

## Weekly Contest

FOR THE KIDS: Enter for a chance to win tickets to the San Diego Kids Expo & Fair.

**See page 5**

## Movies On Base

Pacific Rim: Uprising, Sherlock Gnomes, Tomb Raider, Red Sparrow, Love, Simon, I Can Only Imagine.

**See page 8**

## AutoMatters & More

Pixar Fest: Celebrating friendship and beyond at the Disneyland Resort.

**See page 17**

Navy Marine Corps Coast Guard Army Air Force

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FIFTY SEVENTH YEAR NO. 37  
THURSDAY, APRIL 19, 2018

## The history of Earth Day

Forty-eight years ago, on April 22, 1970, millions of people took to the streets to protest the negative impacts of 150 years of industrial development.

In the U.S. and around the world, smog was becoming deadly and evidence was growing that pollution led to developmental delays in children. Biodiversity was in decline as a result of the heavy use of pesticides and other pollutants.

The global ecological awareness was growing, and the U.S. Congress and President Richard Nixon responded quickly. In July of the same year, they created the Environmental Protection Agency, and robust environmental laws such as the Clean Water Act and the Endangered Species Act, among many.

Earth Day is now a global event each year, and more than one billion people in 192 countries now take part in what is the largest civic-focused day of action in the world.

It's a day of political action and civic participation. People march, sign petitions, meet with their elected officials, plant trees, clean up their towns and roads. Corporations and governments use it to make pledges and announce sustainability measures.

Faith leaders, including Pope Francis, connect Earth Day with protecting God's greatest creations, humans, biodiversity and the planet that we all live on.

Earth Day Network, the organization that leads Earth Day worldwide, announced recently that Earth Day 2018 will focus on mobilizing the world to End Plastic Pollution, including creating support for a global effort to eliminate single-use plastics along with global regulation for the disposal of plastics.

EDN has built a multi-year campaign to End Plastic Pollution.

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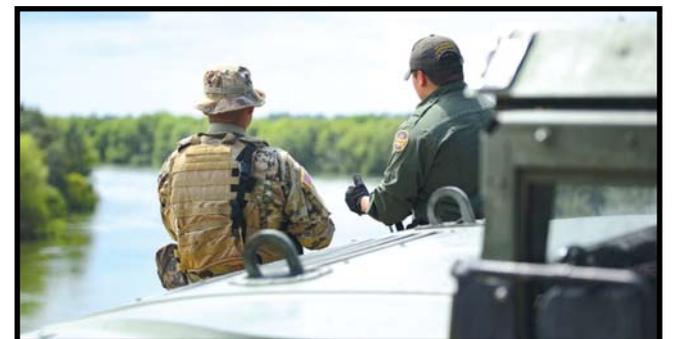
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**A Texas National Guardsman and a Customs and Border Protection agent discuss the border security mission on the shores of the Rio Grande River.**

## DoD, DHS outline National Guard role in securing border

by Lisa Ferdinando

WASHINGTON - National Guard troops are deploying to the U.S. border with Mexico to work in support functions for the Department of Homeland Security, including in aviation, operational and infrastructure missions, officials from the departments of Defense and Homeland Security told reporters here April 16.

The Defense Department will provide DHS with up to 4,000 National Guard troops to support the April 4 presidential memorandum authorizing the enhanced presence along the southwest border, said Robert Salesses, deputy assistant secretary of defense for homeland defense integration and defense support of civil authorities.

The troops will work only in operational support missions, he said, explaining their mission will not include roles in which they would interact with migrants or other people detained by DHS.

"They will not perform law enforcement functions, and they will not be placed in direct contact with personnel coming to the border," Salesses explained.

He spoke at a news conference at the Ronald Reagan Building and International Trade Center, alongside Army Lt. Gen. Daniel R. Hokanson, the vice chief of the National Guard Bureau, and Ronald D. Vitiello, the acting deputy commissioner of U.S. Customs and Border Protection.

see **Border**, page 4

## TSC emphasizes teamwork at SAPR Cup

SAN DIEGO - Training Support Center (TSC) San Diego took second place overall in the Naval Base San Diego (NBSD) Sexual Assault Prevention and Response (SAPR) Cup competition, April 13.

The SAPR Cup competition is held on NBSD every April during Sexual Assault Awareness and Prevention Month. This year's theme is "Embrace Your Voice."

"The SAPR Cup competition is a great way to raise awareness of sexual assault and the services we can provide to victims," said Moniece Montoya, TSC San Diego's Sexual Assault Response Coordinator (SARC). "The event increases a team dynamic in raising awareness and we find that people tend to learn better in an interactive team-building environment."

SARCs from NBSD offered advice on options available to victims and discussed the role that all Sailors have in helping one another.

Afloat and ashore commands from the San Diego region competed in 12 events at the NBSD Admiral Prout multi-purpose field, including a cadence competition, five running events, tug-of-war, sit-ups, push-ups, pull-ups, tire flips, and SAPR trivia.

"Sports and team competitions are great ways to build trust and camaraderie within our command," said BMC (Equipment) Leguan Penigo, TSC San Diego's training department leading chief petty officer. "The teamwork that we foster here today will definitely promote a culture of respect and open communication in the workplace."

by Adm. Bill Moran  
**R**ecently released Annual Standards of Conduct Guidance reminds all senior leaders of their personal ownership over their respective ethics programs and discusses my expectations concerning their personal standards of behavior and performance.

In past years, the Standards of Conduct Guidance emphasized the importance of developing strong personal character in our senior officers and leading by example. While this guidance is directed at our flag officers, we must all act as standards-based leaders who aspire to elevate personal behavior and performance to higher level outcomes and better unit cohesion.

Whereas rules-based leaders may foster minimally accepted levels of behavior, standards-based leaders do what is right, which almost always exceeds the legal requirement.

In short, the annual guidance illustrates the close personal involvement that the Office of the Vice Chief of Naval Operations exercises in ensuring ownership and oversight of ethics in our Navy.

In turn, I expect you to take ownership for the standards of conduct within your respective command, department or division. Our collective focus on this effort will help develop standards-based leaders who apply good judgment and meet the mission.

This year's guidance focuses on trust, which is the cornerstone for leadership at all levels within the Navy. Principled, ethical leadership strengthens the Navy's foundation of trust, which is essential to ensuring the safety of our people, safe operations at sea and the readiness of our force.

When we fail to meet the highest standards of personal

and professional conduct, we jeopardize the institution and erode the efforts of everyone else on the team. In order to be the high quality Sailors the public expects and our shipmates deserve, we must go beyond mere compliance and exceed the standard in everything we do.

Here are three things all of us can do to raise the standards in our Navy:

1) Improve our professional performance: Achieving minimal levels of performance is not good enough; true professional excellence requires breaking through required minimums to reach peak performance.

Before we question the boundaries of a perceived roadblock, explore the wisdom behind the rule and intimately understand what it seeks to guard against.

2) Safeguard our personal character: Following the rules is important, but doing what is right is imperative. Never compromise our integrity, our morals or our honor. Our ethical compass must remain true. Our personal character



Sailors aboard USS Carl Vinson (CVN 70). Navy Photo by MC3 Jake Cannady

is the root of our professional ethics.

3) Identify process improvements: Do not accept the status quo simply because that is how we have done things in the past. Have a question-

ing attitude that respects the chain-of-command while constantly seeking process improvement.

Be intellectually curious about how the Navy can do things better, and provide

value to this dynamic institution. Small things matter. When aggregated across the Fleet, relatively minor improvements can make a major difference.

Raising standards is a mission for all hands. Today's environment is composed of infinite challenges and limited resources. Although we navigate through an invariable sea of change, our commitment to these principles must never waiver.

Thank you for your professionalism and your steadfast devotion in standing the watch. See you in the fleet.

Adm. Bill Moran is the Vice Chief of Naval Operations.

## Peters: Budget increase means more aircraft, better systems for Naval aviators

by Jeff Newman  
 NATIONAL HARBOR, Md. - The program executive officer (PEO) overseeing more than half of Naval Aviation's aircraft inventory is putting recent budget increases to good use, dramatically increasing the number of aircraft it will buy in fiscal 2018 and beyond.

During the 2018 Sea-Air-Space Exposition April 10, Rear Adm. G. Dean Peters, PEO for air anti-submarine warfare, assault and special mission programs (PEO(A)), explained the additional aircraft buys.

PEO(A) had been planning to procure 41 aircraft in fiscal 2018 and 167 between fiscal 2019

and 2023, said Peters. Following recent increases in federal defense spending, those figures have increased to 75 and 207, respectively.

"That's a fairly significant increase," Peters said. "During my time as a program manager since 2007, working programs or in the PEO, this is really the first time that we've been able to talk about increases in our programs as far as what we're procuring."

"In the past, we've just been kind of surviving. Really in '18 and '19, these budget years, we've seen a shift. There's been an inflection of increased support, and we absolutely have

projects that need that funding, whether it's our procurement programs or our upgrade programs," he added. "It's not like we all of a sudden got a lot of money and are looking around for where to spend it. We've always had these requirements, and now we've actually got the money to execute, and to do so more efficiently. When you can buy six CH-53K [heavy-lift helicopters] instead of four, that's much more efficient."

Peters said that PEO(A) - which covers 55 percent of Naval Aviation's aircraft inventory - may need to come up with a new nickname for the procurement charts, that in years past would have the number of aircraft each program needed to buy in outlying fiscal years slashed out and replaced by the smaller number of aircraft that actually received approved funding.

"We used to call that a 'slash' plan, because you had all the numbers and then you marked it to show what they were decreasing to," he said. "So we're going to have to come up with another name for the 'slash' plan."

As for his programs, Peters had several new developments to share. He said the V-22 Osprey program office is close to fielding a roll-on, roll-off kit that will allow the MV-22B to provide aerial refueling to U.S. Marine aircraft.

Meanwhile, the P-8A Poseidon is testing high-altitude torpedoes that take the ASW "problem set from 1,000 feet and below to approximately 12,000 feet," Peters said. "When you're up that high, it gives you a lot of advantages, but still being able to place a torpedo in the right spot was a technical challenge. We're very close to proving out that capability."

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## Pentagon officials describe Syria strikes, hope Assad gets message

by Jim Garamone

WASHINGTON - The Syrian regime killed at least 45 people and sickened hundreds of others in a chemical weapons attack on Douma, Syria, April 7, and on April 13, U.S., British and French service members launched attacks that severely degraded the Syrian chemical arsenal and sent a message to Syrian leader Bashar Assad to stop using chemical weapons against his own people.

Chief Pentagon spokesperson Dana W. White and Marine Corps Lt. Gen. Kenneth F. McKenzie, the Joint Staff director, briefed the press April 14 from the Pentagon on the operation

saying it was successful and that there were no allied casualties.

White said the attack on innocent civilians in Douma "demanded a response," and the allies targeted the Syrian regime's chemical weapons infrastructure. "We launched these strikes to limit Syria's ability to use chemical weapons in the future," she said.

The operation was carefully orchestrated and methodically planned to lessen chances of civilian casualties, the spokesperson said. The missiles hit targets during the Syrian pre-dawn hours, and planners, weaponers and aircrew were careful to

ensure little collateral damage. "We successfully hit every target," White said.

**“We launched these strikes to limit Syria’s ability to use chemical weapons in the future.”**

Missiles hit three distinct military chemical weapons targets. "The three facilities are - or more appropriately, were - the fundamental components of the regime's chemical weapons warfare infrastructure," McKenzie said.

One target, the Barzah center, housed the regime's research, development and production center for chemical and biologi-

selected these targets carefully to minimize the risk to innocent civilians," the general said.

"We are still conducting a more detailed damage assessment, but initial indications are that we accomplished our military objectives without material interference. I would use three words to describe the operation: Precise, overwhelming and effective," he said.

The allies fired 105 weapons at these targets. The missiles came from British, French and American platforms in the Red Sea, the Persian Gulf and the Eastern Mediterranean, McKenzie said.

"All weapons hit their targets close to the designated time on target," he said. The American ships were: USS *Monterrey*, USS *Laboon*, USS *Higgins* and submarine USS *John Warner*. Two B-1 Lancer bombers launched joint air-to-surface stand-off missiles. Support aircraft - tankers, fighters, electronic warfare aircraft and more - also participated.

"None of our aircraft or missiles involved in this operation were successfully engaged by Syrian air defenses," McKenzie said. "We have no indication that Russian air defenses were employed."

Syrian response was ineffectual as the Syrians launched surface-to-air missiles on a ballistic trajectory. "Most of the launches occurred after our strike was over," the general said. "When you shoot iron into the air without guidance, it has to come down somewhere."

Since the strike, U.S. officials have not seen any military response from actors within Syria. "We remain postured to protect our forces and those of the coalition should anything occur," the general said.

## Iran using Yemen as 'test bed' for malign activities, DoD official says

WASHINGTON - Iran is exploiting the situation in Yemen, arming opponents of the internationally recognized government and using the country as a "test bed" for malign activities, a top Defense Department official told lawmakers April 17.

The U.S., as Defense Secretary James Mattis has said, supports efforts for a U.N.-brokered settlement to the conflict, Robert Karem, assistant secretary of defense for international security affairs, told a Senate Foreign Relations Committee hearing on U.S. policy in Yemen.

The conflict, which began more than three years ago, threatens regional security and U.S. national security interests, which include the flow of commerce in the Red Sea, he said.

"Yemen has become a test bed for Iran's malign activities," he said, adding that a political solution to the conflict will "reduce the chaos that Iran has exploited to advance its malign agenda."

With support from Iran, the Houthis - a Shia group trying to take control of Yemen - have launched more than 100 ballistic missiles and "countless" rockets into Saudi Arabia directed at

major population centers, international airports, military installations and oil infrastructure, he said. In this month alone, he said, the Houthis have launched more than 13 ballistic missiles and long-range rockets into Saudi Arabia.

DoD's first line of effort and priority in Yemen is the fight against al-Qaida in the Arabian Peninsula and the Islamic State of Iraq and Syria in Yemen, Karem said. AQAP and ISIS in Yemen are "two terrorist organizations that directly threaten the

United States, our allies and our partners," he told the senators.

U.S. forces are working in coordination with the U.N.-recognized government of Yemen to support regional counterterrorism partners, he said.

AQAP and ISIS in Yemen are plotting from safe havens in Yemen against the American people and U.S. allies and partners, Karem said. U.S. military forces are conducting airstrikes against them in Yemen to disrupt and destroy terrorist networks, he said.

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# Face of Defense: Female advisor breaks through barriers in Afghanistan

by Staff Sgt. Neysa Canfield  
KANDAHAR, Afghanistan - Army Master Sgt. Janet Bretado of the California National Guard is one of two female advisors from the 40th Infantry Division serving as part of Train, Advise and Assist Command South.

"A lot of advising efforts derived from having the passion to help," the Bellflower, Calif., native said. "I had that passion from my family upbringing and still do to this day."

The command, composed of soldiers from the California National Guard's 40th Infantry Division, and 2nd Infantry Brigade Combat Team of the 4th Infantry Division, is focused on training and assisting Afghan security forces and supporting counterterrorism operations.

"I am part of the [military advisory team] for TAAC South," Bretado said. "I advise the logistics section for 205th Afghan National Army Corps."

As an automated logistical specialist for the past 13 years, Bretado was the perfect candidate for the team.

"During my past two deployments, in 2008 and 2010, I was the supply support activity NCO in charge," she said. "I was able

to use my experience from those deployments to help my counterparts here with their forward support depot, which is similar to our SSA."

To fully assist her counterparts, Bretado said, she had to instruct them on a logistician's duties and responsibilities.



Master Sgt. Janet Bretado shows an Afghan logistics officer a photo in Kandahar, Afghanistan. Army photo by Staff Sgt. Neysa Canfield

"It was hard for them to understand that we don't just deal with food and clothing, but with every class commodity - ammo, transportation, weapons," Bretado said. "Logistics is the heart of everything. You can't help soldiers in the fight if you don't have the correct equipment on hand."

Bretado began her mentorship

by incorporating systems used by the supply support activity into the 205th Corps' forward support depot.

"[The Afghans] use what we call a 'push system,'" she said. "The central supply depot in Kabul sends items to the 205th FSD, Bretado explained. The FSD will sometimes receive

equipment and supplies that they need, but most times they won't, she said, causing them to store excess items and continue ordering more supplies or equipment.

The "pull system" that Bretado integrated into the Afghan forward support depot ensures that units receive the requested supplies and equipment as needed

and that any excess will be sent back for use by other units.

"When I first got here, I learned that the FSD had over 1,500 pairs of size 5 boots just stored here, because most of their soldiers wear size 7," Bretado said. "We worked shoulder to shoulder, completed the correct paperwork and sent all the equipment back to be used for women coming into the Afghan army or police. We then used the pull system to get them the correct-sized boots."

Although the FSD is only a small portion of what Bretado is helping to improve, she said, her Afghan counterparts are very receptive of all her recommendations.

"From the first moment I walked in, ... they have been very welcoming," she said. "They don't see me for my gender. They see me as a professional soldier trying to help."

With only a few short months left before her to return to the U.S. and her family, her counterparts are saddened to see her go.

"She has done a great job helping us," said Afghan army Sgt. Maj. Abdul Rawof Klafgani, logistics sergeant major, 205th ANA Corps. "She is a [competent] logistician and is always available when we need to reach out to her. We wish her happiness as she gets ready to go back home to her family."

Through constant communication and a common goal

to improve the Afghan army, relationships have evolved to more than just partnerships, Bretado said.

"It has grown into a friendship, sharing stories and pictures," she added. "We put work aside and talk about our families, hobbies or what is going on in our lives. It's important to know each other

in order to help each other."

Bretado said she's very happy to have had the opportunity to serve in Afghanistan.

"It's amazing to see [our allies] grow," she said. "If you have the knowledge and experience to help, don't let your gender stop you."

## Border continued from page 1

President Donald J. Trump authorized the National Guard, with the affected governors' approval, to enhance its support to U.S. Customs and Border Protection along the southern U.S. border. In the presidential memorandum April 4, he said a "drastic surge of illegal activity on the southern border" is threatening national security.

Defense Secretary James N. Mattis authorized up to 4,000 National Guard troops for the mission. Troops began deploying immediately.

While noting that the number changes daily, Hokanson said his latest figures show more than 900 troops have deployed for the mission: 250 in Arizona, just over 60 in New Mexico, and around 650 in Texas.

Vitiello welcomed the enhanced presence to aid in securing the border.

"The National Guard will perform many operational support functions, including monitoring cameras and sensor feeds to assist with the overall situational awareness," he said. "They will provide much-needed aerial support, and [we] anticipate they will help with repairing roads and vehicles, among other duties."

In addition, National Guard members will provide surveillance, engineering, administrative and mechanical support to border agents, he said.

"Most importantly, the Guard will immediately expand our capabilities on the border, which will increase the effectiveness of our law enforcement operations," he said.

Mattis authorized the use of Title 32 duty status and DoD funds for up to 4,000 National Guard personnel to support DHS's southern border security mission while under the command and control of their respective governors through Sept. 30.

Title 32 status is full-time duty other than inactive duty performed by a member of the National Guard. It allows the governor, with the approval of the president or the secretary of defense, to order a member to duty for operational homeland defense activities. Arming the troops will be limited to circumstances that might require self-defense, the DoD memo says.

