



AutoMatters & More

Dark Arts at Hogwarts Castle & 30th Anniversary Miata Photo Shoot. **See page 11**

Base Movie Schedule

See the latest movies for free or reduced prices. Check our weekly schedule. **See page 12**

What's Going On This Weekend

Get out of your rut and into some fun around San Diego county. List of events ... many of them free. **See page 14**

Navy Marine Corps Coast Guard Army Air Force

ARMED FORCES DISPATCH

National Prescription Drug **TAKE BACK DAY**

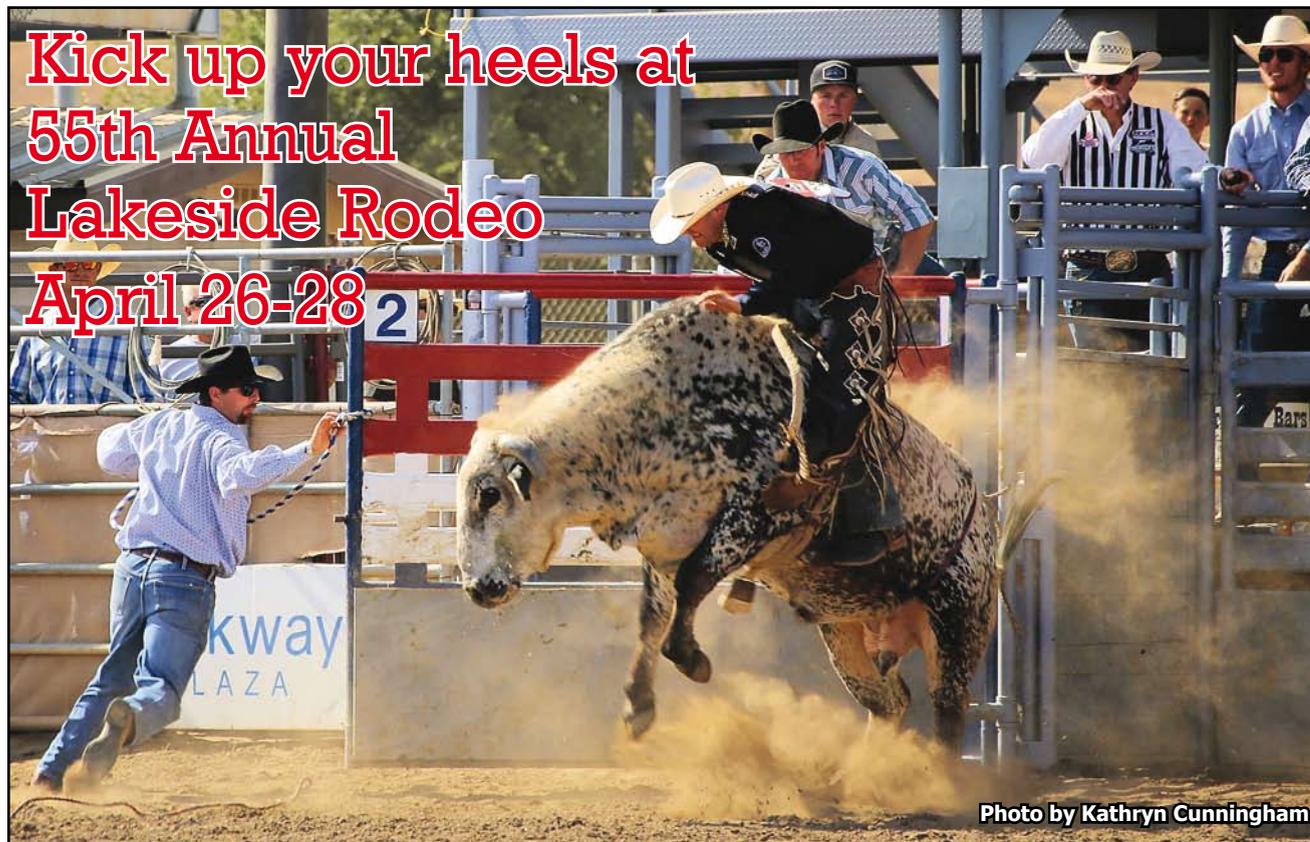
DEA NATIONAL TAKEBACK

Saturday, April 27 | 10 a.m. - 2 p.m.
DEATakeBack.com

TURN TO PAGE 8 FOR A LIST OF LOCAL TAKE BACK SITES.

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FIFTY EIGHTH YEAR NO. 46
THURSDAY, APRIL 18, 2019



Kick up your heels at
55th Annual
Lakeside Rodeo
April 26-28

Photo by Kathryn Cunningham



Adm Bill Moran, shown here as Chief of Naval Personnel. Navy photo

Moran nominated for Chief of Naval Operations

WASHINGTON - Acting Secretary of Defense Patrick M. Shanahan announced April 10 that the President has nominated Vice Chief of Naval Operations Adm. Bill Moran as the 32nd Chief of Naval Operations.

Senior Navy leaders were quick to praise President Donald Trump's nomination.

"I welcome the announcement by the White House on the nomination of Adm. Bill Moran, Vice Chief of Naval Operations, to serve as the next Chief of Naval Operations," said Secretary of the Navy Richard Spencer.

"Adm. Moran is an extraordinary leader who has been a stalwart partner and advisor," Spencer said. "I look forward to working with him in the years ahead when he is confirmed."

Adm. John Richardson, Chief of Naval Operations, said he's "thrilled with this announcement. Adm. Bill Moran is an amazing leader and good friend."

"He has been central to the Navy adopting a fighting stance in this great power competition," Richardson said. "As I turn over and go ashore, I will rest easy knowing that, pending confirmation, Adm. Moran has the watch."

In a statement after the announcement, Moran, a former P-3 Orion pilot, said, "I'm honored and deeply humbled by the nomination and look forward to working with Congress during the confirmation process."

As the Vice Chief of Naval Operations since May 31, 2016, Moran has worked to increase fleet readiness and personnel reform. "Warfighting readiness is solely about our commanding officers and their Sailors having confidence in this massive enterprise," Moran said during the keynote address at this year's Surface Navy Association. "We're restoring trust up and, most importantly, down the chain of command."

Prior to becoming Vice Chief of Naval Operations, Moran served on the staff of the Chief of Naval Personnel Aug. 2, 2013 to May 31, 2016.

INSIDE

NORTH ISLAND-BASED
SAILOR CHOSEN NAVY'S
SHORE SAILOR OF YEAR

... PAGE 8

Cowboys thrill the crowd at Lakeside Rodeo

Are you ready to rodeo? The Lakeside Rodeo returns for its 55th year Friday, April 26 through Sunday April 28.

Each performance of the rodeo features:

- Bareback Bronc Riding
- Saddle Bronc Riding
- Tie Down Roping
- Team Roping
- Steer Wrestling
- Bull Riding
- Barrel Racing
- Rodeo Clown Bull Fighter
- Stick Horse Racing - A Lakeside Rodeo Original Event

Performances are Friday, April 26 at 7:30 p.m. (gates open at 6 p.m.); Saturday, April 27 at 2 p.m. (gates open at 12:30 p.m.) and at 7:30 p.m. (gates open at 6 p.m.); and Sunday, April 28 at 2 p.m. (gates open at 12:30 p.m.)

The Rodeo Ticket Booth is



open for onsite ticket sales at the Lakeside Rodeo Grounds, 12584 Mapleview St. in Lakeside from 10am-6pm daily, closed Easter

Sunday. See the rodeo website for online ticket purchase at www.lakesiderodeo.com. For tickets and information call (619) 561-4331. Please leave detailed message.

All performances are reserved seating. Choice reserved: \$20 adults & children. General reserved: \$15 adults, \$10 for 12/under. Parking \$5.



No food or beverages may be carried in. No video cameras or photography equipment allowed into the rodeo grounds.

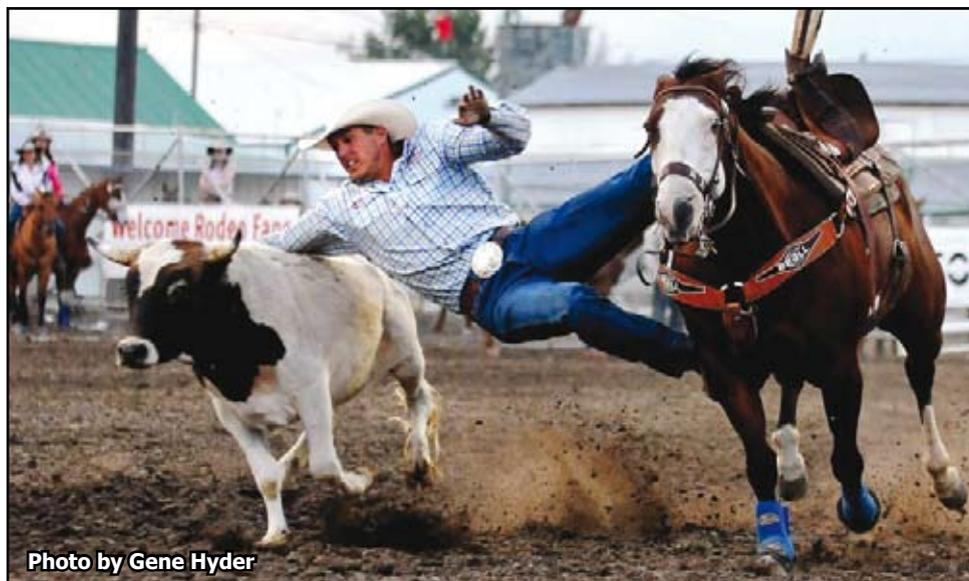


Photo by Gene Hyder



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§Subject to credit approval. Minimum monthly payments required. See store for details.

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Five teams to compete for Sustainment Data Challenge for readiness

WASHINGTON - The first Navy-wide Sustainment Data Challenge is entering its final phase of competition as five remaining teams were selected April 8 to continue with the challenge.

Imagine trying to make sense of five years of usage data (3.65GB) from a multitude of different sources and formats to provide much needed insights and working prototypes in less than five months. Nine teams, dwindled down from 17 at the start of the year, did exactly that during the competition's second checkpoint.

The nine self-formed data challenge teams from across the Navy brought data expertise and a desire to produce meaningful solutions to the Navy's sustainment planning problem. Based on team's inventive approaches and novel data insights, the teams presented projects at checkpoint two.



