

### Weekly Contest

Enter for a chance to win 2 tickets to the Scream Zone at the Del Mar Fairgrounds.

**See page 4**

### AutoMatters & More

Join Jan Wagner this week as he gives his wrap of of the MCAS Miramar Air Show.

**See page 17**

### Things to do this weekend

Super Hero Obstacle Race, Stagecoach Sunday, Adams Ave. Street Fair, Giant Pumpkin Fields.

**See page 22**

Navy Marine Corps Coast Guard Army Air Force

# DISPATCH



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FIFTY SEVENTH YEAR NO. 14  
THURSDAY, SEPTEMBER 28, 2017

## October Monthly Observances

- Adopt A Shelter Dog Month
  - AIDS Awareness Month
  - American Cheese Month
  - American Pharmacists Month
  - Antidepressant Death Awareness
  - Apple Month
  - Bat Appreciation Month
  - Black Speculative Fiction Mo
  - Breast Cancer Awareness Mo
  - Bullying Prevention Month
  - Blindness Awareness Month
  - Caffeine Addiction Recovery
  - Celiac Disease Awareness
  - Celebrating Bilingual Child
  - Children's Magazine Month
  - Church Library Month
  - Church Safety and Security
  - Class Reunion Month
  - Co-op Awareness Month
  - Corn Month
  - Country Music Month
  - Cut Out Dissection Month
  - Domestic Violence Awareness
  - Down Syndrome Awareness
  - Dyslexia Awareness Month
  - Eat Better, Eat Together
  - Emotional Intelligence Awareness
  - Employee Ownership Month
  - Eye Injury Prevention Month
  - Fair Trade Month
  - Financial Planning Month
  - Feral Hog Month
  - Gay & Lesbian History Month
  - German-American Heritage
  - Global ADHD Awareness
  - Global Diversity Awareness
  - Go Hog Wild - Eat Country Ham
  - Halloween Safety Month
  - Head Start Awareness Month
  - Health Literacy Month
  - Home Eye Safety Month
  - Improve Your Home Month
  - I'm Just Me Because Month
  - Italian-American Heritage
  - International Augmentative & Alternative Communication
- continued next week*

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**Story on page 8**

## U.S. precision airstrikes kill 17 ISIS militants in Libya

by Cheryl Pellerin

WASHINGTON - U.S. forces, in coordination with Libya's government of national accord and aligned forces, conducted six precision airstrikes in Libya against an Islamic State of Iraq and Syria desert camp Sept. 22, Pentagon spokesman Army Col. Rob Manning said here Sept. 25.

The strikes killed 17 ISIS militants and destroyed three vehicles in a camp about 150 miles southeast of Sirte, Manning told reporters during a briefing that also covered operations in Iraq and Syria.

ISIS used the camp to move fighters in and out of the country, stockpile weapons and equipment and plot and conduct attacks, Manning said. "ISIS and al-Qaida have taken advantage of ungoverned spaces in Libya to establish sanctuaries for plotting, inspiring and directing terror attacks," he added.

The terrorists, U.S. Africa Command officials said in a statement, also use such spaces to recruit and facilitate the movement of foreign terrorist fighters and to raise and move funds to support their operations.

"These terrorists have sought safe haven and freedom of movement in Libya to launch external terror attacks in neighboring countries, and their operatives in Libya have also been connected to multiple attacks across Europe," Africom officials said.

Prime Minister Fayeaz al-Sarraj, the government of national accord and their aligned forces have been stalwart and valued partners against terrorism, Africom officials added. And while Libya has made considerable progress against ISIS, most notably by dislodging ISIS fighters from Sirte last year, the terrorists have tried to take advantage of political instability there to create safe havens in parts of the country, they said.

