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FIFTY SEVENTH YEAR NO. 35
THURSDAY, APRIL 5, 2018



Navy observes Sexual Assault Awareness and Prevention Month

NAVY NEWS SERVICE - Throughout April, the Navy joins the nation in observing Sexual Assault Awareness and Prevention Month (SAAPM).

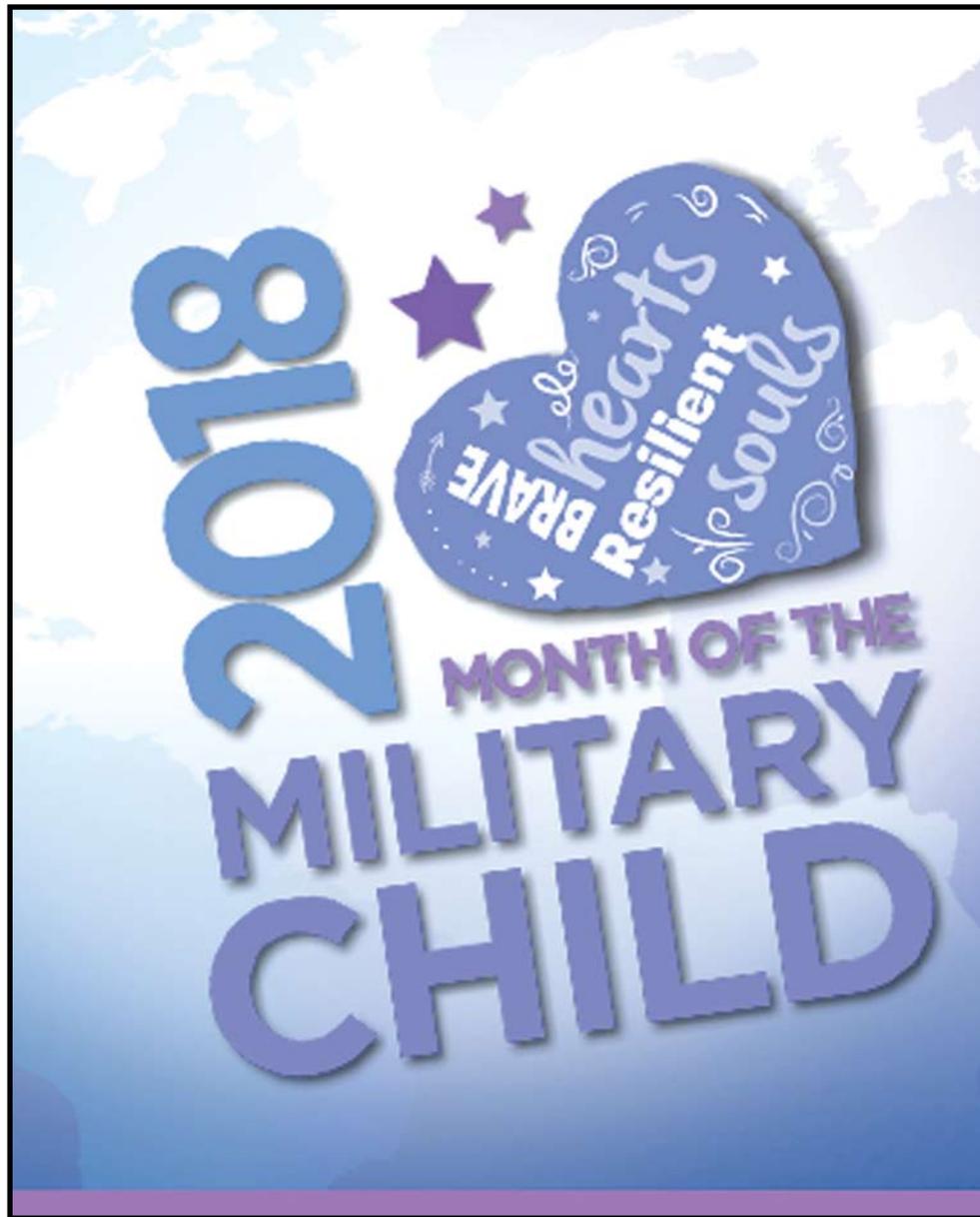
This year's theme, "Protecting Our People Protects Our Mission," established by the DoD Sexual Assault Awareness and Prevention Office continues to reinforce the idea that our people are our most important strategic resource and that operational success depends on supporting our personnel, protecting our shipmates, and safeguarding team cohesion.

"Sexual assault is a cancer effecting unit cohesion and lethality," said Secretary of the Navy Richard Spencer. "The Department of the Navy has come a long way in addressing sexual assault, but until we get to zero, there is still work to be done. My commitment is enduring and fundamental, and my position of intolerance for sexual assault anywhere is unequivocal."

Tolerating toxic behaviors within our ranks impedes our ability to fight and win wars by eroding trust and degrading individuals who contribute to the mission. This month is designed to enhance year-round efforts to eliminate the crime of sexual assault and ensure all Sailors are treated with dignity and respect.

"On our One Navy team, we're dedicated to achieving our best possible performance - we go to our limits. There are no bystanders on our team. On our team, we drive sexual assault to zero," said CNO Adm. John Richardson. "Sexual assault is a toxic behavior that weakens our team and therefore helps the enemy. On our team, we all build strength and toughness."

see SAAPM, page 2



April is Month of the Military Child.

From deployments to new schools, military children are faced with unique challenges that ordinary youth their age never experience. Their ability to adapt to present and future changes deserves our respect and admiration. In an effort to recognize the hard work- and applaud- the courage of military children, the Department of Defense (DOD) has deemed April as the Month of the Military Child (MOMC). It is a time to honor military youth for the important role they play in contributing to the strength of our military family. MOMC also reaffirms the Army's commitment to ensuring excellence in schools, childcare and youth services as well as, providing a strong supportive environment where children can thrive.

Trump looks to military to help secure U.S.-Mexico border

by Jim Garamone

WASHINGTON - President Donald J. Trump said April 3 he is looking at using the military to secure the border between the United States and Mexico.

"Until we can have a wall and proper security, we're going to be guarding our border with the military," the president said during a meeting with the presidents of the three Baltic republics. "That's a big step. We really haven't done that before, or certainly not very much before."

During a follow-on news conference with the three presidents, Trump also said he is seriously looking at withdrawing U.S. troops from Syria.

About 2,000 U.S. service members are operating inside Syria with Syrian Democratic Forces. Those forces have had tremendous success against the Islamic State of Iraq and Syria, and officials estimate that 98 percent of the territory the terror group once occupied has been cleared.

"As far as Syria is concerned, our primary mission in terms of that was getting rid of ISIS," Trump said during the White House news conference, referring to the Islamic State of Iraq and Syria. "We've almost completed that task, and we'll be making a decision very quickly, in coordination with others in the area, as to what we'll do."

U.S. troops have been assigned border missions in the past. In 1989, DoD formed Joint Task Force 6, aimed at aiding border security along the Texas, New Mexico, Arizona and California borders with Mexico. The task force began with a counterdrug mission, which expanded to counterterrorism. Joint Task Force 6 morphed into Joint Task Force North in 2004.

From 2006 to 2008, a total of 27,000 National Guardsmen patrolled the border to help Customs and Border Protection personnel.

3rd MAW CH-53E Super Stallion crash

MARINE CORPS AIR STATION MIRAMAR - A Marine Corps CH-53E Super Stallion helicopter from 3rd Marine Aircraft Wing crashed in the vicinity of El Centro at approximately 2:35 p.m. Tuesday during a routine training mission.

Four crew members were aboard the aircraft. As of press time, the status of all four is presumed dead pending positive identification.

The cause of the crash is currently under investigation.

The names of the deceased will be withheld until 24 hours after next-of-kin notification.

INSIDE THIS WEEK

USS Theodore Roosevelt arrives in Singapore



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Congressman visits Naval Health Research Center

SAN DIEGO - Rep. Scott Peters, from California's 52nd district, visited the Naval Health Research Center (NHRC) to meet with staff and learn more about the only Department of Defense (DoD) medical research laboratory on the West Coast, March 27.

Peters, a member of the House Committee on Veterans' Affairs and co-founder and co-chair of the congressional life sciences caucus, toured NHRC's infectious diseases and warfighter performance labs, talked with scientists about current research, and attended a town hall with staff during the visit.

Designated the DoD deployment health research center since 1999, NHRC is located in Point Loma, just a short distance from a major military medical center, several Marine Corps bases, numerous fleet resources, and a recruit training command, allowing scientists to conduct research that is relevant to the needs of operational forces.

San Diego, as Peters pointed

out during his visit, is also a biotech industry hub and home to several academic and medical research institutions. This makes NHRC's location ideal for forging research partnerships that support innovative solutions to the health threats modern warfighters face.

"All of our research is geared towards improving the health and readiness of our warfighters and their families," said Capt. Matthew Hebert, NHRC's executive officer. "Our expertise ranges from protecting our armed forces from infectious disease threats to improving physical and mental health, boosting resilience, and optimizing human performance."

While touring the warfighter performance laboratory, Peters met with researchers who study sleep and fatigue mitigation, injury prevention and rehabilitation, and environmental physiology to improve the health, survivability, performance, and readiness of military members.

In NHRC's sleep lab, part

of the larger multi-disciplinary warfighter performance lab, Rachel Markwald, Ph.D., sleep research physiologist, spoke with Peters about studies her team is conducting to help reduce the impact of fatigue and improve sleep quality for operational forces. One of the goals of Markwald's research is finding effective ways to identify fatigue and reducing its impact to keep service members alert and focused while on duty.

In the infectious diseases laboratories at NHRC, researchers talked with Peters about their disease surveillance along California's U.S.-Mexico border and at military hospitals and clinics. By monitoring service member for disease outbreaks, not only do scientists at NHRC support the health and readiness of active duty members, they also play a larger role in public health for the civilian community as well.

"Our military is typically a young, healthy, and highly vaccinated population," said Dr. Kenneth Earhart, chief scientist



at NHRC. "Disease outbreaks in this population are concerning and the surveillance conducted by our researchers serves as an early warning system for both the military and civilian communities."

Peters said the work being done at NHRC to improve health and readiness of service members is important, providing value to the military.

As the DoD's premier deployment health research center, NHRC's cutting-edge research and development is used to optimize the operational health and readiness of the nation's armed forces. In proximity to more than 95,000 active duty service members, world-class universities, and industry partners, NHRC sets the standard in joint ventures, innovation, and translational research.

Rep. Scott Peters, from California's 52nd congressional district, holds a town hall during a visit to the Naval Health Research Center (NHRC). Peters toured the facilities to learn about research conducted at the command that supports the health and readiness of service members. photo by Amanda Wagner

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SAAPM continued from page 1

to defeat our enemies. Unit leaders - leading petty officers, chiefs, junior officers - are especially important here - it's why you joined the Navy. No bystanders. Destroy our enemies, not ourselves. End sexual assault."

SAAPM provides the Navy with the opportunity to highlight programs and initiatives that educate Sailors, support victims, and encourage shipmates to take an active role in preventing, reporting, and eliminating sexual assault in the force. Sexual harassment and assault, in person or online, violates the Navy's core values and is not tolerated.

"There is no place for sexual assault in our Navy and Marine Corps," said Ms. Jill V. Loftus, Director of the Navy's Sexual Assault Prevention and Response Office. "We need to be there to instinctively step in when necessary and support those who have been victimized. We must do our part to foster a culture based on respect and professionalism."

In an effort to eliminate instances of sexual as-

sault, Navy leadership has issued guidance on online misconduct, established counselors within the Fleet in addition to family support centers, improved personnel management processes to better respond to occurrences of sexual assault, encouraged bystander intervention, and leveraged technology to remove stigma and barriers associated with seeking help following a sexual assault.

"We're looking at new ways to convey the message," Loftus continued. "We're developing preplanned response cards for junior leaders, we have worked on a graphic novel, and we're looking at training utilizing avatars. There are a lot of new and innovative methods that we're exploring that will engage Sailors and keep them engaged."

The Navy's Sexual Assault Prevention and Response (SAPR) program falls under the purview of the 21st Century Sailor office, which exists to provide Sailors and their families with resources, training, and skills to overcome adversity and improve wellness.

For more information on SAAPM, including more information on how to prevent and report sexual assault, go to www.navy.mil/saapm.

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Deputy secretary explains priorities in 'Evolving the Future Force'

by Sgt. David Staten
 WASHINGTON - As the Defense Department examines the path toward evolution of the nation's future military force, "we're going to change that word to revolution," Deputy Defense Secretary Patrick M. Shanahan said here March 28.

attributes and capabilities of a future joint force and how to evolve it in a cost-effective manner. The effort is examining opportunities that build on existing programs, capitalize on emerging technologies and leverage a high-low mix of assets, he added.

business practices for greater performance. The strategy rolled out in January, the budget was delivered in February, and March has been about execution, the deputy secretary said.

sure they execute flawlessly. The goal is to complete those

those priorities, he said, officials are pursuing reform in

- it'll be organic." he said. But now, he told the audience, DoD will leverage more things that have already been done in the private sector. "That also gives us a chance to bring new companies, new ideas, and expand the people that we work with in the Department of Defense," he added.

Many of these issues, problems, ideas [and] solutions have been either around for a while or they're emerging, and we need to embrace them in a very risk-balanced way.

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perts and former government officials about Defense Secretary James N. Mattis' three lines of effort in the National Defense Strategy: rebuilding military readiness while building a more lethal joint force, strengthening alliances and attracting new partners, and reforming the department's

"Many of these issues, problems, ideas [and] solutions have been either around for a while or they're emerging, and we need to embrace them in a very risk-balanced way," Shanahan said, adding that he has had three execution priorities this month, the first being "moving the needle on readiness."

In doing so, he told the audience, officials are making sure they're not just spending the money, but also are spending on the right things so we can move that needle.

The second priority has been de-risking programs of record, which he explained is making



Cpl. Dmitry Kavaliou shows a tethered reconnaissance Unmanned Aircraft Systems (UAS) during Urban Advanced Naval Technology Exercises 2018 at Camp Pendleton March 20. Marine Corps video grab by Lance Cpl. Cutler Brice

programs ahead of schedule or under budget, Shanahan said, but the most important priority is accelerating modernization.

Concurrently with pursuing programs ahead of schedule or under budget, Shanahan said, but the most important priority is accelerating modernization. "The mindset has always been, 'We'll grow it ourselves can be useful to the Defense Department, leading to a new approach for DoD: "Rip off and deploy."

The challenge in evolving an organization as large as the Defense Department how to move quickly in the same direction and evolve at scale, Shanahan said, adding that this is the basis of thinking behind the National Defense Strategy.

"It isn't [that] the things that we're going to do and the priorities that are being set are extremely important," Shanahan said. "It's the fact that we're all going to work to it. It is a lubrication that allows us to involve more quickly."

Future USS Thomas Hudner completes builder's trials

BATH, Maine - Future destroyer USS Thomas Hudner (DDG 116) successfully completed builder's trials March 31 after spending four days underway.

bilities to the fleet," said Capt. Casey Moton, DDG 51 class program manager, Program Executive Office (PEO) Ships. "The Navy and industry team worked diligently to ensure the ship operates at peak performance."

Builder's trials consist of a series of in-port and at-sea demonstrations that allow the shipbuilder, Bath Iron Works (BIW), and the Navy to assess the ship's systems and its readiness for delivery.

The DDG 51 class ships currently under construction are Aegis Baseline 9 Integrated Air and Missile Defense destroyers, with increased computing power and radar upgrades that improve detection and reaction capabilities against modern air warfare and ballistic missile defense threats.

"With the successful completion of these trials, we move closer to adding DDG 116 and her exceptional capa-

GPO birthday: 125 years and counting

by MC3 Alana M. Langdon

POLARIS POINT, Guam - "You have to have a lot of inertia in the same direction to have a successful organization," said Command Master Chief Wade Tandberg, assigned to USS *Frank Cable*. "You must motivate people."

Since their creation on April 1, 1893, Navy chief petty officers have been doing just that; from the beginning ensuring that enlisted Sailors had better representation, development and leadership.

"When I first joined, I thought I'd do my four years and get out," said ETCS Latoya Corker, from Monroeville, Ala., laughing and shaking her head. "But, I had awesome chiefs in my life that changed my view of the Navy. They made me realize I have the power to make a difference. Any time I can help a Sailor reach his or her own goals, or allow them to see their own potential... that's the greatest gift."

Chiefs are expected to provide solutions and inspire development when nobody else can. The Navy asks more from Sailors than just to be seaworthy and skilled in their jobs. Sailors are expected to hold each other up as a community, challenge personal standards and build a network for professional influence.

Armed Forces Dispatch (619) 280-2985

Published by Western States Weeklies, Inc.
 PO Box 600600, San Diego, CA 92160
 E-mail: editor@navydispatch.com

Publisher.....Sarah Hagerty

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Pentagon spokesperson addresses DoD budget, Syria, transgender policy

by Jim Garamone

The spending act President Trump signed into law last week provides more than \$700 billion to improve military readiness and lethality, and to modernize the force. Now, it's up to everyone in DoD to ensure that money is used wisely, said chief Pentagon spokesperson Dana White recently.

The spending bill passed with bipartisan support six months after the beginning of the fiscal year. "We'll use the money to rebuild and restore our military to ensure we remain the most lethal force in the world," said White.

In a March 26 memo, Defense Secretary James Mattis tasked every member of the department "to gain full value from every taxpayer dollar spent on defense."

Mattis wants all to focus on building a more lethal military, one that will continue to overmatch potential foes now and

into the future. "We're humbled and grateful to the American people for entrusting their hard-earned tax dollars to us," White said.

White discussed the situation in Syria, where ISIS has been significantly degraded, but isn't yet eliminated. "Important work remains to guarantee the lasting defeat of these violent extremists," she said. "Our commitment to win must outlast the so-called physical caliphate."

On Turkey's concerns about Kurdish terrorists on its border with Syria: "We're working with our NATO ally Turkey to reassure them that we understand their security concerns," White said.

White noted that although DoD issued a transgender policy as the result of a suggestion Mattis made to the president, four court orders have directed DoD to continue "assessing transgender applicants for military service and retaining current transgender service members."

CNIC, NAVFAC define new organizational relationship to increase efficiencies

WASHINGTON- Key leadership with Commander, Navy Installations Command (CNIC) and Naval Facilities Engineering Command (NAVFAC) established new roles and organizational relationships in an effort to efficiently sustain the shore enterprise and support the Navy's overall mission.

Vice Adm. Mary Jackson, commander of Navy Installations Command, and Rear Adm. Bret Muilenburg, commander of NAVFAC, on Feb. 13 signed a joint letter to designate an additional duty assignment for NAVFAC to service as CNIC deputy commander for facilities and environmental.

"In order to close the gap between the Navy's warfighting mission and available resources, we must consistently review and modernize business processes. This new organizational relationship demonstrates our intent to find creative and innovative solutions to meet the readiness requirements of the warfighters and the fleet both now and into the future."

- said Vice Adm. Mary Jackson

The NAVFAC commander's additional duty responsibilities will improve transparency, prioritization, and accountability of NAVFAC-wide performance in execution of CNIC requirements. Additionally, installation public works officers will now be assigned and accountable to CNIC installation commanding officers. They will also have additional duty responsibilities to the NAVFAC Facilities Engineering Command commanding officer for their technical authority.