Sponsored by assistant secretary of the Navy, Research, Development and Acquisition, chief of naval operations and the office of the chief management officer the challenge is to develop prototype predictive system-of-systems analytical model(s) to identify future program sustainment requirements and resources that consider dynamic operational scenarios to achieve Navy readiness goals. The ability to apply, scale and extend the solutions to additional Navy programs is anticipated.

Shirley Franko, Sustainment Program Baseline lead for ASN RDA, said, "Expectations for resulting solutions are high. Leveraging the creativity of our subject matter experts and the power of data analytics is enabling innovative modeling that could optimize our highly complex Sustainment system to enable readiness while reducing risk."

Competing teams recently briefed key stakeholders to determine which teams will continue to the next phase. Based on team's approach, technical viability and innovation along with an ability to deliver a solution by May, five teams were selected to continue to the finals.

"There is a razor-thin margin separating each of the teams," said Capt. William Sherrod, commander, Naval Air Forces Sustainment Program Baseline Lead. "Those selected to advance to the next phase show great promise in producing a series of models that are scalable across naval aviation as well as offer a more holistic view of aviation sustainment."

The remaining five teams have less than a month to finalize their analysis and deliver a working prototype model. From there, teams move on to the Sustainment Data Challenge summit where the selected finalists will present their solutions for winner selection. Based on current efforts, one or more teams are likely to have an opportunity to mature and expand their solutions after the challenge finals.

Franko said, "The teams' outstanding efforts and enthusiasm are clearly evident, the speed and agility of the Navy's Data Challenge process have worked very well and I'm really looking forward to seeing how we can use these ideas to solve Sustainment challenges on real programs."

DOD official: Updated transgender policy based on treating all with dignity

by Jim Garamone

WASHINGTON - Updates to the Defense Department's transgender policy take effect today, and defense officials stressed the policy is anchored in the core value of treating all service members with dignity and respect.

Anthony Kurta, performing the duties of the deputy undersecretary of defense for personnel and readiness, told Pentagon reporters that all those most immediately affected by the update have the information they need about the policy.

Anyone currently serving or anyone under contract to enter the military who has been diagnosed with gender dysphoria

is grandfathered, he said. "They remain under the 2016 policy for the remainder of their careers," Kurta said. They can reenlist and stay in the military.

But beginning today for those wishing to join the military, "a diagnosis of gender dysphoria is presumptively disqualifying under the new policy, just as it is under the 2016 policy, absent a waiver," he said.

There are recognized exceptions, Kurta said. Applicants must demonstrate stability in their biological sex for 36 months and "be able to meet all applicable standards of those associated with their biological sex," he said.

For those currently serving, future diagnoses of gender dysphoria will be dealt with on an individual basis, he said. "If the service member can continue to meet all standards, including deployability standards, and all those associated with their biological sex, then the service member can continue to serve without waiver," he explained.

For those who require gender transition to treat their gender dysphoria or who cannot or will not meet the standards will be referred to the disability evaluation system. Kurta stressed that under the policy, all service members will be treated with dignity and respect, and every service member is able to express their

gender identity. "DOD will take no action solely based on gender identity," he said.

By definition, gender dysphoria means there is clinically significant distress that impairs an individual in work or other important areas. Medical providers would provide treatment for the condition. "Very often the first step in treatment is behavioral health counselling," Kurta said.

If through counselling, individuals decide they can meet all standards and can serve in their biological sexes, "nothing happens," he said. "They just continue receiving any treatment they need."

If gender transition is needed to treat the condition, the case would be referred for determination of separation.

DOD officials have some numbers available, Kurta said, but the department doesn't track transgender status of service members. "It's something we don't ask of people," he added. A workplace and gender relations survey conducted in 2016 showed just under 9,000 service members consider themselves transgender individuals.

The department knows that 1,400 service members have been diagnosed with gender dysphoria. Fewer than 10 service members are receiving gender reassignment surgery.

PACFLT commander talks winning the high-end fight with Hawaii-based Navy leadership

by MC1 Nathan Laird

PEARL HARBOR - Navy leadership triads from Hawaii-based units gathered together with Adm. John C. Aquilino, commander of U.S. Pacific Fleet, April 12, for a conversation about readiness and winning a high-end fight, if called to do so.

Aquilino met with commanding officers, executive officers, and command senior enlisted leaders for a frank, face-to-face discussion about their expectations and the urgency behind building winning teams.

"I need your help to execute three objectives - win the high-end fight, win without fighting, and build and sustain fleet readiness," Aquilino said. "Take those objectives back to your teams and build battle-minded, confident and capable Sailors. Make sure they're ready."

Aquilino stressed the need for feedback from the fleet about obstacles to effective warfighting. "I need leaders to tell me what's not working," Aquilino said. "If there's something preventing you from doing your jobs, I want to know right away so I can fix it and you can focus on generating lethal combat power."

Aquilino said that the Navy has several asymmetric advantages, the most important of which is people. "Sailors want to be on winning teams," Aquilino said. "As leaders, you have to build, train, and execute a winning team. There are no points for second place."

Aquilino and Pacific Fleet Master Chief James Honea held a similar discussion with San Diego triads earlier this year. They plan to continue these face-to-face conversations with leadership throughout the Pacific Fleet area of responsibility.

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Carrier Strike Group Eight receives MUC for 2015-2016 deployment

by **MC2 Michael Chen**
ATLANTIC OCEAN - Carrier Strike Group Eight (CSG-8) received the Meritorious Unit Commendation (MUC) award, March 11, for its 2015-2016 deployment, in support of Operation Inherent Resolve.

The award was approved by

Richard Spencer, Secretary of the Navy, "after the recommendations of the chain of command, including the Chief of Naval Operations, and the recommendation of the Navy Department Board of Decorations and Medals," according to a memorandum released by the Secretary of the Navy.

All personnel assigned to CSG 8 between Nov. 16, 2015, and July 13, 2016, including flagship aircraft carrier USS *Harry S. Truman*, Carrier Air Wing (CVW) 7, Destroyer Squadron (DESRON) 28 and CSG-8 staff, are authorized to wear the MUC. More than 6,000 Sailors and Marines that deployed with the

strike group will have the award added to their records.

"I am pleased to see the hard-working Sailors that took part in that deployment being rewarded," said Senior Chief Navy Counselor James Osbourne. "The hard work and dedication of our Sailors and the drive to ac-

complish the mission was crucial to our success. I remember the deck plates humming 24 hours a day with Sailors doing their part to contribute to a successful deployment. I am glad to see them all be recognized. I know that in my career, that was the most impactful deployment I have ever been a part of."

The MUC is awarded to a unit for exceptionally meritorious conduct in performance of outstanding services during a period of military operations against an armed enemy.

From November 2015 to July 2016, CSG-8 and *Harry S. Truman* completed a record-setting deployment with 2,054 combat sorties that delivered more than 1,598 pieces of precision guided munitions, substantially degrading ISIS resources and leadership

CSG-8 and *Truman* recently completed another historic deployment in December 2018, setting a new precedent for the fleet with the first ever Dynamic Force Employment (DFE) deployment.

"I'm not sure if we will get awarded for our deployment in 2018 but it wouldn't surprise me if we did because that was another successful deployment and HST accomplished so many great things showing the world that we can go anywhere. We truly defined DFE and we did it well," said Osbourne.

DESRON 28 units during the awarded period include: DESRON 28 staff, USS *Anzio*, USS *Ramage*, USS *Gonzalez*, USS *Bulkeley* and USS *Gravelly*.

CVW 7 units during the awarded period include: CVW 7 staff, "Rampagers" of Strike Fighter Squadron 83, "Jolly Rogers" of VFA 103, "Fist of the Fleet" of VFA 25, "Pukin' Dogs" of VFA 143, "Patriots" of Electronic Attack Squadron (VAQ) 140, "Wallbangers" of Carrier Airborne Early Warning Squadron (VAW) 117, "Proud Warrior" of Helicopter Maritime Strike Squadron (HSM) 72, "Nightdippers" of Helicopter Sea Combat Squadron (HSC) 5 and "Rawhides" of Fleet Logistics Support Squadron (VRC) 40 detachment 3.

Harry S. Truman is currently underway conducting a Sustainment Exercise (SUSTEX) with CSG 8 ships and squadrons to maintain qualifications and a deployment-ready status.

Eagle Eyes Navy app to help stamp out suspicious activity

by **MC2 Jason Amadi**
WASHINGTON - Naval District Washington (NDW) launched Eagle Eyes Navy, a new suspicious activity reporting application, for Apple and Android devices, April 15.

Eagle Eyes Navy is a new tool to report incidents to law enforcement within NDW. It is available for download in Apple's App Store and Google Play. In addition to the app, suspicious behavior can be reported online at www.eagleeyes.navy.

"This is an app for anybody who works, lives or plays on any installation within NDW," said Eric Brumley, NDW criminal investigator. "Within the Navy, NDW is the first region to use this tool. If it is successful here, it could be a tool that is used Navy-wide. Pretty much everyone has a smart phone and it'll take less than a minute to do a report."

There is no restriction on who

can download or use the Eagle Eyes Navy application. Anyone with the app can report an incident, its location and photos of suspicious activity and the information will be received instantly by designated command representatives on each installation. The location of the reported incident determines which installation receives the information.

"People see things, but sometimes don't know how to report it. This gives you the ability to take photographs and type up reports in real-time. As fast as you can open up the app and report the activity, that's how fast we can receive it. We don't want people just reporting Navy issues. Anything suspicious that people see can be reported through Eagle Eyes Navy and we'll take a look at it and determine where it needs to go. Maybe it isn't of interest to the Navy and doesn't impact our fence lines, but it may have some criminal nexus to the

Metropolitan Police Department and we can get that information to them," said Brumley.

The ease with which law enforcement personnel can receive information through the app could allow them to make connections between incidents and determine whether or not incidents are isolated or part of

USS Fitzgerald leaves dry dock, continues repairs pierside in Pascagoula

PASCAGOULA, Miss. - Destroyer USS *Fitzgerald* took another step toward returning to the fleet. The ship achieved a milestone in its complex repair and restoration as it successfully launched and moored pier-side at Huntington Ingalls Industries (HII) - Ingalls Shipbuilding shipyard April 16.

The launch reflects more than a year's worth of effort in restoring and modernizing the warship. Since the ship's arrival in Pascagoula in January 2018, work has focused on restoring the integrity of the hull and topside structures that were damaged during a collision in 2017 that claimed the lives of seven Sailors.

