Weekly Contest
Enter for a chance to win San Diego Boat Show tickets.
See page 4

The Meat & Potatoes of Life
This week, military spouse/columnist Lisa Smith Molinari chats about 'Heartbreak Fridge.'
See page 8

Around Town
From the border to PB, OB and OC, check out what's happening in arts & entertainment this weekend.
See pages 22

Navy Marine Corps Coast Guard Army Air Force
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FIFTY SIXTH YEAR NO. 52
THURSDAY, JUNE 8, 2017

Bunker Hill & Jackson arrive in Portland for Rose Festival

by Roglenna Anderson

PORTLAND, Ore. - Sailors on board Navy guided-missile cruiser USS *Bunker Hill* and littoral combat ship USS Jackson are scheduled to arrive in Portland June 8 for the annual Rose Festival Fleet Week.

The ships will cruise along the Willamette River and moor between the Steel and Burnside Bridges.

Bunker Hill and *Jackson*, along with three U.S. Coast Guard vessels and two ships from the Royal Canadian Navy, will be in the city through June 12 offering public tours and participating in the annual festivities.

The Portland visit offers the public an opportunity to take a tour of the ships and meet Sailors and Coast Guardsmen as they showcase the ships' capabilities. It also gives the public a chance to gain a better understanding of how the sea services support the national defense of the United States and freedom of the seas.

As part of the week's festivities, the Navy will also host an energy and environmental exhibit at Tom McCall Waterfront Park from June 9-11. The display will showcase the Navy's ocean protection, wildlife conservation and marine mammal research efforts, solar/wind energy projects, synthetic fuels testing, and other programs that help protect the environment and optimize energy use as we carry out our national security mission.

Visitors can collect free posters, stickers, magnets, worksheets for kids, and other educational materials. Stewie, the Navy's environmental turtle mascot, will be onsite to entertain families and provide free "selfie" opportunities.

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For more information facebook.com/KnottsBerryFarm/ or go to www.knotts.com.

San Diego-based ships join *Nimitz* group for deployment

SAN DIEGO - Ships and units from the *Nimitz* Carrier Strike Group (CSG) departed San Diego for a regularly scheduled deployment June 5.

This is a previously planned, routine deployment and not in response to any specific incident or regional event.

Prior to deploying from San Diego, aircraft carrier USS *Nimitz* (CVN 68), USS *Kidd* (DDG 100), and USS *Shoup* (DDG 86) departed their homeports of in Washington state for a brief stop at Naval Air Station North Island to meet up with other ships and units of the carrier strike group.

Additional Nimitz CSG ships include the San Diego-based USS *Howard* (DDG 83), USS *Pinckney* (DDG 91), and USS *Princeton* (CG 59).

Nimitz embarked the aviation squadrons of Carrier Air Wing 11, NAS Lemoore-based "Argonauts" of Strike Fighter Squadron (VFA) 147, "Black Knights" of VFA 154, "Blue Diamonds" of VFA 146, and the San Diego-based "Death Rattlers" of Marine Fighter Attack Squadron (VMFA) 323, to name a few.

"This deployment is the culmination of months of intensive training and preparations," said Rear Adm. William D. Byrne Jr., commander, CSG 11. "The *Nimitz* Strike Group stands ready to respond to a wide variety of contingencies, be that a humanitarian disaster or a regional incident. We're honored to be in this position to answer the nation's call to duty."

The strike group deploys with approximately 7,500 Sailors and will focus on maritime security operations and theater security cooperation efforts.

Murtha family legacy continues with promotion aboard USS John P. Murtha

by MCSN Nicholas R. Burgains

SAN DIEGO The Marine Corps promoted 1st Lt. James A. Murtha to the rank of captain during a ceremony aboard USS *John P. Murtha* (LPD 26), June 1.

Murtha is the grandnephew of the ship's namesake and received the officer's oath from his father, retired Col. Brian Murtha.

The ship is named in honor of John P. Murtha, who served 37 years in the Marine Corps, earning two Purple Hearts and a Bronze Star with Valor during his service. He later represented Pennsylvania's 12th Congressional District for over 20 years until his death in 2010.

"It's a honor to be promoted to captain in the Marine Corps when uncle Jack [John P. Murtha] was also in the Marine Corps," said Murtha. "To get promoted on his ship, is an absolute honor and privilege."

These types of opportunities are rare within any branch of the military.

"The crew and myself are all really proud to be able to be able to hold this promotion ceremony for Captain Murtha," said Navy Capt. Kevin Parker, USS *Murtha*'s commanding officer. "It's really special for us to have a Murtha family member here and to see the family continuing the commitment to serving the country and making a difference."

The *Murtha* is currently home ported in San Diego and hosted members of Murtha's family, Marines from his battalion and Sailors from the ship's crew.

Murtha has been a commissioned officer for five years and is currently a series commander with the first recruiting battalion at Marine Corps Recruit Depot San Diego.

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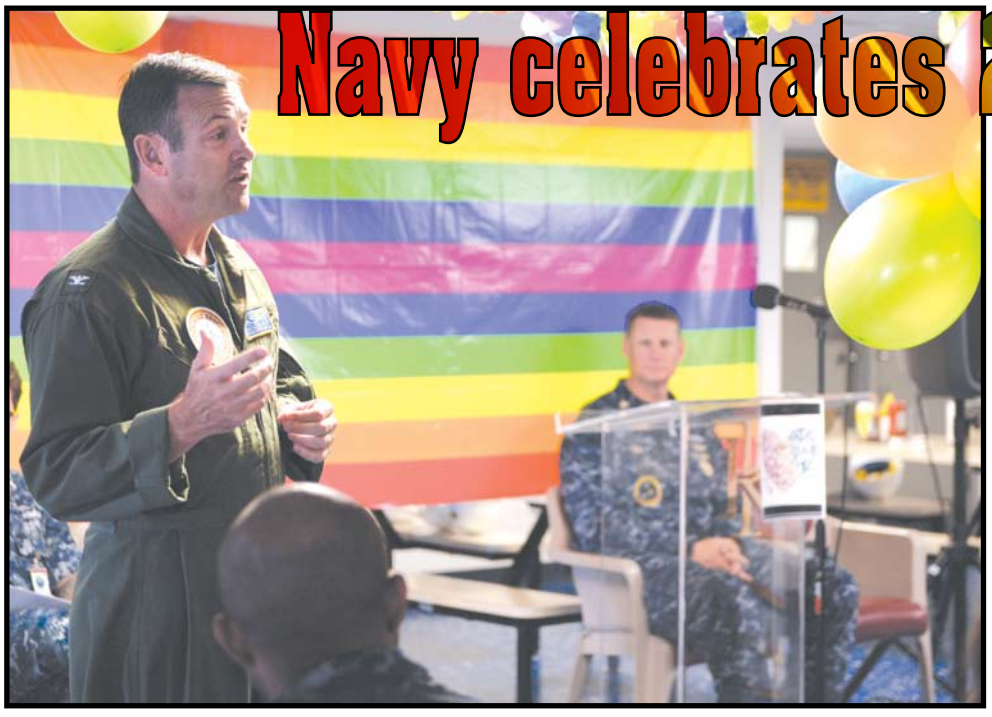
Navy celebrates 2017 LGBT Pride Month



Capt. Craig Clapperton, commanding officer of USS *Theodore Roosevelt* (CVN 71), speaks about the importance of Lesbian, Gay, Bi-sexual and Transgender (LGBT) celebration. *Theodore Roosevelt* is currently moored and homeported in San Diego and is undergoing a scheduled Planned Maintenance Availability.

Navy photo by MC3 Alex Millar

WASHINGTON - The Navy joins the nation in recognizing Lesbian, Gay, Bisexual, and Transgender (LGBT) Pride Month throughout June.

ALNAV 006/17 encourages participation in all the heritage celebrations and special observances throughout the year. The Department of Defense (DoD) began observing LGBT Pride Month in 2012.

Initially established as "Gay and Lesbian Month" by Presidential Proclamation in 2000, LGBT Pride Month recognizes the accomplishments of the lesbian, gay, bisexual and transgender community.

The LGBT community is part of One Navy Team that contributes their diverse talents, skills and service to the strength of the force.

"To remain the finest seagoing fighting force, the Navy needs men and women who are the right fit for the right job regardless of race, gender, sexual orientation, creed or gender identity," said Capt. Candace Eckert, Special Assistant for Inclusion and Diversity. "Our goal is to ensure that the mission is carried out by the most qualified and capable Sailors. If an individual can meet the Navy's standards, they should be afforded the opportunity to be part of the One Navy Team."

The Navy is committed to recruiting and retaining top talent regardless of race, class, sex or background. A diverse, inclusive environment allows diversity of thought and innovation to thrive.

In 2016, the DoD instituted a policy change allowing transgender individuals to serve in the military as their preferred gender.

For service members, repeal of Don't Ask, Don't Tell in 2011 allowed gay, lesbian and bisexuals to serve openly in the United States Armed Forces.

For more information about LGBT Pride Month, visit: *http://www.deomi.org/human-relations/special-observances.cfm.*

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THURSDAY, JUNE 08, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4644	C40	09:00	ALBERTS(121)
CNV 4626	C40	14:31	GALVESTON, TX(82), OCEANA(82)

FRIDAY, JUNE 09, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4502	C40	12:51	KEY WEST(121)

SATURDAY, JUNE 10, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4882	C40	09:00	KEY WEST(121)

SUNDAY, JUNE 11, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 3322	C130	11:30	NORFOLK(25), ANDREWS(25)

MONDAY, JUNE 12, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4925	C40	09:00	NORFOLK(121)

Senior Chief results are out

Advancements and Promotions

CHIEF OF NAVAL PERSONNEL (June 1, 2017) - Congratulations to all the new senior chief petty officers.

For other career information and advancement quotas, go to ***http://www.navy.mil/ah_online/deptStory.asp?dep=10&id=100787***. **More in this department:** Spring Petty Officer Advancement Results Released, FY18 Full Time Support and SELRES E-7 Board Convenes-Quotas Released, Petty Officer Advancement Quotas, FY 18 Active Duty E-8 Quotas Released, FY-18 Active Duty E-9 Quotas Released, FY-17 Cycle 233 Reserve Senior and Master Chief Quotas, Fall Petty Officer Advancement Results Released, Fall Petty Officer Advancement Quotas, and FY-17 Active Duty Chief Results.

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SDF begins Raqqa offensive, progress continues in Mosul

SOUTHWEST ASIA - The Syrian Democratic Forces and their Syrian Arab Coalition partners launched the offensive to unseat the Islamic State of Iraq and Syria from its so-called "capital" of Raqqa in northern Syria June 6.

The SAC and SDF began marching on Raqqa in November and have been rapidly tightening the noose around the city since their air assault behind enemy lines in coalition aircraft in March to begin the seizure of Tabqah.

Iraqi special ops soldiers rappel out of an Iraqi helicopter during a demonstration by the Special Tactics Unit for Iraqi and coalition commanders. photo by Capt. Joseph M. Booth

The multi-ethnic SDF is the coalition's local ground force partner in the fight against ISIS in northern Syria and they have proven themselves in Manbij, Tabqah and countless other towns and villages across northwest Syria over the past two years.

Lt. Gen. Steve Townsend, the commander of Operation Inherent Resolve, said the fight for Raqqa will be long and difficult, but the offensive would deliver a decisive blow to the idea of ISIS as a physical caliphate saying, "It's hard to convince new recruits that ISIS is a winning cause when they just lost their twin 'capitals' in both Iraq and Syria," he said.

"We all saw the heinous attack in Manchester, England," Townsend said. "ISIS threatens all of our nations, not just Iraq and Syria, but in our own homelands as well."

Coalition forces will continue to support the SAC and SDF during their Raqqa offensive as part of their 'advise and assist' mission, providing equipment, training, intelligence and logistics support, precision fires and battlefield advice.

The SDF have encouraged civilians to depart Raqqa so that they do not become trapped, used as human shields or targets for ISIS snipers. Once Raqqa is liberated, SDF officials said it will be turned over to a representative body of local civilians who will provide security and governance.

In Iraq, Iraqi forces continue to make steady gains in brutal, close-quarters urban combat against ISIS on the west side of Mosul.

"The international coalition and our partner forces are steadily dismantling the physical caliphate of ISIS," Townsend said. "Once ISIS is defeated in both Mosul and Raqqa, there will still be a lot of hard fighting ahead, but this coalition is strong and committed to the complete annihilation of ISIS in both Iraq and Syria."

Ceremony marks 73rd anniversary of D-Day landings

by Spc. Kelsey M Little

SAINTE-MERE-EGLISE, France - "There are moments in a nation's history when its future course is decided by a chosen few who walked bravely into the valley of the shadow of death," Army Gen. Curtis M. Scaparrotti said during a wreath-laying ceremony at the Iron Mike Memorial here June 4.

"In such moments, young men and women pledge their lives so that their nation can live," said NATO's supreme allied commander for Europe and the commander of U.S. European Command.

U.S. Army paratroopers from the 173rd Airborne Brigade Combat Team, 101st Airborne Division and the 82nd Airborne Division; French, British, Dutch and German troops; French nationals; and family and friends participated in the ceremony, which marked the 73rd anniversary of the D-Day landings in France.

Each year, countless visitors come to visit the Iron Mike Memorial here. The 14-foot tall statue of a World War II-era airborne soldier is a copy of a sculpture that stands at Fort Bragg, N.C. The statue was erected to pay tribute to the numerous American paratroopers and infantry soldiers who lost their lives in this area of France.

An inscription on the Iron Mike Memorial statue says that about 254 U.S. soldiers were killed and 525 were wounded during the Battle for La Fiere Bridgehead, June 6-9, 1944.

This 500-yard stretch of causeway transformed a unit, defined its character and inspired an Army, he said.

Bush role 'critical' for 5th Fleet ops

by MC3 Mario Coto

U.S. 5TH FLEET AREA OF OPERATIONS - USS *George H.W. Bush*'s (CVN 77) support for Operation Inherent Resolve in the U.S. 5th Fleet area of operations (AOO) has been "critical" to the efforts to defeat ISIS, shipboard leaders said.

"The defeat and destruction of ISIS was our primary concern and our ship-air wing team performed superbly," said Capt. Will Pennington, *Bush*'s commanding officer. "Moving that effort into the 5th Fleet AOO allowed us to not only continue that critical fight but to also demonstrate our commitment to our allies and partners in a critical region of the world."

Bush and embarked Carrier Air Wing (CVW) 8 has conducted more than 4,700 sorties and used 813,000 pounds of ordnance in support of OIR, made two port calls and traveled more than 27,000 nautical miles.

Aside from their OIR mission, the ship has provided for the safety and security of a volatile yet important region for trade and commerce.

According to Cmdr. Michael Puffer, *Bush*'s navigator, these operations make a difference.

"Our presence in the region helps ensure freedom of navigation and provided a stabilizing effect in support of our partners," he said.

The *George H.W. Bush* Carrier Strike Group continue to conduct sorties in support of OIR and U.S. national security interests.

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Winning the cyberattack battle

by Lance Cpl. Juan Madrigal

MCB CAMP LEJEUNE, N. C. - Cyberattacks are a threat, not only to personal security but national security as well. There have also been reports of a ransomware known as WannaCry affecting multiple global entities.

Ransomware is a type of malicious software that is inflicted on a computer and restricts users' access to it until a ransom is paid to unlock it. The malware spreads by luring unsuspecting users to click on infected email attachments and links to launch their attack. Guidance has been sent out to help Marines be prepared.

"To prepare for these battles in cyberspace, it is vital that all Marines take measures to protect their personally owned devices and adhere to the cybersecurity policies and procedures outlined in our annual training programs," said Brig. Gen. Thomas D. Weidley, Marine Corps Installations East - Marine Corps Base Camp Lejeune commanding general. "We must maintain a state of readiness both at home and in the workplace with regards to cybersecurity."

To help maintain readiness the Defense Information Systems agency encourages the use of its free anti-virus and anti-spyware. The software is available for active duty military and civilian employees for use in their own home.

"All users must understand that the threat to DOD networks and to personal devices is absolutely real," said Col. Michael Schutte, II Marine Expeditionary Force assistant chief of staff G-6. "As the Marine Corps evolves toward 2025, the Cyber Domain will become even more critical in the future."

According to Marine Forces Cyber Command, service members should not rely on a browser and antivirus software to protect against malicious websites. Service members should be mindful of phishing attempts, be wary of emails from an unknown source, while at work look for trusted/valid certificates on emails and watch what is being clicked. If you receive a suspicious e-mail at your work address forward it to *suspicious@usmc.mil.*

Marine Forces Cyber Command also urges all service members to not click on links or download files in emails unless you know without a doubt that they are intended for you; ensure your personal devices are updated and patched and back up your data so you can recover you systems if they become infected.

Chairman, Joint Chiefs of Staff

Australia, U.S. discussions ranged the globe

by Jim Garamone

PEARL HARBOR, Hawaii, - The Australia-U.S. Ministerial Consultations in Sydney this week were not just a formality, but an effort to sync the relationship and strengthen it for the future, the chairman of the Joint Chiefs of Staff said June 7.

Secretary of State Rex Tillerson, Defense Secretary Jim Mattis, Australian Foreign Minister Julie Bishop and Defense Minister Marise Ann Payne were the principles at the meeting held in the Government House on Sydney Harbor. Marine Corps Gen. Joe Dunford and Navy Adm. Harry Harris, the commander of U.S. Pacific Command, also attended.

Dunford told reporters traveling with him that the discussions were comprehensive and covered the range of interests the two nations share. "We talked North Korea, we talked South China Sea, we talked about the insurgency in the Philippines, we talked about the maritime domain in the Sulu Sea and so forth," Dunford said.

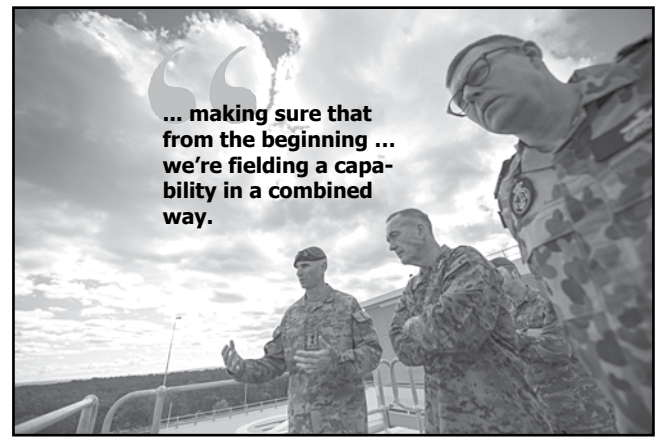
They also used the time to discuss issues moving forward. Australia is keenly aware of the issue of foreign fighters possibly coming back from the fight in Iraq and Syria. To the north is Indonesia, the largest Muslim country in the world. Malaysia, the Philippines and other nations in the region also have significant Muslim populations where foreign fighters might find fertile ground for their perverted philosophy.

