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## What's Going On This Weekend

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FIFTY EIGHTH YEAR NO. 5  
THURSDAY, JULY 5, 2018

## CNIC takes pride in all who serve

by MCI (SW/AW)  
Christopher Thien

WASHINGTON - Commander, Navy Installations Command (CNIC) celebrated the Department of Defense Lesbian, Gay, Bisexual, Transgender (LGBT) Pride Month with an event honoring this year's theme "Pride in All Who Serve," June 28.

The event guest speaker, Lt. Cmdr. Blake Dremann, a Navy Supply Corps officer and president of Service members, Partners and Allies for Respect and Tolerance for All (SPART\*A), spoke to the CNIC staff about his experiences as a member of the LGBT community.

"I don't do what I do for myself, but for those who come after me," said Dremann, who mentors service members all over the world. "Someday I hope we are in a place where transgender service members are accepted and education about them has gotten to where I am no longer needed."

Pride Month recognizes the accomplishments and contributions of the lesbian, gay, bisexual, transgender community to the military and civilian sectors. As part of One Navy Team, the LGBT community contributes its diverse talents, skill and perspectives to increase the strength of the force.

While interning at the Pentagon, Dremann was one of the service members who met with senior Department of Defense officials who worked on the current transgender policy which allows service members who meet all requirements to serve openly.

"I had no intention of leading a movement," said Dremann, who at the time was one of the first women to serve on a submarine. "I happened to be exactly where I need to be, to be in the center of the change in the transgender policy."



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## SPAWAR implements new policy to modernize engineering systems

by Elisha Gamboa

SAN DIEGO - In response to the exponential increase in complexity of Navy technical systems, Space and Naval Warfare Systems Command (SPAWAR) has established a Model-Based Systems Engineering (MBSE) policy to align key decision-making processes and streamline systems engineering capabilities across the Navy.

The MBSE policy enables the transition away from document-based systems engineering to the use of a common model that describes an enterprise-wide architecture covering all aspects of the engineering life cycle. It sets out to reduce the time, cost and risk to develop, deliver and sustain systems, as well as achieve Navy cybersecurity, interoperability, resiliency, and flexibility goals, all while maintaining data integrity.

"Our efforts to implement MBSE is transforming the way we design systems and perform system of systems engineering. This digital approach to engineering is accelerating our delivery of capabilities to the Sailor," said SPAWAR's Executive Director Pat Sullivan. "This transformation will improve our systems' interoperability as well as improve the fleet's cyber posture."

SPAWAR defines MBSE as the formalized use of a common model to support a data driven systems engineering lifecycle. MBSE can be used to support acquisition and budgetary decisions while ensuring interoperable designs and capabilities throughout the SPAWAR enterprise. Sam Rix, SPAWAR systems engineer, compares MBSE to building a structure.

"Document based systems engineering is like building with Lincoln logs while MBSE is like a marble race track," said Rix. "You can build a structure with both, but you can't easily make adjustments to your Lincoln log structure, or remove a part and see if it works better, without having to dismantle the entire structure. Furthermore, you can't test a Lincoln log set, it's a static architecture. In MBSE you can move a piece of an architecture and run a simulation to see how the 'marbles' react to the change in course."

## DoD releases report on enhancing security, stability in Afghanistan

WASHINGTON - DoD provided to the Congress its semiannual report titled "Enhancing Security and Stability in Afghanistan."

Covering events from Dec. 1 to May 31, the report was submitted in accordance with requirements in Section 1225 of the Fiscal 2015 National Defense Authorization Act as amended by Sections 1231 and 1531 of the fiscal 2016 and fiscal 2017 NDAs.

"Our purpose in Afghanistan remains to prevent Afghanistan from again becoming a safe-haven from which terrorist groups can plan and execute attacks on the United States, or our allies and citizens abroad," officials said in a statement announcing the report's submission. "To accomplish this, we continue to support Afghanistan and train, advise and assist its military and police forces."

This reporting period marks the first campaign season to begin under the conditions-based South Asia Strategy announced by President Donald Trump in August. In February, U.S. Central Command designated Afghanistan as its main-effort mission and allocated additional combat enablers such as intelligence, surveillance, and reconnaissance assets; attack aviation; fire support; and medical evacuation assets to support Afghan national defense and security forces and coalition forces, officials said.

"The assets and authorities to implement the South Asia Strategy in Afghanistan are now in place and continue to generate optimism within the Afghan government and [the Afghan defense and security forces] that a political settlement with the Taliban is possible," the Pentagon statement said. "The key to success remains sustained military pressure against the Taliban in order to eliminate the idea that they can achieve their objectives through violent conflict. The targeted investment of U.S. assets and personnel have increased the lethality of the [Afghan forces] this fighting season."



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**USS John C. Stennis (CVN 74), right, conducts a replenishment-at-sea with fleet replenishment oiler USNS Henry J. Kaiser (T-AO 187).**

**Navy photo by MC2 David A. Brandenburg**

## Navy reestablishes Sailor early return-to-sea policy

MILLINGTON, Tenn. - In an effort to fill critical billets at sea, the Navy announced June 27 that it has increased detailers' authority to transfer Sailors from their shore duty assignment earlier than their projected rotation date (PRD).

Announced in NAVADMIN 156/18, the Sailor Early Return to Sea (SERTS) policy enables enlisted rating detailers to begin filling high-priority E4 - E9 sea duty billets by using an increased distribution authority. "Navy Personnel Command already has a number of programs and policies that provide Sailors an opportunity to volunteer to return to sea duty early," said Capt. Alonza Ross, director, NPC Enlisted Distribution Division, Career Management Department. "A number of these programs provide incentives such as money or C-WAY deferment."

"When the available number of Sailors for a key rate or with critical skills-Navy Enlisted Classification Codes - NECs-isn't available due to any number of reasons, the detailers will use the plus or minus six-month transfer window," said Ross. "In those cases, where the transferring population just isn't there, NPC will use the SERTS program to identify Sailors who can be moved back to sea duty early to help address readiness issues in the Fleet."

Factors that will be considered as to whether a Sailor is eligible for SERTS are: Length of time on shore; Current or frocked paygrade; Fleet experience; NECs held; Types of previous sea duty; and remaining obligated service

Sailors must have completed at least 18-23 months of shore duty, and will not transfer until they have at least completed 24 months on shore. Further, the impact on a Sailor's shore duty command will be balanced against at-sea priorities.

Sailors in special program billets such as recruit division commanders, recruiters, brig duty, instructors and special warfare operators will not be considered for SERTS. Nuclear-trained Sailors will continue to be detailed according to the Naval Nuclear Propulsion Program.

In addition to filling billets at their current pay grade, SERTS candidates may be selected to fill vacant requirements within their pay band: supervisor (E7-E9), journeyman (E5-E6), and ap-

prentice (E1-E4). For example, E8s and E9s may be chosen to fill vacant E7 and E8 requirements.

Upon selection, the NPC will

notify the Sailor and the Sailor's current command of the possible transfer. Sailors and their command may submit an adverse impact statement within 15 days of notification.

## Army looking to modernize depots, expand 3-D printing

by Gary Sheftick

WASHINGTON - The Army's depots, arsenals and ammunition plants are a key component of force readiness, said Lt. Gen. Aundre Piggee, who added a holistic assessment is underway to modernize those facilities.

Piggee, the Army's G-4 or deputy chief of staff for logistics, testified June 28 before the House Armed Services Committee's readiness subcommittee during a hearing on Army and Marine Corps depot policy issues and infrastructure concerns. The Army's organic industrial base is a \$14 billion enterprise of 23 ammunition plants, depots and manufacturing arsenals, Piggee said. "When the force needs equipment or parts manufactured or repairs upgraded, the OIB delivers," he said.

Some of the facilities date back to World War II though, he said. "We have aging, failed and failing facilities," Piggee said. "We've invested close to a billion dollars over the last 10 years to modernize our facilities as well as our equipment." The Army has a near-term plan to invest almost \$400 million in its organic industrial base, he said. The service is also in the process of a long-term holistic assessment to prioritize modernization of its OIB facilities through 2030.

The assessment will conclude sometime after the first of the calendar year, he said. "Our goal is to eliminate that old, failed or failing infrastructure as we modernize across all of our 23 depots throughout the OIB," he said.

Some state-of-the-art facilities have already been built. Piggee discussed a new Center of Excellence for Additive and Advanced Manufacturing - commonly referred to as 3-D printing - that the Army is establishing at the Rock Island Arsenal Joint Manufacturing and Technology Center in Illinois.

"They'll develop techniques, processes and procedures that they'll be responsible to proliferate throughout the Army where we can take advantage of this additive manufacturing and other machine-learning with the intention of reducing workload, becoming more efficient and taking advantage of today's technology," Piggee said.



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## U.S.-Japan alliance 'cornerstone' to Indo-Pacific stability, Mattis says

by Lisa Ferdinando

WASHINGTON - The United States and Japan are strong allies firmly committed to peace and security in the Indo-Pacific region, Defense Secretary James N. Mattis said June 29 in Tokyo.

In a media availability after talks with Japanese Defense Minister Itsunori Onodera, Mattis said he and his Japanese counterpart discussed the opportunities to increase the alliance's capability, deepen cooperation and enhance regional security.

"We're in the midst of very unprecedented negotiations right now with North Korea," Mattis said. "But in this dynamic time, the long-standing alliance between Japan and the United States stands firm."

He described the U.S.-Japan alliance as a "cornerstone of Indo-Pacific stability," saying the U.S. commitment to the alliance "remains ironclad with a long-term ally."

Mattis noted the trip was his seventh visit as secretary of defense to the Indo-Pacific region. It was his fifth meeting in recent times with Onodera, he said.

"These visits represent just how strongly we prioritize this relationship between our two militaries," he said. "I think it's fitting for trusted allies as America continues to look west and to strengthen long-standing alliances as specified in President [Donald J.] Trump's Indo-Pacific Strategy."

Mattis thanked Japan for its commitment to peace and security on the Korean Peninsula, and he underscored the role of the diplomats in the process.

"Our objective remains the complete, irreversible and verifiable dismantling of North Korea's nuclear and ballistic missile programs," Mattis said. "Especially now, we remain vigilant, and I thank Japan for its ceaseless efforts to promote stability and security."

The diplomats, Mattis said, are "firmly in the lead," in alignment with the agreement signed this month by Trump and North Korean leader Kim Jong Un.

"As our diplomats work to bring this agreement to fruition, the U.S. military, in close coordination with our allies and partners, continues its clear-eyed approach, supporting international sanctions and multiple unanimous U.N. Security Council resolutions," Mattis said.

The secretary said a pause in U.S.-South Korean joint military exercises is meant to "create space for our diplomats to negotiate strongly, and increasing the prospects for a peaceful solution on the peninsula." The United States maintains a strong, collaborative defense stance, he said, "to ensure our diplomats continue to negotiate from a position of unquestioned strength."

Further, Mattis said the United States recognizes the importance of the Japanese abductee issue. He noted Trump raised the issue at the U.S.-North Korean summit in Singapore. He described it as a "humanitarian issue always present in our deliberations," referencing the unresolved issue in which North Korean agents abducted Japanese citizens in the 1970s and 1980s.

Mattis thanked Japan for its rescue of a U.S. Air Force pilot who crashed in the waters

south of Okinawa on June 11.

"Thank you for saving the life of our pilot who went down at sea," Mattis said. "He's back home with his family, recovering from his injuries."

The pilot of the Air Force F-15C Eagle assigned to the 18th Wing's 44th Fighter Squadron



Defense Secretary James Mattis walks with Japanese Defense Minister Itsunori Onodera at the Ministry of Defense building in Tokyo June 29. DoD photo by Sgt. Amber I. Smith

successfully ejected and was recovered by Japan Air Self-Defense Force's Naha Rescue Squadron, according to U.S. Forces Japan. The pilot was in serious condition, a statement said.

Japan was Mattis' last stop before returning to the United States. He also visited Alaska, China and South Korea during the tour.

### A Navy first: Kearsarge ARG completes first East Coast SWATT

by MC2 Dana D. Legg

NORFOLK - Wasp-class amphibious assault ship USS *Kearsarge* (LHD 3) Amphibious Ready Group (ARG) returned to homeport after completing the Navy's first East Coast ARG Surface Warfare Advanced Tactical Training (SWATT) exercise, June 28.

SWATT is led by mentors and warfare tactics instructors (WTI) from Naval Surface and Mine Warfighting Development Center (SMWDC) who develop and oversee the execution of ARG SWATTs, who provide at-sea mentoring to build more capable and tactically proficient surface forces.

"SWATT provided us with the first opportunity for the ARG ships to operate as a warfighting team. SMWDC WTIs provided excellent training for warfare commanders, ships and watch standers," said Capt. Daniel Blackburn, commodore of Amphibious Squadron (PHIBRON) 6. "This week definitely prepared us and set the stage for the upcoming integrated training phase."

SMWDC's mission is to increase the lethality and tactical warfighting proficiency of the Surface Fleet, by providing SWATTs to ships in the U.S. Fleet Forces and U.S. Pacific Fleet areas of operations. The SMWDC team accomplishes its advanced tactical training portion of its mission through focused mentoring at the unit, air defense commander, and sea combat commander-levels. SMWDC increases lethality through the development of watch standers and watch teams

### Flightline signal



JOINT BASE ELMENDORF-RICHARDSON, Alaska (June 27, 2018) - Air Force Staff Sgt. Kaitlyn Lamolinara, Air Force Thunderbird dedicated crew chief, signals to Maj. Matt Kimmel, Thunderbird opposing solo, who arrives in preparation for the Air Force Thunderbirds demo during the Arctic Thunder Open House here. This biennial event hosted by JBER is one of the largest in the state and one of the premier aerial demonstrations in the world. The event features multiple performers and ground acts to include the JBER joint forces, Air Force F-22 and Air Force Thunderbirds demonstration teams, June 30-July 1. Air Force photo by Airman 1st Class Caitlin Russell

## Naval War College launches first international wargaming course

by MC2 Jess Lewis

NEWPORT, R.I. - Naval War College's (NWC) International Programs and NWC's Wargaming Department have teamed up to launch the first international wargaming course.

The purpose of this course is to introduce international partners to the fundamental concepts of wargaming through the project management process, guided discussions, case study, group activities and practical application.

"The college's first international wargaming course marks a significant milestone for us," said Rear Adm. Jeffrey A. Harley, NWC's president. "With our international partners, we practice together so that during real-world operations, we can operate as one seamless team. We continue to support our international partners in many different ways and this is the latest initiative that continues to strengthen our global maritime partnerships while demonstrating the critical need of our college."

The two-week international course was delivered through lectures and presentations in a classroom environment that included guided discussions, practical applications, small-group activities and analysis of existing wargames. The different ways of delivery throughout the course allowed for context and reinforcement of classroom instruction.

"I found this course to be an eye opener," said Royal Malaysian navy Cmdr. Chinkeat Gan. "When I go back to my country, I am going to be one of the teaching staff at our staff college, and I plan to take what I learned here back with me to teach those in the Royal Malaysian navy how to be better wargamers."

Throughout the course, the students were able to understand, execute and analyze wargames. This allowed for students to gain insight on complex maritime problems utilizing simulated and plausible scenarios. Students were also able to build on international collaboration in the operational planning and execution of contingency operations in a fiscally constrained environment. They also learned how to build enduring both professional and personal relationships within the international community as well as build on emergent international wargaming capabilities.



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# Global integration seeks to buy leaders decision time, increase 'speed of relevance'

“WHEN I THINK GLOBAL INTEGRATION, I THINK ABOUT IT IN TERMS OF INTEGRATED PLANS - GLOBAL PLANS INSTEAD OF REGIONAL PLANS,” SAYS GEN. JOE DUNFORD, CHAIRMAN JOINT CHIEFS OF STAFF.

by Jim Garamone  
WASHINGTON June 2, 2018) - The new National Defense Strategy has paved the way for the most extensive revision of the joint force since the Goldwater-Nichols Act of 1986, the chairman of the Joint Chiefs of Staff said in a recent interview.

The changes will ensure that planning, force management and decision-making are made “at the speed of relevance,” Marine Corps Gen. Joe Dunford said.

The chairman is a key part of these revisions, being named by Defense Secretary James N. Mattis as the global integrator for the joint force. The secretary’s memorandum detailing the chairman to the job calls on him to be “responsible for assisting in strategic planning and direction of the armed forces to ensure the effective conduct of operations.”

Dunford - and his successors - must work to speed senior leaders’ decision-making, integrate operations worldwide and deliver forces capable of competing and winning against any possible adversary.

That the speed of war has accelerated is a given. Actions

in one part of the world are felt almost instantaneously around the globe. The cyber world is now a realm of combat and permeates all other realms. A video of a riot in Peshawar, Pakistan, may spark a response anywhere from Nigeria or the Philippines to Moscow or Beijing.

The inclusion of space and cyber realms as domains of warfare means the battlefield has expanded from orbit to the digital world, and has changed the character of war. As reflected in the recently signed Joint Concept for Integrated Campaigning, the old paradigm of “at war” or “at peace” has shifted, defense officials have said. Russian and Chinese military thinkers have “gone to school” on the United States and devised strategies to achieve their objectives short of open conflict, officials said.

The Russians and Chinese are playing a long game to threaten the international, rules-based order that has been so successful at maintaining peace since World War II, defense officials said. And they are doing this with actions below the threshold of armed conflict. They use information operations, troop movements, proxy fighters, propaganda, diplomacy, economic pressures and threats to coerce countries.

The speed of war has accelerated, and the U.S. military is changing to get ahead of this development. Time is a precious commodity to defense and national leaders. They need the best intelligence and information and they need it quickly.

When Dunford first took office he spoke about buying more time for leaders to study options and make decisions.

He believes he has found the way to buy this time and global integration is key.