see **Airstrikes**, page 2

## USS Fitzgerald to change homeport to Pascagoula

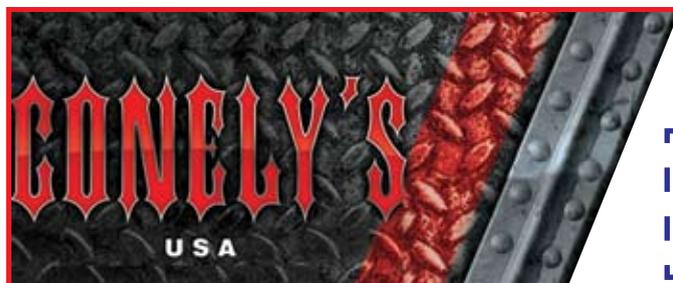
WASHINGTON - The Navy announced Sept. 22 that destroyer USS *Fitzgerald* will be changing homeport from Yokosuka, Japan to Pascagoula, Miss., effective Dec. 15 in support of repairs following the collision with Merchant Vessel ACX Crystal off the coast of Japan on June 17.

The Navy previously announced that it intends to award a contract initiating the restoration of *Fitzgerald* at Huntington Ingalls Industries in Pascagoula before the end of the fiscal year.

The start date, scope, cost and the time required to fully restore the ship have not yet been determined.

The Navy chose this course of action following a review of the capabilities and workload of new construction and repair shipyards. Given the complexity of the work and the significant unknowns of the restoration, the Navy determined that only an Arleigh Burke-class shipbuilder could perform the effort.

Meanwhile, Cmdr. Garrett Miller relieved Cmdr. John "Jack" Fay as commanding officer of *Fitzgerald* and her crew. Fay was appointed as the interim commanding officer in July 2017.



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# It's official: Marines have their first female infantry officer

by Hope Hodge Seck (MILITARY.COM) - A female Marine lieutenant quietly crossed one of the last remaining hurdles for women in the service Sept. 25, celebrating graduation of the famously difficult infantry officer course in a private ceremony reserved for family members.

The officer, who asked not to be identified, is the first woman in the Marine Corps to earn the 0302 infantry officer military occupational specialty. She will soon be sent to her new unit, which is within 1st Marine Division, out of Camp Pendleton, officials with Marine Corps Training and Education Command said Monday morning.

"I'm proud of this officer and those in her class who have earned the infantry officer MOS," Marine Corps Commandant Gen. Robert Neller said in a statement.

Some 32 female officers have previously attempted the 13-week infantry officer course at Quantico, Va., since the course first opened to women on an experimental basis in 2012. The vast majority of applicants did not make it past the grueling

combat endurance test that kicks off the course. The test runs more than 14 hours and is designed to test Marine officers mentally as well as physically, forcing them to hike many miles with 80-pound packs and complete an obstacle course in which they must climb a 20-foot rope multiple times.

The Marine Corps has at times faced pressure to reconsider the difficulty level of IOC as it proved a much more formidable challenge than the enlisted Infantry Training Battalion course, which has graduated well over 200 female Marines to date, some of whom have gone on to take positions in operational infantry units.

But leaders remained adamant that they wouldn't change standards to make a quota.

"The important thing is that it's open for anybody who qualifies," then-Navy Secretary Ray Mabus told reporters in January. "It's just that you have a chance to make it through."

In all, 27 female officers attempted IOC on an experimental basis from 2012 to 2015, while infantry jobs still remained

closed to women. Two more tried to pass the course during the same time period as a prerequisite for a ground intelligence MOS.

During that same time period, 978 male officers attempted IOC and 692 graduated, TECOM spokesman Capt. Joshua Pena previously told Military.com.

Since the Marine Corps opened the infantry and all other previously male-only jobs in 2016 in compliance with a Pentagon-wide mandate, four female officers have attempted the course, including the lieutenant who graduated today, Pena said.

Though the recent IOC class,

## U.S. bombers, fighter escorts fly over waters east of North Korea

WASHINGTON - Air Force B-1B Lancer bombers from Guam, along with Air Force F-15C Eagle fighter escorts from Okinawa, Japan, flew in international airspace over waters east of North Korea Sept. 23, chief Pentagon spokesperson Dana W. White said in a statement announcing the mission.

which kicked off in July, has proceeded in privacy, with little exposure to the public eye, there were indicators early on that Marine officials sensed history was about to be made.