NAVFAC remains the Shore Facilities Systems Command with the

technical and acquisition authorities for facilities lifecycle services to the Navy and Marine Corps, as well as providing many other installation procurement, and engineering services to non-CNIC commands.

CNIC will remain responsible for operating the Navy's shore installations; providing policy, standards. The new roles and organizational relationship between CNIC and NAVFAC will provide more effective customer service to the fleet and warfighter enterprise while establishing the commander of NAVFAC as the CNIC deputy commander for Facilities and Environmental.

The new shore command and control enterprise construct, along with the Navy Shore Enterprise Framework, which is currently in development, eliminates confusion regarding responsibility and accountability, and maximizes shore installation readiness through a clear understanding of CNIC's and NAVFAC's distinct roles and authorities.

NAVFAC and the Marine Corps Installations Command leadership are coordinating a similar C2 construct which will codify their relationship.

This new organizational collaboration first transpired in June 2017 when the CNO tasked the deputy CNO for Fleet Logistics and Readiness, Vice Adm. Dixon Smith, to lead a study in examining organizational relationships with CNIC and NAVFAC and their roles and responsibilities within the shore domain. The findings resulted in the newly established organizational changes. ww



April 5

1861 - Gideon Wells, the Secretary of the Navy, issued official orders for the relief of Fort Sumter in Charleston Harbor, S.C. U.S.S. Powhatan, Pawnee, Pocahontas, and Revenue Cutter Harriet Lane were ordered to provision Fort Sumter; squadron commander was Capt. Samuel Mercer in Powhatan.

1869 - Daniel Bakeman, the last surviving soldier of the U.S. Revolutionary War, died at the age of 109.

1937 - Colin Powell, U.S. Army general, was born in Bronx New York. He later became the Chairman of the Joint Chiefs of Staff during the Persian Gulf War and first African American to serve in the position.

1942 - The Japanese offensive down the Bataan peninsula continues. In fierce fighting, at Mount Samat, the US 21st Division takes heavy losses as the Japanese take the position. Elsewhere, Japanese forces leave Luzon for Cebu Island.

1943 - American bomber aircraft accidentally cause more than 900 civilian deaths, including 209 children, and 1,300 wounded among the civilian population of the Belgian town of Mortsel. Their target was the Erla factory one kilometer from the residential area hit.

1945 - It is announced that Gen. MacArthur will take control of all army forces in the Pacific theater of operations and Adm. Nimitz will command all naval forces in preparation for the invasion of Japan.

1951 - At the end of a highly publicized espionage case, death sentences are imposed against Julius and Ethel Rosenberg, one week after the couple were found guilty of conspiring to transmit atomic secrets to the Soviet Union.

1999 - Libya handed over to UN officials 2 men accused in the 1988 bombing of Pan Am flight 103. They were then flown to the Hague to be tried under Scottish law. UN Sec. Gen'l. Kofi Annan immediately suspended economic sanctions on Libya.

U.S. Marine aircraft crashes in Djibouti

MANAMA, Bahrain - An AV-8B Harrier pilot received medical care after ejecting during takeoff from from Djibouti Ambouli International Airport, Djibouti, April 3.

Assigned to Marine Medium Tiltrotor Squadron 162 and embarked aboard amphibious assault ship USS *Iwo Jima*, the aircraft crashed after the pilot ejected.

Doctors said the pilot was in stable condition while being evaluated at Camp Lemonnier's expeditionary medical facility.

There are no reports of injuries to personnel on the ground nor damage to infrastructure at the airport. The airport is open.

The cause of the accident is under investigation.



Non-active duty personnel are invited to join the Navy League. No military service required, just a desire to serve those that serve.

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THE PLACE TO GO BEFORE YOU GO ANYPLACE

Social Security Matters

by Russell Gloor

Ask Rusty – Doing a breakeven analysis

Dear Rusty: I'm in a bit of quandary trying to decide whether I should take my Social Security now at 62, or wait until some later time, like maybe when I'm 66. I know that I'll get less money by taking it now, but I also know that my check will be bigger if I wait longer. I'm in pretty good health and don't really need the money right now, but I'm just unclear about whether it's best to wait, or just take the money and run. Signed: Wondering



Dear Wondering: You're asking, of course, one of the most common questions we receive – should I collect now, or wait until later? Social Security is designed so that, at least theoretically, you get the same amount of money either way. If you claim early your checks are smaller but you get more of them; if you claim later, your checks are bigger but you don't get as many. Again, that is theoretically. In reality, whether or not it is to your financial advantage to wait to apply for benefits depends nearly entirely on your health and expected longevity. Of course, no one knows how long they will live, but if you examine your health, your living habits and your family history, you can make an educated guess at whether you'll meet the current average longevity, which for men and women today is their early to mid-eighties.

To help with your decision, you may benefit from doing a breakeven analysis, which shows what your total received Social Security income would be in a couple of different scenarios. You can easily look to see how long you would have to live to collect the same amount of money if you claimed at, say, age 66 compared to what you would collect if you didn't wait and instead started benefits at age 62. It goes like this: Get a Statement of Benefits from Social Security (you can do this online), which shows your estimated benefit at age 62, at your full retirement age (e.g., 66) and also at age 70. Using those numbers, first add up the total amount you would collect between ages 62 and your full retirement age by multiplying your monthly age 62 benefit times the number of months until your full retirement age (48 months in this example). Now subtract your age 62 monthly benefit amount from your full retirement age monthly benefit; use the product of that subtraction and divide it into the number from the previous calculation (the total you would collect between 62 and 66). The result will be the number of months from your full retirement age you would have to collect in order to get the same total amount of money as if you claimed at age 62. In the simple example I just used, you would need to collect about 12 years beyond your full retirement age, or to age 78, before you have collected the same amount of money as if you claimed at age 62. You can do the same exercise using age 66 vs. age 70 and you'll find that you breakeven at about age 81. If you live beyond your breakeven age, you'll collect more in total benefits by waiting.

These numbers may vary slightly depending upon what your true full retirement age is and what your actual estimated benefits are, but this will give you a pretty close idea of when you would break even financially. Yes, it's a roll of the dice because no one knows how long they will actually live, and your current financial needs and health must always be part of the equation, but doing a breakeven analysis can be an important exercise to help you decide.

Russell Gloor is a certified Social Security Advisor with the Association of Mature American Citizens. The information presented in this article is intended for general information purposes only. The opinions and interpretations expressed are the viewpoints of the AMAC Foundation's Social Security Advisory staff, trained and accredited under the National Social Security Advisors program of the National Social Security Association, LLC (NSSA). NSSA, the AMAC Foundation, and the Foundation's Social Security Advisors are not affiliated with or endorsed by the United States Government, the Social Security Administration, or any other state government. Furthermore, the AMAC Foundation and its staff do not provide legal or accounting services. The Foundation welcomes questions from readers regarding Social Security issues. To submit a request, contact the Foundation at ssadvisor@amacfoundation.org, or visit the Foundation's website at www.amacfoundation.org.

'Raiders' celebrate 75 years of history

by Sgt. Brytani Wheeler
MCAS Miramar - Chatter filled the hangar with generations of "Raiders" sharing their experiences. Marines, some of whom served up to 58 years ago, gathered in celebration of the 75th anniversary of Marine Aerial Refueler Transport Squadron (VMGR) 352, Marine Aircraft Group 11, 3rd Marine Aircraft Wing March 30.



VMGR-352, formerly known as Marine Utility Squadron (VMJ) 352, was formed at MCAS Cherry Point, N.C., on April 1, 1943. In March 1961, the squadron's mission expanded to include aerial refueling with the arrival of the KC-130 Hercules, which led to the redesignation as a VMGR. On April 15, 1999, VMGR-352 relocated from MCAS El Toro, Calif., to Miramar.

"This is particularly important because of the history this squadron has," said Brig. Gen. Rick A. Uribe, I MEF deputy commanding general. "It is one of the only assets that supports every arm of the [Marine Air-Ground Task Force]."

Uribe, who served with VMGR-352 as a second lieutenant in 1993 and later as the commanding officer from 2006-2008, explained the prominence of the squadron's history.

"It supports the [aviation combat element], the ground and the logistics - and 75 years of that is significant," said Uribe. "It has supported virtually every operation and every conflict since World War II, so that's why it's important."

Since World War II, the "Raiders" have continued to build upon their illustrious history of supporting Marines worldwide, in a range of military operations including: troop and cargo transport, humanitarian relief assistance and combat operations.

"The hallmark of VMGR in general - and specifically the "Raiders" - is that 'can do' attitude," said Lt. Col. Ryan Pope, commanding officer of VMGR-352. "Any time, any place, we will support; we will always find a way. That legacy that has been built by those whose shoulders we are standing on is still alive today and hopefully we're honoring those who have gone before us."

More than 30 veterans whose shoulders that legacy was built on, attended the ceremony from all over the country. One in particular, retired Master Sgt. David Rodriguez, served with VMGR-352 from 1980-1998 as a loadmaster. Rodriguez cemented many friendships with Marines he served with at the squadron, and attending the anniversary was a great opportunity to reunite with them.

three decades ago.

"It just brings back memories of all the people who came before me that were my mentors," said Rodriguez. "Then, I was a mentor to others, and now I'm looking back and seeing the fruits of my labor and their labor."

Veterans and current members of the squadron attended the anniversary, sharing stories and reminiscing about the old times.

"It's important to have veterans out here from the unit for numerous reasons," said Uribe. "It's a time when those who have gone before us can come back, we can share some stories, share some laughs and maybe some tears; but to have that relationship between the old and the new is extremely important."

"I have a group of people here that we served together in the '80s, and we've always been good friends," said Rodriguez. "Hearing the airplanes again, smelling the oil just brings you all the way back to when you had some good times."

Rodriguez said he enjoyed seeing the changes to the aircraft and within the unit since his time

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About Your Health

Trauma care innovations saving Soldiers' lives, says Army surgeon

by David Vergun

Col. Shawn C. Nessen, a trauma surgeon who served on the battlefields of Iraq in 2003 and Afghanistan from 2006 to 2008, credits three trauma care procedures as being among those responsible for saving the most lives.

All three have to do with hemorrhage control, said Nessen, who is commander of the U.S. Army Institute of Surgical Research, or USAISR, at Joint Base San Antonio, Texas.

Those procedures include greater use of tourniquets, improvements in transfusion therapy and hypothermia prevention.

Early on in the wars in Iraq and Afghanistan, tourniquets were not widely being used for wounds to the extremities, Nessen said.

In 2004, 28 people died of hemorrhage from extremity wounds in Iraq and Afghanistan. Nessen said he believes some would have survived had they had tourniquets applied.

Tourniquets were not used because of the mistaken belief that complications, including the need for amputations, could result from their use, he said. At the time, medics used pressure dressings instead.

In reality, a tourniquet that's on for around two hours won't result in complications or amputations, Nessen said. It takes five or six hours before a tourniquet can do serious damage -- but in those two hours, a tourniquet can save lives.

Once the use of tourniquets became widely accepted in 2004, the number who died from hemorrhage dropped to three in one year, he said.

Also, he noted that improvements in tourniquets in recent years have undoubtedly saved lives.

For instance, a Soldier can apply the Army's "Combat Application Tourniquet" to himself, with just one hand. Additionally, the Army also has available a "junctional tourniquet," which can be applied to the groin, waist, pelvis or armpit.

The military's greater use of tourniquets has had an impact on civilian trauma care as well, Nessen said.

In the aftermath of the Sutherland Springs church shooting in Texas in November, Nessen said that some of the victims that were cared for had tourniquets on and they survived as a result.

In 2003 when he was in Iraq, Nessen said he found that mod-

ern methods of blood storage -- the splitting of blood into components such as red blood cells, plasma and platelets -- caused some problems on the battlefield.

Combat support hospitals had the ability to keep frozen plasma and red blood cells on hand in sufficient quantities. But the requirements for storing platelets proved a challenge. As a result, platelets were not always available or were given in a smaller quantity than necessary to enable blood to coagulate.

During his next tour, in Afghanistan, an improved means of cold-storing platelets had been developed. Now, platelets could be stored longer. And when patients in combat zones needed all three components of blood at the same time, all three were available in sufficient amounts. As a result of that advancement, he said, lives were being saved.

Today, blood platelets can be stored for weeks at a time, he said, instead of only a few days.

Trauma patients are very susceptible to hypothermia. Cold weather contributes to coagulopathy, having frequently occurred to wounded Soldiers in the early war years in Afghanistan and Iraq. Nessen explained that coagulopathy means the



Col. Shawn C. Nessen (center), commander of the 541st (Airborne) Forward Surgical Team in Afghanistan, works on a patient in the operating room while deployed in support of Operation

Enduring Freedom. (Photo Credit: Courtesy of Col. Shawn C. Nessen)

blood's ability to coagulate is impaired, leading to excessive bleeding.

During Nessen's tour in Afghanistan, he said it got very cold in the eastern mountainous region where he was serving, and coagulopathy was a real issue.

Fortunately, around the 2004, a Hypothermia Prevention Management Kit, developed by the USAISR, began to be issued, he said.

The kit is basically a hat and chemical blanket that wraps around a Soldier. When exposed to air, the chemical is converted to heat, he explained. Use of the kit has kept Soldiers from dying, he said.

Nessen said the trauma sys-

tem starts with the medic, who administers aid at the point of injury.

While the importance of that medic cannot be underestimated, he or she can never replace a surgeon who has years of training to do incredibly difficult procedures, particularly in wounds to the stomach, chest and large blood vessels.

It's vitally important that battlefield trauma centers be fully staffed with surgeons, he added.

Lastly, Nessen said that "at the end of the day, it's like everybody else in the Army. We're only as good as our people. Technology enhances [damage control surgery] but it doesn't replace us."

Free Festival of Yoga comes to Waterfront Park on June 24, 8am-3pm

Pilgrimage of the Heart Yoga, along with various local partners, will celebrate the International Day of Yoga with a FREE yoga Festival in Downtown's beautiful Waterfront Park. The event is scheduled to take place between 8am and 3pm. The program will include guided yoga classes with some of San Diego's leading yoga teachers, dozens of health conscious vendors, and a wide array of breakout classes focusing on everything from yoga for kids, to gong immersions as well as chanting and musical performances to inspire and empower people of all ages and walks of life. We drew an active and engaged audience of 800 community members, and with an expanded slate of offerings we hope to draw even more this year.

The United Nations International Day of Yoga was established and observed for the first time in 2015 at United Nations Headquarters in New York and in many major cities throughout the world. Former Secretary-General Ban Ki-moon noted during the inaugural commemoration that, "the General Assembly has recognized the holistic benefits of this timeless practice and its inherent compatibility with the principles and values of the United Nations."

Based on the meaning of the word 'yoga' - to join or to unite -- the celebration of San Diego's International Day of Yoga seeks to promote A Culture of Peace, which is at the very heart of the practice of Yoga as well as the mission and focus of the United Nations.

For more information about the event please call: 619-727-4930. To register to attend the event please visit: <https://www.eventbrite.com/e/festival-of-yoga-san-diego-2018-registration-42011523598>

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Career & Education

Appraisal course set for May

The American Society of Appraisers announces its Appraising Gems and Jewelry for Insurance Coverage course being held May 9-11 in Carlsbad.

This course is designed to build a strong foundation and understanding of principals of valuation as they apply to gems and jewelry appraising, and to introduce the student to ASA descriptive guidelines for gems and jewelry.

For more information about this course, please see attachment or visit ASA online <http://www.appraisers.org/Education/national-asa-courses/national-class-schedule>.

Household goods moving webinars available

Are you moving soon and have questions on the process? If so, Naval Supply Systems Command (NAVSUP) is offering some informative webinars on the following topics:

• Moving Soon • Retiring or Separating from the Navy • Navigating Defense Personal Property System • Moving Overseas • Personally Procured Move • What's next? Ready for Delivery

To register for the webinars and get more information, please visit: <https://www.navy.mil/public.navy.mil/public/navsup/hhg/home/>

To download the full April-June workshop schedule, follow this link

<https://sandiego.navy.mil/public.navy.mil/public/navsup/hhg/home/>

Deployment support

FFSC provides support services to commands, sailors, spouses, and military family members with every facet of deployment. Workshops are available by request and can be brought to commands or Family Readiness Groups. Topics include Pre-Deployment Readiness and Resilience, Thriving During Deployment, as well as Command Return and Reunion Workshops for returning service members. To register for a workshop, please call 1-866-923-6478. Additionally, private one-on-one consultations are available to service members and spouses. To make an appointment please call 619-556-1880.

2019 Navy Legislative Fellows Program application deadline extended

The deadline for submitting applications for the 2019 Navy Legislative Fellows Program has been extended to April 13, 2018.

The Legislative Fellows Program allows naval officers, senior enlisted and Department of the Navy civilians to broaden their understanding of the legislative process and the operation of the U.S. Congress through a year-long full-time assignment to the office of a member of the House of Representatives or the Senate.

INTERPERSONAL EDGE: Become comfortable with failure to create success

by Dr. Daneen Skube

Q: I've had business setbacks since the year started and I'm beginning to doubt my competency. I feel my lack of self-confidence is affecting my willingness to take risks or market myself. How can I deal with failures in business without these disappointments wrecking my self-esteem?

A: All the data on self-esteem demonstrates that what creates success is not self-esteem but a high level of comfort with inadequacy. When we are comfortable with failure we emotionally can afford to take intelligent risks that improve our odds of success.

The worst part of failure is not that we lose self-confidence but that we all tend to redefine our identity as a failure. Failure ceases to be something we experienced but becomes something we are.

If we reverse-engineer this process we discover that the true problem with failure is we allow it to change our identity. If you realize that the famous quote

from Descartes could have been, "I fail, therefore I am," then we accept learning involves failure and a rich life is dependent on learning.

In we decide mistakes disqualify us for future progress, then we are unlikely to learn, grow, or expand beyond our current performance. No one has done anything truly interesting in the world without taking some pretty big risks to screw up.

I remember hearing a speech by Bill Gates once in which he observed that at Microsoft he realized we all start projects with a theory about reality. Part of success is accepting that reality will keep showing you how often your theories are wrong. You can then come up with a better theory that will succeed.

In business, when you can approach your career with genuine humility about your vast ignorance, you are in a perfect position to be a quick learner. You can rapidly release your current best theory for a better idea. You will also have the tenacity to keep trying new approaches until you hit upon one

that succeeds.

Keep in mind the many human inventions created by failures of a sort. How much suffering and death would have continued if penicillin hadn't been accidentally discovered? And think about all the joy we would have missed if chocolate chip cookies hadn't been a happy accident.

You are always in the powerful position to decide that failure simply means you know one more thing that won't work. You can redefine your identity to be someone who has the strength to persist in increasingly intelligent ways until you are bound to finally prevail!

The last word(s)

Q: I work with a guy who is both stupid and mean. No one can question him without him blowing up. I am tired of fighting with him. Is there a better approach to dealing with mean and stupid people?

A: Yes, drop out of the fight. Eventually you can count on him to be both stupid and mean with the wrong people with the power to fire him.