“When I think global integration, I think about it in terms of integrated plans - global plans instead of regional plans,” Dunford said. “I think in terms of decision-making by the secretary of defense - decisions about prioritization, allocation of resources primarily in a conflict.”

Given the realities of conflict today, Dunford is committed to improving integration of the joint force ensuring senior leaders are able to make decisions at, what he calls, “the speed of relevance.”

To ensure the U.S. military’s competitive advantage, Dunford has laid out four pillars of global integration: planning, decision-



Defense Secretary James N. Mattis, and Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, meet Japanese Defense Minister Itsunori Onodera, and Japanese Adm. Katsutoshi Kawano, chairman of the Japan Self-Defense Force Joint Chiefs of Staff, during a bilateral meeting at Joint Base Pearl Harbor-Hickam, Hawaii, May 29. Photo by Petty Officer 1st Class Dominique Pineiro

making, force management and force design. The effects of the changes across these four pillars will be felt throughout the joint force.

“Those are the four main areas that, at the end of the day, I thought our integration needed to be improved [to compete in today’s strategic environment],” the chairman said.

The department has always done global integration, but the changes to the speed of war and the changed character of war means that integration “needs to be done in a much more aggressive way,” Dunford said.

All this builds from the National Defense Strategy, which identifies great power competition with Russia and China as the main threats, with Iran, North Korea and violent extremism viewed as other threats to America, its allies and partner nations.

Military officials took those priorities and changed the force allocation process. “In the past, when you had conflict and you

assumed it was going to be isolated to a given theater, combatant commanders from the bottom up identified all capabilities and capacities that they would need and then we would sort of cross-level across the combatant commands,” Dunford said.

The new defense strategy emphasizes accelerated decision-making and flexibility to reflect today’s changed security environment, the chairman said.

“We feed that decision-making from the top down, then get bottom-up refinement from the combatant commanders and deploy the force,” Dunford said. “But we deploy the force in a way that is consistent with what I refer to as the “boxer’s stance”- meaning you get the best posture for what you believe is the most likely problem set, while preserving your ability to respond to the unexpected.

“Again, it’s speeding up decisions,” he continued. “It’s speeding up response by making sure that your global posture is aligned against your strategic priorities.”

Read this story in its entirety at <https://www.defense.gov/News/Article/Article/1565240/global-integration-seeks-to-buy-leaders-decision-time-increase-speed-of-relevance/>.

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## Local veterans receive free roof, solar panels for Independence Day

### Solar company, partners serve two local vets with energy independence

SAN DIEGO - In partnership with local veteran support charities, San Diego solar and roofing contractor, Semper Solaris, celebrated Independence Day by giving back to veterans in need.

On July 3, Semper Solaris visited the home of veteran Carl Schaffrina, revealing a brand new roof and solar panel system in conjunction with former Marine sniper Povas Miknaitis' reveal of his complete solar panel system.

These two projects combined provide donations of over \$75,000 worth of services and equipment. Semper Solaris, a member of INC 5000's Vet 50, is owned by former Marine Capt. Kelly Shawhan and his business partner, John Almond. Giving

back to vets is part of the make-up within this company; they have made a commitment to hire as many former military as possible while fostering the ideals of the Marine Corps in their work.

Carl Schaffrina's roof was in serious need of repair, water leaks have been proving physically and mentally demanding for the family. Semper Solaris, in partnership with the Owens Corning Roof Deployment Project, provided a complete new roof installation expected to last for more than 25 years. The goal of the Roofing Deployment Project is to show gratitude and honor veterans.

All the partners have worked together on this project to see that this deserving veteran is provided with a quality roof over his head for many years to come. In addition, Semper Solaris part-

nered with Panasonic of North America and SolarEdge to design a state-of-the-art solar system. Panasonic donated all the solar panels provided to Carl and his wife, Jodi.

SolarEdge donated the DV-AC inverter hardware to complete the system. This project was coordinated with San Diego Habitat For Humanity's Veteran Project.

Former Marine sniper Povas Miknaitis now has the opportunity to declare his independence from the electric company this year. Semper Solaris, in cooperation with SolarWorld, and SolarEdge, installed a complete solar panel system to his home

in San Diego.

This new system will help reduce electricity costs and improve home value. Lower electricity bills and energy independence are especially valuable for disabled veterans on fixed incomes, one fewer bill means greater financial freedom. The Miknaitis project is being coordinated with San Diego's Warrior Foundation Freedom Station where Miknaitis was a beneficiary and is now a volunteer working with other wounded veterans.

On July 3, both projects were completed and unveiled to the public.

### P.O.Ws and Pearl Harbor survivors gather for annual exhibit July 14

#### WWII veterans capture their story on film

Join the Veterans Museum at Balboa Park July 14 from 10 a.m. to 2 p.m. as they host the community's prisoners of war and Pearl Harbor survivors for a display day. Both groups will share mementos, pictures and their own personal stories at this incredible event.

Each year, the country loses more and more World War II veterans as they pass. The nation's success was built upon the backs of these WWII service members. Without their sacrifice and bravery the U.S. wouldn't be what it is today.

Come help the Veterans Museum at Balboa Park hail this lively group of heroes and storytellers (they will each tell you an almost unbelievable story) during this annual summer event. This event is free to the public.

## House approves benefits for Blue Water Navy veterans

by Nikki Wentling

WASHINGTON - The House unanimously passed legislation Monday that would extend Department of Veterans Affairs benefits to approximately 90,000 sailors who served off the coast during the Vietnam War, some of whom have been fighting for years to prove their illnesses were caused by exposure to Agent Orange.

Lawmakers voted 382-0 in favor of the Blue Water Navy Vietnam Veterans Act, which must go to the Senate for final approval. It provides eligibility for disability compensation to "Blue Water" Navy veterans - those sailors aboard aircraft carriers, cruisers, destroyers and other ships who contend they were exposed to Agent Orange through the ships' water systems. The dioxin-laden herbicide has been found to cause respiratory cancers, Parkinson's disease and heart disease, as well as other conditions.

"Every day, thousands of brave veterans who served in the Vietnam War fight the health effects of Agent Orange exposure," said Rep. David Valadao, R-Calif., the bill's lead sponsor. "It is far past time we pass this critical legislation and give them the comfort and care they deserve."

## Social Security Matters

by Russell Gloor

### Ask Rusty - Social Security for retired trooper in second career

*Dear Rusty: I'm a retired Indiana State Trooper but I'm working at a second career at the present time. What information do I need about what percentage of my Social Security I will lose because of the WEP? Right now, I'm 57 years old and don't plan full retire until I'm at least 62. Signed: Retired Trooper*

Dear Trooper: First of all, thank you for your police service. As a retired employee of the State of Indiana, WEP (Social Security's "Windfall Elimination Provision") will apply to you if you have at least 40 Social Security quarter-credits (about 10 years of SS-covered work) and are therefore eligible to collect a Social Security retirement benefit. WEP affects retirees of employers who did not participate in the Social Security system but funded their own retirement plan in lieu of Social Security.

The amount of WEP reduction to your Social Security benefit will be factored from your Average Indexed Monthly Earnings, or AIME. AIME is your monthly average earnings for the highest 35 years of your Social Security employment and, if you don't have the full 35 years, zeroes are plugged into the formula for years you didn't contribute to Social Security, via FICA taxes. So, to use an example, let's say the AIME from your Social Security covered work is \$1,500; your normal SS benefit at age 67 would be about \$1,000. But because of WEP, your Social Security benefit would, instead, be about \$552.

This is because of the way they compute (from AIME) your primary insurance amount (PIA), which is what you're entitled to at your full retirement age. The normal PIA computation takes 90 percent of the first \$895 of your AIME, but when WEP applies they instead take 40 percent of the first \$895 of your AIME (these are 2018 numbers; they change annually). So, in this example, the normal SS benefit amount was reduced by about 45 percent (that percentage may change somewhat depending upon your actual AIME). I'd note that finding out your AIME requires taking all your years of SS-covered employment, adjusting each year for inflation, finding the 35 highest and totaling those years and dividing by 420 (the number of months in 35 years). And unfortunately, you can't get your actual AIME from Social Security (though you can get an Earnings Statement which will show all your years of SS-covered employment). If you have more than 20 years of "substantial" employment that contributed to Social Security, the WEP reduction is mitigated by 5 percent for each year over 20, and WEP goes away with over 30 years of SS-covered employment.

*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.*



## Places of Worship



### Bayview Baptist Church

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4292 Balboa Avenue, San Diego 92117 (Located near the corner of Balboa Avenue and Clairemont Drive) (858) 273-5140  
www.canyonview.org Email: cvoffice@canyonview.org

### Christ Community Church

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www.cityoffaithFWC.org  
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Wednesday - Bible Study 7pm - 8 pm

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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 FB: First Baptist Church of Coronado

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Wednesday: Testimony Meeting 7pm  
Thursday: "Sermon on the Mount" (Bible reading via conf. call 6:15pm\*)  
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Church: 41 "I" Street, Chula Vista, CA 91910  
\*(619) 422-6400 for further info. www.prayerthatheals.org

### La Jolla Lutheran Church

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Wednesday 6:30 pm Bible Study  
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858-454-6459  
LaJollaLutheranChurch.com

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## How to build better relationships to advance your career

**(StatePoint)** Looking to get ahead in your career? Whether your goal is to raise your own level of performance, enhance customer engagement, or become a more effective leader, it all starts with bringing out the best in your co-workers, and in yourself, too.

One of the primary keys to success is learning to identify the fundamental characteristics of your co-workers, and developing strategies to work with each type of boss, co-worker or client you come across, says Kim Christfort, national managing director of Deloitte's US Greenhouse Experience and co-author of the new book, "Business Chemistry: Practical Magic for Crafting Powerful Work Relationships."

Co-written with Suzanne Vickberg, lead researcher of Business Chemistry at the Deloitte Greenhouse Experience, "Business Chemistry" identifies the four most common types of people you will work with in your career:

- "Pioneers" who value possibilities and spark energy and imagination. They're creative thinkers who believe big risks can bring great things.
- "Drivers" who value challenge and generate momentum. They're direct in their approach to people and problems.
- "Guardians" who value stability and bring rigor and order. They're deliberate deci-

sion makers apt to stick with status quo.

- "Integrators" who value connection and draw teams together. They're attuned to nuance, seeing shades of grey rather than black and white.

Once you identify the traits that make your co-workers and team tick, you can use this knowledge to become a more effective leader or team player, stress Deloitte's Christfort and Vickberg. It's all about learning how to best interact with each of the four major "Business Chemistry" types to help generate the best results and raise your level of performance -- and your value to your employer.

Here are several ways to apply that knowledge and become more effective at your job:

- Recognize the key differences in how people work, so you can build empathy and stronger relationships with them -- and flex your own style accordingly.
- Learn which kinds of working conditions and interactions can motivate your team, and which kinds may kill their potential. Then you can manage situations to help your team thrive.
- Tap into the diversity of your co-workers by determining whose needs are being met and whose aren't, and then revamp

SEE **Career**, page 7

## TA increase accelerates Sailor college degrees

by Ed Barker

The June 1 increase in the Navy's Tuition Assistance (TA) funding cap has made an immediate difference in the academic lives of numerous Sailors seeking college degrees.

Announced in NAVADMIN 127/18, the Navy removed the fiscal year limit of 16 semester hours (or equivalent) and allowed Sailors to use TA up to the Department of Defense's (DoD) fiscal year funding cap of \$4,500. For Sailors nearing or meeting the prior caps, this change represents a dramatic improvement.

"I was able to use the additional funding for the last class I needed to complete my bachelor's degree," said Logistics Specialist 2nd Class David Yip, stationed at Marine Helicopter Squadron (HMX) 1 in Quantico, Virginia. "I've been working on my degree for nearly five years now, and really appreciate that the increase allowed me to finish my capstone class in business administration."

Another Sailor who benefited from the TA limit increase was Aviation Structural Mechanic 1st Class William Caldwell, hydraulics and low observable leading petty officer for Strike Fighter Squadron (VF) 147, based out of Naval Air Station Lemoore, California.

"I had tapped-out my TA for this fiscal year, and the extra \$500 enabled me to complete a required science class that I might not have been able to af-



ford otherwise," said Caldwell. "There's no doubt that my degree will help me both in the Navy and after I retire."

Under the new cap, TA will continue to be paid up to the current DoD limits of \$250 per semester hour, \$166.67 per quarter hour, or \$16.67 per clock hour up to the total yearly cap of \$4,500. Tuition costs that exceed those limits, in addition to course fees, books, and instructional materials, will remain the Sailor's responsibility.

Chief Navy Counselor Kristie Freeman, Navy Voluntary Education (VOLED) enlisted advisor, recommends Sailors regularly review their education plan and take full advantage of the expanded TA authority.

"Education specialists from the Navy College Virtual Education Center (NCVEC) and overseas Navy College Offices are available to discuss the TA increase, and recommend other opportunities to earn college credit, such as College Level Exam Program (CLEP) and DSST® exams offered through the Defense Activity for Non-Traditional Education Services (DANTES)," said Freeman. "There are numerous ways Sailors can stretch their TA dollars, and we're here to help."

For additional details and more information on TA, see NAVAD-

MIN 127/18 at <http://www.npc.navy.mil>.

More information can be found by visiting the Navy College Program website: <http://www.navycollege.navy.mil/index.htm> including how to start the education process, complete required training, submit a Help Request through the Navy College Virtual Education Center (NCVEC), initiate a Live Chat session, or review knowledge management articles. The NCVEC can be reached toll free by calling 1-877-838-1659; DSN 492-4684, Monday-Friday 7 a.m. - 7 p.m. EST.

An additional program -- Navy Credentialing Opportunities On-Line (Navy COOL), provides information about licenses and certifications applicable to all Navy occupations, offering resources and funding to help Sailors gain appropriate civilian

desired, and in many cases required, credentials.

For more information about Navy COOL, visit <http://www.cool.navy.mil/> or call (850) 452-6683.

Get the latest information by following Navy Voluntary Education on Facebook: <http://www.facebook.com/NavyVoluntaryEducation/>.

Additional information about the Naval Education and Training Professional Development Center can be found via <http://www.netc.navy.mil/netc/netpdc/Default.htm>.

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 Naval Education And Training Professional Development Center, visit [www.navy.mil/local/NET-PDTC/](http://www.navy.mil/local/NET-PDTC/).

## Women in Aviation International offers \$565,000 in scholarships

At WAI's 30th Annual International Women in Aviation Conference, at least 108 individual scholarships equaling \$565,000 will be awarded. As is the tradition, these scholarships are available for both flight training and scholastic funding with specific scholarships earmarked for nearly every aspect of the aviation and aerospace community.

The scholarships will be awarded during WAI's conference, held next year in Long Beach, California, from March 14-16, 2019. Additional scholarships will be added in the coming months, and the total value of awarded scholarships typically

reaches more than \$600,000 annually.

"With a WAI scholarship, attaining an aviation career becomes more possible when the financial burden is eased," says WAI President Dr. Peggy Chabrian. "Our scholarships have literally changed the lives of the hundreds of women who have benefited from the generosity of benefactors ranging from multinational corporations to individuals."

Most scholarship applications may be made online at [wai.org](http://wai.org). Interested applicants are urged to check [wai.org](http://wai.org) periodically as new scholarships are added right up to the application deadline of November 12, 2018. For the second year, internships are offered along with scholarships.

"We have two important points about our scholarships. One is that there is a wide range of scholarships, both for academic study and for flight training, geared to a variety of people at every stage of their careers -- including retirement. Second, you must be a WAI member to apply," adds Dr. Chabrian.

Applicants must be a member of Women in Aviation International by November 1, 2018, and may apply for up to three scholarships. Internships are not included in the three per member scholarship limit. Scholarship applications must be submitted online or signed and postmarked by November 12, 2018.

Scholarships and application requirements may be found HERE.

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# About Your Health

## MAYO CLINIC: Spotting after menopause could be cause for concern

DEAR MAYO CLINIC: I am 52 and had recently gone 10 months without a period, so I had assumed I was postmenopausal. But, over the past few months, I've had light spotting. Does this mean I'm not past menopause? Do I need to see my health care provider about this?

ANSWER: It's possible that you haven't reached menopause yet. Clinically, menopause is defined as going without a period for one year. At 10 months, you don't quite meet that threshold. But it's also possible that you are postmenopausal, and the bleeding is a result of something else. It would be a good idea to make an appointment to see your health care provider and check your condition.

Menopause is the natural process that marks the end of a woman's reproductive years when menstrual cycles stop. It typically happens during the 40s or 50s, with the average age of menopause in the U.S. at 51.

Skipping periods as you approach menopause - a stage sometimes called perimenopause - is common and expected. During that time, menstrual periods often will skip a month and return, or skip several months and then start monthly cycles again for a few months. Periods also tend to happen on shorter cycles during perimenopause, so they may be closer together than is typical for you.

Ten months between periods is longer than usual in the perimenopause stage. But it is possible, and the spotting you've noticed may not signal anything other than the fact that

your body isn't to menopause at this point. However, if you have gone through menopause, then the bleeding could be cause for concern.

Bleeding after menopause is not normal, and it must be evaluated by a health care provider. Postmenopausal bleeding can have various causes.

One of the most serious underlying conditions that could lead to this type of bleeding is cancer. For example, cancer that begins in the uterus, called endometrial cancer, often triggers abnormal vaginal bleeding. For many women with this form of cancer, bleeding is their only symptom. That's why it's so important to have postmenopausal bleeding evaluated as soon as possible.

If your health care provider

suspects endometrial cancer, she or he may recommend removing a sample of tissue from your uterine lining with a procedure called endometrial biopsy. The tissue that's removed then is examined in a laboratory for signs of cancer. An endometrial biopsy may be performed in your health care provider's office, and it usually doesn't require anesthesia.