"Secretary Mattis in that discussion took the opportunity to talk about the annihilation strategy and not letting the foreign fighters get back, but then we know that the foreign fighters some will come back and others will 'virtually' come back," Dunford said.

The threat represented by the Islamic State of Iraq and Syria is a transregional one. Three things make these terror groups interconnected and transregional: the flow of foreign fighters, the flow of resources and their message, the general said.

"I call that the connective tissue and you have to cut that connective tissue," he said.

This requires a broad information and intelligence-sharing network across all the countries that share this problem. There are 66 members of the coalition to defeat ISIS and the intelligence and information effort is centered on Operation Gallant Phoenix, hosted in Jordan with Australia as a partner.



Gen. Joseph F. Dunford Jr., chairman of the Joint Chiefs of Staff, tours Holsworthy Barracks in Holsworthy, Australia, June 6. The base was the target of a 2009 al-Shabab plot that was foiled by Australian security services. DoD photo by Petty Officer 2nd Class Dominique A. Pineiro

Around 25 nations are participating or have indicated they will participate in the operation, and the coalition wants that to expand. "It allows nations to collaborate and share information and be able to get it back to law enforcement to deal with the foreign fighter challenges," Dunford said.

The critical piece is to make sure that what is going on in Syria and Iraq is known to all, the chairman said.

Australia is also a close U.S. partner in Afghanistan and Iraq. The American side shared its thinking on operations in both areas with their Australian counterparts.

The two allies discussed common programs such as the F-35 Lighting II joint strike fighter project. "We spoke to ensure we have a cooperative approach to capability development and making sure that from the beginning … we're fielding a capability in a combined way," Dunford said.

Finally, they received an update on the force posture initiatives with Australia. These include the Marine rotational force in Darwin, enhanced aviation capabilities - which includes the F-22 Raptor squadron deploying in February - and where the alliance might go in the future.

USS *Normandy* Sailor reported overboard near N.C., massive search underway

by David B. Larter

The *Navy Times* reported June 5 that a Sailor from Norfolk-based USS *Normandy* was reported overboard off Cherry Point, N.C., triggering a massive search-and-rescue effort by the Navy and Coast Guard.

The Sailor was reported overboard six hours ago, according to an account obtained by *Navy Times*.

USS *Bainbridge* and a Navy P-8, as well as an HH-60J Jayhawk helicopter and a C-130 from the Coast Guard, were all assisting in the search. USS *Abraham Lincoln* - with four embarked helicopters - was also en route. *Normandy* did not have an embarked helo.

A spokesman for Fleet Forces Command confirmed the search Tuesday evening.

"A search-and-rescue effort is underway for a USS *Normandy* Sailor who went overboard at approximately 3 p.m. local today," said Lt. Cmdr. Brian Wierzbicki. "The ship was conducting independent training approximately 80 nautical miles off the coast of North Carolina at the time of the incident.

"Navy surface ships and aircraft are en route to assist Normandy and Coast Guard aircraft are currently on station supporting the search-and-rescue operations. Our thoughts are with the USS *Normandy* family and we will provide updates as they become available."

Navy Times is withholding identifying information about the Sailor while the search is ongoing.

The water temperature off the coastal area of the Outer Banks was around 69 degrees at 8:30 p.m., with an air temperature of about 76 degrees, according to the NOAA's website.

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CONTEST BOX ON PAGE 5

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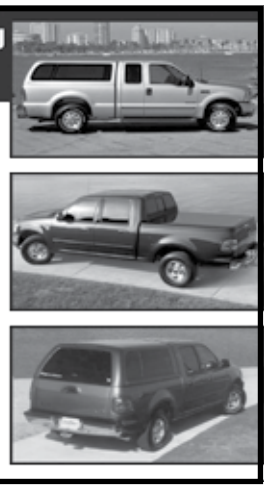

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Social Security Matters

by Russell Gloor

Ask Rusty - Government Pension Offset & maximizing benefits

Dear Rusty: I recently retired from my job after 35 years at the Department of Defense. I know I'm not eligible for Social Security because I was part of the CSRS pension program and never had FICA taxes withheld from my paychecks. My husband, on the other hand, has worked his entire life in the construction business paying FICA taxes and has earned more than enough credits to collect Social Security when he reaches that age in a few years. He is 58 and I am 59 years of age. He doesn't have a traditional pension plan through his employer, but does participate in an employer-sponsored 401(k). We are quite financially secure at this point, but as we look forward I'd like to make sure we can maximize any Social Security benefits available to us so we can continue to live comfortably as we age. So my question is, how can my husband maximize his Social Security benefit, and will I be able to collect any Social Security benefits as his spouse? Signed: Looking Ahead

Dear Looking: Oh how we wish more people would, like you, plan well in advance for their golden years. First let's deal with your question of how your husband can maximize this Social Security benefit.

The rules for this are pretty simple, but both physical and financial health need to always be a primary consideration. If your husband is both physically fit and financially able, waiting until well after he is first eligible to collect Social Security is the best strategy to increase his benefit amount. If he were to start collecting at age 62 he would only get about 71.67 percent of what he would get at his full retirement age (FRA) as defined by Social Security, which for him is 66 years and 8 months. After his FRA his benefit amount will increase by about 8percent per year for each year he delays, up to age 70 when he will reach his maximum benefit amount. Delayed retirement credits are actually earned monthly, so it's not necessary to wait a full year to get credit for delaying benefits.

Now, as his spouse you would ordinarily be eligible for spousal benefits based upon your husband's work record but, since you are receiving a CSRS pension from the Federal Government, you are affected by a provision known as the Government Pension Offset, or GPO. In theory, the CSRS pension program was designed to be part pension and part replacement of Social Security, which is why you did not pay Social Security payroll taxes over your career. The GPO rules state that Spousal Benefits must be reduced by a factor equal to 2/3rds of a person's government pension. Just by way of example, that means that if you are receiving a CSRS pension of $1,000 per month, any Social Security spousal benefit you might be entitled to would be reduced by $667. So, if your spousal benefits (normally 50 percent of your husband's Social Security benefit at FRA) would be $667 or less, you wouldn't receive any spousal benefit. If it were more, you would receive only the excess over $667. So you may want to go to ssa.gov and get an estimate of your husband's benefit at his FRA, and then see if 50 percent of that amount is more than 2/3rds of your CSRS pension amount. If it is you will be entitled to spousal benefits; if it is not, you won't be entitled to spousal benefits from Social Security. You might not be surprised to find that GPO often completely offsets Social Security spousal benefits for many Government CSRS retirees. Note too that GPO will also affect your widow's benefit should you be the surviving spouse, because it will be subject to same calculation as your spousal benefit. However, if your husband is the surviving spouse, and he receives a survivor's annuity from your pension, his Social Security benefit will not be affected.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens The information presented in this article is intended for general information purposes only. The opinions and interpretations expressed in this article are the viewpoints of the AMAC Foundation's Social Security Advisory staff, trained and accredited under the National Social Security Advisors program of the National Social Security Association.

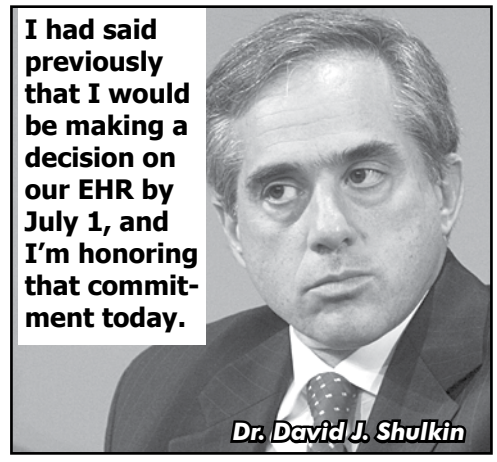
Shulkin announces decision on EHR

U.S. Secretary of Veterans Affairs Dr. David J. Shulkin announced June 5 his decision on the next-generation Electronic Health Record (EHR) system for the Department of Veterans Affairs (VA) at a news briefing at VA headquarters in Washington.

The health and safety of our Veterans is one of our highest national priorities," said Shulkin. "Having a veteran's complete and accurate health record in a single common EHR system is critical to that care, and to improving patient safety.

According to Shulkin, it was a group of courageous VA clinicians that began this groundbreaking work in the basements of VA's in the 1970's that led to the system that we now, known as the Veterans Health Information Systems and Technology Architecture, or VistA.

"It has been this system that led to the incredible achievements made by VA clinicians and researchers and resulted in VA's ability to perform as well or better than the private sector in patient safety and quality of care," he said.



Shulkin recently to told Congress that he was committed to getting VA out of the software business, "that I didn't see remaining in that business as benefitting veterans. And, because of that, we're making a decision to move towards a commercial off-the-shelf product."

Shulkin, saying he didn't come to the EHR decision "lightly," reviewed numerous studies, reports and commissions, on this topic, including the recent commission on care report.

"I've spent time talking with clinicians," said the secretary, "and I use our legacy VistA system myself as a current practicing VA physician. We have consulted with Chief Information Officers from around the country, and I've met personally with CEO's from leading health systems to get their own thoughts on the best next-generation EHR for VA.

Shulkin said that at VA, "we know where almost all of our Veteran patients are going to come from - from the DoD, and for this reason, Congress has been urging the VA and DoD for at least 17 years - from all the way back in 2000 - to work more closely on EHR issues.

"Without improved and consistently implemented national interoperability standards, VA and DoD will continue to face significant challenges if the Departments remain on two different systems." - *to read his entire statement, visit the VA Media Room at https://www.va.gov/opa/pressrel/.*

Daughters of the American Revolution To celebrate Flag Day June 10

The Linares Chapter of the Daughters of the American Revolution (DAR) and the Midway Museum presents an early Flag Day celebration aboard the museum June 10 at 11:30 a.m.

The event will include patriotic music, flag presentations and speakers from many organizations, including the Freedoms Foundation at Valley Forge Chapter of San Diego. A musket salute by reenactors, dressed in period attire, and a musical demonstration by The Mountain Fifes and Drums of Lake Arrowhead, will provide a taste of Revolutionary War era.

Boy Scouts from the San Diego Imperial Council will collect old and worn American flags for proper disposal. Admission is free to those wearing red, white and blue. This is being promoted as a "sound-filled event for the whole family."

San Diego County Veterans Service Offices

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Escondido M-F: 8 a.m. - 5 p.m. 649 W. Mission Ave. Phone: (760) 740-5572	Mission Valley Thurs. & Fri. appointments only 8898 Rio San Diego, Phone: (858) 694-3222	El Cajon 201 E. Douglas 2nd & 4th Mon. monthly Phone: (619) 588-3718
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For a complete list of SD County offices, go to **https://www.calvet.ca.gov/VetServices/Pages/CVSO-Locations.aspx.**

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Saint Leo University's San Diego Education Center to hold commencement; Naval Base San Diego commander Capt. Roy Love to address students

Captain Roy Love, commanding officer of Naval Base San Diego, will deliver the guest commencement address Friday, June 9, to local students of Saint Leo University's San Diego Education Center. The ceremony will take place at 4 p.m. in the TSC Auditorium, Naval Base San Diego, 3975 Norman Scott Road, San Diego, CA 92136.

More than 30 students will receive their degrees with three of those earning Master of Business Administration and four earning Master of Science in criminal justice degrees.

Giving the Class of 2017 farewell will be Abraham Plotsky, who is graduating cum laude with a Bachelor of Arts degree in criminal justice: homeland security.

Leading the students in the traditional turning of the tassels and welcoming them as Saint Leo alumni will be Larry Jones, area director for Saint Leo University's South Hampton Roads (VA) Region. He earned degrees from the university in 2011 and 2012, and spent 26 years in the U.S. Marine Corps, retiring as a sergeant major in 2006

Guest speaker Captain Love was born and raised in the Dominican Republic and moved to the United States in 1983. He enlisted in the U.S. Navy in 1988, attended the Broadened Opportunity for Officer Selection and Training (BOOST) Program in San Diego, CA, in 1989, and attended the State University of New York Maritime College, where he earned a baccalaureate degree in marine transportation/business administration. He received his U.S. Navy commission in 1993.

The San Diego Education Center is at Navy College Office, 3975 Norman Scott Road, Building 3280, San Diego, CA 92136. Cathryn Davis is the center director. For information, call (619) 840-7890.

About Saint Leo University

Saint Leo University (www.saintleo.edu) is a modern Catholic teaching university that is firmly grounded in the liberal arts tradition and the timeless Benedictine wisdom that seeks balanced growth of mind, body, and spirit. The Saint Leo University of today is a private, nonprofit institution that creates hospitable learning communities wherever our students want to be or need to be, whether that is a campus classroom, a web-based environment, an employer's worksite, a military base, or an office park. We welcome people of all faiths and of no religious affiliation, and encourage learners of all generations. We are committed to providing educational opportunities to our nation's armed forces, our veterans, and their families. We are regionally accredited to award degrees ranging from the associate to the doctorate, and we guide all our students to develop their capacities for critical thinking, moral reflection, and lifelong learning and leadership.

We remain the faithful stewards of the beautiful lakeside University Campus in the Tampa Bay region of Florida, where our founding monks created the first Catholic college in the state in 1889. Serving nearly 15,000 students, we have expanded to downtown Tampa, to other sites in Florida and beyond, and maintain a physical presence in seven states. We provide highly respected online learning programs to students nationally and internationally. More than 82,000 alumni reside in all 50 states, in Washington, DC, in three U.S. territories, and in 76 countries.

More than play: Can video games train Sailors and Marines?

by Warren Duffie Jr.

A volunteer in Dr. Shawn Green's lab plays a session of "Elemental," a specially designed video game that Green is using to determine what factors of game play can improve learning and cognition. (Photo: Dr. Shawn Green)

Blasting video game zombies, aliens and gangsters might not seem intellectually stimulating, but current research shows these computerized conflicts actually sharpen a range of cognitive skills-including better multitasking, increased attention span, faster reaction time and greater visual acuity.

An important unanswered question, however, is what specific components of first-person-shooter and other action video games-e.g., "Call of Duty," "Halo" or "Grand Theft Auto"-contribute to this cognitive improvement.

With support from the Office of Naval Research (ONR), Dr. Shawn Green, a psychology professor at the University of Wisconsin-Madison, has partnered with a video game company to build a customized game incorporating design elements used widely throughout the industry.

The goal: Isolate and identify those elements most conducive to human learning.

This knowledge would enable video game developers to create informative, yet engaging, products for education and job training. The Navy and Marine Corps are interested in such technology for jobs requiring substantial training time on computer simulators or virtual-reality displays-sonar technicians, radar, pilots and surgeons, for example.

"We know people will spend hours playing a video game," said Dr. Ray Perez, a program manager in ONR's Warfighter Performance Department. "Is there a way to use some of those entertainment elements to design training that will keep warfighters engaged, help them learn faster and perform their jobs better? What is the secret sauce?"

To identify those ingredients, Green and his laboratory team worked with E-Line Media-which develops educational games-to create a first-person-shooter fantasy product called "Elemental," which can be played on a laptop or desktop computer. More "Harry Potter" than "Walking Dead," the non-violent game enables players to shoot magical spells at otherworldly creatures.

"The spells look like colored projectiles," said Green. "There are different spells for certain types of enemies, including rock and water monsters. We kept the game non-violent because we may want to design a kids' version one day."

Green and his team equipped "Elemental" with numerous game factors thought to boost human learning and cognition: changing background colors, rapidly appearing and disappearing objects, missions of varying complexity and intensity, and enemy characters that attack at unpredictable speeds.

"We wanted to create a commercial-quality, research-capable game that resembled the popular games out today," said Green. "At the same time, it will allow us to study and magnify elements that enhance human learning, and scale back or even eliminate those that don't."

Green completed work on his game a few months ago and is now conducting experiments involving student volunteers. Each series of experiments lasts six weeks and involves 20 participants equally divided into two groups. One group plays a low-action version of "Elemental" while the other plays a faster, more intense high-action version.

Each participant plays 20 one-hour gaming sessions. Before each session, they undergo brain scans in an MRI machine. Another scan follows the session, during which Green looks for changes in regions of the brain associated with vision, attention, perception and motor skills-and what effects these could have on learning and cognition.

After six weeks, participants complete tests assessing visual sharpness and clarity, multitasking ability and skill tracking moving objects on a screen. Green will conduct his experiments for two years, after which he hopes to have a new, more refined test game ready for Sailors and Marines.

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Navy COOL announces program, website updates

by MC2 Taylor L. Jackson

Navy Credentialing Opportunities On-Line (COOL) announced two new program changes and an added feature on its website, May 1.

A policy update replaced the minimum 12-month time of service requirement to use Navy COOL's services, including possible funding, to earn civilian credentials. Sailors who have at least six months remaining on their current contracts are now authorized to pursue civilian licensing opportunities through Navy COOL. Waivers for those with less than six months remaining on their current contract may be available for qualified Sailors.

"The time-in-service change allows Sailors to pursue credentials throughout their military life cycle, from completion of technical training until they become eligible for transition opportunities," said Jim Johnson, the Navy's voluntary education service chief.

Navy COOL also announced a pilot program to fund credentials aligned with academic degrees or certificates. Until now, COOL services have assisted with providing credentialing opportunities based on the Sailor's enlisted rating, officer designator or their work in a collateral duty or out-of-rating assignment. The update allows Sailors to pursue credentials based on their education, even if their degree or academic certification does not align with their military occupation.

"Aligning credentials with formal education leverages the best attributes of both developmental paths, leading to a better-rounded Sailor," said Johnson. "To ensure success, Sailors should continue preparing for certification exams aligned to their education as they do for any other Navy COOL opportunities."

In an effort to keep Navy COOL websites up-to-date with industry trends and practices, all Department of the Navy (DON) COOL websites, including Navy COOL, Marine Corps COOL and DON Civilian COOL, now include a live chat feature. The service allows users to communicate directly with Navy COOL staff in real time. A staff member is available to answer questions about the program between 7 a.m. and 4 p.m. Central Standard Time.

"Most questions can be addressed via a simple chat while surfing the website," said Keith Boring, Navy COOL program director. "Adding chat to the COOL website benefits the Sailors who do not desire to phone the Navy's Credentialing Program via long-distance or write a lengthy email. This new feature provides us with expanded capabilities to assist Sailors throughout the world."

Navy COOL provides information about licenses and certifications applicable to all Navy occupations, offering resources and funding to help Sailors gain appropriate civilian desired, and in many cases required, credentials.