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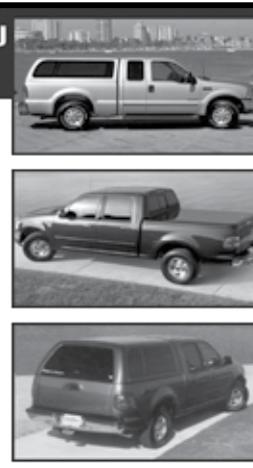
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## Social Security Matters

by Russell Gloor

### Ask Rusty – Restricted application for divorced spouse

Dear Rusty: I've recently started reading your column and am learning a lot! My particular question is this: I was born in November 1953 so my full retirement age is 66, which is coming up faster than I would have ever imagined. I'm divorced but was married for 25 years before the split, and I have not remarried. I've heard that because I was born before 1954 I can still claim my ex's Social Security as a spousal benefit when I reach my full retirement age and let my own benefit continue to grow, switching to it when I turn 70. Is that correct? Is it likely to change if Congress looks for ways to cut entitlements to make up for the tax cuts? And how do I find out what my ex-spouse's benefit amount is if we are no longer speaking? Also, does your Social Security benefit amount continue to grow if you quit working but just don't take it? Or do you have to still be contributing to Social Security for it to continue to grow by that 8 percent per year I've seen you mention? Signed: Ex-Spouse



Dear Ex-Spouse: Yes, because you were born before January 2, 1954, you are "grandfathered" into something called the "restricted application for spousal benefits only." That means that if your ex-spouse is collecting his Social Security when you reach your full retirement age (FRA), you may file the restricted application, collect spousal benefits equal to 1/2 of the amount he is/was entitled to at his full retirement age, and allow your own benefit amount to grow until you reach age 70 (you don't actually need to wait until you are 70 to claim on your own record; you can claim at any time between your FRA and age 70). By delaying your own retirement claim you will earn delayed retirement credits at a rate of 2/3rd of 1 percent per month for each month you delay (that comes out to 8 percent per year). Social Security will require that you visit their office to find out what your ex-spouse's current benefit amount is, and they will ask you to provide his Social Security number (otherwise you'll need to provide his date and place of birth and his parents' names). If you meet any reluctance to provide you with his benefit amount when you visit, be insistent and ask to speak to a supervisor; it's your right to get that information to help with your retirement planning. You should also have a copy of both your marriage certificate and divorce decree available when you file the restricted application.

You don't need to worry about Congress changing your option to file a restricted application; it was already changed by the Bipartisan Budget Act of 2015 to eliminate the "restricted application for spousal benefits" for anyone born after Jan. 1, 1954. If you wish to go ahead with the restricted application once you have reached your full retirement age of 66, you can apply online starting with the regular benefit application process, but when you see the question Do you want to start your benefits now, answer NO. You will then see a drop-down menu from which you can select November 2018 as your benefit start date. After that when you see the question If you are eligible for both retirement and spousal benefits, do you want to delay receipt of retirement benefits, answer YES. Then on the last screen enter I wish to exclude retirement benefits from the scope of this application. I am filing a restricted application for spousal benefits. I am not applying for retirement benefits on my own work record. I want to earn delayed retirement credits. Since Social Security recommends you apply for benefits 3 months before you wish them to start, you may file your restricted application in September but be sure to specify November as the month you wish your spousal benefits to begin.

And regarding your last question, yes, your Social Security retirement benefit amount continues to grow, even if you quit working and are no longer paying FICA taxes from your earnings. You don't need to continue contributing to Social Security to earn delayed retirement credits.

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. Submit a request at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org).

## MAG-36 remembers Hue City

by Sgt. Natalie Dillon  
FUTENMA, OKINAWA, Japan - Marine Aircraft Group 36, 1st Marine Aircraft Wing, the first complete Marine air group to be transported by sea to a combat zone, launched from USS Princeton to the shores of Vietnam, Sept. 1, 1965. Immediately, they began providing troop lifts, air strikes, medical evacuation, resupplies, and reconnaissance insertions and extractions in the southern area of operations.

"Gaining and maintaining air superiority in any theater is a priority," said Brig. Gen. Thomas D. Weidley, commanding general, 1st MAW. "The ability to insert and extract Marines [in Vietnam] kept our ground forces in the fight while also providing injured Marines the help they needed."

Armed with UH-1E Gunships, CH-46 Sea Knights, and UH-34 Sea Horses, MAG-36 flew daily in support of Marines on the ground.

Meanwhile, while many U.S. and South Vietnamese forces celebrated the Tet holiday, tens of thousands of North Vietnamese soldiers, Viet Cong guerrillas and local communist militants moved under the cover of night. Their objective was to simultaneously attack more than 100 U.S. and South Vietnamese

occupied cities and bases. In the early hours of Jan. 31, 1968, the Communist-led Tet Offensive was in full force.

Most Tet Offensive attacks were defeated in hours or days. However, Hue City, considered the spiritual center of Vietnam and an essential strategic stronghold for American troops, was held tightly by North Vietnamese forces.

For 26 days, Marines and South Vietnamese soldiers fought house-to-house and street-to-street, emptying each individually. As fighting ensued, MAG-36 provided them with air support and inserted Marines into the fight. They also extracted the injured and fatally wounded in Hue despite the difficulty brought forth by monsoon season.

"Flying in inclement weather of any type can cause a lot of con-

cern," said Col. James F. Harp, commanding officer, MAG-36. "The adverse conditions could

Vietnamese forces, the battle for Hue City came to an end at midnight on Feb. 27, 1968.

After the battle for Hue City, MAG-36 remained in Vietnam and provided support in their area of operations for nearly two years. Eventually, it was decided by Headquarters Marine Corps to move the group out of Vietnam. On Nov. 4, 1969, they moved to Marine Corps Air Station Futenma, Okinawa, Japan. Once on Futenma, in 1970 MAG-36 began providing composite helicopter squadrons to the 31st Marine Amphibious Unit Afloat, later renamed the 31st Marine Expeditionary Unit.

Presently, MAG-36 serves as the Okinawa-based aviation group within 1st MAW, the aviation combat element of III Marine Expeditionary Force, with detachments from its squadrons deploying every year alongside the 31st MEU to provide humanitarian assistance and train all over the Pacific region.

"Today our Marines are definitely prepared to go out anywhere in the Pacific and provide support," said Harp. "We are constantly preparing and always ready to go out and do what Marines do, which is fighting our battles and winning."



**A UH-1E Gunship pulls out of a rocket and strafing attack on a Viet Cong position near Cao Lanh in the Mekong Delta, Jan. 22, 1969. Large craters caused by air and artillery strikes brought in on the area can be seen near the white explosion. Courtesy photo from McInerney**

cause reduced visibility resulting in [crashes], especially because these pilots were flying in a new environment."

In all, three Marine battalions and 11 South Vietnamese Army battalions were committed to retaking the city. After suffering nearly four thousand casualties between the American and South

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What radio station do you listen to? \_\_\_\_\_

Active duty military (which base): \_\_\_\_\_

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Civilian

Retired military



by Lisa Smith Molinari

You know those people who open bags of M&Ms and dump the entire contents into their upturned mouths? They're the same ones who eat icing roses off of birthday cakes, open big presents before little ones, and ask for the good news first.

Unfortunately, I'm not one of those people. Throughout life, I've strictly adhered to a "save the best for last" regimen. As a kid, I would squirrel away things - trinkets, treats, rewards - and ration them to myself, slowly and methodically until the best was left to savor.

Take those M&Ms for example. I sorted through them one by one, eating the misshapen ones first, until I had a perfect candy of each color. Those five, The Chosen, would be ceremoniously sacrificed in one final, triumphant chomp. They didn't taste any different than the rest, so why the irrational ritual?

In junior high school, everyone collected stickers, but while my friends were slapping theirs on books and lockers, I stashed mine away for something spe-

## Marshmallows and military adventure: Grab 'em while you can

cial. Those stored stickers eventually lost their stick. I think my mother still has a sheet of crusty Smurf stickers in the desk drawer of my old room.

Every Easter, Valentine's Day, and Halloween, I would ration my candy, saving the best treats so long, that they often got too stale to eat.

Finally, my M&M sorting ritual makes sense!

This experiment dovetails with "peak-end bias" research by Nobel Prize-winner Daniel Kahneman which shows that people irrationally judge experiences by what happened last. For example, if a mediocre vacation ended with a fantastic night in a

sert first."

How does this apply to military families? Certainly we must be frugal, always saving and planning for our ever-changing futures. Living a life centered around serving one's country requires careful organization and responsibility. However, military life also offers the luxury to splurge on experiences.

Despite all those years I spent digging through plastic strands of grass to ferret out jelly beans while my peanut butter eggs dried up, our family didn't delay gratification when it came to our military experiences. We "ate the marshmallow," taking unique opportunities as soon as they arose. And my husband's 28-year military career ended with a bang — after a fun final

tour in Newport, Rhode Island, we threw a huge retirement party that was WAY over our budget.

Don't delay the adventure. Live overseas, rent a unique house, travel, try indigenous foods, go to military balls, eat the whole bag of M&Ms — grab the bull by the horns and make the most of your military journey.

## the meat and potatoes of life

Decades later, I'm still nibbling around center of cinnamon rolls and reading the most interesting magazine article last. Why? What has it ever gotten me but a rock-hard coconut egg and a shriveled Papa Smurf sticker? Has all my controlled frugality been for naught?

I consulted an expert (Google) and found that "best for last" tendencies have been researched extensively. Scientists have studied delayed gratification, intuitive judgment, and peak-end bias to find out why some eat muffin tops first and others don't.

In a 2011 University of Michigan experiment, students were given a series of chocolates to eat. With each candy, the experimenter said, "Here is your next chocolate." But when the experimenter said, "This is your last chocolate," the subjects tended to rate that last candy as their favorite regardless of the flavor.

five-star hotel, vacationers tend to remember the trip positively.

Despite this illogical partiality for "end" experiences, there are rational bases for saving the best for last. In the 1960s "Stanford Marshmallow Experiments", 600 pre-schoolers were offered one marshmallow now, or two 15 minutes later. The vast majority of subjects waited for the additional reward, proving that children understand delayed gratification. A follow-up study showed that the ability to delay gratification was linked to higher SAT scores and lower body mass indexes.

Somehow, that correlation skipped over me ...

Finally, a 2013 Cornell study showed that the tendency to save the best for last fades with age. Apparently, younger adults have long-term visions that require saving for later, while older folks think, "Life is too short, eat des-

## 5 stand-out mother's day gift ideas

(StatePoint) Need a Mother's Day gift that truly shines? Take these fun and practical ideas into consideration.

1. A clean house. Let Mom take a load off now and again. Hire a cleaning service once a month for a year, or if you're on a budget, do it yourself. From laundry to dishes -- an IOU ticket to take care of the chores she would usually handle will give Mom an opportunity to take more time for herself to read a book or go out with friends.

2. A classic accessory. If you're looking for something classic, give Mom an accessory that combines function and fashion, such as the Vintage Collection timepieces from Casio. Offered in a range of styles that complement fashion palates from simple and classic to retro glam, each timepiece comes equipped with an LED-lit display face, a countdown timer and a 1/10th second stopwatch. They also feature a daily alarm, hourly time signal and an auto-calendar, making them a necessity for any-



one looking for fashion flare that keeps her organized, on-time and up-to-date with appointments.

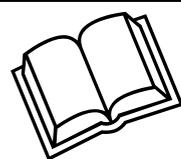
3. Some rest and relaxation. Send Mom for a spa day, where she can select the treatments and services she wants best. Or, help her to create a spa-like environment at home, with face masks, a foot spa and bath bombs for the tub.

4. A hobby. Has Mom always wanted to learn to play piano? Consider gifting portable technology to help her achieve

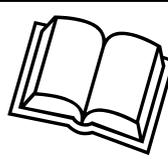
this dream. One modestly priced option is Casio's C T - X 7 0 0 portable keyboard, which features a rich sound with a powerful AiX Sound Service. Designed for casual players and beginners, it has a Lesson System that

displays the proper fingering and notation, helping you learn its library of 100 built-in songs, as well as a six-track recorder.

5. Time together. Spend some quality time with Mom. Take a cooking class or comedy workshop together, or look for sip and paint options, where you learn painting skills while enjoying a glass of wine or beer. Local cafes and bars often host such events; however, you may want to check out the community center or community college for class options, too.



## Places of Worship



### Bayview Baptist Church

6126 Benson Avenue, SD 92114 (619) 262-8384  
 Sunday 7:00 am, 9:00am and 11:00 am Worship Service  
 2nd Wednesday's 6pm YLoV and YMoV  
 Wednesday Night Live (WNL) 7pm  
 "A Multi-Cultural, Multi Ethnic, Multi Generational Church"  
[www.bayviewbc.org](http://www.bayviewbc.org)

### Canyon View Church of Christ

"Love God, Love People, Serve the World"  
 Sunday Bible Classes for all ages 9:00 am  
 Sunday Worship 10:00 am, 6:00 pm  
 Wednesday nights 6pm Fellowship and Pizza! 6:30pm Bible Classes for all ages  
 4292 Balboa Avenue, San Diego 92117 (Located near the corner of Balboa Avenue and Clairemont Drive) (858) 273-5140  
[www.canyonview.org](http://www.canyonview.org) Email: [cvooffice@canyonview.org](mailto:cvooffice@canyonview.org)

### Christ Community Church

Helping people love God and each other more!  
 Saturdays at 6 pm & Sundays 8:45 am & 10:45 am  
 Children's Ministries for All Kids! Small Groups for Teens and Adults of all Ages!  
 9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15  
[www.gotoChrist.com](http://www.gotoChrist.com) or (858) 549-2479

### City of Faith Family Worship Center

6265 University Avenue, San Diego CA 92115, (619) 265-2921  
[www.cityoffaithFWC.org](http://www.cityoffaithFWC.org)  
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 Wednesday - Bible Study 7pm -8 pm

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 619.749.1767 visit us at [www.thecityofpraise.org](http://www.thecityofpraise.org) & [twitter@citybishop](https://twitter.com/citybishop)  
 Bishop Stephen M. Brunson, Senior Pastor, USN, Retired

### First Baptist Church

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

### La Jolla Lutheran Church

"We Follow Jesus"  
 Sunday 9:30am Worship and Sunday School  
 Wednesday 6:30 pm Bible Study  
 7111 La Jolla Blvd, La Jolla 92037  
 858-454-6459  
[LaJollaLutheranChurch.com](http://LaJollaLutheranChurch.com)

### Lighthouse Baptist Church

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 1345 Skyline Dr, Lemon Grove, CA 91945  
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[www.lighthousebaptist.com](http://www.lighthousebaptist.com) (619) 461-5561

### Mesa View Baptist Church

Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant  
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 Morning Worship at 10 am  
 Wednesday Night Bible Study 7 pm  
 13230 Pomerado Rd, Poway CA 92064  
[www.mesaview.org](http://www.mesaview.org) (858) 485-6110

### Mt. Moriah Christian Church

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 L.J. Thomas - Sr. Pastor  
 7055 Carroll Rd, San Diego CA 92121  
 (858) 335-5795 [www.mtmoriahcc.org](http://www.mtmoriahcc.org)

### New Life Tabernacle Pentecostal Church

3064 Franklin Ave, San Diego, CA 92113  
 Pastor Dwayne C. Britt (619) 265-5834  
 Children's Sunday School @ 10am  
 Sunday Morning Worship @ 10 am  
 Tuesday Night Bible Study @ 7:30 pm  
[www.newlifetabernaclepentecostalchurch.org](http://www.newlifetabernaclepentecostalchurch.org)

### Paradise Hills Southern Baptist Church

6038 Cumberland Street, SD 92139 (619) 479-4111  
[www.phsbc.net](http://www.phsbc.net)  
 Sunday Bible classes for all ages: 9:15am  
 Sunday worship: 10:30 am  
 Wednesday Prayer Service: 6:00 pm  
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### St. Luke's Lutheran Church

5150 Wilson Avenue, La Mesa, CA 91942  
 Phone: 619-463-6633  
[website: www.st-lukes-la-mesa.org](http://www.st-lukes-la-mesa.org)  
 Worship: 9:00 am  
 Pastor: Mark Menacher, PhD.  
 We thank you for your service!

# About Your Health

## The power of pets: Health benefits of human-animal interactions

by NIH

Nothing compares to the joy of coming home to a loyal companion. The unconditional love of a pet can do more than keep you company. Pets may also decrease stress, improve heart health, and even help children with their emotional and social skills.

An estimated 68% of U.S. households have a pet. But who benefits from an animal? And which type of pet brings health benefits?

Over the past 10 years, NIH has partnered with the Mars

Corporation's WALTHAM Centre for Pet Nutrition to answer questions like these by funding research studies.

Scientists are looking at what the potential physical and mental health benefits are for different animals—from fish to guinea pigs to dogs and cats.

### Possible Health Effects

Research on human-animal interactions is still relatively new. Some studies have shown positive health effects, but the results have been mixed.

Interacting with animals has been shown to decrease levels of cortisol (a stress-related hormone) and lower blood pressure. Other studies have found that animals can reduce loneliness, increase feelings of social support, and boost your mood.

The NIH/Mars Partnership is funding a range of studies focused on the relationships we have with animals. For example, researchers are looking into how animals might influence child development. They're studying animal interactions with kids who have

autism, attention deficit hyperactivity disorder (ADHD), and other conditions.

"There's not one answer about how a pet can help somebody with a specific condition," explains Dr. Layla Esposito, who oversees NIH's Human Animal-Interaction Research Program. "Is your goal to increase physical activity? Then you might benefit from owning a dog. You have to walk a dog several times a day and you're going to increase physical activity. If your goal is reducing stress, sometimes watching fish swim can result in a feeling of calmness. So there's no one type fits all."

NIH is funding large-scale surveys to find out the range of pets people live with and how their relationships with their pets relate to health.

"We're trying to tap into the subjective quality of the relationship with the animal—that part of the bond that people feel with animals—and how that translates into some of the health benefits," explains Dr. James Griffin, a child development expert at NIH.

### Animals Helping People

Animals can serve as a source of comfort and support. Therapy dogs are especially good at this. They're sometimes brought into hospitals or nursing homes to help reduce patients' stress and anxiety.

"Dogs are very present. If someone is struggling with something, they know how to sit there and be loving," says Dr. Ann Berger, a physician and researcher at the NIH Clinical Center in Bethesda, Maryland. "Their attention is focused on the person all the time."

Berger works with people who have cancer and terminal illnesses. She teaches them about mindfulness to help decrease stress and manage pain.

"The foundations of mindfulness include attention, intention, compassion, and awareness," Berger says. "All of those things are things that animals bring to the table. People kind of have to learn it. Animals do this innately."

Researchers are studying the safety of bringing animals into hospital settings because animals may expose people to more germs. A current study is looking at the safety of bringing dogs to visit children with cancer. Esposito says. Scientists will be testing the children's hands to see if there are dangerous levels of germs transferred from the dog after the visit.

Dogs may also aid in the classroom. One study found that dogs can help children with ADHD focus their attention. Researchers enrolled two groups of children diagnosed with ADHD into 12-week group therapy sessions. The first group of kids read to a therapy dog once a week for 30 minutes. The second group read to puppets that looked like dogs.

Kids who read to the real animals showed better social skills and more sharing, cooperation, and volunteering. They also had fewer behavioral problems.

Another study found that children with autism spectrum disorder were calmer while playing with guinea pigs in the classroom.

When the children spent 10 minutes in a supervised group play-time with guinea pigs, their anxiety levels dropped. The children also had better social interactions and were more engaged with their peers. The researchers suggest that the animals offered unconditional acceptance, making them a calm comfort to the children.

"Animals can become a way of building a bridge for those social interactions," Griffin says. He adds that researchers are trying to better understand these effects and who they might help.

Animals may help you in other unexpected ways. A recent study showed that caring for fish helped teens with diabetes better manage their disease. Researchers had a group of teens with type 1 diabetes care for a pet fish twice a day by feeding and checking water levels. The caretaking routine also included changing the tank water each week. This was paired with the children reviewing their blood glucose (blood sugar) logs with parents.

Researchers tracked how consistently these teens checked their

SEE **Pets**, page 15

## County Library collecting gently-worn formal dresses for free prom dress giveaways

by Tracy DeFore

Help make dreams come true for teenage girls who need a dress for the prom. The San Diego County Library is collecting gently worn formal dresses so these teens can go to the dance in style.

For teen girls, half the fun of going to the prom is picking out the dress. But that can be challenging when the budget

isn't quite there. That's why the County Library is joining forces again with the non-profit organization The Princess Project to collect prom dresses.