"The complexity of this overhaul has been challenging, but our planning team at Bath Iron Works and waterfront team at HII is executing repairs and installing upgrades so that *Fitzgerald* returns to our Sailors lethal and mission-ready," said Rear Adm. Jim Downey, deputy commander for surface warfare and commander, Navy Regional Maintenance Center.

we can get a picture and share it immediately, everyone is going to have a better idea of what's happening. If someone is doing something suspicious at Navy Yard and ten minutes later they're at Joint Base Anacostia-Bolling, we need to be able to link them together.

"What if that person is constantly testing these installations. We're not going to be able to piece that together by just the gate sentry having that information and forwarding it up their chain of command. But if a person comes through and we take a picture of them, share it, establish a trend and get NCIS involved. This is huge. It's easy to do, it's really quick and it takes the pressure off someone who is too afraid to call it in," Russel said.

The Eagle Eyes Navy program is not designed to report emergencies or quality of life complaints. If a situation requires an emergency response, call 911. As a reminder, false reporting to a law enforcement agency is a violation of state law.

El Capitan Stadium Association Presents




55th Annual Lakeside Rodeo

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

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

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Boot Barn Kearny Mesa (858) 571-5741

INFO
619-561-4331

Tickets

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

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

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

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

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

PRCA Rodeo WPRA Barrel Races

Rodeo events each performance

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

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Ask Rusty - Maximizing Social Security benefits

by Russell Gloor

Dear Rusty: I am currently 68 and am waiting to take maximum benefits at age 70. I have been retired for 3 and a half years. My wife turned 62 in February of this year. She stopped working around 1994. What is the best way to maximize our SS benefits? Both of us have longevity on our side. My wife's parents lived into their 80s, her grandmother lived to 96. My mother lived to 84, my father to 98. We are both very active, no big health issues.

Signed: Planning Ahead



Dear Planning: You're already on a path to maximize your benefits by waiting until you are 70 to claim. Given that both of you are in good health and assuming you both live a long life, maximizing your wife's benefit will yield you the most in cumulative Social Security benefits.

Assuming you are the higher-earner, your wife's highest benefit will probably be her benefit as your spouse, so maximizing her spousal benefit would be an excellent strategy. Although your wife is eligible to collect her own SS benefit at age 62, if she does so her eventual spousal benefit will be reduced to something less than 50 percent of your full retirement age (FRA) benefit.

Here's how that works: A spousal benefit, if taken at one's full retirement age (66 1/2 for your wife), is 50 percent of the higher-earning spouse's benefit at his full retirement age (not the increased benefit you get by waiting until age 70). But if the spousal benefit is taken earlier than full retirement age it is reduced actuarially according to the number of months before FRA it is claimed. If your wife claims her own SS benefit at age 62, her eventual spousal benefit will be less than 50 percent of your benefit, because the spousal boost is added to her early benefit amount. Said another way, any time a Social Security benefit is taken earlier than one's full retirement age it is reduced. In your case, when you claim your benefits at age 70, your wife will be 63 1/2. If she is already receiving her own SS benefits she will be automatically deemed to be filing for a spousal benefit at that time, and the amount of her spousal benefit will be reduced due to starting it earlier than her FRA.

However, if she is not yet receiving her own SS benefit, she will not be deemed as filing for her spousal benefit until she files for her own SS on her own work record. The only way your wife can get the full 50 percent of your FRA benefit amount is by waiting until her full retirement age to claim her benefits. And if you are both in good health and expect to live at least until your mid-80's, your wife waiting until her FRA to apply will give you the most in cumulative lifetime benefits (as well as the highest combined monthly benefits).

But keep in mind that the decision of when to claim benefits must always take into account current financial needs, current health and lifestyle, and anticipated longevity. If you don't need the money right now, and if you're both in good health and expect a long life, then maximizing both of your benefit amounts as described above would be a very sound strategy.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website or e-mail us.

VA National Cemetery Administration partners with Carry The Load to honor veterans and their families

WASHINGTON - The Department of Veterans Affairs (VA) announced April 15 that its National Cemetery Administration (NCA) is partnering with Carry The Load, a nonprofit organization that provides active ways to connect Americans to the sacrifices made daily by the U.S. military, veterans, first responders and their families.

NCA will participate in Carry The Load's Memorial May awareness campaign, which covers 40 states, leading up to Memorial Day 2019.

Participants will march or ride bicycles in an 11,500-mile national relay along three routes - East Coast, West Coast and Midwest - handing off an American flag every few miles. Each participant walks or rides to "carry the load" for a deceased military service member or veteran, remembering them and honoring their sacrifice. Twenty-six VA national cemeteries in 17 states will serve as relay points for Carry The Load memorial marches.

"The VA is delighted to partner with Carry The Load in this important initiative of honoring those who sacrificed for our

Future USS Richard M. McCool, Jr. keel authenticated

PASCAGOULA, Miss. - The keel for the future USS Richard M. McCool, Jr. (LPD 29) was laid April 12 during a ceremony at Huntington Ingalls Industries Ingalls Shipbuilding Division.

Shana McCool and Kate Oja, who are the ship's sponsors and granddaughters of the namesake, authenticated the keel by etching their initials into the keel plate.

"We're honored to have Ms. McCool and Ms. Oja with us today to recognize this major ship event," Capt. Brian Metcalf, LPD 17 class program manager for Program Executive Office (PEO) Ships, said. "The San Antonio class has proven essential to expeditionary warfighters, and we are excited to bring the 13th and final ship of the Flight I configuration to the fleet."

The ship is named in honor of Navy vet and Medal of Honor recipient, Capt. Richard M. McCool, Jr. McCool was awarded the Medal of Honor in 1945 for the heroism he displayed after his ship was attacked by kamikaze aircraft in the Battle of Okinawa.

Fabrication on LPD 29 began July 30, 2018, and it's scheduled to be delivered in 2023.

freedom to ensure no veteran ever dies," said VA Secretary Robert Wilkie. "It's a mindset that every one of VA's employees emulates. And nowhere is the sacrifice made by our Veterans more evident than in our national cemeteries."

In conjunction with the Carry The Load national relay, each VA national cemetery along the three routes will host a brief ceremony unveiling a commemorative plaque dedicated to America's fallen veterans and

their families. To view the list of the 26 participating VA national cemeteries and the dates and times they will host the Carry The Load relay and "Tribute to the Fallen and Their Families" plaque dedication ceremonies, download the calendar.

VA operates 136 national cemeteries and 33 Soldiers' lots and monument sites in 40 states and Puerto Rico.

For veterans not buried in a VA national cemetery, VA

provides headstones, markers or medallions to commemorate their service. Information on VA burial benefits is available from local VA national cemetery offices, online at <https://www.va.gov/burials-memorials/> or by calling VA regional offices toll-free at 800-827-1000.

To make burial arrangements at any open VA national cemetery at the time of need, call the National Cemetery Scheduling Office at 800-535-1117.

After nearly a year, Trump moves to fill VA's second-highest leadership post

by Leo Shane III
MILITARY TIMES - After nearly a 10-month wait, the Department of Veterans Affairs has a nominee to fill its second-highest leadership post.

On April 12, President Donald Trump named VA General Counsel James Byrne as his pick for the VA deputy secretary post, vacant since Thomas Bowman retired from the job last June. Byrne has served as the acting deputy secretary since last August.

The position was the highest

ranking of multiple leadership vacancies within the department, including VA's top health official. White House officials did not say whether they plan to name a new general counsel candidate to replace Byrne, or if he will continue to manage the responsibilities for both posts.

Byrne deployed overseas as a Marine infantry officer and later joined the Department of Justice as an international narcotics prosecutor. He also previously worked as an investigator with the Office of the Special Inspector General for Iraq Reconstruction before leaving government to work for the Lockheed Martin Corporation for several years.

Both his father and sons have also served in the military.

During his July 2017 confirmation hearing for the general counsel post, Byrne said he was activated as a reservist in 2004 to lead the Marine Corps Liaison Office at National Naval Medical Center in Maryland.

"The hearts and minds of men and women who returned home for medical care were, of course, always with their team members (still) engaged in combat," he said. "This loyalty, service, and undying dedication had a profound effect on me, and drove home the profound importance of the mission of supporting these wounded warriors under my command and their families."

In a statement, Senate Veterans' Affairs Committee Chairman Johnny Isakson, R-Ga., praised the move and said he expects confirmation hearings on Byrne in coming weeks.

"The deputy secretary of the VA is responsible for working closely with the secretary to make sure the federal government's second-largest Cabinet department is operating effectively, efficiently and in the best interest of our veterans," he said. "I am glad to see Mr. Byrne nominated to serve in this critical role."

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Let the bad-luck office guy fix his own problems

by Dr. Daneen Skube
Tribune Content Agency

Q: I have a co-worker whose personal and professional life reminds me of a tornado. I've never encountered a person with more problems. The trouble is he always contacts me last minute, desperate, and needs me to help him. I used to feel sorry for him, but now I'm exhausted and sick of the drama. How can I escape from being his "fixer?"

A: Narcissism has many faces. You can escape being his "fixer" if you realize you've

been rewarding this guy for his entitlement that his poor planning is your problem. Step out of pity for him and into guilt that you will now let him drown. He'll either

INTERPERSONAL EDGE:

learn to swim or identify a new victim.

When people are self-absorbed they often learn that others feel quite sorry for them when they have problems. Smart, narcissistic people

start to figure out that if they constantly have problems they might constantly get free goodies.

Research on con artists tells

us that the number one trick con people use is the strategic use of pity. Everything from serial murderers, think Ted Bundy who pretended to have a broken arm, to fake charities, that lie about their mission. What you do not want to be is naive to how destructive pity can be to your well-being.

Compassion for others means you can identify with the suffering of others. Realize when you can identify with pain you also know you are the one responsible for fixing your problems. If you do not tend to feel sorry for yourself, you'll be far less likely to fall into the hole of feeling sorry for others.

Yes, there are times during which we get a bad break. When bad breaks litter some-

one's life, they are using pity as an effective con.

An office pity con artist is usually an excellent judge of human character. He or she can scan co-workers and can tell who needs to always feel helpful and never selfish. Then they aim all their drama at that co-worker hoping to hook a pity fish.

Ask yourself how willing you are to be seen as selfish. Ask yourself how comfortable you are with feeling guilty. Try this exercise in your mirror in the morning, (deep cleansing breath), look at yourself and state, "I am so selfish." When you can say this statement without squirming you

are probably ready to escape the clutches of your office tornado.