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

Navy COOL is located with the Center for Information Warfare Training, which delivers trained information warfare professionals to the Navy and joint services, enabling optimal performance of information warfare across the full spectrum of military operations.

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

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

For more news from Center for Information Warfare Training, visit http://www.navy.mil/local/cid/.

MCPON, VCNO honor 2016 Sailors of the Year

by MC2 Huey D. Younger Jr.

The Navy's 2016 Sailors of the Year (SOY) were meritoriously advanced to chief petty officer during a ceremony, recently, at the Navy Memorial.

Vice Chief of Naval Operations Adm. Bill Moran served as guest speaker during the pinning ceremony hosted by Master Chief Petty Officer of the Navy (MCPON) Steven S. Giordano.

The four Sailors of the Year honored at the ceremony are: Naval Aircrewman (Tactical Helicopter) 1st Class Mark W. Brown II, of the U.S. Navy Reserve; Cryptologic Technician (Technical) 1st Class Courtney P. Evers, from U.S. Fleet Forces; Interior Communications Electrician 1st Class Brent T. Schermerhorn, from U.S. Pacific Fleet; and Logistics Specialist 1st Class Amber L. Wilson, from U.S. Navy Shore.

Before introducing Moran, Giordano congratulated the SOYs for their hard work and dedication that paved the way to their success and spoke about the effect of the chief petty officer.

"We require toughness and the steely grit to see missions accomplished," said Giordano. "As chief petty officers, we are confidently humble experts with a sacred obligation to develop the next generation of chiefs who are capable of leading Sailors, guiding and mentoring junior officers, and providing sound counsel to senior officers."

Giordano continued by saying that the rank of chief petty officer is not to be taken lightly and emphasized the importance of leaving a legacy."

"Be ever mindful that legacy is not based on what we wear on our collar or on our sleeve when we depart this great Navy," said Giordano. "But, knowing that the people we had the opportunity to serve alongside will be better than what we were."

Throughout their weeklong visit to Washington, the Sailors of the Year and their families toured historic sites and enjoyed special events held in their honor.

The Sailor of the Year program was established in 1972 by the Chief of Naval Operations Adm. Elmo Zumwalt and Master Chief Petty Officer of the Navy John Whittet to recognize an individual Sailor who best represented the ever-growing group of dedicated professional Sailors at each command and ultimately the Navy.

When the program began, only the Atlantic and Pacific Fleet Sailors were recognized. Within 10 years, the Sailor of the Year program was expanded to include the shore establishment and Navy Reserve Sailors.

Sponsored by the CNO, the program provides recognition to the Navy's outstanding Sailors through numerous presentations, awards and meritorious advancement to the next pay grade.

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Heartbreak fridge

by Lisa Smith Molinari

The summer military moving season is upon us, which means it's probably time to say goodbye to some very good friends. There will be farewell fire pits, hugs on the driveway, and even a few tears.

But moving requires cleaning out the pantry and refrigerator, so this otherwise sad occasion may also come with parting gifts.

Admit it, you have a bottle of mustard, a can of cooking spray, a block of creamed cheese, or some other food item in your kitchen that you did not purchase. We know you didn't pay for that jar of Spanish olives, did you?

I'm not accusing anyone of being a thief. To the contrary, I'm merely pointing out a unique aspect of military spouse culture: It's all about giving.

You make friends at each duty station, and even if friendships are brief, each friend bequeaths to you fond memories of afternoons chatting on the patio during deployments, of the time she took care of your dog when you visited your parents, of the night you brought her wine and Dove Bars because she was crying over her husband's new orders.

But her final gift to you is something that, even though it will last for many months to come, seems so thoughtless, perfunctory and random: that bottle of cocktail sauce that was on the door of her refrigerator.

What gives?

Receiving a bag of turkey meatballs may seem like an insult, but this simple gesture between spouses is actually quite poignant.

You certainly don't need her half-used tub of margarine, but it's a lasting symbol of her appreciation for your support and friendship. She gave these things to you because that's what we do -- we share travel tips and power tools, hairdressers and babysitters, laughter and tears, the challenges and rewards of military life.

And, we share leftover Shake'N Bake.

Your military spouse friend didn't mean to offend you with that jar of capers. In fact, she tried very hard to salvage the food in her kitchen by concocting strange casseroles and feeding them to her family. She layered them with melted cheese and cracker crumbs to disguise the can of French-style green beans, that pack of hot dogs with freezer burn, and that bag of stiffened mini-marshmallows.

But her family eventually got fed up with her magical mystery meals, and that's when she thought of you.

Funnily enough, I can't remember the countless duds and delights I gave to neighbors and friends before our last eleven military moves. The stress of each move has a way of blurring those details. In my haste, if I gave away old bottles of Worcestershire or moldy blocks of cheese, my sincerest apologies.

Ironically, I have an uncanny memory of the many kitchen items given to me in my 23 years as a military spouse. I never did manage to find a use for them, but I was nonetheless grateful for the cocktail onions my friend Natalie gave me. I was touched by the frozen chicken tenders from Eileen, the maple syrup from Michelle, the grapeseed oil from Bud, and the homemade spaghetti sauce from Mercedes.

Useful or not, I recognized each item given and received for what it was: A tiny memento of our friendship.

So, when you see that bottle of Catalina dressing on your refrigerator door that no one in your family likes, don't be annoyed. Instead, remember that in our military community, when you give understanding, camaraderie, and support, that is exactly what you will get back.

Well, that, and a jar of horseradish.

Sure, watching your friend's toddler while she goes to her prenatal appointments can be a pain. Yes, the monthly potlucks can sometimes be a bore. No doubt, getting a phone call from a worried squadron wife right in the middle of the Bachelorette can be really annoying.

But think of it like this: She may have given you a lousy that bottle of ketchup that only cost about a buck-seventy-five, but the unspoken understanding and support your fellow military spouse offered when you were in need was nothing short of priceless.

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County offers tips for swimming pool safety

by Gig Conaughton, County of San Diego Communications Office

Summer's just around the corner, which means the kids will soon be out of school, the temperatures will be rising and swimming pool season will be in full swing.

Swimming pools are fun, but they can be dangerous, too. If you have one in your yard, you want to make sure it's safe, so summertime will be fun and fun-filled.

You also want to make sure you keep your pool water clean, and keep people who are sick with diarrhea out of the water, to make sure no one else gets sick. The national Centers for Disease Control and Prevention recently reported that the numbers of people getting sick from cryptosporidium found in swimming pools has increased in the last couple of years. Cryptosporidium is a microscopic parasitic infection that lives in peoples intestines and isn't killed by normal pool-chlorine levels.

San Diego County's Department of Environmental Health can help! While the department doesn't inspect people's private swimming pools, and won't be stopping by your house, it does inspect about 7,000 public pools and spas every year to make sure they're safe and clean.

So, here a few tips to help you keep your pool safe and clean all summer long.

Stay Safe

1. Watch the Kids! This is rule number one! Every year children get seriously hurt or even drown in residential pools all across the U.S. Whenever children are around the pool, or in it, always watch them. Remember that water wings, Styrofoam "noodles" and other toys are not safety devices and children wearing them should not be left unattended.

Teach your kids how to swim (and learn yourself if you don't know how). If your house opens directly into a pool area, install a door alarm to alert you when a child opens it. If you don't already have a fence between your house and pool, consider putting one up. Kids wander around a lot and can find their way into the pool even if they're out of sight for only a minute.

2. Check the Fences: If you do have a fence and self-closing gate around your pool, make sure they're safe. Check to make sure the spaces between each of its pickets and between the bottom rail and the ground are no more than 4 inches apart and that the fence is at least 5 feet tall so children and animals can't squeeze through or climb over to get into an unattended pool. Keep bushes and outdoor

SEE **Pool, page 21**

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On Base & On Board

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Summer Day Camp CYP summer camp offers your child, 5-12 years of age, high learning activities, small group clubs, meals, FREE field trips and "on the spot" fun! Additional core programs include: sports, fitness, arts, character and leadership, education and career, and healthy lifestyles. For full day camp details visit or call the Youth Center near you. Admiral Hartman, 858-270-2060, Bayview Hills, 619-267-2018, Chesterton, 858-268-2252, Gateway Village, 619-225-5628, Murphy Canyon, 858-268-2828, Silver Strand, 619-435-5056, and Village at Serra Mesa, 858-571-3853 or register today at www.militarychildcare.com.

Liberty's Great American Campout Saturday-Sunday, June 17-18 It's luxury, coastal yurt camping in the heart of Ventura, CA! Plus, spend the day having fun in the sun with a variety of outdoor activities like standup paddle boarding, surfing, kayaking and beach games. Sign up today at your base Liberty Center or call 619-437-3190. Trip open to single and unaccompanied service members and a guest, 18+.

Celebrate July 4th on the Bay with the Best Fireworks View The annual Freedom Festival, presented by MWR, USAA and Balboa Park Explorer, is Monday, July 4 from Noon-9 pm at Naval Base Point Loma, Harbor Drive Annex. The annual Freedom Festival is a celebration of family, community and national pride and is open to military families, retirees, reservists and DoD employees. The event features LIVE entertainment, Family Fun Zone and festival food highlighted by All-American favorites and international flavors. Top the night off with the Big Bay Boom Independence Day Spectacular fireworks show from the best viewing area in San Diego. Full event details at www.navylifesw.com/freedomfestival. Sponsored by Armed Forces Dispatch, EDCO Disposal, Lincoln Military Housing, MetLife, Navy Exchange and Navy Federal Credit Union.

HAPPENINGS LISTED FROM PREVIOUS ISSUES….

GOLF

FREE Active Duty Golf Clinics Wednesday 5-6 pm and Friday 12-1 pm Improve your game with professional instruction! For more details contact the Naval Base Golf Performance Center at 619-556-7502.

Tee Time Golf Specials Pre-book tee times Monday-Thursday 9:30 am-1 pm for two golfers with cart and save $3 on each golfer. Book your tee time using Promo Code: WW2WC. Not valid with any other promotions. Book online at www.navylifesw.com or call Admiral Baker Golf Course at 619-487-0090 and Sea 'N Air Golf Course at 619-545-9659.

Junior Golf Every Saturday • 9-11 am • $20 A great sport for kids and parents to play together! Each Saturday session includes instruction and lunch. For more details contact the Naval Base Golf Performance Center at 619-556-7502.

BOWLING

Free Bowling for Active Duty All active duty personnel bowl FREE every Tuesday from 11 am-1 pm at Sea 'N Air Lanes and Admiral Robinson Recreation Center. For more information call 619-545-7240 or 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 Red Pin 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.

COMMUNITY RECREATION

Crochet 201 Thursday, June 8, 5:30 pm, $10 NBPL, Main Base, The Clubhouse, Bldg. 546 Go beyond the basics and learn to make a can cozy. Cost includes instruction and supplies. Registration required: 619-553-9138

Laser Tag Friday, June 9, 5 pm, $15 Atlantis Laser Tag, 510 Broadway, Chula Vista Cost includes 3 games and equipment with our private group. Register: 619-556-9597

Moonlight Family Hike Friday, June 9, 7:30 pm, FREE The whole family, including your four-legged friends, are invited to meet us at Cowles Mountain for a fun and adventurous hike. We'll provide headlamps, glow jewelry, snacks and dog treats. Don't forget your water! Registration required: 619-437-3190

Kids Craft & Movie: Father's Day Mug Saturday, June 10, 10 am, FREE NAB Community Recreation Center, Bldg. 337 Decorate a mug for dad. Movie: Who Framed Roger Rabbit (PG) Registration required: 619-437-3190

Outdoor Games Day Saturday, June 10, 11 am-1 pm, FREE, Admiral Baker Picnic Area Giant Checkers, Cornhole, Ladder Ball, Connect 4 and more! Snacks and refreshments provided. Register: 619-556-9597

Hand Pottery Sunday, June 11, 2 pm, $19 ($5 extra for glazing) Art Wheel Studios, 133 Elder Ave, Imperial Beach Learn how to handcraft a pair of serving bowls. Items created are available for pickup 2 weeks later at the studio. Register: 619-556-9597

LIBERTY

Sailing Lesson Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Q-Zone, NAB: 619-437-3190 Thursday, June 8 • 5:30 pm • $5 Take to the open water with our own Fiddler's Cove Marina!

Wonder Woman Movie & Dinner Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Liberty Center, NMCSD: 619-532-8909 Friday, June 9 • 5 pm • $12 active/$15 guest It's opening night! Cost includes transportation and ticket. Bring cash for dinner.

Flying metal detectors? Navy tests new unmanned mine-detection system

by Warren Duffie Jr.

ARLINGTON, Va. - During a recent technology demonstration at Camp Pendleton, Dr. Rosemarie Oelrich and Dr. Cory Stephanson unveiled a new way to detect buried and submerged mines.

Oelrich, a scientist at Naval Surface Warfare Center (NSWC) Carderock's Combatant Craft Division, and Stephanson, president and chief executive officer of Broadband Discovery Systems (BDS), stared at an Android tablet showing search data from an unmanned aerial drone they had just flown. The device's screen glowed as a green fluorescent map appeared, splashed with red clusters of varying sizes and shapes.

"See that large cluster?" asked Stephanson. "That's the dummy mine we buried. The smaller blotches near it are construction rebar we found nearby. The drone detected and localized these items quickly and accurately, which would be extremely valuable in a real combat scenario."

Oelrich and Stephanson were testing the new Mine Warfare Rapid Assessment Capability (MIW RAC) system.

Sponsored by the Office of Naval Research's (ONR) TechSolutions program, MIW RAC consists of a one-pound quadcopter outfitted with an ultra-sensitive magnetometer sensor system to detect mines and provide real-time search data to a handheld Android device.

"This technology will help Sailors and Marines who are approaching a beachfront to rapidly clear, or at least determine the location of, mines or other hazards that are in their way," said ONR Command Master Chief Matt Matteson. "It could potentially save a lot of lives."

MIW RAC is a portable, remote-controlled system that can detect buried or underwater mines during amphibious beach landings. It's designed to help explosive ordnance disposal teams quickly find mines and dangerous metal obstacles within coastal surf zones and very-shallow-water zones. MIW RAC would provide a new, real-time aerial complement to existing underwater mine-detection capabilities.

Cory Stephenson, president and CEO of Broadband Discovery Systems, Inc., launches a small quad rotor platform as Dr. Rosemarie Oelrich uses a handheld Android device to monitor data during the Ship-to-Shore Maneuver Exploration and Experimentation Advanced Naval Technology Exercise (ANTX) 2017 at Camp Pendleton. Navy photo by John F. Williams

"Everyone wants to know where they are going and what they are about to get into," said Oelrich, who is overseeing the development of MIW RAC. "It helps to have a rapid capability to just fly something in the air and survey an area before you put troops on the ground or bring a vessel ashore."

While the quadcopter and tablet device are available commercially, the heart of MIW RAC is its proprietary magnetometer sensor suite - which has an extensive detection range and uses complex algorithms to differentiate between various types of objects.

MIW RAC originated in 2015, when the Navy Expeditionary Combat Command (NECC) sent a request to ONR's TechSolutions program for a portable system that could detect potential hazards in surf zones, be easy for warfighters to use, and fit diverse platforms.

TechSolutions is ONR's rapid-response science and technology program that develops prototype technologies to address problems voiced by Sailors and Marines, usually within 12-18 months.

With TechSolutions guidance, NECC partnered with NSWC Carderock, Combat Direction Systems Activity Dam Neck and two commercial companies - BDS and Physical Sciences, Inc. - to develop the components of MIW RAC.

"We took our inspiration from a stationary scanning system developed by BDS," said Oelrich. "It was sensitive enough to not only detect weapons, but identify the hidden location of the object on a person and the angle in which it was oriented - a knife in a front pocket or gun turned sideways, for example.

"We flipped that concept on its head," she continued. "Instead of a stationary system detecting moving objects, we have a moving system detecting relatively stationary objects."

Later this year, TechSolutions will deliver prototype MIW RACs to NECC's EOD Group for further testing and evaluation. Oelrich and her team hope to see the system issued throughout the fleet next year.

Wounded vets take to the waters of S.D.

SAN DIEGO - Twenty-one wounded veterans will be taking on a new challenge, sailing in San Diego June 13-15. They won't just be going for a boat ride, these men and women will be participating in an intense three-day course to learn how to sail on their own, despite their injuries.

Through a partnership with the Armed Services YMCA and the San Diego Yacht Cub, the Warrior Sailing Program returns to San Diego, not a bad place to learn how to sail. The program was founded with a mission to introduce active military and veterans with disabilities to the sport of sailing, with opportunities ranging from introductory level sailing to world championship competition.

The program offers the Basic Training Camp at no cost to participants. They come from all branches of the military and have varying injuries that range from limb loss, traumatic brain injuries and Post Traumatic Stress Disorder, to name a few.

Pearl Harbor assists Coast Guard with at-sea rescue

by MC3 Tara Samoluk

PACIFIC OCEAN - Dock landing ship USS *Pearl Harbor* altered course during a rescue and assistance exercise to provide assistance in conjunction with the Coast Guard Cutter Sea Lion in an RNA mission during which the two ships rendered aid to the vessel Skipjack June 1.

Pearl Harbor arrived on scene after receiving a distress call from Skipjack via bridge-to-bridge radio stating that the vessel was taking on water and was in need of assistance.

"We saw that the vessel was less than six nautical miles away from us, and we saw that they were in distress, so we asked if they needed help," said Lt. j.g. Daniel Gerrek, *Pearl Harbor*'s officer-of-the-deck at the time of the incident. "We were the closest vessel to the ship in distress, so we diverted course and called a second RNA team to the boat deck to prepare to render aid."

After being called to the boat deck, the second RNA team prepared their de-watering equipment and loaded their gear into a rigid-hull, inflatable boat, or RHIB, to dispatch and render aid to Skipjack.

"It was extremely interesting to call for another RNA team," said Cmdr. Theodore Essenfeld, *Pearl Harbor*'s skipper. "Our primary RNA team was still aboard the exercise vessel, and it would have taken longer to divert them, so we gathered a second RNA team. The team responded quickly and were ready to go and were on the RHIB in a matter of minutes."

After loading the RHIB and lowering it into the water, *Pearl Harbor*'s second RNA team stood on standby as the Sea Lion arrived on scene and dispatched their team.

"After the Coast Guard arrived, they were able to launch their boat very quickly, and board the vessel in distress," said Essenfeld. "They were then able to take a one-man pump and help de-water Skipjack. After that, they determined the ship was salvageable, and escorted it to shore."

Despite not participating directly in the de-watering of Skipjack, Essenfeld was extremely proud of how his Sailors responded to the incident, and is confident in their abilities going forward.