In past years, the County Library has collected hundreds of dresses at the El Cajon and Vista branches. This year, all 33 library branches will be taking in gowns. The branches will take donations until April 20.

The dresses must be dry-cleaned, no more than five years old and come on a hanger. The apparel can be any style, size and length but must be stylish and appropriate for young women. Accessories like jewelry are welcome, too. Shoes, however, aren't being accepted. The Library hopes to collect enough dresses so each girl can have her choice of at least two or three gowns.

The clothing and accessories will be taken to the El Cajon and Vista branches for the giveaway events and that's when the fun really begins. Last year, more than 200 teens attended the gown giveaway at the two branches.

The girls will get to pick and choose from racks of formal gowns for just the right one. Impromptu dressing rooms will allow them to try on as many as they wish, and full-length mirrors will be set up so they can twirl in front of them and see how they look.

"It's so fun to see their eyes light up when they see their dress," said Vista Youth Services Librarian Jennifer Runge.

Any teen who needs a prom dress is invited to attend no matter which school they attend or even which county they live in.

The County Library has worked with the Princess Project since 2011 and has given away hundreds of prom dresses.



To sign up for the giveaway events, teens can call and register at the El Cajon or Vista library branches or go online at the Princess Project.

### The giveaway events take place on:

- Saturday, April 21
- 10 a.m. – 3 p.m.
- Vista Library Branch
- 700 Eucalyptus Ave.
- Vista, CA 92084
- (760) 643-5100
- Saturday, April 28
- 10 a.m. – 4 p.m.
- El Cajon Library Branch
- 201 E. Douglas
- El Cajon, CA 92020
- (619) 588-3718



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**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](http://www.navybaybridgerun.com).

**Ultimate Navy Fitness GOAT Run** Friday, April 20, 7 am, FREE Admiral Prout Field House Track, NBSD, Bldg. 3279, 619-556-7444 It's a 3-mile run/walk with an intense obstacle course to test your endurance, perseverance and grit. The course is packed with more than 15 signature Sports & Fitness obstacles for you to complete. Register today at [www.navylifsw.com](http://www.navylifsw.com).

**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.navylifsw.com](http://www.navylifsw.com). Event proudly sponsored by MWR, Armed Forces Dispatch and USAA.

**Family Fun & Dive-In Movies** Fridays, April 27 (Star Wars: The Last Jedi), May 25 (Jumanji: Welcome to the Jungle), June 29 (Justice League), July 27 (Ferdinand), August 24 (Black Panther), September 14 (Coco), 5:30 pm, FREE Cool off in the pool with good music, yummy goodies and lots of fun! Events open to all MWR patrons. Register today by stopping by the Balboa Athletic Complex Pool, NMCS D, Bldg. 12, or calling 619-532-6080.

**Operation Megaphone! Teen Overnight** Friday-Saturday, April 27-28 FREE DoD Dependents/\$10 Sponsored Teen Guest Join the worldwide annual #OMP to connect with other military teens all over the world to discuss key issues that affect YOU – a military teen! Plus, lots of fun, food, games and special surprises! Stop by your local Navy Youth Center today for times, location and ages welcome or visit [www.navylifsw.com](http://www.navylifsw.com) for full details.

**Lakeside Rodeo** Saturday, April 28, 1:30 pm, \$14 12584 Mapleview St, Lakeside, 92040 Enjoy a fun afternoon watching bull riding, steer wrestling, barrel racing, roping and more! Meet us outside of the box office at 1:30 pm for the 2 pm show. Register: NBSD 619-556-9597, NBC 619-437-3190, NBPL 619-553-9138

**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

**Cinco de Mayo 5K 2018** Friday, May 4, 11:15 am (day-of registration and check-in starts at 10 am), FREE Balboa Athletic Complex, NMCS D, Bldg. 12 Softball Field All are welcome to participate! Free T-shirt for the first 150 pre-registered participants. Register online at [www.navylifsw.com](http://www.navylifsw.com) today! For more details call 619-532-6080.

**Pathfinder** Saturday, May 5, 10 am and 2 pm, FREE NBPL, Main Base, The Clubhouse, Bldg. 546 The epic quest continues! Gather your friends for part five of a casual introduction to Pathfinder, a role-playing adventure. All levels of play are welcome. Advanced registration is required. Receive an in-game advantage! Sessions from 10 am-1 pm and 2-5 pm. Register: 619-553-9138

**Family Yoga** Sunday, May 6, Noon, FREE VADM Martin Fitness Center, NASNI, Bldg. 1507 Participate in an age-appropriate kids' class with an emphasis on easy-to-understand poses and activities for parents and children to do together. Workout wear recommended. Registration required: 619-437-3190

**Mommy and Me Garden Party** Sunday, May 6, 2-4 pm, \$16 Adults/\$14 Kids (2-10 yrs.) NBSD Anchors Catering & Conference Center, Bldg. 3210 Enjoy an afternoon full of special characters, dancing, crafts, music, and yummy snacks. Formal attire and pearls encouraged, but not required. Register: 619-556-9597

## HAPPENINGS LISTED FROM PREVIOUS ISSUES....

### LIBERTY

**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.

**Day in Santa Monica** Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Q-Zone Liberty Center, NAB: 619-437-3190 Saturday, April 21 • 8 am • \$5 Explore the beach and shops of Santa Monica. Cost includes transportation.

**Cedar Creek Hike** Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. VADM Martin Liberty Center, NASNI: 619-545-3331 and Q-Zone Liberty Center, NAB: 619-437-3190 Sunday, April 22 • 10 am • FREE Enjoy a challenging 5.2 mile heavily trafficked out and back trail located near Ramona featuring an 80-foot waterfall.

**Earth Fair at Balboa Park** Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Balboa Liberty Center, NMCS D: 619-532-8909 Sunday, April 22 • 10 am-5 pm • FREE Let's go see what we can do to help create a clean, healthy, and prosperous future.

**Dinner + Kayaking** Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Liberty Hall, NBPL, Harbor Drive Annex: 619-524-0961 Sunday, April 22 • 3-6 pm • \$5 Liberty/\$10 guest End your weekend with a beginner's tour of San Diego Bay and a delicious BBQ dinner! Register by April 19 to reserve your spot.

**Ultimate Trampoline Dodgeball** Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. VADM Martin Liberty Center, NASNI: 619-545-3331 Monday, April 23 • 5 pm \$18 Where players and balls are free to fly in unprecedented ways! Cost includes admission, trampoline socks and transportation.

**Old Town Taco Tuesday** Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Q-Zone Liberty Center, NAB: 619-437-3190 Tuesday, April 24 • 5 pm • FREE Enjoy tacos at one of many restaurants in Old Town! Free transportation.

**K1 Speed** Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. The RECYARD, NBSD: 619-556-5078 Saturday, April 28 • Noon • \$25 active/\$35 guest Do you have the need for speed! Cost includes transportation and snacks.

**Texas Hold'em Tournament** Event open to single enlisted and unaccompanied active duty, plus a guest, 18+. The Clubhouse Liberty: NBPL, Main Base: 619-553-9138 Monday, April 30 • 6-9 pm • FREE No need to fret! You're playing with house money. Last one standing wins a great prize!

### SPORTS & FITNESS

**You are Worth It!** An MWR massage is the perfect addition to your healthy body, mind and spirit routine. Call for an appointment today! NMCS D, Bldg. 26 1B, 619-532-7629 NBSD, Bldg. 223, 619-556-7450 NBPL, Main Base, Bldg. 1, 619-553-7552 NAB, Bldg. 162, 619-437-2186 NASNI, Bldg. 1507, 619-545-0237

**Get More Out of Your Workout!** FREE fitness instruction is offered at all base MWR Fitness Centers for all MWR patrons...that means YOU! Individual or small group sessions are available. For full details or to schedule an appointment, contact the base Fitness Center nearest you or visit [www.navylifsw.com](http://www.navylifsw.com) for locations. Also, did you know FREE, and low cost, group exercise class schedules are now online! Bookmark [www.navylifsw.com](http://www.navylifsw.com) today! Stay fit with MWR!

### MARINAS

**Sailing Classes ~ NEW Reduced Basic Sailing Class Fees!** Ahoy Mates. Fiddler's Cove offers beginner, intermediate and advanced sailing classes designed to get you out on the water. Held on Saturday and Sunday, each 2-day session runs from 9 am to 4 pm at Fiddler's Cove Marina. Basic Sailing class fees are E1-E6 \$50; E7 and above and Retirees \$75; DoD civilians \$100; and sponsored guests \$125. Call for upper level sailing class fees. Pre-registration is recommended as classes fill up fast. Registration fee includes boat rental, instruction and textbooks. For more information call Fiddler's Cove Marina at 619-522-8680.

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

Thursday, April 19  
5:50 PM Annihilation  
8:10 PM Red Sparrow

Friday, April 20  
6:00 PM Sherlock Gnomes  
8:00 PM Pacific Rim: Uprising

Saturday, April 21  
1:00 PM Pacific Rim: Uprising  
3:50 PM Tomb Raider  
6:20 PM Sherlock Gnomes  
8:00 PM Pacific Rim: Uprising

Sunday, April 22  
1:00 PM Sherlock Gnomes  
2:50 PM Pacific Rim: Uprising  
6:00 PM Love, Simon  
8:10 PM Pacific Rim: Uprising

Monday, April 23  
6:00 PM Sherlock Gnomes  
7:50 PM Pacific Rim: Uprising

Tuesday, April 24  
5:50 PM Tomb Raider  
8:10 PM Red Sparrow

Wednesday, April 25  
5:50 PM Tomb Raider  
8:10 PM Pacific Rim: Uprising

Thursday, April 26  
6:00 PM A Wrinkle In Time  
8:10 PM Sherlock Gnomes



## MOVIES at the Bases



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

Thursday, April 19  
5:40 PM Love, Simon  
7:50 PM Tomb Raider

Friday, April 20  
5:50 PM Sherlock Gnomes  
7:50 PM Pacific Rim: Uprising

Saturday, April 21  
12:50 PM Sherlock Gnomes  
2:40 PM Pacific Rim: Uprising  
6:00 PM Sherlock Gnomes  
8:00 PM Pacific Rim: Uprising

Sunday, April 22  
12:40 PM Sherlock Gnomes  
2:30 PM Tomb Raider  
5:40 PM Sherlock Gnomes  
7:30 PM Pacific Rim: Uprising

Tuesday, April 24  
5:30 PM I Can Only Imagine  
7:50 PM Pacific Rim: Uprising

Wednesday, April 25  
5:40 PM Gringo  
8:00 PM Tomb Raider

Thursday, April 26  
5:50 PM Sherlock Gnomes  
7:40 PM Pacific Rim: Uprising

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

Thursday, April 19  
11:00 AM Antz  
5:00 PM The Shape of Water

Friday, April 20  
5:00 PM The Commuter

Saturday, April 21  
11:15 AM Despicable Me 3  
2:00 PM The Post  
5:00 PM 12 Strong

Sunday, April 22  
5:00 PM Pirates of The Caribbean: At World's End

Monday, April 23  
5:00 PM Pirates of The Caribbean: On Stranger Tides

Tuesday, April 24  
11:00 AM Up  
5:00 PM Roman J. Israel

Wednesday, April 25  
5:00 PM Just Getting Started

Thursday, April 26  
11:00 AM Chicken Run  
5:00 PM Downsizing



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

Thursday, April 19  
5:00 PM Monsters, Inc.

Friday, April 20  
5:00 PM The Commuter

Saturday, April 21  
5:00 PM Maze Runner: The Death Cure

Sunday, April 22  
5:00 PM All The Money In The World

Thursday, April 26  
5:00 PM Paddington 2

### A Wrinkle in Time (2D)

**Genre:** Adventure, Family, Fantasy  
**Cast:** Storm Reid, Oprah Winfrey, Reese Witherspoon, Mindy Kaling, and Chris Pine.

**Synopsis:** After the disappearance of her scientist father, three peculiar beings send Meg, her brother, and her friend to space in order to find him.

**Rated:** "PG" for thematic elements and some peril.

**Length:** 109 minutes



## Carl Vinson completes Western Pacific deployment

SAN DIEGO - Sailors from aircraft carrier USS *Carl Vinson* returned home to Naval Air Station North Island in San Diego, April 12, after completing a scheduled three-month deployment.

More than 5,000 Sailors from *Carl Vinson* and embarked Carrier Air Wing (CVW) 2 deployed Jan. 5 to conduct routine operations in the Indo-Pacific and maintain security and stability in the region.

"We safely conducted our mission in a complex operating environment," said Rear Adm. John Fuller, the *Carl Vinson* Strike Group commander. "I give full credit to our Sailors. They demonstrated outstanding readiness, watchstanding and navigational skill, and represented our nation and Navy with great pride and professionalism. I am very pleased with what we accomplished at sea and ashore as a team."

*Carl Vinson* steamed ap-

proximately 40,000 nautical miles and visited Guam, the Philippines and Vietnam. The visit to Vietnam was the first by a U.S. aircraft carrier in more than 40 years and demonstrated America's continued commitment to the region.

*Carl Vinson* hosted more than 1,300 guests for tours, professional exchanges and a formal reception. Sailors also participated in community service events and sports competitions.

The strike group conducted a variety of joint and combined exercises designed to strengthen regional partnerships and enhance maritime interoperability.

*Carl Vinson* completed a bilateral exercise with the Japan Maritime Self-Defense Force in March. The exercise included a series of training drills and Sailor-to-Sailor exchanges.

"I'm very proud of what we

accomplished as a team," said Capt. Douglas Verissimo, *Carl Vinson's* commanding officer. "The historic visit to Vietnam and the crew's efforts there will have a tremendous impact for many years."

*Carl Vinson* is the flagship for Carrier Strike Group 1. The strike group also includes guided-missile cruiser USS *Lake Champlain* (CG 57) and guided-missile destroyers USS *Wayne E. Meyer* (DDG 108) and USS *Michael Murphy* (DDG 112) from Destroyer Squadron 1.

*Wayne E. Meyer* returned to Naval Base San Diego at 32nd Street immediately following *Carl Vinson's* return. *Lake Champlain* will return to San Diego after completing scheduled operations in the 4th Fleet area of responsibility. *Michael Murphy* will return to its homeport at Pearl Harbor.

The strike group's deployment marks the second time



it has successfully operated in the Indo-Pacific region under U.S. 3rd Fleet's command and control. U.S. 3rd Fleet's control of ships and aircraft across the Western Pacific

and beyond the international dateline to India enables U.S. 3rd and 7th Fleets to operate together across a broad spectrum of maritime missions in the region.

**Airman Dustin Thornton, reunites with his wife at the *Carl Vinson's* homecoming ceremony. Navy photo by MC3 Reymundo A. Villegas III**

### Former Navy pilot's heroic actions in landing damaged Southwest flight

The Southwest Airlines pilot who made an emergency landing Tuesday after the jet blew an engine and lost a window at 32,000 feet was one of the first female pilots to fly with the Navy, according to news reports.

Tammie Jo Shults, 56, was calm as she navigated the damaged Dallas-bound jet, Flight 1380, to an emergency landing in Philadelphia, the report said.

The twin-engine Boeing 737 that left New York's LaGuardia Airport had 143 customers and five crew on board. One passenger died after she was reportedly hit with shrapnel from the explosion.

**NAVY CAREER:** In the report, Shults, after attending aviation officer candidate school in Pensacola, was assigned to a training squadron at Naval Air Station Chase Field in Beeville, Tex., as

an instructor pilot teaching student aviators how to fly the Navy T-2 trainer. She later left to fly the A-7 Corsair in Lemoore, Calif.

Because of the combat exclusion law, Tammie Jo Shults was prohibited from flying in a combat squadron. While her husband was able to join a squadron, her choices were limited, involving providing electronic warfare training to Navy ships and aircraft.

She later became one of the first women to fly the Navy's newest fighter, the F/A-18 Hornet but, again, in a support role. She served in the Navy for 10 years, reaching the rank of Navy lieutenant commander. She left the Navy in 1993 and now lives in the San Antonio area with her husband. She has two children: a teenage son and a daughter in her early 20s.

## Stennis CSG cruiser-destroyer warships underway for Surface Warfare Advanced Tactical Training (SWATT)

SAN DIEGO - Cruiser-destroyer (CRUDES) warships and their associated helicopter detachments from USS *John C. Stennis* (CVN 74) Carrier Strike Group (CSG) departed Naval Base San Diego for a Surface Warfare Advanced Tactical Training (SWATT) exercise, April 16.

SWATT events focus on advanced tactical training at sea to improve warfighting proficiency, lethality, and ship interoperability before integrated phase training with other elements of the CSG. The exercise is the third SWATT led by Naval Surface and Mine Warfighting Development Center, and the second of the CRUDES variety.

"SWATT's provide shipboard teams and warfare commanders the reps-and-sets they need to be prepared to integrate with the strike group, and ultimately head downrange to execute their missions with other naval assets, joint forces, and coalition partners around the globe," said Rear Adm. John Wade, commander of SMWDC.

Units participating in the Stennis CRUDES SWATT are Destroyer Squadron 21, USS *Mobile Bay*, USS *Stockdale*, and USS *Spruance*. The exercise is supported by Military Sealift Command fleet replenishment oiler USNS *Henry J. Kaiser*, the Grey Knights and Golden Swordsmen of Patrol Squadrons 46 and 47, and the Easyriders and Raptors of Helicopter Maritime Strike Squadrons 37 and 71.

SMWDC, who is leading the exercise, is supported by a whole host of organizations to include Naval Information Warfighting Development Center, the Center for Naval Analyses, CSG 15, Naval Surface Warfare Center, Corona Division, Naval Undersea Warfare Center, Keyport Division, Submarine Squadron 11, Patrol and Reconnaissance

Wing 10, Fleet Area Control and Surveillance Facility, Naval Air Warfare Center Weapons Division, Military Sealift Command Pacific, Afloat Training Group, and Commander, Anti-Submarine Warfare Force 3rd Fleet.

CRUDES SWATT events provide dedicated in port and at sea training for surface ships that focus on watch team, unit, Air Defense Commander, and Sea Combat Commander training prior to the integrated phase of training with the CSG. The exercise provides focused training in a number of specific warfare areas including Surface Warfare, Anti-Submarine Warfare, Integrated Air & Missile Defense, and Information Warfare.

"Our goal is for surface ships and associated air assets to go through a SWATT during each deployment training cycle," said Wade. "This is our third SWATT exercise, and we're planning three more this year. The demand signal from the Fleet is there, and SWATTs are critically important to give our Sailors the competence and confidence to be more competitive in the maritime environment."

What makes SMWDC's training unique isn't simply a focus on learning - it is also the methods by which the command drives at them. First, senior mentors including post-major command captains, post-commander command commanders, warfare tactics instructors (WTI), and technical community experts plan the training events, brief teams, and embark the ships for the entirety of the exercises to walk through a defined Plan, Brief, Execute, and Debrief (PBED) process. Second, the training team's efforts are aided replay tools that provide ground truth performance data to shipboard teams in order to facilitate rapid learning.

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## 3rd MAW Sailor receives award for saving a life

MCAS MIRAMAR - HM3 Don Klein, a Navy corpsman with Marine Wing Headquarters Squadron, 3rd Marine Aircraft Wing, will receive the Non Commissioned Officers Association Vanguard Award, April 20 in Washington, D.C. for his heroic actions November 12, 2017, when he saved a woman's life while hiking in Poway, Calif.

The NCOA conference is designed to accomplish association business for membership, auxiliary, the Knights' Assembly, and set the association's legislative course for the upcoming year. They also recognize NCOA's top performers and outstanding chapters.

They deliver NCOA's message by presenting a wide range of informative and relevant presentations, panel discussions and seminars on pertinent veteran, retiree, active military, and guard and reserve subjects. Also, a variety of valuable networking events are available to all who attend.