Less-common kinds of cancer that also could cause abnormal bleeding are cancer of the cervix or vagina, as well as uterine sarcoma. Other underlying medical concerns that may lead to vaginal bleeding after menopause include conditions that thin the tissue that lines the uterus or the vagina, called endometrial atrophy and vaginal atrophy. In some cases, uterine fibroids or polyps

may trigger bleeding, too.

The bleeding also could be the result of a condition known as endometrial hyperplasia, in which there is a precancerous overgrowth of cells that make up the uterine lining. An infection, injury or other pelvic trauma, and certain medications also have been known to cause postmenopausal bleeding.

Despite this list of disconcerting possibilities, please know, too, that the bleeding you are experiencing may be harmless, without any serious underlying medical condition causing it. But, at this time, you should see your health care provider to find out what's going on. - Jamie Bakkum-Gamez, M.D., OB-GYN, Mayo Clinic, Rochester, Minn.

## Controlling problem pimples

by NIH

Zits. Pimples. Spots. Whatever you call it, acne can cause discomfort and embarrassment. This skin condition affects most people at some point during their lives. About 4 out of every 5 people experience acne outbreaks between the ages of 11 and 30.

Acne starts in the skin's oil glands. The hair on our bodies comes out through canals from these glands called follicles. Oil glands make oils that emerge to the skin's surface through the follicles' openings, or pores, along with the hairs.

Sometimes hair, oil, and dead skin cells come together to plug a follicle. The plugged pore provides the right conditions for bacteria that normally live on the skin to thrive. When the body's immune system attacks the bacteria, pain and swelling can result. That's how a pimple forms.

Doctors don't know why only some people get acne. They do know what raises the risk for acne. Increases in certain hormones can cause oil glands to get bigger and make more oil. These hormone levels go up during puberty. Because of this, acne is

most common in adolescents and young adults. Hormone changes caused by pregnancy or by starting or stopping birth control pills can also trigger acne.

But people of all ages can get acne. For most, acne goes away by the time they reach their 30s. However, some people in their 30s, 40s, and 50s still get acne. Although acne is usually not a serious health threat, it can be upsetting, and severe acne can lead to permanent scarring.

There are things you can do to prevent acne, explains Dr. Edward Cowen, a skin specialist at NIH. He recommends that people with acne avoid skin products that contain petrolatum, a type of oil. Instead, he says, look for creams and lotions labeled "noncomedogenic." These are less likely to clog pores. A lot of people think certain foods can cause acne breakouts. However, Cowen explains, research has not been able to confirm this in most cases. See the Wise Choices box for other tips.

While there are plenty of home remedies for acne, Cowen says, it's better to start with proven over-the-counter treatments for mild acne. These products can contain benzoyl

### Fight Acne Flare-Ups These good habits can help reduce acne:

Be gentle. Avoid scrubbing hard when washing your face.

Hands off. Resist the temptation to squeeze or pick at pimples.

Avoid oily skin products. Choose lotions and make-up labeled "noncomedogenic." These are less likely to clog your pores.

Wash your hair. If you have oily hair, washing it every day can reduce oil on the skin.

Loosen up. Avoid pressure from tight-fitting clothing, sports equipment, or backpack straps, which can irritate the skin.

peroxide, resorcinol, salicylic acid, or sulfur.

People with severe acne should discuss prescription drug options with a doctor, he adds. These include antibiotics to kill bacteria or drugs called retinoids, which can be given as a topical to apply to the skin or as an oral medication.

## Meditation talk with Andrew Vidich at Del Mar Library

Del Mar Library will host Discover the Secret to Living a Life Filled with Peace, Contentment and Fulfillment with speaker Andrew Vidich, Ph.D. on Saturday, July 14 at 2pm.



In this workshop Dr. Andrew Vidich will present a simple yet powerful meditation technique. Participants will be guided through a first-hand personal experience of meditation which is the secret to profound personal well-being and global healing.

Andrew Vidich, PhD, is an educator, international speaker, and author/editor of more than five books. Dr. Vidich has been an adjunct assistant professor of religion at Manhattan College in Riverdale, NY and Iona College in New Rochelle where he taught courses in the nature and experience of religion, meditation, death and dying and Islamic studies. He is the co-founder of The Interfaith Council of New York and member of the Board of Directors of a Meditation Center in Amityville NY. He has been studying meditation for 44 years under the guidance of three renowned meditation teachers.

The Del Mar Branch Library is located at 1309 Camino Del Mar. For more information, call the library at (858) 755-1666. For information about San Diego County Library and other events, visit [www.sdcl.org](http://www.sdcl.org).

## Career continued from page 6

your team's normal processes so that everyone can perform at his or her best.

"Among members of a team, there will often be key differences in working styles and in what each individual needs to thrive," says Christfort. "An effective leader and co-worker can manage and motivate different types of people by learning what kinds of interactions and working conditions enhance everyone's performance."

For more tips and insights on how Business Chemistry can help you "and your team" perform at your best, visit [deloitte.com/us/practicalmagic](http://deloitte.com/us/practicalmagic).

By spending some time learning what drives your co-workers, bosses and employees, you can discover how to create a more productive team atmosphere that allows everyone to thrive and succeed, including yourself.



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

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## Caught speeding: Indigestion until proven guilty



by Lisa Smith Molinari

The vacation was over. After a week of roasting in the Carolina sun and indulging shamelessly in happy hour beverages and nightly feasts, we packed our sand-sprinkled suitcases, a glutinous stockpile of leftover food, and our elephant-skinned bodies into our minivan for the brutal twelve-hour drive back to Rhode Island. As I zoned out, munching cleansing carrots from a baggie and half-listening to the humorous prattle of my college-aged kids, I had no idea that I would soon become a common criminal.

Our minivan — a 2005 Toyota Sienna with 224,000 miles and

a perpetual sour odor — had been our faithful family servant through six military moves. But she was on her last leg, or

of post-vacation traffic making its way north, when suddenly, I saw a police car in a broken-down diner parking lot on the

ally still reach 70 mph, I thought, “Forty-five zone? Wait, wasn’t it 55 or 65? I didn’t notice speed limit signs, but then again, I wasn’t looking. Surely this guy will let me off with a warning when he sees that I have a squeaky clean record.”

I handed over my license, registration, and military ID in hopes that he would appreciate my respect for service. While my innards cartwheeled over my spleen, the officer and trainee retreated to their vehicle, returning with a clipboard ten minutes later.

“Ma’am, you are summonsed to appear in district court on August 28 on the charge of Reckless

Speeding,” he said, leaning his bald head into my window to hand me a pen. “Sign here.”

My stomach dropped onto the floor. “What?!” I screamed in my head. “I have to appear in court? But I’m a good citizen! I was eating a carrot, for criminy’s sake!”

The officer peered through his Oakleys into my panicked eyes. Speaking low, perhaps so his trainee would not think less of him, he admitted that the judge would reduce it to a lesser traffic ticket if I simply showed up for court. I scribbled my signature, and muttered a dopey, “Thank you, Officer,” and pulled back onto the road with my intestines

twisted in a tangled knot.

For the remaining ten hours, I carefully drove under the posted speed limits, as other cars whizzed by me, obviously annoyed that I was holding up traffic. As I plodded along, I struggled with the nauseating fact that I, a 23-year military spouse with a spotless record, was accused of being reckless by the Commonwealth of Virginia.

Accepting my imperfect status, I discarded the bag of wholesome carrots and called out to the dozing kids, “Hey could one of you dig around and find that four-pound bag of leftover M&Ms?”

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wheel as it were. Soon after her last inspection, her dashboard lights lit up like a Christmas tree, warning us to “check engine” and other various alerts that we summarily ignored. The rear passenger door handle was missing, there was a long crack in the sun-baked-baby-poop-brown-vinyl dashboard, the alloy wheels were corroded, the headlights were yellowed and hazy, and there were remnants of duct tape around the windshield from the time we tried to fix the leaky roof.

But despite it all, our old minivan was faithfully carrying us home as she always had.

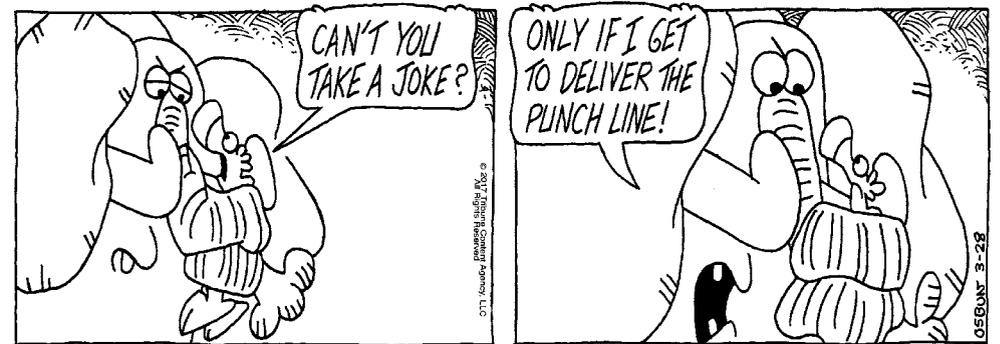
Along a mind-numbing stretch of rural interstate 13 on the Eastern Shore of Virginia, our minivan was mingling in a small herd

side of the road.

I inhaled a tiny gasp, tapped the break, and thought, “Uh oh, am I speeding?” Then my stomach did a sickening somersault when I saw red flashing lights behind me. I stopped carefully on the side of the road. The kids were alarmed, but excited about the social media value that this unfortunate event presented. Just as Lilly snapped a selfie, a police officer and his uniformed trainee approached the driver’s side window.

“Ma’am, you’re being pulled over for going 70 in a 45 mile-per-hour zone,” the officer said in a southern drawl as I fumbled for my documentation.

After an initial feeling of pride that our old minivan could actu-



## On Base & On Board

**Freedom Run 5K Friday, July 6, 8 am (7:30 am reg/check in), FREE NAB Turner Field First 200 finishers receive an event T-shirt. Proudly sponsored by MWR and North Island Credit Union. Register online at www.navylifew.com today! Info: 619-437-2982**

**Hula Dance Classes Sunday, July 8 and Saturday, August 18, 3 pm, \$5 each NBPL, Main Base, Community Recreation Center, Bldg. 546 Hawaiian dance is traditionally done barefoot, so kick off your kicks, feel the island vibes, and sway your hips as we learn to hula, baby! Register: 619-553-9138**

**Sunset Horseback Ride Sunday, July 8, 5:45 pm, \$90 (8 yrs.+)** Meet at 2225 Hollister St. San Diego, 92154. Don’t miss this breathtaking 1.5-hour sunset horseback ride on the beach. Space is limited. Registration required: 619-437-3190

**Summer Sunset Yoga Series Wednesdays, July 11 & 25 and August 8 & 22, 5:30-6:30 pm, FREENASNI, Navy Lodge Courtyard** Overlook the calming ocean waters while getting in touch with your inner serenity. Proudly sponsored by MWR and North Island Credit Union. Info: 619-767-7054

**Breakers Beach 5K Sand Run Thursday, July 19, 11 am, FREENASNI Breakers Beach Patio** The toughest 5K run you’ll ever love! Event T-shirt awaits all participants. Event proudly sponsored by MWR, Armed Forces Dispatch and North Island Credit Union. Register online at www.navylifew.com Info: 619-545-0237

**Superhero Training Kids Day Friday, July 20, 9 am (8:30 am check in), FREE NBPL, Main Base Smuggler’s Cove Circuit training challenge perfect for the entire family! Costumes are highly encouraged. Register online www.navylifew.com Info: 619-553-4259**

**Six Flags Magic Mountain Military Day Saturday, July 14, 7 am-11 pm, \$57** Cost includes admission, transportation, snacks, an all-you-can-eat buffet from 12-2 pm and a one-day Hurricane Harbor Bounceback admission, valid for use in September. All minors must be accompanied by an adult. Pick up locations: 7 am Silver Strand Youth Center/7:30 am Admiral Baker Picnic Area. Registration required: NBC 619-437-3190, NBPL 619-553-9138, NBSD 619-556-9597.

**Snorkeling with Community Recreation Saturday, July 14, 9-11 am, \$15** La Jolla Shores, Kellogg Park, 8200 Camino Del Oro, La Jolla, 92037. Spend the morning snorkeling and see if you can spot fish, marine life and even leopard sharks! Fins, masks, and wetsuits provided. Register: 619-556-9597

**SUP 101 Saturday, July 14, 9 am, \$10 NBPL, Main Base, Smuggler’s Cove** Get up...stand-up paddleboard (SUP)! It’s a great sport to

learn at any fitness level or age, and especially from our knowledgeable instructor. Cost includes instruction and equipment. Under 18 years must be accompanied by an adult. Register: 619-553-9138

Sunday, July 8,  
5:45 pm, \$90 (8 yrs.+)

### Sunset Horseback Ride

Space is limited. Registration required: 619-437-3190

Meet at 2225 Hollister St. San Diego, 92154. Don’t miss this breathtaking 1.5-hour sunset horseback ride on the beach.

**Old Globe - Behind the Curtain Workshops: Much Ado About Nothing, Saturdays, July 14, 21, 28, August 4, 11, 18, and final date to be determined, 10:30 am, FREE (12 yrs.+)** NBSD Anchors Catering Center, Bldg. 3210 (Corner of Yama and Main) Special seven-week class! Topics include costume design, prop making, dramaturgy and more. Attend at least four classes and you’re invited to attend a backstage/onstage tour and dinner followed by a show. Register: 619-556-9597

**Reverse Sprint Triathlon Wednesday, July 25, 6:30 am, FREE** NBSD Admiral Prout Track and Pool, Bldg. 3279 It’s a 2.5-mile run and 10-mile spin bike ride followed by a 400-meter swim. You got this! Register online at www.navylifew.com. Info: 619-520-3048

**Float & Flick Friday, July 27, 6:30 pm, FREE NBPL, Main Base Pool, Bldg. 1** Bring your family out for a nighttime float and a family-friendly movie. We’ll provide the floats! Parents must be in the water and within arm’s reach of any child that has not passed the

swim test. Info: 619-553-0934

**Wicked @ Civic Theatre Saturday, November 3, 2 pm, \$90** Plaza Level seating SHOW LOCATION: San Diego Civic Theatre, 1100 3rd Ave, San Diego, 92101. So much happened before Dorothy dropped in. Wicked, the Broadway sensation, looks at what happened in the Land of Oz...but from a different angle. Purchase your tickets NOW at our NAB Ticket Office for the November show. Limited availability. Registration required: 619-437-3190

### HAPPENINGS LISTED FROM PREVIOUS ISSUES....

#### GOLF

**Admiral Baker Sunset Nine, Wine & Dine** We’re keeping it classy every third Wednesday of the month. Check-in begins at 4 pm with a 5 pm Shot Gun Start, followed by beer, wine and dinner. For reservations call 619-487-0090 or 619-545-9659.

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

**Junior Golf Clinics Every Saturday, 10-11 am • \$20** Kid’s 6-17 years, learn fundamentals, etiquette and golf rules in a fun, friendly environment. For more details contact the Sea ‘N Air Golf Course at 619-545-9659 or Admiral Baker Golf Course at 619-487-0090.

#### BOWLING

**99 Day of Summer Bowling** Now thru September 3 Kids (15 yrs. and younger) bowl TWO free games per day! Available Monday-Friday from open until 4 pm. Shoe rental not included. For more information call Admiral Robinson Recreation Center, NBSD, at 619-556-7486 or Sea ‘N Air Lanes, NASNI, at 619-545-7240.

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

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

**Thursday Red Pin Prize Night Bowling** Roll a strike and win a prize! Available at Admiral Robinson Recreation Center, NBSD, and Sea ‘N Air Lanes, NASNI. For info call 619-556-7486 or 619-545-7240.

## Australian, U.S. forces team up for Exercise Hamel

by Staff Sgt. Keith Anderson  
ROCKHAMPTON, Australia - On the 100th anniversary of WWI's Battle of Hamel, when U.S. and Australian forces first fought side by side against German forces in Le Hamel, France, the longtime partners once again joined forces, this time for Exercise Hamel at Shoalwater Bay Military Training Area in central Queensland, Australia, from June 18-July 1.

Indiana Army National Guardsmen traveled nearly 9,000 miles to join their Australian counterparts for the exercise, which saw U.S. forces integrated into the Australian Battle Group to enhance tactical and sustainment interoperability with allied partners.

"It was truly an honor to be able to integrate into one of our coalition partner's headquarters," said U.S. Army Col. Robert Burke, the commander of the 76th Infantry Brigade Combat Team. "We were able to conduct a very challenging and worthwhile command post and field training exercise, outside the United States, and achieve a higher level of readiness than I anticipated while creating great

relationships with the Australians during an historic time in our shared military history."

More than 6,000 Australian soldiers and nearly 800 U.S. military personnel participated in the training. Hamel is an Australian Army field training exercise that serves as the Army's culminating event in the unit train-up/certification process before transitioning to a ready brigade.

Indiana Army National Guardsmen from the 1st Battalion, 293rd Infantry Regiment, joined up with Australian soldiers from 7th Brigade at the Shoalwater Bay Military Training Area and moved through a series of battles and engagements to certify the Australian brigade for deployment and to fulfill the annual training requirement of the Indiana Army National Guard battalion.

Additional U.S. participation included soldiers from the 10th Regional Support Group, based at Okinawa, Japan; U.S. Marines from the III Marine Expeditionary Regiment, also



based in Okinawa; U.S. Marines from the 2nd Battalion, 4th Marines, **5th Marine Regiment, based at Camp Pendleton;** and exercise support from U.S. Army Pacific and the 25th Infantry Division, both based in Hawaii.

