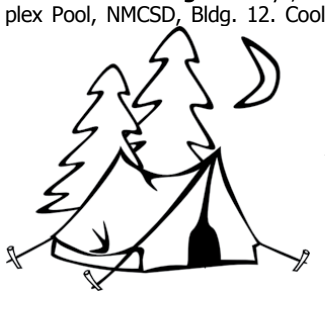
Flick & Float Fri, June 14, 8pm, FREE. Naval Base Point Loma, Main Base Pool, Bldg. 1. ring your family out for a nighttime float and a family-friendly movie. We'll provide the floats! Check-in starts at 7:30 pm. Info: 619-553-0934

Invincible Spirit Festival ~ Gary Sinise & The Lt. Dan Band Concert, Cookout & Car Show, Sat., June 15, 11am-3pm. Everyone's invited to enjoy the FREE Gary Sinise &The Lt. Dan Band concert, Classic Cookout by Team Irvine and the Show &Shine Car Show! ENTER THE SHOW & SHINE CAR SHOW! All makes and models. Lowriders, Hot rods, Dub trucks and cars, Kustoms and more! Best of show awards to be presented by various dignitaries! Non-military affliated owners with cars must be approved to come show due to base access. Must be approved 3 weeks before event. Military owners with cars call 619-532-8466 for show info. Naval Medical Center San Diego. Info: 619-532-8466

Father's Day Brunch Sun, June 16, $35 Adult / $17 Children (4-10 yrs.) Admiral Baker River's Edge, Mission Gorge. Celebrate Dad by showing you know what he likes…a full buffet of delicious favorites! Call 619-487-0016 for your reservation today!

Endless Summer 5K Run/2-Mile Walk Fri, June 21, 8am, FREE. NASNI, Moffett Road, near Bldg. 1293 (300 yds. past MWR fishing pier). Kick off the San Diego summer season! Awesome event shirt awaits all participants! Proudly sponsored by MWR and USAA. Register: www.navylifesw.com, Info: 619-545- 0237

Dive-In Movie Night Fridays, 5:30pm, FREE. Balboa Athletic Complex Pool, NMCSD, Bldg. 12. Cool off in the pool with good music, games and lots of fun! Plus, enjoy our special $1 Meal Deal! Our summer movie line-up includes: June 21: Avengers, July 19: Aladdin, August 16: Toy Story 4. Events open to all MWR patrons. Register today by calling 619- 532-8516.



Campout Spectacular - Great Navy Campout Sat-Sun, June 22-23, 3pm-9am, $27 Adults/$25 Kids (2-12 yrs.). Admiral Baker Picnic Grounds. Our annual campout is back! Enjoy music, games, entertainment and crafts, as well as a nighttime movie. Cost includes dinner, dessert and breakfast. Rental camping gear is available at NBSD OAC, 619-556-7493. Info: 619-556-9597

NBPL Historical Walking Tour Sun, June 23, 9am, FREE. NBPL, Main Base, Community Recreation Center, Bldg. 546. Learn about Naval Base Point Loma's turn of the century buildings and structures, whaling and wartime history, from our very own resident historian. Register: www.navylifesw.com/sdcr, Info: 619-553-9138

SeaWorld Day Sat, June 29, (Park Hours: 10am-10pm), $30. SeaWorld San Diego, 500 SeaWorld Dr. Explore the park all day long, plus special buffet lunch in pavilion from 11am-12:30pm. Purchase tickets through NBSD Tickets & Travel Offices. Discounted parking passes sold separately for $10. No refunds or exchanges. Info: 619-556-2174

San Onofre Camping Trip Sat-Sun, June 29-30, $40 (6 yrs.+). Meet at San Onofre Campgrounds, MCB Camp Pendleton/ Join us for a weekend of surfing, hiking, stargazing, and s'more fun activities! Cost includes tent campsite, gear and meals. We'll also have a limited number of surfboards and body boards available, plus instruction, for those wanting to hit the water. Register: www.navylifesw.com/sdcr, Info: 619-437-3190