"Our team was ready, and our team was excited," said Essenfeld. "This is what we do. We're Sailors and when another mariner is in trouble on the high seas, it doesn't matter what flag they are flying or what country they are from, we help each other out. I'm sure we're going to see more incidents like this on deployment, and I know we're ready. I'm pleased and I'm proud of every Sailor onboard who participated in today's events."

Pearl Harbor is currently underway, conducting a Certification Exercise as part of the third and final phase of qualifications for their upcoming deployment. The *America* ARG is comprised of more than 1,800 Sailors and 2,600 Marines assigned to amphibious assault ship USS *America*, amphibious transport dock ship USS *San Diego*, and *Pearl Harbor*.

VAW-113 Black Eagles celebrate 50th anniversary

by Lt. Spencer Smith and Lt. Jg. Alexes Lopez-Shaw

The Black Eagles of Carrier Airborne Early Warning Squadron (VAW) 113 celebrated their 50th anniversary recently.

The squadron is currently conducting a Western Pacific deployment aboard USS *Carl Vinson* (CVN 70) as part of Carrier Air Wing (CVW) 2 in support of Carrier Strike Group (CSG) 1 operations.

The Black Eagle's history began with their commissioning on April 20, 1967, one week prior to being ordered to deploy in support of U.S. military operations in Vietnam. The Black Eagles deployed to the region every year until 1975, when they supported Operation Frequent Wind with the evacuation of U.S. citizens following the fall of Saigon.

VAW-113 continued to support emerging crisis events in 1987 and 1988 when they were deployed to the Middle East region to monitor and support tanker escort missions such as Operation Earnest Will. The Black Eagles returned to the Arabian Gulf a few years later as one of the first units to arrive in support of Operation Desert Shield in 1990. For the next decade, the squadron would return to support Operation Southern Watch with deployments in 1994, 1996, 1998, 2000 and 2001.

In 2003, the Black Eagles conducted one of the longest deployments in modern history, spending 11 months aboard USS *Abraham Lincoln* (CVN 72), where they supported Operation Enduring Freedom in Afghanistan and the opening months of Operation Iraqi Freedom.

Through the years, the Black Eagles have flown several models of the Hawkeye airframe; the E-2A, E-2B, and E-2C Group-0.

In 1992, VAW-113 was the first squadron to operationally deploy with the E-2C Group-II, utilizing the newly modified APS-145 radar and the Joint Tactical Information Distribution System (JTIDS) data link. They currently fly the E-2C Hawkeye 2000.

SEALs honor fallen teammate

by MC3 Tim Heaps

SAN DIEGO - Over 1,000 members of Naval Special Warfare gathered to honor Special Warfare Operator (SEAL) Petty Officer 1st Class Remington Peters.

Peters died May 28 in a parachute demonstration accident at Liberty State Park in New Jersey in support of Fleet Week New York.

"Remi stood out in this community of elite warriors," said Capt. Jay Hennessey, CO of Naval Special Warfare Center.

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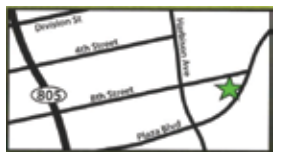

Final certification

America ARG, 15th MEU begins CERTEX prior to deployment

SAN DIEGO - The *America* Amphibious Ready Group (ARG) and the 15th Marine Expeditionary Unit (MEU) departed San Diego May 31 to begin their final certification exercise (CERTEX).

The ARG is currently entering the final portion of an extensive pre-deployment training period in preparation for the upcoming deployment.

CERTEX is the last in a series of training exercises, which included nearly three months of integrated training at sea, certifying the MEU/ARG team for deployment in support of fleet and combatant commanders across the full range of military operations.

"For the 15th MEU and *America* Amphibious Ready Group, CERTEX represents the culmination of over a year's worth of preparation to deploy as one cohesive Navy and Marine Corps force capable of doing what no other nation can" said Lt. Cmdr. Gabe Burgi, operations officer of Commander, Amphibious Squadron 3.

"During CERTEX," he said, "the ARG/MEU is demonstrating capabilities in amphib, air, surface, subsurface and electromagnetic maneuver warfare that dominates the land, air and sea domains. Once complete, CERTEX will result in a certified deployable force of nearly 5,000 Sailors and Marines who have worked hard to prepare for whatever mission the nation calls upon them to do. It's been a great pleasure to watch our ships go from intensive overhaul periods, through basic phase training and now begin the certification process to be fully ready to deploy."

CERTEX is an evolution that will fully certify *America* ARG and 15th MEU as one cohesive ARG/MEU team.

Throughout the training period, troops react to scenarios within a six-hour window using the Marine Corps' Rapid Response Planning Process (R2P2), simulating real-world challenges and processes that could yield success during deployment.

"We're graded on our ability to operate together as a MEU/ARG team in support of defense missions," said Lt. Col. Patrick Byrne, 15th MEU ops officer. "Conducting warfare and operating from the sea is complex, but it is a capability we together [MEU/ARG] provide to our nation," he said.

The rigorous pre-deployment training regimen ensures the MEU/ARG is ready for deployment. The ability for the Blue-Green team to cross wide expanses of ocean and remain off shore, striking an adversary from a place and time of choosing, enables the Landing Force Commander and ARG Commodore both maneuver space and a secure base for operations. It is the MEU's ability to operate in a decentralized manner on complex terrain, and in the information environment that leads to the operational and tactical synergy of the scalable force. Ultimately the MEU/ARG team provides reassurance for being a flexible, effective, and capable force.

More than 1,800 Sailors and 2,600 Marines are assigned to the *America* Amphibious Ready Group and the 15th MEU in preparation for deployment later this year.

USS John P. Murtha hosts Midshipman Day cruise

by MC2 Jesse L. Gonzalez

SAN DIEGO - A group of Naval Reserve Officers Training Corps (NROTC) midshipmen from universities across the U.S. were exposed to the surface warfare environment during a day cruise aboard amphibious transport dock ship USS *John P. Murtha* (LPD 26), May 31.

This underway is an excellent opportunity to help guide the midshipmen in their decision making process when choosing a career path and showcase the excitement of becoming a surface warfare officer.

"The surface warfare community is so large and there are so many aspects to it, and this gives them a taste of little bit of everything," said Lt. j.g. Christina Leyton, the ship's antiterrorism officer. "They will have the opportunity to tour our combat center, tour our bridge and see how we stand watch among many other aspects of the surface warfare life."

Midshipmen are required to state their intent of interest in a naval warfare community upon commissioning, as required by the NROTC program. This underway gave them real world experience to help them make that decision.

"So far I have had a really great experience," said Midshipmen 3rd Class Frank DiBartolomeo from Albion, N.Y. "I was really leaning towards the subs, but after this underway it gives me a better idea of the adventure the surface warfare side can offer."

During the five-hour underway, the midshipman engaged in live fire exercises on the .50 caliber machine gun and 9mm pistol. They also experienced ship evolutions from the bridge, dressing out in full firefighting gear, sea and anchor detail and some even got a taste of galley food for the first time.

"I didn't know a lot about the Navy and the different communities when I first started the NROTC program," said Midshipmen 3rd Class Noelle Schumacker from San Ramon, Calif. "You hear things from various people about what it's like, but actually getting the opportunity to get underway and experience it first hand is invaluable. It helps me make an informed decision on how I can best contribute to the Navy."

This is just the beginning of many more of these moments to come for this group of future naval officers. They will continue with these opportunities throughout the duration of the NROTC program, and it will help mold them into the naval officers who will lead the fleet of the future.

'Top doc' discusses readiness through research

SAN DIEGO - Rear Adm. Paul D. Pearigen, commander, Navy Medicine West (NMW), and chief of the Navy Medical Corps, paid an official visit to the Naval Health Research Center (NHRC) June 2, to learn more about the command's medical research initiatives.

"I am incredibly pleased that Navy Medicine West has the research and development enterprise on our side and to be an advocate for what you do," said Pearigen. "I have a tremendous amount of respect and excitement for the work you do, which is both challenging and important."

Navy Medicine's research laboratories align under the leadership of NMW. One goal of Pearigen's visit was to learn more about NHRC's research portfolio and discuss current challenges and future opportunities for conducting research that bolsters fleet readiness.

"I see my job as supporting you and making sure we stay aligned with both Navy Medicine's and the Defense Health Agency's goals for preserving resources and enabling efficient research activities," said Pearigen.

In addition to discussing strategic alignment with the military medicine, Pearigen and NHRC leadership focused on how the NHRC's current research projects align with fleet requirements to support a healthy, fit, and medically ready fighting force.

"We had an excellent discussion with Admiral Pearigen," said Capt. Rita Simmons, NHRC's commanding officer. "As a lab commander, ensuring NHRC's research aligns with the bigger picture, with the needs of our warfighters and line leaders, is one of my priorities. We've spent a lot of time over the past several months taking a deep look into our research portfolios to ensure everything we do aligns with the overarching goals of military medicine and operational needs. We are continually evaluating our research priorities and asking ourselves, is this project or product operationally relevant? After all, readiness is the reason we exist."

NHRC has three core research areas-operational readiness and health, military population health, and operational infectious diseases-that target one primary outcome-readiness.

"From optimizing human performance, physically and psychologically, to protecting against infectious diseases that threaten troop health, NHRC is committed to delivering high quality, value-based research that ensures our service members are ready for their mission now and for the battlespace of the future," said Simmons.

During his visit, Pearigen toured NHRC's laboratories, meeting with scientists and getting a first-hand look at the lab's cutting-edge research capabilities. NHRC's unique assets enable research that addresses injury prevention, rehabilitation and resilience, evaluation of personal protective equipment, physiological and cognitive performance, and infectious diseases identification and characterization. These assets include:

* The Computer Assisted Rehabilitation Environment (CAREN), an immersive virtual reality system, which is one of six, and the most advanced, in the Department of Defense (DoD).
* An environmental chamber that simulates operational environments with temperatures ranging from -23°F to 130°F and relative humidity ranging from 5-90 percent.
* An advanced diagnostics laboratory that leverages the latest technologies to diagnose respiratory pathogens and screen for bio-warfare/bio-threat agents.
* A large capacity, state-of-the-art freezer archive with nearly one million specimens. The archive, combined with NHRC's ability to verify results with modern molecular, traditional culture, and serological methods, allows for rapid validation of new diagnostic technologies.

"As we execute our strategic plans across the Navy Medicine research and development enterprise, we need to be thoughtful and make sure we are contributing to the bigger strategy by aligning with the mission of military medical research," said Pearigen. "We need to target outcomes that matter, that are meaningful to the warfighter, to commanders, and our sponsors. The work that's being done at NHRC is truly making an impact on the readiness of our military."

Navy's newest medical pros graduate

SAN DIEGO - One hundred seventy three interns, residents and fellows walked across the stage at Spreckels Organ Pavilion in Balboa Park June 1, representing the Naval Medical Center San Diego (NMCSD) Graduate Professional Medical Education (GME) program's graduating class of 2017.

With graduates from 26 different professional education programs, the ceremony marked the completion of education, training and research programs designed to prepare the Navy's newest group of medical professionals, who will shape the future of military medicine and ensure the medical readiness of our nation's service members and their families.

The NMCSD GME program's half-century-old legacy dates back to 1946. Today it is one of only three major Navy GME training sites and three Family Medicine sites across the U.S. Navy Medicine enterprise.

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GULF OF THAILAND (June 3, 2017) - Naval Aircrewman (Helicopter) 2nd Class Nicholas Lovelace, assigned to the "Wildcards" of Helicopter Sea Combat Squadron 23 aboard USS *Coronado* (LCS 4), prepares to shoot a target with a .50 caliber machine gun during a gunnery exercise with the Royal Thai Navy during Cooperation Afloat Readiness and Training, or CARAT Thailand. CARAT exercise events include surface, undersea, air, and amphibious warfare, maritime security operations and riverine, jungle, and explosive ordnance disposal operations. Navy photo by MC3 Deven Leigh Ellis

SAN CLEMENTE (May 31, 2017) - Marines with Security and Emergency Services Battalion, Camp Pendleton, hand off a Special Olympics torch to Orange County Sheriff Department from runners of the Oceanside PD. Marines ran 17 miles with the torch. The Law Enforcement Torch Run supports Special Olympics. Photo by Lance Cpl. Dylan Chagnon

SAN DIEGO (June 5, 2017) - Chief of Naval Operations (CNO) Adm. John Richardson speaks to Sailors following an all-hands call at Naval Air Station North Island. The purpose of the all-hands call was for Richardson to answer questions from the audience on a variety of subjects. Navy photo by MCSN Nicholas Burgains

SOUTH CHINA SEA (May 26, 2017) - Cmdr. Anthony Webber, left, commanding officer of USS *Dewey* (DDG 105) and Cmdr. Hiroyuki Yokote, from the Japan Maritime Self-Defense Force ship JS Izumo (DDH 183), discuss notes during a brief for a bilateral exercise. Navy photo by MC3 Kryzentia Weiermann

CARAT formation

GULF OF THAILAND (June 3, 2017) - USS *Coronado*, underway in formation with ships from the Royal Thai Navy as part of a CARAT Thailand.

Navy photo by MC3 Deven Leigh Ellis

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DoD offers wellness resources for military community during PTSD Awareness Month

Between 2004 and 2012, the percentage of all active-duty service members with a diagnosis of post-traumatic stress disorder (PTSD) increased from 1 to 5, the Institute of Medicine reports. Furthermore, the report stated that in 2012, "13.5 percent of U.S. Army service members had PTSD, as did 10 percent of Marines, 4.5 percent of Navy personnel, and 4 percent of Air Force personnel. The same year, more than half a million veterans of all eras sought care for PTSD through VA (the Department of Veterans Affairs') health care services-making up 9.2 percent of all VA users."

During PTSD Awareness Month in June, the National Center for Telehealth & Technology (T2) wants to let service members and veterans know that they are not alone, and that help is available.

"PTSD impacts many service members, veterans and their families," says Kelly Blasko, counseling psychologist at T2. "Those in the military community who experienced a traumatic event, while deployed or in any other situation, may carry the effects of that experience with them."

Blasko said there are health technology-based resources from T2 that can help service members, veterans and their families understand and cope with PTSD.

T2's advanced health technology solutions include AfterDeployment, a website providing wellness resources for the military community; Military Kids Connect, a website that helps military children ages 6-17 build resilience and cope with challenges like a parent's PTSD; and a variety of mobile health apps for access to help anytime, anywhere.

AfterDeployment addresses the behavioral health challenges that are common in the military community -- including PTSD. The program provides information that explains the issues service members and veterans may be facing, while helping the family members who support them. A range of tools -- including free, anonymous and easy assessments -- help users evaluate what they might be experiencing, like symptoms of PTSD. They can also check out videos of real service members and veterans sharing their stories of PTSD; a booklet of essential information on the causes and signs of PTSD and how to manage symptoms; and guidance on how and when to seek help from a health care professional.

T2's mobile apps portfolio offers additional resources for managing PTSD. Innovative and engaging mobile apps, such as Breathe2Relax, LifeArmor and Virtual Hope Box, have helped many people navigate the tough challenges of military life, addressing issues like PTSD, anxiety, sleeplessness and traumatic brain injury.

The Military Kids Connect program is the only DoD initiative developed specifically for military youth and their psychological health. The web-based resource, provides age-appropriate tools for military children, including information on how to deal with a parent who has PTSD. And a video series shows how other military kids coped with parents who experienced PTSD and how they made their relationships stronger.

"We want the military community to know that help is available, and T2's resources can be the first step to recovery," Blasko says. "Our resources can help them understand what they are going through and learn how to make things better for themselves and their loved ones, as well as knowing when to seek treatment."

To learn more about T2, AfterDeployment, Military Kids Connect and mobile apps, visit t2health.dcoe.mil, afterdeployment.dcoe.mil and militarykidsconnect.dcoe.mil. You can also follow T2 on Twitter and Facebook.

Power of animal therapy helps women heal from eating disorder

Animals as healing agents can be a powerful force for recovery

The process of recovery, from any kind of traumatic ailment, can occur in many ways. For one San Diego woman, it was the comfort and non-judgmental nature of animals that helped her overcome a crippling ailment—one that affects millions of people every year: bulimia. Through her book, Pound for Pound, San Diegan Shannon Kopp shares her poignant story of how animals, particularly Pit Bulls, played a key role in her self-discovery and healing from an eating disorder and inspired her to ultimately regain control.

Now, through her nonprofit, SoulPaws Recovery Project, Shannon Kopp hopes she can inspire others struggling with eating disorders to seek help, or simply to find comfort in the presence of animals.

The mission of SoulPaws Recovery Project is to "inspire mindfulness and eating disorder recovery through the human-animal connection." SoulPaws offers free animal-assisted therapy workshops (in-person and online) to those impacted by eating disorders. Each workshop can utilize a variety of service animals, including dogs, puppies, miniature horses, guinea pigs, rabbits, birds, and more. Journaling, meditation, sharing on recovery oriented topics, and one-on-one time with animals are a part of each workshop experience. The goal is to combat the shame and secrecy so inherent in eating disorders, and with the help of loving animals, to create a safe space for emotional vulnerability and truth-telling.

"My goal in creating SoulPaws was to help more people suffering from eating disorders experience the profound, healing effect of animal therapy. In my own life, despite years of therapy, a trip to rehab and an embarrassing amount of time spent in the self-help section of my local bookstore, I did nothing but continue to grow sicker until shelter dogs came into my life. Then, everything began to change," said Kopp. "I hope, in some small way, my experiences can help others find the courage not to give up, that there's help sometimes in the least likely of places. For me, it was the love of animals that helped me be a stronger, better person."

According to the National Association of Anorexia and Eating Disorders, 24 million people of all ages suffer from some kind of eating disorder and only 1 in 10 seek treatment. Eating disorders have the highest mortality rate of any mental illness, underscoring the widespread nature of this often silent condition. (Source: www.anadorg)

To learn more about SoulPaws, visit www.soulpawsrecovery.org

San Diego Festival of the Arts
Sat.-Sun., June 10-11
10am-6pm Waterfront Park, downtown SD

2017 San Diego Festival of the Arts Brings World-Class Artists to the Region

Leading international artists from multiple visual arts categories will return to San Diego's downtown Waterfront Park for the 2017 San Diego Festival of the Arts. The 2017 festival will welcome nearly 200 artists in this highly competitive, juried festival. San Diego's Festival of the Arts was recently rated as one of the top 100 art fairs in the nation.

The 2017 San Diego Festival of the Arts (www.sdfestivalofthearts.org) will be held at Waterfront Park in downtown San Diego. Boasting interactive fountains, intimate gardens, harbor views and excellent access to public transit, Waterfront Park has emerged as a quintessential destination for residents and visitors alike.