## ESG-3 hosts 'ship-to-shore' power training

by MC2 Jesse Monford

SAN DIEGO - Expeditionary Strike Group (ESG) 3, alongside Afloat Training Group (ATG) San Diego, the San Diego Engineering Readiness Assistance Team (ERAT) and Naval Facilities Engineering Command (NAVFAC) hosted ship-to-shore power training, April 13.

Shore power is the delivery of pier-side electrical power to a ship at berth while its main and auxiliary engines are shut down. Utilizing shore power saves consumption of fuel that would otherwise be used to power vessels while in port, and eliminates the air pollution associated with consumption of that fuel.

The four commands worked side-by-side with Sailors from across the waterfront, training and helping them to learn how to operate and maintain some of the most complex equipment in the Navy. Conducting this training was to prevent mishaps and mitigate risks of shipboard fires.

"We want to get everyone familiarized with the proper way to connect and disconnect with torque values and proper

procedural compliance," said Capt. (Sel) Robert Bailey, ESG-3's N4 Assistant Chief of Staff. Bailey was the lead organizer for the training event.

Alfonso Jo, NAVFAC's Metro Production Office Utilities Superintendent, stated that having a list of the things that ships are supposed to check, along with having the necessary parts on-hand to be able to fix those things, would make the ship-to-shore power evolution more safe and sound. This also would ultimately lead to a Maintenance Requirement Card for ships to follow.

Steve Davidson, ERAT's Electrical and Auxiliary subject matter expert, went over what Sailors can do to better prevent them from experiencing any future mishaps.

## Navy ship named after Portland, Ore., arrives at Columbia River

ASTORIA, Ore. - USS Portland, the Navy newest San Antonio-class amphibious transport ship which will be commissioned later this month in its namesake city, Portland, recently entered the Columbia River.

The *Daily Astorian* reports that the San Diego-bound vessel with nearly 400 crewmembers aboard docked at the Port of Astoria for a day. The ship will arrive in Portland in time for her commissioning on Saturday, April 21.

The San Antonio-class amphibious transport weighs 25,000 tons and is 684 feet long.

It is the first ship to be named exclusively for Oregon's largest city.

It was built in Mississippi for \$1.6 billion and sailed through the Panama Canal before docking in San Diego in January.



Naval Facilities Engineering Command (NAVFAC) personnel demonstrate how to properly connect ship-to-shore power cables during a waterfront training event hosted by Expeditionary Strike Group (ESG) 3. ESG-3 comprises three amphibious squadrons, eight naval support elements and 14 amphibious warships comprised of more than 14,000 active-duty and reserve Sailors and Marines. photo by MC2 Jesse Monford

"We need to give our guys more hands-on training because not everyone learns from looking at the powerpoints," Davidson said. "Step-by-step procedures, getting these guys in the action via the proper training tools in a safe manner, can be the difference maker here."

ESG-3 comprises three am-

phibious squadrons, eight naval support elements and 14 amphibious warships comprised of more than 14,000 active-duty and reserve Sailors and Marines. The mission of ESG-3 is to serve as the command element for Marine expeditionary-brigade level expeditionary operations as commander of an amphibious task force.

## Marine who died in helicopter crash honored at Miramar

MIRAMAR - With a public funeral procession to the Miramar National Cemetery, Gunnery Sgt. Derik Holley was laid to rest with full military honors Tuesday.

The dead Marine won't be buried there. His cremated remains will return for a private family memorial service at a nearby mortuary.

A native of Dayton, Ohio, Holley, 33, was one of four Warhorse crewmen from Marine Heavy Helicopter Squadron 465 who died on April 3 when their Super Stallion helicopter crashed about 15 miles west of El Centro, near the international border with Mexico.

Other Marines lost in the crash were Capt. Samuel Abraham Schultz, 28; 1st Lt. Samuel D. Phillips, 27; and Lance Cpl. Taylor J. Conrad, 24.

Military investigators continue to probe the cause of the mishap.

Holley enlisted in the Marine Corps in late 2003 and became a helicopter crew chief. He served tours in Japan, Iraq and at sea with the 15th Marine Expeditionary Unit.

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photo by MC2 Joshua Fulton

Hospital ship USNS *Mercy* (T-AH 19) arrives at Port Kelang, Malaysia, to support Pacific Partnership 2018. PP18's mission is to work collectively with host and partner nations to enhance regional interoperability and disaster response capabilities, increase stability and security in the region, and foster new and enduring friendships across the Indo-Pacific Region. Pacific Partnership, is the largest multinational humanitarian assistance and disaster relief preparedness mission in the Indo-Pacific.



Recent Dispatch contest winners

Check page 5 for this week's contest entry form.

## Mercy arrives in Malaysia for Pacific Partnership

by MC2 Kelsey L. Adams  
PORT KELANG, Malaysia - U.S. and partner nation personnel participating in Pacific Partnership 2018 aboard Navy hospital ship USNS *Mercy* (T-AH 19), arrived in Port Kelang, Malaysia, April 16.

The Pacific Partnership mission in Malaysia will feature medical exchanges, civil engineering projects, humanitarian assistance and disaster relief (HA/DR) preparedness seminars, and community outreach engagements in the greater Kuala Lumpur area.

The secondary mission platform for Pacific Partnership, the expeditionary fast transport ship USNS *Brunswick* (T-EPF 6) will arrive in Tawau, Malaysia April 21 for a series of civil engineering, medical and outreach engagements with the local community and Royal Malaysian Armed Forces.

"Our Malaysian partners offer a multitude of opportunities to grow our shared capabilities in medical, civil engineering, and disaster relief preparedness," said Capt. David Bretz, Pacific Partnership mission commander. "Pacific Partnership provides participating nations an opportunity to share past experiences, compare tactics and procedures, and to have an appreciation of what other people have done

and are doing to solve regional challenges."

Pacific Partnership is the largest annual multilateral disaster response preparedness mission conducted in the Indo-Pacific. This year's mission includes military and

### Tracking TR

### Theodore Roosevelt arrives in Singapore

by MC3 Andrew Langholf

SINGAPORE - Aircraft carrier USS *Theodore Roosevelt* (CVN 71), with embarked Carrier Air Wing (CVW) 17, USS *Bunker Hill*, and USS *Sampson* recently 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 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 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 leader engagements aboard which enhance mutual understanding and relationships through direct interactions.

During the port visit, Sailors and Marines will volunteer off-duty time to assist local charitable organizations and participate in community relations. Sailors will also have liberty, time to travel around the city, and cultural exchanges during MWR-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."

civilian personnel from the United States, Canada, United Kingdom, Australia, France, Peru, and Japan.

After Malaysia, USNS *Mercy* will visit Sri Lanka, Vietnam, and Japan strengthening alliances, partnerships, and multilateral

cooperation throughout the region. USNS *Brunswick* will visit Thailand after engagements in Tawau, enhancing cooperation throughout Southeast Asia.

"Through Pacific Partnership we are deepening integral ties with our allies and partners across the Indo-Pacific region," said Rear Adm. Don Gabrielson, Commander, Task Force 73, the executive agent for Pacific Partnership 18. "The challenges we face with natural and manmade disasters do not respect borders or national sovereignty.

"This dynamic mission enables many nations and subject matter experts to come together to pursue solutions to complex problems while enhancing preparations for disaster emergencies that reduce the severity of their impact. The foundation of trust created through Pacific Partnership engagement helps foster a cooperative environment that encourages collaborative approaches to improving the lives and conditions for the people of this region and beyond."

Pacific Partnership 2018 consists of more than 800 U.S. and partner nation civil-military personnel working side-by-side with host nation counterparts to be better prepared for potential humanitarian and disaster response situations.

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# Lighting the way for command and control

by Cpl. Jeremy Laboy

CAMP PENDLENTON - What if you were lost and alone in the dark with only a flash light to guide you? Would it be enough to give you a sense of security and confidence?

Well this is an all-too realistic feeling for military commanders who conduct multi-level operations in a battlespace where the conditions and environment are uncertain. Having proficient members of a communications team, designed to employ versatile and mobile telecommunications equipment from an austere environment, reduces that uncertainty. It provides confidence for the commanders and their troops around the world and at sea.

Marines like Cpl. Trevor Green, a data network specialist from Edon, Ohio, are one of the few individuals that served in the 15th Marine Expeditionary Unit's communications department aboard San Diego-based USS *America*. The communications department acted as that flashlight during the 15th MEU's recent deployment and was spread across the entirety of the *America* ARG.

Green and a small communications team attached to the 15th MEU's reconnaissance element in Hawaii, provided real-time communication to the MEU commander during training, which facilitated voice, video, and data from a small, portable satellite terminal. The team also provided imagery over high frequency communications from the beach back to the ship, nearly 1,000 nautical miles away.

"The rapid response kit team trained really hard during the pre-deployment training period," said Maj. Matthew Bowman, the communications department officer-in-charge. "We were able to send rapid response teams ashore [in Hawaii, Singapore, Djibouti, and Iraq] and push secure voice, video, and data back to the ship with a very small foot print. That's a huge capability we have, and it supports the reason we exist as Marines on ship; to be able to project power ashore quickly."

The comm section served as the vital link amongst Marines embarked on three ships of the *America* ARG, the MEU commander and his teams operating in more than 22 different countries throughout Central and Africa Command's AORs. Marines aboard *America* and the teams on the ground, provided real-time reports and instructions to the leadership operating in remote areas and kept the commanders of higher headquarters in different time zones informed.



Cpl. Anthony Salas, a network administrator with 15th MEU, installs a Hawkeye III Satellite in Iraq, Dec., 4, 2017. . Marine Corps photo

"It doesn't matter if you're setting up for an infantry battalion, a Marine Expeditionary Unit, or a Marine Expeditionary Force, the purpose of communications is to enable command and control for the commanding officer" said Bowman. "The

unique capabilities of MEU communications, such as the Rapid Response Kit, have to allow us the ability to communicate beyond line of sight in austere conditions."

However, installing and em-

ploying this critical capability doesn't just happen overnight; each member of the section prepares for this over a span of several months with constant evaluations and training events.

"A lot of the teams worked

together prior to deployment; which is what set us up for success - a lot of prior training on subjects like: beyond line of sight communications, high frequency and detailed training in network operations - both on the network and server side," said Bowman.

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**CAMP PENDLETON (April 11, 2018)** - Marine Corps Capt. Cody Calhoun, a support company commander with 9th Communication Battalion, 1st Marine Expeditionary Force, competes in the 2018 Commanding General's Cup Swim Meet. The CG Cup is an annual series of events that begin in January and end in November to build camaraderie and competition between units on the base. "Challenge is what feeds our inner selves" said Calhoun. "It's good to be out here to compete for the CG, our units and our Marines." photo by Lance Cpl. Dalton Swanbeck

**MCRD SAN DIEGO (April 10, 2018)** - Marine Corps recruits with India Company, 3rd Recruit Training Battalion, Recruit Training Regiment, compete against one another during a pugil sticks bout. The recruits used bayonet techniques from the Marine Corps Martial Arts Program they were taught throughout recruit training.

*Marine Corps photo by Lance Cpl. Jose Gonzalez*

**SAN DIEGO (April 16, 2017)** - USS *Mobile Bay* (CG 53) gets underway to complete the USS *John C. Stennis* (CVN 74) Carrier Strike Group Cruiser-Destroyer (CRUDES) Surface Warfare Advanced Tactical Training (SWATT) exercise. SWATTs increase warfighting proficiency, lethality, and interoperability of participating units. Navy photo by Clinton C. Beard



**MCAS MIRAMAR (April 6, 2018)** - (top) Friends and family of Marine Wing Support Squadron 373 wait in a hangar for their service members to return here. MWSS-373 completed a six-month deployment to the 5th fleet area of operations. (bottom) Maj. Chris Thrasher with MWSS 373 embraces his wife. Marine Corps photos by Cpl. Jacob Pruitt

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THURSDAY, APRIL 19, 2018 [www.armedforresdispatch.com](http://www.armedforresdispatch.com) 13

## Raise awareness about mental illness at NAMI Walk/Run

by José A. Álvarez  
You can walk or you can run.

Either way, you'll raise awareness about mental illness by joining the upcoming NAMI San Diego 5K Walk/Run and HHSA Wellness Expo.



Organized by the County Health and Human Services Agency and the National Alliance on Mental Illness, the annual event will take place Saturday, April 28, 2018, from 7:30 to 11 a.m. at Liberty Station NTC Park, 2455 Cushing Road in Point Loma. The event is free and open to the public. Pets are also welcome. You can register or make a donation here.

The walk and wellness expo serve as the official kickoff to Mental Health Awareness Month, observed every May. The event supports Live Well San Diego, the County's vision to improve the health, safety and well-being of all residents.

In addition to the 5K, the HHSA Wellness Expo includes a resource fair with about 100 booths, an interactive art project, art exhibit, therapy dogs, family friendly activities area and a special zone for veterans.

Every year, the County joins forces with NAMI to raise awareness about mental illness and reduce the stigma associated with it.

It is estimated that one in five adults experiences a mental health challenge in any given year. However, many don't seek treatment because of the stigma associated with mental illness.

People experiencing a mental health challenge can access services by calling the County's 24-hour, multilingual Access and Crisis Line at (888) 724-7240. Resources are also available at NAMI San Diego or the It's Up to Us website.

## Del Mar National Horse Show rides into town

The 73rd annual Del Mar National Horse Show kicked off its three-week run on April 17 with Western Week. The iconic horse show brings together many of the most accomplished, athletic and revered horse and rider teams to compete for coveted trophies.

"Night of the Horse," presented by Mary's Tack & Feed at 7 p.m. April 21, is the exclamation point of Western Week where spectators will be dazzled with daring feats during a truly unique musical equestrian theatrical performance.

Each week of the Del Mar National represents a distinct discipline - **Western (April 17-21)**, **Dressage (April 26-29)** and **Hunter/Jumper (May 1-6)** - and closes with a special event highlighting that segment on Saturday evenings. Nearly 1,500 horses from various countries will compete in the three-week show for more than \$300,000 in cash and prizes.

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

Featured Event: Night of the Horse, presented by Mary's Tack & Feed, April 21: This equestrian variety show features entertain-

ment that will dazzle the whole family with daring feats and beauty during this unique musical equestrian theatrical performance. Globe-trotting Australian horseman Dan James headlines the show; he's the only cowboy in the country who "Roman rides" a liberty team comprised of four horses and a pony. The event also includes performances by Erik Martonovich, who will bring his Gladius the Show straight from Las Vegas; the California Cowgirls Drill Team; Bobby Kerr and his fearless American Mustangs; Kenny Lawson's mounted shooting and more.

- Dally and Spanky will make an appearance at Night of the Horse with their unique dog and pony show! Spanky, a 2-year-old miniature horse, was rescued by Francesca Carsen. While Francesca was teaching Spanky some tricks, her 6-month-old Jack Russell Terrier, Dally, jumped onto Spanky's back. From that day, the two have been inseparable.

- Preceding the Night of the Horse, visitors can explore the "Meet the Breeds Expo" presented by MD Barnmaster from 5-7 p.m. which is a fun, interactive live horse encounter in the courtyard on April 21. Whether you are a competing rider or have always dreamed about owning or riding, the Meet the Breeds Expo offers a chance to compare saddles of a different sport, view the different breeds of horses and even



take selfies with your favorite one. Listen to four-time San Diego Music Award-winner Steven Ybarra perform while you sample wine, beer and spirits and shop at Vendors' Village for unique equestrian merchandise including

art, clothing, hats, books, jewelry and more.

Most events throughout the week are free for spectators except for featured Saturday evening events including Night of the Horse. Tickets are now available for both reserved seating and gourmet dinner VIP boxes online at delmarnational.com.

**Dressage Week**, April 26-29 featuring "The Evening of Musical Freestyles" presented by Mossy Automotive Group at 7 p.m. April 28

**Hunter/Jumper Week**, May 1-6 features "\$25,000 Surfside Grand Prix" presented by The Competitive Equestrian-1:45 p.m. May 4 and "\$100,000 Grand Prix of Del Mar" presented by Pacific Sotheby's International Realty Equestrian Division-6:45 p.m. May 5

## Antique Show and Sale returns to Del Mar Fairgrounds April 20-22

For 58 years The Del Mar Antique Show has been proud to present thousands of square feet of antiques, vintage collectibles and decorator items (Over 100 premier antique dealers from all over California & the Western United States). These exhibitors will be selling the finest in antiques & collectibles including all types of glass, pottery, paper ephemera, crystal, jewelry, art, silver, Americana, primitives, American & European furniture, vintage collectibles and decorator items, and much more... IN SHORT, EVERYTHING FROM TIN TO TIFFANY!!!!

The Del Mar Antique Show is also proud to announce that they will be sponsoring a special booth to help customers appraise their unknown treasures. The charge for this service will be \$5 per item. This weekend at the our appraisal team returns to tell our customers if they have uncovered treasures in their hands. The team features Jan Jessie Jacoy, noted appraiser in the fields of fine art and Native American art. Jan is a certified appraiser in California, helping people determine values for their items and if need be, find the correct venue to sell the items. Erik Johannesen is a noted jewelry appraiser and buyer, his expertise in the field of estate jewelry is second to none in Southern California. Nam Nguyen is an expert in the field of Asian Art, a great asset to this team, who brings years of experience to the table. Larry Stone is a San Diego Militaria and autograph dealer, who assists the estate sale trade in determining value for historically significant items. The team will be at the Del Mar Show this Friday, Saturday, and Sunday during normal business hours.

Also appearing at the show will be our great repair & restoration artisans who are experts in the fields of glass, crystal, rugs, and jewelry, furniture and art restoration. PLUS Sean Rich of Tortuga Trading Inc. Sean is well known for being the Prop Master and owner of the antique weapons on the Disney film Pirates of the Caribbean and his time spent on the TV show Pawn Stars and was featured in the History Channel's "Civil War Week Special of Pawn Stars and National Geographic Channel's "Gettysburg". Show hours Friday & Saturday are 11am to 7pm; Sunday is 11am to 5pm. FREE ADMISSION TICKETS are available at www.calendarshows.com

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# Navy celebrates global presence for Earth Day 2018

Operating as a global force, the Navy constantly delivers critical national defense capabilities at home and abroad. The breadth and diversity of the training, testing, and operations executed by Sailors and Marines speak to the far-reaching effects conveyed toward the mission of security and beyond.

## Pets continued from page 7

blood glucose. Compared with teens who weren't given a fish to care for, fish-keeping teens were more disciplined about checking their own blood glucose levels, which is essential for maintaining their health.

While pets may bring a wide range of health benefits, an animal may not work for everyone. Recent studies suggest that early exposure to pets may help protect young children from developing allergies and asthma. But for people who are allergic to certain animals, having pets in the home can do more harm than good.

## Helping Each Other

Pets also bring new responsibilities. Knowing how to care for and feed an animal is part of owning a pet. NIH/Mars funds studies looking into the effects of human-animal interactions for both the pet and the person.

Remember that animals can feel stressed and fatigued, too. It's important for kids to be able to recognize signs of stress in their pet and know when not to approach. Animal bites can cause serious harm.

"Dog bite prevention is certainly an issue parents need to consider, especially for young children who don't always know the boundaries of what's appropriate to do with a dog," Esposito explains.

Researchers will continue to explore the many health effects of having a pet. "We're trying to find out what's working, what's not working, and what's safe—for both the humans and the animals," Esposito says.

## Health Risks from Your Pet

- Kids, pregnant women, and people with weakened immune systems are at greater risk for getting sick from animals. Take these steps to reduce your risk: Wash your hands thoroughly after contact with animals.
- Keep your pet clean and healthy, and keep vaccinations up to date.
- Supervise children when they're interacting with animals.
- Prevent kids from kissing their pets or putting their hands or other objects in their mouths after touching animals.
- Avoid changing litter boxes during pregnancy. Problems with pregnancy may occur from exposure to toxoplasmosis, a parasitic disease spread through the feces of infected cats.