Celebrate July 4 th on the Bay with the Best Fireworks View Freedom Festival ~ Presented by MWR and USAA. Thur, July 4, 2-9pm. The annual Freedom Festival at Naval Base Point Loma, Harbor Drive Annex is a celebration of family, community and national pride and is open to military families, retirees, reservists and DoD employees. The event features a tailgate party (registration required), LIVE entertainment, Family Fun Zone and festival food highlighted by All- American favorites and global flavors. Top the night off with the Big Bay Boom Independence Day Spectacular fireworks show from the best viewing area in San Diego. Full event details at www.navylifesw.com/freedomfestival. Proudly sponsored by Armed Forces Dispatch , EDCO Disposal, Lincoln Military Housing, Navy Federal Credit Union and National City Mile of Cars.

LIBERTY

Trips open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+.

Coast to Crest Challenge Sundays thru June 30, 7am, $2 Liberty/$5 Guest. Explore some of the San Dieguito River Park's most iconic spots in the Coast to Crest Trail Challenge. Everyone who completes the 5 hike challenge receives a special certificate, sticker, decal, REI and Adventure 16 coupons, and a patch from Hike San Diego-plus bragging rights. Balboa Liberty Center, NMCSD: 619-532-8909

Liberty Escape Room. Thur, June 6, 5pm & 7pm; Fri, June 7, 4pm, 6pm & 8pm; Sat, June 8, 4pm, 6pm & 8pm. Escape the barracks, or you will become the next victim. Check in 15 minutes before the start time, or slot will be given to the next group on the waitlist. Limited spots available. Call to book your spot today! Liberty Hall, NBPL, Harbor Drive Annex: 619-524-0961

La Jolla Camping & Ziplining. Sat-Sun, June 22-23, 8 am, Call for cost. Experience the fun of camping and the thrill of ziplining on California's longest ziplines. Cost includes transportation, camping gear, food while in camp and 2.5 hour guided tour that includes four ziplines measuring a total of 6,273 feet. Balboa Liberty Center, NMCSD: 619-532-8909

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

AQUATICS

Learn to Swim with MWR! NAB Pool, Bldg. 508, 619-437-5012. Affordable private and semi-private lessons available for all ages.
Admiral Prout Pool, NBSD, Bldg. 3279, 619-520-3048 • Balboa Athletic Complex Pool, NMCSD, 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

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.

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

Around Town

San Diego International Boat Show, Thur-Sun, June 6-9. 10am-7pm. Sun 10-5. $10-$15 (Children 12/under free. Military $5 discount with ID). Four days of fun on the water! 150+ boats on display, from entry-level family cruisers and personal watercraft to sailboats and motor yachts. On-land expo to view/test latest marine accessories, services, electronics. Workshops/seminars presented by experts, educators, adventurers. Food trucks, beer garden, kid's zone, live entertainment. Spanish Landing Park, 4077 N. Harbor Dr, downtown SD.

SD Padres vs. Washington Nationals, 6/6-6/8 7:10pm; 6/9 1:10pm. Sat 6/8 beach towel giveaway. mlb.com/padres

Thursday Family Fun Night at San Diego Botanic Garden, live entertainment from 6-7pm, every Thursday except 7/4. sdbgarden.org

San Diego International Fringe Festival, June 6-16. Price varies by event. Brings the beautiful, the bizarre and the unexpected to America's Finest City. We focus on fringe artists and creating community, as we encourage the development of San Diego as a destination for innovative artistic expression. There is NO censorship-Artists are free to perform what they want. Most shows run 45-60 minutes. Patrons see multiple shows every day. Tickets are affordable: $10 to free - A Festival PASS makes them even less! Free outdoor performances from Buskers and Street Theatre. sdfringe.org/

Donut Day on the Midway, Fri, June 7, 10-11:30am. Free. Donut Day on the Midway, Celebrating Service to Community & Country. Join us onboard the U.S.S. Midway for an exciting celebration of Donut Day. This free event will feature a donut eating contest, interactive booths, and special recognition for a Midway Veteran courtesy of the Salvation Army. USS Midway Museum, 910 N. Harbor Dr, downtown SD.