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Face of Defense: Single parents lead households, squadrons

by Air Force Airman 1st Class Alexandria Lee

If it takes a village to raise a child, how can a mom do it on her own while also leading an Air Force squadron? Two squadron commanders here do exactly that while acting as a guiding light for those who think it's impossible.

Leading a squadron, which can be made up of 100 to 550 people at a time, can create a collision of priorities.

Air Force Lt. Col. Carina Harrison, commander of the 100th Force Support Squadron, and Air Force Lt. Col. Stacie Voorhees, commander of the 100th Communications Squadron, are both single parents who juggle the competing priorities of family and squadron leadership. Harrison has a 15-year-old daughter and Voorhees has two young girls.

"I've always had to be a single mother," Harrison said "It's not hard, because it's normal. It's what I've always had to do."

Being a single parent can bring additional challenges when duty calls.

"I try to not look at it as a balancing act when it comes to my family and my career," Voorhees said. "When you think of it that way, something is always going to be off set. I prefer the term 'work-life integration.' The kids know we're a part of the military and they also know that they have to put in work and energy as well."

Harrison agreed and added that having her daughter has taught her to be more flexible with her decisions.

"I try to involve my daughter's life as much as possible with mine," Harrison said. "We bond through things that she wants to do, and things that I have to do, due to work. If she wants to be a cheerleader, I will be a cheer-leading coach. I don't know a thing about cheerleading, but you have to pick and choose to make time for your family. You will always have to make those tough decisions."

These leaders said they are always learning as parents, especially when it comes to handling the curveballs life throws at them.

Both commanders agreed that it can be very difficult juggling so many responsibilities and the

feeling the weight of the world is on their shoulders, both at home and work. They said they do what they can to balance their love of family with their love of duty to give the time and patience each deserves.

"Your job is rewarding, but your family is vital; love your family and build a second family from those around you," Harrison said. "One of the first things I look for, no matter what base I get assigned, is a church. Family, friends and God, that is my village and is what I depend on to help me stay sane."

Blending family and military life has allowed these airmen to succeed at both.

"The climate here is really supportive, which makes a huge difference," Voorhees said. "Being able to bring my kids with me to events on base or if I need to have them here in the office, has helped me learn to better value the time I have with those people in that moment and to use it to its fullest. It's little things like that which show you can be in the military and still be a single parent or just able to have a family in general."

Lt. Col. Stacie Voorhees, left, 100th Communications Squadron commander, and Lt. Col. Carina Harrison, 100th Force Support Squadron commander, pose with their daughters at RAF Mildenhall, England, Feb. 23, 2018. These leaders tell their story on how they surpass the sometimes colliding responsibilities of family and duty. (U.S. Air Force photo by Airman 1st Class Alexandria Lee)



Fleet and Family Support slates Murphy Canyon Teen Job Fair April 7

April is Sexual Assault Awareness and Prevention Month (SAAPM), during which people are encouraged to talk about Sexual Assault Prevention.

This is also the month that Fleet and Family Support Programs (FFSP) joins the U.S. Navy in encouraging awareness and education through discussion and training of our Sexual Assault Response (SAPR) team. The SAPR Victim Advocates are available 24/7. Please visit our website at (www.navylifew.com/sandiego/families/ffsc) and our Facebook Page at (www.facebook.com/ffscsd), or contact your installation's Fleet & Family Support Center to learn more.

April is also the month of the military child Fleet and Family Support Programs invites you to attend our annual Teen Job Fair on April 7 from 10 am to 12 pm at the Murphy Canyon Youth Center, located at 4867 Santo Road, San Diego, 92124. Teens will have the opportunity to explore local employment and volunteer opportunities as well as learn about college and scholarship information. Our staff will

be on hand to answer questions and provide resume critiques. There will also be a parent orientation on state labor laws and job permits for teens. For more information, please call 858-431-6382.

Fleet and Family Support Centers are located at Naval Base San Diego (NBSD), Naval Base Coronado (NBC), Naval Base Point Loma (NBPL), and in the following housing areas: Villages of Serra Mesa (VSM), Bayview Hills (BVH), Gateway Village (GVB), and Santee.

FFSC offers great services, resources, and workshops to active duty personnel and their family members as well as reservists and members of the Coast Guard. Make Fleet and Family Support Center your one-stop shop for all of your quality of life needs! All services are free and confidential.

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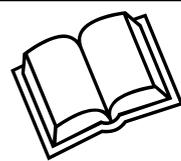
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On Base & On Board

The Navy's Bay Bridge Run/Walk Sunday, May 20, 8 am Picture yourself on top of the Coronado Bridge! You can make it a reality by participating in the Navy's 32nd Bay Bridge Run/Walk, presented by MWR, SDC&E, Leidos and the United Port of San Diego. It's your only chance to walk across the Coronado Bridge! Register today at www.navybaybridgerun.com.

Egg Buster Obstacle Run Friday, April 6, 9 am (check in 8:30 am), FREE Naval Base Point Loma, Harbor Drive Annex Softball Field Goodies, T-shirts and refreshments while supplies last! Register online today at www.navylifefsw.com. Proudly sponsored by MWR Fitness & Armed Forces Dispatch. Info: 619-524-4833

Joshua Tree Rock Climbing & Camping Friday-Sunday, April 13-15, 10:30 am, \$135 MWR patron/\$120 Liberty Depart from NBPL, Main Base, The Clubhouse, Bldg. 546 Joshua Tree is a magical, natural wonder for recreation. Don't miss this awesome chance to hike and try rock-climbing with skilled instructors. Cost includes transportation, all camping gear, meals, rock-climbing, gear and instruction. Register: NBPL 619-553-9138, NBC 619-437-3190, NBSD 619-556-9597

"Time for Me" Spa Day Saturday, April 14, 2-4:30 pm, \$15 NAB Community Recreation Center, Bldg. 337 Take a "Me" day and enjoy some pampering with Community Recreation. Learn to make your own easy facial mask, shower melts, and lotion bars, plus participate in yoga meditation and stretching while waiting for your 10-minute massage. Registered guests get to take home recipes for facial masks to try at home, stretching techniques and are entered into an opportunity drawing for a 1-hour massage. 619-437-3190

Escape Room Thursday, April 19, 6 pm, \$25 Steal and Escape, 2602 Transportation Ave B, National City, 91950 Work as a team to uncover clues to solve puzzles in this fun, unique and challenging activity! Register: 619-556-9597

Santa Barbara Weekend Friday-Sunday, April 27-29 • 8 am • \$80 active/\$100 guest Explore the beautiful coastal city of Santa Barbara! We'll sleep near the ocean, see the city's Mediterranean style buildings and experience the Spanish colonial heritage. Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Cost includes transportation, campsite, camping gear, and food while in camp. Call Coronado Liberty to sign up: 619-545-3331 or 619-437-3190.

SAPR 5K Run/2-Mile Walk Friday, April 27, 9 am (check in 7:30 am), FREE NASNI, Quay Wall at Moffett Rd. Protecting our

People, Protects our Mission! Run to help increase sexual assault awareness. Register today at www.navylifefsw.com. Event proudly sponsored by MWR, Armed Forces Dispatch and USAA.

Julian Cider/Wine Tour Sunday, April 29, 9 am, \$26 Experience Julian and all its glory! We're learning about the creation of the famous Julian Hard Cider, chocolate pairing, enjoying lunch and shopping at an antique barn then finishing the day with pie! Pick up locations: 9 am NASNI Main Gate Visitors Lot; 9:30 am Admiral Baker Picnic Area. Registration required: 619-437-3190

HAPPENINGS LISTED FROM PREVIOUS ISSUES....

Demo Day Saturdays, 10 am-2 pm 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, 3-4 pm & Saturday, 9-10 am • \$20 Kid's 6-17 years, learn fundamentals, etiquette and golf rules in a fun, friendly environment. For more details contact the Sea 'N Air Golf Course at 619-545-9659 or Admiral Baker Golf Course at 619-487-0090.

BOWLING

Cosmic Bowling Sea 'N Air Lanes, NASNI – Every Friday and Saturday night, 8 pm-midnight Admiral Robinson Recreation Center, NBSD – Saturday, 9 pm-midnight Visit one of MWR's Bowling Centers for "out-of-this-world" bowling. Everything glows under black lights while the fog rolls in and wild music blasts you to another dimension. Bring the whole family and enjoy the "cosmic" scene! For more information call 619-556-7486 or 619-545-7240.

Roll & Grow Saturdays, 9:30 am, \$5/per week (7yrs. & younger) Cost includes instruction, 2 games and shoe rental. Admiral Robinson Recreation Center, NBSD, 619-556-7486

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

Tuesday Night BOGO 5 pm-Close Join the fun! Buy one game and get one FREE at Admiral Robinson Recreation Center. For more information call 619-556-7486.

Thursday Prize Night Bowling 6 pm-Close Enjoy playing various non-skill based games where you can WIN great prizes! Available at Admiral Robinson Recreation Center, NBSD, and Sea 'N Air Lanes, NASNI. For more information call 619-556-7486

or 619-545-7240.

CYP

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

LIBERTY

Hike Big Laguna Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. NBPL Liberty: 619-524-0961 or 619-553-9138 Sunday, April 8 • 7:30 am-2 pm • \$7 Liberty/\$10 guest Get out to smell the pine trees and see wildlife! Cost includes transportation and tour guide.

Oak Canyon Trail Hike Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Balboa Liberty Center, NMCSD: 619-532-8909 Saturday, April 14 • 9 am • \$10 active/\$15 guest Oak Canyon to Grasslands Trail is a 6.8 mile moderately trafficked loop trail that features a river and is good for all skill levels. Don't forget to ask about our new Hiker's Club Program! Cost includes transportation and a snack.

Chula Vista Elite Athlete Training Center Tour Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Balboa Liberty Center, NMCSD: 619-532-8909 Wednesday, April 18 • 3:30 pm • \$5 active/\$10 guest Did you know U.S. Olympic athletes come to San Diego to train? We have an inside connection lined up to take us on a tour of the training facility.

Giant Paintball Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. The RECYARD, NBSD: 619-556-5078 Saturday, April 21 • 9 am • \$5 Join The RECYARD as we head to one of San Diego's finest and largest paintball fields! Cost includes transportation. Gear and day pass can be rented at the facility.

Comic Fest Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. VADM Martin Liberty Center, NASNI: 619-545-3331 Saturday, April 21 9 am \$12.50 Indulge your love of comics, science fiction, and films! Cost includes transportation and admission.

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Join us this April for an online or on-site event near you, and learn how you can earn a career-relevant degree from a respected public state university. You can speak with an advisor who can help you navigate your options and manage or reduce your education costs. You will also learn about our flexible online and hybrid classes, and find out how you can transfer up to 90 credits toward your bachelor's degree for prior learning and military experience.

Prospective students who attend one of these events and apply within 30 days after attending will be eligible to have the \$50 application fee waived.

The \$100 application fee for the Doctor of Management program cannot be waived.

FOR MORE INFORMATION

Call 619-550-1537 or visit umuc.edu/info.



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Navy shooting competition season begins soon

CAMP PENDLETON - The Navy Marksmanship Team (USNMT) recently announced this year's match schedule for service rifle and service pistol competition.

The Atlantic Fleet and All-Navy East matches will run May 5-17 at Marine Corps Base Quantico, Va. Pacific Fleet and All-Navy West matches will run April 6-15 at Camp Pendleton.

"The Navy competition shooting season starts with the Atlantic Fleet and Pacific Fleet matches," said Cmdr. Jon Marvell, USNMT officer in charge. "All Navy shooters from around the fleet, including Reservists and retirees, are invited to attend these competitions. From

for pistol and the top 20 for rifle are invited to represent the Navy at interservice and national matches where they compete against the best shooters from all military services.

The interservice pistol match will be held at Fort Benning, Ga., June 17-22. Interservice Rifle will be at MCB Quantico, from June 21-29.

Like last year, national rifle matches will be held in two locations: Camp Perry, Ohio, and Camp Atterbury, Ind.. National pistol matches will be held at Camp Perry, Ohio.

"Our primary focus at the fleet matches has always been to introduce new shooters to

lence-in-Competition match to the Atlantic Fleet Match. This gave experienced shooters the opportunity to earn additional

awards and it gave new shooters an opportunity to warm up with a low recoiling target pistol before the service pistol matches began.

"In recent years," Marvell continued, "we have sought to incorporate more intermediate and advanced training for our more seasoned competitors. Last year we had a breakout training session with Lt. Keith Trapp, a member of the 2017 United States F-Class (Open) National Shooting Team, on wind reading. We also had a clinic on service rifle positions conducted by Cmdr. (Ret.) Matt Bartel who won the 2014 National Trophy-Individual for rifle at Camp Perry.

"We also have the support and presence of the Retired Navy Shooters Association (RNSA). This group supports our matches and provide an opportunity for face-to-face interaction with people who were champions before many of our new shooters were born. RNSA members are match officials and referees, some still shooting competitively, still serving the Navy shooting community long after their military service has ended.

"The military is, and always will be, a profession of arms," said Marvell. "While the big Navy focus will always be on ships, aircraft and big weapons platforms, we cannot forget small arms skills at the deckplate level. The RNSA involvement

in our matches helps link new shooters to the long-standing tradition of small arms in the armed forces and the nation.

"All of these resources are available at no cost to the shooter or his command, but they are priceless in terms of improving marksmanship skills.

"2018 will be our 57th annual Fleet Matches," Marvell concluded. "We've been doing this for a long time yet remain an unknown to so many in the Navy. Please spread the word. Every year we have dozens of sailors with no experience show up to safely learn about competitive marksmanship and the advanced techniques required to employ service-type rifles and pistols at or near maximum effective ranges. Even for those with no experience at all, they are welcome to join us and learn from the best in the Navy about safe and responsible small arms use, learn and practice advanced marksmanship in a safe and professional environment, and join a growing Navy shooting sports community."

For more information, shooters can visit the team website, www.usnmt.org or the Facebook group U.S. Navy Marksmanship Team.



Chief petty officers from Training Support Center San Diego celebrate the 125th birthday of the chief petty officer. photo by YN2 Dillon J. Northam

TSC San Diego celebrates chief petty officer 125th birthday

by Lt.j.g. Ronald E. Ceballos

SAN DIEGO - Training Support Center (TSC) San Diego celebrated the chief petty officer 125th birthday onboard Naval Base San Diego March 30.

The event began with a reading of a message from Master Chief Petty Officer of the Navy Steven Giordano and a brief history lesson on the establishment of the chief petty officer rank.

"The chief's birthday is a time to remember our history and heritage," said Chief Electrician's Mate Willie Scott. "Today we reinforce the idea that wearing the uniform of a chief means abiding by the highest standards in our Navy. This celebration is a professional military education event for our officers and junior Sailors. Today was more than a cake-cutting ceremony, it's a lesson in naval history."

TSC San Diego Command Master Chief Christopher Cline highlighted the value chiefs have in today's Navy, specifically on the influence that a chief carries over junior Sailors.

"You are the standard, live up to it. As chiefs, we set the tone," said Cline. "As you think about that, you must continue to always do so. Not just for TSC, but for our Navy and the country that we serve."

The celebration ended with words from TSC San Diego Commanding Officer Capt. Michael Feyedelem and the traditional cake cutting by the oldest and youngest chief petty officer present. "It's impossible to be successful in the Navy, as an officer or enlisted, without the support, training and mentorship of chief petty officers," said Feyedelem. "I've learned that it is impossible to have a great command without a great Chief's Mess. They have to lead the workers while supporting a commander's vision. Not an easy job, but those who do it well are priceless."



Navy sharpshooters practicing their technique.

Courtesy photo

the fleet matches, we select the best 100 shooters from each coast to compete in the All-Navy matches -- east and west."

After the All-Navy matches, the top 20 shooters Navywide

disciplined marksmanship competition with service pistols and rifles. We accomplish this with our Small Arms Firing School and our full match program. Last year we added a .22 Excel-



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economic zones for the Pacific Island Nations of Oceania.

"This will be *Michael Murphy's* third OMSI patrol following previous events in 2014 and 2017," said Cmdr. Kevin Louis, commanding officer of *Michael Murphy*. "OMSI is critical to supporting maritime security and law enforcement in the Oceanic region and also serves to strengthen U.S. relationships and presence in the region."

Nine personnel from the Coast Guard and regional law enforcement officers from the Federated States of Micronesia and the Marshall Islands are operating from *Michael Murphy* during the mission.

"A lot of the countries we're helping out depend mainly on fishery as the main source of their gross domestic product," said Lt. j.g. John M. Dierker, the Coast Guard's liaison officer aboard *Michael Murphy*. "OMSI helps deter illegal fishing in the area and it shows the island nations of the Western Pacific that the United States cares about them and their natural resources."

Hawaii-based *Michael Murphy* began its deployment Jan. 15 as part of the *Carl Vinson* Strike Group.

Haircut camaraderie



MCRD SAN DIEGO (March 27, 2018) - Marine Corps recruits wait to receive haircuts here. The recruits are assigned to Delta Company, 1st Recruit Training Battalion. Recruits receive haircuts regularly during training to create uniformity and promote camaraderie. Annually, the San Diego depot trains more than 17,000 recruits annually. Marine Corps photo by Lance Cpl. Jose Gonzalez



Sunset chat

5TH FLEET AREA OF OPERATIONS (March 23, 2018) - Sailors watch the sunset on an F/A-18E Super Hornet, assigned to the Stingers of Strike Fighter Attack Squadron (VFA) 113, on the flight deck of USS Theodore Roosevelt (CVN 71). photo by MCSN Michael A. Colemanberry



INDIAN OCEAN (March 25, 2018) - Quartermaster 2nd Class Ashley D. Martindale explains fathometer readings to Lt. Yashpal Singh, from the Indian navy Talwar-class frigate INS Tarkash (F50), as he tours destroyer USS Preble (DDG 88) during a crew swap. Preble is underway with the Theodore Roosevelt Carrier Strike Group for a scheduled deployment in the U.S. 7th Fleet area of operations in support of maritime security operations and theater security cooperation efforts. Navy photo by MC3 Morgan K. Nall

USS ESSEX (March 25, 2018) - Lt. Col. Kyle Shoop, commanding officer of Marine Fighter Attack Squadron 211, 13th MEU, and Cpl. Garrett Ross (left), plane captain, VMFA-211, compete in a race during a unit competition. Amphibious ship USS Essex (LHD 2) and 13th MEU fully integrated for the first time before their summer deployment. photo by Cpl. Anthony Van Fredenberg



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USS Theodore Roosevelt arrives in Singapore

by MC3 Andrew Langholf

SINGAPORE - Aircraft carrier USS *Theodore Roosevelt* (CVN 71), with embarked Carrier Air Wing 17, USS *Bunker Hill* and USS *Sampson* arrived in Singapore for a regularly scheduled port visit, April 2.

"It is great to be back in the U.S. 7th Fleet and have the ability to visit another port here during deployment, and we couldn't be more excited to be here," said Rear Adm. Steve Koehler, commander, Carrier Strike Group (CSG) 9. "The U.S. and Singapore have a strong navy-to-navy relationship and we look forward to our time in port to continue to build on that connection in many ways."

While in Singapore, the

leadership of the *Theodore Roosevelt* Carrier Strike Group (TRCSG) will welcome numerous ship visitors while moored at Changi Naval Base. At the invitation of the U.S. Embassy, there will be ship tours and key

through direct interactions.