To this end, the Navy recognizes its expansive, meaningful influence as a fighting force and environmental steward with the 2018 Earth Day theme, "Global Reach, Local Action." Performing missions at sea, on land, and in the skies highlights the constant presence of naval personnel in ecosystems across the globe. The theme acknowledges the omnipresence of Sailors and Marines and reminds uniformed personnel and civilians of the many opportunities for the Navy to enact positive changes for the environment.

Earth Day is acknowledged annually on April 22, but the Navy workforce celebrates throughout the entire month of April with a variety of Earth Day-related events. Previously, these activities included Earth Day fairs, beach and base clean-ups, tree plantings, recycling contests, school and youth activities, fun runs, and more.

Some of the 2018 activities scheduled at Navy commands across the globe include an Earth Day Fair at CFA Yokosuka; a 5K Run and tree planning at Camp Lemonier Djibouti; SUBASE New London's Annual Earth Day Challenge to compete with community organizations in environmental stewardship projects; a beach cleanup at NAS Key West; and many more. The

Pentagon will also host an Earth Day Fair on Wednesday, April 18, featuring informational materials from the Navy, Army, Air Force, OSD, and others.

Follow Currents: The Navy's Energy & Environmental Magazine on Facebook (<https://www.facebook.com/navycurrents/>) and Twitter (<https://twitter.com/navycurrents>) for Earth Day updates and information on command events across the Navy.

"We can't perform our national security mission effectively without routinely taking care of the environment where we operate," said Rear Adm. Carl Lahti, Director of the Navy's Energy and Environmental Readiness Division (OPNAV N45). "Earth Day is a chance to build relationships by demonstrating that stewardship."

For more information on Navy Earth Day, including a Command Planning Guide, please visit <http://greenfleet.dodlive.mil/environment/earth-day/>.

For more information, visit [www.navy.mil](http://www.navy.mil), [www.facebook.com/usnavy](http://www.facebook.com/usnavy), or [www.twitter.com/usnavy](http://www.twitter.com/usnavy).

For more news from Chief of Naval Operations Energy and Environmental Readiness Division, visit [www.navy.mil/local/opnavn45/](http://www.navy.mil/local/opnavn45/).

## Global Reach, Local Action



Sailors and civilians celebrate Earth Day by picking up trash at Naval Support Activity Bethesda, Md. Earth Day is an annual celebration to demonstrate support for environmental protection. U.S. Navy photo by MC3 Class William Phillips.

## Local Earth Fair theme 'We're all in this Together' Balboa Park • Sunday April 22nd • 10am-5pm

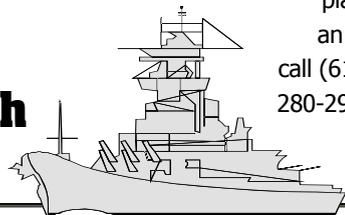
Our annual EarthFair in Balboa Park is the largest free annual environmental fair in the world. EarthFair 2018 will be our 29th annual event! Each year, the EarthFair draws around 60,000 visitors.

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# Arts District to host Liberty Station Concerts

*FREE Concert Series Returns for Four Shows June through September*

ARTS DISTRICT Liberty Station welcomes the return of Liberty Station Concerts, a wildly popular free concert series inaugurated last year. The four concerts, presented outdoors on the grassy North Promenade on Sunday evenings, will feature a collection of popular San Diego musicians and acts. Audiences are invited to bring a blanket, a picnic and a love of live music. Produced in partnership with Damian DeRobbio, of Beer, Food & Music, the venue is set up to allow lots of room to dance and get up close to the acts.

"We wanted to include local bands with roots in San Diego and that have helped

build a vibrant culture here," explained Andrew Waltz, ARTS DISTRICT Program Manager. "The concert series highlights regionally known groups that are setting the bar for San Diego's music scene."

The 2018 Liberty Station Concert series presents many notable San Diego Music Awards winners and nominees, including Rebecca Jade, winner for Best Jazz Album with Peter Sprague; Birdy Bardot, winner for Best Pop; Earl Thomas, a former four-time SDMA winner; and Casey Hensley Band, nominated for Artist of the Year. Each will take the stage for an innovative performance on their own or in creative ensembles.

"The venue at ARTS DISTRICT Liberty Station is one of the best places to see an outdoor

concert in San Diego. I am very excited about this year's lineup. Every show has an eclectic variety of talent and vibe and will be showcasing some of the best voices in Southern California," said DeRobbio.

The Liberty Station Concerts serve the community by providing free outdoor music in an incomparable setting. "Sponsorships assure we can continue this free community program so that everyone can enjoy concerts featuring regional musicians that appeal to music lovers of all ages," said Alan Ziter, NTC Foundation Executive Director. Sponsorship opportunities from \$5,000 to \$1,500 are available through the Foundation.

Concert-goers are encouraged to arrive early and enjoy the art galleries, studios and museums

of the exciting ARTS DISTRICT. Many ARTS DISTRICT Resident Organizations will present pop-up activities and programs prior to all concerts.

Location & Address: ARTS DISTRICT Liberty Station, North Promenade—2848 Dewey Road, San Diego 92016. Between Stone Brewing World Bistro and the colorful Greetings mural. All ages invited. No alcohol can be brought into the venue.

is unique. This special Liberty Station edition will break new ground and feature the amazing Nathan James, Whitney Shay, Casey Hensley, Billy Watson and Sharifah Muhammed.

**Sunday, July 22 OPENING ACT: Rebecca Jade** and the Cold Fact. This act will deliver body-moving grooves to its brand of beach city soul, paying homage to the pioneers of the genre while adding vintage West Coast textures and

sweetness and diva brass, conscientious of each song's feel with every syllable and every purposeful breath.

**HEADLINER: Earl Thomas** Earl Thomas will ignite audiences and bring rock and roll, R & B and blues to the ARTS DISTRICT. The two-time Grammy Award-nominated artist has won four times at the San Diego Music Awards! Also a songwriter, his songs have been covered by Tom Jones, Etta James and Screamin' Jay Hawkins.

## LIBERTY STATION CONCERTS 2018 SCHEDULE

All concerts start at 5 pm

Sunday, June 24: The Six String Society

Sunday, July 22: Earl Thomas / Rebecca Jade

Sunday, Aug. 26: The Redwoods Revue featuring Birdy Bardot

Sunday, Sept. 23: Vaud & The Villains / Iron Sage Wood

**Sunday, June 24 The Six String Society.** This eclectic, music theatre production celebrates all things crazy, magnificent and fun! The Six String Society mixes theater and multimedia with some of the finest performers around. Each show

psychedelic overtones. Whether digging down into gritty funk or lifting the roof on some high-octane gospel, the Cold Fact's deft musicianship proves the ideal complement to Jade's powerhouse performances. She glides smoothly between sultry

**Sunday, Aug. 26 The Redwoods Revue.** The Redwoods, a local independent record label and music collective, will create a show from its growing list of talented artists. From hard-hitting soul and swampy psychedelic rock to desert noir and spectral folk, the label brings together songwriters, musicians and vocalists of the highest caliber, with a shared purpose to strive for a new standard for musical collaboration and song craft.

**Sunday, Sept. 23 OPENING ACT: Iron Sage Wood.** Iron Sage Wood, featuring Damian DeRobbio, Paul Cannon and Abner Narez, will play a soulful groove combined with world rhythm and conscious lyrics. ISW moves audiences to laugh, dance and sing along. Writing songs of hope and transformation, their work encourages an uplifting human experience all the while blending elements of world beat and Native Americana.

**HEADLINER: Vaud & The Villains.** Back by popular demand, Vaud & The Villains were the highlight of last summer's concert series. The big show is a 19-piece orchestra and cabaret, which has evolved over the years from a folk band singing traditional tunes to an originally voiced genre-bending spectacle commonly described as Americana Noir meets Moulin Rouge. Bring your dancing feet! The ever-evolving cast of the show is composed of a five-piece horn section, incredible vocalists, a rhythm section and three dancers.

ARTS DISTRICT Liberty Station is San Diego's largest Arts & Cultural District located in historic buildings at the former Naval Training Center in the new Liberty Station neighborhood, near Downtown on San Diego Bay. With 100 park-like acres the ARTS DISTRICT is home to nearly 120 museums and galleries, artist studios, dance companies, educational groups, multidisciplinary arts, fine dining, creative retail and other organizations that showcase San Diego's creative community and provide innovative experiences for the public. The campus also features venues for indoor or outdoor events, festivals, seminars, retreats and meetings. For more information visit [www.artsdistrictlibertystation.com](http://www.artsdistrictlibertystation.com)

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# AutoMatters & More: Pixar Fest — Celebrating Friendship & Beyond at The Disneyland Resort

AutoMatters™ & More



by Jan Wagner

What is the Disney Magic that you will find at Disney Parks around the world? Disney's Bob Chapek explains it this way: "It's that feeling you get when you actually become part of your favorite story, the joy that you feel when your child meets a hero that they've only seen on the big screen, and it's that moment when a cast member goes above and beyond to turn your visit into a lifelong memory."

For many years Pixar Animation Studios has been a beloved part of the Disney Magic. Its 19 films have won 32 Academy Awards. They transcend animation, bringing their countless, memorable characters to life in favorites that include "Toy Story," "A Bug's Life," "Monsters Inc.," "Finding Nemo," "The Incredibles," "Cars," "Ratatouille," "WALL-E," "Up," "Brave," "Inside Out" and "Coco." We see cars, bugs, fish and robots, but we relate to them and their stories as human beings, like us.

Now, for the very first time, as guests at The Disneyland Resort in Southern California we can see many of these characters live and in-person, and experience the Disney Magic in "Pixar Fest – Celebrating Friendship & Beyond."

Pixar Fest is the biggest Pixar

celebration ever to come to the Disney Parks. It "brings guests together to celebrate friendship and beyond."

There is so much to see and do. In the "Pixar Play Parade" through Disneyland, you will see many of your favorite Pixar characters. New additions to the parade are the iconic Pixar lamp and ball, and "Inside Out."

The popular "Paint the Night" parade makes a welcome return to the Disneyland Resort, this time moving to Disney California Adventure. It, too, has some changes that you will see – and hear! My favorite parade character has returned: the brightly lit and dazzling, red Mack Truck from "Cars." Buzz Lightyear is there too, as is Woody from "Toy Story."

Be sure to try the new Pixar-inspired food items. My favorites are two of the colorful desserts: a slice of the yellow and blue layer cake, topped with white icing and an edible Pixar ball (at the Plaza Inn at Disneyland and Boardwalk Pizza & Pasta at Disney California Adventure); and a large, bright green, three-eyed space alien cookie that you will find at the Alien Pizza Planet restaurant (transformed from Redd Rockett's Pizza Port). I also enjoyed the "Monsters, Inc."-themed chilled noodle salad.

Look up as the Disneyland Monorail passes by and you will see Pixar characters from "The Incredibles" and "Finding Nemo."

Meet some of your favorite Pixar pals at Paradise Gardens in Disney California Adventure, where you can also dance and sing along to a zany, new, seven-piece band – "TripleDent Gum presents The Pixarmonic Orchestra." In

both parks, Disney musicians perform such favorites as "You've Got a Friend in Me" from "Toy Story," in celebration of Pixar Fest's theme of friendship.

Be sure to see the brand new "Together Forever – A Pixar Nighttime Spectacular" multimedia fireworks and state-of-the-art projections show, from one of several locations in Disneyland. In recognition of Pixar and "Toy Story," Buzz Lightyear takes the place of Tinkerbell, flying over Sleeping Beauty Castle. Bright colorful projections of light paint scenes from Pixar films on buildings along Main Street USA, the castle, the water screens of the Rivers of America and the façade of "it's a small world." Look up to the roofs of Main Street USA and you'll see characters from "Coco."

At Animation Academy in California Adventure Park, learn to draw your favorite Pixar characters, including Sulley, Dug, Edna Mode, Jack-Jack, Bing Bong and more. Enjoy your favorite Pixar-themed attractions including "Toy Story Mania," "Finding Nemo Submarine Voyage" and "Buzz Lightyear Astro Blasters." Pixar-themed merchandise is available.

Pixar's 20th feature – "Incredibles 2" – opens in theaters on June 15th. Then, on June 23rd, the new Pixar Pier land opens at Disney California Adventure. There you will find the Incredibles-themed "Incredicoaster," which replaces the "California Screamin'" roller coaster; four new neighborhoods; and the Lamplight Lounge – a California casual, Pixar-themed gastro pub.

There is much, much more to see, do and enjoy at Pixar Fest at Disneyland, Disney California Adventure and Downtown Dis-



New, Pixar-inspired food

ney, through September 3, 2018. For more information visit the Disneyland Resort at <https://disneyland.disney.go.com>.



Mac Truck in the Paint the Night Parade at Disney California Adventure

**33<sup>RD</sup> ANNUAL MULTI-CULTURAL LINDA VISTA FAIR AND PARADE**

COME JOIN US **APRIL 28, 2018 SATURDAY FROM 10AM TO 5PM**

LOCATED ON **6900 LINDA VISTA ROAD BETWEEN COMSTOCK & ULRIC STREET**

IF YOU WOULD LIKE TO PARTICIPATE OR LEARN MORE ABOUT THE LINDA VISTA FAIR, PLEASE FEEL FREE TO CONTACT US AT 619.828.3101 OR EMAIL US AT [LAUREN@SILKROADPRODUCTIONS.US](mailto:LAUREN@SILKROADPRODUCTIONS.US)

PLEASE BE SURE TO VISIT US AT [LINDAVISTAFAIR.ORG](http://LINDAVISTAFAIR.ORG) AND TO FOLLOW US ON [@LINDAVISTAFAIR](https://www.facebook.com/LINDAVISTAFAIR) FOR MORE INFORMATION!

**CELEBRITY CHAMPIONSHIP COMMUNITY HEROES APPRECIATION DAY**

**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](http://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](http://celebritychampionship.com) for complete celebrity list. Subject to change.  
\*\*Uniform not required. Materials will be provided to collect autographs.

Register at: [www.celebritychampionship.com](http://www.celebritychampionship.com)

**LB JUMPERS EXPRESS**

**SAN DIEGO KIDS EXPO & FAIR**

DEL MAR FAIRGROUNDS, Del Mar, CA

Saturday & Sunday **APRIL 28<sup>TH</sup> - 29<sup>TH</sup>**  
10AM - 5PM

**KIDS 12 & under FREE!**

**2 DAYS OF FAMILY FUN AND ENTERTAINMENT (& PARENTS TOO)**

150 family oriented businesses, kid performances, free indoor activities, full outdoor fair and more!

**ADULT ENTRANCE \$8.00 w/coupon**  
Retail is \$10.00 (\$2.00 off)  
\*\*Kids 12 and under enter free\*\*

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Retail is \$35.00 (\$5.00 off)  
\*\*Includes inflatable playland\*\*

**INFLATABLE PLAYLAND ONLY \$7.50 w/coupon**  
Retail is \$10.00 (\$2.50 off)  
\*\*Must be ages 8 or under to enter\*\*

All coupons good for up to 6

For more information go to: [www.SanDiegoKidsExpo.com](http://www.SanDiegoKidsExpo.com)

THURSDAY, APRIL 19, 2018 [www.armedforresdispatch.com](http://www.armedforresdispatch.com) 17

# 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
<b>KFMB</b> (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
<b>KFMB2</b> (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
<b>KGTV</b> (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	
<b>KPBS</b> (15)	Cat in the Hat	Nature Cat	Curious George	Pinkalicious	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Sesame Street	Super Why!	Dinosaur Train	Peg & Cat	Sesame Street	Splash and Bubbles	Curious George	Arthur	Nature Cat	Wild Kratts	Wild Kratts	Odd Squad
<b>KNSD</b> (35)	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	
<b>DISN</b>	Bunk'd	Mickey Mouse	Mickey Mouse	Varied Programs	Puppy Dog Pals	Muppet Babies	Puppy Dog Pals	Vampirina	PJ Masks	Roadster-Racers	Puppy Dog Pals	Vampirina	Vampirina	Bunk'd	Bunk'd	Jessie	Jessie	Stuck in the Middle	Stuck in the Middle
<b>ESPN</b>	First Take			SportsCenter		Outside the Lines		NFL Live		NBA: The Jump		SportsNation	Questionable	Around the Horn	Pardon the Interruption	SportsCenter		Varied Programs	
<b>ESPN2</b>	Get Up			First Take		Jalen & Jacoby		Outside the Lines		Intentional Talk		NFL Live		Around the Horn		Pardon the Interruption	NFL Live		Varied Programs
<b>TLC</b>	Say Yes to the Dress	Varied Programs			Hoarding: Buried Alive		Hoarding: Buried Alive		Trading Spaces		Trading Spaces		My 600-Lb. Life		Varied Programs		Long Island Medium		
<b>USA</b>	NCIS: Los Angeles	Chicago P.D.	Varied Programs																

## MOVIE TIME Playing at theatres near you! Mark your calendars!

**4/27 DISOBEDIENCE**  
**4/27 IN THE LAST DAYS OF THE CITY**

### Disobedience

From Sebastián Lelio, the director of the Academy Award-winning "A Fantastic Woman", the film follows a woman as she returns to the community that shunned her decades earlier for an attraction to a childhood friend. Once back, their passions reignite as they explore the boundaries of faith and sexuality. Written by Lelio and Rebecca Lenkiewicz and based on Naomi Alderman's book.



**Genre:** Drama, Romance  
**Cast:** Rachel Weisz, Rachel McAdams, Alessandro Nivola

### In the Last Days of the City

Downtown Cairo is an organism that still seems alive back in winter of 2009/10, but is becoming increasingly alien even to those born there. Khalid is a filmmaker. The stories of his protagonists seem to come from somewhere inside him, he seeks points of reference in the outside world. The more he looks for them, the more they seem to disappear.

