

Weekly Contest

Enter for a chance to win tickets to the St. Patrick's Day event, ShamROCK, downtown San Diego. **See page 4**

AutoMatters & More

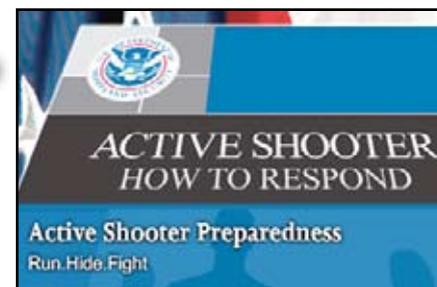
Self-driving & autonomous vehicle technology - What you need to know. **See page 13**

Around Town This Weekend

Finish Chelsea's Run, EXPO Day at Petco Park, Spring Busker Festival, Green Mile Fun Run. **See page 18**

Navy Marine Corps Coast Guard Army Air Force

ARMED FORCES DISPATCH



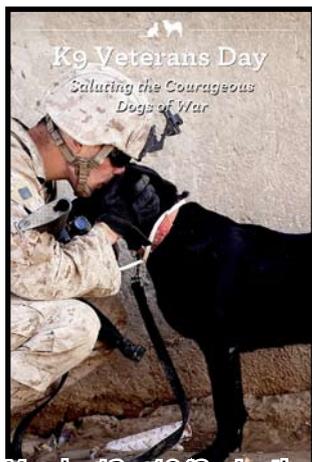
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FIFTY SEVENTH YEAR NO. 33
THURSDAY, MARCH 1, 2018

March Military Observances

March 13
K 9 Veterans Day



March 13, 1942, is the official birthday of the United States K9 Corps. We annually honor their service on that date every year. They served to save, and they deserve to be remembered.



March 3
Navy Reserve Birthday

March 5
Seabee Birthday

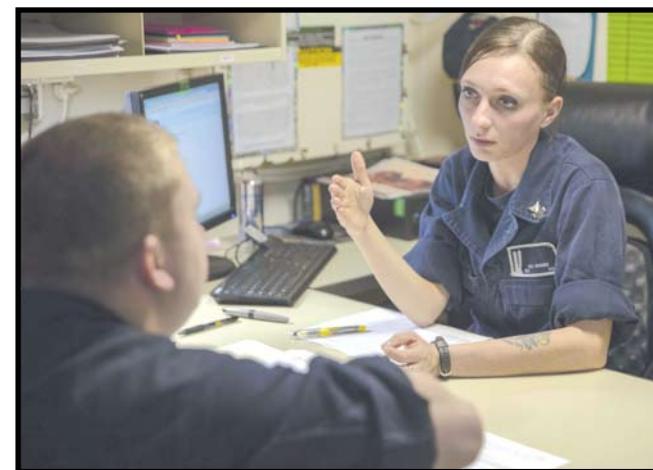
March 29
Vietnam Veterans Day



On March 28, 2017, President Donald Trump signed the Vietnam War Veterans Recognition Act of 2017.



ARABIAN GULF (Feb. 6, 2018) - Aviation Boatswain's Mate (Equipment) Airman Robert Rodriguez removes a bumper from a catapult on the flight deck of aircraft carrier USS Theodore Roosevelt (CVN 71). Theodore Roosevelt and its carrier strike group are deployed to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region. Navy photo by MC3 Spencer Roberts



Navy Career Counselor 1st Class Stephanie Biggs talks with Damage Controlman 3rd Class Rodney Tilkins about his options with the Navy-wide move to match projected rotation dates with the end of obligated service date aboard USS New York. photo by MC2 Lyle Wilkie

Navy announces Targeted Reentry Program

MILLINGTON, Tenn. - In support of Sailor 2025's goal to retain and reward the Navy's best and brightest, the Navy announced Feb. 27 the Targeted Reentry Program (TRP) and associated program guidelines to expedite reentry into the Navy in NAVADMIN 047/18.

The TRP is designed to benefit both the Sailor and the Navy by allowing a return to service for those who are well trained leaders with valuable and needed skills and will be offered to selected Sailors prior to their departure from the Navy.

The TRP empowers Commanding Officer's (COs) to identify Active Component and Full Time Support officer and enlisted personnel who have elected to leave active duty (AD) service and do not desire to affiliate with the Ready Reserve and recommend them to be awarded a "Golden Ticket" or "Silver Ticket," giving them the option for expedited reentry to AD if they decide to return to the Navy.

"Talent is tough to draw in and even tougher to keep," said Vice Adm. Robert Burke, Chief of Naval Personnel. "Just like corporate businesses are adapting, the Navy must adapt to modern personnel policies as well. These changes are designed to maximize opportunities for command triads to advance their best Sailors while managing community and individual rates' health."

O-3 and O-4 officers and E-4 to E-6 enlisted, who have completed their Minimum Service Requirement (MSR), but not yet reached 14 years of active service are eligible for consideration for TRP. Also, an officer's or enlisted's community qualifications must be obtained, superior performance annotated in Fitness Reports or Evaluations, and have passed their most recent Physical Fitness Assessment (PFA). Officers who have failed to select for promotion are not eligible. Perspective participants must meet character standards, i.e. no record of civil arrest/NJP, court-martials, failed drug screenings, etc.

The Golden Ticket recipients are guaranteed a quota and an expedited return to AD within one year of release as long as they remain fully qualified. Silver Ticket recipients are afforded an expedited return to AD within two years of release, subject to the needs of the Navy and that they remain fully qualified. Golden Tickets, if not used within one year, will convert to Silver Tickets for an additional year. Silver Tickets not used within two years of release from AD expire.

For more information on the TRP, see NAVADMIN 047/18 at www.npc.navy.mil.

BAY BRIDGE **SUNDAY, MAY 20 • 8 AM**

DoD now on track to rebuild, restore military, spokesperson says

by Jim Garamone

WASHINGTON, Feb. 22, 2018 — The Bipartisan Budget Act puts DoD on track to rebuild, restore and modernize the U.S. military, Dana W. White, the Pentagon's chief spokesperson, said today.

'18 and '19," White said.

Hand-in-hand with this is the need for the department to be a good steward of taxpayer dollars, she said. This is one of Defense Secretary James N.

resolution. The appropriations committees need to produce either individual bills for the departments or an omnibus bill covering the entire government. The deadline for this is March 23. If the bills are passed, the department will still have the time to obligate fiscal 2018 funds by the end of the fiscal year Sept. 30.

White also welcomed two senior officials who will be instrumental in ensuring the department spends its funds wisely: Jay Gibson, DoD's first chief management officer, and third-in-command after the defense secretary and deputy defense secretary; and Mike Griffin, undersecretary of defense for research and engineering.

"Their arrival marks the largest reorganization of the department since the 1986 Goldwater-Nichols Act, a key step in our reform efforts," White said.

White also announced that the secretary will make his recommendations to President Donald J. Trump on transgender service members. She said she expects

the president to make his decision known soon after.

"This is a complex issue, and the secretary is taking his time to consider the information he's been given," White said. "It's an important issue, and again, he sees all of his decisions through the lens of lethality."

“We want to maximize the value of every tax dollar we receive.”
- Pentagon spokesman Dana White

The act lifts the spending caps for fiscal years 2018 and 2019, allowing the department to climb out of a readiness trough and providing funding necessary to modernize the force.

Mattis' top priorities.

"We want to maximize the value of every tax dollar we receive," White said.

"The bipartisan measure will allow Congress to appropriate DoD funds at the level requested ... by the president for both F.Y.

Congress still has some work to do. Right now, the department is still operating on a continuing

Cobra Gold strengthens interoperability, regional relationships

by Air Force Tech. Sgt. Chuck Broadway

WASHINGTON - Some 5,800 U.S. service members, working in Thailand alongside forces from 29 partner nations, have wrapped up one of the largest security cooperation exercises in the Indo-Pacific region.

Pentagon spokesman Army Col. Rob Manning told reporters Monday that Cobra Gold 18, which ended Feb. 23, sought to improve participants' capability to plan and conduct combined and joint operations, to build relationships among participating nations across the region, and to improve interoperability over a range of activities, including enhancing maritime security and responding to large-scale natural disasters.

Exercise events included a command post operations event, six vertical construction projects as part of an engineer civic actions project, and a field training exercise consisting of nonlive and live-fire operations.

The command post exercise featured coordination among participating nations in noncombatant evacuations, forcible entry tactics and United Nations peacekeeping operations to increase interoperability in a complex scenario and to identify and eliminate procedural differences.

In addition to U.S. forces, representatives from Indonesia, Japan, Malaysia, Singapore, Thailand, and South Korea synchronized ef-

forts to overcome the challenges of the exercise.

Humanitarian civic actions also played a large role in the overall exercise operations. Combined task force engineers conducted six school-improvement projects at various locations throughout Thailand. In addition to improving relationships, the projects aimed to provide quality sustainment training for those involved, to build multipurpose facilities in underserved areas, and to promote security interests of the nations involved. The engineering efforts placed 124 pillars, more than 15,000 concrete blocks and poured more than 8,000 square feet of concrete.

The field training exercise included a massive combination of forces in air, ground and maritime operations. In an effort to maintain readiness and sustainment training requirements while emphasizing security cooperation between partner nations, participants launched operations responding to a simulated large-scale natural disaster in a foreign country, and they completed processes and procedures to evacuate affected civilians.

South Korean and U.S. reconnaissance Marines learned basic skills necessary to survive and thrive in a hot, dangerous environment from Royal Thai Marines, even learning to capture and kill a snake to drink its blood for hydration. They also learned how to identify local edible and inedible vegetation, how to locate water sources and techniques for building a fire with bamboo and trapping wild game.

Gentcom undertaking realignment to meet future concerns

by Terri Moon Cronk

WASHINGTON - Based on military progress in the campaign to defeat the Islamic State of Iraq and Syria, U.S. Central Command is undertaking an operational alignment and rebalancing effort to achieve three specific goals, Centcom commander, Gen. Joseph L. Votel told the House Armed Services Committee Feb. 27.

However, the commander said, "We remain very clear-eyed regarding both the permanence of that progress and the challenges that we face in the future."

The first goal, he outlined, is to complete major combat operations in Iraq and Syria and bring the campaign to defeat ISIS to a responsible close. To read the entire story, go to <https://www.defense.gov/News/>.

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FREE INSPECTION



Nuclear posture review looks to deter war, policy chief says

by Jim Garamone

WASHINGTON - The goal of the Nuclear Posture Review, unveiled earlier this month, is to deter war, David J. Trachtenberg, deputy undersecretary of defense for policy, said at the Heritage Foundation Feb. 26.

"If nuclear weapons are used in war, it's because deterrence failed," he said. "The goal of the 2018 NPR is to make sure deterrence will not fail." Trachtenberg said the review isn't a break with the past, but rather a continuation of long-held nuclear doctrine.

Situations have changed since the last nuclear posture review in 2010. At that time, U.S. officials thought they could work with Russian and Chinese leaders to bring them into the comity of nations. Engagement would continue progress along the path to ultimate nuclear disarmament, and the officials made recommendations concurrent with that baseline.

But Russia and China have since proven they aren't following international norms. Russia annexed Crimea and fomented war in eastern Ukraine. They've modernized their nuclear arsenal and almost all aspects of their military. Russia's support for the Bashar al Assad regime in Syria, its interference with its neighbors, and even its cyber campaign to influence elections, show that it's working against accepted international standards.

China has also shown it's working against the accepted rules-based international order, which has done so much to advance the economic well-being in Asia. China has also modernized its nuclear arsenal and modernized many aspects of its army. China is building islands in the South China Sea in an attempt to cut off freedom of navigation.

This is a return to great power competition, Trachtenberg said, and the U.S. "must field a more modern, ready and flexible force, which reverses the erosion of our military advantages."

And the heart of American defense is the nuclear arsenal. The 2018 review lays out the path to ensure America's nuclear deterrent is modern, robust, flexible, resilient, ready and tailored to deter 21st century threats and reassure allies, he said.

The review isn't a new arms race, nor is it a return to the Cold War. Rather, it's a hard-eyed view of the world as it is, Trachtenberg said.

Nuclear threats also emanate from rogue states such as North Korea, which has made repeated threats against the United States, South Korea and Japan.

Iran's nuclear future remains uncertain, Trachtenberg said. The regime is still testing ballistic missiles, still engaging in malign activities throughout the Middle East and still trying to gain hegemony in the Persian Gulf, he said.

All this means the United States must increase deterrence efforts. Modernizing the American nuclear triad - intercontinental ballistic missiles, nuclear-capable bombers and submarine-launched missiles - must happen, he said. So, too, must improvements in the command and control system.

Stoltenberg discusses NATO transatlantic link

by Jim Garamone

WASHINGTON - The North Atlantic Treaty Organization is arguably the most successful alliance in history, ensuring no general war in Europe since the end of World War II. NATO Secretary General Jens Stoltenberg told the Munich Security Conference recently that the organization is adapting to ensure it continues its success against new threats and challenges.

But even as the alliance transitions, there are some pillars that remain undisturbed and the largest of those is the transatlantic partnership, said Stoltenberg.

He said the symbolism of two items in front of the new NATO headquarters building in Brussels: a piece of the Berlin Wall and a twisted girder from New York's World Trade Center. "Together they symbolize NATO's steel-hard commitment to our collective defense and our solidarity in the fight against terrorism. But most of all, they symbolize the unbreakable bond that unites the continents of North America and Europe."