The San Diego Festival of the Arts will highlight diverse works of painting, sculpture, photography, glass, jewelry, ceramics, wood, fiber and mixed media from internationally known artists. In addition to art displays, guests at the 2017 event will enjoy live music and entertainment, craft beer & wine garden and a variety of cuisine from local top restaurants.

Festival tickets start at $12 (advance, on-line) with proceeds benefitting adaptive sports programs for San Diegans with disabilities. Waterfront Park is located at 1600 Pacific Hwy, downtown San Diego.

Marine Corps Mud Run
Sat.-Sun., June 10-11

Help support quality-of-life programs for Marines aboard Camp Pendleton by getting dirty at the 23rd Annual World Famous Mud Run June 10-11, 2017. Entry fees on day of event is 10K+ $105; 5K+ $80; Kids 1K+ (Tshirt not included) $25.

10K+: How HARD CORPS are you? Test yourself against challenging obstacles including combat town and slippery hill and finish at the muddiest pit in the world. 5K+: New to the mud run, or just like dressing up to get dirty? Run for fun and overcome nine obstacles to finish at the muddiest pit in the world. 1K+: Get dirty just like the big kids. Kids ages 6–12 have the chance to test their might against six obstacles and finish at the muddiest pit in the world!

Participants receive a T-shirt (not 1K), finisher medal, free parking and parking shuttle, post-race refreshments and course-aid/hydration stations. Plus you get to support the Marines & families aboard Camp Pendleton.
Info: www.mccscp.com/mudrun.

Cruisin' Grand Escondido Classic Car Show
Friday nights through Sept. 29
5-9pm Grand Ave. Historic downtown Escondido

This free event brings more than 5000 visitors and car enthusiasts each Friday night to check out the 500+ cars lining the streets of historic downtown Escondido.

Not only for classic car enthusiasts… everyone enjoys meeting up with friends, bringing the family out and strolling along Grand Avenue, stopping in for a bite at one of our many restaurants and people-watching on those warm summer nights.

Cruisin' Grand is honored to be called one of the best cruises in the country. We try to keep it simple, and focus only on what works with our community history, i.e. 1973 and earlier American-made Classics, Customs, Vintage, Cruisin Grand Escondido Muscle, and Hot Rods cruising Grand Ave, just like they did 50-60- years ago, on a Friday night, hopefully shoulder-to-shoulder with a date!

Each week there are three live bands on Juniper, Kalmia, and Maple. In addition to our live DJ on N. Broadway, there are fun contests such as hoola hoops and "name that tune", with prizes. The south side of Broadway is reserved for the car club of the night. Parking for other "period correct" (1974 and older American vehicles) is available on Grand Ave., N. Maple, N. Broadway, Kalmia (North and South), and N. Juniper.

Info: crusingrand.com

21st Annual Inter-Tribal Powwow
Sat.-Sun., June 10-11
Sat. 10am-11pm; Sun. 10:30-6

Join the San Luis Rey Band of Luiseño Mission Indians for the Annual Inter-Tribal Powwow with arts and craft booths, food, dancers, drums, an opportunity drawing and contest dancing.

Presented free to the public by the San Luis Rey Mission Indian Foundation, the 21st Annual Inter-Tribal Powwow will feature parades, dancing, drumming, storytelling, arts and crafts and food for sale. The Inter-Tribal Powwow is one of the largest in the region, and it is the only one presented on the grounds of a California mission. It draws participant from 15+ tribes, including the Diegueño tribe and Luiseño bands in San Diego County, as well as tribes from the Southwest and beyond.

The highlight of the powwow is the Grand Entry (staged at noon, 7 and 8 pm Saturday and at noon Sunday), in which dancers in traditional native dress enter the grounds in a parade formation. No pictures are allowed during the sacred entry, but the public is encouraged to join the parade by drumming, dancing and marching.

Throughout each day, men, women and youth dancers will participate in intertribal competition dancing (fancy shawl, jingle, grass, hoop and traditional styles) and drumming. Vendors will sell Indian arts and crafts, and food booths will sell burgers, hot dogs, Indian tacos, and fry bread.

Dining Directory

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For four days of summer fun on San Diego Bay

The popular summer San Diego International Boat Show® will return to Harbor Island June 15-18 for four days of fun on the water. Grab the entire family for Father's Day weekend fun on San Diego Bay! Now is the time to get yourself and your boat ready for the water. What is more San Diego then being on the water in America's Finest City?

2017 Show Features Include:

* The footprint of the 2017 show will be bigger with +400 feet of added dock space to accommodate the demand of exhibitors to be in the show, making the show marina nearly 150,000 square ft!

* Expanded Try It Cove with opportunities to get on the water including stand-up paddleboarding (SUP), taking a ride in inflatables and even fishing kayaking. The show provides all equipment and free instruction so, even if you are a new comer, you can learn and have fun on the water at the show. This is a perfect activity for families to enjoy.

* Presented in partnership with the US Superyacht Association, this year's show has an expanded Superyacht display with 12 yachts over 80-feet to tour and explore.

* Make your boating dreams a reality by checking out over 200 boats on display, from entry-level family cruisers and personal watercraft to sailboats and motoryachts, as well as the latest nautical gear, gadgets and accessories. If you're dreaming big, the show also has an expanded selection of 80'+ yachts with several making their West Coast debut.

* There will be Powerboat 101 lessons (*new this year). These are great for the novice that wants to learn "hands on" how to be on the water. They are affordable lessons from trained captains and are $40 per session. The weekends fill up fast. Interested boaters can register on the show's web site. www.SanDiegoInternationalBoatShow.com http://www.sandiegointernationalboatshow.com

* Boaters can also sharpen their skills at a variety workshops and seminars presented by experts, educators, and adventurers. The full seminar list will be posted at www.SanDiegoInternational-BoatShow.com http://www.sandiegointernation-alboatshow.com

* In addition, a new and improved /Anchors & Ales Beer Garden/ craft beer and wine tasting area will be positioned on-site to overlook the show. It will be open from Friday to Sunday (Father's Day). There will be an extra ticket for the VIP ales and wine venue of $25 that will include 5+ tastings and food to nosh on. It will be a very unique and fun experience overlooking San Diego Bay and the boat show, toasting what is sure to be a beautiful San Diego weekend.

* Live entertainment including a steel drum band and other performers will set the tone for a fun day.

* Back by popular demand, the 2017 show will have a variety of good eats from the area's most popular food trucks and, of course, our popular floating Fiddler's Green Tiki Bar.

*Show Details: Thur. - Sun., June 15-18, 2017

Thursday, June 15,Noon to 7 p.m.

Friday, June 16,Noon to 7 p.m.

Saturday, June 17,10 a.m. to 7 p.m.

Sunday, June 18,10 a.m. to 6 p.m.

Where: Spanish Landing Park, East (Located off of N. Harbor Drive directly across from the airport) 3900 N. Harbor Island Drive, San Diego, CA 92101.

*Parking: *In addition to the parking at the Sheraton lot (adjacent to the show), due to attendee demand, the 2017 show has expanded parking at the San Diego International Airport (across the street) this year with a shuttle to the event. Follow street signs to either of the parking options.

Admission:
$15 – Adults
FREE – Children (under 12 years old)
$5 Discount for military personnel with Military ID

Omarr's weekly Astrological forecast

♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

ARIES (March 21-April 19): Creative energy is at a high point. The practical application of your imaginative ideas, however, could escape your notice in the early part of the week. Focus on fulfilling your dreams.

TAURUS (April 20-May 20): Tie your timing to the tides of progress. Remember that any low tide is always followed by a high tide. Hold off making key financial decisions in the first few days of the week.

GEMINI (May 21-June 20): Let your business schemes simmer for a few days before putting them into action. The week might begin with a certain amount of confusion but you will quickly get a clear picture.

CANCER (June 21-July 22): Do less talking and more listening in the week ahead. Pay attention to trusted friends and advisors as you are likely to hear the truth. It is a good week for gathering knowledge and wisdom.

LEO (July 23-Aug. 22): Don't pretend to be a wallflower if you meet some new friends. The more enthusiasm you show the more enjoyment you will experience this week. Problems at home may tax your ingenuity

VIRGO (Aug. 23-Sept. 22): Details may be in the dark until the light dawns later in the week. Someone's remarks could negatively influence your business sense. Wait a few days before making crucial decisions or taking action.

LIBRA (Sept. 23-Oct. 22): Take another whack at the piñata despite a blindfold. You may be willing to take risks without the benefit of clear vision in the week ahead. There is something good waiting if you can find it.

SCORPIO (Oct. 23-Nov. 21): You can be fierce about fulfilling your fantasies as this week unfolds. Hold off on making major business and financial decision until mid-week when better opportunities may arise.

SAGITTARIUS (Nov. 22-Dec. 21): You can be matchless or merely mediocre. If something "works" there may still be room for improvement. Make sure all facets of a project are optimized in the week ahead.

CAPRICORN (Dec. 22-Jan. 19): You may be inspired by powerful ideas in the week ahead. Bow to traditions and honor conventions in order to achieve your dreams. Don't step out of line during the next few days.

AQUARIUS (Jan. 20-Feb. 18): You may struggle to get to the bottom of a confusing financial problem. Once you discover the truth it will be easy to overcome. Get plenty of sleep in the week ahead to offset nervous energy.

PISCES (Feb. 19-March 20): Disarray and unsightly appearances could undo the aura of harmony that you hope to achieve this week. Keep your affairs organized; make an extra effort to make a good impression.

AutoMatters & More: MONSTER Superstar RaveBox, Wild West Fun at the Fair & a Cattle Drive

AutoMatters™ & More

by Jan Wagner

MONSTER Superstar RaveBox

MONSTER – world-renowned for its dedication to the music industry – has set a new standard for portable music machines with this, the most fun thing I've been asked to review in a very, very long time. From entertaining at a large party to providing music at home for a few friends, the MONSTER Superstar RaveBox with Bluetooth delivers with this portable, indoor and outdoor, music and light show machine.

The MONSTER Superstar RaveBox incorporates bi-directional driver design with full range drivers in angled 360-degree orientation to disperse sound over large areas, and a down-firing, integrated powered subwoofer that literally shook my granite countertop! At nearly 17 pounds, it is rock solid and extremely well built, assuring crystal clear music as loud as you can stand it – and then some.

Its dazzling, multi-colored, kaleidoscopic light show is synchronized with the music. You can even plug in a mic (not included) to make announcements.

It is ideal for filling large, open spaces with music and light, with selectable equalization modes for indoor and outdoor use. It is waterproof and splashproof, so don't worry about it if it starts to rain.

The built-in rechargeable battery is rated to last up to 12 hours on a single charge, and it even includes a USB outlet to charge your cell phone.

After connecting my iPhone via Bluetooth and then listening to "Miss Atomic Bomb" by The Killers I was convinced, and you will be too! What else is there to say, except to ask how on earth is MONSTER going to top this?!!!

The MONSTER Superstar RaveBox is available from MONSTER authorized dealers and, along with more information, on the MONSTER Products website: https://www.monsterproducts.com/monster-superstar-RaveBox#prreviews. Party on!

A Cattle Drive – Through Downtown San Diego!

Try to picture this: 200 big, heavy cattle being herded by riders on horseback and their incredible dogs through the pedestrian-lined streets (with no barricades!) of downtown San Diego. Believe it or not, that actually took place on the morning of Saturday, June 3, 2017. I had to see this for myself, so much so that I bailed on covering an event at Paramount Pictures in Hollywood.

Witnessing that spectacle brought back fond childhood memories of my hometown and the Calgary Stampede Parade (the folks at the Calgary Exhibition and Stampede helped out with this cattle drive). The cattle drive route began in a park just past the USS Midway Museum, continued past the San Diego Convention Center and back, turned onto fifth Avenue under the San Diego's Historic Gaslamp Quarter sign, along Market Street and back to the park near the USS Midway (where I spent the rest of my day). A crowd watched in awe as the cattle – which weighed hundreds of pounds each – were efficiently loaded in groups of ten or so back into trucks.

This event was staged, in part, to commemorate the 150th anniversary of San Diego's Historic Gaslamp Quarter and to bring attention to this, our next topic:

WHERE the WEST is FUN!

That is the theme of the 2017 San Diego County Fair. At the cattle drive, fair ambassadors handed out fans that read, in part, "GRAB the FAIR by the HORNS!" That was clever, considering the horns on the cattle, and an appropriate tie-in to the Fair.

The opening afternoon and evening of the Fair the day before the cattle drive provided a great opportunity to check out some of its Western-themed exhibits; the large, colorful and noisy carnival midway; and of course the wonderful Fair food. Let's just say that I did not leave there hungry (excessive calories, sugar, fat and cholesterol don't count when you're at a Fair, right?).

Getting ready to race

Cattle Drive through the streets of downtown San Diego

This is a major county fair, with lots to see and do. As always, I am looking forward to entering my Mustang in our car club's day at the Fair (Father's Day); checking out the motorsports events, including the "Tuff Truck Racing" (June 28); wine tasting; visiting the livestock; seeing the amazing hobbies and woodworking exhibits; wandering through the aisles and aisles of vendors' merchandise (last year I bought an easy to use watermelon cutter); and of course eating more of that delicious Fair food!

The San Diego County Fair is on now and continues through the Fourth of July, ending with the traditional fireworks extravaganza. For more information, including schedules, visit https://sdfair.com.

Join in the conversation. Send your comments and suggestions to AutoMatters@gmail.com.

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(excludes holidays)

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Terms & conditions: Coupon cannot be used in conjunction with any other offer or discount. Max. one coupon per visit.

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TV Listings

WEEKDAY MORNING/AFTERNOON

	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
KFMB 8	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM		Inside Edition	Bold/Beautiful	The Young and the Restless		The Talk		Dr. Phil		Judge Judy	Judge Judy
KFMB2 8.2	News 8 Morning Extra			The 700 Club		Dr. Phil		The Doctors		Judge Faith	Judge Faith	Maury		The Robert Irvine Show		Paternity Court	Paternity Court	Judge Mathis	
KGTV 10	Good Morning America			Live with Kelly and Ryan		The View		10News Midday		The Chew		General Hospital		T.D. Jakes		RightThis-Minute	RightThis-Minute	10News: The Now San Diego	
KPBS 15	Wild Kratts	Nature Cat	Curious George	Curious George	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Splash and Bubbles	Sesame Street	Varied Programs			R. Steves' Europe	Ready Jet Go!	Nature Cat	Nature Cat	Wild Kratts	Wild Kratts	Odd Squad
KNSD 39	Today			Today's Take		Today		NBC 7 News Midday		Days of our Lives		Access Hollywood Live		Steve Harvey		The Ellen DeGeneres Show		NBC 7 News at 4	Varied Programs
DISN	PJ Masks	The Lion Guard	Roadster-Racers	Puppy Dog Pals	Elena of Avalor	Varied Programs						Austin & Ally	Austin & Ally	K.C. Under-cover	K.C. Under-cover	Liv and Maddie	Liv and Maddie	Andi Mack	Bizaardvark
ESPN	First Take			SportsCenter		Outside the Lines	NFL Live			NBA: The Jump		SportsNation	Questionable	Around the Horn	Pardon the Interruption	SportsCenter With Michael and Jemele		Varied Programs	
ESPN2	SportsCenter	SportsCenter		The Dan Le Batard Show With Stugotz		Varied Programs													
TLC	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Little People, Big World		Little People, Big World		Four Weddings		Four Weddings		Four Weddings		My 600-Lb. Life		My 600-Lb. Life		Say Yes to the Dress	Say Yes to the Dress
USA	Varied Programs			Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit	

MOVIETIME

Playing at theatres near you!
Mark your calendars!

6/16 CARS 3

6/16 ONCE UPON A TIME IN VENICE

Cars 3

Blindsided by a new generation of blazing-fast cars, the legendary Lighting McQueen finds himself pushed out of the sport that he loves. Hoping to get back in the game, he turns to Cruz Ramirez, an eager young technician who has her own plans for winning. With inspiration from the Fabulous Hudson Hornet and a few unexpected turns, No. 95 prepares to compete on Piston Cup Racing's biggest stage.

Genre: Adventure, Comedy - G
Cast: Owen Wilson, Larry the Cable Guy, Bonnie Hunt

Once Upon a Time in Venice

Steve Ford is a private detective in Venice Beach, Calif., who's good with the ladies, bad with the punches and wild about his dog Buddy. When local thugs steal Buddy, Ford turns to Spider, their devious leader, and forges an unlikely alliance. With help from his best friend, Steve pulls out the big guns to retrieve Spider's stolen cash and cocaine and save Buddy.