"We have a female officer right now in infantry officers course, and she's part of the way through, doing very well," Assistant Commandant of the Marine Corps Gen. Glenn Walters told reporters at the Pentagon in early August. "These are successes that never seem to get out in the press."

IOC instructors and TECOM leadership have declined to further discuss IOC and the lieutenant's history-making accomplishment.

This is the farthest north of the Demilitarized Zone any U.S. fighter or bomber aircraft have flown off North Korea's coast in the 21st century, White said.

The mission underscores the seriousness with which the United States takes North Korea's "reckless behavior," she added.

"This mission is a demonstration of U.S. resolve and a clear message that the president has many military options to defeat any threat," she said. "North Korea's weapons program is a grave threat to the Asia-Pacific region and the entire international community."

"We are prepared to use the full range of military capabilities to defend the U.S. homeland and our allies."

On Sept. 17, U.S. Air Force and Marine Corps aircraft joined Japanese and South Korean military aircraft in a sequenced bilateral show of force over the Korean Peninsula in response to North Korea's Sept. 14 launch of an intermediate range ballistic missile over Japan.



Infantry Marines and Soldiers conduct a patrol while in route to a key leader engagement during the Georgia Deployment Program Mission Rehearsal Exercise at Hohenfels, Germany, Aug. 17, 2017. photo by Cpl. Kimberly Aguirre

In all, 131 Marines started the course 13 weeks ago, and 88 graduated today, officials said, giving the course a 67 percent graduation rate.

"Marines expect and right-

fully deserve competent and capable leaders, and these IOC graduates met every training requirement as they prepare for the next challenge of leading infantry Marines; ultimately, in combat," Neller said.

## Airstrikes

continued from page 1

Leaving this unaddressed, Africom officials said, would allow the violent terrorist organization to inspire attacks against America, its allies and American interests around the world.

"The United States," Manning said, "will track and hunt these terrorists, degrade their capabilities and disrupt their planning and operations by all appropriate, lawful and proportional means, including precision strikes against their forces, terror training camps and lines of communications, [and] partnering with Libyan forces to deny safe havens for terrorists in Libya."

The United States stands by its Libyan counterparts and supports their efforts to counter terror threats and defeat ISIS in Libya, he added. "We are committed to maintaining pressure on the terror network and preventing them from establishing a safe haven," he said.

In Iraq, Manning said, operations to liberate Ana and Rawah are ongoing, with about

10 square kilometers of Ana reported clear. ISIS executed 45 of its own fighters fleeing from Ana toward Rawah, he added, leaving bodies on the road as warnings to others.

Meanwhile, Manning said, the operation to liberate Hawija progressed with diminishing ISIS resistance, and about 60 percent of eastern Sharqat has been liberated.

"As of last night, he said, 66 villages in Hawija and Sharqat, totaling more than 880 square kilometers of the area, had been liberated and hold forces continue security operations in the Ninevah province."

In Syria, the Syrian Democratic Forces continued to make steady progress, gaining about 30 city blocks yesterday in the city of Raqqa and the surrounding area, Manning said.

On the western axis, he added, the SDF maintain defensive positions around the fortified ISIS headquarters in the compound commonly called the national hospital. They also helped to evacuate civilians, Manning said.

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**M577 Armored Command Vehicles are driven on to train cars at the port of Gdansk, Poland. Official photo**

## Poland, a valued NATO member, leads by example, Mattis says

by Cheryl Pellerin

WASHINGTON - Defense Secretary Jim Mattis welcomed his Polish counterpart, Defense Minister Antoni Macierewicz, to the Pentagon Sept. 21 to discuss strengthening the two countries' military relationship, defense capabilities and NATO interoperability.

Mattis and Macierewicz last met at a June gathering of the NATO defense ministers in Brussels, a meeting focused on adapting the alliance to threats from Russia and from terrorism.

"As we were listening to the national anthem out in front of the Pentagon, I was reminded

that Poland and the United States have a very long shared history of military cooperation," Mattis said in remarks after the honor cordon held for Macierewicz.