The transatlantic partnership is being questioned, Stoltenberg said, with those in Europe perceiving a lack of U.S. support for Article 5, and U.S. officials perceiving unfair burden-sharing. "All of this has fueled an impression of weakening transatlantic bond," he said. "But the

reality is that the bond has proven to be resilient, because both Europe and North America benefit from the bond. What we see now is North Americans coming back to Europe, just as Europeans are stepping up their contributions to our shared security."

Russia's incursion into Georgia and its annexation of Crimea rang alarm bells on the continent, the secretary general said. In response, the United States increased the number of troops based in Europe. There are brigades deploying into and out of the Baltic republics and Poland. American ships patrol the Black Sea and U.S. aircraft aid in the Baltic air policing mission.

"This week, Washington rolled out a plan for further substantial increases in U.S. presence in Europe, [with] billions for equipment, prepositioned supplies, training and infrastructure," Stoltenberg said. "Canadian troops have also returned to Europe for the first time in a generation, leading a multinational battle-group in Latvia."

The European allies and Canada have stood with America in the fight against terrorism in Afghanistan, Iraq and Syria, he said.

European allies are also sharing the financial burden. Since 2014, defense spending on the continent and in Canada has increased. In 2014, only three

allies met the 2 percent of gross domestic product on defense guideline. This year eight allies should hit the mark, and by 2024 there should be 15. "All NATO allies have put forward plans to increase spending in real terms," Stoltenberg said. "This is major progress and it is a very good start. But we still have a long way to go and hard work ahead."

But many of the NATO nations are also members of the European Union and the nations are trying to square the defense requirements for each alliance. "I welcome E.U. efforts on defense," the secretary general said. "They are an opportunity to further strengthen the European pillar within NATO and contribute to better burden-sharing. But with opportunity comes risk: The risk of weakening the transatlantic bond; the risk of duplicating what NATO is already doing; and the risk of discriminating against non-E.U. members of the NATO alliance."

The United States is key to defending Europe. "The reality is the European Union cannot protect Europe by itself," Stoltenberg said. He noted that after Great Britain leaves the European Union, 80 percent of NATO's defense spending will come from non-EU allies.

Merging E.U. and NATO assets of the European allies

will be crucial for defense. "If the E.U. actions complement NATO and are not seen as an alternative, then I see great potential for improving European security," he said. "That is why a closer NATO-E.U. cooperation is vital."

Stoltenberg discussed what he called "the re-emergence of nuclear challenges." After the Cold War, NATO placed nuclear issues on the back burner, but Russia's modernization effort, Iran's nuclear program and North Korea's emergence as a nuclear nation placed it in the forefront once again.

"Let me be clear, NATO's goal is a world without nuclear weapons, but as long as they exist NATO will remain a nuclear alliance," the secretary general said. "A world where Russia, China and North Korea have nuclear weapons, but NATO does not, is not a safer world. That is why the ultimate guarantee of NATO's security is the strategic nuclear forces of allies, particularly those of the United States."

Stoltenberg said the world may be more dangerous and unpredictable now, but he feels conflict is not inevitable. "To preserve the peace, we need the military strength of the NATO alliance, combined with the political courage to seek dialogue."

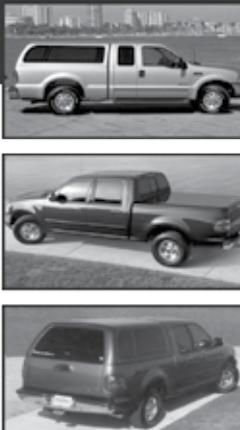
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Plan in advance for veteran burial benefits

by Cathy Kenny

From Arlington, Va., to Seaside, Calif., veterans cemeteries stand as a somber tribute to our fallen heroes - the men and women who have served our country honorably over the course of our nation's history.

Offering free burial, memorial and funeral benefits is a way to honor the service and sacrifice of members of the U.S. Armed Forces, and provide a final resting place and a place of remembrance for military veterans and their dependents.

Here's a quick look at these important benefits.

Interment

The California Department of Veterans Affairs, or CalVet, provides various options for burial and memorialization at its three California state veterans cemeteries: California Central Coast Veterans Cemetery in Seaside, the Northern California Veterans Cemetery in Igo and the Yountville Veterans Cemetery in Yountville.

In addition, of 135 national cemeteries maintained by the Department of Veterans Affairs National Cemetery Administration, nine are in California. Services will vary at each location, depending on various factors.



Courtesy photo

Memorial headstones and markers

The VA will provide, free of charge, a granite, marble or bronze headstone or marker for the unmarked grave of any deceased eligible veteran in any cemetery around the world, regardless of their date of death. Memorial headstones and markers are furnished for eligible deceased active-duty service members and for veterans whose remains are not recovered or identified, are buried at sea, donated to science, or whose cremated remains have been scattered.

Memorial headstones and markers may also be furnished for eligible spouses and other dependents whose remains are unavailable for interment, whether or not they predecease

the eligible veteran. Headstones and markers bear the inscription "In Memory Of." Contact cemetery officials to request one.

Military funeral honors

Military funeral honors are a benefit provided by DoD. This service involves two or more uniformed service members folding and presenting a U.S. burial flag to the family, and the playing of Taps. A gun salute by a rifle squad is reserved for veterans who retired from military service, service members killed on active duty and Medal of Honor recipients.

Every veteran eligible for interment at a CalVet veterans cemetery is entitled to military funeral honors. A veteran's family or funeral home must request this service. A burial flag to drape the casket or accompany the urn of a deceased veteran may also be provided. The flag is generally given to the next of kin, as a keepsake, after its use during the service. Request one by submitting VA Form 27-2008.

VA introduces new, improved modernized leasing program

WASHINGTON - The Department of Veterans Affairs (VA) announced Feb. 26 a modernization of its leasing program to better align the agency's major lease procurements with other federal agencies and the private sector, with an emphasis on increased competition, cost savings and speed to market.

"VA is committed to identifying ways to streamline the leasing process, in order to deliver medical facilities as expeditiously and cost effectively as possible," said VA Secretary David Shulkin. "The goal is for these changes to help ensure a quicker delivery of facilities for VA to provide health-care services to our nation's Veterans."

Veteran spouses and dependents may also be entitled to burial benefits, provided they meet the eligibility criteria established by the U.S. Department of Veterans Affairs. Learn more about eligibility by visiting <https://www.calvet.ca.gov/VetServices/Pages/State-Veterans-Cemeteries-Fact-Sheets.aspx>.

Planning in advance

Establishing eligibility in advance is one way to pre-plan and make things easier for family members at the time of death. CalVet offers a pre-need, eligibility for burial benefits determination for establishing eligibility in advance. There's no cost to apply and establishing eligibility does not obligate the veteran or dependents to be buried at the cemetery. For national cemeteries, the VA also offers pre-need burial eligibility.

Learn more about how to apply at <https://www.calvet.ca.gov/VetServices/Pages/Pre-Need-Burial-Eligibility-Determination-National.aspx>.

Social Security Matters

by Russell Gloor

Ask Rusty - Speeding up Social Security disability claims

Dear Rusty: I've been diagnosed with Lou Gehrig's disease (ALS) and my condition has gone downhill pretty fast, to the point that I'm not able to work anymore. I think I could get Social Security disability, but from what I've heard it can take years to get a disability claim approved. With my condition getting worse every day, I don't have that many years left, but I know the bills will still keep coming. I just wish there was some way to get some financial help while I'm dealing with this. Signed: Discouraged

Dear Discouraged: Yes, as has been widely reported, the backlog of Social Security Disability Insurance applications has ballooned to a number which can cause an initial determination to take 3-6 months, and an appeal of an initial denial can take a year or more. That can be pretty discouraging news for someone such as you dealing with a severe debilitating condition which so obviously meets the definition of "disability." But here is what I hope will be some encouraging news:

The Social Security Administration has a program, which helps accelerate disability claims for those whose medical condition is so obviously acute and debilitating that approval is practically assured. This program, known as Compassionate Allowance, is intended to identify and fast-track SSDI applications where the disability is patently obvious and from a medical condition or disease already appearing on the Compassionate Allowance list, including certain cancers, ALS, acute leukemia and over 200 others. Although the SSA uses technology to try to automatically identify disability applications which qualify for CAL, you can help speed up your application by applying for SSDI in person and notifying the interviewer that your condition is on the Compassionate Allowance List and thus eligible for fast-track handling. You should bring along copies of medical records which confirm your diagnosis as well as contact information for your medical service provider(s). For proven conditions on the CAL list, SSDI applications may get a positive decision in as little as 10 days from when you first file and with a relatively small amount of medical proof. But since medical providers are sometimes slow to provide confirming medical records to Social Security, this can sometimes be a factor which delays even Compassionate Allowance cases. It will help speed your case if you bring with you as much medical information as possible to prove your condition. You may even be eligible for retroactive benefits (up to 12 months) back to the date that the onset of your disability first left you unable to work.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens.

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Navy announces changes, increased incentives for some first-term forward deployed Sailors

Navy announced Feb. 21 that Sailors serving their first term on sea duty in Japan, Guam and Spain now have an increased set of incentives available to them, in NAVADMIN 042/18.

According to the NAVADMIN, first-term Sailors who voluntarily extend their sea duty at the listed locations to a minimum of 48 months, will have any remaining sea time left on their prescribed sea tour waived and be allowed to rotate to shore duty for their next assigned tour. Those who extend their tours by 12 months or more will be given preferential consideration for announced billets in Career Management System/Interactive Detailing (CMS/ID).

Sailors who extend their sea tours for at least 12 months still have the option of the Sea Duty Incentive Pay. Overseas Tour Extension Incentive Program remains an option for eligible Sailors.

Additionally, with the release of this NAVADMIN, first-term Sailors in grades E-3 and below are now authorized accompanied orders to overseas locations where dependents are authorized.

“Our goal is to reward those Sailors who volunteer to extend to meet the demands from the fleet,” said Rear Adm. John Meier, director, Career Management Department, Navy Personnel Command (NPC). “In addition to the incentives already in place, which remain options for Sailors who meet extension criteria, these additional incentives should make it easier for Sailors who make the decision to extend.”

Sailors interested in taking advantage of these incentives must request an extension by submitting an Enlisted Personnel Action Request (NAVPERS 1070/7 Rev. 1/03) 18-14 months prior to their Projected Rotation Date. For assistance, Sailors should contact their command career counselor. For more information, read NAVADMIN 042/18 at www.npc.navy.mil, or contact the NPC Customer Service Center at 1-866-U-ASK-NPC (827-5672) or via email at csmmailbox@navy.mil.

Navy COOL delivers 43 briefs at 6 locations in 21 days

by Glenn Sircy

After 21 days, entailing 18 flights and 43 briefs at six locations, representatives from Navy Credentialing Opportunities On-Line (COOL) wrapped up their overseas tour in the Kingdom of Bahrain, Feb. 22.

Navy COOL provides active duty and reserve Sailors, whether forward deployed, underway or ashore, a way to map their Navy education, training, experience and competencies to civilian credentials and occupations.

Navy COOL's Thom Seith and David Adkins spent three weeks travelling to different military facilities to speak with Sailors about the benefits of Navy COOL. The locations visited included Naval Base Rota, Spain; Naval Air Station Sigonella, Sicily; Naval Support Activity Naples, Italy; Naval Support Activity Souda Bay, Crete, Greece; Camp Lemonnier, Djibouti, Africa; and Naval Support Activity Bahrain, Kingdom of Bahrain.

“These programs allow Sailors to develop themselves while on active duty and prepare for life after the Navy,” said Thom Seith, Navy COOL representative. “It’s really all about personal and professional development and

I encourage all Sailors to take advantage of the opportunities that the Navy COOL programs offer”.

Navy COOL regularly deploys representatives to specific geographic locations to brief their Navy programs to area Sailors at no cost to the hosting command. These briefs are a great opportunity to share the importance of the value of certification and licensure, and as many Navy leaders know, this information can enhance career development boards (CDBs) and advancements, along with individual personal and professional goals.

“The purpose of the visit was to help increase awareness and encourage Sailors to pursue these valuable credentials through Navy COOL,” said Chief Career Counselor Phillip Lopez. “Our Sailors were very appreciative to have the Navy COOL team travel halfway across the world to ensure our Sailors are equipped with the knowledge on how to enroll.”

The briefs were normally one hour in length and the COOL representatives discussed and demonstrated the importance of credentialing and licensing during and after Sailors’ Navy careers. The team walked the Sailors

through the Navy COOL website, Navy COOL mobile application, voucher submission processes, eligibility, and requirements for credential attainment. They also discussed and emphasized the importance of the learning and development roadmaps (LaDRs), Navy advancement bibliographies, and the United Services Military Apprenticeship Program (USMAP).

“I learned there are many different certifications I can obtain from already being in the Navy, and how good it will look for me in the civilian sector,” said Aviation Boatswain’s Mate 2nd Class Joshua Ortiz. “I had heard of Navy COOL before but was not really sure what it was or how it worked, but after this brief I learned a lot about the program, how it works, and it’s definitely something to take advantage of.”