**Genre:** Art House & International, Drama  
**Cast:** Khalid Abdalla, Hanan Youssef, Laila Samy

## THURSDAY EVENING

APRIL 19, 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
<b>KFMB</b> (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)	S.W.A.T. Hondo talks to his ailing father. (N)	News	News	Late-Colbert	
<b>KFMB2</b> (8.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (N) (CC)	Supernatural "Funeralia" (N) (CC)	Arrow Diaz meets with mafia families. (N)	Station 19 "Stronger Together" (N) (CC)	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls (N)			
<b>KGTV</b> (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Grey's Anatomy "Judgment Day" (N)	A Growing Passion	Historic Places	Crossing South (N)	Midsomer Murders (Part 1 of 2) (CC)	Midsomer Murders	America: From		
<b>KPBS</b> (15)	Evening	Nightly Business	World News	Evening	PBS NewsHour (N)	Ken Kramer's	A Growing Passion	Historic Places	Crossing South (N)	Midsomer Murders (Part 1 of 2) (CC)	Midsomer Murders	America: From		
<b>KNSD</b> (35)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Superstore (N)	A.P. Bio (N) (CC)	Will & Grace (N) (CC)	Champions	Chicago Fire Kidd makes a big decision.	NBC 7 News	Tonight Show		
<b>DISN</b>	Bizaard-vark (N)	Bizaard-vark (N)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Gravity Falls (N)	Gravity Falls (N)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Stuck/Middle	Stuck/Middle	Bizaard-vark (N)	Bizaard-vark (N)
<b>ESPN</b>	SportsCenter Special (N)		Welcome/ NFL	Welcome/ NFL	NFL Matchup	SportsCenter (N) (Live)	SportsCenter With Scott Van Pelt (N)	SportsCenter With Scott Van Pelt (N)	SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)		
<b>ESPN2</b>	NFL Live (CC)	The Draft: Featured	The Draft: Featured	Boxing Lamont Roach Jr. vs. Orlando Cruz, from San Juan, Puerto Rico. (N) (Live)	Cruz, Roach Jr. meets	Nación ESPN (N)	Jalen & Jacoby	SportsCenter Special						
<b>TLC</b>	Long Island Medium "Victoria's Test" (N)	Trading Spaces "California: Dusty Trail" (N)	My 600-Lb. Life "Zsallyn's Story" (CC)	My 600-Lb. Life "Supersized: Bettie Jo & Susan" (CC)	Bettie Jo has postpartum depression.	Skin Tight (N) (N)	My 600-Lb. Life (N)							
<b>USA</b>	NHL Hockey Washington Capitals at Columbus Blue Jackets. Eastern Conference quarterfinal, Game 4. (N)			Law & Order: Special Victims Unit "Retro"	Law & Order: Special Victims Unit "Wildlife"	Law & Order: Special Victims Unit (N)	Chrisley Knows	Law & Order: Special Victims Unit "PTSD"						

## FRIDAY EVENING

APRIL 20, 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
<b>KFMB</b> (8)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	MacGyver "Wind & Water" (N) (CC)	Hawaii Five-0 "Ahuwale Ka Nane Huna"	Meghan Markle: American Princess	News	Late-Colbert				
<b>KFMB2</b> (8.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (N) (CC)	Dynasty "Use or Be Used" (N) (CC)	Jane The Virgin "Chapter Eighty-One"	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls (N)				
<b>KGTV</b> (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Once Upon a Time "The Guardian" (N)	Marvel's Agents of S.H.I.E.L.D. (N) (CC)	20/20 "My Reality: A Hidden America" (N)	10News at 11pm	Jimmy Kimmel				
<b>KPBS</b> (15)	Evening	Nightly Business	World News	Evening	PBS NewsHour (N)	Washington Week	Roundtable	Doc Martin Martin's unusual first patient.	Live at the Belly Up	will.i.am and Friends Featuring the Black				
<b>KNSD</b> (35)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Blindspot The team faces a deadly threat.	Taken "Imperium" (N) (CC)	Dateline NBC (N) (CC)	NBC 7 News	Tonight Show				
<b>DISN</b>	Bizaard-vark (N)	Bizaard-vark (N)	Jessie (N) (CC)	Jessie (N) (CC)	Zombies (2018, Adventure) Milo Manheim, Meg Donnelly. (N)	Gravity Falls (N)	Gravity Falls (N)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Stuck/Middle	Bizaard-vark (N)	Bunk'd (N) (CC)		
<b>ESPN</b>	NBA Basketball Cleveland Cavaliers at Indiana Pacers. (N) (Live)		NBA Basketball Boston Celtics at Milwaukee Bucks. Eastern Conference Quarterfinal, Game 3. (N) (Live)		SportsCenter With Scott Van Pelt (N)		SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)				
<b>ESPN2</b>	NBA Basketball Toronto Raptors at Washington Wizards. Eastern Conference Quarterfinal, Game 3. (N) (Live)		SportsCenter (N) (Live)		SC Special: QB		SC Special: QB	NBA Basketball Boston Celtics at Milwaukee Bucks. (N Same-day Tape)						
<b>TLC</b>	Long Island Medium "Panic Attack" (CC)	Trading Spaces (N) (CC)	Trading Spaces "California: Corte Rosa" (N)	Trading Spaces (N)	Trading Spaces (N)	Trading Spaces (N) (CC)	Trading Spaces (N) (CC)	Trading Spaces (N) (CC)	Trading Spaces (N)					
<b>USA</b>	Chicago P.D. "What Do You Do" (N)	Chicago P.D. (N) (CC) (DVS)	Chicago P.D. "Say Her Real Name" (N)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live) (CC)	Chicago P.D. "Get Back to Even" (N)									

## SATURDAY MORNING/AFTERNOON

APRIL 21, 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
<b>KFMB</b> (8)	Dr. Chris: Pet Vet (N)	Innovation Nation	The Inspectors	Lucky Dog "Lily"	Pet Vet-Team	Innovation Nation	The Inspectors	Paid Program	James Brown	PGA Tour Golf Valero Texas Open, Third Round. From TPC San Antonio (AT&T Oaks Course) San Antonio. (N) (Live) (CC)	Paid Program	Inside Edition	Judge Judy (N) (CC)	Judge Judy (N) (CC)					
<b>KFMB2</b> (8.2)	Dog Whisperer	Dog Whisperer	Dog Whisperer	This Old H.	Hidden Heroes (N)	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Prostate Health	Impractical Jokers	Impractical Jokers	James Brown	RaceWeek (N)	Sports Stars	Hiring America (N)	Military Make-over
<b>KGTV</b> (10)	Good Morning	10News This Morning at 8am Saturday (N) (CC)	Morning at 8am Saturday (N) (CC)	Jack Hanna	Ocean Treks	Sea Rescue (N)	The Wildlife Docs	Rock the Park (N)	Vacation Creation (N)	PiYo Workout!	Fortunes in Flipping	World of X Games	SC Special: QB2QB	SC Special: QB2QB	SC Special: QB2QB	SC Special: QB2QB	SC Special: QB2QB	Castle The death of a ladies' man. (N) (CC)	Crossing South (N)
<b>KPBS</b> (15)	Daniel Tiger	Pinkalicious	Splash and Bubbles	Curious George	Nature Cat (N) (CC)	I'll Have It My Way With Hattie Bryant End-of-life decisions. (CC)	R. Steves' Europe	This Old House (N)	Ask This Old House	Kimball's Milk Street	My Greek Table	Test Kitchen	Martha Bakes (N)	Pati's Mexican Table	Family Ingredients	R. Steves' Europe	Crossing South (N)		
<b>KNSD</b> (35)	NBC 7 News To	The Voyager	Wilderness Vet (N)	Journey-Dreyer	Naturally, Danny Seo	Health & Happiness	The Champion Within	NBC Sports Special (N)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live)	Fortunes in Flipping	Open House (N)	The Champion Within	Nightly News						
<b>DISN</b>	Vampirina (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Gravity Falls (N)	Gravity Falls (N)	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)	
<b>ESPN</b>	SportsCenter (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SEC Inside (CC)	College Football Alabama Spring Game. (N) (Live)	College Football Georgia Spring Game. (N) (Live)	College Football Washington at UCLA. From Easton Stadium in Los Angeles. (N) (Live)	Track and Field 2018 Grenada Invitational. (N) (Live)									
<b>ESPN2</b>	SC Special: QB2RB	SportsCenter Special	We the Fans: Dallas	We the Fans: Dallas	We the Fans: Dallas	We the Fans: Dallas	We the Fans: Dallas	College Softball Washington at UCLA. From Easton Stadium in Los Angeles. (N) (Live)											
<b>TLC</b>	Little People, World	Little People, Big World (N) (CC)	Little People, Big World "A Balancing Act" (N) (CC)	Little People, Big World (N) (CC)	Nate & Jeremiah by Design "California Modern"	Nate & Jeremiah by Design "Tuscan Sunset"	Trading Spaces "Ohio: Shelby Avenue" (CC)	Trading Spaces (N) (CC)	Trading Spaces (N) (CC)	Trading Spaces Kitchen and living room projects.	Trading Spaces "Springfield: Sunset Terrace" (N)								
<b>USA</b>	MyPillow Topper	King of the Grill-Wood	LifeLock Protection	Chrisley Knows	** Monster-in-Law (2005) Jennifer Lopez. A shrewish woman clashes with her son's fiancée.	** What Happens in Vegas (2008, Romance-Comedy) Cameron Diaz, Ashton Kutcher.	** Bridesmaids (2011) Kristen Wiig, Maya Rudolph. A maid of honor's life unravels as the big day approaches.	** The Wedding Ringer (2015) Kevin Hart.											

## SATURDAY EVENING

APRIL 21, 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
<b>KFMB</b> (8)	CBS News 8 at 5pm (N) (CC)	Weekend News	News	Entertainment Tonight (N) (CC)	Ransom A CIA spy is kidnapped in Vienna.	NCIS Investigating a sailor's kidnapping.	48 Hours (N) (CC)	News	Blue Bloods					
<b>KFMB2</b> (8.2)	Don't Blink	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls	2 Broke Girls	American Ninja Warrior (N) (CC)	American Ninja Warrior (N) (CC)	Seinfeld (N) (CC)	Impractical Jokers	Impractical Jokers	Just for Laughs		
<b>KGTV</b> (10)	10News at 5pm	World News	10News at 6pm	The List (N) (CC)	Rookie Blue "Open Windows" (N) (CC)	American Idol "112 (Top 24 Celebrity Duets)" Twelve of the top 24 perform duets. (CC)	20/20 (N) (CC)	10News at 11pm	Sports XTRA					
<b>KPBS</b> (15)	NewsHour Wk	KPBS Spectrum	The Lawrence Welk Show (N) (CC)	Antiques Roadshow	Antiques Roadshow	The Doctor Blake Mysteries (N) (CC)	Roy Orbison: Black & White Night 30 (N) (CC)	R. Steves' Europe	Globe Trekker "Hawaii" (CC) (DVS)					
<b>KNSD</b> (35)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live)		NBC 7 News Special Edition (N)		Wheel of Fortune	Jeopardy! (N) (CC)	Dateline NBC (N) (CC)	NBC 7 News	Saturday Night Live					
<b>DISN</b>	Jessie (N) (CC)	Jessie (N) (CC)	** High School Musical (2006) Zac Efron, Vanessa Anne Hudgens. (N)	** High School Musical 2 (2007, Children's) Zac Efron. (N)	Bizaardvark (N) (CC)	Stuck/Middle	Bunk'd (N) (CC)	Bunk'd (N) (CC)						
<b>ESPN</b>	NBA Basketball Houston Rockets at Minnesota Timberwolves. (N) (Live)		NBA Basketball Oklahoma City Thunder at Utah Jazz. Western Conference Quarterfinal, Game 3. (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)	SportsCenter (N) (Live)						
<b>ESPN2</b>	Track and Field 2018 Grenada Invitational.	SC Special: QB	SC Special: QB	Welcome/ NFL	Welcome/ NFL	SportsCenter (N) (Live)	SportsCenter (N)	SportsCenter Special	NBA Basketball: Thunder at Jazz					
<b>TLC</b>	Trading Spaces (N) (CC)	Trading Spaces (N) (CC)	Trading Spaces (N) (CC)	Trading Spaces (N) (CC)	Trading Spaces (N) (CC)	Nate & Jeremiah by Design (N) (N) (CC)	Trading Spaces "Arlington: First Road"	Trading Spaces (N) (CC)	Trading Spaces (N) (CC)					
<b>USA</b>	** The Wedding Ringer (2015)	Law & Order: Special Victims Unit (N)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live) (CC)	Chrisley Knows	Chrisley Knows	Modern Family (N)	Modern Family (N)							

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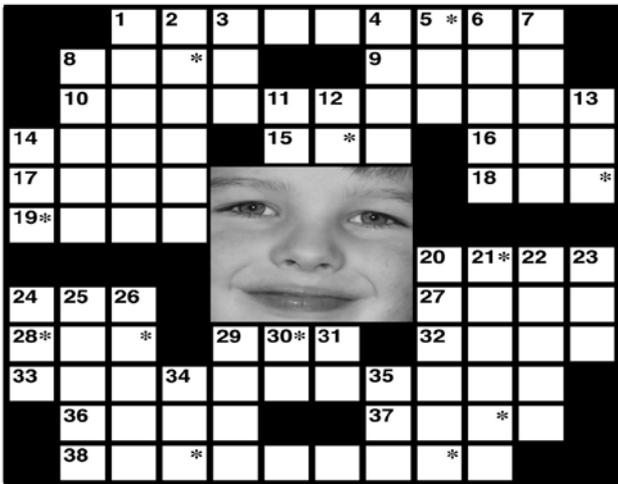
# TV Listings

## SUNDAY MORNING/AFTERNOON

APRIL 22, 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	
<b>KFMB</b> <b>8</b>	CBS News Sunday Morning (N) (CC)	Face the Nation (N) (CC)	Paid Program	Paid Program	Path to the Draft: QB18 (N) (CC)	Bull Riding	PGA Tour Golf Valero Texas Open, Final Round. From TPC San Antonio (AT&T Oaks Course) San Antonio. (N) (Live) (CC)	Paid Program	Paid Program	The Neighborhood SD	Paid Program	Make: Television (CC)	HouseCalls	Designing Spaces	P. Allen Smith	Small Town Big Deal (CC)	Great Escapes	Raw Travel (CC)	Raw Travel (CC)	Entertainment Tonight (N) (CC)
<b>KFMB2</b> <b>8.2</b>	Paid Program	Mark T. Barclay	Catholic Mass	Paid Program	Paid Program	San Diego Luxury	Transform	Paid Program	Paid Program	The Neighborhood SD	Paid Program	Make: Television (CC)	HouseCalls	Designing Spaces	P. Allen Smith	Small Town Big Deal (CC)	Great Escapes	Raw Travel (CC)	Raw Travel (CC)	
<b>KGTV</b> <b>10</b>	Good Morning	10News This Morning at 8am Sunday (N) (CC)	Paid Program	Paid Program	NBA Countdown (N)	NBA Basketball Boston Celtics at Milwaukee Bucks. Eastern Conference Quarterfinal, Game 4. (N) (Live)	NBA Basketball Golden State Warriors at San Antonio Spurs. Western Conference Quarterfinal, Game 4. (N) (Live)	NBA Basketball Golden State Warriors at San Antonio Spurs. Western Conference Quarterfinal, Game 4. (N) (Live)	NBA Basketball Golden State Warriors at San Antonio Spurs. Western Conference Quarterfinal, Game 4. (N) (Live)	NBA Basketball Golden State Warriors at San Antonio Spurs. Western Conference Quarterfinal, Game 4. (N) (Live)	NBA Basketball Golden State Warriors at San Antonio Spurs. Western Conference Quarterfinal, Game 4. (N) (Live)	NBA Basketball Golden State Warriors at San Antonio Spurs. Western Conference Quarterfinal, Game 4. (N) (Live)	NBA Basketball Golden State Warriors at San Antonio Spurs. Western Conference Quarterfinal, Game 4. (N) (Live)	NBA Basketball Golden State Warriors at San Antonio Spurs. Western Conference Quarterfinal, Game 4. (N) (Live)	NBA Basketball Golden State Warriors at San Antonio Spurs. Western Conference Quarterfinal, Game 4. (N) (Live)	NBA Basketball Golden State Warriors at San Antonio Spurs. Western Conference Quarterfinal, Game 4. (N) (Live)	NBA Basketball Golden State Warriors at San Antonio Spurs. Western Conference Quarterfinal, Game 4. (N) (Live)	NBA Basketball Golden State Warriors at San Antonio Spurs. Western Conference Quarterfinal, Game 4. (N) (Live)	NBA Basketball Golden State Warriors at San Antonio Spurs. Western Conference Quarterfinal, Game 4. (N) (Live)	NBA Basketball Golden State Warriors at San Antonio Spurs. Western Conference Quarterfinal, Game 4. (N) (Live)
<b>KPBS</b> <b>15</b>	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	Environmental	Environmental	NOVA "Decoding the Weather Machine" Understanding weather and climate. (CC) (DVS)	NOVA "Decoding the Weather Machine" Understanding weather and climate. (CC) (DVS)	NOVA "Decoding the Weather Machine" Understanding weather and climate. (CC) (DVS)	NOVA "Decoding the Weather Machine" Understanding weather and climate. (CC) (DVS)	NOVA "Decoding the Weather Machine" Understanding weather and climate. (CC) (DVS)	NOVA "Decoding the Weather Machine" Understanding weather and climate. (CC) (DVS)	NOVA "Decoding the Weather Machine" Understanding weather and climate. (CC) (DVS)
<b>KNSD</b> <b>69</b>	NBC 7 News To	Meet the Press (N) (CC)	Politically Speaking	Politically Speaking	Paid Program	Paid Program	2017 XTERRA World Championship (CC)	1st Look (CC)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live)	NHL Hockey Conference Quarterfinal: Teams TBA. (N) (Live)
<b>DISN</b>	Vampirina (N)	Stuck in the Middle	Bizaardvark (CC)	Stuck in the Middle	Stuck in the Middle	Andi Mack (CC)	Andi Mack (CC)	Bizaardvark	Bizaardvark	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	
<b>ESPN</b>	SportsCenter (N)	SportsCenter (N) (Live) (CC)	PBA Bowling League Quarterfinals. From Portland, Maine. (Taped)	PBA Bowling League Quarterfinals. From Portland, Maine. (Taped)	PBA Bowling League Quarterfinals. From Portland, Maine. (Taped)	PBA Bowling League Quarterfinals. From Portland, Maine. (Taped)	Sports Shorts (N)	SC Featured (N)	MLS Soccer Minnesota United FC at Seattle Sounders FC. From CenturyLink Field in Seattle. (N)	MLS Soccer Minnesota United FC at Seattle Sounders FC. From CenturyLink Field in Seattle. (N)	MLS Soccer Minnesota United FC at Seattle Sounders FC. From CenturyLink Field in Seattle. (N)	MLS Soccer Minnesota United FC at Seattle Sounders FC. From CenturyLink Field in Seattle. (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	Baseball Tonight: Sunday Night Countdown	Baseball Tonight: Sunday Night Countdown				
<b>ESPN2</b>	E:60	College Football Featuring senior-class college players competing in a number of skills contests.	College Football Featuring senior-class college players competing in a number of skills contests.	College Football Featuring senior-class college players competing in a number of skills contests.	College Football Featuring senior-class college players competing in a number of skills contests.	Welcome/ NFL	SportsCenter Special	SportsCenter Special	SportsCenter Special	College Softball Tennessee at Alabama. From Rhoads Stadium in Tuscaloosa, Ala. (N) (Live)	College Softball Tennessee at Alabama. From Rhoads Stadium in Tuscaloosa, Ala. (N) (Live)	College Softball Tennessee at Alabama. From Rhoads Stadium in Tuscaloosa, Ala. (N) (Live)	College Softball Tennessee at Alabama. From Rhoads Stadium in Tuscaloosa, Ala. (N) (Live)	College Softball Tennessee at Alabama. From Rhoads Stadium in Tuscaloosa, Ala. (N) (Live)	College Softball Tennessee at Alabama. From Rhoads Stadium in Tuscaloosa, Ala. (N) (Live)	SportsCenter Special	SportsCenter Special	SportsCenter Special	SportsCenter Special	
<b>TLC</b>	Four Weddings & a Wedding	Four Weddings Arriving in a swamp buggy. (N)	Four Weddings Arriving in a swamp buggy. (N)	Four Weddings Arriving in a swamp buggy. (N)	Four Weddings Arriving in a swamp buggy. (N)	Four Weddings Arriving in a swamp buggy. (N)	Four Weddings Arriving in a swamp buggy. (N)	Four Weddings Arriving in a swamp buggy. (N)	Four Weddings Arriving in a swamp buggy. (N)	My 600-Lb. Life "Jennifer & Marissa's Story" Jennifer struggles to change her life. (CC)	My 600-Lb. Life "Jennifer & Marissa's Story" Jennifer struggles to change her life. (CC)	My 600-Lb. Life "Jennifer & Marissa's Story" Jennifer struggles to change her life. (CC)	My 600-Lb. Life "Jennifer & Marissa's Story" Jennifer struggles to change her life. (CC)	My 600-Lb. Life "Jennifer & Marissa's Story" Jennifer struggles to change her life. (CC)	My 600-Lb. Life "Jennifer & Marissa's Story" Jennifer struggles to change her life. (CC)	My 600-Lb. Life "Jennifer & Marissa's Story" Jennifer struggles to change her life. (CC)	My 600-Lb. Life "Jennifer & Marissa's Story" Jennifer struggles to change her life. (CC)	My 600-Lb. Life "Jennifer & Marissa's Story" Jennifer struggles to change her life. (CC)	My 600-Lb. Life "Jennifer & Marissa's Story" Jennifer struggles to change her life. (CC)	
<b>USA</b>	David Jeremiah (N)	In Touch	Joel Osteen (CC)	Unsolved: The Murders of Tupac and B.I.G.	Unsolved: The Murders of Tupac and B.I.G.	Unsolved: The Murders of Tupac and B.I.G.	Unsolved: The Murders of Tupac and B.I.G.	Unsolved: The Murders of Tupac and B.I.G.	Unsolved: The Murders of Tupac and B.I.G.	Law & Order: Special Victims Unit (N)										

## 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

- Actor on "MacGyver" (2)
- Forest trees
- Top dollar amount on the single "Jeopardy!" game board
- "Once Upon a Time" role (2)
- Ferrer or Feliciano
- "Life to Live"
- Wong of "American Housewife"
- Opposed to, hillbilly-style sound barrier breaker, for short
- "She Great"; Bette Midler movie
- "That \_\_\_ Cat!"; 1965 Hayley Mills film
- Initials for evangelist Eddy
- Agcy. that protects workers' safety
- South American nation: abbr.
- "For Me and My \_\_\_"; Judy Garland movie
- Letters from Greece
- Role on "Chicago P.D." (2)
- \_\_\_ on; incite
- Samms
- Sigman of "S.W.A.T."