In Washington, he said, this is demonstrated by statues to Gen. Casimir Pulaski, who served next to George Washington, and to Gen. Tadeusz Kosciuszko, a military engineer who contributed to a first major victory, both in the Revolutionary War.

"These were officers that came to our aid ... when our upstart little country decided to rebel against a king in Europe," the secretary said.

"Today you're a valued member of NATO and Poland leads by example," he added. "And an American-led NATO battle group, with troops from the United Kingdom and Romania, stands with your nation that came to our aid in 1776."

The work to protect freedom continues as the U.S. and Poland stand together against any threat from the East - two countries bound by democratic values and by the NATO alliance, Mattis said.

"Our government here in Washington notes proudly that Poland continues to meet the NATO pledge, leading by example."

In his remarks, Macierewicz told Mattis, "It was in our history, which you described, and it will be our future."

On behalf of Poland, the minister thanked the American soldiers serving in Poland for their excellent cooperation and the efforts they make to defend the eastern flank of NATO, and Poland.

"The main goal of my visiting Pentagon is the same as the main goal of the Polish security police: to consolidate the strategic Polish-American alliance, which is fundamental to safeguarding peace in Poland and the entire eastern flank of NATO," Macierewicz said.

"In our view," he added, "broader U.S. military presence in our country will be required to ensure that. ... We are building up our army to 200,000 soldiers and we are equipping it with the most modern weapons produced both in Poland and in the United States. For [that] I want to thank you especially."

## DoD continues round-the-clock support following hurricanes in Caribbean

by Terri Moon Cronk

WASHINGTON - The federal government's priority is continuing to provide lifesaving and life-sustaining resources to Puerto Rico and the U.S. Virgin Islands in the wake of recent hurricanes in the Caribbean Sea, Pentagon spokesman Col. Rob Manning told reporters Sept. 25.

"The [Federal Emergency Management Agency] and its federal partners are in the lead and the Department of Defense is in support," Manning said, noting that about 2,600 DoD personnel are in the Caribbean.

"We continue to conduct 24-hour operations, aggressively conducting search and rescue operations, bringing additional essential commodities to the islands and restoring power at critical facilities with generators and the fuel needed to power them," he said.

Among DoD efforts is the USS *Kearsarge* Amphibious Ready Group, which conducted eight medical evacuations and 123 airlifts and delivered 22,200 pounds of relief supplies and cargo to Puerto Rico and the Virgin Islands, the spokesman said.

"Yesterday, they inserted Marine Corps and Navy teams in to Roosevelt Roads, P.R., to conduct route reconnaissance, clearance of main roads and clearance of the airfield and associated taxiways," he added.

The ships also have deployed a disaster response team to St. Croix in the U.S. Virgin Islands to clean streets and distribute commodities, Manning said.

The *Kearsarge* ARG has inserted the Army's 602nd Area Support Medical Company and a Civil Authority Information Support Element to St. Thomas in the U.S. Virgin Islands, he noted, in addition to transporting supplies between St. Croix and St. Thomas.



**Soldiers depart USS Kearsarge (LHD 3) aboard a landing craft utility in the Caribbean Sea. Army photo by Pvt. Allea Oliver**

"The Navy worked with the U.S. Coast Guard to reopen the port of San Juan, and [it] is open to support daylight operations," the colonel said.

U.S. Transportation Command is moving additional personnel and equipment, including eight Black Hawk helicopters from Fort Campbell, Ky., to the San Juan International Airport to increase distribution capacity, he said.

DoD has also re-established the mobile communications tower to enhance air traffic control capability at St. Thomas International Airport, Manning said, and DoD's strategic airlift has delivered three FEMA urban search and rescue teams to Puerto Rico and meals and water to St. Croix, he said.

The U.S. Army Corps of Engineers has conducted a preliminary inspection of the Guajataca Dam and is working closely with the Puerto Rico emergency managers as they continue to monitor and assess the dam, Manning said. Meanwhile, he noted, the National Guard continues route clearance, evacuation, improving communication and airlift support.

## Navy accepts delivery of future USS Colorado

WASHINGTON - The Navy accepted delivery of future USS Colorado (SSN 788), the 15th submarine of the Virginia-class, Sept. 21.