With 1,663 funded credentialing opportunities available, every enlisted Sailor has at least one credential he or she can earn. More than 1,500 credentialing opportunities are mapped to officer designators.

Navy COOL is located with the Center for Information Warfare Training, which delivers trained information warfare profession-

als to the Navy and joint services, enabling optimal performance of information warfare across the full spectrum of military operations.

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

The schedule for COOL briefs is available at <http://www.cool.navy.mil/usn/news/briefs.htm>.

For more news from the Center for Information Warfare Training organization, visit <http://www.navy.mil/local/cid/>, <http://www.netc.navy.mil/centers/ciwt>, <http://www.facebook.com/NavyCIWT>, or <http://www.twitter.com/NavyCIWT>.

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



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I only have eyes for you, dear, like it or not

“No. What.” Francis robotically replied, staring blankly into space, his water glass poised midair.

I went on to describe a rather unremarkable conversation with our daughter’s sixth-grade math teacher, a mundane event in my daily life as a stay-at-home mother of three that was, admit-

outward like Marty Feldman, while I sat, stone-faced and silent, glaring at him. Although his deep-set eyeballs could never mimic the natural prominence of mine, Francis nonetheless contorted his face to look as ridiculous as possible.

As I watched his rude display and doggedly gripped my fork

my plate, “I can’t help that my eyes bulge, you know.”

Francis’ biting sarcasm dissipated, and was replaced with sincere remorse. “I’m sorry,” he said, moving in closer and placing his hand on mine.

I released the death grip I had

on my fork as I looked into his deep-set eyes.

“Actually,” Francis offered, now striking the right balance, “I think you’re bulgy in all the right places.”

[Military service members and their spouses qualify for free, confidential, non-medical

marriage and family counseling services through MilitaryOneSource.com. Additionally, military couples can seek help from Military Family Life Consultants, licensed clinical providers who offer services on military installations worldwide. See www.mhngs.com.]

by Lisa Smith Molinari

One ordinary weeknight several years ago, my husband, Francis, and I were lingering at the dinner table after the kids had been excused. Francis sat in his unbuttoned blueberries, lazily chewing the last bites of beef roast, while I stared out the window of our base house, drumming my fingers on the table.

Suddenly, I perked up when I remembered a story to liven up our dull dialogue. “Hon, did I tell you about the infuriating conversation I had with the sixth grade math teacher today? That guy is a real piece of work if you ask me,” I began, dabbing the corners of my mouth with a crumpled napkin.

Gnawing a particularly tough piece of meat, Francis shook his head with a dazed look on his face. After nearly two decades of marriage, he knew that I could take twenty minutes to describe cleaning fuzz out of a lint trap. He breathed a heavy sigh and braced himself for excruciating detail and superfluous analysis.

“Well, I called Mr. Lee about Lilly’s semester project,” I continued, “and do you know what that man said to me?”

the meat and potatoes of life

tedly, not very interesting at all. However, I had learned to give our dinner conversations a stimulating dose of drama and suspense by embellishing my otherwise ordinary stories with detailed descriptions, exaggerated voice intonation, and vivid facial expressions.

I knew that, with a few strategic enhancements, I could make the tale about my phone call with Mr. Lee seem like a thrilling off-Broadway play. I reenacted the story for Francis, and during the climax of my narrative account, I used my all my dramatic skills to convey the necessary range of emotions.

Francis, tired and irritated after a long day and a mediocre dinner, interjected sardonically, “Oh, please, do that thing again with the bulgy eyes. That’s really attractive.”

He was joking, but in that kind of way that told me there was a nugget of truth behind his humor. Seemingly intending to add insult to injury, he mocked me by trying to project his eyes

on that ordinary weeknight at the dinner table, our entire marriage passed before my genetically protuberant eyes.

“What’s happened to us?” I thought. “We used to be so sweet to each other. We used to enjoy talking for hours. We thought everything about each other was so damned cute. And now, here we are pelting each other with insults over boxed rice pilaf? Does he think I’ve become unattractive and annoying? Is our marriage hopeless?”

Hurt and bitter, I finally interrupted his facial contortions, “So, who do you think you are over there, Robert Redford or something?” With blatant hypocrisy, Francis took immediate offense to my ridicule and scowled.

We sat in silence for several minutes, sucking pepper from our teeth and avoiding eye contact.

Never able to remain mute for long, I spoke weakly without looking up from the gristle on

Is breakfast the most important meal of the day?

Close your eyes and picture this: the lustrous crackling of bacon in a cast iron pan, the sizzle of pancakes on a hot buttered grill, the alluring aroma of freshly brewed coffee... ahhh.

There is something about a full, balanced breakfast that just starts the day off on the right foot – but is breakfast really necessary? Some of us opt out of an early morning meal in exchange for a heavier lunch or dinner; however, this could have negative effects on the body.

Studies have shown that eating breakfast can help promote:

- Good health
- Better memory and concentration
- Lower levels of “bad” LDL cholesterol
- Lower chances of getting diabetes, heart disease, and being overweight

With so many health benefits, making sure to eat breakfast seems like a no-brainer, right? Yet, many of us are in a rush with the morning hustle and bustle to make the time to properly fuel our bodies. Skipping your morning munchies could leave your body feeling sluggish and lacking the energy it needs to keep you feeling focused throughout the day. Not only that, but skipping the

first meal of the day may cause you to overeat later and that’s where the extra calories start sneaking up on you!

Here’s the catch though... having too big of a breakfast can actually do more harm than good. A study referenced on WebMD suggested that “people who had large breakfasts ate more during the day.”² This may leave you thinking to yourself, should I eat breakfast then or skip it? Well, think of it this way. Food is fuel for our bodies. Think of the stomach as a tank for providing the ‘fuel’ our bodies need to properly function. The type of fuel you put into your tank is going to drastically affect the power you get out of it.

Tip: Stick with complex carbs, protein, fruit and/or vegetables, ideally paired with a calcium source.

Grabbing a donut on the way into work or opting for a quick packaged pastry with your morning coffee, may taste good in the moment. However, those empty calories are going to burn off quickly and leave your body dragging. Our registered dietitian, Debbie J., offers some healthy, well-balanced breakfast suggestions to swap in as a replacement for that morning treat.

• Vegetarian: whole grain toast topped with 1/4 avocado, fried egg and roma tomato slices

• Vegan: steel cut oatmeal with nuts, berries, cinnamon, dairy-free milk

• Omnivore: Canadian bacon, whole wheat waffle and diced peaches or strawberries

• Gluten-free: potatoes O’Brien, black bean & tomato salsa, 1/2 grapefruit

The Results

In yet another study published in the journal Obesity, researchers recruited 93 overweight women and put them on a 12-week long prescribed diet.³ All of the women participating in the study consumed a total of 1,400 healthy calories a day. The only difference was that half the group ate their largest meal at breakfast, while the other half ate their largest meal at lunch or dinner.

The results were significantly different! The group who ate their biggest meal at breakfast lost two and a half times the amount of weight as their counter group.⁴ The same group noticed improvements in belly fat, hunger levels, and fasting blood sugar levels! These noticeable differences seem to trend across multiple studies conducted on the benefits of breakfast.

Places of Worship

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 Wednesday Night Live (WNL) 7pm
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www.bayviewbc.org

Canyon View Church of Christ

“Love God, Love People, Serve the World”
 Sunday Bible Classes for all ages 9:00 am
 Sunday Worship 10:00 am, 6:00 pm
 Wednesdays: Pizza and Fellowship 6:30 pm, Bible Study 7:00 pm
 4292 Balboa Avenue, San Diego 92117 (Located near the corner of Balboa Avenue and Clairemont Drive) (858) 273-5140
www.canyonview.org Email: cvoffice@canyonview.org

Christ Community Church

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

City of Faith Family Worship Center

6265 University Avenue, San Diego CA 92115, (619) 265-2921
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 Bishop Stephen M. Brunson, Senior Pastor, USN, Retired

First Baptist Church

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 Interim Pastor Jim Baize www.fbcoronado.com
 Sunday Bible Study 8:45 am, Sunday Worship Service 10 am
 Friday’s Women’s Bible Study 9:30-11:30 am
 445 C Ave, Coronado, CA 92118 (619) 435-6588
ariel@fbcoronado.com FB: First Baptist Church of Coronado

Lighthouse Baptist Church

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 1345 Skyline Dr, Lemon Grove, CA 91945
 Sunday School and Adult Bible Classes: 9:30 am
 Sunday Morning Service 11 am, Sunday Evening at 5:30pm
 Midweek Service and Teen Church, Thursdays at 7pm
www.lighthousebaptist.com (619) 461-5561

Lakeside Community Presbyterian Church

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 Sunday School for all ages at 11AM
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www.lakesidepc.org

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www.mesaview.org (858) 485-6110

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 (858) 335-5795 www.mtmoriahcc.org

Paradise Hills Southern Baptist Church

6038 Cumberland Street, SD 92139 (619) 479-4111
www.phsbc.net
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 Sunday worship: 10:30 am
 Wednesday Prayer Service: 6:00 pm
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St. Luke’s Lutheran Church

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

On Base & On Board

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

Navy's Got Talent Thursday, March 1, Auditions 12-8 pm Saturday, March 3, LIVE Show 6-9 pm NASNI, Lowry Theater, Bldg. 650 Show off your talent within a variety of categories, sing, dance, magic, comedy, at Naval Base Coronado's competition. Be sure to register early for a space in the Thursday auditions. Cash prize for 1st, 2nd and 3rd place in Saturdays LIVE show! Registration required: nbccr@navylifesw.com

Three Sisters Falls Hike Sunday, March 4, 7:30 am, \$10 MWR patron/\$7 Liberty Depart from NBPL, Main Base, The Clubhouse, Bldg. 546 Now is the best time to see these beautiful falls and surroundings! You'll love this dynamic, advanced difficulty hike, as we climb down into the valley and boulder-hop up to the falls. Trip includes transportation. Register: 619-553-9138

NAF El Centro Air Show & Food Festival Overnight Trip Friday-Saturday, March 9-10, \$35 per person (double occupancy)/\$70 per room (twin beds) Enjoy two days of fun! Friday, meet and greet air show performers while enjoying live music, night acts and great local food. Saturday, look toward the sky to see the Blue Angels' first show of the season along with other great performers. Cost includes transportation, snacks on the bus, admission into the Entertainment & Food Festival on Friday, and one-night stay at NCI5 (double occupancy with shared restroom). Admission to the Saturday air show is free. Pick up locations: 12:30 pm Silver Strand Youth Center/1 pm Admiral Baker Picnic Area. Registration required: NBC 619-437-3190, NBPL 619-553-9138, NBSD 619-556-9597

Farm Day Saturday, March 10, 2-4 pm, FREE Admiral Baker Picnic Grounds (near baseball fields) Farm animals are coming back to visit Admiral Baker! Come pet and see these animals up close and personal. Info: 619-556-9597

3rd Annual St Patrick's Day Command Cardboard Boat Regatta Friday, March 16, 10 am-1 pm, FREE All commands welcome! Fun competition takes place at NBSD's Admiral Prout Pool, Bldg. 3279. Call 619-520-3048 for more information or register today at www.navylifesw.com.

St. Patty's Day 5K Friday, March 16, 11:15 am Balboa Athletic Complex, NMCSD, Bldg. 12 Softball Field Participation is FREE and open to all! Register online at www.navylifesw.com today! Call 619-532-6080 for more details.

Woof Walk Saturday, March 17, 10 am start, FREE NBSD, Picnic Area behind Fitness Station, Bldg. 3417 Enjoy walking the dog with the whole family and lots of other dog lovers. Choose a 1-mile or 2-mile walk. Dressing in green for St. Patrick's Day is encouraged! Register today by calling 619-556-9509.

Kid's Craft & Exotic Critters Sunday, March 18, 10 am-Noon, FREE NAB Coronado Gym, Bldg. 162 Craft & Critters is a family-friendly event filled with exotic critters and creepy crawlies to meet, greet and learn about. Tarantulas, ferrets, iguanas, lizards, snakes, and more! Plus, have your face painted and enjoy a critter-themed finger puppet craft! Critters subject to change. Registration required:

619-437-3190

Spring Fling Presented by MWR and the San Diego Zoo and San Diego Zoo Safari Park Saturday, March 24, 9 am-1 pm, FREE Family Event NBSD, Admiral Prout Fields Have a hoppin' good time at the Navy's best family spring festival featuring egg hunts for all ages. Enjoy amusement rides and bounce houses, an "All-Hands Car Show," arts and crafts and the Navy Armed Forces Kids Run. For details call 619-284-4054/556-7444. Event proudly sponsored by Lincoln Military Housing, USAA, Armed Forces Dispatch, and Navy League of San Diego.

All-Hands Car Show 2018 Saturday, March 24, 9 am-1 pm, FREE NBSD, Admiral Prout Fields Calling all cars, motorcycles, trucks and SUVs! Enter today! Event takes place during Spring Fling Family Festival. Register online at www.navylifesw.com. Entry open to all MWR patrons. For more information call 619-556-7009. Car Show proudly sponsored by MWR, National City Miles of Cars, Armed Forces Dispatch and Penn State World Campus.