During the port visit, Sailors and Marines will volunteer off-duty time to assist local charitable organizations and participate in community rela-

with allies and partners in the U.S. 7th Fleet area of operations. TRCSG returned to 7th Fleet after successfully completing more than four months in the Arabian Gulf and U.S. 5th Fleet area of operations supporting maritime security, theater security cooperation, and Operations Inherent Resolve and Freedom's Sentinel.

The strike group will continue on its regularly-scheduled western Pacific deployment after departing Singapore, conducting a variety of operations, including addressing shared maritime security concerns, building relationships with partner navies and enhancing interoperability and communication with partners and allies throughout the area of operations through exercises and ship visits.

tions. Sailors will also have liberty, time to travel around the city, and cultural exchanges during Morale, Welfare and Recreation-sponsored tours.

"U.S. 7th Fleet port calls are both rich tourism opportunities for the crew and important relationship-building opportunities with the host nations," said Capt. Carlos Sardiello, *Theodore Roosevelt's* commanding officer. "Sailors have an opportunity to get some well-deserved rest and enjoy the vibrant cultures as they continue deployment."

After the scheduled visit, the TRCSG will continue training

Theodore Roosevelt, the flagship of CSG 9, left its homeport of San Diego, Oct. 6 and is currently underway with *Bunker Hill*, *Sampson*, USS *Halsey* (DDG 97), and USS *Preble* (DDG 88) for a scheduled deployment to U.S. 7th and 5th Fleets. The TRCSG deployment is an example of the U.S. Navy's routine presence in waters around the globe, displaying commitment to stability, regional cooperation and economic prosperity for all nations.



Aircraft carrier *Theodore Roosevelt* (CVN 71), moored at Changi Naval Base in Singapore. Navy photo by Marc Ayalin

leader engagements aboard which enhance mutual understanding and relationships

Ph.D. candidates tour USS San Diego

By MC1 Lewis Hunsaker

SAN DIEGO - A group of 19 students and faculty from the Massachusetts Institute of Technology Security Studies Program toured amphibious transport dock ship USS *San Diego* (LPD 22) March 27.

The Security Studies Program at MIT is a graduate-level research and educational program. A special feature of the program is the integration of technical and political analysis of national and international security problems. Courses emphasize grand strategy, the causes and prevention of conflict, military operations, technology, and defense policy.

While aboard, participants toured the ship's bridge, combat information center, central control station, and engineering spaces while receiving information about the ship's amphibious and air missions and capabilities from the ship's technical experts.

"It was extremely useful to come and see and learn how everything works," said Timothy McDonnell, MIT Ph.D. candidate. "The greatest value that we receive as students of national security and international politics is seeing how the ship is put together, how it operates, and how the spaces look and feel."

Since many Ph.D. candidates don't have military experience MIT organizes a yearly tour of military installations.

"This tour provides the students with deeper insight into all the branches of the military and how we work together in joint environments," said Capt. Peter Mirisola, Navy Federal executive fellow in the Security Studies Program at MIT. "The group loved the interaction with the Sailors, getting knowledge of how systems work, and the integration between the services."

San Diego recently returned home after completing a successful seven-month deployment conducting operations and exercises in the Indo-Pacific and Mediterranean, to name a few.

The mission of *San Diego* is to transport and deploy combat and support elements from Marine expeditionary units and brigades. The ship is designed to support more than 800 Marines.

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FRIDAY, APRIL 06, 2018			
Fit #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4561	C40	12:00	LEMOORE(121)
SATURDAY, APRIL 07, 2018			
Fit #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4662	C40	09:00	OCEANA(55)
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Congressman visits Naval Health Research Center

SAN DIEGO - Rep. Scott Peters, from California's 52nd district, visited the Naval Health Research Center to meet with staff and learn more about the only DoD medical research laboratory on the West Coast, March 27.

Peters, a member of the House Committee on Veterans' Affairs and co-founder and co-chair of the congressional life sciences

In the infectious diseases laboratories at NHRC, researchers talked with Peters about their disease surveillance along California's U.S.-Mexico border and at military hospitals and clinics. By monitoring service member for disease outbreaks, not only do scientists at NHRC support the health and readiness of active duty members, they also play a larger role in public health for the civilian community as well.



Scott Peters

"Our military is typically a young, healthy, and highly vaccinated population," said Dr. Kenneth Earhart, chief scientist at NHRC. "Dis-

ease outbreaks in this population are concerning and the surveillance conducted by our researchers serves as an early warning system for both the military and civilian communities."

Peters said the work being done at NHRC to improve health and readiness of service members is important, providing value to the military.

As the DoD's premier deployment health research center, NHRC's cutting-edge research and development is used to optimize the operational health and readiness of the nation's armed forces. In proximity to more than 95,000 active duty service members, world-class universities, and industry partners, NHRC sets the standard in joint ventures, innovation, and translational research.

San Diego, as Peters pointed out during his visit, is also a biotech industry hub and home to several academic and medical research institutions. This makes NHRC's location ideal for forging research partnerships that support innovative solutions to the health threats modern warfighters face.

"All of our research is geared towards improving the health and readiness of our warfighters and their families," said Capt. Matthew Hebert, NHRC's executive officer. "Our expertise ranges from protecting our armed forces from infectious disease threats to improving physical and mental health, boosting resilience, and optimizing human performance."

While touring the warfighter performance laboratory, Peters met with researchers who study sleep and fatigue mitigation, injury prevention and rehabilitation, and environmental physiology to improve the health, survivability, performance, and readiness of military members.

In NHRC's sleep lab, part of the larger multi-disciplinary warfighter performance lab, Rachel Markwald, sleep research physiologist, spoke with Peters about studies her team is conducting to help reduce the impact of fatigue and improve sleep quality for operational forces. One of the goals of Markwald's research is finding effective ways to identify fatigue and reducing its impact to keep service members alert and focused while on duty.



(clockwise, from top left) **INDIAN OCEAN** (March 29, 2018) - Seaman Rachael Myers removes her hard hat in salute to oiler USNS *Guadalupe* aboard USS *Theodore Roosevelt* after a replenishment-at-sea. photo by MCSN Michael Hogan; **MCRD SAN DIEGO** (March 26, 2018) - Recruits from Mike Company perform leg lifts during a circuit course here. Marine Corps photo; **PACIFIC OCEAN** (March 29, 2018) - Cpl. Bryan Caroliciano, assigned to 13th MEU, brushes talcum powder on the back of Cpl. Andres Ralda's head after a haircut aboard USS *Essex* (LHD 2). Navy photo by MC3 Molly DiServio; **USS ESSEX** (April 1, 2018) - Navy Petty Officer 1st Class Brian Kaltenbach looks over the flight deck of USS *Essex* from an MH-60S Seahawk helicopter. Navy photo by Seaman Sabyn Marrs; **USS RUSHMORE** (March 31, 2018) - FC1 Kirk Mills with tdock landing ship USS *Rushmore* conducts live-fire training during an amphibious squadron and Marine Expeditionary Unit integration exercise at sea. Marine Corps photo by Cpl. Danny Gonzalez; **SINGAPORE** (April 2, 2018) - Sailors secure the anchor chain in the fo'c'sle of USS *Theodore Roosevelt* during a scheduled port call to Singapore. Navy photo by MCSN Bill M. Sanders; **INDIAN OCEAN** (April 1, 2018) - Sailors and Marines sing hymns during an Easter service aboard USS *Theodore Roosevelt*. photo by MC3 Joseph S. Yu; **PACIFIC OCEAN** (April 2, 2018) - USS *Essex* transits the Pacific Ocean during an amphibious squadron and Marine expeditionary unit (MEU) integration (PMINT) exercise. Navy photo by MCSN Sabyn L. Marrs

Coast Guard medevacs Navy Sailor near Santa Barbara

SAN PEDRO - A Coast Guard helicopter crew medevaced an injured Navy destroyer crewmember near Santa Barbara April 1.

Coast Guard Sector Los Angeles-Long Beach personnel were notified of a crewmember who

was reportedly suffering from symptoms of appendicitis aboard USS *Momsen* (DDG-92).

After consulting with the duty flight surgeon, watchstanders dispatched a Dolphin helicopter crew from Coast Guard Forward Operating Base Mugu to trans-

port the woman to a hospital.

The Dolphin crew arrived on scene, hoisted the crewmember and transported her to Santa Barbara Cottage Hospital.

She was last reported to be in stable condition.

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Cheech and Chong to perform July 14 at Pala's Starlight Theater

Iconic comedy legends Cheech and Chong will perform at 7:30 p.m., Saturday, July 14, at Pala Casino Spa & Resort's Starlight Theater.

Cheech and Chong reunited in 2008 for their Light Up America tour and haven't stopped touring since. This month marks the 40th anniversary of Up In Smoke, the comedy classic inspired by their legendary routines of the '70's. Today, the film maintains surprising cultural relevance four decades after its original release. Over the course of their career, Cheech and Chong have starred in seven films together and recorded six gold comedy albums, including the 1974 Grammy-winning Los Cochinos.

CHEECH AND CHONG
7:30 P.M., SATURDAY,
JULY 14
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Tickets on sale, with no service charge, at 10 a.m., Friday, April 6, at the Pala Box Office, www.palacasino.com and 1-877-WIN PALA (1-877-946-7252). Tickets also are available at www.startickets.com and 1-800-585-3737.

Pala is located in Northern San Diego County; from San



Diego/Riverside, take I-15 to Highway 76 east five miles; from Los Angeles County and Orange County, take I-5 south to Highway 76 east, then travel 23 miles. Pala is 15 miles north of Escondido, 12 miles south of

Temecula.

Additional Shows and Events Coming to Pala:

Sarah Geronimo, 7:30 p.m., Sunday, April 22, Events Center. Tickets, \$150, \$125, \$98, \$78, at

www.startickets.com

Love For Mom Vietnamese Concert, 7:30 p.m., Saturday, May 12, Events Center. Tickets, \$100 (VIP), \$60, \$50, \$40, at www.startickets.com and all Vietnamese ticket outlets.

Sammy Hagar and The Circle, 7:30 p.m., Saturday, May 19, Starlight Theater. Tickets, \$119, \$109, \$99, at www.startickets.com

Huey Lewis and the News, 7:30 p.m., Saturday, May 26, Starlight Theater. Tickets, \$80, \$70, \$60, at www.startickets.com

Brian Setzer's Rockabilly Riot!, 7:30 p.m., Saturday, June 2, Starlight Theater.

Tickets, \$59, \$49, \$39, at www.startickets.com.

The Isley Brothers, 7:30 p.m., Saturday, June 9, Starlight Theater. Tickets, \$75, \$65, \$55, at www.startickets.com.

The Beach Boys, 7:30 p.m., Saturday, June 23, Starlight Theater. Tickets, \$90, \$80, \$70, at www.startickets.com

Comedian Russell Peters, Deported World Tour, 7:30 p.m., Saturday, June 30, Starlight Theater. Tickets, \$75, \$65, \$55, at www.startickets.com

Kenny Loggins, 8 p.m., Friday, July 6, Starlight Theater. Tickets, \$79.50, \$69.50, \$59.50, at www.startickets.com.

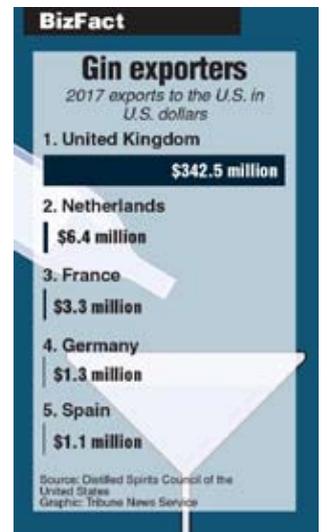
TajMo: The Taj Mahal & Keb' Mo' Band, 7:30 p.m., Saturday, August 4, Starlight Theater. Tickets, \$75, \$65, \$55, at www.startickets.com

Comedian Jo Koy, Break The Mold World Tour, 7:30 p.m., Saturday, August 25, Starlight Theater. Tickets, \$65, at www.startickets.com

About Pala Casino Spa & Resort

Pala Casino Spa & Resort includes a Las Vegas-style casino with 2,000 slot machines, 80 table games and seven poker tables; a 507-room hotel; a 10,000-square-foot, full-service spa and salon that features 14 treatment rooms and a state-of-the-art fitness center. Pala also offers nine restaurants and 40,000 square feet of meeting and convention space. Pala Casino Spa & Resort is an AAA Four-Diamond Award winner for 14 consecutive years. The new Pala RV Resort opened May 23, 2016, and offers 100 parking sites for RVs and trailers from 55 to 70 feet and full-service amenities for RVers. Pala RV Resort is rated a perfect 10/10*/10 by Good Sam, the national RV Resort rating publication. Trailer

Life and MotorHome magazines awarded Pala RV Resort its Gold Awards for 2016 and 2017 as Best RV Resort Casino and Best Campground Resort. Its state-of-the-art Pala Spa was named the number one spa in the casino industry and number two spa in North America for 2017 by Spas of America. The ranking marked the twelfth consecutive year that Pala Spa has been ranked in the Top 100 and Top 10. Pala Casino Spa & Resort was voted Best Casino in San Diego by the public in the 10News.com annual A-List poll sponsored by KGTV-TV 10 News in San Diego. For more information, visit <http://www.palacasino.com>.



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Fri. April 27, Sat. April 28, & Sun. April 29

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

TICKETS ON SALE APRIL 16th at Lakeside Rodeo Box Office

Information & Tickets
Tickets: www.lakesiderodeo.com • Info: 619-561-4331

Boot Barn El Cajon (619) 441-8111 • Boot Barn Kearny Mesa (858) 571-5741
Rodeo Ground Ticket Office Opens April 16th - hours 10am-5pm
Performances: Friday & Saturday evening 7:30pm • Saturday & Sunday 2:00pm
Ticket prices: Choice Tickets Side all seats \$20.
General Reserve Side all seats \$15, kids 12 and under \$10

General Info: Gates and Snack Bars will open 1 1/2 hours before each performance
Stick Horse Race-Cowboy/Cowgirl ages 3-6 Sign up at info booth by main gate
NO FOOD OR BEVERAGES CARRIED IN - NO VIDEO CAMERAS OR PROFESSIONAL PHOTOGRAPHY EQUIPMENT ALLOWED

PRCA Rodeo WPRCA Barrel Races
Rodeo events each performance

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

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

Stock Contractor: PRCA Stock Contractor of the Year - Growney Brothers Rodeo Co.

Proceeds benefit the Youth of Lakeside - Thank you to our sponsors!

VISIT OUR WEBSITE AT www.lakesiderodeo.com

The following items are not allowed on the Rodeo Grounds: Camera bags, cameras with detachable lens, tripods, and monopods, GoPro, GoPro with GoPro Stick, Selfie Stick and drones will not be allowed inside the Lakeside Rodeo Grounds.

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Marine Corps Lance Cpl. Michael Manukyan, a satellite communications operator with the 15th Marine Expeditionary Unit, tosses a football to a teammate during a game of ultimate football as part of the unit's resiliency program, March 23, 2018. The program is designed to foster camaraderie and unit cohesion, where each member participates in a scenario-based guided discussion at the conclusion of the physical training session. U.S. Marine Corps photo by Cpl. Jeremy Laboy

Hanamatsuri and Buddhist Taiko Drumming

Celebrate Hanamatsuri, the Flower Festival and birth of the Buddha. April 28-29, noon – 6pm: Discover what Buddhist taiko drumming is about (two performances each day) plus hands on family workshop with taiko drums both days. Also flower altar, Japanese dancers, children's games, talks on Buddhist practice, shakuhachi aural meditation, sumi-e exhibits, farmers market and garden booth. Free admission, free parking. 760-941-8800 www.vbtemple.org.

Vista Branch Library to hold DIY Fest Fixit Clinic

The Vista Branch of the San Diego County Library will be holding its annual Signature Event: DIY Fest this Saturday, April 7 from 12-2 p.m. This free Do-It-Yourself event celebrates the creative process and will focus on providing arts, crafts, demonstrations and other activities to people of all ages. Activi-

ties will include a puppet show and make-your-own puppet presented by the San Diego Puppetry Guild, building a toy boat with Home Depot, nail art for the teens, a face painting demo, and more! The library is also holding a Fixit clinic where people can work with coaches to try and fix their broken household

items rather than just throwing them away. Coaches will be able to help with small appliances, electronics, mending clothing and more. "Our goal is to encourage and celebrate the DIY ethos that runs strong in Vista," said Librarian JP Baker.

The Vista Branch Library is located at 700 Eucalyptus Ave. in Vista. For more information please call 760-643-5100.

Featured films and shorts are curated by ARTS DISTRICT Resident Groups and are chosen to relate to the group's art form or mission. Movie lovers are encouraged to arrive early and visit the art galleries, studios, and museums of the exciting ARTS DISTRICT. The movies start after sunset. All ages are invited, and no alcohol can be brought into the venue.

The series is produced by the NTC Foundation in partnership with Pacific Arts Movement, presenters of the San Diego Asian Film Festival. "The Liberty Station Outdoor Movie series serves the community by providing free movie nights on the big screen. Sponsorships assure we can continue this free program so that everyone can enjoy this unique outdoor experience in such a remarkable setting," said Alan Ziter, NTC Foundation Executive Director. Sponsorship opportunities from \$5,000 to \$15,000 are available through the Foundation.

Liberty Station Outdoor Movie Schedule:

May 12: *Coco* (2017), presented by New Americans Museum
 June 9: *Jumanji* (2017), presented by ComicKaze Comics, Books and More
 July 14: *Wonder Woman* (2017), presented by FX Dojo
 Aug. 11: *Loving Vincent* (2017), presented by Barracks 19 / ARTS DISTRICT Artists
 Sept. 8: *A Wrinkle in Time* (2018), presented by San Diego Writers, Ink
 Oct. 13: *The Last Jedi* (2017), presented by San Diego Comic Art Gallery / IDW Publishing

"Grab a picnic, blanket, or low back chair and spend an evening underneath the stars while catching a contemporary film on the outdoor big screen with friends, family, and neighbors," encouraged Andrew Waltz, NTC Foundation Program Manager. Liberty Station North Promenade - 2848 Dewey Rd, San Diego, CA 92106. Look for GREETINGS mural. Plenty of free parking. Movies start after sunset.

CELEBRITY CHAMPIONSHIP

GATORADE *Ralphs*

COMMUNITY HEROES

APPRECIATION DAY

MILITARY - FIRST RESPONDERS - SHERIFFS DEPUTIES - EMT - POLICE OFFICERS - FIREFIGHTERS - PARAMEDICS

SUNDAY, MAY 20, 2018 - 9AM - 3PM

MORGAN RUN CLUB & RESORT - RANCHO SANTA FE, CA

- FREE Admission for military, first responders & their families
- FREE Autographs from tournament celebrities!
- FREE Lunch from Dang Bros. for the first 1,500 to RSVP!
- FREE bounce houses for the kids by LB Jumpers Express
- RSVP for free lunch at www.celebritychampionship.com

CELEBRITIES SCHEDULED TO PLAY:

Patrick Peterson	Goose Gosage	Marcus Allen
Charlie Joiner	Jose Canseco	Eric Dickerson
Terrell Davis	Frankie Muniz	Christopher McDonald
Grant Fuhr	Reggie Bush	Marshall Faulk
Tim Brown	and many more!	