### DOWN

- \_\_\_ wait; hides before attacking
- Dire
- Series for Ted Danson
- "In \_\_\_"; 2011 Justin Timberlake movie
- "Dalmatians"
- Falana and Gludini
- Lounges about

- Kermit and others
- "\_\_\_ Ordinary Family"
- Word in the title of Roma Downey's series
- "\_\_\_ Down, Shut Up"; short-lived 2009 series
- \_\_\_ alai
- Song from "The Sound of Music" (hyph.)
- "What \_\_\_!"; expression of sympathy
- Role on "The Mary Tyler Moore Show"
- "Emerald Point \_\_\_" (1983-84)
- Hot Lips Houlihan's rank: abbr.
- Copper-and-zinc alloy
- "Gods of \_\_\_"; 2016 film for Nikolaj Coster-Waldau
- "The World According to \_\_\_"; 1982 Robin Williams film
- Peggy Bundy's man
- Initials for boxer Spinks
- Color
- Number of seasons for "CSI: Miami"



## SUNDAY EVENING

APRIL 22, 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											
<b>KFMB</b> <b>8</b>	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (N) (CC)	Instinct "Heartless" (N) (CC)	NCIS: Los Angeles "Outside the Lines"	Madam Secretary (N) (CC)	News	Blue Bloods	Don't Blink	Engagement	The King of Queens	Mike & Molly (CC)	2 Broke Girls	2 Broke Girls	Forensic Files (CC)	Forensic Files (CC)	Forensic Files (CC)	Forensic Files (CC)	Seinfeld (CC)	Impractical Jokers	Just for Laughs	Just for Laughs		
<b>KFMB2</b> <b>8.2</b>	10News at 5pm	World News	10News at 6pm	RightThisMinute (N)	America's Funniest Home Videos (N) (CC)	American Idol "113 (Top 14)" (N) (CC)	Deception "Black Art" (N) (CC)	10News at 11pm	Sports XTRA	NewsHour Wk	In Principle (CC)	Father Brown (CC)	A Place to Call Home "Home to Roost" (N)	Call the Midwife Barbara helps a widow.	Unforgotten on Masterpiece (N) (CC)	Hinterland "The Girl in the Water: Part 1"	Hinterland (CC)	NewsHour Wk	In Principle (CC)	Father Brown (CC)	A Place to Call Home "Home to Roost" (N)	Call the Midwife Barbara helps a widow.	Unforgotten on Masterpiece (N) (CC)	Hinterland "The Girl in the Water: Part 1"	Hinterland (CC)
<b>KGTV</b> <b>10</b>	10News at 5pm	World News	10News at 6pm	RightThisMinute (N)	America's Funniest Home Videos (N) (CC)	American Idol "113 (Top 14)" (N) (CC)	Deception "Black Art" (N) (CC)	10News at 11pm	Sports XTRA	NewsHour Wk	In Principle (CC)	Father Brown (CC)	A Place to Call Home "Home to Roost" (N)	Call the Midwife Barbara helps a widow.	Unforgotten on Masterpiece (N) (CC)	Hinterland "The Girl in the Water: Part 1"	Hinterland (CC)	NewsHour Wk	In Principle (CC)	Father Brown (CC)	A Place to Call Home "Home to Roost" (N)	Call the Midwife Barbara helps a widow.	Unforgotten on Masterpiece (N) (CC)	Hinterland "The Girl in the Water: Part 1"	Hinterland (CC)
<b>KPBS</b> <b>15</b>	NewsHour Wk	In Principle (CC)	Father Brown (CC)	A Place to Call Home "Home to Roost" (N)	Call the Midwife Barbara helps a widow.	Unforgotten on Masterpiece (N) (CC)	Hinterland "The Girl in the Water: Part 1"	Hinterland (CC)	NewsHour Wk	In Principle (CC)	Father Brown (CC)	A Place to Call Home "Home to Roost" (N)	Call the Midwife Barbara helps a widow.	Unforgotten on Masterpiece (N) (CC)	Hinterland "The Girl in the Water: Part 1"	Hinterland (CC)	NewsHour Wk	In Principle (CC)	Father Brown (CC)	A Place to Call Home "Home to Roost" (N)	Call the Midwife Barbara helps a widow.	Unforgotten on Masterpiece (N) (CC)	Hinterland "The Girl in the Water: Part 1"	Hinterland (CC)	
<b>KNSD</b> <b>69</b>	Talk Stoop	Nightly News	NBC 7 News at 6	LifeLock Protection	Dateline NBC (N) (CC)	Little Big Shots "Too Many Chefs" (N) (CC)	Genius Junior "Craniums and Brains"	Timeless "The King of the Delta Blues"	NBC 7 News	Sportswrap	Andi Mack	Andi Mack	Radio Rebel (2012, Children's) Debby Ryan, Sarena Parmar. (N)	Bad Hair Day (2015) Laura Marano. A teen helps a policewoman pursue a jewel thief. (N)	Bunk'd (CC)	Stuck/Middle	Bizaardvark (CC)	Bunk'd (CC)	Bunk'd (CC)	MLB Baseball Washington Nationals at Los Angeles Dodgers. From Dodger Stadium in Los Angeles. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	
<b>DISN</b>	Andi Mack	Andi Mack	Radio Rebel (2012, Children's) Debby Ryan, Sarena Parmar. (N)	Bad Hair Day (2015) Laura Marano. A teen helps a policewoman pursue a jewel thief. (N)	Bunk'd (CC)	Stuck/Middle	Bizaardvark (CC)	Bunk'd (CC)	Bunk'd (CC)	MLB Baseball Washington Nationals at Los Angeles Dodgers. From Dodger Stadium in Los Angeles. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)											
<b>ESPN</b>	Fans: Dallas	We the Fans: Dallas	We the Fans: Dallas	We the Fans: Dallas	Sports Shorts	ESPN FC (N) (CC)	NBA Basketball Boston Celtics at Milwaukee Bucks. (N Same-day Tape)	Fans: Dallas	We the Fans: Dallas	We the Fans: Dallas	We the Fans: Dallas	Sports Shorts	ESPN FC (N) (CC)	NBA Basketball Boston Celtics at Milwaukee Bucks. (N Same-day Tape)											
<b>ESPN2</b>	Fans: Dallas	We the Fans: Dallas	We the Fans: Dallas	We the Fans: Dallas	Sports Shorts	ESPN FC (N) (CC)	NBA Basketball Boston Celtics at Milwaukee Bucks. (N Same-day Tape)	Fans: Dallas	We the Fans: Dallas	We the Fans: Dallas	We the Fans: Dallas	Sports Shorts	ESPN FC (N) (CC)	NBA Basketball Boston Celtics at Milwaukee Bucks. (N Same-day Tape)											
<b>TLC</b>	Long Island Medium "The Breaking Point"	Long Island Medium "A Big Decision" (N)	Long Island Medium (N) (CC)	Long Island Medium "Theresa on Tour" Theresa embarks on a cross-country tour. (N)	Long Lost Family (N) (CC)	Long Island Medium "Theresa on Tour" Theresa embarks on a cross-country tour. (N)	Long Island Medium "Theresa on Tour" Theresa embarks on a cross-country tour. (N)	Long Lost Family (N) (CC)	Long Island Medium "Theresa on Tour" Theresa embarks on a cross-country tour. (N)	Long Lost Family (N) (CC)	Long Island Medium "Theresa on Tour" Theresa embarks on a cross-country tour. (N)	Long Lost Family (N) (CC)	Long Island Medium "Theresa on Tour" Theresa embarks on a cross-country tour. (N)												
<b>USA</b>	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit "Mask"	Law & Order: Special Victims Unit "Dirty"	Law & Order: Special Victims Unit "Flight"	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)												

## MONDAY EVENING

APRIL 23, 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											
<b>KFMB</b> <b>8</b>	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Young Sheldon	Mom (CC)	Living Biblically	The Late Late Show Carpool Karaoke	News	Late-Colbert	The Dr. Oz Show (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (CC)	Supergirl "In Search of Lost Time" (N) (CC)	iZombie "Chivalry Is Dead" (N) (CC)	News 8 at 10 (N)	Seinfeld (CC)	2 Broke Girls (N)			
<b>KFMB2</b> <b>8.2</b>	The Dr. Oz Show (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (CC)	Supergirl "In Search of Lost Time" (N) (CC)	iZombie "Chivalry Is Dead" (N) (CC)	News 8 at 10 (N)	Seinfeld (CC)	2 Broke Girls (N)	10News at 5pm (N) (CC)	World News	10News at 7pm (N)	The List (N) (CC)	American Idol "114 (Top 10 Reveal)" (N Same-day Tape) (CC)	The Crossing "The Face of Oblivion" (N)	10News at 11pm	Jimmy Kimmel	10News at 5pm (N) (CC)	World News	10News at 7pm (N)	The List (N) (CC)	American Idol "114 (Top 10 Reveal)" (N Same-day Tape) (CC)		
<b>KGTV</b> <b>10</b>	10News at 5pm (N) (CC)	World News	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	American Idol "114 (Top 10 Reveal)" (N Same-day Tape) (CC)	The Crossing "The Face of Oblivion" (N)	10News at 11pm	Jimmy Kimmel	10News at 5pm (N) (CC)	World News	10News at 7pm (N)	The List (N) (CC)	American Idol "114 (Top 10 Reveal)" (N Same-day Tape) (CC)	The Crossing "The Face of Oblivion" (N)	10News at 11pm	Jimmy Kimmel	10News at 5pm (N) (CC)	World News	10News at 7pm (N)	The List (N) (CC)	American Idol "114 (Top 10 Reveal)" (N Same-day Tape) (CC)		
<b>KPBS</b> <b>15</b>	Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Antiques Roadshow "Green Bay" (N)	Antiques Roadshow Babe Ruth archive.	Secrets of Great British Castles (CC)	Independent Lens The farming cycle. (N)	Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Antiques Roadshow "Green Bay" (N)	Antiques Roadshow Babe Ruth archive.	Secrets of Great British Castles (CC)	Independent Lens The farming cycle. (N)	Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Antiques Roadshow "Green Bay" (N)	Antiques Roadshow Babe Ruth archive.
<b>KNSD</b> <b>69</b>	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "Live Top 12 Performances" (N Same-day Tape) (CC)	Good Girls "Summer of the Shark" (N) (CC)	NBC 7 News	Tonight Show	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "Live Top 12 Performances" (N Same-day Tape) (CC)	Good Girls "Summer of the Shark" (N) (CC)	NBC 7 News	Tonight Show	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "Live Top 12 Performances" (N Same-day Tape) (CC)	
<b>DISN</b>	Bizaardvark (N)	Bizaardvark (N)	Jessie (CC)	Jessie (CC)	Bunk'd (CC)	Bunk'd (CC)	Gravity Falls (CC)	Gravity Falls (CC)	Bunk'd (CC)	Bunk'd (CC)	Stuck/Middle	Stuck/Middle	Bizaardvark (N)	Bizaardvark (N)	Jessie (CC)	Jessie (CC)	Bunk'd (CC)	Bunk'd (CC)	Gravity Falls (CC)	Gravity Falls (CC)	Bunk'd (CC)	Bunk'd (CC)	Stuck/Middle	Stuck/Middle	
<b>ESPN</b>	MLB Baseball Minnesota Twins at New York Yankees. (N) (Live)	MLB Baseball Minnesota Twins at New York Yankees. (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)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)												
<b>ESPN2</b>	NFL Live (CC)	SC Special: QB	SC Special: QB	SC Special: QB	SC Special: QB	SportsCenter Special	Welcome/ NFL	Welcome/ NFL	Jalen & Jacoby	Outside the Lines	E:60	NFL Live (CC)	SC Special: QB	SC Special: QB	SC Special: QB	SC Special: QB	SportsCenter Special	SportsCenter Special	NFL Live (CC)	SC Special: QB	SC Special: QB	SC Special: QB	SportsCenter Special	SportsCenter Special	
<b>TLC</b>	Long Island Medium "Star Studded Spirit"	Say Yes to the Dress (N) (CC)	Say Yes to the Dress (N) (CC)	Say Yes to the Dress (N) (CC)	Little People, Big World (N) (CC)	Little People, Big World (N) (CC)	Little People, Big World (N) (CC)	Little People, Big World (N) (CC)	Little People, Big World (N) (CC)	Little People, Big World (N) (CC)	Little People, Big World (N) (CC)	Little People, Big World (N) (CC)	Little People, Big World (N) (CC)												
<b>USA</b>	NCIS Gibbs works with Kort. (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	WWE Monday Night RAW (N Same-day Tape) (CC)	American Ninja Warrior: Ninja vs. Ninja	NCIS Gibbs works with Kort. (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)												

## TUESDAY EVENING

APRIL 24, 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											
<b>KFMB</b> <b>8</b>	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS "Handle With Care" (CC) (DVS)	NCIS "One Man's Trash" (CC) (DVS)	Bull "Kill Shot" A widow hires Bull. (N)	News	Late-Colbert	The Dr. Oz Show (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (CC)	The Flash "Fury Rogue" (N) (CC)	The 100 "Eden" (Season Premiere) (N) (CC)	News 8 at 10 (N)	Seinfeld (CC)	2 Broke Girls (N)					
<b>KFMB2</b> <b>8.2</b>	The Dr. Oz Show (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (CC)	The Flash "Fury Rogue" (N) (CC)	The 100 "Eden" (Season Premiere) (N) (CC)	News 8 at 10 (N)	Seinfeld (CC)	2 Broke Girls (N)	10News at 5pm (N) (CC)	World News	10News at 7pm (N)	The List (N) (CC)	Roseanne	Roseanne	Deception "Sacrifice 99 to Fool One" (N)	10News at 11pm	Jimmy Kimmel	10News at 5pm (N) (CC)	World News	10News at 7pm (N)	The List (N) (CC)	Roseanne	
<b>KGTV</b> <b>10</b>	10News at 5pm (N) (CC)	World News	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Roseanne	Roseanne	Deception "Sacrifice 99 to Fool One" (N)	10News at 11pm	Jimmy Kimmel	10News at 5pm (N) (CC)	World News	10News at 7pm (N)	The List (N) (CC)	Roseanne	Roseanne	Deception "Sacrifice 99 to Fool One" (N)	10News at 11pm	Jimmy Kimmel	10News at 5pm (N) (CC)	World News	10News at 7pm (N)	The List (N) (CC)	Roseanne

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## VIDEOVIEW

by Jay Bobbin

**STARTING THIS WEEK: "PADDINGTON 2"**: More family fun is in store as the domesticated title bear (voice by Ben Wishaw) returns to the screen, as he tries to recover the stolen gift he bought for his aunt's milestone birthday. He worked various jobs to afford it, so it's even more understandable that he's eager to find it ... and he gets help from his adoptive Brown family in the search, with Hugh Bonneville ("Downton Abbey") and Sally Hawkins ("The Shape of Water") back as the heads of that British clan. New cast member Hugh Grant does an amusingly self-aware turn as a self-assured actor whose career has fallen on hard times. Julie Walters, Jim Broadbent and (in voice only) Imelda Staunton and Michael Gambon are among other returnees in what amounts to a who's-who of English talents. DVD extra: "making-of" documentary. \*\*\* (PG: AS) (Also on Blu-ray and On Demand)

**"MAZE RUNNER: THE DEATH CURE"**: In the final chapter of the trilogy - whose fate was in question for a while, given an on-set injury that star Dylan O'Brien sustained (shutting down filming for a year) - the young adventurers played by him, Thomas Brodie-Sangster and Dexter Darden must navigate a particularly lethal maze. Their aim is to generate a cure for the virus that has affected most of the rest of the world, but as fans of the series are certain to suspect, enemies make sure that quest is far from easy for the trio to complete ... and not everyone is destined to survive it. The cast also includes fellow returnee Kaya Scodelario, Giancarlo Esposito, Aiden Gillen ("Game of Thrones"), Walton Goggins, Katherine McNamara ("Shadowhunters") and Patricia Clarkson. \*\*\* (PG-13: AS, P, V)

**"FILM STARS DON'T DIE IN LIVERPOOL"**: Annette Bening gives a superb performance as another actress - Gloria Grahame, who won an Oscar for "The Bad and the Beautiful" - in this drama about the latter thespian's profound relationship with a younger man (Jamie Bell, playing Peter Turner, upon whose memoir the film is based) in 1970s England. Their passionate affair eventually took a desperate turn because of her health concerns. Directed by Paul McGuigan ("Lucky Number Slevin"), the movie also is of note as one of relatively few productions tackled by James Bond franchise staples Barbara Broccoli and Michael G. Wilson outside that immensely popular series. Vanessa Redgrave and Julie Walters also appear. DVD extras: four "making-of" documentaries; audio commentary by Turner, McGuigan and Broccoli; music video ("You Shouldn't Look at Me That Way" by Elvis Costello). \*\*\* (R: AS, N, P)

**"HOSTILES"**: In screenwriter-director Scott Cooper's ("Crazy Heart") now-rare attempt at a movie Western, Christian Bale plays an Army captain toward the end of the 19th century. He reluctantly agrees to take an Indian chief (Wes Studi) back to his intended resting place - and the trail is tough, eventually bringing them into contact with a woman (Rosamund Pike) whose family has been massacred by Apaches. Others including a criminal (Ben Foster) also are along as the group makes its way onto the turf of Comanches, and in the tradition of the genre's stories, they must put aside their differences and unite to survive. Another notable star of the visually impressive drama is Timothee Chalamet, who went from relative unknown to recent Oscar nominee (and Film Independent Spirit Award winner) for his work in "Call Me by Your Name." DVD extra: "making-of" documentary. \*\*\* (R: P, V) (Also on Blu-ray and On Demand)

**"FOREVER MY GIRL"**: Returning to his hometown, a country-music star (Alex Roe, "Rings") is reunited with the love (Jessica Rothe, "La La Land") he left behind in this drama that was sold as being in the vein of Nicholas Sparks stories - but that actually sprang from the work of another author, Heidi McLaughlin. The tale certainly feels familiar, particularly as the singer debates how to reconcile his personal and professional lives, but it's to the credit of the stars' sincere performances that it still works. Co-stars include John Benjamin Hickey ("The Good Wife") and Gillian Vigman ("Life Sentence"). The score includes songs produced by "Nashville" alum Brett Boyett, and actual country veteran Travis Tritt also has a supporting role. DVD extra: photo gallery. \*\*\* (PG: AS, P) (Also on Blu-ray and On Demand)

## My Pet World: Got allergies around a rabbit? Look at the rabbit's food, first

by Cathy M. Rosenthal  
Dear Cathy,

I just read your piece on adopting rabbits. Another issue worth mentioning, which my family encountered is allergies to Timothy Hay. My husband had to wear arm-length rubber gloves when handling the hay, and the dust kept us sneezing. Rabbits eat a ton of hay, so if you're sensitive to it, think twice. - Chris, Manhasset, NY

Dear Chris,

Some people think if they sneeze or have a runny nose, they might be allergic to their rabbit. But in many instances, people with seasonal allergies may be allergic to their rabbit's food instead.