Seussville by the Sea NBPL, Main Base, Smuggler's Cove Park Saturday, March 24, 12-4 pm, FREE Family fun and then some - for all ages! Enjoy an afternoon of crafts, games, face painting, bounce houses and a petting zoo! Info: 619-553-9138

Borrego Springs Bloom Camping Saturday-Sunday, March 24-25, 10:30 am, \$45 MWR patron/\$35 Liberty Depart from NBPL, Main Base, The Clubhouse, Bldg. 546 The desert is alive with colorful blooms that only appear in the springtime. Join us for camping and hiking as we explore the Borrego Springs desert. We may even spot some mountain goats. Cost includes transportation, all camping gear, and two meals. Register: 619-553-9138

Comedy Night Saturday, March 24, 7-9 pm (doors open at 6:30), FREE Show NASNI, Sea 'N Air 19th Hole Clubhouse Laugh the night away with top local talent from the SD/LA Comedy Circuit. Add an appetizer bar for only \$5 to make the show complete. Tickets available for pick up/purchase from the NAB or NASNI Ticket Office. Beverages also available for purchase at no-host bar. Info: 619-437-3190

Bunny Train Ride Sunday, March 25, 12:15 pm Boarding/1 pm Departure Infants and Toddlers (under 3 yrs. in lap) \$5, Children (3-12 yrs.) \$14, Seniors (65 yrs.+) \$15, Adults (13-64 yrs.) \$18 Looking for a new way to celebrate the Easter holiday with your family? Look no further than the Pacific Southwest Railway Museum! The one-hour journey along the 12-mile track is complete with a train ride, visit from the Easter Bunny, and an egg hunt. It's perfect for the whole family! Registration required: 619-437-3190

HAPPENINGS LISTED FROM PREVIOUS ISSUES...

GOLF Demo Day Saturdays, 10 am-2 pm Head over to Admiral Baker & Sea 'N Air Golf Courses to try the latest drivers, fairway met-

als, hybrids and irons. Get fitted by one of our certified fitters/PGA staff. For more information call 619-487-0090 or 619-545-9659.

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

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

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

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

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

Thursday Prize Night Bowling 6 pm-Close Enjoy playing various non-skill based games where you can WIN great prizes! Available at Admiral Robinson Recreation Center, NBSD, and Sea 'N Air Lanes, NASNI. For more information call 619-556-7486 or 619-545-7240.

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

LIBERTY Mission Trails 5-Peak Challenge! Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Q-Zone Liberty, NAB: 619-437-3190 Sundays, March 4, 11 & 18 • 8 am • FREE Conquer the 5-Peak Challenge with Q-Zone!

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Se Habla Espanol

Pacific Partnership mission command embarks on hospital ship *Mercy*



SINGAPORE - The U.S. Navy will join allied and partner nation militaries for the 13th Pacific Partnership mission, scheduled to begin Feb 23.

This annual maritime operation will help improve disaster response preparedness, resiliency and capacity while enhancing partnerships with participating nations and civilian humanitarian organizations throughout the Indo-Asia-Pacific region.

Pacific Partnership is the largest annual multilateral disaster response preparedness mission conducted in the Indo-Asia-Pacific. This year's mission will be led by Commander, Destroyer Squadron 31 and staff, embarked on hospital ship USNS *Mercy* (T-AH-19) and expeditionary fast transport ship USNS *Fall River* (T-EPF 4) and will include more than 800 military and civilian personnel from the United States, Canada, United Kingdom, Australia, France, Peru and Japan.

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

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

San Diego-based *Mercy* will make mission stops in Indonesia, Sri Lanka, Malaysia, and Vietnam while *Fall River* will visit Yap, Palau, Malaysia, and Thailand. Medical, dental, civil-engineering and veterinary teams will partner with each host nation to conduct civic-action projects, community health

exchanges, medical symposiums and disaster response training activities. Additional community relations engagements will occur in each mission stop to enhance relationships and camaraderie with citizens of the host nations. Following the mission stops, *Mercy* will also visit Japan during its return transit across the Pacific Ocean.

Engagements between Pacific Partnership participants and host nations are intended to improve capacity, enhance regional partnerships and increase multilateral cooperation for preparedness.

"Our staff and team have come together to form a dynamic team of professionals and we are ready to execute this mission and engage with our partners throughout the Indo-Pacific," said Capt. David Bretz, com-

modore, Destroyer Squadron 31. "We are excited about forging new friendships and deepening partnerships across the region."

Pacific Partnership began in response to one of the world's most catastrophic natural disasters, the December 2004 tsunami that devastated parts of South and Southeast Asia. The mission has evolved over the years from emphasis on direct care to an operation focused on enhancing partnerships through host nation subject matter expert and civil-military exchanges.

Pacific Partnership 2018 will have several other distinctions:

- A multinational command-and-control structure will be used to include a deputy mission commander from the United Kingdom and mission chief of staff from Australia.
- The mission will visit Sri Lanka for a second consecutive year to enhance ties with the Indian Ocean nation.
- Pacific Partnership will continue to leverage the U.S. National Action Plan on Women, Peace and Security (WPS), a plan backed by Executive Order 13595 and UN Security Council Resolution 1325. Integration of WPS into Pacific Partnership yields opportunities to engage with partner nations on the topic of gender integra-

Troop insert training at Nellis Air Force base

NELLIS AFB, Nev. - MCAS Miramar-based Marine Heavy Helicopter Squadron (HMH) 462 participated this week in 'simulated combat zone' drills here.

The Nellis Air Force Base training detachment allows Marines with HMH-462 to work directly with other branches of service, simulating real-life integration in a forward deployed environment.



Airmen from the Joint Terminal Attack Controller training center board a CH-53 from Marine Heavy Helicopter Squadron (HMH) 462 simulating a stealth extract from a combat zone at Nellis Air Force Base. photo by Sgt. David Bickel



Capt. John Robertson, an air liaison officer for the Joint Terminal Attack Controller training center, prepares to insert into a simulated combat zone with two helicopters. photo by Sgt. David Bickel



Cpl. Connor Cera, a Marine Heavy Helicopter Squadron 462 crew chief, assists a Joint Terminal Attack Controller student establish communication with the pilots. photo by Sgt. David Bickel

tion and perspectives, as well as preparedness in dealing with vulnerable populations (women, children, elderly and disabled) during and in the aftermath of crises.

• This year's mission will return to Indonesia, Malaysia and Vietnam, where the United States continues its legacy of strong cooperation and defense ties with these nations.

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THURSDAY, MARCH 01, 2018			
Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4884	C40	09:00	FALLON(69)
FRIDAY, MARCH 02, 2018			
NO SPACE 'A' DEPARTURES			
SATURDAY, MARCH 03, 2018			
Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4914	C40	09:00	FRESNO(121), NORFOLK(89)
SUNDAY, MARCH 04, 2018			
NO SPACE 'A' DEPARTURES			
MONDAY, MARCH 05, 2018			
Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4904	C40	09:00	PT MUGU(69), FALLON(49)
TUESDAY, MARCH 06, 2018			
Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4802	C40	09:00	FALLON(69)

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NAVFAC Southwest recognizes 2018 Engineers and Designers of the Year

by Lee Saunders

SAN DIEGO - Naval Facilities Engineering Command (NAVFAC) Southwest Commanding Officer Capt. Mark K. Edelson recognized James. Sheetz and Cmdr. Michael Carr II with the 2018 NAVFAC Southwest civilian and military engineer of the year awards and Tania R. Bove with the 2018 NAVFAC Southwest civilian designer of the year award during a ceremony Feb. 22.

The ceremony also recognized the command's newly licensed professional engineers and architects with Edelson presenting command coins to each.

"There were many qualified candidates making the selection difficult, but at the end, two engineers and one designer were selected based on many criteria including their contribution to the command," said John Coon, NAVFAC Southwest Capital Improvements Business Line leader and chief engineer.

Carr is NAVFAC SW assistant operations officer (AOPS) for the Coastal Integrated Products Team (IPT). Sheetz is a supervisory environmental engineer. Bove is the lead architect and design manager with the Facility Engineering Acquisition Division (FEAD) Coastal Campus.

Sheetz was selected as the

2018 NAVFAC Southwest Civilian Engineer of the Year for a number of accomplishments. One of these was his work with developing a bi-annual professional engineer exam review course that helped 33 active duty and civilian personnel achieve their professional registrations.

He developed course materials for 20 exam topics that met National Council of Examiners for Engineering and Surveying (NCEES) specifications for fluids and hydraulics, hydrology,

Marine Corps Times report

Marine faces murder charge following fatal stabbing

The following story appeared this week in the Marine Corps Times online edition.

by Kyle Rempfer

A Marine faces charges of murder and obstruction of justice at a March 6 court-martial following a Camp Pendleton stabbing incident that left one Marine dead, according to Corps officials.

"The charges are the result of an investigation into an incident resulting in the death of a Marine at the School of Infantry West," Capt. Joshua Pena, a spokesman for the Corps' Virginia-based Training and Education Command, said in a statement to *Marine Corps Times*.

"The PFC is accused of violating UCMJ Articles 118 (murder)

open channel flow and culverts, groundwater and wells, water chemistry, thermodynamics, air quality fate and transport. He supervised six instructors and course for in-person and remote students. The course led to the successful licensing of graduates at NAVFAC, Marine Corps, Commander Navy Installations Command (CNIC), and Naval Sea Systems Command (NAVSEA). The course saved the Navy approximately \$100,000.

Carr was selected as the 2018

and 134 (obstructing justice)," Pena said. "These charges are merely accusations, and the Marine is presumed innocent until proven guilty."

Pfc. Ethan Barclay-Weberpal, 18, died after a stabbing incident Jan. 16 at the School of Infantry-West. He was assigned to Lima Company, Headquarters and Services Battalion at SOI-West, and had just entered the Corps in July.

Since the incident, an unidentified Marine has been held in confinement at Camp Pendleton. His identity will only be released after the Article 32 hearing.

The hearing will provide recommendations on the charges to

NAVFAC Southwest Military Engineer of the Year for his leadership of more than a 100 people including architects and engineers in planning, designing, construction, and environmental projects valued over \$200 million a year. He leads the team's engineering efforts involving facilities projects for new construction, renovations, utility upgrades, waterfront engineering, dredging of the San Diego bay, and environmental clean-up at the four largest Navy installations on the West Coast.

the convening authority, Brig. Gen. Jason Bohm, commanding general of the Marine Corps Training Command, according to *Mercury News*.

"Following the Article 32 hearing, Bohm will make a decision as to whether or not to refer the charges against the Marine, taking into account recommendations from the preliminary hearing officer," Pena told *Mercury News*. "No final decision has been made on these charges without the approval of the convening authority (Bohm)."

First responders found Barclay-Weberpal dead at the scene when reacting to reports of an injured person around 7:45 a.m. on Jan. 16.

One of the projects is the design and construction oversight for a brand new Navy installation at Naval Base Coronado called Coastal Campus. The \$1 billion project is a monumental planning and engineering effort to build over a ten year period a new state of the art naval installation supporting the training and operations of Naval Special Warfare Command (Navy SEALs).

Bove was selected as Civilian Designer of the Year for her work on the \$1 billion Coastal Campus military construction program. She's responsible for the design quality assurance of all architect-engineer (AE) contract deliverables and verifying that completed designs meet governing laws and criteria. This work required Bove to work within budget and meet Naval Special Warfare's demanding requirements.

Bove was also responsible for the oversight of a \$27 million dynamic shooting range. It is the most sophisticated indoor shooting range on the West Coast with no significant quality issues.

The newly licensed professional engineers and architects are Lt. Alexandra Sovie, Cesar Davalos, Rafael Enriquez, Content Arnold, Robert Nordahl, Lt. Patrick Durnan, and Uriel Serna.

Navy accepts Hershel 'Woody' Williams

SAN DIEGO - The Navy accepted delivery of its second Expeditionary Sea Base (ESB) ship, USNS Hershel "Woody" Williams (ESB 4), Feb. 22.

The delivery marks the official transfer of the ship from the shipbuilder to the Navy. ESB 4 will be owned and operated by Military Sealift Command.

"The delivery of this ship marks an enhancement in the Navy's forward presence and ability to execute a variety of expeditionary warfare missions," said Capt. Scot Searles, Strategic and Theater Sealift program manager, Program Executive Office (PEO) Ships. "Like the ship's namesake, USNS Hershel 'Woody' Williams will exemplify the Navy's commitment to service."

USNS Hershel "Woody" Williams is named for Medal of Honor recipient, Hershel Williams, for his heroics during the battle of Iwo Jima during World War II.

ESBs are optimized to support a variety of maritime based missions including special operations force and airborne mine counter measures ops.