*Visit celebritychampionship.com for complete celebrity list. Subject to change.
 **Uniform not required. Materials will be provided to collect autographs.

Register at:
www.celebritychampionship.com

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2115 Park Blvd. • Balboa Park • 619.239.2300 • www.veteranmuseum.org

Cutting costs with coupons: Coupon Exchange Club

April 11, 8am-10am, FFSC Santee. Learn to navigate the exciting world of couponing and maximize your budget. Share your secrets and learn new ones at this fun and interactive workshop. Don't forget to bring your coupons! To register, please call 1-866-923-6478.

Space-A Travel: Military Air Travel Information

April 12, 10am-12pm, FFSC GVB. Learn to travel using low-cost military space-available flights. Discuss how to sign up, important documents, and tips for a successful travel experience. To register, please call: 1-866-923-6478.

4TH ANNUAL SAN DIEGO

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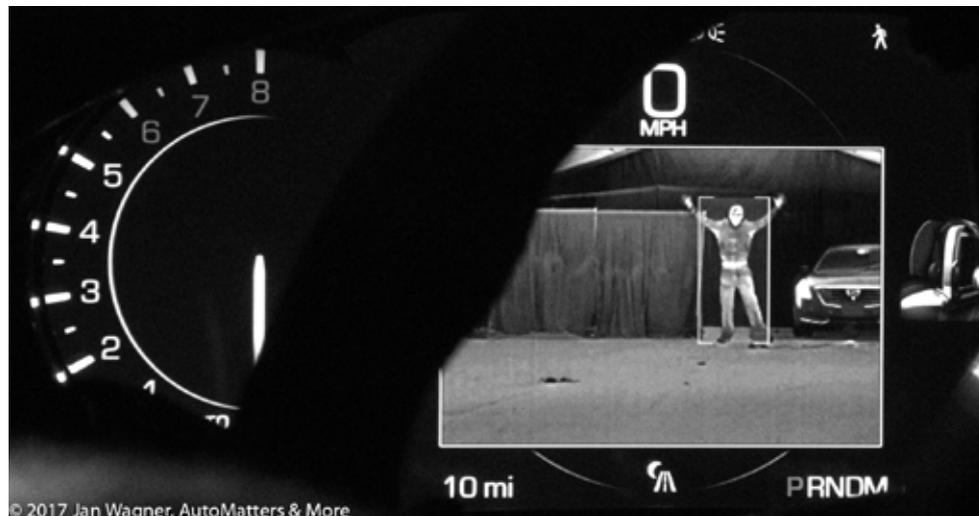


by Jan Wagner

2018 Nissan LEAF with ProPILOT Assist

Nissan's innovative ProPILOT Assist system will help you drive the LEAF, but only in specific, limited situations.

While on a test drive at my local dealership, I learned that ProPILOT Assist may only be used on the freeway and that it is not intended to make sharp turns, change lanes or take off-ramps. It will, however, gently steer the car on the freeway



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(Photo above) Some of what Cadillac CT6 Night Vision sees on that same foggy, dark night

tiny temperature differences. ... We want to be able to distinguish fine temperature differences between pedestrians and animals, and the background – not just on winter nights, but also on warm, sultry, summer evenings." There is no headlight glare "because the system is entirely insensitive to visible light."

scribed by Cadillac as "the first true hands-free driving system for the freeway." It is only available for use "on limited-access freeways that are separated from

opposing traffic." It uses Adaptive Cruise Control to control acceleration and braking, along with precision LiDAR mapping, in-car cameras, radar sensors and GPS "to detect every curve and hill on the road ahead, helping to make long drives and commutes safe, comfortable and more convenient."

For more information visit www.cadillac.com.

PANDAS at The Fleet

The whole world is crazy for pandas. Now, in addition to being able to see these national treasures of China there and at the San Diego Zoo, you can enjoy an endearing new documentary about how Pandas are being introduced into the wild, on the giant IMAX dome screen at The Fleet Science Center in San Diego's Balboa Park. American

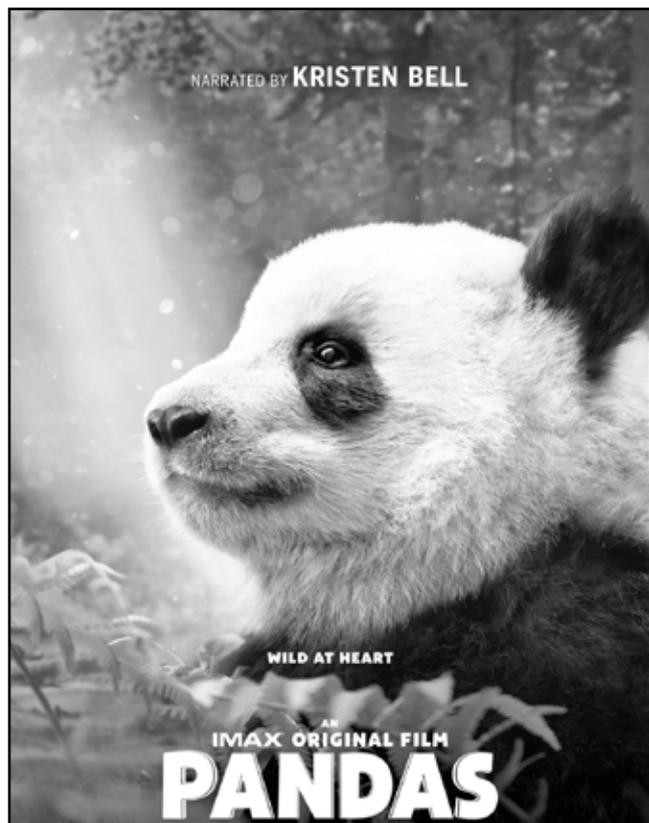
conservation biologist Jake Owens will show you, with the heart-warming help of a panda in China named Qian Qian.

Life-Changing Words to Live By

Finally, I would like to share something that improves the quality of my life, and I believe it will help you too – and it's free! Simply get a full night's sleep as often as possible. Try it tonight and see for yourself.

Until next time, send your comments and suggestions to AutoMatters@gmail.com. To see many more photos go to www.drivetribe.com, search for "AutoMatters & More" and click on TRIBES.

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NARRATED BY KRISTEN BELL

WILD AT HEART

AN IMAX ORIGINAL FILM

PANDAS

"We can see further in the dark than with headlamps. Headlamps give us about 300 feet of visibility in front of the car – and that's under ideal circumstances, with no oncoming traffic and no fog. Often times we don't have 300 feet of visibility. 300 feet is about three seconds at 70 miles an hour, so it's not uncommon to be driving at high speed and have well under three seconds of warning if you see something in the headlamps."

"We want to be able to see further at night. What's the solution? Daytime visibility at night, which is essentially what the system offers. It gives us the ability to see thousands of feet in front of the car, even when we can only see maybe a hundred feet through the windshield."

"We don't want to be staring at the screen while we're driving, so the system does even more and provides the ability to see what's going on by giving us alerts. At about 400 feet it recognizes pedestrians and animals, and then provides us with those alerts so we know then to look at the screen, well in advance of headlight visibility, to see what's going on, find out where the hazard is located, slow down and avoid a panic stop."

Cadillac Super Cruise is de-

potential hazards.

The Night Vision image is not dependent on visible light, so even if there were no light it would not make a difference. The image is a "temperature map," wherein the darker areas are cooler and the lighter areas – like faces – are warmer. "The system is very sensitive to very

to keep the car centered in its lane while maintaining a preset distance from the car ahead, slowing to a stop if necessary to avoid a stopped vehicle ahead, and then resume driving when traffic starts to move again. That is very helpful in stop-and-go, gridlocked Southern California traffic.

The driver must remain attentive and keep their hands on the steering wheel, to be able to retake control of the car.

Learn more at www.NissanUSA.com.

2018 Cadillac CT6 with Night Vision and Super Cruise

Available driver assistance technology on the Cadillac CT6 includes Night Vision. According to Cadillac, that "uses thermal technology to reveal pedestrians and large animals ahead," to provide drivers with additional time to avoid these

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TV Listings

WEEKDAY MORNING/AFTERNOON

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30	
KFMB (8)	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM		Inside Edition	Bold/Beautiful	The Young and the Restless		The Talk		Dr. Phil		Judge Judy	Judge Judy	
KFMB2 (8.2)	News 8 Morning Extra			The 700 Club		Maury		Dr. Phil		Judge Faith	Judge Faith	Judge Mathis		The Robert Irvine Show		Paternity Court	Paternity Court	Couples Court	Couples Court	
KGTV (10)	Good Morning America			Live with Kelly and Ryan		The View		10News Midday		The Chew		General Hospital		Pickler & Ben		Dateline		10News: The Now San Diego		
KPBS (15)	Cat in the Hat	Nature Cat	Curious George	Pinkalicious	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Sesame Street	Super Why!	Dinosaur Train	Peg Plus Cat	Sesame Street	Splash and Bubbles	Curious George	Arthur	Nature Cat	Wild Kratts	Wild Kratts	Odd Squad	
KNSD (69)	Today			Megyn Kelly Today		Today With Kathie Lee & Hoda		NBC 7 News Midday		Days of our Lives		Access Live		Steve		The Ellen DeGeneres Show		NBC 7 News at 4		
DISN	Bunk'd	Mickey Mouse	Mickey Mouse	Roadster Racers	Puppy Dog Pals	Muppet Babies	Puppy Dog Pals	Vampirina	PJ Masks	Roadster Racers	Puppy Dog Pals	Vampirina	Varied Programs	Bunk'd	Bunk'd	Jessie	Jessie	Stuck in the Middle	Stuck in the Middle	
ESPN	First Take	Varied Programs		SportsCenter		Outside the Lines		NFL Live	Varied Programs		NBA: The Jump	SportsNation	Questionable	Around the Horn	Pardon the Interruption	SportsCenter		Varied Programs		
ESPN2	Get Up			Varied Programs		First Take		Varied Programs		Jalen & Jacoby	Outside the Lines	Intentional Talk		NFL Live		Around the Horn	Pardon the Interruption	Varied Programs		
TLC	Say Yes to the Dress	Say Yes to the Dress	Varied Programs		Hoarding: Buried Alive		Hoarding: Buried Alive		Trading Spaces		Trading Spaces		Trading Spaces		My 600-Lb. Life		Varied Programs		Long Island Medium	Long Island Medium
USA	NCIS: Los Angeles	Chicago P.D.	Varied Programs		Hoarding: Buried Alive		Hoarding: Buried Alive		Trading Spaces		Trading Spaces		Trading Spaces		My 600-Lb. Life		Varied Programs		Long Island Medium	Long Island Medium

MOVIE TIME

Playing at theatres near you!
Mark your calendars!

4/13 THE RIDER

4/13 ZAMA

The Rider

Based on a true story, this drama stars breakout Brady Jandreau as a once rising star of the rodeo circuit warned that his competition days are over after a tragic riding accident. Back home, Brady finds himself wondering what he has to live for when he can no longer do what gives him a sense of purpose: to ride and compete. In an attempt to regain control of his fate, Brady undertakes a search for new identity and tries to redefine his idea of what it means to be a man in the heartland of America.



Genre: Drama
Cast: Brady Jandreau, Tim Jandreau, Lilly Jandreau

Zama

Zama, an officer of the Spanish Crown born in South America, waits for a letter from the King granting him a transfer from the town in which he is stagnating, to a better place. The years go by and the letter from the King never arrives. When Zama notices everything is lost, he joins a party of soldiers that go after a dangerous bandit.

Genre: Drama
Cast: Daniel Giménez Cacho, Lola Dueñas, Matheus Nachtergaele

THURSDAY EVENING

APRIL 5, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (8)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Young Sheldon	Mom (N) (CC)	Life in Pieces (N) (CC)	S.W.A.T. "Payback" (N) (CC)	News	Masters Highlights		
KFMB2 (8.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (N) (CC)	Supernatural "The Thing" (N) (CC)	"The Thing" (N) (CC)	Arrow "Brothers in Arms" (N) (CC)	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls (N)			
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Grey's Anatomy "Hold Back the River" (N) (CC)	Station 19 "Reignited" (N) (CC)	Scandal "People Like Me" (N) (CC)	10News at 11pm	Jimmy Kimmel				
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Ken Kramer's A Growing Passion	Historic Places	Crossing South (N) (CC)	Midsomer Murders "Death and Dust"	Midsomer Murders	Start Up (N) (CC)			
KNSD (69)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Superstore (N) (CC)	A.P. Bio (N) (CC)	Will & Grace (N) (CC)	Champions on Me" (N) (CC)	Chicago Fire "Put White on Me" (N) (CC)	NBC 7 News	Tonight Show		
DISN	Zombies (2018, Adventure) Milo Manheim, Meg Donnelly. (N) (CC)		Jessie (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Gravity Falls (N) (CC)	Gravity Falls (N) (CC)	Raven's Home (N) (CC)	Stuck/Middle	Andi Mack	Bizaardvark (N) (CC)	Stuck/Middle	Bunk'd (N) (CC)	
ESPN	2018 Masters Tournament First Round. Sergio Garcia serves as defending champion. From Augusta National Golf Club in Augusta, Ga.										SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	
ESPN2	College Hockey	NCAA Studio Update (N) (Live)	College Hockey NCAA Tournament -- Michigan vs Notre Dame. (N) (Live) (CC)	Nación ESPN (N)		First Take (N) (Live) (CC)								
TLC	Long Island Medium "Spirit in Paradise"	Trading Spaces (N) (CC)	My 600-Lb. Life "Pau-line's Story" (CC)	My 600-Lb. Life "Supersized: Schenee's Story" Schenee is desperate to start a family.	My 600-Lb. Life: Skin Tight (N) (CC)	My 600-Lb. Life (N) (CC)								
USA	Chicago P.D. (N) (CC) (DVS)	Chicago P.D. "Don't Read the News" (N) (CC)	Chicago P.D. "You Wish" (N) (CC) (DVS)	Wrestlemania's Greatest Moments (N)	American Ninja Warrior: Ninja vs. Ninja	Wrestlemania's Greatest Moments	Chrisley Knows	Chrisley Knows						

FRIDAY EVENING

APRIL 6, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (8)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	MacGyver (N) (CC)	Hawaii Five-0 (N) (CC)	Blue Bloods (N) (CC) (DVS)	News	Masters Highlights				
KFMB2 (8.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (N) (CC)	Dynasty "Don't Con a Con Artist" (N) (CC)	Jane The Virgin (N) (CC)	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls (N)				
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Once Upon a Time "Breadcrumbs" (N)	Marvel's Agents of S.H.I.E.L.D. (N) (CC)	20/20 (N) (CC)	10News at 11pm	Jimmy Kimmel				
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Washington Week	Roundtable	Doc Martin "Facta Non Verba" (N) (CC)	Live at the Belly Up	Soundbreaking "The World Is Yours" (N) (CC)				
KNSD (69)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Taken "All About Eve" (N) (CC)	Dateline NBC (N) (CC)	NBC 7 News	Tonight Show					
DISN	Wizards of Waverly Place: The Movie (2009) (N) (CC)		Jessie (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Stuck/Middle	Bizaardvark (N)	Gravity Falls (N) (CC)	Gravity Falls (N) (CC)	Bunk'd (N) (CC)	Bizaardvark (N) (CC)	Stuck/Middle	Bunk'd (N) (CC)	
ESPN	2018 Masters Tournament Second Round. (N Same-day Tape)										SportsCenter (N) (Live) (CC)			
ESPN2	College Basketball Awards (N) (Live)	Kickboxing GLORY 52. (Taped)	World Rugby Sevens Series (Taped)		NFL Live (CC)									
TLC	Long Island Medium "Line of Duty" (CC)	Trading Spaces (N)	Trading Spaces "California: Dusty Trail"	Trading Spaces "Seattle: 56th Place" (N)	Trading Spaces "Maryland: Village Green"	Trading Spaces (N) (CC)	Trading Spaces "California: Dusty Trail"							
USA	Law & Order: Special Victims Unit "Ripped"	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)

SATURDAY MORNING/AFTERNOON

APRIL 7, 2018

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30
KFMB (8)	Dr. Chris: Pet Vet (N)	Innovation Nation	The Inspectors	Lucky Dog "Olive"	Pet Vet-Team	Innovation Nation	Masters Rivals	The Masters: Fantastic Finishes (N) (CC)	2018 Masters Tournament Third Round. Sergio Garcia serves as defending champion. From Augusta National Golf Club in Augusta, Ga. (N) (Live) (CC)	Judge Judy (N) (CC)	Judge Judy (N) (CC)								
KFMB2 (8.2)	Dog Whisperer	Dog Whisperer	Dog Whisperer	This Old H.	Hidden Heroes	Paid Program	Paid Program	Paid Program	Paid Program	Amazing Abs	Prostate Health	Impractical Jokers	Impractical Jokers	James Brown	RaceWeek (N)	Sports Stars	Hiring America (N)	Military Make-over	
KGTV (10)	Good Morning	10News This Morning at 8am Saturday (N) (CC)	Jack Hanna	Ocean Treks	Sea Rescue (N)	The Wildlife Docs	Rock the Park (N)	Vacation Creation	Paid Program	Riches in Real Estate	Hazuki Glasses	PiYo Workout!	World of X Games (N)	SEC Storied (CC)	Castle Marthaland Castle are held hostage. (N)				
KPBS (15)	Daniel Tiger	Pinkalicious	Splash and Bubbles	Curious George	Nature Cat (N) (CC)	The Allergy Solution, With Leo Galland, MD (N) (CC)	R. Steves' Europe	This Old House (N)	Ask This Old House	Kimball's Milk Street	My Greek Table	Cook's Country (N)	Martha Bakes (N)	Pati's Mexican Table	Family Ingredients	R. Steves' Europe	Crossing South (N)		
KNSD (69)	NBC 7 News	The Voyager	Wilderness Vet (N)	Journey-Dreyer	Premier League Soccer Teams TBA. (N) (Live)	Prem Goal Zone	NHL Hockey New York Rangers at Philadelphia Flyers. From Wells Fargo Center in Philadelphia. (N) (Live)	Paid Program	Riches in Real Estate	Open House (N)	Naturally, Danny Seo								
DISN	Vampirina (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Gravity Falls (N) (CC)	Gravity Falls (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Stuck in the Middle	Stuck in the Middle	Stuck in the Middle	Stuck in the Middle	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)
ESPN	SportsCenter (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	College Softball Arizona at Oregon. From Jane Sanders Stadium in Eugene, Ore. (N) (Live)	College Softball Tennessee at Auburn. From Jane B. Moore Field in Auburn, Ala. (N) (Live)	MLS Soccer Los Angeles FC at Atlanta United FC. From Mercedes-Benz Stadium in Atlanta. (N) (Live)	SportsCenter (N)	College Hockey								
ESPN2	SC Featured	Formula 1 Racing	E:60	College Softball Florida at Alabama. From Rhoads Stadium in Tuscaloosa, Ala. (N) (Live)	College Softball Tennessee at Auburn. From Jane B. Moore Field in Auburn, Ala. (N) (Live)	E:60	SportsCenter Special	The Draft: Featured	SportsCenter (N)										
TLC	Trading Spaces (N)	Trading Spaces "New Jersey: Manitoba Trail"	Trading Spaces "Miami: West 18" (N) (CC)	Trading Spaces "Nazareth: First Street" (CC)	Trading Spaces Dining room: basement office.	Trading Spaces "Austin: Wampton Way" (CC)	Trading Spaces Secret. (N) (CC)	Trading Spaces "Atlanta: Highlands Trace"	Trading Spaces "Vegas: Smokemont Court" (N)	Trading Spaces Californians swap living rooms.									
USA	MyPillow Topper	LifeLock Protection	Try Yoga	Chrisley Knows	*** Mad Max 2: The Road Warrior (1981, Action) Mel Gibson, Bruce Spence, Emil Minty.	*** Mad Max Beyond Thunderdome (1985) Mel Gibson, Tina Turner. Wasteland drifter Mad Max must fight a giant.	*** Mad Max: Fury Road (2015, Action) Tom Hardy. Mad Max must outrun a warlord and his men in a desert chase.	National Treasure											