Kid's Night Out at Poway Community Park, Fri, June 7, 4:30-9pm. www.poway.org

Oceanside Art Walk in downtown Oceanside's Artist Alley. Fri, June 7. www.oceansideartwalk.org

Night at the Museum: Raptor Reflections at Agua Hedionda Lagoon Discovery Center, Fri, June 7, 5:30-7:30pm. www.aguahedionda.org

San Diego Greek Festival, Fri-Sun, June 7-9. Free (Fri 5-10pm; Sat & Sun 11am-1pm). Celebration of culture and community withvariety of Greek cuisine, handmade pastries, traditional Greek coffee, all within the festive atmosphere of music and dance. Live bands, youth dance troupes wearing folk costumes. Wine lounge, beer garden, Greek foods market, shopping, kids activity area, and church tours. Free parking at Eugene Brucker Education Center, 4100 Normal St. Complimentary shuttle service provided. St. Spyridon Greek Orthodox Church, 3655 Park Blvd, Hillcrest.

Annual Festa do Espirito Santo, Fri-Sun, June 7-9. Free. Celebrate Portuguese Heritage by joining in the city's oldest ethnic festival, Festa do Espirito Santo, that commemorates Portugal's Queen St. Isabel. United Portuguese S.E.S. Hall, 2818 Avenida De Portugal, San Diego.

World Oceans Day at Brich Aquarium, Sat, June 8, 11am-3pm. Focus on global challenge of plastic pollution. Many activites included with aquarium admission. Birch Aquarium at Scripps, 2300 Expedition Way, La Jolla.

Fido Fest, Sat, June 8, 9am-1pm. Free. Fur, Fun, Adopt & Shop. Live entertainment, doggie demos, Arfs & crafts, giveaways, discounted vaccinations and lots of dogs to love and adopt. Town Center Community Park, 550 Park Center Dr, Santee.

Downtown History Walk presented by Oceanside Historical Society at Oceanside Public Library, Sat, June 8, 9am. Free. www.oceansidehistoricalsociety.org

Canyoneers Hike on Lake Hodges, Sat, June 8, 9am-noon. www.sdrp.org

Spiders of SD County, Sat, June 8, 9-11am. Free. Batiquitos Lagoon Foundation docents host Jim Berrian of SD Natural History Museum, giving presentation on spiders of SD County. After, go out on trail and try to find some spiders. Batiquitos Lagoon Nature Center, 7380 Gabbiano Lane, Carlsbad.

AVOLUTION Fest, Sat, June 8, 4-10pm. $20-$40. Immersive experience celebrating all things avocado with live music, art installations, food trucks and drinks at Broadway Pier in Downtown San Diego. Broadway Pier, 1000 N Harbor Dr, downtown SD. avolutionfest.com/

Filipino Cultural Day at Oceanside Civic Center Plaza, Sat, June 8, 10am-6pm. Free event. www.visitoceanside.org

Antiques, Bottles & Collectibles Show & Sale, Sat, June 8, 9am-3pm. Free. All types on display and for sale. Nver know what you'll find. Historic and educational displays, raffles, free bottle appraisal. Courtyard Marriott at Liberty Station, 2592 Laning Rd, Point Loma.

Pin & Patch Con, Sat, June 8, noon-6pm. $10-$15. San Diego Pin & Patch Con drew 1,500 attendees and featured more than 100 participating artists at its inaugural event in 2018, and expects to double attendance this year. Event creates awareness and appreciation for wearable art and related popular artforms by celebrating the historic and ongoing contributions of pins and patches to art culture. Provides artists with platform and unites them with other local makers. Pin trading, a pin scavenger hunt, hourly giveaways, live screen printing demo and walk-through by VICIOUSKILL, Q&A panel featuring new and seasoned industry artists. The first 500 attendees will receive complimentary pins. Montezuma Exhibit Hall, 6075 Aztec Circle Drive, San Diego.