Next time he calls you breathless and updates you on his latest tragedy simply say, "I am unable to help you" (deep cleansing breath). Now get ready to marinate in your guilt about not being helpful. I promise you that you will eventually get over your discomfort of feeling guilty. What you will not recover from is constant self-sacrifice in service of the con of pity.

The last word(s)

Q: I never get through my to-do list at work. Am I just profoundly ineffective?

A: No, time management experts recommend you expect to get only through the top part of any to-do list. The items at the bottom will either keep flowing over to the top of the next day or eventually fall off your list altogether.

Daneen Skube is an executive coach, trainer, therapist and speaker who appears as the "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything."

Contact Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. No personal replies.

Greetings from the Fleet and Family Support Center

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• April 23, 10 a.m. to 12 p.m., FFSC Bayview Hills Center

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Workshop: Master Your Credit and Defeat Your Debt

• April 30, 9:30 a.m. to 11 p.m., FFSC Naval Base Point Loma, Bldg. 211

Credit card debt can drag you down and affect your credit score. Learn the true cost of your credit card and how to pay it off successfully. To register, call 866-923-6478.

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La Jolla Presbyterian Church

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Keith Pederson, Director
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ariel@fbcoronado.com FB: First Baptist Church of Coronado

First Baptist Church of San Luis Rey
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North Island-based Sailor chosen Navy's Shore Sailor of Year

NAVAL AIR STATION NORTH ISLAND - Logistics Specialist 1st Class Sindy Johnson has been selected as the Navy's 2018 Shore Sailor of the Year (SOY).

Johnson, who is assigned to Fleet Readiness Center Southwest, was presented the award April 10 during ceremonies in Washington, D.C. She was one of five finalists to compete for the award, and will earn meritorious advancement to chief petty officer.

Born in Bluff, Nicaragua, Johnson moved with her father to Bronx, N.Y., in December 2001 at the age of 15. Three years later she joined the Navy. In her opening remarks after being announced SOY, she applauded fellow Sailors who were also recognized as finalists for the program. She later spoke about her family's journey from Nicaragua that led to her proudly serving in the United States Navy. She thanked her father for his sacrifices, which included his return to their home country in order for her family to sustain a new life in the United States.



Logistics Specialist 1st Class Sindy Johnson delivers remarks after being announced the Fiscal Year 2018 Navy Shore Sailor of the Year (SOY). Navy photo by MC1 Sarah Villegas

"Living in Nicaragua, I remember sitting at a table and thinking that I wanted to be part of that Navy, part of that country," she said. "And to be standing here representing the whole Navy as Sailor of the Year is a true honor.

"I serve this country and do

my job and help Sailors because it's an honor to put this uniform on every day. It's an honor to say I'm in the United States Navy."

In 2005, she became a naturalized citizen in Italy while assigned to her first command, USS Emory S. Land.

Johnson reported to FRCSW in 2016 where she currently serves as the acting chief petty officer of the command's administration department.

She is also the fleet training scheduler, in charge of up to 30 Sailors or Marines attending training.

In addition to her selection as the 2018 SSOY, Johnson was also named the FRCSW SOY in October 2018 and the Commander, Fleet Readiness Centers SOY one month later.

To view more photos, visit <https://www.facebook.com/FRCSW/>.

Here's a partial list of local return sites for National Prescription Drug Take Back Day (Sat., April 27).

- **DEA San Diego**, Sharp Chula Vista Medical Center, 751 Medical Center Ct., Chula Vista.
- **Chula Vista Police Department**, 1800 Maxwell Rd., Chula Vista.
- **National City Police Department**, 1200 National City Blvd., National City.
- **Naval Medical Center, Naval Base San Diego, Navy Exchange 32nd St.**, military active, retired, and beneficiaries and staff only 2260 Callagan Highway - located in the NEX parking lot next to Callagan Highway gate.
- **VA Hospital**, 3350 La Jolla Village Dr., San Diego
- **Coronado Police Department**, alley behind police station, 700 Orange Ave., Coronado.
- **Marine Corps Recruit Depot**, Jerry Coleman Center lawn (between the fitness center & the community center), San Diego.
- **Naval Medical Center San Diego MCAS Miramar Exchange**, military active, retired, and beneficiaries and staff only, Bldg. #2660, Elrod Ave, San Diego.



For a complete list of sites in your area, go to https://www.deadiversion.usdoj.gov/drug_disposal/takeback/.

CO Feyedelem command change, retirement at Training Support Center

SAN DIEGO - In a traditional observance in front of a gathering of Sailors and civilian staff, Training Support Center (TSC) San Diego held a change of command and retirement ceremony, April 5.

Capt. Douglas Patterson relieved Capt. Michael Feyedelem as commanding officer of TSC San Diego. Feyedelem also retired from a 30-year naval career.

Patterson reports to TSC San Diego from Engineering Assessments Pacific. "To the Training Support Center staff, I've been nothing but impressed with your professionalism and dedication to our fleet readiness responsibilities," he said. "I look forward to working with all of you in this dynamic transformational period for Naval Education and Training Command."

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U.S., Indian navies practice submarine hunting in Indian Ocean

DIEGO GARCIA, British Indian Ocean Territory - P-8 aircraft from the U.S. and Indian navies conducted cooperative activities in the Indian Ocean, April 15.

U.S. Navy guided-missile destroyer USS *Spruance*, homeported in San Diego, also joined the drills, which focused on anti-submarine warfare training, information sharing and coordination between maritime patrol aircraft and ships.

"The U.S. Navy is committed to engaging with regional partners in establishing common practices and developing mutual capabilities. *Spruance* is proud to exercise alongside the Indian Navy," said Cmdr. Matthew Smidt, commanding officer of USS *Spruance*. "We were greatly impressed by the professionalism and competency of their MPRA. The exercise was a wonderful experience and opportunity from which we learned and honed our skills."

Spruance and P-8A aircraft from Patrol Squadron (VP) 8 "Fighting Tigers," based in Jacksonville, Fla., are conducting routine operations in 7th Fleet. The Indian Navy P-8I aircraft

is with Naval Air Squadron 312 based at Indian Naval Station Rajali.

"Flying ASW (anti-submarine warfare) in the 7th Fleet AOR (area of operations) is a team event and we eagerly seize every opportunity to work with our allies and partners," said Lt. James Lowe, pilot with VP-8.

"Our goal is to further standardize our procedures so we can work more efficiently in future real world operations," he said. "I think, in the end, we are fortunate to be able to operate out of beautiful Diego Garcia and learn about our Indian counterparts as well!"

U.S. Navy ships and aircraft train routinely with the Indian Navy between annual port visits and exercises like Malabar. These events reaffirm a shared commitment to a free and open Indo-Pacific.

"We look forward to devel-



An MH-60S Sea Hawk helicopter comes in for a landing on destroyer USS *Spruance* prior to a replenishment-at-sea with refueling ship *Tippecanoe*. The ship is part of the *John C. Stennis* Carrier Strike Group and is deployed to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific region. Photo by MC1 Bryan Niegel

oping useful lessons through this engagement and laying the groundwork for future integration efforts between our Mari-

time Patrol and Reconnaissance Forces," said Cmdr. Zachary Stang, VP-8 commanding officer.

April is Alcohol Awareness Month

April is Alcohol Awareness Month, and the Navy Alcohol Abuse Prevention (NAAP) office encourages Sailors to not just make responsible choices if they choose to drink, but to take an honest look at their alcohol use.

If you think your drinking is impacting your work or relationships, or if you suspect you may be struggling with addiction, the Navy's non-disciplinary self-referral process allows you to seek help and remain an

active duty Sailor.

The intent of self-referral is to provide you with a means of intervening in the progression of alcohol abuse early enough for you to get help before a problem becomes more advanced and more difficult to resolve without the risk of disciplinary action.

To learn more about the self-referral process, refer to https://www.navy.mil/ah_online/ftrStory.asp?issue=3&id=109245.



MCAS MIRAMAR (April 12, 2019) - Marine Corps Air Station Miramar Exceptional Family Member Program employees smile for a photo before the autism awareness walk here. The MCAS Miramar Exceptional Family Member Program hosted this event during the Month of the Military Child to allow service members and their families to walk a mile bringing awareness to autism. Photo by Sgt. Jake McClung



TWENTYNINE PALMS (April 14, 2019) - Marines with 3rd Low Altitude Air Defense Battalion observe the employment of a FIM-92 Stinger missile in support of Integrated Training Exercise (ITX) 3-19. Marine Corps photo by Sgt Dominic Romero



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Official Navy photo



Official Navy photo

NAVAL MEDICAL CENTER SAN DIEGO (April 10, 2019) - The San Diego Zoo Express visits pediatrics patients here. Zoo experts help patients to interact and learn about the animal friends they bring along with them.



RED SEA (April 15, 2019) - Aircraft carrier **USS John C. Stennis (CVN 74)**, guided-missile destroyer **USS McFaul (DDG 74)**, and guided-missile cruiser **USS Mobile Bay (CG 53)**, sail in formation as U.S. Navy and French Marine Nationale aircraft fly overhead in formation. The **John C. Stennis** Carrier Strike Group is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points. Navy photo by MCSN Joshua L. Leonard

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Easter 2019 Schedule

April 20 - Holy Saturday
Easter Vigil 8pm

April 21 - Easter Sunday
8:30am & 10:30am

April 28 - Divine Mercy Sunday

2960 Canyon Rd., Escondido
760-489-1200

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Confessions of a TV junkie

Eventually, we needed more and more episodes to be entertained. Our digitally savvy kids introduced my husband and I to the allure of streaming services such as On Demand, Netflix, Amazon Prime and Hulu. How intoxicating it was to take a double hit of “The Bachelor” and chase it with “Deadliest Catch” all in one evening!

Soon, we were hooked, and there was no going back.

Before we knew it, we were spending perfectly sunny weekends holed up in the family room of our base house watching episode after episode of random television shows. We told everyone that we were “just catching up on ‘Modern Family’” or that we were “simply wondering what all the hubbub was about ‘Downton Abbey.’”

Ironically, it was the show “Breaking Bad” that nudged us into the deep dark abyss. We’d been jonesing to see the AMC series for a while, and when we found out that the first 54 episodes were On Demand for a limited time leading up to the final season, we knew we had just scored.

During that epic three-week “Breaking Bad” bender, we finally hit rock bottom. Our family room looked like the scene of a rave party, strewn with soda cans, popcorn, Chinese take-out boxes, and melting quarts of half-eaten ice cream. Our pupils were permanently dilated as we stared, transfixed, into the psychedelic LCD screen, our cold, clammy fingers gripping the smudged remotes.