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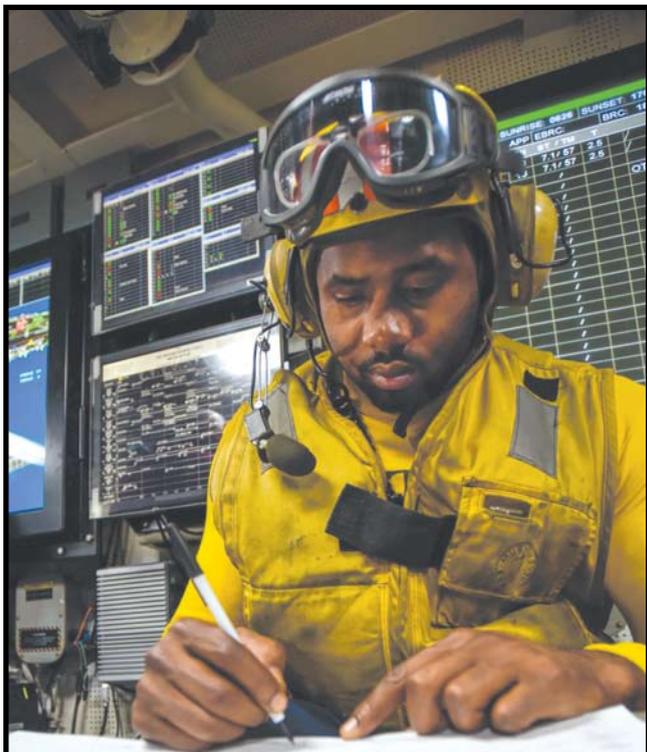
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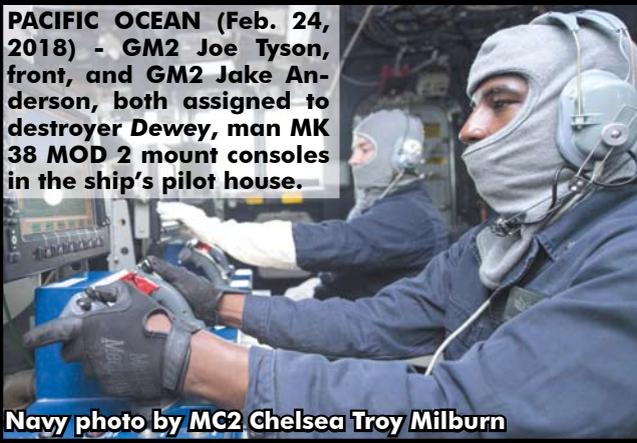


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ARABIAN GULF (Jan. 15, 2018) - Aviation Boatswain's Mate (Handling) 1st Class Paul Hall creates a watch bill for handling aircraft in flight deck control aboard aircraft carrier *Theodore Roosevelt*. *Theodore Roosevelt* and its carrier strike group are on deployment. Navy photo by MC3 Alex Corona



PACIFIC OCEAN (Feb. 24, 2018) - GM2 Joe Tyson, front, and GM2 Jake Anderson, both assigned to destroyer Dewey, man MK 38 MOD 2 mount consoles in the ship's pilot house. Navy photo by MC2 Chelsea Troy Milburn



EL CENTRO, Calif. (Feb. 22, 2018) Aviation Structural Mechanics 1st Class T.J. Dickey, left, and Joe Hopkins perform maintenance on a leading edge flap. The Blue Angels are scheduled to perform more than 60 demonstrations this year. Navy photo by MC2 Jess Gray



SOUTH CHINA SEA (Feb. 15, 2018) - Naval aircrewman Sebastian Mendieta serves as crew chief inside a Sea Hawk helicopter during a search and rescue exercise with USS *Carl Vinson*. photo by MC2 Z.A. Landers



ARABIAN GULF (Feb. 26, 2018) - Sailors lower a jet engine in the jet shop of USS *Theodore Roosevelt*. Navy photo by MC3 Spencer Roberts

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6th Annual International Mariachi Festival & Competition

National City's 2018 International Mariachi Festival & Competition on March 11 is a community-friendly event providing entertainment for families to come together and celebrate San Diego's Mexican heritage through Mariachi music, traditional ballet folkloric dancing, and a celebration of arts, culture, and culinary delights.

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Show your home some love

Now in its 33rd year, the Spring Home/Garden Show returns to Del Mar Fairgrounds for a three-day extravaganza of inspiring real "Garden Masters" landscapes (created exclusively for the Show), hands-on demonstrations, hundreds of home-improvement products and services exhibitors, educational seminars, plant sales, and face-to-face consultations with top experts—all with the convenience of one-stop shopping for everything pertaining to home and garden, inside and outside.

display gardens created expressly for any weekend expo. Enjoy 14 theatrically lit full-scale gardens installed for this year's Show by professional landscape architects, designers, and contractors. These gardens are judged by a distinguished panel and honored in several categories. The competition is fierce! Meet the Designers

plants for sale direct from San Diego-area garden and non-profit plant societies, specialty growers and wholesalers--at low show prices. Enjoy free seminars and face-to-face meetings with some of San Diego's top garden experts; gain priceless hands-on knowledge for your home projects, from landscaping to vegetable gardening and fruit trees.



Del Mar Fairgrounds
March 2, 3, 4, 2018
Fri. 10-5, Sat. 10-6, Sun. 10-5

• **Bargains!**-- The Spring Home/Garden Show is a home and garden shopper's paradise. Special pricing is a big attraction for any homeowner looking for deep one-time-only savings. The Marketplace is also an ideal opportunity to easily arrange for multiple bids on any home project, be it shutters, doors, windows, skylights, or hundreds of other essentials. Save TIME and money!

Maritime Museum of San Diego's Californian – official state tall ship to race in Schooner Cup 2018 Regatta

2018 Fundraiser Organized with Silver Gate Yacht Club To Benefit Navy-Marine Corps Relief Society (NMCRS)

Maritime Museum of San Diego, home to one of the world's largest collections of historic vessels from sail to steam to submarine, will sail California's tall ship Californian on San Diego Bay for the 30th Annual America's Schooner Cup Charity Regatta Saturday,

April 7 to support Navy-Marine Corps Relief Society (NMCRS), a Navy sponsored 501c (3) public nonprofit organization that exists to help meet the emergent financial needs of active duty and retired Sailors, Marines, and their families. Californian will race against schooners of all sizes and types and the public are welcome to join the sail crew. No sailing experience required.

The schooners participating in

the event include beautiful boats that are ageless examples of living history and many will be coming from distant ports to race. Tickets are limited and available to sail and compete in the race on Californian with adult tickets at \$70 for adults and \$48 for children.

Maritime Museum of San Diego's replica of explorer Cabrillo's galleon replica San Salvador will also be boarding passengers for a fun afternoon of sailing plus views of the schooners racing in San Diego Bay. Day sail tickets for San Salvador are \$99 for adults, \$94 for seniors, military, and students 13-17 and \$59 for children.

Californian and San Salvador tickets include general admission to the Museum which can be an extended treat before or after these on-the-water adventures. Tickets and information are at sdmaritime.org or guests can call 619.234.9153 ext.116. The Silver Gate Yacht Club hosts the America's Schooner Cup Charity Regatta and proceeds from the SGYC's annual event benefit Navy-Marine Corps Relief Society (NMCRS).

The Show focuses on San Diego-area experts, services, products, and businesses. Visitors find everything they need to save time and money improving, refreshing, or remodeling their home and outdoor surroundings—from the latest in appliances to garden lighting, from BBQ's to security systems, from baths to sunrooms.

In addition to a huge main hall where hundreds of exhibitors showcase the newest products and hottest trends, all at special low show prices, the show offers several unique home and garden features (included in admission) that provide extraordinary added value. These truly set the Spring Home/Garden Show—now in its 33th year—apart from all imitators:

• **"The Garden Masters"**—Great landscapes (using local plants and products) designed by San Diegans FOR San Diegans—A JURIED COMPETITION. Tour the largest and best collection of

throughout the show and discover San Diego County's wealth of local talent and landscaping resources.

* **"The Design Box Challenge"**—8 San Diego interior design professionals or teams will be given 24 hours to convert a white box space into inspired design vignettes. Sponsored by ASID, *dwel\| on design\|* and *Modern Luxury Magazine*.

"Ask The Experts"—features organizations such as the Association of Professional Landscape Designers (A.P.L.D.), as well as representatives from city building departments, Master Gardeners and many more. Each organization's experts will be staffing consultation lounges and other areas at the show. Consultations are complimentary.

• **"All About Gardens"** and **"The Garden Marketplace"**—Shop at a grand nursery of the freshest

Succulent Potting Bar:- New this show is the Succulent Potting Bar. For \$5 you will receive all the plants, soil and topping to create an 8" garden to take home with you. Take a picture and post it to be eligible to win a prize.

"30 for 30"—Landscape Designers from APLD offer 30-minute Personalized Design Consultations for a special show price of \$30 per consultation. This is your opportunity to kick start your garden remodel, or polish a space that's almost there! Design consultations are available in the Designers' Lounge located on Designer Lane, just inside the show's main entrance.

• **More experts!** - Other professional, amateur and civic organizations participating in the Show include: City of San Diego Building Department; Association of Professional Landscape Designers (APLD); National Kitchen Bath Association/San Diego.

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by Jan Wagner

At long last, fully self-driving cars that you and I may ride in are tantalizingly close, unlike in the often promised but never quite delivered upon, Jetsons-like future filled with flying cars.

On the NHTSA website (nhtsa.gov – search for “Automated Vehicles for Safety”), the Society of Automotive Engineers (SAE) describes six levels of vehicle autonomy. Level 0 is “No Automation: Zero autonomy, the driver performs all tasks.” Level 1 is “Driver Assistance: Vehicle is controlled by the driver, but some driving assist features may be included in the vehicle design.” Level 2 is “Partial Automation: Vehicle has combined automated functions, like acceleration and steering, but the driver must remain engaged with the driving task and monitor the environment at all times.” Level 3 is “Conditional Automation: Driver is a necessity, but is not required to monitor the environment. The driver must be ready to take control of the vehicle at all times with notice.” Level 4 is “High Automation: The vehicle is capable of performing all driving functions under certain conditions. The driver may have the option to control the vehicle.” Finally, Level 5 is “Full Automation: The vehicle is capable of performing all driving functions under all conditions. The driver may have the option to control the vehicle.”

For example, a car that is limited to steering itself hands-free within a single, well-marked lane on a limited access freeway in good weather conditions is not a Level 5, fully self-driving car. That is an automated driving assistance feature.

Automated driving systems can help drivers stay centered in their lanes and avoid making unsafe lane changes; enable vehicles to brake automatically in emergencies, monitor blind spots, alert drivers to cross-traffic and pedestrians behind them, maintain a safe distance behind other vehicles and even park themselves.

At CES 2018 (the Consumer Electronics Show) I took a guided tour of the Aptiv exhibit (<https://www.aptiv.com>) and met with company executives. Kevin P. Clark, President and Chief Executive Officer, explained that Aptiv had been a part of Delphi with “a hundred year legacy developing critical technologies for the automotive industry.”

“We’re perfectly positioned to leverage our architecture or hardware capabilities, as well as our software capabilities to enhance mobility, to make them safer, to make them more connected and, as a part of that, to continue to make them greener.” Aptiv expects the “first large-scale opportunity to make Level 4 self-driving vehicles a reality is expected to come through ride-hailing fleets.”



Transceivers relay traffic light information to the cars in case of poor visibility

To demonstrate this at CES, Aptiv partnered with Lyft, integrating Aptiv’s automated driving platform with Lyft’s smart dispatching technology and its intuitive user app. A fleet of self-driving, Aptiv-equipped BMWs gave free rides from the Las Vegas Convention Center. I rode in one to the Palazzo Hotel, through heavy traffic. It was confidence inspiring, as if a very skilled driver were driving, stopping when a pedestrian stepped



Lyft ride-sharing, self-driving, Aptiv-equipped BMWs

off the curb. During the demonstration a driver monitored the system while keeping her hands near the steering wheel, for safety and to take over control on private property.

Waymo’s (waymo.com) Chrysler Pacifica minivan continuously gathers and manages vast amounts of data. Lidar “sends out millions of laser beams per second to build a detailed picture of the world, all 360 degrees around it. It also uses radar to detect how far away objects are, and their speed; and high resolution cameras detect visual information.” Soon a fleet of these will be deployed as self-driving taxis. Experience a virtual ride for yourself at youtube.com. In its search bar enter “Waymo 360° Experience: A Fully Self-Driving Journey.”

While self-driving cars will probably not be able to avoid all accidents, their widespread deployment will likely result in dramatic reductions in automobile related injuries, fatalities and property damage; and contribute to reduced congestion, fuel usage, vehicle emissions and travel time, and smoother traffic flow. The sooner self-driving cars are in use, the more lives will be saved.

Time spent in self-driving cars may be put to more productive

uses. As drivers become senior citizens, self-driving cars will become an increasingly important factor in their continued mobility.

For more information, search for “Engineering.com – What Tech Will it Take to put Self-Driving Cars on the Road?” Also, on the nhtsa.gov website, search for “Automated Vehicles for Safety” and “Driver Assistance Technologies.”

Send your comments and suggestions to AutoMatters@gmail.com. To see many more photos go to www.drivetribe.com, search for “AutoMatters & More” and click on TRIBES.