Toast of the Coast Wine Competition & Festival at San Diego County Fair. Sat, June 8. www.sdfair.com

Discovery Tables: Lichens, Sat, June 8, 10am-1pm. Free. This fascinating organism is found on rocks, walls, and trees. There are many species of lichen and we have examples of them in Mission Trails Regional Park. Come to the Discovery Tables this month and learn more about this composite organism that is even capable of breaking down rock. Meet inside the Visitor Center. Mission Trails Regional Park, One Father Junípero Serra Trail, San Carlos.

Helen Woodward Animal Center Spring Fling Gala: Our Extravagant World Tour at Fairbanks Ranch Country Club, Sat, June 8, 5:30-11:30pm. www.animalcenter.org

Thinking Shakespeare Live at Old Globe Theatre. Sat, June 8. www.theoldglobe.org

Movie at the Park: The Goonies at Oceanside's Marshall Street Park, starts at dusk. Sat, June 8. www.ci.oceanside.ca.us

Marine Corps Mud Run at Camp Pendleton. Sat-Sun, June 8-9. www.marinecorpsmudrun.com

23rd Annual Inter-tribal Powwow, Sat-Sun, June 8-9 (Sat 10am-11pm; Sun 1:30am-6pm). Free. Inter-Tribal Powwow with arts & craft booths, food, dancers, drums, opportunity drawing and contest dancing. Participants from 15+ tribes, including the Diegueño tribe and Luiseño bands in San Diego County, as well as tribes from California, the Southwest and beyond. Highlight is Grand Entry (staged at noon, 7 & 8pm Saturday and at noon Sunday), in which dancers in traditional native dress enter the grounds in parade formation. No pictures allowed during the sacred entry, but tpublic is encouraged to join the parade by drumming, dancing and marching. Vendors will sell Indian arts and crafts, and food booths will sell burgers, hot dogs, Indian tacos, and fry bread. Mission San Luis Rey, 4050 Mission Ave, Oceanside. www.slrmissionindians.org/read-me/

San Diego Festival of the Arts At Waterfront Park, Sat-Sun, June 8-9, 10am-6pm. $12-$18. Stunning works of painting, sculpture, photography, glass, jewelry, ceramics, wood, fiber and mixed media from nearly 200 world renowned artists. Silent auction, wine & beer garden all contribute towards this fundraiser. Live music and entertainment both days, selection of outdoor games, cuisine from San Diego's top restaurants and lively beer & wine garden. San Diego County Waterfront Park, 1600 Pacific Hwy, downtown SD. sdfestivalofthearts.org

Walking In Nature, Saturdays June 8 & 22, 8:30-10am. Free. Morning hike through riparian habitat by Kumeyaay Lake Campground. Led by trained Mission Trails Regional Park (MTRP) Trail Guide. Meet at the Kumeyaay Lake Campground flagpoles at campground entry station. Two Father Junípero Serra Trail, Santee.

Guided Walk. Sat-Sun, June 8-9, 22-23 & Wed, June 12 & 26, 9:30-11am. Free. Doesn't matter if it's overcast or sunny, MTRP Trail Guide will take you on a nature walk. Meet inside Visitor Center. Mission Trails Regional Park, One Father Junípero Serra Trail, San Carlos.