"We've had a number of great scenarios involved, from non-combatant evacuation operations to an amphibious tactical lodgement [landing], population security operations and also more high-end joint land combat, so on all accounts, it's been a fantastic get-out for our ADF,"

said Australian Brig. Gen. Ben James, the director general for training and doctrine.

Australian soldiers began operations with an amphibious landing before facing a wide variety of challenges, from complex urban operations to chemical, biological, radiological, nuclear and explosive response and large-scale combined arms battles, with their U.S. counterparts.

U.S. Marines from Fox Company, 2nd Battalion, 4th Marines, assaulted an enemy-held urban complex in predawn darkness, followed by Australian soldiers from the 6th Royal Australian Regiment and U.S. soldiers from Alpha Company, 1st Battalion, 293rd Infantry Regiment.

"They needed to clear a village with a mixture of insurgent forces, conventional forces and a significant number of civilians," said Australian Army Capt. Tom Patterson, who served as an observer and trainer for the battle.

The scenario required infantry, tanks, military police

### Sailor found dead in barracks room

SAN DIEGO - Naval Medical Center San Diego mourns the loss of an active duty Sailor who was found dead in his barracks room at Naval Medical Center San Diego June 2.

The Sailor was attached to Naval Medical Center San Diego. The deceased Sailor's identification is being withheld pending 24 hours after next-of-kin notification.

No further details are available at this time.

The cause of death is currently under investigation by the Naval Criminal Investigative Service (NCIS).

and police dogs, engineers, air support, explosive ordinance disposal and other forces and considerations, Patterson said. It challenged soldiers in scenarios learned from real-world battles in urban areas where it is often not clear who is a fighter and who is a civilian, who is a friend and who is a foe.

The 1st Battalion, 293rd Infantry Regiment soldiers guarded critical artillery and logistical positions, cleared routes and performed area reconnaissance, secured enemy prisoners of war, and served as the Australian brigade's reserve force as the 7th Brigade pushed westward through the 1,754-square mile training area.

In the final battle of the

exercise, as Australian and U.S. forces took on a near-peer adversary played by the 3rd Brigade, Australian Army elements captured a critical airfield in a large-scale combined arms battle with tanks, dismounted infantry, air support, artillery and unmanned aerial vehicles.

"We supported the tango call signs - the tanks - as the infantry attachment clearing the route providing blocks and clearances of vulnerable points," said Australian Army Cpl. Daniel Peterson, 6th Royal Australian Regiment. "We culminated in a large, complex assault and a hybrid attack."

The exercise also allowed Australian military planners to test new equipment and capabilities.

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# Pacific Fleet and Fleet Forces commanders visit Surface Fleet's Warfighting Development Center

*"SMWDC continues to drive a rapid and sustainable increase in the warfighting proficiency and capability of the Surface Fleet and our Navy as a whole," said Grady. "There is an insatiable appetite in the Fleet for the training, TTP and doctrine updates, and direct operational support this team provides reliably in all fleet concentration areas. In just a few short years, SMWDC has become the place to be in the Surface Navy when it comes to the profession of arms in the maritime domain."*

SAN DIEGO - Adm. John Aquilino, commander U.S. Pacific Fleet and Adm. Christopher Grady, commander, U.S. Fleet Forces Command, met with the team at Naval Surface and Mine Warfighting Development Center (SMWDC) on-board Naval Base San Diego, June 25.

It was Aquilino and Grady's first visit to the command after taking the helms of Pacific Fleet and Fleet Forces Command.

"Our ability to successfully execute the wide array of

assigned complex missions throughout the maritime domain is dependent on a firm foundation of professional competence," said Aquilino.

"It was important for Adm. Grady and I to ensure SMWDC continues to meet our aligned warfighting training requirements and every unit successfully performs to one single high end standard."

Grady echoed similar sentiments.

"SMWDC continues to drive

a rapid and sustainable increase in the warfighting proficiency and capability of the Surface Fleet and our Navy as a whole," said Grady. "There is an insatiable appetite in the Fleet for the training, TTP and doctrine updates, and direct operational support this team provides reliably in all fleet concentration areas. In just a few short years, SMWDC has

become the place to be in the Surface Navy when it comes to the profession of arms in the maritime domain."

Through its lines of operations - advanced tactical training, doctrine and tactical guidance development, operational support, capability assessments, experimentation and future requirements - SMWDC

is driving standardization for training and operations of warfighting proficiency, capability and lethality throughout the Navy.

Rear Adm. Dave Welch, commander of SMWDC, said they have a tremendous team at SMWDC who help provide Sailors this advanced Fleet training, including the surface

force's Warfare Tactics Instructor (WTI) program.

"SMWDC isn't just a place for junior officers to become WTIs," he said. "However, it is a place where every member of the team plays a significant role in our mission to increase the lethality and tactical proficiency of the Surface Force across all domains."

## Boxer hosts midshipmen summer cruise

by MC3 Preston Jarrett

SAN DIEGO - Thirty one Navy and Marine Corps midshipmen from various colleges embarked USS *Boxer* (LHD 4) May 29 to June 22 for a summer cruise.

The summer cruise is a vital educational evolution for midshipmen, providing practical firsthand experiences for Reserve Officers Training Corps and U.S. Naval Academy midshipmen. During their summer cruise, midshipmen receive training, instruction and insight from junior Sailors, Chief Petty Officers and commissioned Officers to expose them to the operational environment and capabilities of an amphibious assault ship, along with the roles and responsibilities they may experience in the future as commissioned officers.

"Like every summer cruise, these midshipmen's eyes were opened to the challenges of leading at sea and to the everyday life of our junior enlisted and junior officers. No Naval Academy or NROTC classroom can replicate the essence of being a Naval Officer and leading people," said Capt. Benjamin J. Allbritton, *Boxer's* commanding officer.

Midshipmen were assigned "running mates" from every department to learn how each department works together to achieve *Boxer's* mission. In this capacity they worked side by side with *Boxer* Sailors performing countless daily tasks.

"Planning was a little hectic, but once we got all the running mates established, everybody took charge and took their midshipmen under their wing to train them to the best of their ability," said Lt. j.g. Chloe Pina, *Boxer's* midshipman coordinator for this year's iteration of summer cruise.

The summer cruise is designed to complement classroom training to provide a well-rounded experience for midshipmen.

"We took a lot of academic classes," said Midshipman 2nd Class Daniel Vander Meer, a student at Point Loma Nazarene University. "There are classes on the Navy in general, like an introduction to the Navy, where we learned the different enlisted ratings, career fields and different Navy ships and their purposes."

A midshipman's rank is dependent on their year of schooling. Different ranks attend cruises for different purposes, 1st classes receive more direct training from officers, and 2nd classes and below learn from enlisted personnel.

"We ended up shadowing enlisted Sailors, and honestly, it was a great learning experience," said Midshipman 3rd Class Alex Flores, a student from the University of San Diego. "I didn't know much about what they did on ships or the different jobs and the role they play. It was a really interesting experience to see the daily lives of enlisted Sailors."

Pina said that she embarked both USS *San Diego* and USS *Peleliu* for summer cruises as a midshipman, and the experience made her want to return to an amphibious ship.

"The words of wisdom I have for our midshipmen are to try and get the most out of your summer cruise," said Pina. "It's the only time when you can explore the entire ship and familiarize yourself with how this floating city operates so smoothly while striving to accomplish the Navy's mission."

Summer cruises aim to give midshipmen training in a real-world setting and provide them shipboard experience. Upon completion of their cruise, the midshipmen will return to their respective colleges and continue toward their goal of becoming commissioned Naval officers. A second group of midshipmen boarded *Boxer* June 28.

## Navy Preventive Medicine Unit hosts Mexican Navy in support of RIMPAC

by Lt. Janice Whittaker

SAN DIEGO - The Navy Environmental and Preventive Medicine Unit FIVE (NEPMU-5) hosted 15 Mexican Navy health service personnel in support of Rim of the Pacific (RIMPAC) exercise, June 26.

The Mexican Navy personnel are crew members from the ARM Usumacinta-412, a Mexican Navy ship that arrived in San Diego June 25,

as part of RIMPAC.

NEPMU-5 collaborated with the 15th MEU in organizing the event.

The visit showcased a wide variety of public health services, placing significant emphasis on humanitarian assistance and disaster response mission capabilities as well as sharing best practices on applying force health protection measures for exercise participants.

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**MCRD SAN DIEGO (June 25, 2018) - Recruits with Bravo Company, 1st Recruit Training Battalion, swing on a rope during a confidence course event here. Throughout the confidence course recruits were situated to overcome each obstacle to overcome fear and increase confidence amongst themselves. Annually, more than 17,000 males recruited from the Western Recruiting Region are trained at MCRD San Diego. Bravo Company is scheduled to graduate Aug. 31. Marine Corps photo**



**PACIFIC OCEAN (June 27, 2018) - The crew of Los Angeles-class fast attack submarine USS Annapolis (SSN 760) launch a Tomahawk Land Attack Missile (TLAM) off the coast of Southern California as part of a Tomahawk Flight Test (TFT). This launch was a demonstration of strike capabilities from the sea and showed the Navy's ability to conduct forceful military operations in the Pacific. Photo by MC1 Ronald Gutridge**



**PACIFIC OCEAN (June 28, 2018) - Sonar Technician (Surface) 3rd Class Marcus Smith stands helm watch aboard guided-missile destroyer USS Dewey (DDG 105) during a replenishment-at-sea. Dewey is underway in the 3rd Fleet area of operations. Navy photo by MC2 Devin M. Langer**

## 30th NCR relocates from Ventura to Guam

by MCC Matthew White,  
Navy Expeditionary Combat Command  
SANTA RITA, Guam (NNS)  
-- The 30th Naval Construction Regiment (NCR) relocated to Naval Base Guam from Naval Base Ventura County, Port Hueneme, California, July 1.

The relocation of 30th NCR streamlines operational effectiveness and establishes the regiment as a forward-deployed operational staff capable of commanding and controlling deployed Naval Construction Force units.

As Commander Task Group 75.5,

30th NCR enables the real-time mobility of response for engineering units and other assigned forces to provide expeditionary, general and limited combat engineer capability to respond to major combat operations and contingencies, conduct Theater Security Cooperation Plan operations, and execute Humanitarian Assistance Disaster Response (HA/DR) and Civil-Military Operations within the Pacific.

For more than 75 years, Seabees have protected and served the nation with great pride and dedication. Over the course of its history, the Naval

Construction Force has adapted and evolved to remain a ready and effective force capable of operating in changing operational environments around the globe.

30th NCR moved many times during the island hopping campaign of World War II, and later during the Vietnam conflict. During its history, 30th NCR has operated from Saipan, Guam, Philippines, Danang (Republic of Vietnam), Okinawa, Hawaii and California. The Regiment also deployed to Southwest Asia in support of Operations Enduring and Iraqi Freedom.

## Squadron welcomes Chilean sub to San Diego

by MC2 Derek Harkins  
SAN DIEGO - Commander, Submarine Squadron 11 welcomed diesel-electric Chilean Submarine Simpson (SS 21) to Naval Base Point Loma as part of the Diesel-Electric Submarine Initiative program, June 26.

DESI, established in 2001 by U.S. Fleet Forces Command, enhances the Navy's capability to operate with diesel-electric submarines by partnering with South American navies. During Simpson's three-month deployment to San Diego, the crew will conduct underway operations with U.S. Navy submarines, ships and aircraft.

"Each year, Submarine Squadron 11 has the privilege of hosting a South American submarine in our local waters," said Lt. Alexander Papadakos, the CSS-11 liaison officer for Simpson. "During these visits, we are able to simulate a variety of wartime scenarios against diesel submarines which adds an additional degree of difficulty and reality to fleet ASW, as diesel submarines have proven to be quiet and elusive."

Simpson will conduct surface, air, and sub-surface anti-submarine warfare (ASW) exercises. These operations will provide the U.S. Navy and the Chilean crew valuable training and ex-

ercise opportunities to improve skills, capabilities and experience in ASW warfare.

Sailors on board Simpson will also engage in training ashore on NB Point Loma. The Submarine Learning Center Det San Diego will host the Chilean sailors for classroom and practical training, including fighting simulated fires at the Fire Fighting Trainer and learning skills to combat flooding in the DC Team Trainer.

"Maintaining our own ASW prowess is not the only benefit of DESI," said Papadakos. "It allows us to strengthen our bonds with our South American partners."

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**"All reservists want to do is contribute to the fight."  
- Lt. Col. Brian Pate**



**Marines build an OE-254 very high frequency voice communication antenna during Communication Exercise (COMMEX) at Miramar. COMMEX is an annual training drill period for reserve Marines to practice and hone their skills in their military occupational specialties, and to establish and maintain long-range communications. Marine Corps photo**

## Communications squadron 48 hones skills during Communications Exercise

by Cpl. Nathaniel McAllister

Once a year, active-reserve unit Marine Wing Communications Squadron (MWCS) 48, 4th Marine Aircraft Wing (MAW), conducts a Communication Exercise (COMMEX) at Marine Corps Air Station Miramar, Camp Pendleton; and Great Lakes, Ill., June 14 to 20.

This exercise is meant to help reservists practice and hone their military occupational specialty skills within the communications squadron, as well as work with 3rd MAW to establish and maintain networks and servers.

"This is the annual training event for the squadron for this fiscal year," said Maj. Sean Wills, executive officer of MWCS-48. "This particular year, we ended up doing a large-scale, squadron-level communications exercise. This is a two-week period where the squadron came together for the first time in more than four years because the squadron is separated between Great Lakes and Miramar."

3rd MAW had a small part in the exercise, providing resources such as equipment and ample training area that allowed enough space for 4th MAW assets to be properly utilized. In return, 4th MAW shared the results from the use of the Tropospheric Scatter Microwave Radio Terminal (TRC) 170 - a multichannel terminal capable of transmitting digital information in a secure manner over a distance of 100-150 miles - with 3rd MAW. The TRC-170 is an aging, but still relevant, piece of equipment and

3rd MAW is using the data to potentially extend the lifecycle of the radio terminal.

Because reservists only train in their military occupational specialty one weekend a month and two weeks in the summer, there have been some challenges with preparing for COMMEX. For instance, reservists maintain civilian jobs or attend school when not participating in drill so it limits the time they are able to focus on their military training.

Active-duty Marines are required to become subject matter experts for the reservists to reference. While the reservists are excited to train, they still have the stresses of their daily lives, which may also take them away from their families.

In addition to being away for drill, Sgt. Maj. John Scarborough, squadron sergeant major for MWCS-48, said he has to travel periodically with his civilian job as well, and to different Army bases teaching police skills to different units.

"My kids are 9, 10 and 12, and they've learned that sometimes daddy's work takes him away," said Scarborough.

Through all of these adversities, 4th MAW is completing its mission essential tasks on time and correctly, as well as giving the Marines training time to better themselves, Scarborough continued.

The exercise was an opportunity to focus on giving Marines

time to train and gain hands on experience, show the squadron how it can support the active forces and, ultimately, fit into the big picture.

"All reservists want to do is contribute to the fight," said Lt. Col. Brian C. Pate, commanding officer of MWCS-48. "The way we do that as reservists is by providing trained and ready Marines or units that can perform the same functions as our

sister units."

This mindset gives the Marines determination and motivation to do their best to get their mission accomplished, added Pate, who said "being a reservist or being affiliated with the Corps and being able to train like this makes them better in their civilian life because they carry all the traits that we value as a Marine into their daily lives."



**(top, below) Marines lend a hand during COMMEX. Marine Corps photo**



**SAN DIEGO (July 2, 2018) - Naval Medical Center San Diego (NMCS) Command Master Chief Patrick Mangaran pose a group photo with volunteers and personnel from the Drug and Alcohol Program Advisor (DAPA) department during a safety stand down prior to the Fourth of July holiday. The NMCS DAPA team set up an interactive display and educated staff, patients, and visitors in efforts to raise awareness and combat alcohol and drug related incidents. Navy photo by MC2 Indra Beaufort**



**CAMP PENDLETON (June 28, 2018) - Marines with 2nd Battalion, 1st Marine Regiment, board an MV-22B Osprey tiltrotor aircraft, assigned to Marine Medium Tiltrotor Squadron 364, during air-to-ground helicopter training as part of Rim of the Pacific (RIMPAC) exercise. The training is a crucial part of ensuring the safety, proficiency and speed of the multilateral air-ground team. Marines training with partner nations from around the world enhances prowess. RIMPAC provides high-value training for task-organized, highly-capable Marine Air-Ground Task Force and enhances the critical crisis response capability of Marines in the Pacific. Photo by Cpl. Robert G. Gavaldon**



**MOUNTAIN WARFARE TRAINING CENTER, Bridgeport, Calif June 20, 2018) - A reconnaissance Marine with 4th Reconnaissance Battalion, 4th Marine Division, rappels down a cliff side during Mountain Exercise 3-18 here. After completing Integrated Training Exercise 4-17 last year, 4th Reconnaissance Battalion took part in MTX 3-18 to further develop small-unit leadership and build an understanding of the different climates and scenarios they could face in the future.**

**Marine Corps photo by Cpl. Dallas Johnson**

## Historic air races in Ely

Historic Yelland Field in Ely, Nev., hosted the first new air race event in the western United States in 34 years. The event was the highest elevation air races ever with an altitude of 6,259 feet.

The White Pine County Air Race Committee and the Formula One Pylon Air Racing, Inc. (IF1) worked tirelessly to bring this record-breaking event together. Seven F1 aircraft raced through the sky, some at an average lap speed of over 200mph, from June 13-16, 2018 in the inaugural Ely Air Races.

Hundreds of spectators had the opportunity to see history in the making as well as enjoy a ride in a hot air balloon and an airplane simulator. Other static displays, a car show and delicious food were also on hand. Thursday's attendees not only got to witness some great racing but were treated to a visit by the Reno Air National Guard's C130 firefighting aircraft. Evening activities included golf tournaments, skeet shooting competitions, BBQs, and music and vendors in the park. Plans are already being made to continue and grow the event.