We were so strung out after that binge, we quit cold turkey for a while,

satisfying our cravings with short doses of “House Hunters” and “Seinfeld” reruns in hopes that we’d avoid the painful withdrawal symptoms of rapid detox.

But our self-discipline soon crumbled when we found shows like “House of Cards,” “Better Call Saul,” “Stranger Things,” “Ozark,” “You,” and “Rectify.” After every bender, we’d dry out all over again and pledge to stay clean.

However, lately, ads keep popping up for spring premiers of “Our Planet,” “Wife Swap,” and “The Handmaid’s Tale.” The eighth and final season of “Game of Thrones” premiering April 14, and we still haven’t finished watching “Poldark” and “Homecoming” ... What’s a TV junkie to do? Binge watch, of course!

I must confess that spring premiere season has triggered my recent relapse. Although I’m not sure there’s a 12 step recovery program for binge watching, I’m absolutely certain I’ll gain 12 pounds if I don’t get up off the couch and stop watching so much TV.

So, mark my words: I’m quitting binge watching for good. This time, I’m 100 percent serious. No more lounging in sweatpants on Sunday afternoons pressing “play” hour after hour. Spring has sprung, and I’ll be spending all my time in the great outdoors. I swear, I’m going to do it, and I mean it.

And I’ll start just as soon as the “Game of Thrones” final season is over.

Dark Arts at Hogwarts Castle & 30th Anniversary Miata Photo Shoot

AutoMatters™ & More



by Jan Wagner

Dark Arts at Hogwarts Castle at Universal Studios Hollywood

The ongoing story of Harry Potter, his friends and his adversaries is epic. It became infinitely more real when Universal Studios opened “The Wizarding World of Harry Potter” at its theme parks in Hollywood and Orlando. Doing so enabled fans and non-fans alike to experience actually being in and interacting with the fantasy world of Harry Potter.

Now Universal Studios Hollywood has taken that experience to the next level, as it presents “Dark Arts at Hogwarts Castle”- an original story told in a way that’s unlike any other you’re likely to have experienced before. This story is presented outdoors, in the dark, at Hogwarts castle. This truly breathtaking AV experience combines Universal’s colossal Hogwarts Castle with the high caliber of audio and video wizardry that Universal is so good at executing. A masterful combination of extremely detailed, realistic and animated projections on the castle; dense fog; a multitude of drones that fly in carefully choreographed unison to create an animated image made up of fine points of light; and accompanying narration, music and sound effects tell a compelling, dark story that engages the senses and is unmistakably Harry Potter.

Universal Studios tells us that “guests will be asked to summon their inner strength and bravery in the face of the all-consuming Dark Arts, as some of the awe-inspiring moments and creatures inspired by the films come to life within the majestic light display.”

The unique combination of the towering Hogwarts Castle, along with the high-tech special effects, creates a frightening experience so real that it is more like actually being in the world of Harry Potter, as opposed to watching a movie or having a virtual reality experience. Well done!

“Dark Arts at Hogwarts Castle” will illuminate Hogwarts in “The Wizarding World of Harry Potter” nightly from April 13-28, and is scheduled to return again from May 25-27, 2019. For information about Universal Studios Hollywood, visit <https://www.universalstudioshollywood.com/things-to-do/rides-and-attractions/>.

2019 30th Anniversary Mazda MX-5 Miata Photo Shoot

AutoMatters & More recently reflected upon the 30-year history of what was originally a “no frills, reliable, nimble, small, two-seat convertible sports car” (see column #577, entitled Mazda MX-5 Miata 30th Anniversary Edition). It went on to report that at this year’s Chicago Auto Show, a very special 30th Anniversary Edition of the MX-5 Miata had been introduced to the world via live video streaming. While there can be no denying that this new model has some very nice frills that were not present on the first-generation car, it continues to be a reliable, nimble, small two-seat convertible sports car - now with a choice of either a soft top or a retractable hardtop.

All 500 of the 30th Anniversary

MX-5 Miatas that are destined for the U.S. market have already been spoken for, through payment of a deposit, shortly after Mazda’s live video stream from the Chicago Auto Show concluded. Now that car has gone on tour in the United States.

I discovered it completely by chance, after picking up my press credential to cover the Acura Grand Prix of Long Beach. I had been walking through the Grand Prix’s as yet unopened “Lifestyle Expo,” on my way to the Media Center, and was about to pass by Mazda’s exhibit, when the distinctive Racing Orange sports car caught my attention. I was stunned to see the soft top version of the Chicago Auto Show’s prototype car (#0000 of 3000, which will represent the total global production quantity).

Since the “Lifestyle Expo” was not yet open to the public, entry to Mazda’s exhibit area was blocked by yellow tape. As tempting as it was to do so, I resisted the temptation to sneak under the tape and get a closer look at the car. Instead, I respected Mazda’s wishes and decided to return there on the weekend to get that closer look and take photos.

My restraint was rewarded. They offered to unlock the car so that I could take pictures of its interior, trunk and under the hood for you. I trust that you will enjoy them!

To see the greatest number of those photos plus a video, visit www.drivetribe.com, click on the magnifying glass, select “POSTS” and enter “AutoMatters & More #586” in their search bar. #577 has also been updated with the car photos. Please send your comments to AutoMatters@gmail.com.

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Health & Fitness

Positive emotions and your health: Developing a brighter outlook

Do you tend to look on the sunny side, or do you see a future filled with dark, stormy skies? A growing body of research suggests that having a positive outlook can benefit your physical health. NIH-funded scientists are working to better understand the links between your attitude and your body. They’re finding some evidence that emotional wellness can be improved by developing certain skills.

Having a positive outlook doesn’t mean you never feel negative emotions, such as sadness or anger, says Dr. Barbara Fredrickson, a psychologist and expert on emotional wellness at the University of North Carolina, Chapel Hill. “All emotions - whether positive or negative - are adaptive in the right circumstances. The key seems to be finding a balance between the two,” she says.

“Positive emotions expand our awareness and open us up to new ideas, so we can grow and add to our toolkit for survival,” Fredrickson explains. “But people need negative emotions to move through difficult situations and respond to them appropriately in the short term. Negative emotions can get us into trouble, though, if they’re based on too much rumination about the past or excessive worry about the future, and they’re not really related to what’s happening in the here and now.”

People who are emotionally well,

experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times. Developing a sense of meaning and purpose in life - and focusing on what’s important to you - also contributes to emotional wellness.

Research has found a link between an upbeat mental state and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life. But many studies can’t determine whether positive emotions lead to better health, if being healthy causes positive emotions, or if other factors are involved.

“While earlier research suggests an association between positive emotions and health, it doesn’t reveal the underlying mechanisms,” says Dr. Richard J. Davidson, a neuroscientist at the University of Wisconsin-Madison. “To understand the mechanisms, I think it will be

crucial to understand the underlying brain circuits.”

By using brain imaging, Davidson and others have found that positive emotions can trigger “reward” path-



Having a positive outlook doesn't mean you never feel negative emotions.

ways located deep within the brain, including in an area known as the ventral striatum.

“Individuals who are able to savor positive emotions have lasting activation in the ventral striatum,” Davidson says. “The longer the activation lasts, the greater his or her feelings of well-being.” Continued activation of this part of the brain has been linked to healthful changes in the body, including lower levels of a stress hormone.

Negative emotions, in contrast, can activate a brain region known as the amygdala, which plays a role in fear and anxiety. “We’ve shown that there are big differences among people in how rapidly or slowly the amygdala recovers following a threat,” Davidson says. “Those who recover more slowly may be more at risk for a variety of health conditions compared to those who recover more quickly.”

Among those who appear more resilient and better able to hold on to positive emotions are people who’ve practiced various forms of meditation. In fact, growing evidence suggests that several techniques - including meditation, cognitive therapy (a type of psychotherapy), and self-reflection (thinking about the things you find important) - can help people develop the skills needed to make positive, healthful changes.

“Research points to the importance of certain kinds of training that can alter brain circuits in a way that will promote positive responses,” Davidson says. “It’s led us to conclude that well-being can be considered as a life skill. If you practice, you can actually get better at it.”

In one study, Davidson and his colleagues found changes in reward-related brain circuits after people had 2 weeks of training in a simple

form of meditation that focuses on compassion and kindness. These changes, in turn, were linked to an increase in positive social behaviors, such as increased generosity.

Fredrickson and her colleagues are also studying meditation. They found that after 6 weeks of training in compassion and kindness meditation, people reported increased positive emotions and social connectedness compared to an untrained group. The meditation group also had improved functioning in a nerve that helps to control heart rate. “The results suggest that taking time to learn the skills to self-generate positive emotions can help us become healthier, more social, more resilient versions of ourselves,” Fredrickson says.

Dr. Emily Falk, a neuroscientist at the University of Pennsylvania, is taking a different approach. Falk is exploring how self-affirmation - that is, thinking about what’s most important to you - can affect your brain and lead to positive, healthful behaviors. Her team found that when people are asked to think about things that they find meaningful, a brain region that recognizes personally relevant information becomes activated. This brain activity can change how people respond to health advice.

“In general, if you tell people that they sit too much and they need to change their behavior, they can

become defensive. They’ll come up with reasons why the message doesn’t apply to them,” Falk says. But if people reflect on the things they value before the health message, the brain’s reward pathways are activated.

This type of self-affirmation, Falk’s research shows, can help physically inactive “couch potatoes” get more active. In a recent study, inactive adults received typical health advice about the importance of moving more and sitting less. But before the advice, about half of the participants were asked to think about things that they value most.

The “self-affirmation” group became more physically active during the month-long study period that followed compared to the group that hadn’t engaged in self-affirmation. “The study shows one way that we can open the brain to positive change and help people achieve their goals,” Falk says.

Being open to positive change is a key to emotional wellness. “Sometimes people think that emotions just happen, kind of like the weather,” Fredrickson says. “But research suggests that we can have some control over which emotions we experience.” As mounting research suggests, having a positive mindset might help to improve your physical health as well.

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619.234.9153 ext.102 sdmaritime.org 1/3/20

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IMPERIAL BEACH - 3BR/2BA Newly remodeled, close to beach, shopping, Fnkd yard, fplc. Clean, quiet beautiful. \$2450/mo. 619-948-4118. 5/9

NEAR QUALCOMM-Huge 3000sf 5BR/3BA. Fnkd yrd, 2 car gar, fplc, w/d hkup. Nr shopping/schools. Huge family & dining rooms. 858-484-5131 or 858-705-0762.