Genre: Action, Comedy
Cast: Bruce Willis, John Goodman, Jason Momoa

THURSDAY EVENING — JUNE 8, 2017

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Superior Donuts ᑎ	Mom ᑎ (CC)	Life in Pieces ᑎ	Bull Bull and the team tackle jury bias. (CC)		News	Late-Colbert
KFMB2 8.2	Mike & Molly ᑎ	2 Broke Girls ᑎ	Judge Judy ᑎ	Judge Judy ᑎ	News 8 at 7 (N)	2 Broke Girls ᑎ	Supernatural ᑎ (CC)		Supernatural ᑎ (CC)		News 8 at 10 (N)	Ent. Tonight	Seinfeld ᑎ (CC)	Seinfeld ᑎ (CC)
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Celebrity Family Feud ᑎ (CC)		Celebrity Family Feud ᑎ (CC)		The $100,000 Pyramid ᑎ (CC)		10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) ᑎ (CC)		Huell's California Adventures: Huell & Louie Hit the Road ᑎ				Rock Rewind: 1967-1969 (My Music) Pop songs of the late 1960s.			R. Steves' Europe
KNSD 39	2017 Stanley Cup Final Nashville Predators at Pittsburgh Penguins. Nashville visits Pittsburgh in Game 5 of the Stanley Cup Final. (N)						NBC 7 News Special Edition (N)		Wheel of Fortune	Jeopardy! (N) (CC)	Dateline NBC ᑎ (CC)		NBC 7 News	Tonight Show
DISN	Stuck/ Middle	Bunk'd ᑎ (CC)	Pat the Dog ᑎ	K.C. Under-cover	K.C. Under-cover	Bizaard-vark ᑎ	Stuck/ Middle	Andi Mack	Liv and Maddie	Liv and Maddie	K.C. Under-cover	K.C. Under-cover	Bunk'd "Fog'd In"	Jessie ᑎ (CC)
ESPN	MLB Baseball Boston Red Sox at New York Yankees. (N) (Live)				Baseball Tonight (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter With Scott Van Pelt (N)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	College Track and Field NCAA Men's and Women's Outdoor Championships: Women's Semifinals. From Eugene, Ore. (N) (Live) (CC)						NFL Live (N) (CC)		Mike and Mike: ICYMI (N) (CC)		SC Featured	Jalen & Jacoby	NFL Live (CC)	
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My 600-Lb. Life "Tracey's Story" Tracey's weight resides in her legs. ᑎ (CC)				My 600-Lb. Life "Brandi and Kandi's Story" Twins decide they need to lose weight. (CC)				My 600-Lb. Life "Tracey's Story" (CC)	
USA	Law & Order: Special Victims Unit ᑎ		Law & Order: Special Victims Unit "Bully"		Law & Order: Special Victims Unit ᑎ		Law & Order: Special Victims Unit ᑎ		Law & Order: Special Victims Unit ᑎ		Queen of the South "El Cuerpo de Cristo"		Law & Order: Special Victims Unit "Trophy"	

FRIDAY EVENING — JUNE 9, 2017

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	MacGyver "Magnifying Glass" ᑎ (CC)		Hawaii Five-0 "Ka Luhi" ᑎ (CC)		Blue Bloods "Personal Business" ᑎ		News	Late-Colbert
KFMB2 8.2	Mike & Molly ᑎ	2 Broke Girls ᑎ	Judge Judy ᑎ	Judge Judy ᑎ	News 8 at 7 (N)	2 Broke Girls ᑎ	The Originals (N) ᑎ (CC)		Reign Mary struggles to survive childbirth.		News 8 at 10 (N)	Ent. Tonight	Seinfeld ᑎ (CC)	Seinfeld ᑎ (CC)
KGTV 10	10News at 5pm (N)	NBA	2017 NBA Finals Golden State Warriors at Cleveland Cavaliers. (N) (Live) (CC)					10 News Special Edition (N) (CC)		Jimmy Kimmel	20/20 ᑎ (CC)		10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) ᑎ (CC)		Washington Week	Roundtable	70s Soul Superstars (My Music) Motown, R&B, soul and disco artists. ᑎ (CC)				Easy Yoga for Diabetes-Peggy	
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	America's Got Talent "Auditions 2" Contestants of all ages audition. ᑎ (CC)				Dateline NBC "The Last Day" ᑎ (CC)		NBC 7 News	Tonight Show
DISN	Stuck/ Middle	Pat the Dog ᑎ	Jessie ᑎ (CC)	L & M: Cali Style	L & M: Cali Style	Andi Mack	Stuck/ Middle	Andi Mack (N)	Bizaard-vark ᑎ	Andi Mack	★ **Camp Rock 2: The Final Jam** (2010, Children's) Demi Lovato, Kevin Jonas. ᑎ			
ESPN	NBA	College Track and Field NCAA Men's and Women's Outdoor Championships: Men's Finals. From Eugene, Ore.					SportsCenter (N) (Live) (CC)		SportsCenter With Scott Van Pelt (N) (Live) (CC)				SportsCenter (N) (Live) (CC)	
ESPN2	College Baseball		College Baseball NCAA Tournament, Super Regional: Teams TBA. (N) (Live) (CC)				NFL Live (N) (CC)				Jalen & Jacoby	30 for 30 (CC)		
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress
USA	Law & Order: Special Victims Unit ᑎ		Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ	Modern Family ᑎ

SATURDAY MORNING/AFTERNOON — JUNE 10, 2017

	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
KFMB 8	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	Hidden Heroes (N)	The Open Road	Paid Program	Paid Program	Lucas Oil Off Road Racing Series Pro4 & Pro2.		PGA Tour Golf FedEx St. Jude Classic, Third Round. From TPC Southwind in Memphis, Tenn. (N) (Live) (CC)						Paid Program	Inside Edition	Judge Judy ᑎ (CC)	Judge Judy ᑎ (CC)
KFMB2 8.2	Calling Dr. Pol (CC)	Dog Whisperer	Dog Whisperer	Dog Whisperer	Dog Whisperer	Save Our Shelter ᑎ	Vacation Creation ᑎ	Save to Win (CC)	Animal Friends	Paid Program	24-Hour Fat Loss	Paid Program	Paid Program	Paid Program	Paid Program	RaceWeek	Sports Stars	Hiring America ᑎ	Military Makeover
KGTV 10	Good Morning	10News This Morning at 8am Saturday (N) (CC)		Jack Hanna	Ocean Treks	Sea Rescue ᑎ (EI)	The Wildlife Docs	Rock the Park ᑎ (EI)	Outback Adventures	Paid Program	Paid Program	World of X Games (N)		Paid Program	Paid Program	Paid Program	Paid Program	Castle An undercover operation goes awry. ᑎ	
KPBS 15	Suze Orman's Financial Solutions for You Finding financial solutions. ᑎ (CC)			The Pain Antidote With Dr. Mel Pohl Managing chronic pain. ᑎ (CC)				Eat Fat, Get Thin With Dr. Mark Hyman ᑎ (CC)			Eat Dirt With Dr. Josh Axe Specific types of leaky gut syndrome. (CC)			Forever Painless With Miranda Edmonde-White ᑎ (CC)			ADD and Loving It?! Challenges of ADD and ADHD; adult ADD. ᑎ (CC)		
KNSD 39	2017 French Open Tennis Women's Final. From Roland Garros Stadium in Paris. (N) ᑎ (Live) (CC)					Track and Field IAAF Diamond League: Rome. From Rome. (N Same-day Tape) ᑎ (CC)				Red Bull Signature Series From Ehukai Beach Park in Haleiwa, Hawaii. (N) ᑎ (CC)				149th Belmont Stakes (N) ᑎ (Live) (CC)				24-Hour Fat Loss	On the Money (N)
DISN	Mickey Mouse	Roadster-Racers	Roadster-Racers	Puppy Dog Pals (CC)	Elena of Avalor ᑎ	Tangled: The Series	Pat the Dog (N) (CC)	Stuck in the Middle	K.C. Undercover ᑎ	★★ **Judy Moody and the NOT Bummer Summer** (2011) Jordana Beatty.		Andi Mack ᑎ (CC)	Stuck in the Middle	Bizaardvark ᑎ (CC)		Bizaardvark ᑎ (CC)	Bizaardvark ᑎ (CC)	Bizaardvark ᑎ (CC)	Bizaardvark ᑎ (CC)
ESPN	SportsCenter (N)	SportsCenter (N) (Live) (CC)		College Baseball NCAA Tournament, Super Regional: Teams TBA. (N) (Live) (CC)						College Baseball NCAA Tournament, Super Regional: Teams TBA. (N) (Live)						SportsCenter (N)	College Track & Field		
ESPN2	30 for 30 (CC)	30 for 30 (CC)		College Baseball NCAA Tournament, Super Regional: Teams TBA. (N) (Live) (CC)						Kickboxing Glory 42. (N) (Live)				30 for 30 (CC)		College Baseball NCAA Tournament, Super Regional: Teams TBA. (N) (Live) (CC)			
TLC	7 Little Johnstons	7 Little Johnstons "Brain Surgery for Alex"		7 Little Johnstons Trent decides to lose weight.		7 Little Johnstons "I Just Tinkled" ᑎ (CC)		7 Little Johnstons ᑎ (CC)		7 Little Johnstons "A Family Emergency" ᑎ		Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress
USA	PiYo Workout! (CC)	PiYo Workout! (CC)	Paid Program (CC)	Big Star Little Star "Episode 2" (CC)		Team Ninja Warrior Four teams battle. (CC)		★★ **Faster** (2010, Action) Dwayne Johnson, Billy Bob Thornton, Oliver Jackson-Cohen.		★★★ **The Other Guys** (2010) Will Ferrell, Mark Wahlberg. Two desk-bound detectives get a chance to work on a real case.						★★½ **Red 2** (2013, Action) Bruce Willis, John Malkovich.		

SATURDAY EVENING — JUNE 10, 2017

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	CBS News 8 at 5pm (N) ᑎ (CC)		Weekend News	News	Entertainment Tonight (N) ᑎ (CC)		Blue Bloods "The One That Got Away"		48 Hours ᑎ (CC)		48 Hours ᑎ (CC)		News	Blue Bloods
KFMB2 8.2	The Middle (CC)	Engagement	The King of Queens	Mike & Molly ᑎ	2 Broke Girls ᑎ	2 Broke Girls ᑎ	American Ninja Warrior ᑎ (CC)		American Ninja Warrior ᑎ (CC)		Seinfeld ᑎ (CC)	Just for Laughs	Just for Laughs ᑎ (CC)	
KGTV 10	10News at 5pm	World News	10News at 6pm	The List (N) (CC)	Rookie Blue "In Plain View" ᑎ (CC)		To Tell the Truth ᑎ (CC)		20/20: In an Instant "Deliver Us From Evil" A woman escapes a rural Minnesota cult. (N)				10News at 11pm	Sports XTRA
KPBS 15	NewsHour Wk	KPBS Spectrum	Lawrence Welk: Milestones and Memories The Welk musical family reunion. ᑎ (CC)						Sgt. Pepper's Musical Revolution (N) ᑎ (CC)			BrainFit: 50 Ways to Grow Your Brain With Daniel Amen, MD		
KNSD 39	The Voyager	Wilderness Vet	NBC 7 News at 6	Paid Program	Wheel of Fortune	Jeopardy! ᑎ (CC)	World of Dance "The Qualifiers 2" (CC)		Dateline NBC (N) ᑎ (CC)				NBC 7 News	Saturday Night Live
DISN	Bizaardvark ᑎ	Bizaardvark ᑎ	Bizaardvark ᑎ	Bizaardvark ᑎ	Walk the Prank ᑎ	Walk the Prank ᑎ	MECH-X4 ᑎ (CC)	Lab Rats: Elite	Bizaardvark ᑎ	Stuck/ Middle	Stuck/ Middle	Andi Mack	K.C. Undercover	K.C. Undercover
ESPN	College Track & Field		College Baseball NCAA Tournament, Regional: Teams TBA. (N) (Live) (CC)						SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	College Baseball		College Baseball NCAA Tournament, Super Regional: Teams TBA. (N) (Live) (CC)						30 for 30 (CC)			30 for 30 (CC)		
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress "Overwhelmed" Bridezillas demand the perfect dress. (N) ᑎ (CC)						Say Yes to the Dress "Overwhelmed" ᑎ	
USA	★★½ **Red 2** (2013, Action) Bruce Willis.		★★½ **Red** (2010) Bruce Willis, Morgan Freeman. The CIA targets a team of former agents for assassination.				★★★ **John Wick** (2014, Action) Keanu Reeves, Michael Nyqvist, Alfie Allen.					★★★ **John Wick** (2014, Action) Keanu Reeves, Michael Nyqvist.		

TV Listings

SUNDAY MORNING/AFTERNOON — JUNE 11, 2017

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30
KFMB 8	CBS News Sunday Morning (N) (CC)		Face the Nation (N) (CC)		Paid Program	Paid Program	Paid Program	VEX Robotics World Championship (N) (CC)		PGA Tour Golf FedEx St. Jude Classic, Final Round. From TPC Southwind in Memphis, Tenn. (N) (Live) (CC)						Paid Program	Laura McKenzie	Entertainment Tonight (N) (CC)	
KFMB2 8.2	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	24-Hour Fat Loss	Back Pain Solved	Paid Program	Facelift in a Flash!	Make: Television	HouseCalls	Designing Spaces	P. Allen	Small Town Big Deal	Just for Laughs	Raw Travel "Philly"	Raw Travel "Philly"
KGTV 10	Good Morning	10News This Morning at 8am Sunday (N) (CC)		This Week With George Stephanopoulos (N)		Joel Osteen (CC)	Paid Program	Paid Program	Smile USA	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Home Pro Show	Paid Program	Castle The mysterious murder of a dancer.	
KPBS 15	Lawrence Welk	BrainFit: 50 Ways to Grow Your Brain With Daniel Amen, MD and Tana			Forever Painless With Miranda Edmonde-White (CC)			Eat Dirt With Dr. Josh Axe Specific types of leaky gut syndrome. (CC)			Rick Steves' Guide to Cuba (CC)		San Diego: Above and Beyond		70s Soul Superstars (My Music) Motown, R&B, soul and disco artists. (CC)				R. Steves' Europe
KNSD 39	2017 French Open Tennis Men's Final. From Roland Garros Stadium in Paris. (N) (Live) (CC)							Formula One Racing Canadian Grand Prix. From Circuit Gilles-Villeneuve in Montreal. (N) (CC)				F1 Extra (N) (CC)	Beach Volleyball AVP New York City Open. (N) (Live) (CC)			Paid Program	Graham Bensinger	Journey-Dreyer	Naturally, Danny Seo
DISN	Mickey Mouse	Roadster-Racers	Roadster-Racers	Puppy Dog Pals (CC)	Elena of Avalor	Tangled: The Series	Pat the Dog (N) (CC)	Stuck in the Middle	K.C. Undercover	**Lemonade Mouth** (2011) Bridgit Mendler. Five high-school students form a music group.				**Tangled Before Ever After** (2017)		Tangled: The Series	Tangled: The Series	Tangled: The Series	Tangled: The Series
ESPN	SportsCenter (N)	SportsCenter (N) (Live) (CC)		College Baseball NCAA Tournament, Super Regional: Teams TBA. (N) (Live) (CC)						College Baseball NCAA Tournament, Super Regional: Teams TBA. (N) (Live) (CC)						SportsCenter (N) (Live) (CC)		Baseball Tonight: Sunday Night Countdown	
ESPN2	E:60	SEC Storied (CC)		College Baseball NCAA Tournament, Super Regional: Teams TBA. (N) (Live) (CC)						College Baseball NCAA Tournament, Super Regional: Teams TBA. (N) (Live) (CC)						College Baseball NCAA Tournament, Super Regional: Teams TBA. (N) (Live) (CC)			
TLC	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress "Surprise, Surprise!"		Say Yes to the Dress (CC)		Say Yes to the Dress (CC)		Big & Little "Wider Than I Am Tall" Obese little people try to lose weight.				My 600-Lb. Life "Diana's Story" Diana is a prisoner to her body. (CC)				My 600-Lb. Life "James K's Story" (CC)	
USA	David Jeremiah	In Touch	Joel Osteen (CC)	Queen of the South "El Cuerpo de Cristo" (CC)		Law & Order: Special Victims Unit "Honor"		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit "Night"		Law & Order: Special Victims Unit "Raw"		Law & Order: Special Victims Unit "Alternate"		Law & Order: Special Victims Unit "Smut"		Law & Order: Special Victims Unit "Anchor"	

CROSSWORD PUZZLE

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

ACROSS

1. Darby __ of "Scandal"
10. Like meringue
11. Tehran resident
12. Butterfly or Bovary: abbr.
13. Half a dance?
14. Greetings from Stallone
16. Role on "NCIS" (2)
18. Monogram for store founder Penney
20. Distort
21. The Carpenters & The Righteous Brothers
22. Ending for hero or exam
23. Building wing
24. Household pests
25. "Crimson __"; Gene Hackman/Denzel Washington film
27. British sports cars of past decades
28. "Madam __"
32. Skater Babilonia
33. "Secrets __ Lies"
34. Refrain syllable
37. Burn with liquid
39. Make airtight
40. "60 Minutes" host (2)

DOWN

1. LL Cool J's role on "NCIS: Los Angeles"
2. Dan Bakkedahl's role on "Life in Pieces"
3. "Who Do You Think You __?"
4. "CSI: __" (2004-13)
5. Circular cracker (2)
6. Role on "The Nanny"
7. John Wayne's state of birth: abbr.
8. Popular singer from Ireland and her namesakes
9. "The __ __"; highest-grossing film of 1994
13. Initials for Eastwood
15. Fragrances
16. Record albums, for short
17. Mothers of lambs
18. Romeo's love
19. 2003-10 crime drama series (2)
21. Titles for Cagney and Lacey: abbr.
24. Mom on "Little People, Big World"
26. Close and Stonestreet
29. "Hachi: A Dog's __"; 2009 Richard Gere movie
30. Mayberry resident
31. Yellow Brick or Rocky: abbr.
34. "__ and Sympathy"; film for Deborah Kerr
35. Cheerleader's cry
36. "__ in the Family"
38. Richard Karn's role on "Home Improvement"
39. "__. Elsewhere"

Solution
Joe Mantegna

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SUNDAY EVENING — JUNE 11, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB 8	CBS News 8 at 5pm (N) (CC)		Weekend News	News	60 Minutes (N) (CC)		The 71st Annual Tony Awards Honoring excellence on Broadway. (N) (Live) (CC)						News	Blue Bloods
KFMB2 8.2	The Middle (CC)	Engagement	The King of Queens	Mike & Molly	2 Broke Girls	2 Broke Girls	Forensic Files	Forensic Files	Forensic Files	Forensic Files	Seinfeld (CC)	Just for Laughs	Just for Laughs	Forensic Files
KGTV 10	10News at 5pm	World News	10News at 6pm	RightThis-Minute (N)	America's Funniest Home Videos (CC)		Celebrity Family Feud (Season Premiere)		Steve Harvey's FUNDERDOME (CC)		The $100,000 Pyramid (CC)		10News at 11pm	Sports XTRA
KPBS 15	NewsHour Wk	SciTech Now (N)	Ken Burns: America's Storyteller Tribute to producer Ken Burns.			R. Steves' Europe	Hamilton's America The Broadway musical "Hamilton." (CC)				ADD and Loving It?! Challenges of ADD and ADHD; adult ADD.			Forever Painlss
KNSD 39	2017 Stanley Cup Final Pittsburgh Penguins at Nashville Predators. (N) (Live) (CC)						Sunday Night With Megyn Kelly (N)		To Be Announced				NBC 7 News	Sportswrap
DISN	Tangled: The Se	Tangled: The Se	★★★★ **Toy Story** (1995) Voices of Tom Hanks, Tim Allen.			★★★★ **Toy Story 2** (1999, Children's) Voices of Tom Hanks.			Tangled: The Se	Bunk'd (CC)	L & M: Cali Style	Bizaardvark	K.C. Undercover	Bizaardvark
ESPN	MLB Baseball Detroit Tigers at Boston Red Sox. From Fenway Park in Boston. (N) (Live)						SportsCenter (N) (Live) (CC)			SportsCenter (CC)			SportsCenter (CC)	
ESPN2	College Baseball		College Baseball NCAA Tournament, Super Regional: Teams TBA. (N) (Live) (CC)						ESPN FC (N)		E:60		30 for 30 (CC)	
TLC	My 600-Lb. Life "James K's Story"		My 600-Lb. Life "Zsalynn's Story" (CC)		My 600-Lb. Life "Sean's Story" (CC)		90 Day Fiancé "Danielle & Mohamed: Our Continuing Journey" A look back at Danielle and Mohamed. (N)						90 Day Fiancé	
USA	Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Modern Family	Modern Family