San Dieguito River Park 30th Anniversary Celebration, Sun, June 9, 7:30am-3:30pm. Free-$75. 15k-5k-1k-Tot Trot trail run! Tthe lake is full, so come run or walk along the nicely maintained trails adjacent to Lake Hodges. Courses are well marked with ample aide stations. Event professionally timeds. Visit www.sikesadobe.org to register, discount code: celebrate30years. After, tour the 19th century Sikes Adobe farmhouse, visit North San Diego Certified Farmers' Market, enjoy activities at Community Fair, enjoy live music. Sikes Adobe Farmhouse, 12655 Sunset Dr, Escondido

Vista Alley Art Festival happens in Vista Village! Sun, June 9. www.alleyartfest.com

Volunteer Restoration Project, Sun, June 9, 1-4pm. Free. Join Friends of Peñasquitos Canyon Preserve in watering and weeding native plant restoration sites in Rancho Peñasquitos. No experience needed. Meet at northeast corner of park. Black Mountain Ranch Community Park, 14700 Carmel Valley Rd, Black Mtn Ranch.

Visiting & Resident Birds of Lake Wohlford, Sun, June 9, 8-11am. Free. Join Naturalist on easy-paced bird walk of about 3 miles, lasting 2-3 hours at Lake Wohlford. Follow southern and eastern shoreline from parking lot on Oakvale Rd. Bald Eagles and Ospreys might be seen, among the resident birds and early summer visitors. Bring binoculars, hat, water and wear layered clothing. To get to Lake Wohlford's Egret Trailhead from Escondido, travel east on Valley Parkway. At Washington Ave, Valley Parkway becomes Valley Center Road. Continue another 0.8 mile to Lake Wohlford Road and turn right. Drive 1.9 miles uphill to Oakvale Drive, again on the right. Drive 0.7 mile on Oakvale to a gated dirt road on the left, which leads to a parking area for public access to the south shore of Lake Wohlford. Heavy rain cancels. Meet at Lake Wohlford Egret Trailhead at 8am. Lake Wohlford, 25453 Lake Wohlford Road, Escondido.

Daley Ranch Open House, Sun, June 9, 11am-2pm. Free. Approximately 1 mile from the La Honda entry is the Historic Daley Ranch House. On the 2nd Sunday of every month, the Ranch House is open to the public, at which time Ranger Staff and Docents provide information and insights into the history of the ranch. Steady rain cancels. Daley Ranch, 3024 La Honda Dr, Escondido, 92027

Ongoing

Food Truck Fridays at Balboa Park, 4-8:30pm, every Friday thru Sept 27. www.balboaparkconservancy.org

Cruisin' Grand on Grand Avenue in Escondido, every Friday thru Sept 27. www.cruisingrand.com