REUNIONS

Midway-Class "3 Sisters" Reunion May 6-9, 2019 in San Diego. Looking for veterans who served on USS Midway, USS Franklin D. Roosevelt or USS Coral Sea! You and your guests are invited to three days of tours and activities followed by Grand Banquet on flight deck of USS Midway Museum on Thursday, May 9. Register https://www.afr-reg.com/midway2019/ or for info call Tim Miller at 619-942-2554 or email yokohamkid01@gmail.com

ROOMMATES/ROOM FOR RENT

CHULA VISTA-Huge BR w/ceiling fan, own prkg, w/d, fenced yd. Nr trolley/I-5. Shop close by. Peace, quiet, clean. \$675. 619-585-0789. 5/9

FALLBROOK \$775 - Util. incld. Upscale community clean, quiet. Beaut views many amenities, near hwy's and shop. 949-233-8380. 4/25

PARADISE VALLEY-Avail Now! Cable, microwave, fridge & Utilities included, \$550 Monthly. Clean & Quiet. 619-709-7389. 4/18

SAN MARCOS - Furn rm w/prv bath, gated comm. Reserved prkg, w/d. \$950. Inclcd utils, dogs up to 10#. Nr Palomar Coll. 425-761-0178. 4/25

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Do you have a treadmill gathering dust in your garage? I will pay \$125 for your used treadmill, in working order. Scott 619 405-1199. 5/2

Your favorite Point Loma retail store on Rosecrans Street is new again!

Goodwill's Point Loma Retail Store has completed an extensive renovation, making it new again. On April 23, at 9:30 am, the store will be fully stocked with amazing products, the staff is excited about the store's new appearance and will be eager to assist customers. The renovation includes an additional 1,520 square feet of retail space for a new furniture showroom where shoppers can find tables, couches, and more. The store boasts an enhanced shopping experience with a new cash wrap, new floors, fixtures, window art, point-of-sale slat wall, and production area.

GISD uses the revenue generated from the sale of donated goods at its retail stores and after-market facilities to provide employment and training opportunities to people with disabilities and other barriers to employment. Goodwill San Diego has been Making Good Happen since 1930. The Point Loma store is located at 3663 Rosecrans St.

Phil's 'Big BBQ at the Ballpark' to benefit Big Brothers Big Sisters of SD military mentoring program

Join Phil's BBQ and Big Brothers Big Sisters of San Diego County on Sunday, July 14 for the Eleventh Annual Phil's Big BBQ at the Ballpark. Fill up on Phil's mouthwatering BBQ and watch the San Diego Padres go to bat against the Atlanta Braves to benefit Big Brothers Big Sisters' military mentoring program, Operation Bigs.

The event will feature food, courtesy of Phil's BBQ, a beer garden and live entertainment. One hundred percent of the proceeds will go directly towards the one-to-one mentoring program. This year, Phil's BBQ aims to raise \$100,000 for the charity.

Tickets for the tailgate start at \$25. Purchase your tickets online at www.SDBigs.org/PhilsBigBBQ

Petco Park, North Tailgate Lot on 14th & K Street. Sunday, July 14, 10:30am-1pm. Game begins at 1:10pm. \$25 includes Phil's famous BBQ meal and game ticket, \$60 VIP ticket.

Liver Walk brings awareness to liver disease and raises funds to help the battle

Join us at the 21st annual Liver Life Walk on Sat., May 11 at 8:30am at NTC Park in Liberty Station located at 2455 Cushing Rd, San Diego, CA 92106 as walkers stroll along the beautiful park to benefit the American Liver Foundation (ALF). There will be fun for everyone including the pre-party with activities for children and adults, entertainment, awards and refreshments.

Nearly 500 walkers will participate in San Diego to bring awareness to liver disease and provide financial support for the millions of Americans battling one of the 100 known liver diseases. Registration can be done ahead of time online or onsite the morning of the event. Registration is \$20 per adult and free for children 17 and under. Check-in is 8:30-9:45am and the walk starts at 10am. While there is no required fundraising minimum, participants are encouraged to raise at least \$100 in support of the ALF's mission. Anyone can form a team and help fundraise by signing up at liverlifewalk.org/sandiego.

Call Scott Suckow at (619) 291-5483 or email at ssuckow@liverfoundation.org for more information.

MOVIES at the Bases

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

Thursday, April 18
11am How to Train Your Dragon 2
5pm Bumblebee

Friday, April 19
5pm Escape Room

Saturday, April 20
2pm Mary Poppins Returns
5pm Glass

Sunday, April 21
5pm The 15:17 to Paris

Monday, April 22
10am Finding Nemo
12pm Finding Dory

2pm Wall-E
4pm Deepwater Horizon

Tuesday, April 23
11am Mulan
5pm Defiance

Wednesday, April 24
5pm Green Book

Thursday, April 25
11am The Good Dinosaur
5pm Mortal Engines

Bob Hope Theater 577-4143
Miramar Bldg 2242
* indicates last showing

Thursday, April 18
6:30pm How To Train Your Dragon: The Hidden World

Friday, April 19
6:30pm Us
9pm Five Feet Apart

Saturday, April 20
3pm Fighting With My Family
6:30pm Wonder Park

9pm A Madea Family Funeral
Sunday, April 21
1pm Captain Marvel

6:30pm Hotel Mumbai
Wednesday, April 24
6:30pm A Madea Family Funeral

Thursday, April 25
6:30pm Fighting w/My Family

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

Thursday, April 18
5:40pm Captain Marvel
8:10pm Fighting w/My Family

Friday, April 19
5:50pm Us
8:20pm Hotel Mumbai

Saturday, April 20
12:50pm Wonder Park
2:40pm Captain Marvel

5:40pm Hotel Mumbai
8:10pm Us

Sunday, April 21
1pm Wonder Park
3pm Captain Marvel

5:50pm Hotel Mumbai
Monday, April 22
5:40pm Us
8pm Hotel Mumbai

Tuesday, April 23
5:40pm Hotel Mumbai
8:10pm Captain Marvel

Wednesday, April 24
5:40pm Us
8pm Captain Marvel

Thursday, April 25
5:50pm Five Feet Apart
8:10pm Hotel Mumbai

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

Friday, April 12
5pm Mary Poppins Returns

Saturday, April 13
5pm Escape Room

Sunday, April 14
5pm Defiance

Pendleton Movie Theatre
Building 1330 Vandegrift Blvd
(760) 725-9217
Active Duty adults \$7/3D-\$9
Kids (6-12) \$3/3D-\$4
\$5/under free/3D \$1 for glasses
Half price Thursdays admission
and \$1 regular popcorn!

Movies/times subject to change
Thursday, April 18
6:30pm Captain Marvel

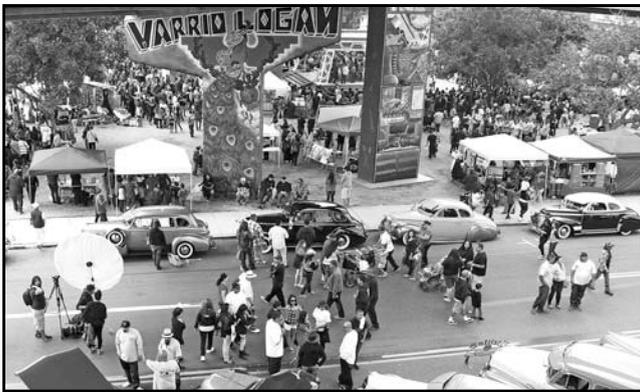
Friday, April 19
6pm Five Feet Apart
9pm Fighting With My Family

Saturday, April 20
1pm Wonder Park
3:30pm Captain Marvel

6:30pm Tyler Perry's A Madea Family Funeral
Sunday, April 21
1:00pm Wonder Park

3:30pm Five Feet Apart
6:30pm Captain Marvel

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2	4			8	



49th Chicano Park Day Celebration Sat., April 20 • 10-5 • Free

The 49th annual Chicano Park Day celebration will take place on Sat., April 20, 10am to 5pm in historic Chicano Park, located in the Logan Heights community, south of downtown San Diego under the San Diego-Coronado bridge. This family event is free and open to the public. The theme for the celebration is "Danzantes, Protectors of Our Traditions and Chicano Park, 500 Years of Anti-Colonial Struggle."

Visitors to Chicano Park Day will experience traditional music and dance, including one of the largest groups of Aztec Indigenous dance, coordinated by Danza Azteca Calpulli Mexihca. The day will be filled with performances by ballet folklórico groups and numerous live bands, lowrider car show coordinated by Amigos Car Club, vendor booths, kids arts workshop and speakers.

Established by Chicano activists on April 22, 1970, Chicano Park has received international recognition as a major public art site for its commanding mural paintings of the past and present struggle of Mexican and Chicano history. Chicano Park has been listed on the California Register of Historical Resources since 1997, on the National Register of Historic Places in 2013 and designated a National Historic Landmark in January 2017.

Chicano Park, Logan Ave & Cesar E Chavez Parkway, San Diego, CA 92113. www.chicano-park.com/

Fee Free Day at Cabrillo National Monument is Sat., April 20

On this date, the entrance fee is waived at Cabrillo National Monument. There are only a few days a year this occurs. In 2019, 4/20/2019 First Day of National Park Week, 8/25/2019 Founders Day and National Park Service Anniversary, 9/28/2019 Public Lands Day, and 11/11/2019 Veterans Day. The fee waiver includes entrance fees, commercial tour fees, and transportation entrance fees. Other fees such as reservation, camping, tours, concession and fees collected by third parties are not included unless stated otherwise. Cabrillo National Monument, 1800 Cabrillo Memorial Dr., San Diego, CA 92106. (619) 559-5450.