MONDAY EVENING — JUNE 12, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	Kevin Can Wait	Man With a Plan	Mom (CC)	Life in Pieces	Scorpion "Sly and the Family Stone" (CC)		News	Late-Colbert
KFMB2 8.2	Mike & Molly	2 Broke Girls	Judge Judy	Judge Judy	News 8 at 7 (N)	2 Broke Girls	Supergirl "Welcome to Earth" (CC)		Whose Line Is It?	Whose Line Is It?	News 8 at 10 (N)	Ent. Tonight	Seinfeld (CC)	Seinfeld (CC)
KGTV 10	10News at 5pm (N)	NBA	2017 NBA Finals Cleveland Cavaliers at Golden State Warriors. (N) (Live)					10 News Special Edition (CC)		Jimmy Kimmel	20/20 (CC)		10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)		A Conversation With Bill Moyers Journalist Bill Moyers. (N) (CC)			Get Down Tonight: The Disco Explosion Bee Gees, Leo Sayer.			Easy Yoga for Diabetes-Peggy	
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	American Ninja Warrior "Los Angeles Qualifiers" The first qualifying round.				Spartan: Ultimate Team Challenge (N)		NBC 7 News	Tonight Show
DISN	Stuck/Middle	Bunk'd (CC)	Jessie (CC)	K.C. Undercover	Pat the Dog	Bizaardvark	Stuck/Middle	Andi Mack	Liv and Maddie	Liv and Maddie	Tangled: The Se	Tangled: The Se	Pat the Dog	Jessie (CC)
ESPN	NBA	College Baseball NCAA Tournament, Super Regional: Teams TBA. (N) (Live) (CC)						SportsCenter (N)	SportsCenter With Scott Van Pelt (N) (Live) (CC)				SportsCenter (N) (Live) (CC)	
ESPN2	College Baseball NCAA Tournament, Super Regional: Teams TBA. (N) (Live) (CC)				E:60		SportsCenter (N)	E:60	E:60		NFL Live (CC)		Jalen & Jacoby	E:60 (CC)
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	7 Little Johnstons (CC)		7 Little Johnstons "A Family Emergency"		Counting On (Season Premiere) (N)				Counting On	
USA	Law & Order: Special Victims Unit "Justice"		Law & Order: Special Victims Unit "Greed"		Law & Order: Special Victims Unit		WWE Monday Night RAW (N Same-day Tape) (CC)						Queen of the South "El Cuerpo de Cristo"	

TUESDAY EVENING — JUNE 13, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS "M.I.A." (CC) (DVS)		Bull A surgeon is sued for malpractice.		48 Hours: NCIS (N) (CC)		News	Late-Colbert
KFMB2 8.2	Mike & Molly	2 Broke Girls	Judge Judy	Judge Judy	News 8 at 7 (N)	2 Broke Girls	The Flash "Magenta" (CC)		iZombie "Conspiracy Weary" (N) (CC)		News 8 at 10 (N)	Ent. Tonight	Seinfeld (CC)	Seinfeld (CC)
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Downward Dog (N)	The Middle	blackish "Lemons"	blackish	American Housewife	Fresh Off the Boat	10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)		JFK: The Lost Inaugural Gala (N) (CC)			Roy Orbison: Black & White Night 30 (CC)			Rick Steves' Guide to Cuba (CC)	
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	America's Got Talent "Auditions 3" Contestants of all ages audition. (N) (CC)				World of Dance "The Qualifiers 3" (N)		NBC 7 News	Tonight Show
DISN	Stuck/Middle	Bunk'd (CC)	Jessie (CC)	K.C. Undercover	K.C. Undercover	Bizaardvark	Stuck/Middle	Andi Mack	Liv and Maddie	Liv and Maddie	K.C. Undercover	K.C. Undercover	Bunk'd (CC)	Jessie (CC)
ESPN	30 for 30 (N) (Part 1 of 3)				30 for 30 (N) (Part 2 of 3)		SportsCenter (N) (Live) (CC)		SportsCenter With Scott Van Pelt (N)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	DRL Drone Racing (CC)		DRL Drone Racing (CC)		WNBA Basketball Dallas Wings at Los Angeles Sparks. (N) (Live) (CC)				30 for 30 (Part 1 of 3)				30 for 30 (Part 2 of 3)	
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	7 Little Johnstons "A Family Emergency"		Little People, Big World: Back to the		Little People, Big World (N) (CC)		7 Little Johnstons "Party Pooper" (N)		Little People, Big World (CC)	
USA	NCIS "The Penelope Papers"		Modern Family	Modern Family	Modern Family	Modern Family	WWE SmackDown! (N Same-day Tape) (CC)				Team Ninja Warrior "Wildcard Week 2"		Chrisley Knows	Chrisley Knows

WEDNESDAY EVENING — JUNE 14, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	Undercover Boss (CC)		Criminal Minds "Mirror Image"		Code Black "Corporeal Form" (CC)		News	Late-Colbert
KFMB2 8.2	Mike & Molly	2 Broke Girls	Judge Judy	Judge Judy	News 8 at 7 (N)	2 Broke Girls	Arrow Wild Dog goes after Garret Runnels.		DC's Legends of Tomorrow "Shogun"		News 8 at 10 (N)	Ent. Tonight	Seinfeld (CC)	Seinfeld (CC)
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Goldbergs	Speechless	Modern Family	American Housewife	Steve Harvey's FUNDERDOME (CC)		10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)		Nature (CC)			NOVA (CC) (DVS)			Rick Steves' Guide to Cuba (CC)	
KNSD 39	2017 Stanley Cup Final Nashville Predators at Pittsburgh Penguins. (N) (Live) (CC)						To Be Announced						NBC 7 News	Tonight Show
DISN	Stuck/Middle	Pat the Dog	Jessie (CC)	K.C. Undercover	K.C. Undercover	Bizaardvark	Stuck/Middle	Andi Mack	Liv and Maddie	Liv and Maddie	K.C. Undercover	K.C. Undercover	Bunk'd (CC)	Jessie (CC)
ESPN	30 for 30 (N) (Part 3 of 3)				MLB Baseball New York Yankees at Los Angeles Angels of Anaheim. From Angel Stadium of Anaheim in Anaheim, Calif. (N) (Live)						SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	World of X Games		World of X Games	World of X Games	SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter With Scott Van Pelt (N)		Jalen & Jacoby	NFL Live (CC)		Jalen & Jacoby
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My 40-Year-Old Child (CC)		Born Schizophrenic: Jani's Next Chapter		Born Schizophrenic: Big Changes		The Boy With No Brain		Born Schizophrenic: Big Changes	
USA	NCIS "Housekeeping" (CC) (DVS)		Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Big Star Little Star "Episode 3" (N)		Modern Family	Modern Family	Modern Family	Modern Family

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

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6/15

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6/29

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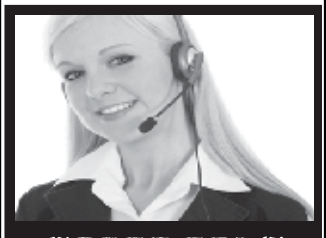

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6/29

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6/15

REUNIONS

USS MIDWAY VETERANS REUNION SAN DIEGO- Reconnect with the shipmates you served with on the **USS Midway**, now the most-visited and successful ship museum in the world, and the pride of San Diego. Come join the **USS Midway Veterans Association's** reunion in San Diego, September 11-13, 2017, featuring banquet dinner on the flight deck September 13, and a special program honoring our nation's POWs and MIAs. Keynote speaker will be RADM Mac McLaughlin, USN (Ret.), president & CEO of the USS Midway Museum. Reunion hotel is the Wyndham San Diego Bayside. Veterans of the USS Midway, the USS Franklin D. Roosevelt, the USS Coral Sea, and the USS Kitty Hawk are cordially invited to attend, along with their families and friends. Register for the reunion at http://ussmidway.net/home.html. POC is Tim Miller (619) 942-2554, or email yokohamakid01@gmail.com

6/22

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Videoview

by Jay Bobbin

STARTING THIS WEEK: "THE LEGO BATMAN MOVIE'': This franchise's version of the Caped Crusader was such a success in ``The Lego Movie,'' he got his own computer-animated spinoff - with Will Arnett again supplying his voice - with this adventure. Barbara Gordon's (voice of Rosario Dawson) elevation to succeed her father (voice of Hector Elizondo) as Gotham City's police commissioner, plus The Joker's (voice of Zach Galifianakis) latest scheme, mean big concerns for the hero. Many familiar aspects of the Batman saga are factored cleverly into the script. Michael Cera (as Robin), Ralph Fiennes, Jenny Slate, Mariah Carey, Billy Dee Williams, Seth Green, Jonah Hill and Conan O'Brien also are in the voice cast. DVD extras: six ``making-of'' documentaries; audio commentary by director and cast members; deleted scenes; animated short subjects. *** (PG: AS) (Also on Blu-ray and On Demand)

"JOHN WICK: CHAPTER 2'': After the first edition that performed surprisingly well for him, with both audiences and critics, Keanu Reeves reprises the role of the ex-assassin who goes to Italy when another killer (Riccardo Scamarcio) wants his own sister (Claudia Gerini) eliminated ... and Wick then becomes the target of an ordered contract killing himself. Beyond the nice foreign scenery - offered here with a dose of darkness, given the story's theme - fans of ``The Matrix'' will get a bonus from seeing Reeves reunited with co-star Laurence Fishburne. Common, Ian McShane, John Leguizamo, Ruby Rose and Thomas Sadoski (``Life in Pieces'') also appear. DVD extras: 10 ``making-of'' documentaries; audio commentary by Reeves and director Chad Stahelski; deleted scenes. *** (R: AS, N, P, V) (Also on Blu-ray and On Demand)

"SOUTH PARK: THE COMPLETE TWENTIETH SEASON'': While Trey Parker and Matt Stone's animated Comedy Central staple might seem a bit dated in its home-video afterlife, given its topicality that sees the episodes completed very close to their on-air debuts, it also makes the show something of a satirical time capsule. Given that these stories began running in September 2016, it's only to be expected that the most recent presidential election factors heavily into the tales ... though the series has its own controversial candidate in Mr. Garrison (whose voice is supplied by Parker). Internet trolling is another major concern of Season 20. *** (Not rated: AS, P) (Also on Blu-ray)

COMING SOON: "CHiPs" (June 27): California Highway Patrol officers Jon and Ponch (Dax Shepard, also the update's writer-director, and Michael Pena) are back on the roads. (R: AS, P, N, V)

"LIFE" (June 20): A deadly shape-shifter boards the International Space Station; Ryan Reynolds, Jake Gyllenhaal and Rebecca Ferguson star. (R: AS, P, V)

Weekly Inspiration *From* Colette

The dark no longer has to have a deep hold and instead is just a guiding post of where we can add more light, more love.- Jennifer Grant

Pool
continued from page 8

furniture away from the gate to keep children or unwanted visitors from climbing on them to hop over your fence and into your pool.

3.Make Sure Your Pool Drain Covers Are Visible And Intact: Let's face it, if you can't get a clear look at your pool's drain covers, you won't be able to see a distressed swimmer under the water or a person entrapped on a drain — and your pool water needs cleaning! If you can see them, make sure they're not broken or chipped and remind children not to play near them so they can't get sucked in and trapped.

4.Have Two Pieces of Safety Equipment: Every pool should have two essential pieces of safety equipment: a life ring (life preserver) with a diameter of at least 17 inches that can be thrown to help struggling swimmers stay afloat, and a safety hook to pull people to safety. You should also consider keeping a phone at the pool while swimming so if you need to make an emergency call, you can do it quickly.

5.Repair Any Damage to Decking, Equipment and Pool Area: Make sure pool ladders and pool railings are secure so people aren't hurt when they rely on them to get in and out of the pool. Repair damage to decking to prevent people from tripping.

Keep it Clean

1.Test Your Pool Water Routinely: Keeping your pool safe is more than protecting against drowning and physical accidents. You need to keep your pool water clean, too, so people don't get sick swimming in dirty water.

Testing the chemical balance of the water in your pool is one of the most important things you can do to make sure it's up to par. That's because that balance — which keeps your water disinfected, clean and safe — can be easily thrown out of whack by heavy use, hot weather, rain and lots of other things. To keep your pool safe, test the chlorine and pH levels at least twice a week and daily if you can.

2.Don't Swim If You're Sick: Chlorinating your pool only does so much. You need to keep germs out of the pool. Practice good hygiene. Don't swim when you have diarrhea, which can introduce cryptosporidium into the water and make other sick for weeks. If there is an accident in your pool, be sure to clear the pool and follow guidelines for proper cleaning of the water. In the case of cryptosporidium that typically requires hypochlorination — using extremely high levels of chlorine.

3.Skim, Brush and Vacuum Your Pool Regularly: There's a lot of stuff out there that can get into your pool. It will not only make your pool look like a mess, it could make it tougher for your chemicals to keep the water clean. Swimmers can carry in sunblock, oils and other items. There's dust, sediment and leaves blowing in the air that can all make it a lot harder for your filtration system to keep things clean. So use a hand skimmer to clean your pool's surface, brush the walls and vacuum its floor often. Don't forget to remove any leaves and debris in the skimmer baskets.

4.Keep Your Deck Clean: It only stands to reason — the less mess there is on the deck surrounding your pool, the less stuff that can be blown or carried into it. A good sweeping will go a long way to keeping your pool looking pristine.

5.Keep your Pool Filter Clean: If you have a cartridge-based filter, make sure to check, clean or replace your filters when they're dirty. If you're using a sand filter, make sure to backwash and clean your filter screens when they need it.

For more information about keeping your pool safe, check out the Environmental Health Department's Swimming Pool Inspection Walk-through video at http://www.countynewscenter.com/10-tips-make-sure-your-pool-is-safe/.

Love is a four legged word

San Diego Humane Society training classes and workshops

Puppy Preschool
SDHS San Diego Campus
Sat, June 10 at 9 a.m.
Sat, June 10 at 10:15 a.m.
Wed, June 21 at 6 p.m.

Puppy Preschool is a six-week program designed to meet the training and socialization needs of pups that are under 18 weeks old. Owners and their pups learn to adapt to new people, dogs, environments and experiences. Cost: $160.

Puppy Play Groups
SDHS San Diego Campus
Sun, June 11 at 10:15 a.m.
Sun, June 18 at 10:15 a.m.
Sun, June 25 at 10:15 a.m.

Puppy Play Group is a great opportunity for your puppy to learn social skills with other puppies in a safe and supervised environment. Trainers narrate play exercises and match puppies who are compatible playmates, ensuring puppies are having positive experiences.

Periods of play alternate with breaks, where you will have time to ask our professional trainer any questions you have about puppy training. Cost: $20 per session.

Level 1: Marvelous Manners
SDHS San Diego Campus
Sat, June 10 at 11:30 a.m.
Sat, June 10 at 3:30 p.m.
Sat, June 10 at 4:45 p.m.
Sun, June 11 at 12:45 p.m.
Sun, June 11 at 2:15 p.m.
Wed, June 21 at 7:30 p.m.

SDHS Oceanside Campus
Wed, June 21 at 6:30 p.m.
Sat, July 8 at 11:30 a.m.

This six-week introductory-level training class will teach you the basics of positive reinforcement training techniques while your dog learns good doggie behaviors. For dogs 18 weeks and older. Cost: $110.

Level 2: Superb Skills
SDHS San Diego Campus
Sat, June 10 at 12:45 p.m.
Tue, June 20 at 7:30 p.m.

This six-week class builds on the skills learned in Level 1: Marvelous Manners Class. We focus on differentiating verbal cues from hand signals and add distance and duration to behaviors. For dogs 18 weeks and older. Cost: $100.

Level 3: Reliable Rovers
SDHS San Diego Campus
Sun, June 11 at 11:30 a.m.

This six-week training class is designed to challenge both you and your dog. Lessons will focus on strengthening behaviors learned in Level 2: Superb Skills by increasing distance, duration and distractions. For dogs 6 months and older. Cost: $100.

Shy Dog
SDHS San Diego Campus
Monday, June 5 at 7 p.m.

Shy Dog is an introductory-level course designed for dogs that are overwhelmed by their environment. This class focuses on building trust between you and your dog, as well as boosting your dog's confidence through positive reinforcement training. Cost: $150.

Rapid Recall
SDHS San Diego Campus
Tuesday, June 20 at 6 p.m.

Learn what it takes to have your dog reliably come when called, all the time, anytime. Cost: $100.

Workshops
SDHS San Diego Campus
Thursday, June 15 at 6 p.m.

Dogs & Storks™ - Preparing families with dogs for life with baby: Dogs & Storks™ workshop offers positive, practical, and fun solutions for new parents and expecting families. We strive to help make the transition from pet parent to baby parent as joyful and stress-free as possible. Cost: $35 per person.