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TV Listings

SUNDAY MORNING/AFTERNOON

MARCH 4, 2018

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30
KFMB	CBS News Sunday Morning (N) (CC)	Face the Nation (N)	College Basketball Cincinnati at Wichita State. From Charles Koch Arena in Wichita, Kan. (N)	College Basketball MVC Tournament, Final: Teams TBA. (N) (Live) (CC)	College Basketball Big Ten Tournament, Final: Teams TBA. (N) (Live) (CC)	The Open Road	Judge Judy (CC)												
KFMB2	Paid Program	Mark T. Barclay	Catholic Mass	Face the Nation (N)	Paid Program	San Diego Luxury	Paid Program	Paid Program	Paid Program	The Neighborhood SD	Paid Program	Make: Television (CC)	HouseCalls	Designing Spaces (N)	P. Allen Smith	Small Town Big Deal (CC)	Great Escapes	Raw Travel (CC)	Raw Travel (CC)
KGTV	Good Morning	10News This Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos (N)	Countdown to Oscars, Live! "Part 1" (N) (CC)	Countdown to Oscars, Live! "Part 2" (N) (CC)	Countdown to Oscars, Live! "Part 2" (N) (CC)	Countdown to Oscars, Live! "Part 2" (N) (CC)	Spring Preview	ABC World News	On the Red Carpet at the Oscars A preview of the Academy Awards. (N)	Oscars Opening Ceremony: Live From the Red Carpet (N) (CC)								
KPBS	Rick Steves-Holy Land, Israelis-Palestinians	San Diego: Above and Beyond	Lawrence Welk: Precious Memories Hymns, inspiration, gospel. (CC)	PGA Tour Special: Season Reset (N) (CC)	PGA Tour Golf WGC Mexico Championship: Final Round. From Club de Golf Chapultepec in Mexico City. (N) (Live) (CC)	Paid Program	Paid Program	Forever Painless With Miranda Edmonde-White	Easy Yoga for Diabetes With Peggy Cappy (CC)	Suze Orman's Financial Solutions for You Finding financial solutions. (CC)	Memory Rescue With Daniel Amen, MD (CC)								
KNSD	NBC 7 News To	Meet the Press (N) (CC)	Politically Speaking	Paid Program	PGA Tour Special: Season Reset (N) (CC)	PGA Tour Golf WGC Mexico Championship: Final Round. From Club de Golf Chapultepec in Mexico City. (N) (Live) (CC)	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program
DISN	Vampirina (CC)	Bizaardvark (CC)	Bizaardvark (CC)	Stuck in the Middle	Stuck in the Middle	Andi Mack (CC)	Andi Mack (CC)	Bizaardvark (CC)	Bizaardvark (CC)	Raven's Home (CC)	Raven's Home (CC)	K.C. Undercover (CC)	K.C. Undercover (CC)	Bunk'd (CC)	Bunk'd (CC)	Jessie (CC)	Jessie (CC)	** Hop (2011) James Marsden. (CC)	
ESPN	SportsCenter (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)	College Basketball Atlantic Sun Tournament, Final: Teams TBA. (N) (Live)	College Basketball ACC Tournament, Final:	Basketball	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball SEC Tournament, Final	Basketball	Women's College Basketball Teams TBA. (N) (Live) (CC)	Basketball	Women's College Basketball Teams TBA. (N) (Live) (CC)	Basketball	Women's College Basketball Teams TBA. (N) (Live) (CC)	Basketball	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball Teams TBA. (N) (Live) (CC)	NBA Countdown (N)
ESPN2	E:60	Cheerleading (N)	Cheerleading (N)	Women's Soccer United States vs France. From Red Bull Arena in Harrison, N.J. (N) (Live)	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball Teams TBA. (N) (Live) (CC)	Women's College Basketball Teams TBA. (N) (Live) (CC)
TLC	Say Yes to the Dress	Say Yes to the Dress "I'm Having a Moment"	Say Yes to the Dress (CC)	Say Yes to the Dress (CC)	Say Yes to the Dress (CC)	Say Yes to the Dress (CC)	Say Yes to the Dress (CC)	Seeking Sister Wife "Let the Seeking Begin!" (CC)	Seeking Sister Wife "Risky Business" (CC)	Seeking Sister Wife (CC)	Seeking Sister Wife "13 is Enough!" (CC)	Seeking Sister Wife (CC)	Seeking Sister Wife (CC)	Seeking Sister Wife (CC)	Seeking Sister Wife (CC)	Seeking Sister Wife (CC)	Seeking Sister Wife (CC)	Seeking Sister Wife (CC)	Seeking Sister Wife (CC)
USA	David Jeremiah (CC)	In Touch (CC)	Joel Osteen (CC)	Unsolved: The Murders of Tupac and B.I.G.	Law & Order: Special Victims Unit "Shadow"	Law & Order: Special Victims Unit "Savior"	Law & Order: Special Victims Unit "Shattered"	Law & Order: Special Victims Unit "Behave"	Law & Order: Special Victims Unit "Pursuit"	Law & Order: Special Victims Unit "Pursuit"	Law & Order: Special Victims Unit "Pursuit"	Law & Order: Special Victims Unit "Pursuit"	Law & Order: Special Victims Unit "Pursuit"	Law & Order: Special Victims Unit "Pursuit"	Law & Order: Special Victims Unit "Pursuit"	Law & Order: Special Victims Unit "Pursuit"	Law & Order: Special Victims Unit "Pursuit"	Law & Order: Special Victims Unit "Pursuit"	Law & Order: Special Victims Unit "Pursuit"

CROSSWORD PUZZLE



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

ACROSS

- Animated sitcom about Stan Smith & his family (2)
- "Bad ___"; 2016 Mila Kunis movie
- "___, Dry Place"; 1998 Monica Potter film "What I Like About ___" (2002-06)
- "___ Men" (2007-15)
- "The New Adventures of Christine"
- Actor on "Blue Bloods" (2)
- ___F.; Friday exclamation
- Ignore with contempt
- Poker token
- Poet Eliot's monogram
- "___ the ramparts we watched..."
- Oscar-winning star of "Moonstruck"
- Bartok or Lugosi
- "Chicago ___"
- "Touched ___"
- Otolaryngologist, familiarly
- Suffix for command or pamphlet
- Chen of "Fresh Off the Boat"
- Sofa
- "Leave ___ Beaver"
- Ventimiglia's role on "This Is Us" (2)

DOWN

- ___ Cabrera; "Kevin (Probably) Saves the World" role
- Cow's comment
- World's second-largest bird
- Initials for a Beatle

- James or Scott
- Current letters
- "___ Ordinary Family"
- Choices for "Let's Make a Deal" contestants
- "___ Family"
- "Just Shoot ___"
- Threw water on
- Cold sore site
- Taxi alternative
- 2008 movie for Jessica Alba (2)
- "Two Guys, a ___ Pizza Place" (1998-2001)
- Actor Lee J. ___ of "12 Angry Men"
- Mid-10th-century year
- Playful prank
- Tide type
- Actor Hackman
- Series for Laura Innes, once
- "___ Always Sunny in Philadelphia"
- "___ Z" (2014-15)
- Prefix for sense or fat
- Initials for actor Kilmner
- Prefix for regular or reverent



SUNDAY EVENING

MARCH 4, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30	
KFMB	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (N) (CC)	NCIS (CC) (DVS)	Bull Bull is asked to help a teacher. (CC)	NCIS: Los Angeles (CC) (DVS)	News	Blue Bloods						
KFMB2	Don't Blink	Engagement	The King of Queens	Mike & Molly (CC)	2 Broke Girls (CC)	2 Broke Girls (CC)	Forensic Files (CC)	Forensic Files (CC)	Forensic Files (CC)	Forensic Files (CC)	Seinfeld (CC)	Impractical Jokers	Just for Laughs	Just for Laughs	
KGTV	The Oscars Honors for achievements in film. (N) (Live) (CC)						On the Red Carpet After the Awards Oscar winners, parties. (N) (Live)								
KPBS	NewsHour Wk	SciTech Now (N)	Andrea Bocelli - Landmarks Live in Concert: A Great	R. Steves' Europe	Victoria on Masterpiece Victoria is threatened by a relative. (CC)	You Are Cordially	In Their Own Words "Queen Elizabeth II"	Age Reversed With Miranda							
KNSD	Journey-Dreyer	Nightly News	NBC 7 News at 6	Paid Program	Dateline NBC (N) (CC)	*** Furious 7 (2015, Action) Vin Diesel, Paul Walker. Premiere. A dead man's brother seeks revenge on the Toretto gang. (CC)	NBC 7 News	Sportswrap							
DISN	** Hop (2011) (CC)	** Mr. Popper's Penguins (2011, Children's) Jim Carrey, Carla Gugino. (CC)	** Hop (2011) James Marsden, Voice of Russell Brand. (CC)	** Mr. Popper's Penguins (2011, Children's) Jim Carrey, Carla Gugino. (CC)	Bunk'd (CC)	Bunk'd (CC)									
ESPN	NBA Basketball Philadelphia 76ers at Milwaukee Bucks. From BMO Harris Bradley Center in Milwaukee. (N) (Live)	SportsCenter (N) (Live) (CC)		SportsCenter (CC)		SportsCenter (CC)		SportsCenter (CC)		SportsCenter (CC)		SportsCenter (CC)		SportsCenter (CC)	
ESPN2	Women's College Basketball	Women's College Basketball Pac-12 Tournament, Final: Teams TBA. (N) (Live) (CC)	Hoop Scoop	World Rugby Sevens Series (N Same-day Tape)	ESPN FC (N) (CC)	NBA Basketball									
TLC	Seeking Sister Wife "Blasf from the Past"	Sister Wives (N) (CC) (Part 2 of 2)	Sister Wives (N) (CC) (Part 2 of 2)	Sister Wives "The Truth Comes Out" Maddie has her baby shower. (N) (CC)	Seeking Sister Wife (Season Finale) (N) (CC)	Sister Wives Maddie has her baby shower.									
USA	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	

MONDAY EVENING

MARCH 5, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Kevin Can Wait (N)	Man With a Plan (N)	Superior Donuts (N) (CC)	Living Biblically	Scorpion "Dork Day Afternoon" (N) (CC)	News	Late-Colbert		
KFMB2	The Dr. Oz Show (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	Seinfeld (CC)	DC's Legends of Tomorrow (N) (CC)	iZombie Liv eats the brains of a dowager.	News 8 at 10 (N)	Seinfeld (CC)	2 Broke Girls (CC)				
KGTV	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Bachelor (N) (CC)		The Good Doctor (CC)	10News at 11pm	Jimmy Kimmel				
KPBS	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Antiques Roadshow "Spokane" (CC)	Antiques Roadshow "The Boomer Years"	Independent Lens (CC)	San Diego: Above and Beyond					
KNSD	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "The Blind Auditions, Part 3" The vocalists compete. (N) (CC)	Good Girls "Mo Money Mo Problems"	NBC 7 News	Tonight Show					
DISN	Zombies (2018) (CC)	Bizaardvark (CC)	Jessie (CC)	Jessie (CC)	Bunk'd (CC)	Bunk'd (CC)	Andi Mack	Andi Mack	Bizaardvark (CC)	Bizaardvark (CC)	Gravity Falls (CC)	Gravity Falls (CC)	Stuck/Middle	Bizaardvark (CC)
ESPN	College Basketball	College Basketball WCC Tournament, First Semifinal: Teams TBA. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)
ESPN2	Women's College Basketball	College Basketball Southern Tournament, Final: Teams TBA. (N) (Live)	College Basketball WCC Tournament, Second Semifinal: Teams TBA. (N) (Live)	Jalen & Jacoby	NFL Live (CC)									
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress (CC)	My 40-Year-Old Child (CC)	Girls Who Don't Age (CC)	Counting On "Spurgeon's First Haircut"	Little People, Big World (CC)	Counting On "Spurgeon's First Haircut"	Unsolved: Murders of Tupac and BIG					
USA	NCIS The body of a sailor is found. (CC)	NCIS "Dead Man Talking" (CC)	American Ninja Warrior: Ninja vs. Ninja	WWE Monday Night RAW (N Same-day Tape) (CC)										

TUESDAY EVENING

MARCH 6, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS "Handle With Care" (N) (CC)	Bull Bull tries to help an innocent man. (N)	NCIS: New Orleans "Empathy" (N) (CC)	News	Late-Colbert				
KFMB2	The Dr. Oz Show (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	Seinfeld (CC)	The Flash A nuclear bomb detonates. (N)	Black Lightning (N) (CC)	News 8 at 10 (N)	Seinfeld (CC)	2 Broke Girls (CC)				
KGTV	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Middle	Fresh Off the Boat	blackish (CC)	blackish (CC)	Kevin (Probably) Saves the World (CC)	10News at 11pm	Jimmy Kimmel		
KPBS	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Mister Rogers: It's You I Like "Mr. Rogers' Neighborhood."	In Their Own Words Jim Henson's career.	Frontline "Weinstein" (CC)	R. Steves' Europe					
KNSD	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice The vocalists compete. (N) (CC)	This Is Us (N) (CC)	Chicago Med "Folie à Deux" (N) (CC)	NBC 7 News	Tonight Show				
DISN	Bizaardvark (CC)	Bizaardvark (CC)	Jessie (CC)	Jessie (CC)	Bunk'd (CC)	Bunk'd (CC)	Andi Mack	Andi Mack	Bizaardvark (CC)	Bizaardvark (CC)	Gravity Falls (CC)	Gravity Falls (CC)	Stuck/Middle	Bizaardvark (CC)
ESPN	College Basketball	College Basketball WCC Tournament, Final: Teams TBA. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)
ESPN2	College Basketball	College Basketball Summit League Tournament, Final: Teams TBA. (N) (Live)	Tennis Tie Break Tens: New York. From Madison Square Garden in New York. (Taped)	30 for 30 (CC)										
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes: Wedding SOS (CC)	My Big Fat Fabulous Life (N) (CC)	My Big Fat Fabulous Life (N) (CC)	Counting On "Spurgeon's First Haircut"	Seeking Sister Wife "Blasf from the Past"	My Big Fat Fabulous Life (CC)	Unsolved: Murders of Tupac and BIG	Law & Order: Special Victims Unit (CC)				
USA	Law & Order: Special Victims Unit (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	WWE SmackDown! (N Same-day Tape) (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)