Timothy Hay is an important food source for the digestive health of small pets, like rabbits, guinea pigs, and chinchillas. But, it's also a trigger for people with seasonal grass allergies. So, rabbits and other small animals, who eat Timothy Hay, may not be a good fit for every home.

Kudos to your husband for finding a way to avoid contact with the hay while still providing your rabbit with proper nutrition.

Dear Cathy,

I read your column about rabbits and whether families should buy them for Easter. There are many rabbits languishing at the Animal Care Centers in New York City. It would be so much better to adopt than to buy. They have a whole room full of rabbits that people can go and look and hold and bond with them. There are bonded pairs of rabbits to adopt, and all animals are microchipped, vaccinated, and spayed or neutered before adoption. - Reisner, New York

Dear Reisner,

I did advocate for readers to adopt from rabbit rescue groups and animal shelters but am happy to give another plug to adoption versus buying. Sadly, many baby bunnies are bought and then taken to rescue groups a year later when people lose interest in them. If someone is willing to adopt an older rabbit, it's probably because they really want one. Adopting a bonded pair gives rabbits a friend, which makes them happier in their homes.

As you point out, rescue groups and animal shelters vaccinate, microchip, and spay and neuter rabbits as part of the adoption package. Rabbits reach maturity between 6 to 9 months old, depending on breed. If not fixed, they can become aggressive and will reproduce when kept in male/female pairings. Females can get pregnant within minutes of giving birth, and

their gestation period is only 28 to 31 days.

Dear Cathy,

I found your column about basically taming your housecat very helpful. My parents are amazed at how our 10-year-old cat has been transformed over the last year. Who knew you could teach an old cat new tricks?

I am hoping you could help me with our very young standard poodle. I want to keep this question simple for now to see how things go. The dog seems to be afraid to stay outside and do his business. When he is in the house, he is a loving animal. When he goes outside, he becomes not so nice. Any advice? - Stephen, Collegeville, PA

Dear Stephen,

I am not sure what your poodle is doing that is "not so nice," but the key to fear or aggression is to identify and replace the negative behavior with a positive behavior. For dogs, that involves distraction, like training, and giving the dog a treat for staying calm in a situation.

For example, if your dog is afraid of passing cars, then take him out when there are fewer cars, distract him with a toy when a car passes, and give him a treat. If it's just a general fear of the outdoors, then stay outside with him to see if that helps or train or play with your dog when he is outside, so he is not thinking about his surroundings.

Dear Cathy,

My daughter is getting married in a few months, and I need someone to pet-sit my Boston Terrier, age 7. Is there a legitimate list I can get somewhere that offers pet sitters in my area? - Ted, Merrick, NY

Dear Ted,

There are several sites where you can search for pet sitters, like, PetSit.com, Rover.com, Care.com, and TrustedHouseSitters.com. But, if you search online for "pet sitters near me," you should get results that show these national websites, as well as a listing of businesses or individuals that provide these services in your area. Also, go to Yelp.com and type in "pet sitters" and your city/state, and you should get a list of recommended pet sitters in your area.

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

## Omarr's weekly Astrological forecast



**ARIES** (March 21-April 19): Your future can be remolded like clay. Because the future is malleable it isn't wise to base your decisions only on the latest news. Conditions can change swiftly in the week ahead.

**TAURUS** (April 20-May 20): Your flare for fashion or people skills might come in handy as this week unfolds. Find ways to enhance your appearance and make yourself more attractive in the week ahead.

**GEMINI** (May 21-June 20): People will be happy to perform favors or give you the support you need in the upcoming week. A significant other may be intrigued or obsessed by something out of the ordinary.

**CANCER** (June 21-July 22): Every fantasy fan knows it isn't wise to poke a sleeping dragon. You could be tempted to rebel against authority or challenge the status quo. Focus on living up to responsibilities in the week ahead.

**LEO** (July 23-Aug. 22): Star

quality comes in many shapes and forms. Someone might remind you that you possess many talents. Your job and business obligations need to be taken seriously in the week to come.

**VIRGO** (Aug. 23-Sept. 22): Keep your eye on the prize. With taxes out of the way you can set your sights on future financial security. In the week ahead perform those little chores that will set the wheels in motion.

**LIBRA** (Sept. 23-Oct. 22): Surround yourself with interesting people and mingle with movers and shakers in the coming week. You can't be depressed if you have lively conversations and take an interest in others.

**SCORPIO** (Oct. 23-Nov. 21): Nothing is impossible to achieve if you set your mind to it. Determination is a key asset in being successful in the week ahead. Be sure you get all the facts straight before you act.

**SAGITTARIUS** (Nov. 22-Dec. 21): Battles are won or lost

in the preparation. Your financial condition can improve this week if you are organized. Take a break from people who think inside the box or who refuse to be flexible.

**CAPRICORN** (Dec. 22-Jan. 19): Raise the bar a notch higher. You've done well for yourself and achieved a moderate level of success. This week go even further and plot a future that will offer romantic and financial comforts.

**AQUARIUS** (Jan. 20-Feb. 18): Indulge in a sense of adventure and explore the way the "other half" lives in the week ahead. Don't let anyone stand in your way or discourage you from pursuing a worthwhile objective.

**PISCES** (Feb. 19-March 20): It isn't necessary to buy something to bolster your self-esteem. You may long to own a unique collectible or the latest computer gadget. You may be prompted to make impulsive purchases this week.

## Videoview

by Jay Bobbin

**COMING SOON: "12 STRONG"** (May 1): Chris Hemsworth and Michael Shannon star in the true story of the first U.S. soldiers who entered Afghanistan after the 9/11 attacks. (R: P, V)

**"WINCHESTER"** (May 1): Claiming ghosts inhabit her house, the rifle-company heiress (Helen Mirren) is investigated by a doctor (Jason Clarke). (PG-13: AS, P, V)

**"FIFTY SHADES FREED"** (May 8): In the conclusion of the trilogy, Christian and Ana (Jamie Dornan, Dakota Johnson) are married, but their happiness is anything but assured. (R: AS, N, P)

**"SAVING PRIVATE RYAN"** (May 8): For its 20th anniversary, the World War II drama that earned Steven Spielberg one of his directing Oscars makes its 4K Ultra HD debut; Tom Hanks and Matt Damon are among the stars. (R: AS, P, GV)

**FAMILY-VIEWING GUIDE KEY:** AS, adult situations; N, nudity; P, profanity; V, violence; GV, particularly graphic violence.

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# Around Town

**Men on Boats** at New Village Arts Theatre. April 1-22 [www.newvillagearts.org](http://www.newvillagearts.org)

**The Flower Fields** in Carlsbad. April 1-May 13 [www.theflowerfields.com](http://www.theflowerfields.com)

**Oceanside Grunion Runs**. April 1-May 31 [www.wildlife.ca.gov/fishing/ocean/grunion](http://www.wildlife.ca.gov/fishing/ocean/grunion)

**Del Mar National Western Week** at Del Mar Fairgrounds. April 17-21 [www.delmarnational.com](http://www.delmarnational.com)

**The Del Mar National Horse Show** is free for spectators to come and watch nearly every day from April 17 – May 6. Each week the horse show will feature a different discipline of horsemanship: Western, Dressage and Hunter/Jumper. The show begins most mornings by 8:30 a.m. and continues well into the afternoon. Our featured Saturday evening events require a paid admission, but you can come early and watch the equestrian teams warm-up, enjoy dinner and drinks at our tasty food and beverage concessions, or do a little shopping of unique horse-related specialty items, art and fashion. Military Tickets: Military discount tickets are sold only at base ticket offices and are subject to availability. Purchase admission tickets no later than 5:00PM on the Friday before each featured Saturday evening event. Military discount is not available at the gate. For information on ticket prices and availability, call or visit a base ticket office near you. 2260 Jimmy Durante Blvd, Del Mar, CA 92014

**San Diego Padres** vs. Los Angeles Dodgers at Petco Park, April 18, 7:10pm. [www.mlb.com/padres](http://www.mlb.com/padres)

**Danny Holt** at Palomar College Performance Lab, April 19, 12:30-1:30pm. [www.palomarperforms.com](http://www.palomarperforms.com)

**San Diego Italian Film Festival** presents Tutto Quello Che Vuoi at Museum of Photographic Arts, April 19, 7:30pm. [www.sandiegoitalianfilmfestival.com](http://www.sandiegoitalianfilmfestival.com)

**Spring Home Remodeling/Decorating Show** Free Admission April 20 - 22, 10AM-5PM Friday; 10AM-6PM Saturday and 10AM-5PM Sunday Location: O'Brien Hall. Parking: \$14. This home show exhibit features vendors who offer products for all of your home improvement needs – from remodeling projects and landscaping to decorating and additions. For 43 years Home Shows USA has been bringing buyers and sellers together at a one-stop shopping center for home and commercial improvements at the Del Mar Fairgrounds.

**Coachella Valley Music & Arts Festival** in Indio. April 20-22 [www.coachella.com](http://www.coachella.com)

**San Diego Guitar Festival** Opening Night featuring Shin-Ichi Fukuda at Japanese Friendship Garden, Balboa Park. April 20 [www.niwa.org](http://www.niwa.org)

**Sonic Rocket Showcase** at Aztec Brewery. April 20 [www.aztecbrewery.com](http://www.aztecbrewery.com)

**Japanese Breakfast** at The Irenic. April 20 [www.casbahmusic.com](http://www.casbahmusic.com)

**Queen Bee Market** at Del Mar Fairgrounds. April 20 [www.thequeenbeemarket.com](http://www.thequeenbeemarket.com)

**Spring Home Remodeling & Decorating Show** at Del Mar Fairgrounds. April 20-22 [www.homeshowusa.net](http://www.homeshowusa.net)

**Rach 3** at Copley Symphony Hall. April 20-22 [www.sandiegosymphony.org](http://www.sandiegosymphony.org)

**San Diego Junior Theatre** presents Newsies, Jr. at Casa del Prado Theatre. April 20-May13 [www.juniortheatre.com](http://www.juniortheatre.com)

**Earth Day Restoration & Cleanup** event at California State Parks. April 21, [www.calparks.org](http://www.calparks.org)

**Walk MS** at NTC Park at Liberty Station, April 21, 8am. [www.nationalmssociety.org](http://www.nationalmssociety.org)

[www.nationalmssociety.org](http://www.nationalmssociety.org)

**Earth Day** restoration event at San Dieguito Lagoon's River Path Del Mar Parking Lot, April 21, 9am-12pm. [www.sdrvcearthday2018.eventbrite.com](http://www.sdrvcearthday2018.eventbrite.com)

**Earth Day** at Alta Vista Botanical Gardens. April 21, [www.altavistabotanicalgardens.org](http://www.altavistabotanicalgardens.org)

**SEA Days: Earth Day** at Birch Aquarium, April 21, 11am-3pm. [www.aquarium.ucsd.edu](http://www.aquarium.ucsd.edu)

**Spring Food Truck Festival** at Bates Nut Farm, April 21, 11am-4pm. [www.batesnutfarm.biz](http://www.batesnutfarm.biz)

**John January & Linda Berry** at The Flower Fields. April 21, [www.theflowerfields.com](http://www.theflowerfields.com)

**Oceanside Yacht Club** Lusching Regatta at Oceanside Harbor, April 21, 12-3:30pm. [www.oceansideyc.net](http://www.oceansideyc.net)

**STREAM Festival** at Mira Costa College April 21, 1-4pm. [www.miracosta.edu/events](http://www.miracosta.edu/events)

**Night of the Horse** at Del Mar Fairgrounds, April 21, 7pm. [www.delmarnational.com](http://www.delmarnational.com)

**Mira Costa College Choirs** in Concert at Mira Costa College. April 21-22 [www.miracosta.edu/events](http://www.miracosta.edu/events)

**Arts, Crafts & Vintage Market** at Bates Nut Farm, April 21-22, 9am-4pm. [www.batesnutfarm.biz](http://www.batesnutfarm.biz)

**Southern California Ballet** presents Coppélia at Poway Center for the Performing Arts. April 21-22 [www.powaycenter.com](http://www.powaycenter.com)

**Paw Patrol Live: Race to the Rescue** at San Diego Civic Theatre. April 21-22 [www.sandiegotheatres.org](http://www.sandiegotheatres.org)

**San Diego Gay Men's Chorus** Movie Night at Balboa Theatre. April 21-22 [www.sandiegotheatres.org](http://www.sandiegotheatres.org)

**Scholastic Surf Series** High School State Championships at Oceanside Harbor. April 21-23 [www.surfsss.org](http://www.surfsss.org)

**Earth Day** April 22

**Spring Family Festival Street Fair** April 22, 10am-3:30pm FREE! Midland Road between Poway Road and Hilleary Place. Don't miss our annual Spring Family Festival with over 160 vendors, a kids' zone, the Madame Mechanic Classic Car Show, entertainment, great food and more!

**La Jolla Half Marathon & La Jolla Shores 5K**, April 22, 7am. [www.inmotionevents.com](http://www.inmotionevents.com)

**EarthFair 2018** Sunday, April 22, 2018 – National Earth Day! Balboa Park • 10am - 5pm. Our annual EarthFair in Balboa Park is the largest free annual environmental fair in the world. EarthFair 2018 will be our 29th annual event! Each year, the EarthFair draws around 60,000 visitors. Produced by 300 volunteers, EarthFair 2018 will feature more than 300 exhibitors, special theme areas, a Food Pavilion, a special Children's Activity Area, four entertainment venues, the Children's Earth Parade, the eARTH Gallery arts and crafts show, and the Cleaner Car Concourse.

**Heartbeat Happening Classic Car Show** at Bates Nut Farm, April 22, 9am-3pm. [www.batesnutfarm.biz](http://www.batesnutfarm.biz)

**March of Dimes** March for Babies at Mance Buchanan Park, April 22, 8am. [www.marchforbabies.org](http://www.marchforbabies.org)

**Wings of Freedom Air Show** at The Landings at Carlsbad, April 22, 8am-5pm. [www.carlsbadlandings.com](http://www.carlsbadlandings.com)

**EarthFair** at Balboa Park, April 22, 10am-5pm. [www.earthdayweb.org/earthfair](http://www.earthdayweb.org/earthfair)

**Baskerville: A Sherlock Holmes Mystery** at Scripps Ranch Theatre,

April 22, 2pm. [www.lfjcc.org](http://www.lfjcc.org)

**Living Will: The Legacy of William Shakespeare** with Richard Lederer at New Village Arts Theatre, April 23, 7pm. [www.newvillagearts.org](http://www.newvillagearts.org)

**Shiau-uen Ding** at Howard Brubeck Theatre, April 26, 12:30-1:30pm. [www.palomarperforms.com](http://www.palomarperforms.com)

**Tanked** at Balboa Theatre, April 26, 7:30pm. [www.sandiegotheatres.org](http://www.sandiegotheatres.org)

**NFL Draft at AT&T Stadium** in Arlington, Texas. Watch on ESPN, ESPN2 & Fox/NFL Network. April 26-28 [www.nfl.com](http://www.nfl.com)

**Del Mar National Dressage Week** at Del Mar Fairgrounds. April 26-29 [www.delmarnational.com](http://www.delmarnational.com)

**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](http://www.GrapeGatsby.com)

**Sense & Sensibility at Mira Costa College**. April 26-May 6 [www.miracosta.edu/events](http://www.miracosta.edu/events)

**66th Annual Boys & Girls Club Golf Tournament** at Aviara Golf Club, April 27, 12:30pm shotgun start. [www.bgccarlsbad.org](http://www.bgccarlsbad.org)

**Gender Sexuality Alliance Drag Show** at Mira Costa College, April 27, 5-7pm. [www.miracosta.edu/events](http://www.miracosta.edu/events)

**San Diego Padres** vs. New York Mets at Petco Park, April 27, 7:10pm. [www.mlb.com/padres](http://www.mlb.com/padres)

**Lakeside Western Days Parade** April 28 9:35 AM The Lakeside Chamber of Commerce host the Annual Lakeside Western Days Parade that travels eastward on Woodside Ave and then turns left onto the historical Maine Ave! Featuring floats, equestrian riders, and so much more, this is a fun family oriented event! Visit [www.lakesidechamber.org](http://www.lakesidechamber.org)

**Encinitas April Street Fair** Free Apr 28 - Apr 29, 9AM - 5PM At the Encinitas April Street Fair, enjoy unique food, five live music stages, children's rides, beer garden, and more than 450 vendors. Neighborhood: North Coastal. Highway 101 between D and J Streets South Coast Hwy 101 between D and J Streets Encinitas, CA 92024.

**Adams Avenue Unplugged** Free! Saturday, April 28, 2018 Noon – 10pm The event will feature 80 live musical performances staged inside 24 restaurants, bars, coffee houses and galleries on Adams Avenue. Adams Avenue Unplugged. Adams Avenue Unplugged, a free musical walkabout, takes place April 28, 2018 along a two-mile stretch of Adams Avenue, from University Heights on the West through Normal Heights, and into parts of Kensington to the East. The event will feature live musical performances staged inside restaurants, bars, coffee houses and galleries lining the neighborhood. Being able to pair the Avenue's unique dining and drinking establishments, each with their own special ambiances and selections, with free musical performances, makes Adams Avenue the place to be on the last weekend of April. The AABA hopes to treat musical aficionados and foodies to the rich neighborhood culture. Some artists will be playing multiple sets allowing attendees more opportunity to catch their favorite performers. Adams Avenue Unplugged is free and open to the general public. Parking is limited to residential neighborhood streets and can get quite congested. MTS bus routes 2 & 11 will service the neighborhoods. There is free trolley that will run from noon to 10 pm along Adams Avenue. Wear comfortable walking shoes and plan on getting your exercise by exploring all the avenue has to offer. [map online](http://maponline)

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# Concerts

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

## April

**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 + INNO-CENCE 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.

**Phantom 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 Doobie 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 Kesha 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

**Barenaked Ladies with Better Than Ezra & KT Tunstall.** Fri, June 15, 7pm. Greek Theatre, 2700 North Vermont Ave, Los Angeles. 1-844-LAGREEK www.lagreektheatre.com

**15th Anniversary Freestyle Explosion.** Sat, June 16, 7:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. http://www.hondacenter.com/

**Andrea Bocelli.** Wed, June 20, 8pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com

**Andrea Bocelli.** Thurs, June 21, 7:30pm. Classical/pop/standards. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

**Rod Stewart.** Mon, June 25, 7:30pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com

## July

**The Go-Gos.** Mon-Wed, July 2-4, 7:30pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com

**Kenny Loggins.** Fri, July 6, 8pm. Starlight Theater, Pala Casino, 11154 Hwy 76, Pala, Ca 92059. (877) 946-7252

**Sylvan Esso.** Tues, July 10, 8pm. Greek Theatre, 2700 North Vermont Ave, Los Angeles. 1-844-LAGREEK www.lagreektheatre.com

**Ozomatli.** Wed-Thur, July 11-12, 8pm. Age 21+. Funk/hip-hop/rap/latin/rock. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon, CA. 92019. (619) 445-6002.

**Harry Styles with Kacey Musgraves.** Fri-Sat, July 13-14, 8pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741.

**Christopher Cross.** Sun, July 15, 7pm. Age 21+. Pop/rock. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon, CA. 92019. (619) 445-6002.

**Freestyle Summer Festival (Salt n Pepa, The Village People, Lisa Lisa, Jody Watley, Brenda K Star, Fire, Nocera, Pretty Poison, Noel).** Sat, July 21, 7pm. Greek Theatre, 2700 North Vermont Ave, Los Angeles. 1-844-LAGREEK www.lagreektheatre.com

**Laura Pausini.** Sat, July 28, 8pm. Greek Theatre, 2700 North Vermont Ave, Los Angeles. 1-844-LAGREEK www.lagreektheatre.com

**Daryl Hall & John Oates and Train.** Tues, July 31, 7pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741.

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## 2018 Subaru Legacy 2.5i CVT

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## 2018 Subaru Forester 2.5i Premium CVT

Lease for **\$258**

PER MONTH PLUS TAX 36 MONTHS\*



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\*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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