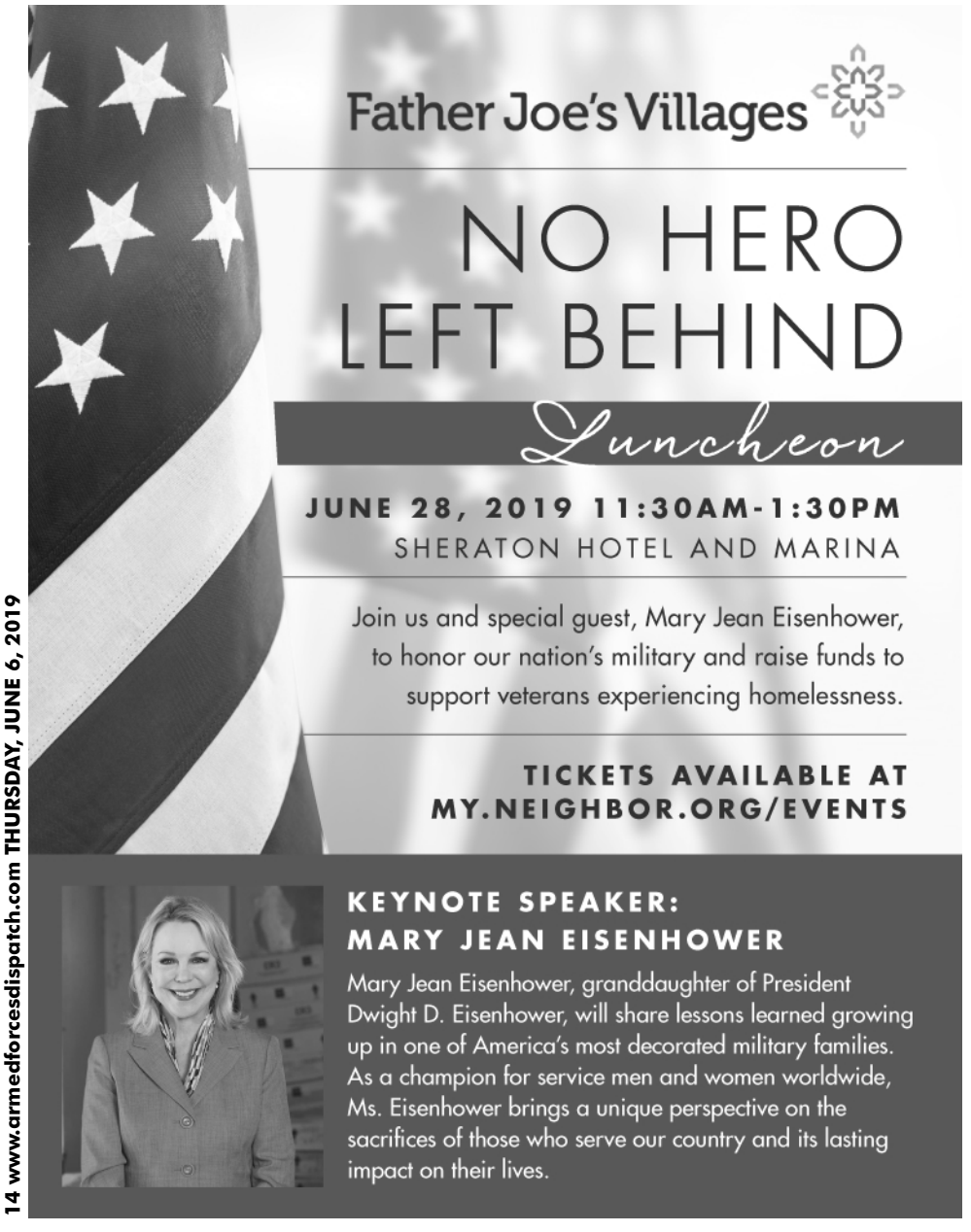
La Mesa Classic Car Show, ongoing Thursdays thru June 27, 5-8pm. Free. Features pre-1974 cars, trucks and vans parked along La Mesa Blvd. Live DJ's & bands. Closed July 4. La Mesa Village, Spring Street at La Mesa Blvd.

Aquatica is open at SeaWorld San Diego. Through Sun, Sept 29. www.aquatica.com/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/

Pacific Beach Farmers' Market, Ongoing Saturdays, 8am-noon. Free. Promenade mal, 4150 Mission Blvd, Pacific Beach.

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



SELF STORAGE
www.STORAGEWEST.com
877-917-7990
10% MILITARY DISCOUNT

Concerts

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

June

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. (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 Chinon, 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.

Foreigner. Thurs, June 13, 8pm. Rock. Starlight Theater, Pala Casino, 11154 CA-76, Pala, CA 92059. (877) 946-7252.

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 Chinon, Irvine. (949) 988-6800.

Machine Gun Kelly. Wed, June 19, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

Santana with the Doobie Brothers. Thurs, June 20, 7pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

Impractical Jokers. Thur, June 20, 7:30pm. Comedy. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Jeff Lynne's ELO Live. Thur, June 20, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

Hootie & the Blowfish, Barenaked Ladies. Fri, June 21, 7:30pm. Pop. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista.

Paul McCartney. Sat, June 22, 7:30pm. Rock. Petco Park, 100 Park Blvd, SD. (619) 795-5000.