WEDNESDAY EVENING

MARCH 7, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Survivor "Only Time Will Tell" (N) (CC)	SEAL Team "No Man's Land" (N) (CC)	Criminal Minds "Annihilation" (N) (CC)	News	Late-Colbert				
KFMB2	The Dr. Oz Show (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	Seinfeld (CC)	Riverdale (N) (CC)	Life Sentence "Pilot" (Series Premiere) (N)	News 8 at 10 (N)	Seinfeld (CC)	2 Broke Girls (CC)				
KGTV	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Goldbergs (N)	Speechless (N)	Designated Survivor "The Final Frontier"	10News at 11pm	Jimmy Kimmel				
KPBS	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Nature (CC)	NOVA (CC) (DVS)	Age Reversed With Miranda						
KNSD	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Blacklist Liz works a new angle.	Law & Order: Special Victims Unit (N) (CC)	Chicago P.D. "Profiles" (N) (CC)	NBC 7 News	Tonight Show				
DISN	Bizaardvark (CC)	Bizaardvark (CC)	Jessie (CC)	Jessie (CC)	Bunk'd (CC)	Andi Mack	Andi Mack	Bizaardvark (CC)	Bizaardvark (CC)	Gravity Falls (CC)	Gravity Falls (CC)	Stuck/Middle	Bizaardvark (CC)	
ESPN	NBA Basketball Toronto Raptors at Detroit Pistons. From Little Caesars Arena in Detroit. Mich. (N) (Live)	NBA Basketball Cleveland Cavaliers at the Pepsi Center in Denver. (N) (Live)	Denver Nuggets. From SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	NFL Live (CC)	NBA Basketball: Cavaliers at Nuggets								
ESPN2	College Basketball	College Basketball ACC Tournament, Second Round: Teams TBA. (N) (Live)	SportsCenter (N)	SportsCenter (N) (Live) (CC)	NFL Live (CC)	NBA Basketball: Cavaliers at Nuggets								
TLC	My 600-Lb. Life "Brittani & Sean" (CC)	My 600-Lb. Life (Part 1 of 2)	My 600-Lb. Life (Part 2 of 2)	My 600-Lb. Life "Tamy Lyn's Story" Tamy becomes a hermit. (N) (CC)	My 600-Lb. Life: Skin Tight (CC)	My 600-Lb. Life Tamy becomes a hermit. (CC)								
USA	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	** The Wedding Ringer (2015, Comedy) Kevin Hart, Josh Gad, Affion Crockett.	** The Wedding Ringer (2015, Comedy) Kevin Hart, Josh Gad, Affion Crockett.	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)

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

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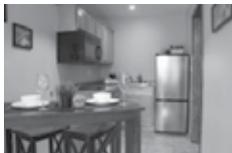
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CHAOS TO ORDER.
CONFUSION TO
CLARITY.

-Melody Beattie

INTERPERSONAL EDGE: Fear is the key to workplace treasures

by Dr. Daneen Skube

*Q. My industry seems to be melting down and constantly chang-
ing. I used to think I knew what I was doing, but now I start my
day intimidated about everything I cannot predict or know. How do
you keep functioning when every day at work is another long day
of being afraid?*

A. You can learn to function well with fear if you make fear your
ally instead of your adversary. Joseph Campbell, wise author and
professor once said, "The cave you fear to enter holds the treasure
you seek."

All human beings tend to run away from what scares us and toward
what is familiar. From an evolutionary perspective, our species has
survived because our fear can keep us alive. However, in modern
times familiarity is what can kill us or at least stunt our evolution.
Most of the goodies in the workplace require you to go off the beaten
map into the area where you fear there may be dragons.

Even the explorers of premodern times had to risk falling off the
flat earth, failing and getting lost. However, they took these risks with
an eye for what they could gain - not just what they might lose.

Obviously, taking stupid risks in the workplace is not what I am
recommending. You should be scared of yelling at your boss, break-
ing the law or violating professional codes of conduct.

The long list of what people are scared of at work, however, also
includes change, failure, upsetting anyone, being unpopular and look-
ing stupid. Again most of the goodies at work are going to require
risking one of the items on this list eventually.

Fear is part of the fundamental human experience so that we are
encouraged to stay above ground. I saw a T-shirt once with the slogan
on the front side of shirt, "No Fear!" and on the back the slogan,
"Really Stupid!" It's important to know that failing, being unpopular
or upsetting people really won't kill us. **Emotional discomfort is a
temporary problem, not a survival issue.**

The older we get, the more we understand that everyone has fear.
Some people are just better at going after what they want while they
have fear. Others have fear but allow it to freeze them up so they never
pursue anything interesting. Next time you are afraid, you can decide
that you have fear but fear does not have you. You can let your fear
challenge you to be more, do more and try something new.

The last word(s)

*Q. My office seems to always have deadlines that are on fire. I
get tired of running around like a chicken, requiring coworkers to
manage emergencies that are mostly lack of proactivity. Any way
to stay productive and sane when constant emergency is the normal
state at work?*

A. Yes, slow down, breathe and at least try to appear calm.
Ironically, people will move more quickly when you say, "Take your
time," than when you look hysterical and frenetic.

Love is a four legged word

MY PET WORLD:

Obedience training essential to correct overprotective dogs



Marble is a seven year old neutered cat who weighs 9.6 lbs. The shelter has been a stressful place for him, so he might give an initial anxious hiss when you first open his cage. But give him some pets, and a minute to warm up to you, and he becomes a non-stop purr machine. He'll even roll around in his bed and nudge your hand for more attention. Marble enjoy having his long, silky black fur brushed and will require regular grooming to maintain his handsomeness. Please come meet Marble today, just ask for ID#A1827027 Tag#C893. Marble can be adopted for \$35.



Rudy is a ten years young neutered Chihuahua who weighs 8 lbs. This loveable little guy arrived to the shelter as a stray and wants nothing more than a cozy lap to snuggle up with. Rudy's white face may make him look like an old man, but like most small dogs, he could live a long happy life, and still has many more years of to be your loving companion. Meet Rudy by asking for ID#A1826188 Tag#C727. He can be adopted for the Senior Fee of \$35, and this fee is waived for Seniors looking to adopt Senior Pets! You can visit these animals and their many other friends at our Central County Shelter, 5480 Gaines Street, San Diego between the hours of 9:30AM to 5:30PM, Tuesday through Saturday. Visit <http://www.sddac.com> for more information and contact the shelter with questions and for holiday hours.

by Cathy M. Rosenthal
Dear Cathy,
I have a Havanese dog who is approximately 7 years old. My daughter and I adopted him from North Shore Animal league five years ago, but since she moved out he's become very attached to me. He is very loving. He follows me all over and sleeps with me. He is walked at least three times a day. The problem is, he can sometimes become very aggressive and bark and growl when he sees strangers on our walks through the neighborhood. Sometimes, I take him to the beach with me and he will sit quietly next to me, but if someone approaches us, he will growl and bark in a very aggressive manner. I am always very careful with him, especially around children who he does not seem to like either. He is also very aggressive toward my significant other when I'm around, but during the day when I'm not home he is fine with him. - Toby, Syosset, NY

Dear Toby,
You have an overprotective dog. While that trait might be great if you are in a danger, it's

not a welcome trait in the everyday life of a family dog.

Sometimes, without knowing it, dog owners reinforce overprotective behaviors simply by not correcting a behavior when it happens. Correcting a behavior is basically not letting him get away with it. It's a verbal correction of "no," and removing him from the situation so he can't continue the behavior. Saying "no" at the beach for example, might make him stop growling, but it doesn't make him stop looking at the people around you who he sees as a threat. His eyes need to be focused on you, so he can learn from your body language and voice and tone as to whether a situation needs his attention.

The good news is, your Havanese is a very smart and trainable dog, so through obedience training, you can teach him to shift his gaze from looking outward to always looking to you for instructions on how to behave. Begin teaching him to look at you by saying his name about 25 times in a row during one to two-minute training sessions held three times a day.

When he makes eye contact, click a clicker and give him a tiny treat. When he makes eye contact every time you say his name, than use the clicker to train him to "sit" and "down," again doing this several times a day. Don't worry about "stay" right now. Do these sessions quickly, so he doesn't have time to think about anything else but what you are asking him to do.

Next, if he barks and growls at anyone while you are walking him on a leash, you have two options. One is to stop abruptly, turn, and walk in the other direction. If you do this even when no one is around, he will begin to think he better pay attention to you.

The other option, which I use frequently when my dog barks at other dogs or people, is to step in between him and the thing he is barking at, ask him to sit, and then turn with my back to him, but facing the perceived "threat." Keep the leash tight so he can't get in front of you or peak his head around you. The idea behind this is to let him know you got this, and you don't need him to protect you, and that

it's actually your job to protect him. Again, you are letting him know it's OK to relax and leave things up to you.

Finally, never force him to interact with people, but socialize him little by little. Determine how far away people need to be before he relaxes and give him treats for relaxing. Slowly move closer to people as he progresses, always giving him a treat for staying calm around people. Stay vigilante with this training, and you will begin to reshape his behavior.

Dear Cathy,
How do I get a feral cat to use the litter box? He comes in the house and is very affectionate, but one problem he will not use the litter pan. He goes on my carpet. Help! - Gloria, Center Valley, PA

Dear Gloria,
It can be difficult to get a feral cat to use the litter box, but you can purchase what's called "a litter box attractant" that you can sprinkle to your litter to attract him to the box. I would also add a second litter box, so he has two places to go.



Frozen (2013)

PG | 1h 42min
| Animation, Adventure, Comedy

When the newly-crowned Queen Elsa accidentally uses her power to turn things into ice to curse her home in infinite winter, her sister Anna teams up with a mountain man, his playful reindeer, and a snowman to change the weather condition.

Stars: Kristen Bell, Idina Menzel, Jonathan Groff

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

Thursday, March 1
5:00 PM Frozen

Friday, March 2
5:00 PM Captain America: The Winter Soldier

Saturday, March 3
5:00 PM Divergent

Sunday, March 4
5:00 PM Oculus

Thursday, March 8
5:00 PM The Amazing Spider-Man

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

Thursday, March 1
11:00 AM Ice Age: Collision Course
5:00 PM Jigsaw

Friday, March 2
5:00 PM It

Saturday, March 3
2:00 PM Only The Brave
5:00 PM Blade Runner 2049

Sunday, March 4
5:00 PM Justice League

Monday, March 5
5:00 PM Home Again

Tuesday, March 6
11:00 AM Planes: Fire and Rescue
5:00 PM A Bad Moms Christmas

Wednesday, March 7
5:00 PM Thor: Ragnarok

Thursday, March 8
11:00 AM Shrek
5:00 PM American Assassin

Movies at the Bases

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

Thursday, March 1
12:00 PM Navy's Got Talent Auditions ~ sign up at www.navylifesw.com

Friday, March 2
6:00 PM Winchester: The House that Ghosts Built
8:00 PM The Shape of Water

Saturday, March 3
6:00 PM SPECIAL EVENT
Navy's Got Talent LIVE Show, 6-9 pm

Sunday, March 4
1:00 PM Paddington 2
3:00 PM Maze Runner: The Death Cure
5:00 PM 12 Strong
8:20 PM Winchester: The House that Ghosts Built

Monday, March 5
6:00 PM Winchester: The House that Ghosts Built
8:00 PM The Shape of Water

Tuesday, March 6
6:00 PM Paddington 2
8:10 PM Maze Runner: The Death Cure

Wednesday, March 7
6:00 PM Theater Closed: Training Event

Thursday, March 8
6:00 PM Winchester: The House that Ghosts Built
8:00 PM The Post

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

Thursday, March 1
5:40 PM Den of Thieves
8:20 PM The Post

Friday, March 2
5:50 PM Winchester: The House that Ghosts Built
7:50 PM The Shape of Water

Saturday, March 3
12:50 PM Paddington 2
2:50 PM Winchester: The House that Ghosts Built
5:40 PM The Shape of Water
8:10 PM Den of Thieves

Sunday, March 4
12:40 PM Paddington 2
2:40 PM Maze Runner: The Death Cure
5:50 PM Winchester: The House that Ghosts Built
7:50 PM 12 Strong

Monday, March 5
6:00 PM Theater Closed

Tuesday, March 6
5:50 PM Winchester: The House that Ghosts Built
7:50 PM The Shape of Water

Wednesday, March 7
5:40 PM Den of Thieves
8:20 PM Winchester: The House that Ghosts Built

Thursday, March 8
5:50 PM The Commuter
8:00 PM 12 Strong

Bob Hope Theatre 858-577-4143 *Indicates last showing

1-Mar Thurs 6:30 PM *Downsizing-R
2-Mar Fri 6:30 PM The Shape of Water -R
9:00 PM Winchester PG-13
3-Mar Sat 3:00 PM Maze Runner: The Death Cure PG-13
6:30 PM 8:13 PM Paddington 2-PG
9:00 PM PM The Post PG-13
4-Mar Sun 1:00 PM 12 Strong -R
6:30 PM Den of Thieves-R
7-Mar Wed 6:30 PM *The Post PG-13
8-Mar Thurs 6:30 PM *Paddington 2-PG