The ship began construction in 2012 and is scheduled to commission in spring 2018. This next-generation attack submarine provides the Navy with the capabilities required to maintain the nation's undersea superiority.

"Colorado's delivery brings another Block III Virginia-class submarine to the fleet within budget. The submarine's outstanding quality continues the Program's tradition of delivering combat ready submarines to the fleet," said Capt. Mike Stevens, Virginia-class submarine program manager. "Colorado is the most capable Virginia-class submarine bringing advanced capabilities and technology to the Navy fleet."

Colorado is the fifth Virginia-class Block III submarine. Block III submarines feature a redesigned bow with enhanced payload capabilities, replacing 12 individual vertical launch tubes with two large-diameter Virginia Payload Tubes, each capable of launching six Tomahawk cruise missiles. This, among other design changes, reduced the submarines' acquisition cost while maintaining their outstanding warfighting capabilities.

The submarine will be the fourth U.S. Navy ship to be commissioned with the name Colorado. The first Colorado was a three-masted steam screw frigate that participated in the Union Navy's Gulf Blockading Squadron that fought in the Second Battle of Fort Fisher with then-Lt. George Dewey serving as her executive officer.

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CNV 4981	C40	09:00	PT MUGU(121)
SATURDAY, SEPTEMBER 30, 2017		NO SPACE "A" DEPARTURES	
SUNDAY, OCTOBER 01, 2017			
NO SPACE "A" DEPARTURES			
MONDAY, OCTOBER 02, 2017			
Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4731	C40	12:35	LEMOORE(111)
TUESDAY, OCTOBER 03, 2017		NO SPACE "A" DEPARTURES	
WEDNESDAY, OCTOBER 04, 2017			
Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4725	C40	09:00	LEMOORE(121)

# Mattis: Meeting with Indian defense minister comes at time of strategic convergence

**By Terri Moon Cronk**  
WASHINGTON, Sept. 26, 2017 — The United States places great importance on building a vibrant defense partnership with India, Defense Secretary Jim Mattis said in a press conference with India's Defense Minister Nirmala Sitharaman following their bilateral discussions in New Delhi yesterday.

Mattis said. "As India takes its rightful place at the global table, India will find the United States to be a steadfast friend and partner."  
The four-day trip marks the first time a cabinet member from the President Donald J. Trump administration has visited India.

recent years, and is underpinned by strategic convergence between both countries, based on common objectives and goals in the region.  
The United States' designation of India as a major defense partner reflects the progress of that cooperation and recognizes India as a "pillar of regional stability and security," Mattis said.  
"[And] it reflects our desire for a long-term strategic partnership

in the 21st century," he noted.  
Security is a key strategic pillar in the wide-ranging relationship between the two nations, the secretary said.  
"As we work to strengthen our defense relationship, we seek to expand our cooperation and building partnerships, also, across the region," he said. "In particular, we applaud India's invaluable contributions to Afghanistan and welcome their efforts to promote

Afghanistan's democracy, stability and security."  
Also key to the partnership is both the United States and India recognize the worldwide threat of global terrorism, Mattis noted.  
"There can be no tolerance of terrorist safe havens," he said. "As global leaders, India and the United States resolve to work together to eradicate this scourge," he said.

Additionally, India's leadership is vital in wide-ranging initiatives across the Indo-Pacific region, Mattis said.  
"We appreciate India's stabilizing leadership in the Indian Ocean and seek to work together to build a resilient regional architecture with a foundation both our nations respect: that of a rules-based order," he said.

The United States appreciates the efforts of India, the United Nations and the broader international community to increase pressure against North Korea over its dangerous and destabilizing behavior, Mattis said.

"In addition to our growing global cooperation, the minister and I reaffirmed our commitment to deepen bilateral defense cooperation, in particular, expanding maritime engagement as one of our top priorities," he said.

The secretary said he also looks forward to new U.S.-India naval exercises, and furthering the robust defense trade and technology collaboration between both nations' defense industries.