SATURDAY EVENING

APRIL 7, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (8)	CBS News 8 at 5pm (N) (CC)	Weekend News	News	Entertainment Tonight (N) (CC)	Ransom Eric's daughter is kidnapped. (N)	NCIS Torres' partner mysteriously vanishes. (N)	48 Hours (N) (CC)	News	Blue Bloods					
KFMB2 (8.2)	Don't Blink	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	American Ninja Warrior (N) (CC) (DVS)	American Ninja Warrior (N) (CC)	Seinfeld (N) (CC)	Impractical Jokers	Impractical Jokers	Just for Laughs		
KGTV (10)	NBA	NBA Basketball Oklahoma City Thunder at Houston Rockets. From the Toyota Center in Houston. (N) (CC)	Rockets.	World News	RightThisMinute (N)	RightThisMinute (N)	The List (N) (CC)	20/20 (N) (CC)	10News at 11pm	Sports XTRA				
KPBS (15)	NewsHour Wk	KPBS Spectrum	The Lawrence Walk Show (N) (CC)	Antiques Roadshow	Antiques Roadshow	The Doctor Blake Mysteries (N) (CC)	Joe Bonamassa -- British Blues Explosion Live (N) (CC)	R. Steves' Europe	Globe Trekker A train journey across Cuba.					
KNSD (69)	Health & Hap	Nightly News	NBC 7 News at 6	Riches	Wheel of Fortune	Jeopardy! (N) (CC)	Will & Grace (N) (CC)	Saturday Night Live Host Chadwick Boseman; Cardi B performs.	Saturday Night Live (N) (CC)	NBC 7 News	Saturday Night Live			
DISN	Jessie (N) (CC)	Jessie (N) (CC)	Invisible Sister (2015, Adventure) Rowan Blanchard, Karan Brar. (N)	Adventures in Babysitting (2016, Children's) Sabrina Carpenter. (N)	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Stuck/Middle	Stuck/Middle	Bunk'd (N) (CC)	Bunk'd (N) (CC)				
ESPN	College Hockey NCAA Tournament. Final: Teams TBA. (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	College Basketball Dos Equis 3X3U National Championship. (CC)	E:60 (CC)						
ESPN2	SportsCenter	SportsCenter	SportsCenter	SportsCenter	Gruden's QB Camp	SportsCenter	SportsCenter	College Basketball Dos Equis 3X3U National Championship. (CC)	E:60 (CC)					
TLC	Trading Spaces "Seattle: 137th Street" (N)	Trading Spaces: Countdown to the New Season Looking back at memorable designs.	Trading Spaces "Not Our First Rodeo" (N)	Nate & Jeremiah by Design (N)	Trading Spaces "Not Our First Rodeo" (N)									
USA	*** National Treasure (2004, Adventure) Nicolas Cage. A man tries to steal the Declaration of Independence.	*** Captain America: The First Avenger (2011, Action) Chris Evans, Hayley Atwell, Sebastian Stan.												

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

TV Listings

SUNDAY MORNING/AFTERNOON

APRIL 8, 2018

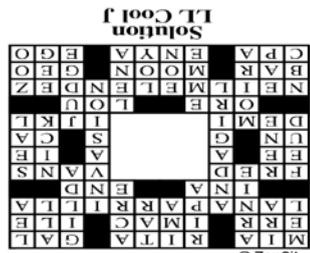
	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30
KFMB	CBS News Sunday Morning (N) (CC)	Face the Nation (N) (CC)	Masters Sergio!	Jim Nantz Remembers Augusta - Fred Couples	2018 Masters Tournament Final Round. Sergio Garcia serves as defending champion. From Augusta National Golf Club in Augusta, Ga. (N) (CC)	Entertainment Tonight (N) (CC)													
KFMB2	Paid Program	Mark T. Barclay	Catholic Mass	Paid Program	Balding Solutions	San Diego Luxury	Paid Program	Paid Program	Paid Program	The Neighborhood SD	Paid Program	Make: Television	HouseCalls	Designing Spaces	P. Allen Smith	Small Town Big Deal (CC)	Great Escapes	Raw Travel (CC)	Raw Travel (CC)
KGTV	Good Morning	10News This Morning at 8am Sunday (N) (CC)	Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos (N)	Joel Osteen (CC)	Paid Program	Paid Program	Paid Program	Balding Solutions	Perfect Squats!	Tummy Tuck	Make \$\$ in Real Estate	American Idol "108 (Showcase/Final Judgment)" Hopefuls perform in the Showcase Round. (CC)	Impossible Builds "Europe in the Desert" (CC)	Impossible Builds "The Floating Home" (CC)	Ken Kramer's S.D.'s Historic Places	Castle A casino owner is murdered. (CC)		
KPBS	Daniel Tiger	Pinkalicious	Splash and Bubbles	Curious George	Nature Cat (CC)	Washington Week (CC)	KPBS Roundtable	Inside CA Education	Growing Bolder (N)	Samantha Br	Samantha Br	Impossible Builds Complex skyscraper. (CC)	Impossible Builds "Europe in the Desert" (CC)	Impossible Builds "The Floating Home" (CC)	Ken Kramer's S.D.'s Historic Places	Castle A casino owner is murdered. (CC)			
KNSD	NBC 7 News To	Meet the Press (N) (CC)	Politically Speaking	Paid Program	Beverly Hills Dog Show From the Fairplex in Pomona, Calif. (CC)														
DISN	Vampirina (N)	Stuck in the Middle	Bizaardvark (CC)	Stuck in the Middle	Stuck in the Middle	Andi Mack (CC)	Andi Mack (CC)	Bizaardvark (CC)	Bizaardvark (CC)	Raven's Home (CC)	Raven's Home (CC)	Gravity Falls (CC)	Gravity Falls (CC)	Bunk'd (CC)	Bunk'd (CC)	Jessie (CC)	Jessie (CC)	Stuck in the Middle	Stuck in the Middle
ESPN	SportsCenter (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	College Basketball State Farm Slam Dunk & 3-Point Championships. (Taped) (CC)	College Basketball State Farm Slam Dunk & 3-Point Championships. (Taped) (CC)	MLS Soccer Portland Timbers at Orlando City SC. From Orlando City Stadium in Orlando, Fla. (N)	MLS Soccer Portland Timbers at Orlando City SC. From Orlando City Stadium in Orlando, Fla. (N)	MLS Soccer Portland Timbers at Orlando City SC. From Orlando City Stadium in Orlando, Fla. (N)	MLS Soccer Portland Timbers at Orlando City SC. From Orlando City Stadium in Orlando, Fla. (N)	MLS Soccer Portland Timbers at Orlando City SC. From Orlando City Stadium in Orlando, Fla. (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	Baseball Tonight: Sunday Night Countdown					
ESPN2	E:60	Formula One Racing Gulf Air Bahrain Grand Prix. (N)	Formula One Racing Gulf Air Bahrain Grand Prix. (N)	Formula One Racing Gulf Air Bahrain Grand Prix. (N)	Formula One Racing Gulf Air Bahrain Grand Prix. (N)	Cheerleading From Orlando, Fla.	Cheerleading From Orlando, Fla.	College Softball Florida at Alabama. From Rhoads Stadium in Tuscaloosa, Ala. (N) (Live)	College Softball Florida at Alabama. From Rhoads Stadium in Tuscaloosa, Ala. (N) (Live)	High School Basketball Jordan Brand Classic. (N) (Live)	High School Basketball Jordan Brand Classic. (N) (Live)	High School Basketball Jordan Brand Classic. (N) (Live)	High School Basketball Jordan Brand Classic. (N) (Live)	High School Basketball Jordan Brand Classic. (N) (Live)	High School Basketball Jordan Brand Classic. (N) (Live)	High School Basketball Jordan Brand Classic. (N) (Live)	High School Basketball Jordan Brand Classic. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)
TLC	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Trading Spaces "Not Our First Rodeo" Two sisters tackle each other's rooms. (CC)	Trading Spaces "Not Our First Rodeo" Two sisters tackle each other's rooms. (CC)	Long Lost Family (CC)	Long Lost Family (CC)	Long Lost Family (CC)	Long Lost Family (CC)	Long Lost Family (CC)	Long Island Medium "Reading the Stars" (CC)	Long Island Medium "Reading the Stars" (CC)	Long Island Medium "Reading the Stars" (CC)	Long Island Medium "Reading the Stars" (CC)	Long Island Medium "Reading the Stars" (CC)
USA	David Jeremiah (N)	In Touch	Joel Osteen (CC)	Christley Knows	Unsolved: The Murders of Tupac and B.I.G.	Law & Order: Special Victims Unit "Disabled"	Law & Order: Special Victims Unit "Bedtime"	Law & Order: Special Victims Unit "Conned"	Law & Order: Special Victims Unit "Conned"	Law & Order: Special Victims Unit "Beef" (CC)	Law & Order: Special Victims Unit "Beef" (CC)	Law & Order: Special Victims Unit "Beef" (CC)	Law & Order: Special Victims Unit "Beef" (CC)	Law & Order: Special Victims Unit "Beef" (CC)	Law & Order: Special Victims Unit "Beef" (CC)	Law & Order: Special Victims Unit "Beef" (CC)	Law & Order: Special Victims Unit "Beef" (CC)	Law & Order: Special Victims Unit "Beef" (CC)	Law & Order: Special Victims Unit "Beef" (CC)

CROSSWORD PUZZLE



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

- ACROSS**
- Farrow or Sara
 - Unit of farmland
 - Radner, once of "Saturday Night Live"
 - "My Children"
 - Michele of "The Mayor" (1998-2001)
 - "of the Body Snatchers"; 1978 Donald Sutherland horror film
 - "Family"
 - Actress Russo
 - Actor Nolte
 - "Team"
 - Actress Kelly
 - "Judy"
 - Hala Finley's role on "Man with a Plan"
 - Singer Horne
 - "Nightly News with Lester Holt"
 - Poe's monogram
 - Very long time
 - Actress Myrna
 - Brain wave test, for short
 - 2015-17 series for James Wolk
- DOWN**
- Vic Tayback's role acct.
 - Golfer Palmer
 - Kelly of "Live with Kelly and Ryan"
 - "Big Girl Now"



SUNDAY EVENING

APRIL 8, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (N) (CC)	Instinct "I Heart New York" (N) (CC)	NCIS: Los Angeles "Vendetta" (N) (CC)	Madam Secretary "Phase Two" (N) (CC)	News	Blue Bloods					
KFMB2	Don't Blink	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	Forensic Files (N)	Forensic Files (N)	Forensic Files (N)	Forensic Files (N)	Seinfeld (CC)	Impractical Jokers	Just for Laughs	Just for Laughs
KGTV	10News at 5pm	World News	10News at 6pm	RightThisMinute (N)	America's Funniest Home Videos (N)	America's Funniest Home Videos (N)	American Idol "109 (Top 24 Solos)" (N) (CC)	American Idol "109 (Top 24 Solos)" (N) (CC)	American Idol "109 (Top 24 Solos)" (N) (CC)	American Idol "109 (Top 24 Solos)" (N) (CC)	Deception "Masking" (N) (CC)	Deception "Masking" (N) (CC)	10News at 11pm	Sports XTRA
KPBS	NewsHour Wk	SciTech Now	Father Brown "The Hangman's Demise"	A Place to Call Home "Bad in a Good Way"	Call the Midwife (N) (CC)	Call the Midwife (N) (CC)	Unforgotten on Masterpiece (Series Premiere) (N) (CC)	Unforgotten on Masterpiece (Series Premiere) (N) (CC)	Unforgotten on Masterpiece (Series Premiere) (N) (CC)	Unforgotten on Masterpiece (Series Premiere) (N) (CC)	Hinterland Murder of Idris Williams. (CC)	Hinterland Murder of Idris Williams. (CC)	Hinterland (CC)	Hinterland (CC)
KNSD	Champ Within	Nightly News	NBC 7 News at 6	Paid Program	Dateline NBC (N) (CC)	Dateline NBC (N) (CC)	Little Big Shots "Little Miss Sunshine" (N)	Little Big Shots "Little Miss Sunshine" (N)	Genius Junior "Pint-Sized Genius" (N) (CC)	Genius Junior "Pint-Sized Genius" (N) (CC)	Timeless "The Salem Witch Hunt" (N) (CC)	Timeless "The Salem Witch Hunt" (N) (CC)	NBC 7 News	Sportswrap
DISN	Andi Mack	Andi Mack	*** Diary of a Wimpy Kid: Dog Days (2012, Children's) (N)	*** Finding Nemo (2003, Children's) (N)	Voices of Albert Brooks, Ellen DeGeneres. (N)	Voices of Albert Brooks, Ellen DeGeneres. (N)	Stuck/Middle	Stuck/Middle	Bizaardvark (CC)	Bizaardvark (CC)	Bizaardvark (CC)	Bizaardvark (CC)	Bunk'd (CC)	Bunk'd (CC)
ESPN	MLB Baseball New York Mets in Washington, D.C. (N) (Live)	MLB Baseball New York Mets in Washington, D.C. (N) (Live)	MLB Baseball New York Mets in Washington, D.C. (N) (Live)	MLB Baseball New York Mets in Washington, D.C. (N) (Live)	MLB Baseball New York Mets in Washington, D.C. (N) (Live)	MLB Baseball New York Mets in Washington, D.C. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)
ESPN2	SportsCenter	SportsCenter	ESPN FC (N) (CC)	ESPN FC (N) (CC)	E:60 (CC)	E:60 (CC)	E:60 (CC)	E:60 (CC)						
TLC	Long Island Medium "Freezing Theresa"	Long Island Medium "Freezing Theresa"	Long Island Medium "Freezing Theresa"	Long Island Medium "Freezing Theresa"	Long Island Medium "Freezing Theresa"	Long Island Medium "Freezing Theresa"	Long Island Medium "Freezing Theresa"	Long Island Medium "Freezing Theresa"						
USA	Captain America: The First Avenger (2011)	WWE WrestleMania Kickoff Show (N)	*** The Shawshank Redemption (1994) Tim Robbins. Premiere. An innocent man goes to a Maine penitentiary for life in 1947.	*** The Shawshank Redemption (1994) Tim Robbins. Premiere. An innocent man goes to a Maine penitentiary for life in 1947.	Law & Order: Special Victims Unit "Cage"	Law & Order: Special Victims Unit "Cage"	Law & Order: Special Victims Unit "Cage"	Law & Order: Special Victims Unit "Cage"	Law & Order: Special Victims Unit "Cage"	Law & Order: Special Victims Unit "Cage"				

MONDAY EVENING

APRIL 9, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Inside Edition (N)	Kevin Can Wait (N)	Man With a Plan (N)	Superior Donuts (N)	Living Biblically	Scorpion "Kenny and the Jet" (N) (CC)	News	News	Late-Colbert
KFMB2	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (CC)	Seinfeld (CC)	DC's Legends of Tomorrow (N) (CC)	DC's Legends of Tomorrow (N) (CC)	iZombie "My Really Fair Lady" (N) (CC)	iZombie "My Really Fair Lady" (N) (CC)	News 8 at 10 (N)	Seinfeld (CC)	2 Broke Girls (N)	
KGTV	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The List (N) (CC)	American Idol "110 (Top 24 Celebrity Duets)" (N) (CC)	American Idol "110 (Top 24 Celebrity Duets)" (N) (CC)	The Crossing "A Shadow Out of Time"	The Crossing "A Shadow Out of Time"	10News at 11pm	Jimmy Kimmel	Jimmy Kimmel	
KPBS	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	PBS NewsHour (N) (CC)	Antiques Roadshow "Portland" (N) (CC)	Antiques Roadshow "Portland" (N) (CC)	Secrets of Great British Castles (N) (CC)	Secrets of Great British Castles (N) (CC)	Independent Lens (N) (CC) (DVS)	Independent Lens (N) (CC) (DVS)	Independent Lens (N) (CC) (DVS)	
KNSD	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Jeopardy! (N) (CC)	The Voice "The Knockouts, Part 3" Past winners serve as advisers. (N) (CC)	The Voice "The Knockouts, Part 3" Past winners serve as advisers. (N) (CC)	Good Girls "Special Sauce" (N) (CC)	Good Girls "Special Sauce" (N) (CC)	NBC 7 News	Tonight Show	Tonight Show	
DISN	Diary-Dog Day	Bizaardvark (CC)	Jessie (CC)	Jessie (CC)	Bunk'd (CC)	Bunk'd (CC)	Gravity Falls (CC)	Gravity Falls (CC)	Raven's Home (CC)	Stuck/Middle	Andi Mack	Bizaardvark (CC)	Stuck/Middle	Bunk'd (CC)
ESPN	MLB Baseball Milwaukee Brewers at St. Louis Cardinals. (N) (Live)	MLB Baseball Milwaukee Brewers at St. Louis Cardinals. (N) (Live)	MLB Baseball Milwaukee Brewers at St. Louis Cardinals. (N) (Live)	MLB Baseball Milwaukee Brewers at St. Louis Cardinals. (N) (Live)	NBA	NBA	NBA Basketball New Orleans Pelicans at Los Angeles Clippers. From Staples Center in Los Angeles. (N) (CC)	NBA Basketball New Orleans Pelicans at Los Angeles Clippers. From Staples Center in Los Angeles. (N) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	Jalen & Jacoby	Outside the Lines	MLB Baseball: Brewers at Cardinals	
ESPN2	We the Fans	We the Fans	We the Fans	We the Fans	We the Fans	We the Fans	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	Jalen & Jacoby	Outside the Lines	MLB Baseball: Brewers at Cardinals	
TLC	Island Medium	Island Medium	Trading Spaces (N) (CC)	Trading Spaces (N) (CC)	Trading Spaces (N) (CC)	Trading Spaces (N) (CC)	Trading Spaces "Reunion Part 1" (N)	Trading Spaces "Reunion Part 1" (N)	Trading Spaces "Reunion Part 1" (N)	Trading Spaces "Reunion Part 1" (N)	Nate & Jeremiah by Design (N)	Nate & Jeremiah by Design (N)	Trading Spaces "Reunion Part 1" (CC)	
USA	NCIS The hunt for the British spy continues.	NCIS The hunt for the British spy continues.	NCIS The team hunts for an escaped spy.	NCIS The team hunts for an escaped spy.	2018 WWE Hall of Fame Induction	2018 WWE Hall of Fame Induction	WWE Monday Night RAW (N Same-day Tape) (CC)	WWE Monday Night RAW (N Same-day Tape) (CC)	WWE Monday Night RAW (N Same-day Tape) (CC)	WWE Monday Night RAW (N Same-day Tape) (CC)	American Ninja Warrior: Ninja vs. Ninja	American Ninja Warrior: Ninja vs. Ninja	American Ninja Warrior: Ninja vs. Ninja	