"We thank our excellent hosts in Ely, Nevada and at the White Pine County Airport and all the local volunteers for their outstanding effort in establishing Ely as a new Formula One Air Racing destination," said Steve Senegal, president of IF1.

### Final Race Results:

1st Place	#11 Steve Senegal in Endeavor
2nd Place	#31 Lowell Slatter in Fraed Naught
3rd Place	#7 Anders Trygg in Miss Eve
4th Place	#43 Tom Siegler in Aero Magic
5th Place	#15 Ryszard Zadow in Last Lap Player
6th Place	#52 Steve Tumlin in Feisty
7th Place	#4 Jerry Marshall in Tumbleweed (DNS)



Winning pilots

## San Diego Botanic Garden July 2018 events & classes

Daily, Now – April 2019, 9am – 5pm. San Diego Botanic Garden. 230 Quail Gardens Drive. Free with paid admission or membership. **Sculpture in the Garden.** This unique exhibition showcases more than 50 sculptures from 30 talented artists – including renowned local artist James Hubbell – set against the beautiful backdrop of San Diego Botanic Garden. Most sculptures are for sale and are part of the Garden's fund-raising effort. Visitors are invited to take a self-guided tour with the Garden's Sculpture Map. Info: <http://www.sdbgarden.org/sculpture.htm>

Thursdays, July 12, 19 & 26, 4:30 pm – 8 pm. San Diego Botanic Garden. Quail Gardens Drive. Free with paid admission or membership. **Thursday Family Fun Nights.** Families are invited to pack up the kids and enjoy some outdoor fun at San Diego Botanic Garden. Live, kid-friendly entertainment is provided each Thursday night from 6-7 pm. Info: <http://www.sdbgarden.org/thursnights.htm>

Now – Tuesday, July 10. Daily, 9 am – 5 pm. Ecke Building. San Diego Botanic Garden. 230 Quail Gardens Drive. Free with paid admission or membership. **Lung Hsiang Exhibit and Sale.** The An-

nual Lung Hsiang Exhibit and Sale features original Chinese Brush Paintings created by members of the Lung Hsiang chapter of the American Artists of Chinese Brush Painting. The exhibit and sale is open daily from 9 am – 5 pm in the Ecke Building in the Info: <http://www.sdbgarden.org/events.htm>

Saturday & Sunday, July 21 & 22, 9 am – 5 pm, San Diego Botanic Garden. 230 Quail Gardens Drive. Free with paid admission or membership. Kids 12 and under free. **Insect Festival.** This one-of-a-kind festival is sure to intrigue bug-devotees of all ages featuring thousands of fascinating creepy-crawlies including live lizards, snakes and the famous Madagascar hissing cockroaches! Info: <http://www.sdbgarden.org/insect.htm>

Now – Labor Day, Sept. 3. Daily, 9 am – 5 pm. San Diego Botanic Garden. 230 Quail Gardens Drive. **Free admission for active-duty military and up to 5 immediate family members.** Blue Star Museum Program. The San Diego Botanic Garden is proud to participate in the Blue Star Museum program, offering free admission to all active duty, National Guard and Reserve members of the U.S. military and their families (card carrier plus 5

immediate family members). Info: <http://www.sdbgarden.org/military-specials.htm>

Saturday, July 7, 9 am – 12 pm. San Diego Botanic Garden. 230 Quail Gardens Drive. SDB Garden Members: \$30/Non-Members: \$36. Material fee of \$80 per student is paid directly to the instructor at the class. **Living Wall/Vertical Garden.** Learn the basics planting a living wall. Students will plant a 10" x 20" wall comprised of a variety of succulents. Living walls can be used to decorate an exterior or interior wall with multitudes of colors, textures, and sizes. REGISTER EARLY! THIS CLASS WILL SELL OUT! Info: <http://www.sdbgarden.org/classes.htm>

Sunday, July 8, 12 - 2 pm. San Diego Botanic Garden. 230 Quail Gardens Drive. SDB Garden Members: \$40/Non-Members: \$48, plus a \$10 materials fee paid directly to instructor on day of class. **Zentangle – Yin/Yang Workshop.** Opposites really do attract. Create black and white art pieces with black and white pens. ZERO art experience necessary! Info: <http://www.sdbgarden.org/classes.htm>

Sunday, Aug. 5, 9 – 11 am. San

Diego Botanic Garden. 230 Quail Gardens Drive. SDB Garden Members: \$32/Non-Members: \$40. **Shinrin-Yoku/Forest Bathing:** Shinrin-Yoku or Forest Bathing is a way of connecting people to nature. This idea and the positive health effects of simply being and walking in a state of relaxation in nature has undergone significant scientific testing and validation in Japan and Korea. This innovative programming is trending in gardens and nature reserves across the country. Register today and find out why! This class will sell out fast!! Info: <http://www.sdbgarden.org/classes.htm>

Named as one of the "Top 10 North American Gardens Worth Traveling For" by the American Gardens Association, San Diego Botanic Garden is a beautiful urban retreat nestled on 37-acres in the midst of Encinitas. Visitors enjoy restful vistas, flowering trees, majestic palms, and the nation's largest bamboo collection. Thanks to our mild Southern California climate, plants from all over the world thrive here. Our diverse topography provides a wide variety of microclimates giving visitors the sensation of strolling through a tropical rainforest to hiking in the desert.

## Around Town

**Oceanside Art Walk** in downtown Oceanside, July 6, 5-9pm. [www.oceansideartwalk.org](http://www.oceansideartwalk.org)

**Storyteller Georgette Baker** Free Friday, July 6, 2018, 10 a.m. to 11 a.m. Georgette's high-energy storytelling and sing-along songs engage and captivate. Her silliness is contagious as she invites everyone to join in dancing, playing instruments or create movements to bring stories alive. She brings her rich experience of living and traveling throughout the world with her to each program and shares artifacts she has acquired on her journeys. La Jolla Riford Library, 7555 Draper Avenue, San Diego, 92037.

**Summer Carnival** in downtown Fallbrook. July 6-8 [www.fallbrookchamberofcommerce.org](http://www.fallbrookchamberofcommerce.org)

**Breakfast with Tigers** at San Diego Zoo Safari Park, July 7, 8-9am. [www.sdzsafari.org](http://www.sdzsafari.org)

**Beach Cleanup** at Oceanside Pier, July 7, 9-11am. [www.sandiego.surfriider.org/events](http://www.sandiego.surfriider.org/events)

**SheFest** at North Park Community Park. July 7 [www.sdpride.org](http://www.sdpride.org)

**Oceanside Samoan Cultural Celebration** at Junior Seau Pier Amphitheatre, July 7, 12-9pm. [www.yoninc.org](http://www.yoninc.org)

**Summer Movies in the Park Series:** Ferdinand at Poway Community Park, July 7, 6:30-9:45pm. [www.poway.org](http://www.poway.org)

**Kevin Hart** at Viejas Arena, July 7, 7pm. [www.as.sdsu.edu/viejas\\_arena](http://www.as.sdsu.edu/viejas_arena)

**Sam Bybee** at Ignite Bistro, July 7, 7-10pm. [www.ignitecarlsbad.com](http://www.ignitecarlsbad.com)

**Family Campout at Lake Poway.** July 7-8 [www.poway.org](http://www.poway.org)

**Pageant of the Masters** in Laguna Beach. July 7-Sept 1 [www.foapom.com](http://www.foapom.com)

**Evan Diamond** at Ignite Bistro, July 8, 11:30am-2:30pm. [www.ignitecarlsbad.com](http://www.ignitecarlsbad.com)

**Pan-America Cup Finals** at San Diego Surf Polo Club. July 8 [www.sandiegosurfpolo.com](http://www.sandiegosurfpolo.com)

**Summer Concert Series:** The Mighty Untouchables at Lake Poway, July 8, 5:30-7pm. [www.poway.org](http://www.poway.org)

**San Diego Padres** vs. Los Angeles Dodgers at Petco Park. July 9-12 [www.mlb.com/padres](http://www.mlb.com/padres)

**Summer Twilight Concert:** The Petty Breakers at Del Mar Powerhouse Park, July 10, 6-9pm. [www.delmarfoundation.org](http://www.delmarfoundation.org)

**7/11 Day** at 711. July 11 Get a free Slurpee at any participating store.

**Catfish Season** \$4 - \$9 Ongoing until Saturday, Sept. 1, Fridays, 6am Saturdays, 6am. Channel catfish are found in every state in the lower forty eight and their season normally runs from late spring through the fall. Late afternoons into the night are more active hours for the mostly nocturnal feeders, and this weekend Lake Jennings will kick off their night-fishing season with 2,000 pounds of stocked channel catfish. The lake will be open for fishing until midnight, Friday through Sunday this Memorial Day weekend. Night fishing continues all summer through Labor Day with the lake staying open Friday and Saturday nights until midnight. Lanterns are required after 8pm. A

**Cowboy Boots & Swimsuits** July 5, 12, 26. Grab your cowboy boots and head on over to Dive for a poolside music series. Catch country artist Brandon Lay on July 5, followed by Jimmie Allen (July 12) and Devin Dawson (July 26). The evenings include drink specials, games, water bull riding and more. 7 p.m. doors, show 8 p.m. \$10+. Harrah's Resort Southern California, 777 Harrah's Rincon Way, Funer, 760.751.3100. [harrahssocal.com](http://harrahssocal.com)

**First Friday Night Market** First Fridays Starting July 6. Join the inaugural First Friday Night Market at Anthem Vegan, featuring vegan food and drink vendors, local vegan-friendly beer in a 21+ beer garden and music. Food options include El Veganito, The Vegan Tamale Company, Maya's Cookies and more, with drinks from Thorn Brewing Co. and Bambucha Kombucha. 6-10 p.m. Free. 2611 El Cajon Blvd., North Park. [veganinsandiego.com](http://veganinsandiego.com)

**"Mankind Edited" Opening** July 6. Attend the opening of La Playa Gallery's newest exhibition Mankind Edited featuring pieces from painters Dan Adams and Matt Snyder, and sculptor Ry Beloin. Peruse selected works that explore the emotional range of Americana, from joy to depression, influenced by everyday objects such as the kitchen honey bottle, the skyscraper and the posture of man all while enjoying a wine and cheese reception. 5-8 p.m. Free. 2226 Avenida De La Playa, La Jolla, 858.454.6903. [laplayagallery.com](http://laplayagallery.com)

**Sample poke from the new POKE IT while supporting the San Diego Fire Rescue Foundation.** POKE IT Grand Opening July 7. POKE IT, Hillcrest's newest Cali-Baja poke concept, has teamed up with the San Diego Fire-Rescue Department's newly remodeled Station No. 5 to host a public grand opening, which will serve as a fundraiser for the San Diego Fire Rescue Foundation. Guests can enjoy a special poke dish created by the firefighters of Station No. 5, who will be available throughout the day for photos. 11 a.m.-9 p.m. A la carte pricing, free to attend. 690 University Ave., Hillcrest, 619.773.6486. [pokeitsd.com](http://pokeitsd.com)

**Eclipse Chocolate's Annual Cupcake Extravaganza** Through July 8. Experience 24 limited-time flavors created by Eclipse's founder and Food Network's Guy's Grocery Games winner Will Gustwiller while delighting in a pop-up baby goat petting zoo (July 8) and prizes including free gourmet cupcakes for a year. Each box of nine cupcakes is an entry to win and additional "instant winner" tokens can be found attached to the bottom of various cupcakes throughout the event. See website for hours. Cupcakes priced individually, \$25 for a box of nine. Eclipse Chocolate, 2145 Fern St., South Park, 619.578.2984. [eclipsechocolate.com](http://eclipsechocolate.com)

**Summer Film Series** July 11, 18, 25. The Women's Film Festival San Diego, in partnership with Women In Entertainment and ArcLight Cinemas, is proud to present their first Summer Film Series. The series will showcase women-directed documentaries followed by filmmaker Q&A sessions, beginning with Fattitude on July 11. 7:30 p.m. \$17.50. ArcLight Cinemas, 4425 La Jolla Village Dr., La Jolla.

**Rum Runner Night** July 12. Climb aboard the steam ferryboat Berkeley to enjoy specialty craft rum cocktails, pick up tips from Ha-

vana 1920 mixologist and GBOD Hospitality Group's beverage director Ryan Andrews, listen and dance to live music, and imbibe in delicious authentic Cuban cuisine. Tickets include one specialty rum cocktail, appetizers, entertainment and general admission to all historic vessels and exhibits at the Maritime Museum. 21+. 5-8 p.m. \$30. Maritime Museum, 1492 N. Harbor Dr., Embarcadero, 619.234.9153. [sdmaritime.org](http://sdmaritime.org)

**Summer and Songs** Thursdays Starting July 12. Spend your summer evenings at the Village at Pacific Highlands Ranch with this eight-week outdoor concert series. Headliners include Grammy-nominated Steven Cade, Lee Coulter, Justin Froese, Corey Leal, Gaby Aparicio, Lola and Ariel Levine. Dine on the restaurants' patios or hang out in the courtyard to take in the night's music. 6-8:30 p.m. Free. Village Square between Westroot Tavern and Casa Rústica, 13490 Pacific Highlands Ranch Pkwy., Carmel Valley. [summerandsongs.com](http://summerandsongs.com)

**King Taylor Project,** Josh Weinstein, and Julia Othmer July 14. King Taylor Project celebrates their return from the road and the revival of the Lestat's West Music Venue with a show that features new original music from every act on the bill. The night opens with L.A.-based singer-songwriter Julia Othmer, followed by songwriter/composer Josh Weinstein, who plays keyboards with KTP as well as a host of other acts around town. Tickets include a signed copy of About Time, a KTP decal and a Julia Othmer sticker. 8-11 p.m. \$10. 3343 Adams Ave., Normal Heights, 619.282.0437.

**FIFA World Cup Championship Outdoor Viewing Party** July 15. Soccer fans gather for the largest West Coast outdoor viewing party of the FIFA World Cup Championship. Massive jumbotrons will be showing the game all morning along this block of fun which will also feature food trucks, a Mike Hess beer garden and 619 Spirits Bloody Mary Bar for those 21+ and a family zone for those of all ages. 7 a.m.-2 p.m. Free. 30th Ave. and University Ave., North Park. [explorenorthpark.com](http://explorenorthpark.com)

**Passport to Peru: Masters Cocktail Reception** July 16. Sip and savor your way through the evening as you learn about Peruvian flavors from three of the most well known names in the country's booming culinary scene. Executive Chef Emmanuel Piqueras—Peru's culinary ambassador—and renowned Chef Ricardo Zarate will present six tray-passed dishes alongside mini pisco cocktails by Master Distiller Johnny Schuler, who will be flying in from Lima to share his expertise. 6-8:30 p.m. \$35. Pisco Rotisserie and Cevicheria, 2401 Truxtun Road, Suite 102, Point Loma, 619.222.3111.

**Opening Day Pre-Party on Pacific Terrace** July 17. Get ready for opening day of the Del Mar horse races with a party complete with live music, specialty drinks including this year's signature cocktail—the Del Mar Julep—and tray-passed hors d'oeuvres. Christine A. Moore Millinery and Percy Knox Jr. of Élevée Custom Menswear will be conducting a Race Day Fashion 101 session and horse racing expert Michelle Yu will lead a panel discussion with jockeys and horse owners to give an inside look at the sport. 6-8 p.m. \$79.99. L'Auberge, 1540 Camino Del Mar, Del Mar, 858.259.1515. [laubergedelmar.com](http://laubergedelmar.com)

# Soul line-dance class at Del Mar Library

Learn to soul line-dance at Del Mar Library on Thursday, July 12th at 6pm with StepNicely Dance.

What better way to celebrate

summer than by line-dancing to R&B, old school, jazz, and gospel!

This program is a part of San Diego County Library's (SDCL)

Summer Learning Challenge.

Summer Learning is about encouraging kids, families and adults to read all summer long and also participate in hands-

on and inquiry-based learning activities.

For more information about the event, call the library at (858) 755-1666.

For more information about San Diego County Library, visit [www.sdcl.org](http://www.sdcl.org).

# Superhero summer at the museum

Pow, Slam, Kaboom! Superhero Summer is back at The New Children's Museum starting July 1! From pop-up activities and fun adventure prompts to our newest installation No Rules...Except, you won't want to miss out on all the super opportunities for play and creativity.

In addition to superhero merchandise in our Museum Store, the Museum will feature several ways for you to practice your super skills. With action-packed workshops in our Innovators LAB and a Monster & Alien hunt throughout the Museum, little heroes will be able to use their creativity to save the day!

# Jokes

Tom: Which is the tallest building in the world?

Mike: Which?

Tom: The library. It has the most stories.

Tom: What did one Jack-o'-lantern say to the other?

Mike: What?

Tom: Cut it out!

# Volunteers needed at the USS Midway Museum

Give back while connecting with the history and heritage of the Navy. Volunteers are now needed at the USS Midway Museum.

Safety volunteers have fun working the front lines with enthusiastic and curious museum visitors from all over the world. The museum's safety team is looking for regular help from individuals who enjoy people and learning new things.

Training in procedures, customer service, first aid and wayfinding. Regular, monthly commitment required.

For more information, contact museum staff via [www.midway.org](http://www.midway.org) or [volunteering@midway.org](mailto:volunteering@midway.org). By phone, (619) 398-8289.

# Omarr's weekly Astrological forecast



**ARIES** (March 21-April 19): You may begin the week with extra energy and a willingness to explore uncharted waters and new relationships. Outside influences can't rock a rock-solid relationship based on mutual trust.

**TAURUS** (April 20-May 20): Love fits you like a glove. Your

interest in the world around may attract people from diverse backgrounds, but you may attract that special someone you have been looking for as well.