MOVIES at the Bases

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

Thursday, June 8
6:00 PM Lowriders (PG-13)
8:00 PM The Fate of The Furious (PG-13)

Friday, June 9
6:00 PM King Arthur: Legend of the Sword (PG-13)
8:30 PM Snatched (R)

Saturday, June 10
12:50 PM Guardians of the Galaxy Vol 2 - 3D (PG-13)
3:30 PM King Arthur: Legend of the Sword - 3D (PG-13)
6:10 PM Guardians of the Galaxy Vol 2 (PG-13)
8:50 PM Snatched (R)

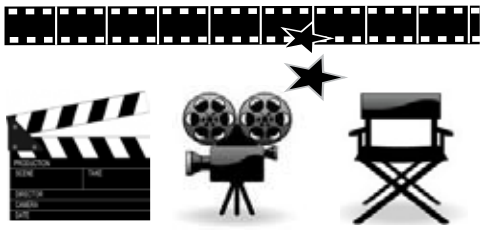
Sunday, June 11
1:00 PM King Arthur: Legend of the Sword (PG-13)
3:30 PM How To Be A Latin Lover (PG-13)
5:50 PM Guardians of the Galaxy Vol 2 (PG-13)
8:30 PM Snatched (R)

Monday, June 12
6:00 PM Snatched (R)
7:50 PM Guardians of the Galaxy Vol 2 (PG-13)

Tuesday, June 13
5:50 PM Guardians of the Galaxy Vol 2 (PG-13)
8:30 PM Unforgettable (R)

Wednesday, June 14
6:00 PM How To Be A Latin Lover (PG-13)
8:20 PM Snatched (R)

Thursday, June 15
5:50 PM The Promise (PG-13)
8:30 PM King Arthur: Legend of the Sword (PG-13)



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

Thursday, June 8
5:50 PM Lowriders (PG-13)
7:50 PM Guardians of the Galaxy Vol 2 (PG-13)

Friday, June 9
5:50 PM King Arthur: Legend of the Sword (PG-13)
8:20 PM Snatched (R)

Saturday, June 10
12:50 PM Guardians of the Galaxy Vol 2 (PG-13)
3:30 PM How To Be A Latin Lover (PG-13)
6:10 PM Snatched (R)
8:10 PM King Arthur: Legend of the Sword (PG-13)

Sunday, June 11
12:50 PM Lowriders (PG-13)
2:50 PM Guardians of the Galaxy Vol 2 (PG-13)
5:50 PM King Arthur: Legend of the Sword (3D) (PG-13)
8:20 PM Snatched (R)

Monday, June 12
5:50 PM Snatched (R)
7:40 PM Guardians of the Galaxy Vol 2 (PG-13)

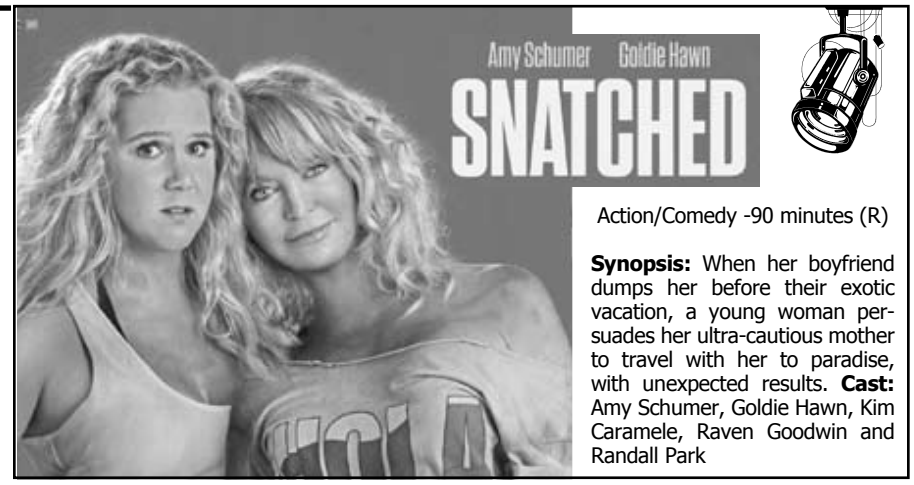
Tuesday, June 13
5:50 PM King Arthur: Legend of the Sword (PG-13)
8:20 PM The Circle (PG-13)

Wednesday, June 14
5:40 PM How To Be A Latin Lover (PG-13)
8:00 PM Guardians of the Galaxy Vol 2 (PG-13)

Thursday, June 15
5:50 PM Snatched (R)
7:40 PM King Arthur: Legend of the Sword (PG-13)

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

THU. 8 6:30 PM The Fate of the Furious (PG-13) *
FRI. 9 6:30 PM Snatched (R)
9:00 PM Lowriders (PG-13)
SAT. 10 3:00 PM Guardians of the Galaxy Vol. 2 PG-13 (2D)
6:30 PM King Arthur: Legend of the Sword PG-13 (2D)
9:00 PM How to Be A Latin Lover PG-13
SUN. 11 1:00 PM King Arthur: Legend of the Sword PG-13 (3D)
6:30 PM The Circle (PG-13)
WED. 14 6:30 PM The Promise (PG-13)*
THU. 15 6:30 PM Unforgettable (R)*



Action/Comedy -90 minutes (R)

Synopsis: When her boyfriend dumps her before their exotic vacation, a young woman persuades her ultra-cautious mother to travel with her to paradise, with unexpected results. **Cast:** Amy Schumer, Goldie Hawn, Kim Caramele, Raven Goodwin and Randall Park

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

Thursday, June 8
11:00 am The Smurfs 2 (PG)
5:00 pm A Cure For Wellness (R)

Friday, June 9
5:00 PM CHiPs (R)

Saturday, June 10
11:15 AM Who Framed Roger Rabbit (PG)
2:00 PM The Shack (PG-13)
5:00 PM Logan (R)

Sunday, June 11
12:00 PM Toy Story (G)
1:30 PM Toy Story 2 (G)
3:10 PM Toy Story 3 (G)

Monday, June 12
5PM Star Wars: Episode IV A New Hope (PG)

Tuesday, June 13
11:00 AM The Boss Baby (PG)
5:00 PM The Great Wall (PG-13)

Wednesday, June 14
5:00 PM Assassin's Creed (PG-13)

Thursday, June 15
11:00 AM The Smurfs 2 (PG)
5:00 PM Fist Fight (R)

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

Thursday, June 8
5:00 pm Beauty and the Beast (PG)

Friday, June 9
5PMAnchorman: The Legend of Ron Burgundy (PG-13)

Saturday, June 10
5:00 PM Power Rangers (PG-13)

Sunday, June 11
5:00 PM The Shack (PG-13)

Wednesday, June 14
1:00 PM Thor (PG-13)
3:00 PM AntMan (PG-13)
5:00 PM Captain America: The First Avenger (PG-13)
7:10 PM Deadpool (R)

Thursday, June 15
5:00 PM Rock Dog (PG)

Around Town

Old Town Temecula Certified Farmers' Market Saturdays, 8am-12:30pm, on 6th and Front. 760-728-7343. Old Town Temecula, 6th and Front Street, Temecula, 92590.
Pacific Beach Farmers' Market Saturdays, 8am -noon, Mission Boulevard between Reed Avenue and Pacific Beach Boulevard. Promenade Mall, 4150 Mission Boulevard, San Diego, 92109
Little Italy Mercato Saturdays, 8am-2pm Little Italy Mercato Farmers' Market, downtown San Diego residents' go-to weekly source for farm-fresh produce, pastured eggs and poultry, meat, fish, flowers, and local artisan food. Join visitors from around the world scooping up just-caught sea urchin, pastries, jams, and breads plus hundreds of unique, hand-crafted gift options. Cedar between Kettner and Front.
Scripps Ranch Farmers' Market Saturdays, 9am-1pm at the corner of Corner Scripps Poway Parkway and Spring Canyon Road. 10380 Spring Canyon Road.
Ramona Open Air Market In the Kmart parking lot on Saturdays from 9am-1pm. KMart, 1855 Main Street, Ramona, 92065.
Suzie's Farm Stand Saturdays, 10am-2pm, Sundays, 10am-2pm, Tuesdays, 2pm-6pm Shop for certified organic produce within sight of the fields where they are grown! Farm stand stocks over 100 varieties of fruits and veggies annually as well as eggs from pasture-raised chickens and sprouts from sister farm Sun Grown Organic Distributors, bread from Sadie Rose ,and fruit from Stehly Farms. Don't forget to bring a re-usable bag from home!The Grove at Suzie's at Sunset, 2570 Sunset Avenue, San Diego, 92154.
Del Mar Farmers' Market and Food Court Saturdays, 12pm-4pm, on Camino Del Mar between 10th and 11th Streets. 1050 Camino del Mar
Hillcrest Farmers' Market In the DMV parking lot every Sunday, 9am-2pm. Monthly visiting chef series features local chefs who create dishes highlighting market goods. Department of Motor Vehicles, 3960 Normal Street, San Diego, 92103.
La Jolla Open Aire Market Sundays, 9am-1pm, on the southwest corner of Girard and Center. La Jolla Elementary School, 1111 Marine Street, San Diego, 92037.
Third Ave Certified Farmers' Market and Asian Bazaar Sundays, 9am-1pm, on the 400 block of Third Avenue between Island Avenue and J Street. Certified California-grown fresh produce • Flowers • Bread • Preserves • Nuts • Smoked fish • Pet treats • French crepes • Mexican, African & Islander-grilled foods • Handcrafted jewelry, candles and soaps. 400 block of Third Ave between Island Ave & J Street.
Leucadia/Encinitas Farmers' Market and Art Fair On Sundays from 10am-2pm. Paul Ecke Elementary, 185 Union Street, Encinitas, 92024.
North San Diego Certified Farmers Market Ongoing until Sunday, March 24, 2019 Sundays, 10:30am-3:30pm Freshly prepared foods by local food artisans. A local weekly event, managed by residents of the local area, featuring local farmers, growers, and small businesses. Sikes Adobe Farmhouse,12655 Sunset Drive, Escondido, 92025.
Julian Certified Farmers' Market Sundays, 11am-4pm, between The Bead Shop and the Wynola Farms Marketplace, three miles west of Julian. Wynola Farms Marketplace, 4470 Highway 78, Julian, 92036.
Allied Gardens Sunday Market Sundays, 11am-3pm For the neighborhoods of Allied Gardens, Del Cerro, San Carlos, San Diego State, and La Mesa. Farm-fresh produce, pastured eggs and poultry, meat, fish, flowers, local artisan food, and homemade organic goods. Patrick Henry High School, 6702 Wandermere Drive, San Diego, 92120.
Solana Beach Farmers' Market Sundays 1-5pm, along the 400 block of South Cedros Avenue. 410-444 South Cedros Avenue.

San Diego Italian Film Festival presents Latin Lover at La Paloma Theatre. June 8,7pm. www.sandiegoitalianfilmfestival.com
Daddy/Daughter Doo-Wop Dance at Country Club Senior Center, Oceanside. June 9,5 – 8pm. www.oceansiderec.com
Fallbrook Summer Nights in downtown Fallbrook. June 9, 5 – 9pm. Free event. www.fallbrookchamberofcommerce.org
San Diego Oysterfest & Music Festival at Embarcadero Marina Park North. June 9-10 www.facebook.com/SDOysterfest
San Diego Padres vs. Kansas City Royals at Petco Park. June 9-11 www.mlb.com/padres. (June 10 Padres Replica Jersey 1:10pm)
Opening of Africa Rocks at San Diego Zoo. June 10 www.sandiegozoo.org/africarocks
Canyoneers Hike at San Dieguito Lagoon. June 10, 8:30 – 11:30am. www.sdrp.org
History Walk in downtown Oceanside. June 10, 9-11am. www.oceansidehistoricalsociety.org
Flag Retirement Ceremony at Veterans Park, Poway. June 10, 10-10:30am. www.poway.org
Filipino Cultural Day at Oceanside Civic Center Plaza & Library. June 10, 12-6pm. Free event. www.visitoceanside.org
Cinema by the Sea Movie Night at Del Mar Shores Park. June 10, 7:30-10pm. www.delmarfoundation.org
An Evening with Spencer Day at Avo Playhouse. June 10 www.moonlightstage.com
Marine Corps Mud Run at Camp Pendleton. June 10-11 www.mccscp.com/mudrun
Inter-Tribal Powwow at Mission San Luis Rey. June 10-11 www.slrmissionindians.org
San Diego Festival of the Arts at Waterfront Park. June 10-11,10am – 6pm. www.sdfestivalofthearts.org
71st Annual Tony Awards. June 11, 5 – 8pm. Watch on CBS. www.tonyawards.com
Season Opening Day at San Diego Surf Polo Club. June 11, 12:30pm. www.sandiegopolo.com
Volunteer Trail Maintenance at San Dieguito Lagoon. June 11, 8 – 11am. www.sdrp.org
King Richard II at The Old Globe Theatre. June 11-July 15 www.theoldglobe.org
Polo season at San Diego Surf Polo Club. June 11-Oct 1 www.sandiegopolo.com
San Diego Padres vs. Cincinnati Reds at Petco Park. June 12-14 www.mlb.com/padres
Race Across America solo riders start at Oceanside Pier. June 13 www.raceacrossamerica.org.
Surfing America USA Surfing Championships at Oceanside Harbor North Jetty. June 13-17 www.surfingamerica.org
The Bodyguard at San Diego Civic Theatre. June 13-18 www.sandiegotheatres.org
Flag Day June14
South O Walkabout in Oceanside. June 14, 5-8pm. www.facebook.com/southowalkabout
Classic Car Night at Privateer Marketplace & Wine Bar. June 14, 5 -9pm. www.visitoceanside.org
Taste of Little Italy. June 14, 5-9pm. www.littleitalysd.com
Aida at Moonlight Amphitheatre. June 14-July 1 www.moonlightstage.com
Classic Car Night on Highway 101 in downtown Encinitas. June 15, 5:30-7:30pm. Free event. www.encinitas101.com
San Diego Italian Film Festival presents Bella Vita at the Museum of Photographic Arts. June 15, 7:30pm. www.sandiegoitalianfilmfestival.com
San Diego International Boat Show at Spanish Landing Park. June 15-June 18 www.sandiegointernationalboatshow.com
San Diego County Fair: Where The West Is Fun at Del Mar Fairgrounds. Opening Day! June 2-July 4 www.sdfair.com
Damn Yankees June 2-18 San Diego Musical Theatre presents Damn Yankees at Spreckels Theatre. www.sdmt.org
Summer Fest Sat, June 17, 1pm-5pm the ultimate celebration of local beach culture and music, and the release of OC Weekly's iconic Summer Guide issue. Newport Dunes, 1131 Back Bay Dr, Newport Beach, CA 92660
Doheny Surf Fest June 17 Surfers Vendor Village – Menehune Surf Contest – 60's Surf Contest – Tandem Exhibition – Kona Beer Garden – Live Music – Great Food – Healthy Living Demonstrations – Surfer's Art and Collectibles– Classic Longboard Exhibit – Classic Woody Car Show and MORE!! 25300 Dana Point Harbor Drive,Dana Point, CA 92629
Newport Beach Wooden Boat Festival For those who love boating, or just want to see some classic boats, the annual Newport Beach Wooden Boat Festival June 9-11 at the Balboa Yacht Club is not to be missed. Dubbed the Concours d'Elegance of yachting, it showcases the most diverse and valuable collection of wooden boats in California.Balboa Yacht Club,1801 Bayside Drive, Corona del Mar, CA 92625

Concerts

Confirm concerts before attending. Some venues are age 21+ only.

June

Aaron Tippin. Thurs, June 8, 8pm. Paddock Concert Series. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Peter Cetera. Thurs, June 8, 7pm. Singer/Songwriter formerly in Chicago. Grandstand Stage. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Rita Coolidge. Thurs, June 8, 1pm. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Gloria Trevi vs. Alejandra Guzmán. Fri, June 9, 8pm. Latin. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

Toby Keith. Sat, June 10, 7pm. Country. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.

Enrique Iglesias & Pitbull. Sat, June 10, 7:30pm. STAPLES Center, 1111 S. Figueroa St, Los Angeles. www.staplescenter.com

Fishfest 2017 with Toby-Mac, for KING & COUNTRY, Crowder, Mac Powell, Jordan Feliz, Hollyn, Zach Williams. Sat, June 10, 3pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400.

39th Annnual Playboy Jazz Festival. Sat-Sun, June 10-11, 3pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com

91X-FEST 2017 Presented by 91X and Goldenvoice. Sun, Jun 11, 2:30pm. Qualcomm Stadium, 9449 Friars Rd, San Diego, CA 92108.,

Roberto Tapia. Sun, June 11, 7;30pm. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

The Taj Mahal & Keb' Mo' Band. Sun, June 11, 7pm. Blues/folk. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.

Banda MS. June 11. **CANCELLED!**

Ziggy Marley. Mon, June 12, 7:30pm. Reggae/Ska. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.

Elvin Bishop & Charlie Musselwhite. Wed, June 14, 8pm. Blues. Paddock Concert Series. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Collective Soul. Wed, June 14, 7:30pm. Indie Rock. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.

Sister Hazel. Thur, June 15, 7pm. Folk/Rock. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.

Phoenix with the Lemon Twigs. Thur, June 15, 8pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com

Don McLean. Thurs, June 15, 7pm. Folk/Rock. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.

Grand Funk Railroad. Thur, June 15, 7:30pm. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Def Leppard, Poison, Tesla. Fri, June 16, 7pm. Rock. Matress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

Darius Rucker. Fri, June 16, 7pm. Country/Rock. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.

Spirit West Coast. **Christian music festival**. Sat, June 17, 5-9pm. Gospel. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.

Morris Day & the Time and Zapp. Sat, June 17, 7pm. Funk/Hip-Hop/Rap/Pop. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd. Point Loma. 619-224-4171.

Moody Blues. Sat, June 17, 8pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com

Boston and Joan Jett. Sun, June 18, 7:30pm. Rock. Matress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

Grupo Intocable. Sun, June 18, 7pm. Latin. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.

Reggae Night XVI. Ziggy Marley with Orchestra. Sun, June 18, 7pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com

King Crimson. Mon, June 19, 7:30pm. Jazz/Rock. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.

Korn. Tues, June 20, 7:30pm. Metal/Hardcore/Rock. Matress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

Roger Waters. Tues-Wed, June 20 & 21, added June 27, 8pm. STAPLES Center, 1111 S. Figueroa St, Los Angeles. www.staplescenter.com

Switchfoot. Wed, June 21, 7pm. Gospel/Rock. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.

John Michael Montgomery. Wed, June 21, 8pm. Country/Rolk/Rock. Paddock Concert Series. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Gordon Lightfoot. Wed, June 21, 8pm. Legend! The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. http://www.grove-of-anaheim.com

Frankie Valli & The Four Seasons. Thur, June 22, 7pm. Latin. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.

Who's Bad: Michael Jackson Tribute. Thurs, June 22. 7pm. Pop. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar.

Gordon Lightfoot. Fri, June 23, 8pm. Folk. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.

Brad Paisley. Fri, June 23. Country. Matress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

Maxwell. Fri, June 23, 7:30pm. Funk/Pop. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd. Point Loma. 619-224-4171.

Brad Paisley. Sat, June 24, 7pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

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Military Rebate.....-$500

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New 2017 Hyundai Elantra SE

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Frank's Price.....$15,527
Retail Bonus Cash.....-$2,000
Sales Event Cash.....-$500
HMF Bonus Cash.....-$750
Military Rebate.....-$500

NET PRICE
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All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. $750 HMF Bonus Cash must finance through Hyundai Motor Finance. $500 Military Rebate, must be active duty or veteran to qualify. Offer Expires 6/12/17.

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New 2017 Hyundai Tucson SE

$6,433 Savings from MSRP

Frank's Price.....$20,527
Retail Bonus Cash.....-$2,000
Hyundau Event Cash.....-$750
HMF Bonus Cash.....-$500
Military Rebate.....-$500

NET PRICE
$16,777

All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. $750 HMF Bonus Cash must finance through Hyundai Motor Finance. $500 Military Rebate, must be active duty or veteran to qualify. Offer Expires 6/12/17.

New 2017 Hyundai Santa Fe

7 Passenger

Frank's Price.....$27,277
Retail Bonus Cash.....-$2,000
Military Rebate.....-$500

NET PRICE
$24,777

All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. $750 HMF Bonus Cash must finance through Hyundai Motor Finance. $500 Military Rebate, must be active duty or veteran to qualify. Offer Expires 6/12/17.

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