TUESDAY EVENING

APRIL 10, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Inside Edition (N)	NCIS A deal is struck with a murderer. (N)	NCIS A deal is struck with a murderer. (N)	Elton John: I'm Still Standing -- A Grammy Salute Celebrates pay tribute to the musician.	Elton John: I'm Still Standing -- A Grammy Salute Celebrates pay tribute to the musician.	News	News	Late-Colbert	
KFMB2	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (CC)	Seinfeld (CC)	The Flash "Null and Annoyed" (N) (CC)	The Flash "Null and Annoyed" (N) (CC)	Black Lightning (N) (CC)	Black Lightning (N) (CC)	News 8 at 10 (N)	Seinfeld (CC)	2 Broke Girls (N)	
KGTV	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The List (N) (CC)	Roseanne (N) (CC)	The Middle (N) (CC)	blackish (N) (CC)	Splitting Up (N) (CC)	For the People (N) (CC)	10News at 11pm	Jimmy Kimmel	
KPBS	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	PBS NewsHour (N) (CC)	Secrets of the Dead "Hannibal in the Alps"	Secrets of the Dead "Hannibal in the Alps"	Jesus: Countdown to Calvary (N) (CC)	Jesus: Countdown to Calvary (N) (CC)	Frontline "Trump's Takeover" (N) (CC)	Frontline "Trump's Takeover" (N) (CC)	The Price of Peace: A Personal	
KNSD	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Jeopardy! (N) (CC)	The Voice "The Road to the Live Shows"	The Voice "The Road to the Live Shows"	Rise Lou and Gail plead with Gordy. (N)	Rise Lou and Gail plead with Gordy. (N)	Chicago Med "Devil in Disguise" (N) (CC)	NBC 7 News	Tonight Show	
DISN	Bizaardvark (N)	Bizaardvark (N)	Jessie (CC)	Jessie (CC)	Bunk'd (CC)	Bunk'd (CC)	Gravity Falls (CC)	Gravity Falls (CC)	Raven's Home (CC)	Stuck/Middle	Andi Mack	Bizaardvark (N)	Stuck/Middle	Bunk'd (CC)
ESPN	MLB Baseball New York Yankees at Boston Red Sox. From Fenway Park in Boston. (N)	MLB Baseball New York Yankees at Boston Red Sox. From Fenway Park in Boston. (N)	MLB Baseball New York Yankees at Boston Red Sox. From Fenway Park in Boston. (N)	MLB Baseball New York Yankees at Boston Red Sox. From Fenway Park in Boston. (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	Jalen & Jacoby	NFL Live (CC)	SportsCenter (N) (Live) (CC)	
ESPN2	NFL Live (CC)	Welcome/ NFL	SportsCenter Special (N)	Inside/Ultimate	E:60	E:60	Welcome/ NFL	Welcome/ NFL	SportsCenter Special	SportsCenter Special	Jalen & Jacoby	NFL Live (CC)	SportsCenter (N) (Live) (CC)	
TLC	Island Medium	Island Medium	Trading Spaces "Not Our First Rodeo"	Trading Spaces "Not Our First Rodeo"	My Little Life "Little Beginnings" (N)	My Little Life "Little Beginnings" (N)	Little People, Big World (N) (CC)	Little People, Big World (N) (CC)	Little People, Big World (N) (CC)	Little People, Big World (N) (CC)	My Little Life "Little by Little" (N) (CC)	My Little Life "Little by Little" (N) (CC)	Little People, Big World (N) (CC)	
USA	NCIS A man's body is found on a destroyer.	NCIS A man's body is found on a destroyer.	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	WWE SmackDown! (N Same-day Tape) (CC)	WWE SmackDown! (N Same-day Tape) (CC)	WWE SmackDown! (N Same-day Tape) (CC)	WWE SmackDown! (N Same-day Tape) (CC)	Unsolved: Murders of Tupac and BIG	Unsolved: Murders of Tupac and BIG	Law & Order: Special Victims Unit "Ace"	

WEDNESDAY EVENING

APRIL 11, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Inside Edition (N)	Survivor "Fear Keeps You Sharp" (N) (CC)	Survivor "Fear Keeps You Sharp" (N) (CC)	SEAL Team The team must protect officials.	SEAL Team The team must protect officials.	Criminal Minds "All You Can Eat" (N) (CC)	News	Late-Colbert	
KFMB2	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld "The Pie"	Seinfeld "The Pie"	Harry Potter: A History of Magic (N) (CC)	Harry Potter: A History of Magic (N) (CC)	Masters of Illusion	Masters of Illusion	Seinfeld (CC)	2 Broke Girls (N)		
KGTV	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The List (N) (CC)	The Goldbergs (N)	Alex, Inc. (N) (CC)	Modern Family (N)	American Housewife	10News at 11pm	Jimmy Kimmel		
KPBS	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	PBS NewsHour (N) (CC)	Nature Moose in the Canadian Rockies. (N)	Nature Moose in the Canadian Rockies. (N)	NOVA Discovery of a tunnel in Lithuania. (N)	NOVA Discovery of a tunnel in Lithuania. (N)	GI Jews: Jewish Americans in World War II (2017) Premiere. (N)	Last Ring Hom		
KNSD	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Jeopardy! (N) (CC)	The Blacklist "Zarak Mosadek" (N) (CC)	The Blacklist "Zarak Mosadek" (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Chicago P.D. "Payback" (N) (CC)	NBC 7 News	Tonight Show	
DISN	Bizaardvark (N)	Bizaardvark (N)	Jessie (CC)	Jessie (CC)	Bunk'd (CC)	Bunk'd (CC)	Gravity Falls (CC)	Gravity Falls (CC)	Raven's Home (CC)	Stuck/Middle	Andi Mack	Bizaardvark (N)	Stuck/Middle	Bunk'd (CC)
ESPN	NBA Basketball Milwaukee Bucks at Philadelphia 76ers. From Wells Fargo Center in Philadelphia. (N) (Live) (CC)	NBA Basketball Milwaukee Bucks at Philadelphia 76ers. From Wells Fargo Center in Philadelphia. (N) (Live) (CC)	NBA Basketball Milwaukee Bucks at Philadelphia 76ers. From Wells Fargo Center in Philadelphia. (N) (Live) (CC)	NBA Basketball Milwaukee Bucks at Philadelphia 76ers. From Wells Fargo Center in Philadelphia. (N) (Live) (CC)	NBA Basketball Utah Jazz at Portland Trail Blazers. From Moda Center in Portland, Ore. (N) (Live) (CC)	NBA Basketball Utah Jazz at Portland Trail Blazers. From Moda Center in Portland, Ore. (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live)				

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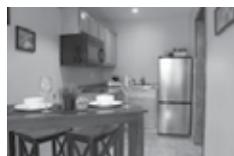
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PAWS FOR PURPLE HEARTS announces grand opening of new San Diego facility for Canine-Assisted Warrior Therapy for veterans

Paws for Purple Hearts, a non-profit organization dedicated to improving the lives of America's warriors facing mobility challenges and trauma-related conditions such as post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI) by providing the highest quality service dogs and canine-assisted therapeutic programs, has announced the grand opening of its new San Diego facility. The organization currently conducts Canine-Assisted Warrior Therapy™ in partnership with the VA San Diego Healthcare System at La Jolla, the VA Long Beach Healthcare System and the U.S. Marine Corps Wounded Warrior Battalion - West at Camp Pendleton.

"Our new facility will allow us to increase the number of warriors served by providing flexible session location options to partners," said Bonnie Bergin, co-founder of Paws for Purple Hearts and world-renowned canine researcher and inventor of the service dog concept.

The new facility, located at 5550 Oberlin Dr. in San Diego, will officially open in a ceremony from 5 pm to 7 pm April 12 with a ribbon cutting, proclamations by the Mayor's office, City Council, County Board of Supervisors, Service Dog demonstrations and facility tours.

Paws for Purple Hearts has provided innovative Canine-Assisted Warrior Therapy™ since July 2017 to 37 individual veteran and active duty military service members who have occupied more than 200 session slots and received more than 60 hours of valuable session time devoted to reducing their PTSD and TBI symptoms. The organization also has provided social therapy to 30 veterans since July 2017 at various locations throughout the San Diego area.

"Paws for Purple Hearts is remarkable because we developed our innovative Canine-Assisted Warrior Therapy™ that helps reduce trauma-related symptoms and allows warriors to take an ac-

tive role in helping their injured comrades by helping to prepare service dogs for them," added Bergin.

Paws for Purple Hearts began in 2006 as a research program at the prestigious Bergin University of Canine Studies, also founded by Bergin, with the Menlo Park Veterans Administration Medical Center. The organization is growing and establishing new programs with the U.S. Department of Veterans Affairs, the U.S. Department of Defense, and private organizations that serve injured Warriors.

"We provide life-changing Canine-Assisted Warrior Therapy™ to dozens of Southern California area veterans and active duty service members, reducing their PTSD and TBI symptoms and enabling them to reengage more fully with their families, friends and colleagues as productive members of the community," said Bergin.

About Paws for Purple Hearts: Paws for Purple Hearts became an independent IRS 501(c)(3) non-profit in 2011. Paws for Purple Hearts is unique among Service Dog organizations because we developed a therapeutic method in which we bring Warriors in to help prepare Service Dogs for their wounded comrades. Our Canine-Assisted Warrior Therapy™ model allows each service-dog-in-training to help provide therapy to dozens of warriors before being placed with an individual warrior to help them with mobility, PTSD and/or TBI for the remainder of its service life. Paws for Purple Hearts has facilities located in Northern Virginia; San Antonio; San Diego; Menlo Park, Calif. and Fairbanks, Alaska and plans to open many more sites in the future. Paws for Purple Hearts is supported by generous donations from individuals, corporations and foundations all around the country. Paws for Purple Hearts provides Canine-Assisted Warrior Therapy™ and Service Dogs at no cost to warriors with PTSD, TBI or mobility injuries.

PET of the week



Smokey is a five year old neutered Basset Hound/Pit mix who weighs 56 lbs. This low-rider won't be hopping fences anytime soon but he will jump right into your heart with his goofy personality. Smokey arrived to the shelter as a stray so not much is known about his past. However, he is definitely looking forward to a future with loving forever family. Meet Smokey by asking for ID#A1796389 Tag#C253. He can be adopted for \$35.

Austin is a two year old neutered Seal Point Siamese/Silver tabby who weighs 10 lbs. This handsome guy arrived to the shelter as a stray and is a bit shy in his new surroundings. Once he finds his new forever home, with your family's love and a



little patience, Austin will be able to come out of his shell and let his personality shine through in no time. Meet him by asking for ID#A1832285 Tag#C117. Austin can be adopted for \$58.

Bring some love into your life by adopting a forever friend to share your home! Dogs and puppies can be adopted for just \$69. Adult dogs and cats over 5 years old can become a member of your family for just \$35. If you're a senior yourself, or disabled, you can make any pet your forever companion for just \$35. Rabbits can be adopted for just \$25, so be sure to visit our bunny room too! All adoption fees should be confirmed once you get to the shelter, and include spaying or neutering, basic vaccinations, and a 1 year license for dogs.

You can visit these animals and their many other friends at our Central County Shelter, 5480 Gaines Street, San Diego between the hours of 9:30AM to 5:30PM, Tuesday through Saturday. Visit <http://www.sddac.com> for more information and contact the shelter with questions and for holiday hours.

Omarr's weekly Astrological forecast



ARIES (March 21-April 19): The best way to enjoy peace of mind is to have a clear conscience. In the week ahead earn your way in the material world but don't do anything unethical or shameful to achieve your goals.

TAURUS (April 20-May 20): Act on your imagination. You will be more creative or romantic than usual as this week unfolds and can attract the support needed to fulfill your dreams. Don't accept "no" for an answer.

GEMINI (May 21-June 20): Small sacrifices on your part may be needed in the week ahead. It may be your calling to rescue someone drowning in despair because there is too much work to do or too many bills to pay.

CANCER (June 21-July 22): Don't let a lack of enthusiasm slow you down. You might feel that you are moving along at a snail's pace or that circumstances hold you hostage. You may need to motivate yourself

this week.

LEO (July 23-Aug. 22): Hard work never hurt anyone. You may not like to get your hands dirty, but the job must be done. People at the workplace could be stubborn or difficult to deal with in the week ahead.

VIRGO (Aug. 23-Sept. 22): The needs of the many might outweigh the needs of the few. As your ambitions get revved up in the upcoming week you can achieve worthy goals that also serve to benefit others.

LIBRA (Sept. 23-Oct. 22): Focus on good health and high hopes. You may be more creative than usual in the week ahead. Do not limit your goals and dreams because you think you are too old or young to try something new.

SCORPIO (Oct. 23-Nov. 21): This may be a good week to practice giving an inch to gain a mile. Compromise and cooperation can be very good tools when you need to bring two opposite

Love is a four legged word

San Diego Humane Society April events

Walk for Animals - San Diego Saturday, May 5 beginning at 7 a.m. NTC Park at Liberty Station, San Diego.

Join your fellow San Diego Humane Society supporters to help create a more humane San Diego region for our most vulnerable companion and wild animals.

San Diego Humane Society's annual Walk For Animals helps raise critical funding to give a second chance to homeless, injured, orphaned and abused animals in our community. Don't drop the ball on this opportunity to have fun and—most importantly—save lives!

Wake Up With Wildlife: Wildlife Photography, SDHS San Diego Campus Saturday, April 7 from 9:30-11 a.m.

Join us as we explore some of the basic elements that will help you improve your wildlife photography. Learn what makes a good wildlife shot, how to find your subject, lighting, background, composition, point of view, gear, and, most importantly, ethical wildlife photography.

Paws and Paperbacks SDHS San Diego Campus Thursday, April 12 from 4:30-5:30 p.m. \$10 per child. Children ages 6-11 can practice their reading skills in a fun and non-judgmental atmosphere while giving our ambassador animals the chance to

get exercise and socialization.

PET Talk: Paint Your Pet's Portrait SDHS San Diego Campus Thursday, April 19 from 6-9 p.m. \$55 per person. Lovejoy Creations is hosting a fun pet portrait painting class. Step-by-step instructions, supplies and a pre-drawn portrait of your pet will be provided.

Pet Pals SDHS San Diego Campus Friday, April 20 from 4:30-5:30 p.m. \$10 per child. Children can join us one Friday a month to meet and learn about our animal friends!

Junior Pocket Protectors SDHS San Diego Campus Thursday, April 26 from 4-5:30 p.m. \$10 per child. Youth ages 12-17 can help socialize rabbits, guinea pigs and fancy rats who are available for adoption by providing them with valuable enrichment during their shelter stay.

Savannah's Bake Sale Hazard Center Dr, San Diego Saturday, April 14 from 10 a.m. to 12 p.m.

Buddies and Babes 4071 Adams Ave, San Diego Sunday, April 22 from 11 a.m. to 2 p.m. Escondido Wine & Culinary Campus, 26312 Mesa Rock Rd., Escondido Sunday, April 22 from 12-2 p.m. In addition to adoption, the home of Belle Marie Winery and Screaming Chief is releasing a flavorful white wine called Malvasia Bianca, with 20% of its sales benefitting SDHS.

GloSalon 5707 La Jolla Blvd., La Jolla Saturday, April 28 from 11 a.m. to 2 p.m.

Pet Loss Support Group SDHS San Diego Campus Saturday, April 21 from 10-11:30 a.m. Our Pet Loss Support Group provides an environment where thoughts and emotions can be shared and feelings of grief are understood and validated. The Pet Loss Support Group is open to everyone ages 10 and up and is appropriate for those who have recently lost a pet, are still mourning an old loss, are anticipating the death of a pet or are preparing for euthanasia.

Estate Planning Seminar Thursday, April 12 from 6-8 p.m.

Courtyard By Marriott - Rancho Bernardo, 11611 Bernardo Plaza Court, San Diego. Dinner provided. Saturday, April 14 from 9-11 a.m. SDHS San Diego Campus, 5500 Gaines St., San Diego. Continental breakfast provided Optional campus tour at 11 a.m.

Join us for a complimentary Estate Planning Seminar! By planning with compassion, you can create a meaningful future for yourself, your family, your pets – and the animals served by San Diego Humane Society. Seating is limited as we discuss pet trusts and planning for the care of your pets after you are gone, wills and trusts, retirement and tax planning strategies, and how to leave a legacy of compassion by supporting the animals cared for by San Diego Humane Society.

PAWS San Diego Food Distribution Events Various dates and locations throughout San Diego County. The PAWS Pantry provides supplemental bags of pet food for pick-up at our campus locations in Escondido, Oceanside and San Diego. Food is available for new and current clients who qualify based on income.

2019 Photo Fundraiser Contest Your pet can star in our 2019 Calendar! Help San Diego Humane Society create the 26th edition of our annual calendar! Enter a photo of your beloved pet(s) for a chance to be featured in a full month spread for 2019. Every entry will also receive a free calendar and may win a prize. In addition to showcasing your furry friends, the calendar will help provide shelter, medical treatment and enrichment for animals in our care. Don't wait, enter today!

K9's & Wine Carruth Cellars, 118 S. Cedros Ave #C, Solana Beach Tuesday, April 17 from 5:30 - 8:30 p.m. Justin Rote and Carruth Cellars are kicking off another K9s 'n Wine! A \$10 donation will get you happy hour prices until 8:30 p.m., and \$20 will get you happy hour and a picture with your pet by Allison of Allison Shamrell Photography. Proceeds of this pet-friendly, fun-filled fundraiser will go to support San Diego

Humane Society! We hope to see you there!

Pints for Pups Belching Beaver, 1334 Rocky Point Dr., Oceanside, Saturday, April 21 from 1-6 p.m. Join us at the Belching Beaver Brewery in Oceanside for a "Pints for Pups" fundraiser benefitting San Diego Humane Society. Full Metal Burger will be serving up food and there will be adoptable dogs on-site from 1 - 4 p.m. It's a great opportunity to enjoy a fun-filled Saturday afternoon!