**GEMINI** (May 21-June 20): If you perform a job well, you expect to enjoy recognition and adequate compensation. Your

efforts might be rewarded with more responsibilities and more tasks this week.

**CANCER** (June 21-July 22): Whether it is a pat on the back or a foot in the door use warmth and assertiveness to your advantage this week. Get plenty of exercise and stay fit especially if you work at a desk all day.

**LEO** (July 23-Aug. 22): Nobody remembers people who just go through the motions. The person who goes the extra mile for perfection wins praise. Don't be shy about showing off your abilities and skills this week.

**VIRGO** (Aug. 23-Sept. 22): Welcome exciting new ideas and talented people into your life in the week ahead. A chance meeting may bring you face-to-face with an extremely attractive or highly popular person.

**LIBRA** (Sept. 23-Oct. 22): Loyalty as well as patriotism may be tested in the week ahead. An exciting schedule of social activities may extend your network of contacts and friends. You may face the unexpected.

**SCORPIO** (Oct. 23-Nov. 21): Use your social skills to put others at ease. Share your enthusiasms, hopes, and wishes with those you hold near and dear. This could be a good week to solidify key relationships.

**SAGITTARIUS** (Nov. 22-Dec. 21): A change of plans is not necessarily an obstacle to achieving your ambitions this week. There could be something going on behind the scenes that help you come out ahead financially.

**CAPRICORN** (Dec. 22-Jan. 19): Your ambitious work ethic may win the notice of those in charge as this week unfolds. At the same time, your newfound success may spark a touch of envy in some colleagues.

**AQUARIUS** (Jan. 20-Feb. 18): Don't give up too soon. Success may follow a series of failures. The faster you get preliminary mistakes and errors out of the way this week, the sooner you can enjoy the rewards.

**PISCES** (Feb. 19-March 20): You may not need to look far to receive the encouragement and support to get ahead. An adventure could await you if you stray from the beaten path in the upcoming week.

# Dining Directory



**Lahaina Beach House**  
Pacific Beach, CA

Breakfast • Burgers  
Great Cocktails

710 Oliver Ave.  
San Diego, Ca 92109  
858-270-3888  
(Located in Pacific Beach on the boardwalk)

**Tak Grill**  
FRESH MEDITERRANIAN

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San Diego • 92119  
619.825.9033

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Any Entree  
\$6.95 & Up

**PHỞ HÙNG CALI**

Phở Hùng Cali 1  
(619) 585-1595  
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Chula Vista, CA 91911  
Open 7 days:  
8am - 9pm

**GRAND OPENING**  
Phở Hùng Cali 2  
(619) 591-9979  
6 N. 4th Ave., #5  
Chula Vista, CA 91910  
Open 7 days:  
8am - 9pm

**Coming Soon! PHỞ HÙNG CALI 3**

**El Indio**  
Mexican Restaurant & Catering  
Family Owned & Operated Since 1940

**"Best Mexican Food in San Diego"**

3695 India Street \* [www.elindiosandiego.com](http://www.elindiosandiego.com) \* 619-299-0333  
Open Daily: 8am-9pm

**Free Parking! 10% Military Discount**

# LOCAL ATTRACTIONS

**BREWERY TOURS**  
of SAN DIEGO

Visit & Sample an Award-Winning Breweries in "America's Finest City"

Public & Private Tours Available

- 12 Unique Tastes
- Corporate Events
- Beer & Wine Pairings

619.961.7999 | [brewerytoursandiego.com](http://brewerytoursandiego.com)

**The Veterans Museum at Balboa Park**

Open Tues.-Sun. 10am-4pm

Honoring the memories & contributions of the men & women who gallantly served their country.

Events Venue: Exhibits, Artifacts, memorabilia, telling personal stories of war • Banquet & Meeting Rooms

2115 Park Blvd. • Balboa Park • 619.239.2300 • [www.veteranmuseum.org](http://www.veteranmuseum.org)

**Children's Nature Retreat**  
FOUNDATION

128 animals to visit!

(619) 320-4942  
[childrensnatureretreat.org](http://childrensnatureretreat.org)  
5178 Japatul Spur, Alpine

# AutoMatters & More: Toyota Grand Prix of Long Beach has it all!

## AutoMatters™ & More



by Jan Wagner

The 44th annual event included six professional auto racing series, picture-perfect weather, unsurpassed access to the teams and drivers, exhibits, food, entertainment and close proximity to everything else that Southern California has to offer.

### The Party is On!

Billed as the ultimate “Party on the Beach,” the 44th Toyota Grand Prix of Long Beach featured much for fans to see and do.

The inaugural, sold-out, “Run the Course” 5K walk/run for charity let fans experience the iconic racetrack first-hand. The free “Roar in the Shore” included Pirelli World Challenge car displays and driver autographs, racing simulators and motorcycle stunts. Miss Toyota Grand Prix of Long Beach was officially crowned.

Racing legends and past Long Beach winners Juan Pablo Montoya and Helio Castroneves were honored at the Long Beach Motorsports Walk of Fame induction ceremony.

The annual “Thursday Thunder at The Pike Outlets” was a free pre-race party featuring live music, motocross freestyle demonstration, motorcycle stunts and an IndyCar pitstop competition.

The Verizon IndyCar Series Fan Appreciation All-Driver Autograph Session was in the IndyCar paddock, and the Fiesta Friday Concert was on the Concert Stage.

### Alexander Rossi, the Verizon IndyCar Series and “The Amazing Race”

In an exciting race that had five different leaders, American driver Alexander Rossi – winner of the 100th Indy 500 in 2016 and former Formula One driver – led 71 of the 85 laps to win this year’s Long Beach IndyCar race.

Alexander is a genuinely nice guy. He revealed a fascinating, rarely seen, unvarnished look at himself off of the racetrack when he and fellow IndyCar racer Conor Daly participated as a team on the 30th and most recent season of the long-run-

ning CBS reality T.V. show “The Amazing Race” ([https://www.cbs.com/shows/amazing\\_race/cast/215794/](https://www.cbs.com/shows/amazing_race/cast/215794/), #TeamIndyCar, @AlexanderRossi).

Before the IndyCar race Alexander told me that “what they’re portraying is true. It is a reality T.V. show in the sense that there’s no second takes, there’s no scripts, there’s no need to act this way, so everything you’re seeing actually did happen.” As for how his experience as a driver may have helped him in the race, “I don’t think any, other than the fact that both Conor and I were very used to travelling internationally. For someone that hasn’t done that, that can be a pretty taxing experience – always waking up in a different hotel room, and being jet-lagged and stuff. I think that our careers kind of prepared us for that. At the end of the day we were both trying to win. We came close but not quite close enough.”

As for the IndyCar race, “it’s a special weekend because it’s kind of the second home race for me. I think we have like 40 or 50 guests coming down from Northern California, and friends and family, so that always makes Long Beach pretty special.” I’m sure they were all thrilled with his race win.

Bubba Burger Sports Car Grand Prix at Long Beach



Launching high in the air

### (IMSA)

In the 70-lap race won by J. Barbosa and F. Albuquerque in a Cadillac, the competitors’ cars also included Nissan, Mazda, Acura, ORECA, Corvette, Ford GT, Cadillac (fastest lap), BMW M8, Porsche 911 and Ligier.

### Pirelli World Challenge

Daniel Mancinelli, in his Ferrari 488 GT3, emerged victorious in a field that also included these exotic racecars: Bentley Continental, Porsche 911, Lamborghini Huracan, Audi R8, McLaren 570S, Porsche Cayman and Mercedes-AMG (fastest lap overall).

Historic Trans Am Challenge  
A new race for this year, 1966-72 era Camaros, Mustangs and

Javelins were featured. Jimmy Hague, driving a 1970 Boss 302 Mustang, led the 30-car field across the finish line. Parnelli Jones – the winner of the 1970 championship and there with his #15 yellow Mustang – held an autograph session.

### Motegi Racing Super Drift Challenge

On Friday and Saturday nights some of the best drifters in the world drifted side-by-side between the concrete walls of the racetrack’s turns 9-11, producing billowing clouds of tire smoke.

### SPEED Energy Stadium Super Trucks

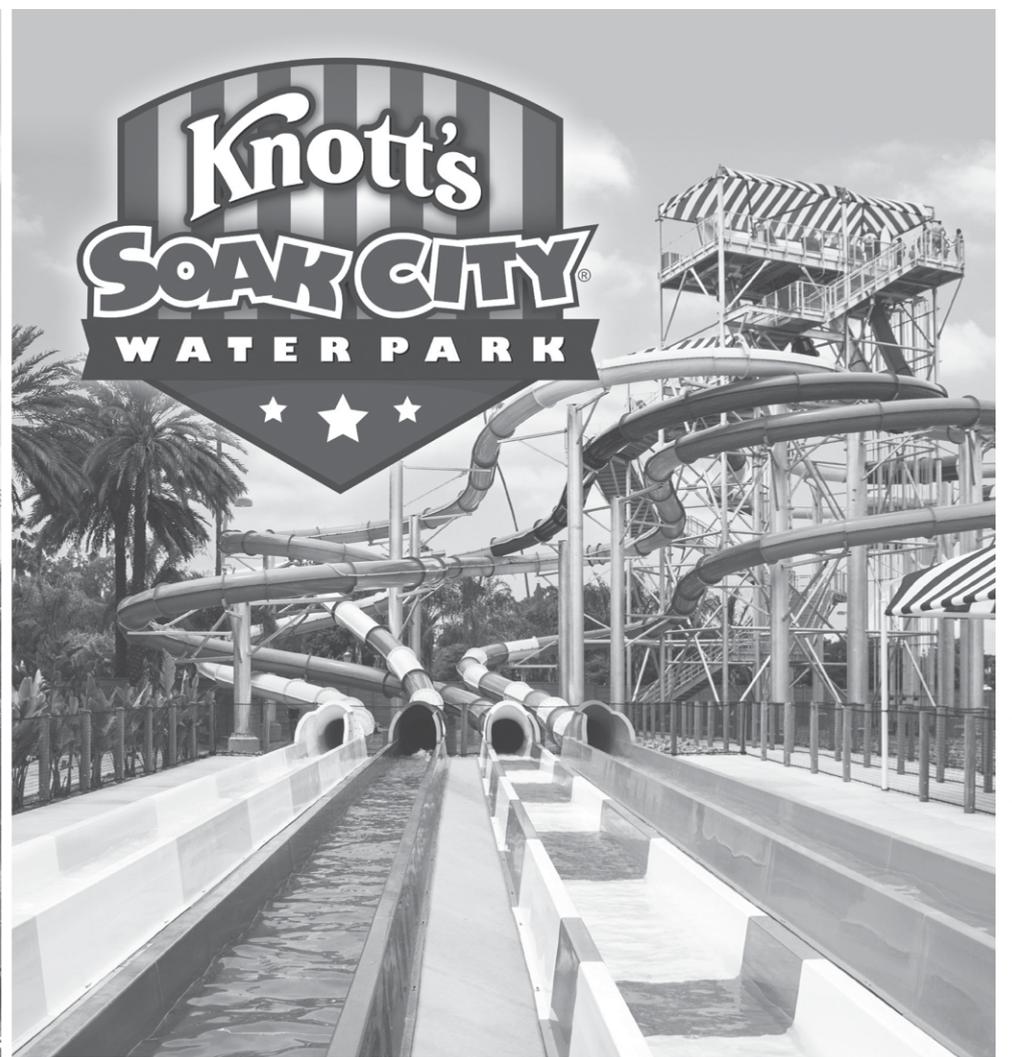
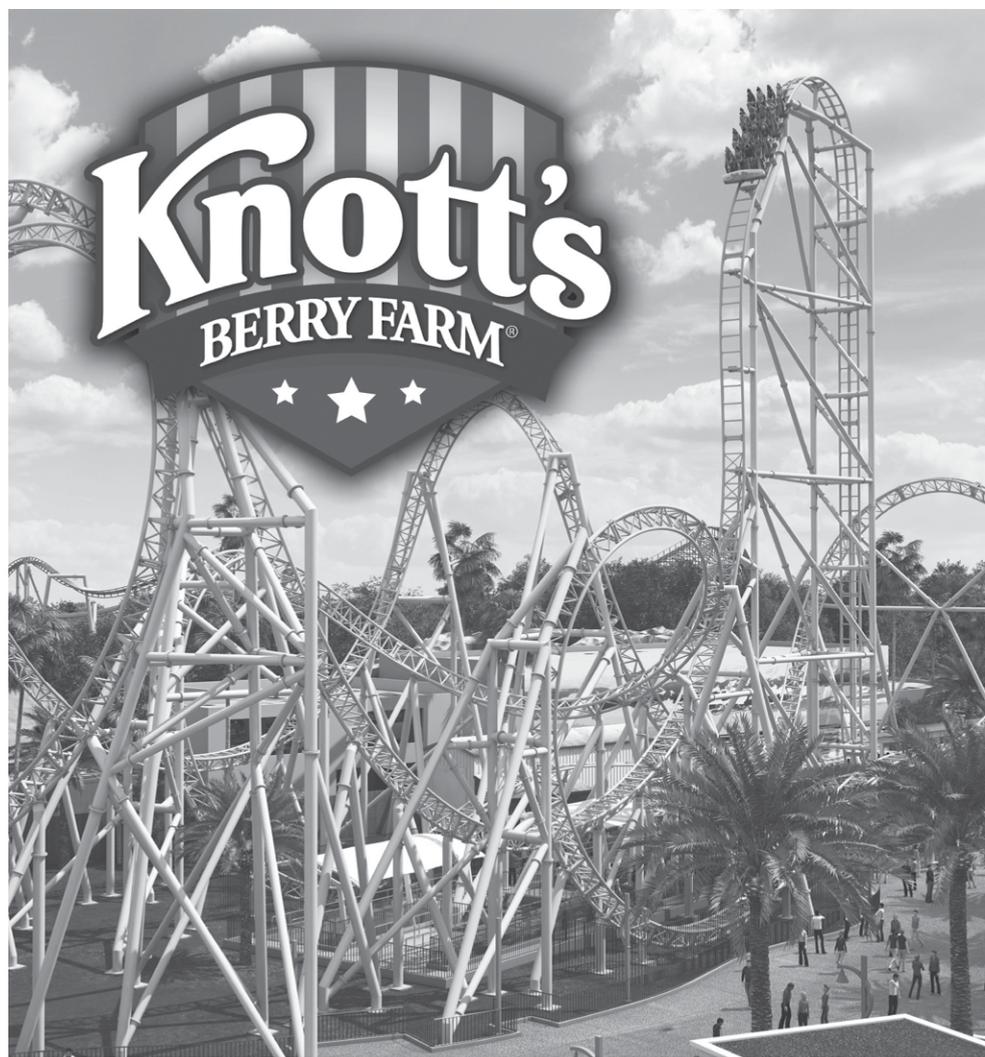
Robby Gordon’s Stadium Super Trucks racing is always a fan favorite. The trucks soar over

metal ramps and twist on their large tires and extremely high-travel suspensions, as they claw their way around the turns.

The 45th annual Toyota Grand Prix of Long Beach will be held on April 12 – 14, 2019. Sign up for their newsletter at <https://gplb.com>.

To best enjoy this column, you will find the most photos at [www.drivetribe.com](http://www.drivetribe.com). Enter “AutoMatters & More” in their search bar and click on TRIBES. Send your comments and suggestions to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com).

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# TV Listings

## WEEKDAY MORNING/AFTERNOON

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30					
<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>	Vampirina	Big Hero 6: The Series	Bunk'd	Bunk'd	Raven's Home	Big City Greens	Stuck in the Middle	Andi Mack	Stuck in the Middle	Stuck in the Middle	Bunk'd	Bunk'd	DuckTales	Big City Greens	Bizaardvark	Bizaardvark	Jessie	Jessie	Bunk'd					
<b>ESPN</b>	2018 Wimbledon Championships																							
<b>ESPN2</b>	2018 Wimbledon Championships									Varied Programs				NBA: The Jump		Intentional Talk		Russia Tonight		Varied Programs				
<b>TLC</b>	Outdaughtered	Outdaughtered	Say Yes to the Dress		Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Varied Programs												
<b>USA</b>	NCIS: Los Angeles		Chicago P.D.		Varied Programs														Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit	

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

# 7/13 EIGHTH GRADE



Thirteen-year-old Kayla (Elsie Fisher) endures the tidal wave of contemporary suburban adolescence as she makes her way through the last week of middle school—the end of her thus far disastrous eighth grade year before she begins high school.