Legion Rugby: Home game vs Glendale Sat., April 20 • 2pm • \$28

LEGION Join us as we take on the Glendale Raptors on Sat., April 20 at 2pm! It's Beer Fest: Toga Party, we will have craft beers from many of San Diego's favorite local Breweries. Bring your toga, have a beer and watch some of the best rugby this country has to offer. Gates open at 1pm, kick off is at 2pm. San Diego Legion Rugby, 5998 Alcalá Park, San Diego, Ca 92111. (760) 429-7922. tickets@sdlegion.com General admission tickets: \$28 VIP Tickets: \$39. www.sdlegion.com



Heartbreak Ridge • Run Sat., April 27 • 8am-1pm • \$10-\$90

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



APRIL 27, 2019 | 43 AREA, CAMP LAS VULGAS

Pacific Beach: Bikes, Boards and Brews Sat., April 20 • Noon-5 • \$37+

Celebrate the Pacific Beach Culture and all the good things it has to offer on Sat., April 20 from noon-5pm. Prices start at \$37. Participants will enjoy tastings from San Diego's best craft brewers, food pairings from local Pacific Beach restaurants, a bike show, local artists and more. This event will bring you back to the endless summer days at Tourmaline Beach with surfboards, beach cruisers, beach-inspired art and craft beer tasting in Crown Point Park. Crown Point Park Middle, 3600 Corona Oriente Rd., San Diego, CA 92109. 858-273-3303. www.pacificbeach.org/event/bikes-boards-and-brews/



SeaWorld's Seven Seas Craft Beer & Food Festival: Set Sail on a Taste Adventure at Seaworld

Foodies and craft beer aficionados will love SeaWorld's Seven Seas Craft Beer & Food Festival, featuring craft beer from favorite local breweries, plus fresh international cuisine infused with local, sustainable ingredients and unique signature flavors from around the world, taking place on weekends from 10am-6pm through April 28. With culinary destinations throughout the park, guests will be able to sample over 50 mouthwatering food choices. In addition, choose from an impressive selection of local craft beers along with eight wine selections to pair with an array of delicious international cuisine options. Finally, enjoy special festival experiences at three live entertainment venues located throughout the park. Included with park admission. SeaWorld San Diego, 500 SeaWorld Dr., San Diego, CA 92109. 619-222-4732. Check website for specific hours <https://seaworld.com/san-diego/events/seven-seas-craft-beer-and-food-festival/>



Fun with MWR

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

Summer Camp 2019 ~ Adventure Awaits! Have fun, explore, learn and experience. CYP has it all: Arts & Crafts, Field Trips Cooking, STEM Activities, Sports, AND MORE! Camp is designed to enhance the lives of youth 5-12 years. Registration is now open. Cost is on a sliding scale based on total family income. Days and hours vary by location. Visit MilitaryChildCare.com today!

Book Now for Easter & Mother's Day Brunches Leave the cooking to us! Easter Brunch ~ Sunday, April 21. Mother's Day Brunch ~ Sunday, May 12. \$35 pp (per event). Call for your reservation today! We offer 3 beautiful and convenient locations: • Admiral Baker Rivers Edge, Mission Gorge, 619-487-0016. • Island Club, Naval Air Station North Island, 619-545-9199. • Admiral Kidd Catering & Conference Center, Naval Base Point Loma, Harbor Drive Annex, 619-524-6287

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

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

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

Earth Day Film Festival Mon, April 22, All Day, FREE. See fun and exciting environmental films and enjoy activities related to health, nature and conservation! Evening film features a special guest speaker. Pre-register to guarantee a seat and for your special Earth Day gift. NASNI, VADM Martin Liberty Center and NAB, Q-Zone Movie Theater. Register: www.navylifsw.com/sdcr, Info: 619-437-3190

SAPR Run Fri, April 26, 9am (check in 7:30am), FREE. Protecting our People, Protects our Mission. Run to help increase sexual assault prevention awareness. Register today at www.navylifsw.com. Proudly sponsored by MWR, Armed Forces Dispatch and USAA. NASNI, Quay Wall at Moffett Rd.

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

Kayak Tour Sat, April 27, 9-11am, \$15. See the beautiful coastline of

Point Loma and paddle in good company, as we soak up the sun and look for wildlife. Get in a workout or kick back and let your buddy paddle! Cost includes rental and tour guide. NBPL, Main Base Smuggler's Cove. Register: www.navylifsw.com/sdcr, Info: 619-553-9138

Social Cycle Brew Tour Sat, April 27, Noon, \$46 (21 yrs.+). Community Recreation is partnering with Social Cycle SD to bring you an extra special way to see Downtown San Diego along with specialty drinks menus at some of the local breweries and restaurants. Grab a friend and make some new ones on this cycle! Cost includes one brewery tour experience and appetizers, drink ticket, and 1 game of bowling. Meet at 403 13th Street, San Diego, 92101 (outside Banner Printing Company). Register: www.navylifsw.com/sdcr, Info: 619-437-3190

Zooparty & Movie Sun, April 28, 1:30pm, FREE. Celebrate Month of the Military Child with Community Recreation, as our Animal Ambassadors bring 7 animals for an educational meet and greet! Party begins promptly at 1:30 pm followed by a family-friendly matinee movie: Zootopia (PG). NAB, Peak Performance Fitness Center, Bldg. 170. Register: www.navylifsw.com/sdcr, Info: 619-437-3190

Escape Room Tues, April 30, 6pm, \$25. Work as a team to solve puzzles, find clues, crack riddles and uncover keys to escape the room in under 60 minutes! Meet at Steal and Escape, 2602 Transportation Ave. B, National City, 91950. Register: www.navylifsw.com/sdcr, Info: 619-556-9597.

Mommy & Me Tea Party Sun, May 5, 2-4 pm, \$18 Adults/\$15 Kids (2-12 yrs.) Enjoy an afternoon full of special characters, dancing, crafts, music, and yummy snacks. Formal attire and pearls encouraged, but not required. Dads welcome too! NBSD Anchors Catering & Conference Center, Bldg. 3210. Register: www.navylifsw.com/sdcr, Info: 619-556-9597

R.P.M. (Run Play Move) Wednesdays, May 1-June 5, 2:30-4:30pm. Silver Stand Youth Center. A FREE youth fitness and education program for individuals, 6-12 yrs., looking to have major fun! Energetic workouts led by an MWR coach, plus lectures and activities focusing on topics such as nutrition, self-esteem and kindness. Who's ready to RUN, PLAY AND MOVE! Register: 619-435-5056

Cinco de Mayo 5K 2019 Fri, May 3, 11:15am, FREE. Balboa Athletic Complex, NMCSO, Bldg. 12 Softball Field. All are welcome to participate! Free T-shirt for the first 150 pre-registered participants. Proudly sponsored by MWR, Navy Federal Credit Union and USAA Register: www.navylifsw.com, Info: 619-532-6080

LIBERTY
Open to junior Sailors, E1-E6, active duty geo-bachelors, plus guest 18+ Dave & Buster's Trip Friday, April 19, 5:30 pm, \$5. Exclusive games and extreme fun! The RECYARD, NBSD: 619-556-5085

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

Scavenger Hunt Sun, April 21, 11am, FREE. Hidden treasures will be won on this awesome scavenger hunt. Balboa Liberty Center, NMCSO: 619-532-8909

Easter Sunday Egg Hunt. Sunday, April 21, Noon, FREE. Find the golden egg and win a BIG prize! VADM Martin Liberty, NASNI: 619-545-3331

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

Easter Celebration Sun, April 21, 5pm, FREE. Come celebrate Easter at the Q-Zone with an egg hunt and food! Q-Zone Liberty, NAB: 619-437-3190

Fearless Challenge Sat, April 27, Noon, FREE. Do you have the mental, physical or stomach strength to take on the NBC Fearless Challenge?! Coronado Liberty: 619-545-3331 or 619-437-3109

K1 Speed Sat, April 27, Noon, \$25 Active/\$35 Guest. Have the need for speed? Includes admission and snacks. The RECYARD, NBSD: 619-556-5085

Renaissance Faire Sun, April 28, 9am, \$2 transportation. This historic festival features people in period costume, re-enactment of battle scenes, plus archery and weapons demonstrations. Listen to period music and performance as you enjoy food and craft vendors at the park. Admission will be paid at the park. Balboa Liberty Center, NMCSO: 619-532-8909

Long Beach Aquarium Sun, April 28, 10am, \$23. Cost includes admission. VADM Martin Liberty, NASNI: 619-545-3331

BOWLING

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

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

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

GOLF

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



Around Town

SD Seals vs. Colorado Mammoth at Pechanga Arena San Diego, Fri, April 19, 7pm. www.sealslax.com

Coachella Valley Music & Arts Festival in Indio. Weekend 2! Fri-Sun, April 19-21. www.coachella.com

Maritime Museum of San Diego: Latin America's largest sailing vessel open for first tour on the west coast The Maritime Museum of San Diego, home to one of the world's finest collections of historic ships, including sail to steam to submarine, hosts the first visit of BAP Union to San Diego. The Union was conceived not only as a training vessel for Peruvian cadets, but also as a sailing ambassador for its home country. The 379 ft. BAP Union is a four-masted, steel-hulled, class A barque sailing vessel with 44 ft. beam, 21 ft. draft and 3200-ton displacement. Her sail plan includes 34 sails and a combined 257 cadets and crew manage the exquisitely maintained vessel. BAP Union will be on display on the Embarcadero just north of Maritime Museum of San Diego. Tours of BAP Union are free with purchase of general admission at the Maritime Museum of San Diego Friday through Sunday, April 19-21 from 9am-noon and 2-6pm. Purchase tickets for general admission at sdmaritime.org or at Maritime Museum of San Diego ticket booths and Gift Shop located at 1492 N. Harbor Dr, or call 619.234.9153 ext. 101. <https://sdmaritime.org/>

Passover April 19-27

San Diego Guitar Festival Masterclasses at SDSU School of Music & Dance & Southwestern College Music Department. Fri, April 19-Sat, April 27. www.sdguitarfest.org

Night of the Horse at Del Mar Arena, Sat, April 20, 7pm. www.delmarfestival.com

ONEHOPE Autism Care Today for Military Families 5k/10k & Family Festival. Sat, April 20, 6:30-11am. \$20-\$45. This race has truly become a favorite event among runners, military families, the autism community and families with school-aged children; and we hope you will join the approximately 1,000 + participants for another fun-filled event. Since the 2011 inaugural event, this event has raised nearly \$800,000 to benefit military families impacted by autism. Autism Care Today for Military Families is a dedicated fund working to improve awareness and delivery of effective autism services, providing financial assistance to military families to help defray out-of-pocket costs associated with autism treatments and other quality of life programs. Tecolote Shores Park, 1725 E. Mission Bay Dr, Pacific Beach.