Gospel Festival featuring The Clark Sisters. Sat, June 22, 7pm. Gospel. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Santana and the Doobie Brothers. Sun, June 23, 7:30pm. Latin/rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Grupo Intocable. Sun, June 23, 7:30pm. Latin. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Hootie and the Blowfish. Sun, June 23, 7:30pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

Khalid. Tues, June 25, 7:30pm. Staples Center, 1111 S. Figueroa St., LA. staplescenter.com

Cohed & Cambria and Mastodon. Wed, June 26, 7:30pm. Rock. Petco Park, 100 Park Blvd, SD. (619) 795-5000.

Killer Queen. Thur, June 27, 8pm. Covers. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

Lost Monarchs. Fri, June 28, 4pm. Rock. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Brit Floyd-Pink Floyd Tribute. Sun, June 30, 6:30pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

July

Trace Adkins. Tues, July 2, 7:30pm. Country. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Brad Upton. Thur, July 4, 7:30pm. Comedy. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Shawn Mendes: The Tour. Fri-Sat, July 5-6, 7:30pm. Pop. Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

Jethro Tull. Sat, July 6, 8pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

Ian Anderson: Jethro Tull 50th Anniversary Tour. Sun, July 7, 8pm. Rock. SDCivic Theatre, 1100 Third Ave. (619) 570-1100.

Shawn Mendes. Mon, July 8, 7:30pm. Pop. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd, SD. (619) 224-4171.

Michael Buble. Tues, July 9, 8pm. Staples Center, 1111 S. Figueroa St., LA. staplescenter.com

Jon Bellion. Wed, July 10, 7:30pm. Pop. SDSU Open Air Theatre, 5500 Campanile Dr., San Diego. (619) 594-6947.

Howard Jones and Men Without Hats. Fri, July 12, 7pm. Pop/rock. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

Billie Eilish and Denzel Curry. Sat, July 13, 7:30pm. Pop. Open Air Theatre at SDSU, 5500 Campanile Dr., SD. (619) 594-6947.

Hammers House Party Tour. Sat, July 13, 7pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

Hugh Jackman. Tues, July 16, 7pm. Standards. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd, SD. (619) 224-4171.

Beck and Cage the Elephant. Wed, July 17, 6pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

Why Don't We. Fri, July 19, 7:30pm. Pop. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

Beck and Cage the Elephant. Sat, July 20, 8pm. Alt/rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Disrupt Festival. Sat, July 20, 1:30 Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

Shinedown. Sun, July 21, 6:30pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

Ozzy Osbourne. Tues, July 23, 7:30pm. Rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Cuco, with Umi. Wed, July 24, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

Zac Brown Band. Thurs-Fri, July 26-27, 7pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

Disrupt Festival. Fri, July 26, 2pm. Alt/pop/punk/rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Freestyle Explosion. Sat, July 27, 7:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

Yes. Sat, July 27. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

August

Rascal Flatts. Thurs, Aug 1, 7:30. Five Pointt Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

Third Eye Blind and Jimmy Eat World. Thur, Aug 1, 7:30pm. Alt/rock. NI Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Iration, Fri, Aug 2, 5:30pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

Rascal Flatts. Fri, Aug 2, 7:30pm. Country. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Sad Synner Festival, Sat, Aug 3, 1:30pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

Third Eye Blind and Jimmy Eat World. Sat, Aug 3, 7pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

Backstreet Boys: DNA World Tour. Sat, Aug 3, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

Elvis Costello and Blondie. Sun, Aug 4, 7:15pm. Five Point Amphitheatre, 14800 Chinon, Irvine. (949) 988-6800.

Lord Huron and Shakey Graves. Mon, Aug 5, 7:30pm. Pop/rock. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

Backstreet Boys. Mon, Aug 6, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

Prettymuch. Thur, Aug 8, 7pm. Pop. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

Chris Young and Chris Janson. Fri, Aug 9, 7:30pm. Country. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Young the Giant and Fitz & the Tantrums. Fri, Aug 9, 7:30pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

See more upcoming concerts at: afdispatch.com/entertainment.htm

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