Around Town

Cuisine for Kids fundraiser at Boys & Girls Clubs of Oceanside, March 1, 5:30-8pm. www.bgcoceanside.com

Jeff Dunham at Valley View Casino Center, March 1, 7pm. www.valleyviewcasinocenter.com

Pierre Laurent-Aimard at Balboa Theatre, March 1, 8pm. www.sandiegotheatres.org

Pacific Coast Men's Doubles Championship at La Jolla Beach and Tennis Club. March 1-4 www.ljbtc.com

The Flower Fields in Carlsbad. March 1-May 13 www.theflowerfields.com

Mickey Cafagna Memorial Golf Classic at Rancho Bernardo Inn. Shotgun start at March 2, 8:30am. www.rancho-bernardo-inn.mytruesite.com

Foreign Film Friday: The Sea Inside at Ruby G. Schulman Auditorium, March 2, 4 & 7pm. Free admission. www.carlsbadca.gov

San Diego Gulls vs. Ontario Reign at Valley View Casino Center, March 2, 7pm. www.sandiegogulls.com

Los Angeles Clippers vs. New York Knicks at Staples Center, March 2, 7:30pm. Watch on Fox Sports Prime Ticket. www.nba.com/clippers

Broadway San Diego presents Stomp at Balboa Theatre. March 2-4 www.sandiegotheatres.org

Spring Home/Garden Show at Del Mar Fairgrounds. March 2-4 www.springhomegardenshow.com

JCompany Youth Theatre presents Disney's Beauty & the Beast at David & Dorothea Garfield Theatre, La Jolla. March 2-18 www.sdjc.org

Busker Festival Step right up: the Seaport Village Spring Busker Festival is making its return to the San Diego waterfront on Saturday, March 3 and Sunday, March 4. Attracting hundreds of applicants from around the world, the free festival will welcome nine of the best street performers for an entertainment-filled weekend. The event runs from noon to 6 p.m. both days, with a special Buskers After Dark performance on Saturday, March 3 from 7 to 10 p.m. featuring a DJ, food and beer specials and busker acts best suited for those over 18 (i.e. lots of adult humor, beer specials and insane fire tricks).

Scholastic Surf Series: San Diego High School Divisions 3 & 4 at La Jolla Shores. March 3 www.surfsss.org

Finish Chelsea's Run at Balboa Park, March 3, 7:30am. www.chel-seaslight.org

Sunrise Surprise Stroll at San Diego Zoo, March 3, 7:30-9am. www.sandiegozoo.org

Colon Cancer Alliance Undy Run/Walk at De Anza Cove, Mission Bay Park, March 3, 8:30am. www.ccalliance.org/sandiego

The Biocom Institute Festival of Science & Engineering EXPO Day at Petco Park. Free admission. March 3 www.lovestemsd.org

Pala Paint & Sip at Pala Casino, Spa & Resort, March 3, 1pm. www.palacasino.com/entertainment

San Diego Humane Society Canine Ambassador Meet & Greet at Museum of Man, March 3, 1-2:30pm. www.museumofman.org/exhibits/living-with-animals

KinderNights at San Diego Zoo, March 3, 6-7:30pm. www.sandiegozoo.org

San Diego Sockers vs. El Paso Coyotes at Valley View Casino Center, March 3, 7:05pm. www.sdssockers.com

Daebreon Poema: The Reason Why I Sing at Moonlight Amphitheatre, March 3, 7:30pm. www.moonlightstage.com

La Jolla Music Society presents Ax - Kavakos - Ma at Copley Symphony Hall, March 3, 8pm. www.sandiegosymphony.org

San Diego Festival of Science & Engineering at various locations

in San Diego County. March 3-11 www.lovestemsd.org

New Wind & Water: Sailing in San Diego photography exhibit opens at Maritime Museum of San Diego March 4 Maritime Museum of San Diego, home to one of the world's finest collections of historic vessels, from sail to steam to submarine, announces the opening of Wind & Water: Sailing in San Diego. The Museum is proud to introduce this rare new photographic collection of historic, classic, and wooden yachts racing and sailing in San Diego. The exhibit includes an impressive body of work to amaze and inspire visitors about sailing and San Diego Bay from America's Cup to historic Museum vessels to traditional wooden boats sailed for recreation on the waterfront. The exhibit opens Sunday, March 4 in Star of India Hold Gallery and is included with general admission. Star of India is the world's oldest active sailing ship and one of 10 historic vessels guests explore with admission to the Maritime Museum of San Diego. In the new exhibit Wind & Water: Sailing in San Diego, images from international yachting and nautical sport photographer, Bobby Grieser, are paired with photographs from his close sailing and photography master friend Mark Albertazzi. Dr. Raymond Ashley, Ph.D., K.C.I., President/CEO of the Maritime Museum of San Diego, describes Wind & Water: Sailing in San Diego as "a passionate example for both sailing and photography fostered by a deep friendship with two of the industry's most renowned nautical photographers." Visitors can purchase tickets online at sdmaritime.org, call (619) 234-9153 ext.101 or visit the Maritime Museum of San Diego Ticket Booth and Gift Shop located on the North Embarcadero in downtown San Diego.

Encinitas Half Marathon Expo at Moonlight Beach. March 4 www.encinitashalfmarathon.com

St. Patrick's Day Half Marathon, 5K Walk & Green Mile Fun Run in downtown El Cajon. March 4 www.stpatrickshalfmarathon.com

Enjoy Garden Tapestries at San Diego Botanic Garden Daily, NOW - March 31, 2018, 9 am - 5 pm. San Diego Botanic Garden. Ecke Building. 230 Quail Gardens Drive. Free with paid admission or membership. Garden Tapestries from Ramses Wassef Art Center in Giza, Egypt. Back by popular demand are the garden-themed tapestries from the Ramses Wassef Art Center in Giza, Egypt! The Egyptian artists in this exhibit vividly celebrate the flowers of the desert, villages and Nile River in their work. These tapestries are available for purchase with most of the proceeds going to support the artists - many of whom work on these tapestries for up to 2 years! Last year, these tapestries almost completely sold out. Come early for the best selection. Some dates/times the Tapestry exhibit will be closed due to previously scheduled meetings. Please call our Welcome Center at 760/436-3036 x227. Info: <http://www.sdbgarden.org/artshows.htm> San Diego Botanic Garden is lo-

cated at: 230 Quail Gardens Drive Encinitas, CA 92024. SDBGarden.org

DOG FESTIVAL: Bark in the Park March 17, 2018 * 8:30 a.m.-1:30 p.m. Live Oak Park, 2746 Reche Road Fallbrook, Ca. Register on line or at parkliveoakdogpark.com Blessing of Animals & registration= 8:30-9:00 a.m.

Talk for the community. Sun, March 24, 2 pm. Free. Melanie Wahlberg will share: "Never alone: How spiritual ideas work in us". You'll discover that by praying to God for help, we open up to receive divine ideas and feel the presence of God in tangible ways, ways that change our lives and our health for the better. First Church of Christ, Scientist, Chula Vista, 41 "I" Street. (619) 422-6400.

Port Of San Diego's 2018 Day At The Docks Celebrates San Diego Sportfishing on Sunday April 15th The Port of San Diego's Day at the Docks® on Sunday April 15, 2018, the FREE waterfront festival that celebrates the official start of San Diego's spring saltwater sportfishing season will take place against the colorful backdrop of San Diego's fleet of 70 sportfishing boats on San Diego Bay. It is the largest sportfishing festival in the country and celebrates the world's largest and most modern sportfishing fleet. From 9 AM to 5 PM, Day at the Docks® will feature open house aboard fleet vessels, boat rides around the bay, casting contests, prizes, displays of fishing tackle, boats, apparel and art. There are fishing seminars, cooking demonstrations, marine retailers, a FREE stocked fishing area for children, a hands-on marine art contest for kids, music, food and live entertainment. Admission to the festival is absolutely FREE! There is free parking on Shelter Island with free, frequent shuttles to and from the festival. Complete information is available on the website: www.sportfishing.org

Omarr's weekly Astrological forecast

ARIES (March 21-April 19): During the week ahead you may realize who has truly been your friend during the past few weeks. Just because someone only sits on the sidelines does not mean they are not trustworthy.

TAURUS (April 20-May 20): You may want more than you get this week. Don't be disappointed if a budding relationship doesn't fulfill your wildest dreams. Be happy if you have made a new friend.

GEMINI (May 21-June 20): You will not be at a loss for words in the week to come. You may be more imaginative than usual and find it easy to voice your inner musings. Intuition may win out over logic.

CANCER (June 21-July 22): You will intuitively do the right thing when meeting with friends or business associates this week. Sympathy and kindness are good tools to use to help people understand different perspectives.

LEO (July 23-Aug. 22): In the week ahead you may be inspired by a partner or longtime companion to achieve material success. It is possible that you become fascinated by the things that other people own.

VIRGO (Aug. 23-Sept. 22): Those in close connection probably have your best interests at heart. Fleeting doubts are only natural but don't let these minor worries undermine a solid relationship in the week ahead.

LIBRA (Sept. 23-Oct. 22): Restrain yourself. A romantic relationship might be based on the thrill of the chase. Your ardor might not be matched if you attempt to put the moves on the latest heartthrob this week.

SCORPIO (Oct. 23-Nov. 21): Compromise becomes you. You know how to honey coat your words so that even your most

uncharitable adversary will be convinced by your sincerity. Avoid impulsive spending this week.

SAGITTARIUS (Nov. 22-Dec. 21): Fight against frittering away your financial security. Put small economies into place during the week ahead to achieve stability. Friends may tempt you to excessive spending.

CAPRICORN (Dec. 22-Jan. 19): Take time to brew an idea the old-fashioned way. Although you want a goal achieved as quickly making as a cup of instant coffee you may need extra thinking time this week.

AQUARIUS (Jan. 20-Feb. 18): Hook up with those who meet your high standards. Career, school work, job, or business can make heavy demands, but can also provide bountiful rewards as the week unfolds.

PISCES (Feb. 19-March 20): Enjoy nourishment, not nonsense. You won't build muscle on a steady diet of candy. Useful ideas are created this week through stimulating conversation and a diet of empowering information.

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18 www.armedforcesdispatch.com THURSDAY, MARCH 1, 2018

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Concerts

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

March

Pierre-Laurent Aimard. Thurs, March 1, 8pm. Classical piano. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

Tokio Hotel. Thurs, March 1, 8pm. Electro pop quartet. City National Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. citynationalgroveofanaheim.com

Los Tigres del Norte. Sat, March 3, 8pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741

Celebrating David Bowie. Tues, March 6, 7:30pm. Covers. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

311. Tues, March 6. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Brogue Wave. Wed, March 7, 4 & 7pm. FREE. Celtic Rock/World. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Herbie Hancock. Wed, March 7, 7pm. Jazz/Pop. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

New Politics. Thurs, March 8. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Bria Skonberg. Fri, March 9, 7:30pm. \$25-\$40. Jazz/World. Trumpeter & singer. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Steve Aoki with Designer. Fri, March 9. Shrine Auditorium, 665 West Jefferson Blvd, Los Angeles. AXS.com 888-929-7849

The Ten Tenors. Sat, March 10, 7:30pm. Classical. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

iHeart Radio Music Awards. Sun, March 11, 5pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741

George Kahumoku Jr. Sun, March 11, 7:30pm. \$32-\$42. Folk/World/Slack Key Guitar.

Hawaii's Renaissance Man. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Lorde. Wed, March 14, 7pm. Staples Center, 1111 S. Figueroa St, Los Angeles, CA 90015. www.staplescenter.com

Pat Benatar and Neil Giraldo. Thurs, March 15, 8pm. Cerritos Center, 12700 Center Court Dr.

Cerritos, Orange County. (800) 300-4345.

Los Lobos. Fri, March 16, 8pm. Latin/Rock. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

Chris Botti. Sat, March 17, 8pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345.

An Evening with the Piano Guys. Fri, March 23. Shrine Auditorium, 665 West Jefferson Blvd, Los Angeles. AXS.com 888-929-7849

My Love. Sat, March 24, 7:30pm. Vietnamese. Pala Events Center, 11154 Hwy 76 Pala CA 92059 • 877-WIN-PALA (877-946-7252)

Michael Schenker Fest. Sun, March 25, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. www.grove-of-anaheim.com

Kid Rock. Sat, March 24, 7:30pm. Mandalay Bay Events Center, Las Vegas, NV.

Aaron Lewis. Tues-Wed, March 27-28, 8pm. Age 21+. Country. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon, CA. 92019. (619) 445-6002.

George Clinton. Wed, March 28. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Commodores. Thur-Fri, March 29-30, 8pm. Age 21+. Funk/pop. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon, CA. 92019. (619) 445-6002.

The King Romeo Santos. Fri-Sat, March 30-31, 8pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741

April

Romeo Santos. Tues, April 3, 7pm. Latin/pop. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

Martin Luther King, Jr. Community Choir. Wed, April 4, 7pm. FREE. Standards., California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

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

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

kheatre.com

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

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

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

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

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

Gloria Trevi with Alejandra Guzman. Sat, April 14, 8pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com

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

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

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

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

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

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

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

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

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