Spring Party with Bunny at San Diego Botanic Garden, Sat, April 20, 10am-1pm. www.sdbgarden.org

Bunny Breakfast at Walnut Grove Park, Sat, April 20, 8-10am. www.san-marcos.net

Guided Bird Walk. Sat, April 20, 8-10am. Free. Join expert MTRP birders for an adventure in Bird Watching. Discover some of the many resident and migratory birds. Bring binoculars and/or a field guide if you have them. Meet at the Old Mission Dam parking lot. Old Mission Dam, 2 Father Junipero Serra Trail, Santee. <https://mtrp.org/>

Earth Day Celebration, Sat, April 20, 9am-1pm. Free. Torrey Pines State Natural Reserve announces its Earth Day Celebration near the parking lot for the Upper Trails. Activities for all ages: exhibits, nature

scavenger hunt, guided walks, arts and crafts, live animals (reptiles, insects, birds) and more. This event is free with Reserve entrance fee. Torrey Pines State Beach and Reserve, 12600 N. Torrey Pines Rd, La Jolla. <https://torreypine.org/>

Earth Day Celebration. Sat, April 20, 9-11am. Free. Batiquitos Lagoon Foundation Hosts A Family-Friendly Earth Day Event. Mary Fleener, author of Billy the Bee, will speak. There will be edible crafts for children to make, and exhibits for all ages. Batiquitos Lagoon Nature Center, 7380 Gabbiano Lane, Carlsbad. batiquitosfoundation.org

Bayked by the Bay, Sat, April 20, 2-9pm. Music, munchies and more. Embarcadero Marina Park North, 500 Kettner Blvd, downtown San Diego. www.baykedsd.com

Spring Egg Scramble at Walnut Grove Park, Sat, April 20, 10-11am. www.san-marcos.net

Sake & Beer Festival at Pechanga Resort & Casino, Sat, April 20, 1pm. www.pechanga.com

6th Annual Chinese Youth Arts Festival at Poway Center for the Performing Arts, Sat, April 20, 7pm. www.powaycenter.com

San Diego Guitar Festival Concert: Jiji at Japanese Friendship Garden in Balboa Park, Sat, April 20, 7:30pm-9:30pm. www.sdguitarfest.org

San Diego Legion Rugby, Sat, April 20 & Sun June 2, 2-4pm. \$18-\$33. The San Diego Legion play as a member of Major League Rugby. The second year team play their matches at the University of San Diego. The professional league features top players from throughout the United States and who've played for various countries to form a major force in the MLR. Great family entertainment with an enthusiastic fan base that gives the team a home field advantage. USD: University of San Diego, 5998 Alcalá Park, San Diego. www.sdlegion.com

Lizards, Bunnies, & Flowering Plants. Sat-Sun, April 20-21, Wed, April 24, 9:30-11am. Free. Join a MTRP Trail Guide for a morning walk along a trail. With the rains of winter there will be lots of natural activity to see and learn about at this natural preserve so close to our urban area. Meet inside the Visitor Center. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos. <https://mtrp.org/>

Lilac Festival, Sat-Sun, April 20-21, 27-28, May 4-5, 11-12. Saturdays 10am-7pm; Sundays noon-5pm. \$20-\$35. 5 acre lilac farm open for lilac sales and a lot of fun. Hayrides, hoedowns, petting zoo, reptile show, candle dipping, vase painting, archery, tomahawk throwing, slingshot range, fairy & dino garden making, more. Reservations highly recommended to ensure availability. Fort Cross Old Timey Adventures, 4425 Highway 78, Santa Ysabel. www.fortcross.com/lilac-festival

Oasis Camel Dairy Open Farm Days. Sat-Sun, April 20-21, 1-4pm. \$8-\$12. Come Celebrate Spring Joy at the Oasis Camel Dairy. Meet our newest Camel Dairy member, Knuckles's new baby camel. Her thirteen month gestation brings us a beautiful new baby ready to meet the world. Be sure to come early so you don't miss our 1:30 animal show. Plus Mini Sheep Town and Kids Camel Rides and fun activities. Join in the fun of our first ever Camel Themed Easter Hat Contest. 1st 2nd & 3rd prize both Saturday and Sunday. Easter Hat Contest both days. Oasis Camel Dairy, 26757 Old Julian Highway, Ramona

Easter, Sunday, April 21
Carmel Mountain Plant Hike, Sun, April 21, 5-7pm. Free. Join Anthropologist Dr. Will Bowen to hike out into Carmel Mountain Nature Preserve to identify its habitats, the flowers, plants, and shrubs. Find out how they were used by Native American peoples, Spanish, and early Anglo settlers. End up with a grasp of the native flora and its many curiosities. Carmel Mountain trailhead, 4730 Fairport Way, San Diego, 92130.

Easter Bash at Belmont Park. Sun, April 21, 8am. Free-\$5. The all-day event will be jam-packed from park to boardwalk with egg hunts, free activities for children, an Easter Bunny photo op, live music and entertainment; PLUS, brunch on the boardwalk will be offered at the beachfront restaurants. This year, egg hunt loving kids will be able to enjoy multiple egg hunts on the beach (tickets required) and in the park (free for kids). Fun-filled eggs will include prizes ranging from candy,

free rides and food to "Golden Eggs" filled with big prize packs for dining, ride passes and more. For the egg hunt on the beach, tickets are available for all ages up to 12 years old and are on sale at www.belmontpark.com. Participants must be registered online according to age group prior to beach hunt. Limited timeslots available. Tickets sell out fast for each age group. For the free in-park egg hunt, no tickets are required and will continue until supplies last. BYOB – bring your own basket, limited number of bags available for those who do not bring basket. Other Easter Sunday activities offered from park to boardwalk including brunch specials, live entertainment and a photo op with the Easter Bunny. Brunch on the boardwalk features classic dishes and mimosas. Live music and entertainment will be offered throughout the day. Belmont Park, 3146 Mission Blvd, Mission Beach. **'Life After'** at The Old Globe Theatre. thru Thur, April 28. www.the-oldglobe.org

Ongoing

The Flower Fields. Thru May 12. \$9-\$18. Nearly 50 acres of Giant Tecolote Ranunculus bloom for 6-8 weeks each year. The Flower Fields of Carlsbad, 5704 Paseo del Norte, Cbad. theflowerfields.com/
Cowles Mountain Hike, Ongoing Saturdays thru June 1, 5:30-6:30am. Free. Looking for an adventure? Join us! Group photos will be taken at the summit and water will be provided. Meet at Cowles Mountain Staging Area (corner of Golfcrest Dr & Navajo Rd) at the trail head south of the comfort station. Cowles Mountain, San Carlos.

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

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

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

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

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

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

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

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14 www.armedforcesdispatch.com THURSDAY, APRIL 18, 2019

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Omarr's weekly Astrological forecast



Tribune Content Agency
ARIES (March 21-April 19): Some people will enter your life as a blessing in the week ahead. Others may come into your life to teach you something of importance. More than one of your prayers or calls for help will be answered.
TAURUS (April 20-May 20): You may valiantly search for validation in the week ahead. True success is doing the right thing, even when nobody's going to know whether you did it or not. You may become the target of an innocent flirtation.
GEMINI (May 21-June 20): It is fine to emulate a role model, but you can't copy someone's style forever. In the upcoming week you might be able to pull the wool over someone's eyes but eventually you will need to live up to the spin.
CANCER (June 21-July 22): In the week to come you may see things as you wish they were rather than as they are. Keep your eyes open and you will be able to find the missing piece of a romantic puzzle you've been

working on.
LEO (July 23-Aug. 22): In the week ahead, you might recall the words of a writer who said, "The time you enjoy wasting is not wasted time." It will be easy to see when you should be a team player and when you should make decisions independently.
VIRGO (Aug. 23-Sept. 22): The most rewarding journeys do not follow a straight line. There is nothing wrong with taking side excursions to explore something new and different. Give yourself permission to get sidetracked.
LIBRA (Sept. 23-Oct. 22): Be on your best behavior when treading water in the sea of romance. Remember that you are merely testing the waters and studying prospects for their potential. In the week ahead you may detect someone's insincere promises.
SCORPIO (Oct. 23-Nov. 21): Staying in line with the herd won't make you seem like a nerd. You may have the urge to be extravagant in the week ahead, but your friends will prevent you from taking undue risks. Ask for advice before you invest.

SAGITTARIUS (Nov. 22-Dec. 21): Search for wisdom by speaking with experienced mentors and trusted friends. You won't be happy until you're happy with what you've already got. Focus on staying within the budget in the week ahead.
CAPRICORN (Dec. 22-Jan. 19): Opportunities pass by in the blink of an eye, but regret can last a lifetime. You may make snap judgments regarding situations or people. Your intuitions are slightly off in the week ahead so you may miss out.
AQUARIUS (Jan. 20-Feb. 18): Believe in yourself. Just because you don't get your name in the headlines doesn't mean you don't deserve recognition. Take time to gather more information before you spend your hard earned cash this week.
PISCES (Feb. 19-March 20): Read the tea leaves to know the truth. Reality has its limits, but the world of your imagination is boundless. As this week unfolds release all the negative beliefs, emotions, things and people that hold you back.

Concerts

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

April

Coachella Weekend 2. Fri-Sun April 19-21. Indio, CA.

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

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

Bad Bunny. Mon, April 22, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

Stagecoach Festival 2019. Fri-Sun, April 26-28. California's Country Music Festival. Indio, CA.

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

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

May

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

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

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

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



Ariana Grande's
'Sweetener' TOUR
Mon-Tues, May 6-7
Staples Center, LA

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

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

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

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

Sebastian Maniscalco. Thur, May 16, 8pm. Fri, May 17, 7pm. Comedy. Humphrey's by the Bay, 2241 Shelter Island Dr.

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

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

Acoustic/blues. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

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

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

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

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

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

Wisn & Yandel. Fri, May 24, 7pm. Latin. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Di-

ego. (619) 594-6947.

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

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

Kidz Bop. Fri, May 31, 7pm. Pop. Open Air Theatre at SDSU, 5500 Campanile Dr. (619) 594-6947.

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

June

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

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

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

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

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

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

Hillsong United. Fri, June 7, 7:30pm. Acoustic/gospel. Viejas

Arena at SDSU, 5500 Canyon Crest Dr. (619) 594-6947.

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

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

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

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

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

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

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

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

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

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

Smokey Robinson. Sat, June 15, 7:30pm. Pop. Del Mar Fair-

grounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

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

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

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

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

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

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

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

Paul McCartney. Sat, June 22, 7:30pm. Rock. Petco Park, 100 Park Blvd, San Diego, 92101. (619) 795-5000.

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

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

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