Genre: Comedy

## THURSDAY EVENING

	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	Big Brother (N Same-day Tape) (CC)	S.W.A.T. "Homecoming" (CC)	News	Late-Colbert					
<b>KFMB2</b> (8.2)	The Dr. Oz Show (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	Seinfeld (CC)	Supernatural "War of the Worlds" (CC)	Black Lightning (CC)	News 8 at 10 (N)	Seinfeld (CC)	2 Broke Girls (CC)						
<b>KGTV</b> (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Gong Show (N) (CC) (DVS)	Match Game (N) (CC)	Take Two "Taken" (N) (CC)	10News at 11pm	Jimmy Kimmel						
<b>KPBS</b> (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N)	Ken Kramer's	A Growing Passion	Historic Places	Crossing South	Midsomer Murders "Blood Wedding"	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)	Little Big Shots "Brotherly Love" (N)	Marlon (N) (CC)	Marlon (N) (CC)	Law & Order: Special Victims Unit (CC)	NBC 7 News	Tonight Show					
<b>DISN</b>	Bunk'd (CC)	Raven's Home (CC)	Raven's Home (CC)	Stuck in the Middle	Bunk'd (CC)	Bunk'd "Cav'd In"	Andi Mack	Raven's Home (CC)	Stuck in the Middle	Big City Greens	Bizaardvark (CC)	Raven's Home (CC)	Andi Mack	Bunk'd (CC)		
<b>ESPN</b>	2018 World Series of Poker Main Event. From Las Vegas. (N) (Live)															
<b>ESPN2</b>	WNBA Basketball Los Angeles Sparks at Minnesota Lynx. (N) (Live) (CC)				NBA: The Jump (CC)		NFL Live (CC)		Nación ESPN (N)		First Take (CC)					
<b>TLC</b>	My 600-Lb. Life "Janine's Story" An obese woman is nearly immobile. (CC)					My 600-Lb. Life "One Ton Family, Part 1" The Perri siblings travel to Houston. (CC)					My 600-Lb. Life "One Ton Family, Part 2" A past tragedy is revealed. (CC)					
<b>USA</b>	★½ <b>Rush Hour 3</b> (2007, Action) Jackie Chan, Chris Tucker, Hiroyuki Sanada.					★★★ <b>Rush Hour</b> (1998, Action) Jackie Chan, Chris Tucker. Premiere.					Queen of the South "Reina de Oros" (N)		Shooter An uneasy alliance is formed. (N)		Law & Order: Special Victims Unit "Uncle"	

## FRIDAY EVENING

	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)	Undercover Boss: Celebrity Edition (CC)	Hawaii Five-0 (CC)	Blue Bloods "School of Hard Knocks" (CC)	News	Late-Colbert								
<b>KFMB2</b> (8.2)	The Dr. Oz Show (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	Seinfeld (CC)	Masters of Illusion	Masters of Illusion	Penn & Teller: Fool Us "The Rematch"	News 8 at 10 (N)	Seinfeld (CC)	2 Broke Girls (CC)							
<b>KGTV</b> (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Quantico "Fear Fear-gach" (N) (CC)	What Would You Do? (N) (CC)	20/20 (N) (CC)	10News at 11pm	Jimmy Kimmel								
<b>KPBS</b> (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N)	Washington Week	Roundtable	Doc Martin "The Family Way" (CC)	And Then There Were None (CC)	Live at the Belly Up								
<b>KNSD</b> (35)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	American Ninja Warrior "Miami City Qualifiers" Competitors face six obstacles. (CC)	Dateline NBC (N) (CC)	NBC 7 News	Tonight Show									
<b>DISN</b>	Bunk'd (CC)	Raven's Home (CC)	Raven's Home (CC)	Stuck in the Middle	Bunk'd (CC)	Bunk'd (CC)	Andi Mack	Raven's Home (CC)	Big City Greens	Bizaardvark (CC)	Raven's Home (CC)	Andi Mack	Bunk'd (CC)					
<b>ESPN</b>	NBA Summer League Basketball: Celtics vs 76ers																	
<b>ESPN2</b>	NFL Live (CC)																	
<b>TLC</b>	Four Weddings "... And a Drum Circle"			Four Weddings (CC)			Four Weddings "... And Halted Vows" (CC)			90 Day Fiancé: Happily Ever After? Jorge's past comes back to haunt Anflisa. (N) (CC)			90 Day Fiancé: Counting On (N) (CC)			90 Day Fiancé: Happily Ever After? (CC)		
<b>USA</b>	Law & Order: Special Victims Unit "Snitch"			Law & Order: Special Victims Unit (CC)			Law & Order: Special Victims Unit (CC)			Law & Order: Special Victims Unit (CC)			Modern Family (CC)			Modern Family (CC)		

## SATURDAY 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)	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	Lucky Dog "Dodger"	Pet Vet-Team	Paid Program	Paid Program	MLF World Championship	PGA Tour Golf A Military Tribute at The Greenbrier, Third Round. From the Old White TPC at The Greenbrier in White Sulphur Springs, W.Va. (N) (Live)	Paid Program	Paid Program	Impractical Jokers	Impractical Jokers	James Brown	RaceWeek (CC)	Sports Stars	Hiring America (CC)	Military Make-over	
<b>KFMB2</b> (8.2)	Dog Whisperer	Dog Whisperer	Dog Whisperer	This Old H.	Hidden Heroes (N)	Paid Program	Paid Program	Paid Program	Fortunes in Flipping	Fortunes in Flipping	Paid Program	Paid Program	Income for your life	World of X Games	ESPN the Magazine: The Dominant 20	Castle The murder of a toy company CEO. (CC)			
<b>KGTV</b> (10)	Good Morning	10News This Morning at 8am Saturday (N) (CC)	Jack Hanna	Sea Rescue (EI)	The Wildlife Docs	Rock the Park (EI)	Vacation Creation	Paid Program	Paid Program	Fortunes in Flipping	Income for your life	World of X Games	ESPN the Magazine: The Dominant 20	Castle The murder of a toy company CEO. (CC)					
<b>KPBS</b> (15)	Daniel Tiger	Pinkalicious	Splash and Bubbles	Nature Cat: Ocean Commotion (CC)	Brain Secrets Maintaining cognitive fitness.	With Dr. Michael Merzenich	R. Steves' Europe	This Old House (CC)	Ask This Old House	Raichlen's Project Fire	Nigella: At My Table	Test Kitchen	Martha Bakes (CC)	Pati's Mexican Table	A Growing Passion	R. Steves' Europe	Crossing South (CC)		
<b>KNSD</b> (35)	NBC 7 News To	The Voyager	Wilderness Vet (EI)	Journey-Dreyer	Jeopardy! (CC)	Health & Happiness	The Champion Within	Income for your life	Dew Tour	Motorcycle Race	Horse Racing Breeders' Cup Belmont Oaks. (N) (Live)	Challenge: Open House (N)	Nightly News	NASCAR Racing					
<b>DISN</b>	Vampirina (CC)	Gravity Falls (CC)	Gravity Falls (CC)	Big Hero 6: The Series	DuckTales (N) (CC)	Big City Greens (CC)	Big City Greens (CC)	Raven's Home (CC)	Raven's Home (CC)	Andi Mack (CC)	Andi Mack (CC)	Jessie (CC)	Jessie (CC)	Big City Greens (CC)	Big City Greens (CC)	DuckTales (CC)	DuckTales (CC)	Bunk'd (CC)	Bunk'd "By All Memes"
<b>ESPN</b>	2018 Wimbledon Championships Third Round. From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (N) (Live) (CC)																		
<b>ESPN2</b>	SportsCenter (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SEC Storied (CC)	SEC Storied (CC)	SEC Storied (CC)	NBA Summer League Basketball San Antonio Spurs vs Indiana Pacers. (N) (Live) (CC)	SportsCenter (N)	NBA Summer League Basketball New York Knicks vs Atlanta Hawks. (N) (Live) (CC)	2018 World Series of Poker Main Event. From Las Vegas. (N) (Live)									
<b>TLC</b>	Suddenly Rich (CC)	Suddenly Rich (CC)	I Want THAT Wedding "Flashy vs. Classy" (CC)	I Want THAT Wedding "Vietnam vs. Vegas" (CC)	I Want THAT Wedding (CC)	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	
<b>USA</b>	Larry King Prostate	Maintain Your Health	MyPillow Topper	Chrisley Knows	★★★½ <b>The Help</b> (2011, Drama) Viola Davis, Emma Stone, Bryce Dallas Howard. An aspiring writer captures the experiences of black women.	★★½ <b>Mamma Mia!</b> (2008) Meryl Streep, Pierce Brosnan, Colin Firth. A single hotelier prepares for her daughter's wedding.					NCIS Faulty bulletproof vests are discovered. (CC)				NCIS A former NCIS agent is found dead.				

## SATURDAY EVENING

	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)	Me, Myself & I	Me, Myself & I	Living Biblically	Living Biblically	48 Hours (CC)	News	Blue Bloods			
<b>KFMB2</b> (8.2)	Don't Blink	Engagement	The King of Queens	Mike & Molly (CC)	2 Broke Girls (CC)	2 Broke Girls (CC)	American Ninja Warrior (CC)	American Ninja Warrior (CC)	Seinfeld (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 "Fresh Paint" (CC)	America's Funniest Home Videos (CC)	Truth and Lies: Waco Seige on the Branch Davidian compound. (CC)	10News at 11pm	Sports XTRA					
<b>KPBS</b> (15)	NewsHour Wk	KPBS Spectrum	The Lawrence Welk Show (N) (CC)	Antiques Roadshow	Antiques Roadshow	Father Brown A policeman is murdered.	Sgt. Pepper's Musical Revolution (CC)	R. Steves' Europe	Grantchester on Masterpiece (CC)					
<b>KNSD</b> (35)	NASCAR Racing Monster Energy Cup Series: Coke Zero Sugar 400. From Daytona International Speedway in Daytona Beach, Fla. (N)						NBC 7 News	Graham Bensinger	Wheel of Fortune	To Be Announced	Dateline NBC "The Fire Inside" (CC)	NBC 7 News	Saturday Night Live	
<b>DISN</b>	Stuck in the Middle	Stuck in the Middle	<b>How to Build a Better Boy</b> (2014, Comedy) China Anne McClain. (CC)	Raven's Home (CC)	Raven's Home (CC)	Bunk'd (CC)	Bunk'd (CC)	Andi Mack (CC)	Andi Mack (CC)	Stuck in the Middle	Stuck in the Middle			
<b>ESPN</b>	NBA Summer League Basketball: Suns vs Kings				Boxing Jose Ramirez vs. Danny O'Connor. (N)		NBA Summer League Basketball Philadelphia 76ers vs Los Angeles Lakers. (N) (Live)				SportsCenter (N)	SportsCenter (N) (Live) (CC)		
<b>ESPN2</b>	2018 World Series of Poker Main Event. From Las Vegas. (N) (Live)				NBA Summer League Basketball Chicago Bulls vs Cleveland Cavaliers. (N) (Live) (CC)				SportsCenter (N) (Live) (CC)					
<b>TLC</b>	Say Yes: ATL	Say Yes: ATL	Say Yes to the Dress: Atlanta (CC)	Say Yes to the Dress: Atlanta (CC)	Say Yes to the Dress: Atlanta (N) (CC)	Say Yes to the Dress: Atlanta (N) (CC)	I Want THAT Wedding "Surf vs. Turf"	I Want THAT Wedding (CC)	I Want THAT Wedding (CC)	Say Yes to the Dress: Atlanta (CC)				
<b>USA</b>	NCIS A copycat of the Privileged Killer.		NCIS Investigation a Navy officer's death.		NCIS An elevated terrorist threat. (CC)		NCIS A rescue mission in Syria. (CC)		NCIS "Incognito" (CC) (DVS)		NCIS NCIS and ATF partner up on a case.		Queen of the South "Reina de Oros"	

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

# TV Listings

## SUNDAY MORNING/AFTERNOON

JULY 8, 2018

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30		
KFMB	CBS News Sunday Morning (N) (CC)	Face the Nation (N) (CC)	Paid Program	Paid Program	Paid Program	Paid Program	100th PGA Championship: Bracket	PGA Tour Golf A Military Tribute at The Greenbrier, Final Round. From the Old White TPC at The Greenbrier in White Sulphur Springs, W.Va. (N) (Live)	Paid Program	Paid Program	Paid Program	The Neighbor-hood SD	Fortunes in Flipping	At Home in California	HouseCalls	Designing Spaces	P. Allen Smith	Small Town Big Deal	Great Escapes	Raw Travel (N) (CC)	Raw Travel (N) (CC)
KFMB2	Paid Program	Mark T. Barclay	Catholic Mass	Paid Program	Paid Program	Luxury	Paid Program	Paid Program	Paid Program	The Neighbor-hood SD	Fortunes in Flipping	At Home in California	HouseCalls	Designing Spaces	P. Allen Smith	Small Town Big Deal	Great Escapes	Raw Travel (N) (CC)	Raw Travel (N) (CC)		
KGTV	Good Morning	10News This Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos (N)	Curious George	Nature Cat (CC)	Washington Week	Joel Osteen (CC)	Paid Program	Paid Program	Fortunes in Flipping	2018 Wimbledon Championships From the All-England Lawn Tennis and Croquet Club in Wimbledon, England. (Taped) (CC)	2017 World Dancesport Grand Slam Series (N) (CC)	2017 World Dancesport Grand Slam Series (N) (CC)	Ireland's Wild Coast	Ireland's west coast and wildlife. (CC)	2018 Special Olympics USA Games	Castle The death of a pool shark. (CC)	Ken Kramer's S.D.	Historic Places		
KPBS	Daniel Tiger	Pinkalicious	Splash and Bubbles	Curious George	Nature Cat (CC)	Washington Week	Joel Osteen (CC)	KPBS Round-table	Inside CA Education	Growing Bolder	2017 World Dancesport Grand Slam Series (N) (CC)	2017 World Dancesport Grand Slam Series (N) (CC)	Ireland's Wild Coast	Ireland's west coast and wildlife. (CC)	2018 Special Olympics USA Games	Castle The death of a pool shark. (CC)	Ken Kramer's S.D.	Historic Places			
KNSD	NBC 7 News To	Meet the Press (N) (CC)	Politically Speaking	Paid Program	Fortunes in Flipping	Access (N) (CC)	To Be Announced	XTERRA Adventures	Dew Tour	2018 Tour de France Stage 2. (N) (Live)	Paid Program	Graham Bensinger	Open House	Talk Stoop (CC)							
DISN	Vampirina (N) (CC)	Rapunzel's Tangled (CC)	Gravity Falls (CC)	Big Hero 6: The Series	DuckTales (N) (CC)	Big City Greens	Big City Greens	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Stuck in the Middle	Stuck in the Middle	Big City Greens	Big City Greens	DuckTales (N) (CC)	DuckTales (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd "Cav'd In"	Bunk'd (N) (CC)		
ESPN	Formula 1 Racing	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	ESPYs Nomination	2018 World Series of Poker Main Event. From Las Vegas. (N) (Live)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	
ESPN2	SportsCenter (N)	E:60	Boxing Jose Ramirez vs. Danny O'Connor.	E:60	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	NBA Summer League Basketball Washington Wizards vs San Antonio Spurs. (N) (Live) (CC)	
TLC	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	
USA	David Jeremiah	In Touch	Joel Osteen (CC)	Colony Snyder digs up dirt on Everett Kynes.	Shooter An uneasy alliance is formed.	Law & Order: Special Victims Unit "Wildlife"	Law & Order: Special Victims Unit "Baggage"	Law & Order: Special Victims Unit "Rescue"	Law & Order: Special Victims Unit "Rescue"	Law & Order: Special Victims Unit "Rescue"	Law & Order: Special Victims Unit "Rescue"	Law & Order: Special Victims Unit "Rescue"	Law & Order: Special Victims Unit "Rescue"	Law & Order: Special Victims Unit "Rescue"	Law & Order: Special Victims Unit "Rescue"	Law & Order: Special Victims Unit "Rescue"	Law & Order: Special Victims Unit "Rescue"	Law & Order: Special Victims Unit "Rescue"	Law & Order: Special Victims Unit "Rescue"	Law & Order: Special Victims Unit "Rescue"	

## CROSSWORD PUZZLE



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

### ACROSS

1. "\_\_\_ Survivor"
9. "Con \_\_\_"; Nicolas Cage movie
10. "\_\_\_ and Dumber"
11. Truly, biblical-style
13. Noisy fight
15. Actor Tom \_\_\_
17. Dr. Derek \_\_\_; "Grey's Anatomy" role
18. Greeting from Stallone
20. Brad Pitt, to Jennifer Aniston
21. 007, for one
23. "Grumpy \_\_\_ Men"; Jack Lemmon film
24. Average mark
25. Undesirable bug
26. "Hot \_\_\_ Cleveland"
29. Bokhee \_\_\_; actress on "Grey's Anatomy"
30. Role on "American Housewife" (2)
34. \_\_\_ down; seek and find
36. Take \_\_\_; suffer great financial loss
38. "Days of \_\_\_ Lives"
39. "My Name Is \_\_\_"
42. "You Don't \_\_\_"; game show of old
43. Role on "Chicago P.D." (2)

7. Open-\_\_\_; alert
8. Dover's state: abbr.
9. Role on "NCIS" (2)
12. "Modern Family" role (2)
14. "Samantha \_\_\_?" (2007-09)
16. Distorted; twisted
19. "\_\_\_ Season"; Ashton Kutcher movie
20. Singer Fitzgerald
22. "My Son, My Son, What Have \_\_\_ Done"; 2009 film
23. "The Facts \_\_\_ Life"
27. "Joan of \_\_\_"; Ingrid Bergman movie
28. Barnum's monogram
30. Actress Teri
31. \_\_\_ out a living; got by
32. "\_\_\_ in the Saddle"; John Wayne film
33. Oven used for drying
35. Groove
37. Tit for \_\_\_
40. "\_\_\_, chihuahual"; Mexican cry
41. Pryor's initials



### DOWN

1. Spielberg or Scorsese: abbr.
2. Ages
3. Eric \_\_\_ of Monty Python
4. Initials for TV journalist Uley
5. Demi Moore's state of birth: abbr.
6. As busy as \_\_\_