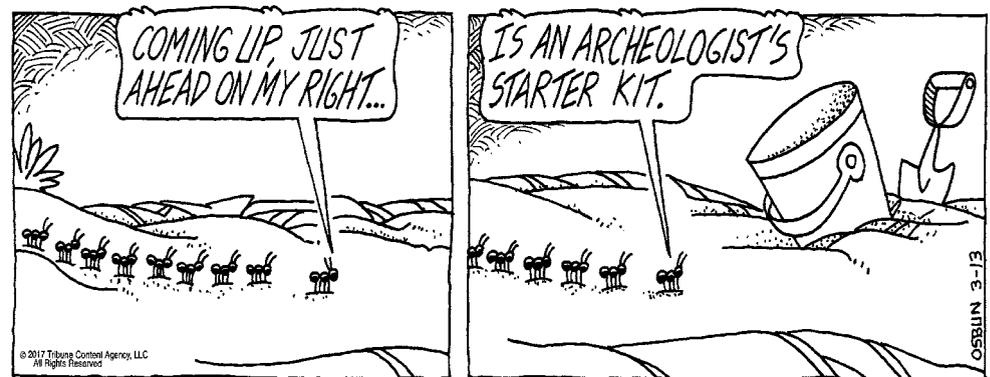
Puppy Patio Party Brothers Provisions, 16451 Bernardo Center Dr. Sunday, April 22 (Fourth Sunday of Every Month) Brothers Provisions is kicking off the Year of the Dog by hosting a monthly fundraiser and supply drive to benefit animals at San Diego Humane Society. Every fourth Sunday of the month, Brothers Provisions will be accepting donations of supplies and cash along with all proceeds from the sale of their house-made dog treats. Brothers is dog-friendly, so don't forget to bring your pup(s) along!

Candi Sample's Birthday Bash The Merrow, 1271 University Ave., Hillcrest Sunday, April 29 from 5-8 p.m. Do you remember when you needed a hand and were given a paw? Come celebrate Candi's annual birthday bash while supporting PAWS San Diego!

Sushi Special Sushi 2 on Broadway, 135 Broadway, San Diego. Sushi 2 on Broadway offers a special roll each month and is giving San Diego Humane Society \$1 for each roll sold! So stop on in, enjoy some delicious rolls and help animals in need!

COMING SOON! 2018 Kitten Cam Generously Sponsored by Purina. The tiniest residents of San Diego Humane Society are cared for in our Kitten Nursery. See the cuteness for yourself by checking out the Purina Kitten Cam after the Kitten Nursery opens in mid-April.

With Purina's help, we ensure that our kittens receive the very best care and nourishment during their most fragile stage of life.



Around Town

26th Annual San Marcos Spring Festival & Street Fair! The 2018 Grand Spring Festival & Street Faire historically leads the North County San Diego festival season with an April kick-off. As the first fair of the spring season each year for the past 26 years, it's a great family outing and a favorite day of fun for all ages. Sun. April 8, 9am - 5pm Via Vera Cruz between San Marcos Blvd and Grand Ave. San Marcos, CA 92078. www.sanmarcoschamber.com

Fallbrook Avocado Festival April 15, 9am - 5pm Free admission. This festival is expected to draw over 70,000 attendees this year. This rural community's fall celebration will feature the everything avocado shopping area, with plenty of guac, chips, avocado ice cream and other avocado culinary delights. The Community Stage is our family-friendly venue - home to the Guacamole Contest and several children's activities, with some performance highlights. Featured performers typically include local youth group and family-friendly performances ~ musicians, martial arts demonstrations, dancers, singers, etc.

Its all About the Kids! Sunrise Vista Kiwanis Foundation & Operation Hope Present: The "Grape" Gatsby Affaire, a 20's Theme Saturday April 28, 2018 5-9 at the QLN Center, 1938 Avenida Del Oro, Oceanside CA. More info: www.GrapeGatsby.com

San Diego Civic Youth Ballet presents A Midsummer Night's Dream at Casa del Prado Theatre. April 4-8 www.sdcyb.org

San Diego Padres vs. Colorado Rockies at Petco Park, April 5, 12:40pm. www.mlb.com/padres

The Classical Academy Vista presents Disney's The Little Mermaid Jr. at AVO Playhouse. April 5-8 www.vistixonline.com

The Masters PGA Golf Tournament at Augusta National Golf Course in Augusta, Ga. April 5-8

Buyer & Cellar at Broadway Theatre, Vista. April 5-22 www.broadwayvista.com

Kids' Night Out at Poway Community Park, April 6, 4:30-9pm. www.poway.org

Cowboy Jack & the North County Cowboys at Aztec Brewery. April 6 www.aztecbrewery.com

Elgar Cello Concerto at Copley Symphony Hall, April 6-7, 8pm. www.sandiegosymphony.org

Public Star Party at Mira Costa College, April 6-7, 8-10pm. www.miracosta.edu/events

Goodguys Meguiar's Del Mar Nationals at Del Mar Fairgrounds. April 6-8 www.good-guys.com

California Ballet Company presents The Great Gatsby at San Diego Civic Theatre. April 6-8 www.sandiegotheatres.org

La Jolla Concours d'Elegance at Ellen Browning Scripps Park. April 6-8 www.lajollaconcours.com

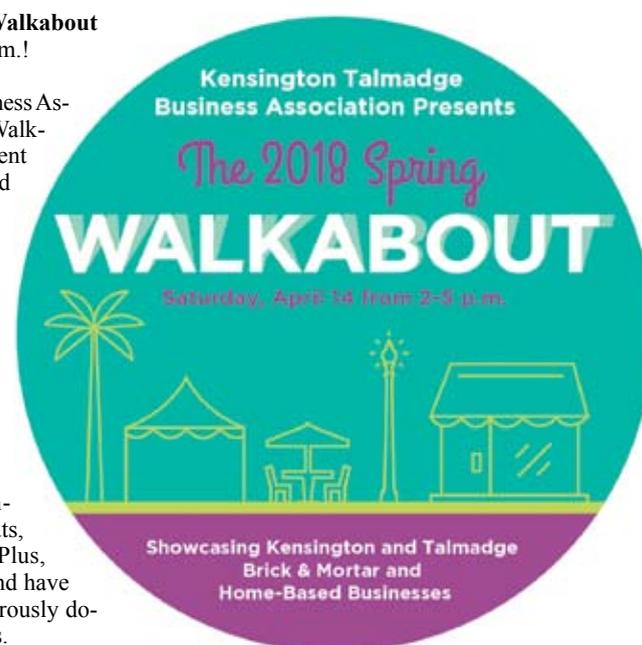
The Wanderers at The Old Globe Theatre. April 6-May 6 www.theoldglobe.org

Join us for the 2018 Spring Walkabout on Saturday, April 14 from 2-5 p.m.!

The Kensington Talmadge Business Association's second annual Spring Walkabout is a community-focused event that showcases Kensington and Talmadge businesses, both brick & mortar and home-based.

Businesses along Adams Avenue will have their doors open to the community. Home-based and off-Adams businesses will have tables in the park. Everyone is welcome to attend, and there's no cost.

Why You Should Attend: Enjoy tons of freebies, special treats, discounts, activities and more! Plus, enter our opportunity drawings and have a chance to win great prizes generously donated by our business participants.



The 10th Annual Campagnolo GranFondo San Diego - San Diego's Favorite Cycling Event! Sunday, April 8th

Southern California meets Italy in this celebration of cycling, food, and San Diego's picturesque water front. Held in beautiful Downtown San Diego, the two-day festival features a mass-start, timed Gran Fondo with 4 route options, timed King and Queen of the Mountain competitions, The Bike & Fitness Expo with guest speakers and bike, health and fitness clinics. Challenging and inspiring routes, outstanding Campagnolo ride support, delicious food on

course, followed by an Italian Feast at the Finish.

The Party — You will be cheered into the finish line, awarded your medal, and ushered into enjoy the Fantastic Finish celebration with live music, bike valet, Special Guest speakers, Italian Pasta Fest, Beer Garden, and a well-deserved massage. Open to all levels of cyclists with 4 Route Options: 101, 60, 34, 20 Miles. No matter which your distance you choose, you will be Rewarded with the

Full GranFondo Experience!

What is a GranFondo? - Gran Fondos are designed for everyone. Whether you are an experienced cyclist wanting to push your own limits, or you are someone new to riding and want to ride at your own pace, The Gran Fondo San Diego has a perfect ride and group for you! Gran Fondo is an Italian term which very loosely translates to "Big Ride" Mechanical support, SAG support, with food and refreshments during, and post ride.

Think of the ride as a big rolling party! - GranFondoGuide.



MOVIES at the Bases

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

Thursday, April 5
5:50 PM Black Panther
8:30 PM The 15:17 to Paris

Friday, April 6
5:50 PM Love, Simon
8:10 PM Gringo

Saturday, April 7
1:00 PM Black Panther
6:00 PM ADVANCED SCREENING - Rampage

Sunday, April 8
1:00 PM A Wrinkle In Time
3:20 PM Black Panther
6:00 PM Gringo
8:10 PM Game Night

Monday, April 9
6:00 PM Love, Simon
8:10 PM Gringo

Tuesday, April 10
6:00 PM Early Man
8:00 PM A Wrinkle In Time

Wednesday, April 11
5:50 PM Love, Simon
8:00 PM Black Panther

Thursday, April 12
5:50 PM A Wrinkle In Time
8:20 PM Black Panther



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

Thursday, April 5
11:00 AM Ferdinand
5:00 PM Baby Driver

Friday, April 6
5:00 PM Roman J. Israel

Saturday, April 7
11:15 AM The LEGO Ninjago Movie
2:00 PM Just Getting Started
5:00 PM Downsizing

Sunday, April 8
5:00 PM Men in Black

Monday, April 9
5:00 PM Men In Black II

Tuesday, April 10
11:00 AM Monsters, Inc.
5:00 PM Men In Black 3

Wednesday, April 11
5:00 PM Lady Bird

Thursday, April 12
11:00 AM Monsters University
5:00 PM Jumanji: Welcome To The Jungle

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

Thursday, April 5
5:40 PM A Wrinkle In Time
8:20 PM Black Panther

Friday, April 6
5:50 PM Love, Simon
8:10 PM Gringo

Saturday, April 7
12:50 PM Early Man
2:50 PM A Wrinkle In Time
5:50 PM Gringo
8:00 PM Red Sparrow

Sunday, April 8
1:00 PM A Wrinkle In Time
3:10 PM Early Man
5:40 PM Black Panther
8:20 PM Love, Simon

Tuesday, April 10
5:50 PM Gringo
8:00 PM Love, Simon

Wednesday, April 11
5:40 PM Game Night
7:40 PM Red Sparrow

Thursday, April 12
5:40 PM Annihilation
8:00 PM Gringo

Red Sparrow

R | 2h 20min

| Drama,
Mystery,
Thriller |

Ballerina Dominika Egorova is recruited to 'Sparrow School,' a Russian intelligence service where she is forced to use her body as a weapon. Her first mission, targeting a C.I.A. agent, threatens to unravel the security of both nations.

Director: Francis Lawrence
Writers: Justin Haythe (screenplay by), Jason Matthews (based upon the book by)
Stars: Jennifer Lawrence, Joel Edgerton, Matthias Schoenaerts



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

Thursday, April 5
11:00 AM Theater closed for private party

Friday, April 6
5:00 PM Batman V Superman: Dawn of Justice

Saturday, April 7
5:00 PM Jumanji: Welcome To The Jungle

Sunday, April 8
5:00 PM Marvel's The Avengers

Thursday, April 12
5:00 PM Coco

Concerts

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

April

Cole Swindell with Chris Janson & Lauren Alaina. Sat, April 7, 7:30pm. Greek Theatre, 2700 North Vermont Ave, Los Angeles. 1-844-LAGREEK www.lagreektheatre.com

Outcry Tour with Vertical Worship, Mosaic MSC, Christine Caine, Bether Music, Elevation Worship. Mon, April 9, 7pm. Greek Theatre, 2700 North Vermont Ave, LA. 1-844-LAGREEK www.lagreektheatre.com

Maluma. Wed, April 11, 7pm. The Forum, 3900 W. Manchester Blvd, Inglewood. (212) 465-6741

Scott Bradlee's Postmodern Jukebox. Fri, April 13, 7:30pm. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

Gloria Trevi and Alejandra Guzman. Fri, April 13, 8pm. Latin/pop. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

Berkley Hart: Wreck 'N' Sow. Sat, April 14, 8pm. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

Nightwish. Sat, April 14, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. www.grove-of-anaheim.com

Gloria Trevi with Alejandra Guzman. Sat, April 14, 8pm. Hollywood Bowl, 2301 N. High-

land Ave, Los Angeles, 90068. hollywoodbowl.com

Krush Groove (Ice Cube, Method Man & Redman, Bone Thugs-N-Harmony, Warren G, DJ Quik, Kurupt). Sat, April 21, 7:30pm. The Forum, 3900 W. Manchester Blvd, Inglewood. (212) 465-6741

Marshall Tucker Band. Mon, April 16, 8pm. Age 21+. Country/rock. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon. (619) 445-6002.

Flaco Jimenez & Friends. Sat, April 21, 8pm. Age 21+. Latin. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon. (619) 445-6002.

Jean-Michel Jarre. Sat, April 21, 7:30pm. Electronic/rock/world. Spreckels Theatre, 121 Broadway, San Diego. (619) 235-9500.

Bad Bunny. Sun, April 22, 6pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741.

Sarah Geronimo. Sun, April 22, 7:30pm. Filipino. Pala Events Center, 11154 Hwy 76 Pala CA 92059 • 877-WIN-PALA (877-946-7252)

Art Garfunkel. Fri, April 27, 8pm. Pop. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

Tao: Drum Hart. Fri, April 27, 8pm. Acoustic/World. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

Justin Timberlake - The Man of the Woods Tour. Sat-Sun, April 28-29, 8pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741.

Joey Alexander Trio. Sat, April 28, 7:30pm. Jazz. 13-year-old Grammy nominated pianist. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

Enrique Bunbury. Sat, April 28, 8pm. Greek Theatre, 2700 North Vermont Ave, Los Angeles. 1-844-LAGREEK www.lagreektheatre.com

May

Lisa Sanders & Karen "Brown Sugar" Hayes. Wed, May 2, 4 & 7pm. FREE. Blues/Country. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Kamelot. Sat, May 5, 8pm. Hard Rock. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. www.grove-of-anaheim.com

Lise Lindstrom & Greer Grimsley. Sat, May 5, 7:30pm. Classical/Opera/Standards. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

Hall & Oates and Train. Sun, May 6, 7pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. http://www.hondacenter.com/

Khalid. Wed-Thur, May 9-10, 7:30pm. Greek Theatre, 2700 North Vermont Ave, Los Angeles. 1-844-LAGREEK www.lagreektheatre.com

Top Dawg Entertainment: The Championship Tour (Kendrick Lamar, SZA, Schoolboy Q, Jay Rock, Ab-Soul, Sir, Lance Skiiwalker). Thurs-Fri, May 10-11, 7:30pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741.

Juanes: Amarte Tour with Mon Laferte. Sat, May 12, 7:30pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741.

Weird Al Yankovic. Sat, May 12, 7:30pm. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

Priti Gandhi. Sun, May 13, 3pm. Classical/Opera/Soprano sensation. \$13-\$40. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

U2 eXPERIENCE + INNOCENCE TOUR. Tues-Wed, May 15-16, 8pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741.

Juanes: Amarte Tour with Mon Laferte. Wed, May 16, 7:30pm. Latin. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

Earth, Wind & Fire. Fri, May 18, 9pm. Age 21+. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

Celtic Woman: Homecoming Tour. Fri, May 18, 7:30pm. Folk/World. Civic Theatre, 1100 Third Ave, downtown San Diego. (619) 570-1100.

Jon Prine. Sat, May 19, 7:30pm. Folk. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

Billy Idol. Thurs, May 24, 8pm. Age 21+. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

Phantogram and Tycho. Thurs, May 24, 6pm. Electronic/

pop. SDSU Open Air Theatre, 5500 Campanile Dr., San Diego. (619) 594-6947.

Tom Jones with Into The Ark. Thurs, May 24, 8pm. Greek Theatre, 2700 North Vermont Ave, Los Angeles. 1-844-LAGREEK www.lagreektheatre.com

PINK. Fri, May 25, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. http://www.hondacenter.com/

Natalia Lafourcade. Fri, May 25, 7:30pm. Latin/Pop. \$20-\$80. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Huey Lewis and the News. Sat, May 26, 7:30pm. Starlight Theater, Pala Casino, 11154 Hwy 76, Pala, Ca 92059. (877) 946-7252

Pink. Mon, May 28, 7:30pm. Pop. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

Steely Dan & The Doo-bie Brothers. Wed, May 30, 7:30pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741.

James Taylor with Bonnie Raitt. Thurs, May 31, 7:30pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com

June

PINK: Beautiful Trauma World Tour. Fri, June 1, 8pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741.

Sugarland. Fri, June 1, 7pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400.

http://www.hondacenter.com/
James Taylor with Bonnie Raitt. Fri, June 1, 7:30pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com

Ian Anderson Presents Jethro Tull 50th Anniversary Tour. Fri, June 1, 8pm. Greek Theatre, 2700 North Vermont Ave, Los Angeles. 1-844-LAGREEK www.lagreektheatre.com

Sugarland and Brandy Clark. Sat, June 2, 7pm. Country/pop. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Maroon 5: Red Pill Blues Tour. Mon-Tues, June 4-5, 7:30pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741.

The Adventures of Keshia and Macklemore. Fri, June 8, 7pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741.

Playboy Jazz Festival. Sat, June 9, noon. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com

Yanni. Sat, June 9, 8pm. Greek Theatre, 2700 North Vermont Ave, Los Angeles. 1-844-LAGREEK www.lagreektheatre.com

Sugarland with Brandy Clark & Clare Bowen. Thurs, June 14, 7pm. Greek Theatre, 2700 North Vermont Ave, Los Angeles. 1-844-LAGREEK www.lagreektheatre.com

Hammerfall. Fri, June 15, 8pm. Metal. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. www.grove-of-anaheim.com

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1 at this payment, SIK #52718 Vin: #JY305135, Model #6262. Net capitalized cost \$16,391.55. \$211 plus tax monthly for 36 months with \$3,000 due at lease signing. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$80 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 4/30/18.

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LEASE FOR

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1 at this payment, SIK #718031 VIN: JRO21078, Model #: 2404. Net capitalized cost \$20,555.37. \$199 plus tax monthly for 36 months with \$3,200 due at lease signing. Includes \$1750 Toyota Factory Lease Subventions Cash. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$80 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 4/30/18.

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-\$20,027 FRANKS PRICE
-\$2,000 RETAIL BONUS CASH
-\$750 SALES EVENT CASH
-\$500 MILITARY INCENTIVE

NET PRICE
\$16,777



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer Expires 4/9/18. 2 at this price #601455, #623706.

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-\$18,277 FRANKS PRICE
-\$500 MILITARY INCENTIVE

NET PRICE
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All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 HMF Bonus Cash, must finance through Hyundai Motor Finance. \$500 Military Incentive, must be active duty or veteran to qualify. Offer Expires 4/9/18. 2 at this price #067674, #076268.

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PER MONTH PLUS TAX 36 MONTHS*



Shop Now

*1 at this payment, SIK #18158 VIN #1301412 Model #JAB 02. \$229 plus tax monthly for 36 months with \$0 due at signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer document preparation charges, any electronic filing fee. Security deposit not required. On approved above average credit through JP Morgan Chase. Offer expires 4/30/18.

2018 Subaru Forester 2.5i Premium CVT

ZERO DOWN

Lease for **\$258**

PER MONTH PLUS TAX 36 MONTHS*



Shop Now

*1 at this payment, SIK #18603 VIN #JH520932 Model #JFF 13. \$258 plus tax monthly for 36 months with \$0 due at signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer document preparation charges, any electronic filing fee. Security deposit not required. On approved above average credit through JP Morgan Chase. Offer expires 4/30/18.



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