## SUNDAY EVENING

JULY 8, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (N) (CC)	Big Brother (N) (CC)	NCIS: Los Angeles "Under Pressure" (N)	NCIS: Los Angeles "Liabilities" (N)	News	Blue Bloods					
KFMB2	Don't Blink	Engagement	The King of Queens	Mike & Molly	2 Broke Girls	2 Broke Girls	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Seinfeld (N) (CC)	Impractical Jokers	Just for Laughs	Just for Laughs
KGTV	10News at 5pm	World News	10News at 6pm	RightThisMinute (N)	America's Funniest Home Videos	Celebrity Family Feud (N) (CC)	The \$100,000 Pyramid (N) (CC)	To Tell the Truth (N) (CC)	10News at 11pm	Sports XTRA				
KPBS	NewsHour Wk	Firing-Hoover	Father Brown "The Kembelford Dragon"	A Place to Call Home "All Good Things" (N)	And Then There Were None (N) (CC)	Endeavour on Masterpiece of a missing woman. (N) (CC)	The Tunnel: (N) (CC)	Vengeance	Breaking Big (N) (CC)					
KNSD	1st Look (N) (CC)	Nightly News	NBC 7 News at 6	LifeLock Protection	Dateline NBC (N) (CC)	America's Got Talent "Auditions 2" A variety of acts perform. (N) (CC)	Shades of Blue "A Walking Shadow" (N)	NBC 7 News	Sportswrap					
DISN	Raven's Home	Raven's Home	Adventures in Babysitting (2016, Children's) Sabrina Carpenter. (N)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Big City Greens	Big City Greens	Raven's Home	Raven's Home	Raven's Home	Andi Mack	Andi Mack		
ESPN	MLB Baseball Los Angeles Dodgers at Los Angeles Angels. From Angel Stadium of Anaheim in Anaheim, Calif. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)					
ESPN2	NBA Summer League Basketball: Warriors vs Rockets	NBA Summer League Basketball Memphis Grizzlies vs Orlando Magic. (N) (Live) (CC)	NBA Summer League Basketball Los Angeles Lakers vs Chicago Bulls. (N) (Live) (CC)	Formula 1 Racing Rolex British Grand Prix. (N Same-day Tape)										
TLC	Lost in Transition	90 Day Fiancé: Happily Ever After? (N)	90 Day Fiancé: Happily Ever After? (N)	90 Day Fiancé: Happily Ever After? Nicole's wedding is in jeopardy. (N) (CC)	Lost in Transition "Metamorphosis" Cindy braces herself to meet Lucy. (N) (CC)									
USA	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Modern Family	Modern Family				

## MONDAY EVENING

JULY 9, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Mom (N) (CC)	Man With a Plan (N)	Salvation "Crimes and Punishment" (N)	Elementary (N) (CC)	News	Late Colbert			
KFMB2	The Dr. Oz Show (N) (CC)	Judge Judy	Judge Judy	News 8 at 7 (N)	Seinfeld (CC)	Penn & Teller: Fool Us (N) (CC)	Whose Line Is It? (N) (CC)	Whose Line Is It? (N) (CC)	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls			
KGTV	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Bachelorette (N Same-day Tape) (N) (CC)	The Proposal (N) (CC)	10News at 11pm	Jimmy Kimmel					
KPBS	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Antiques Roadshow "Vintage Portland" (N)	Antiques Roadshow "Vintage Columbus"	The Great British Baking Show (N) (CC)	POV "The Workers Cup" (N) (CC)					
KNSD	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Running Wild With Bear Grylls (N) (CC)	American Ninja Warrior "Minneapolis City Qualifiers" Minneapolis qualifiers. (N) (CC)	NBC 7 News	Tonight Show					
DISN	Bunk'd "Fog'd In"	Raven's Home	Raven's Home	Stuck/Middle	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Andi Mack	Raven's Home	Stuck/Middle	Big City Greens	Bizaard-vark (N) (CC)	Raven's Home	Andi Mack	Bunk'd (N) (CC)
ESPN	MLB Baseball Washington Nationals at Pittsburgh Pirates. From PNC Park in Pittsburgh.	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)					
ESPN2	NBA Summer League Basketball	2018 World Series of Poker Main Event. From Las Vegas. (N) (Live)	MLB Baseball: Nationals at Pirates											
TLC	Lottery Changed My Life (N) (CC)	Lottery Changed My Life (N) (CC)	Long Island Medium	Who Do You Think You Are? (N) (CC)	Who Do You Think You Are? (N) (CC)	To Be Announced	Who Do You Think You Are? (N) (CC)							
USA	NCIS Death of a missing lance corporal. (N)	Modern Family	Modern Family	Modern Family	Modern Family	WWE Monday Night RAW (N Same-day Tape) (N) (CC)	Modern Family	Modern Family						

## TUESDAY EVENING

JULY 10, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS "High Tide" (N) (CC) (DVS)	Bull "Play the Hand You're Dealt" (CC)	NCIS: New Orleans "Mirror, Mirror" (N)	News	Late Colbert				
KFMB2	The Dr. Oz Show (N) (CC)	Judge Judy	Judge Judy	News 8 at 7 (N)	Seinfeld (CC)	The 100 Murphy starts a fire. (N) (CC)	The Outpost (Series Premiere) (N) (CC)	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls				
KGTV	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Middle	blackish	blackish	The Last Defense (N) (CC)	10News at 11pm	Jimmy Kimmel			
KPBS	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	10 Streets That Changed America (N)	No Passport Required "Detroit" (N)	Frontline "Trump's Takeover" (N) (CC)	10 Parks That Changed America					
KNSD	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	America's Got Talent "Auditions 6" A variety of acts perform. (N) (CC)	World of Dance "The Qualifiers 6" (N) (CC)	NBC 7 News	Tonight Show					
DISN	Bunk'd (N) (CC)	Raven's Home	Raven's Home	Stuck/Middle	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Andi Mack	Raven's Home	Stuck/Middle	Big City Greens	Bizaard-vark (N) (CC)	Raven's Home	Andi Mack	Bunk'd (N) (CC)
ESPN	2018 World Series of Poker Main Event. From Las Vegas. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)					
ESPN2	NBA Basketball	NBA Summer League Basketball Los Angeles Lakers vs New York Knicks. (N) (CC)	NFL Live (CC)	Street League Skateboarding	Tennis From Wimbledon, England. (N) (CC)									
TLC	Outdaughters (N) (CC)	Outdaughters: Countdown to the New Season The Quints experience the ocean. (N) (CC)	Outdaughters "The Quints Have Taken Over" Olivia escapes from her crib. (N)	Rattled (Season Premiere) (N) (CC)	Outdaughters (N) (CC)									
USA	Law & Order: Special Victims Unit "Smut"	Modern Family	Modern Family	Modern Family	Modern Family	WWE SmackDown! (N Same-day Tape) (N) (CC)	Chrisley Knows	The Cromarties	Modern Family	Modern Family				

## WEDNESDAY EVENING

JULY 11, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	TKO: Total Knock Out (Series Premiere) (N)	Big Brother (N) (CC)	Code Black (N) (CC)	News	Late Colbert				
KFMB2	The Dr. Oz Show (N) (CC)	Judge Judy	Judge Judy	News 8 at 7 (N)	Seinfeld (N) (CC)	The Outpost (N) (CC)	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls					
KGTV	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Gold-bergs	The Gold-bergs	Modern Family	American Housewife	Shark Tank (N) (CC) (DVS)	10News at 11pm	Jimmy Kimmel		
KPBS	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Earth's Natural Wonders -- Life	The Rockies: Kingdoms of the Sky (N)	NOVA Precious gems. (N) (CC) (DVS)	The Himalaya Connection					
KNSD	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Ellen's Game of Games (N) (CC)	World of Dance (N) (CC)	Reverie Mara tries to save a young dancer.	NBC 7 News	Tonight Show				
DISN	Bunk'd (N) (CC)	Raven's Home	Raven's Home	Stuck/Middle	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Andi Mack	Raven's Home	Stuck/Middle	Big City Greens	Bizaard-vark (N) (CC)	Raven's Home	Andi Mack	Bunk'd (N) (CC)
ESPN	MLB Baseball Texas Rangers at Boston Red Sox. From Fenway Park in Boston. (N) (Live)	Baseball Tonight (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)					
ESPN2	NBA Summer League Basketball First Round: Teams TBA. (N) (Live) (CC)	NBA Summer League Basketball First Round: Teams TBA. (N) (Live) (CC)	2018 World Series of Poker Final Table. From Las Vegas. (N) (Live)	MLB Baseball: Rangers at Red Sox										
TLC	My 600-Lb. Life (N) (CC)	My 600-Lb. Life "Doug, Part 1"	My 600-Lb. Life "Doug, Part 2"	My 600-Lb. Life "Nicole & Ashley D." Ashley has hit an emotional wall. (N) (CC)	Dr. Pimple Popper (Series Premiere) (N)	My 600-Lb. Life "Nicole & Ashley D." (N)								
USA	NCIS "Masquerade" (N) (CC) (DVS)	NCIS McGee's girlfriend asks for help.	NCIS An officer is killed in a hit and run.	NCIS Torres' partner mysteriously vanishes.	NCIS Investigating a sailor's kidnapping.	Colony Kynes runs damage control. (N)	Modern Family	Modern Family						

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

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## MOVIES at the Bases

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Miramar Bldg 2242

\* indicates last showing

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

Thursday, July 5  
5:50 PM Solo: A Star Wars Story  
8:30 PM Life of the Party

Friday, July 6  
5:50 PM Ocean's 8  
8:10 PM Hereditary

Saturday, July 7  
1:00 PMSolo: A Star Wars Story  
3:40 PM Ocean's 8  
6:00 PM Deadpool 2  
8:20 PM Hereditary

Sunday, July 8  
1:00 PM Ocean's 8  
3:20 PM Solo: A Star Wars Story  
6:00 PM Hereditary  
8:30 PM Deadpool 2

Monday, July 9  
6:00 PM Ocean's 8  
8:10 PM Hereditary

Tuesday, July 10  
6:00 PM Book Club  
8:10 PM Ocean's 8

Wednesday, July 11  
5:50 PM Deadpool 2  
8:10 PM Solo: A Star Wars Story

Thursday, July 12  
6:00 PM Adrift  
8:20 PM Deadpool 2

Friday, July 13  
5:50 PM Incredibles 2  
8:20 PM Tag

Saturday, July 14  
1:00 PM Incredibles 2  
3:30 PM Solo: A Star Wars Story  
6:20 PM Ocean's 8  
8:30 PM Tag

Sunday, July 15  
1:00 PM Incredibles 2 126 min  
3:30 PM Ocean's 8 110 min  
5:50 PM Incredibles 2 126 min  
8:20 PM Solo: A Star Wars Story

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

Thursday, July 5  
11:00 AM Big Hero 6  
5:00 PM A Wrinkle In Time

Friday, July 6  
5:00 PM Blockers

Saturday, July 7  
2:00 PM Overboard  
5:00 PM Avengers: Infinity War

Sunday, July 8  
5PM Paul, Apostle of Christ(2018)

Monday, July 9  
5:00 PM The 15:17 to Paris

Tuesday, July 10  
11:00 AM Isle of Dogs  
5:00 PM Black Sea

Wednesday, July 11  
5:00 PM The Hunted (2003)

Thursday, July 12  
11:00 AM Penguins of Madagascar  
5:00 PM Super Troopers

Friday, July 13  
5:00 PM Super Troopers 2

Saturday, July 14  
11:15 AM Teenage Mutant Ninja  
Turtles: Out of the Shadows  
2:00 PM I Feel Pretty  
5:00 PM Truth or Dare

Sunday, July 15  
5:00 PM Pacific Rim: Uprising

Thursday, July 5  
6:30 PM Breaking In ( PG-13 ) \*

Friday, July 6  
6:30 PM Hereditary ( R )  
9:00 PM Upgrade ( R )

Saturday, July 7  
6:30 PM **FREE Advance Screening**  
Skyscraper ( PG-13 )  
9:00 PM Solo: A Star Wars  
Story ( PG-13 ) ( 2D )

Sunday, July 8  
1:00 PM Ocean's Eight ( PG-13 )  
6:30 PM Adrift ( PG-13 )

Wednesday, July 11  
6:30 PM Book Club ( PG-13 ) \*

Thursday, July 12  
6:30 PM Deadpool 2 ( R ) \*

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

Thursday, July 5  
5:00 PM A Wrinkle In Time

Friday, July 6  
5:00 PM Gringo

Saturday, July 7  
5:00 PM Tomb Raider

Sunday, July 8  
5:00 PM Blockers

Thursday, July 12  
5:00 PM The Incredibles

Friday, July 13  
5:00 PM I Feel Pretty

Saturday, July 14  
5:00 PM Rampage

Sunday, July 15  
5:00 PM Pacific Rim: Uprising

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

Thursday, July 5  
5:40 PM Solo: A Star Wars Story  
8:20 PM Deadpool 2

Friday, July 6  
5:50 PM Ocean's 8  
8:10 PM Hereditary

Saturday, July 7  
12:50 PMSolo: A Star Wars Story  
3:30 PM Ocean's 8  
6:10 PM Ocean's 8  
8:30 PM Deadpool 2

Sunday, July 8  
12:50 PM Ocean's 8  
3:10 PM Solo: A Star Wars Story  
6:00 PM Hereditary  
8:30 PM Adrift

Monday, July 9  
5:50 PM Ocean's 8  
8:00 PM Hereditary

Tuesday, July 10  
5:40 PM Deadpool 2  
8:00 PM Hereditary

Wednesday, July 11  
5:40 PM Solo: A Star Wars Story  
8:20 PM Hereditary

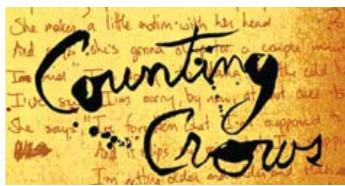
Thursday, July 12  
5:40 PM Adrift  
8:10 PM Ocean's 8

Friday, July 13  
5:50 PM Incredibles 2  
8:30 PM Tag

Saturday, July 14  
12:50 PM Incredibles 2  
3:20 PM Solo: A Star Wars Story  
6:10 PM Incredibles 2  
8:40 PM Tag

Sunday, July 15  
12:50 AM Incredibles 2  
3:30 AM Incredibles 2 (3D)  
6:20 AM Ocean's 8  
8:30 AM Tag

# Concerts



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Alt/rock  
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2050 Entertainment Cir  
Chula Vista  
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Please confirm concerts before attending. NOTE: Some venues are age 21+ only.

## July

**The O'Jays.** Mon, July 2, 7:30pm. Funk/pop. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.  
**The Go-Gos.** Mon-Wed, July 2-4, 7:30pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com  
**B.B. King's Blues Band.** Tues,

July 3, 8pm. Blues. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.  
**Jeff Ross.** Wed, July 4, 7:30pm. Comedy. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.  
**Lee Greenwood.** Wed, July 4, 7:30pm. Country. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.  
**Kenny Loggins.** Fri, July 6, 8pm. Starlight Theater, Pala Casino,

11154 Hwy 76, Pala, Ca 92059. (877) 946-7252  
**Primus and Mastadon.** Fri, July 6, 7:30pm. Metal/hardcore/rock. Open Air Theatre-SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.  
**Dead & Company.** Fri, July 6, 7pm. Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.  
**Kevin Hart.** Sat, July 7, 7pm. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.  
**Sylvan Esso.** Tues, July 10, 8pm. Greek Theatre, 2700 North Vermont Ave, Los Angeles. 1-844-LAGREEK www.lagreektheatre.com  
**Straight No Chaser.** Tues, July 10, 8pm. Classical/pop. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.  
**Counting Crows.** Tues, July 10, 7:30pm. Alt/rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.  
**Jackson Browne.** Wed, July 11, 7pm. Folk/pop. Civic Theatre, 1100 Third Ave, downtown San Diego. (619) 570-1100.  
**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.  
**Happy Together Tour.** Thurs, July 12, 7pm. Pop/rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619)

220-TIXS.  
**Harry Styles with Kacey Musgraves.** Fri-Sat, July 13-14, 8pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741.  
**Cheech & Chong.** Sat, July 14, 7:30pm. Pala Casino, 35008 Pala Temecula Road., Pala. (877) 946-7252.  
**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.  
**Pink Martini.** Sun, July 15, 8pm. Pop. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.  
**Chris Isaak.** Tues, July 17, 7:30pm. Pop. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.  
**Paramore and Foster the People.** Thurs, July 19, 7:30pm. Pop/rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.  
**Brad Paisley.** Fri, July 20, 7pm. Country. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.  
**Big Bad Voodoo Daddy.** Fri, July 20, 7:30. Funk/rockabilly/jazz. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.  
**Little River Band.** Fri, July 20, 7:30pm. Viejas Casino Concerts in the Park, 5005 Willows Rd., Alpine. (619) 445-5400.  
**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  
**Thirty Seconds to Mars.** Sat, July 21, 7:30pm. Alt/pop/rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.  
**Jeff Beck and Paul Rodgers.** Sun, July 22, 8pm. Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.  
**George Thorogood & the Destroyers.** Mon, July 23, 7:30pm. Blues/rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.  
**Roger Hodgson.** Tues, July 24, 7:30pm. Rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.  
**Logic and NF.** Tues, July 24, 7:30pm. Hip-op/rap/pop. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.  
**Five Finger Death Punch and Breaking Benjamin.** Wed, July 25, 7:30pm. Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.  
**Joe Bonamassa.** Thur-Fri, July 26-27, 8pm. Rock/blues. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or (619) 220-TIXS.

**Laura Pausini.** Sat, July 28, 8pm. Greek Theatre, 2700 North Vermont Ave, Los Angeles. 1-844-LAGREEK www.lagreektheatre.com  
**Loverboy.** Sat, July 28, 8pm. Viejas Casino Concerts in the Park, 5005 Willows Rd., Alpine. (619) 445-5400.  
**Adam Ant.** Sun, July 29, 7:30pm. Pop/rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.  
**311 and the Offspring.** Sun, July 29, 7:30pm. Alt/rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.  
**The Decemberists.** Mon, July 30, 7pm. Alt/rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.  
**Daryl Hall & John Oates and Train.** Tues, July 31, 7pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741.  
**Foreigner and Whitesnake.** Tues, July 31, 7:30pm. Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.  
**August**  
**G-Eazy and Lil Uzi Vert.** Wed, Aug 1, 7pm. Hip-hop/rap. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.  
**Chris Brown.** Fri, Aug 3, 7:30pm. Fun/hip-hop-rap-pop. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

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