"Cooperation in this area will improve the capabilities of both our militaries and reinforce the foundations for an enduring partnership," Mattis said. "I look forward, alongside Secretary of State [Rex] Tillerson, to convening the inaugural two-plus-two dialogue in the near future between our foreign and defense ministers. 'Steady engagement' will be our watch words for the path ahead."

"This is a historic opportunity for our two democracies, a time of strategic convergence,"

## Erosion of U.S. military capabilities must be stopped, chairman tells senators

**by Jim Garamone**  
WASHINGTON, Sept. 26, 2017 — The erosion of American military capabilities is real and must be halted, the chairman of the Joint Chiefs of Staff told the Senate Armed Services Committee here today.

The chairman told the senators that America's military benchmarks its forces' capabilities against the military capabilities of Russia and China.

Russia and China are spending vast amounts to build up their militaries and they are aiming capabilities at American gaps, Dunford said. The biggest advantage the United States maintains, he said, is the ability to deploy troops and capabilities anywhere in the world and then maintain them. Russia and China, he added, are looking to minimize that advantage and split the United States from its European and Pacific allies.

Since World War II, the United States thinks and acts globally, Dunford said.

In the early part of this century, the United States "had a significant competitive advantage in our ability to project power when and where needed to advance our national interest," he said.

"I can't say that today," the chairman said.

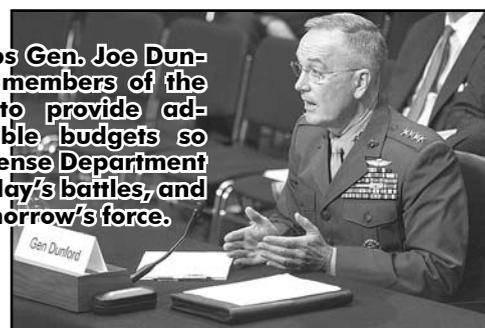
Capabilities are also eroded by lack of money and lack of time for training, he said.

"If you took a pilot specifically, you know, in the past, pilots might have had 30 hours a month to fly. Now they may be down as low as 15 hours a month," Dunford said. "On a day-to-day basis, you may

not be able to see the different between pilot A and pilot B. But, if there is an in-flight

emergency, I can guarantee you that the pilot that has 30 hours will immediately feel much more comfortable and confident in their ability to deal an anomalous situation [and] be able to control their physiological response. And

you and I may never find out about that incident."



**Marine Corps Gen. Joe Dunford asked members of the committee to provide adequate, stable budgets so that the Defense Department can fight today's battles, and prepare tomorrow's force.**

The pilot with only 15 hours a month may not end up so safe, the chairman said.

"I would argue that, while we may have trained to standard in the past, when we had sufficient time and resources, now, we're training to time, because that ship is going to go to sea, that pilot is going to go to war, that infantryman is going to go to war, whether or not they've had an opportunity to train, sometimes, in the basic tasks or not," he said.

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Jackson, Alexandria	15B-T5	Kruzela, Mark	30-B3
Abrego, Elyette	39-B7	Kauffman, Erik	H1-T3
McDonald, Kacey	B2-T1	Stevenson, Jeffrey	L1-T1
Dumbaugh, Abigail	C10-T1	Gunn, Kenneth	D2-T1
Guerrero, Kevin	D13-T1	Collins, Al	25-B1

MIRAMAR		FIDDLER'S COVE	
Throngkumpola, Tawan	50-A4	Lievre, Joseph	43-B2
Gallego, Emerick	2-C3	CORONADO	
Renbarger-Dewulf, Dylan	40-B1/2	Joyner, Gabrielle	A5-T3

## Social Security Matters

by Russell Gloor

### DRC's, working and waiting; Restricted application

*Dear Rusty: My wife is 66 and not collecting S.S. She wants to wait until age 70 to collect the larger benefit, but I know she could collect now and her payments will grow if she continues to work until age 70 because there were at least 4 years that she had no income and several years where her income was only \$2k - \$3k. In the next 5 years she will earn around \$25K per year. My question is, what will be the difference in benefits at age 70 if she just waits to collect versus if she collects now and continues to contribute to*



*S.S? Signed: Trying to Maximize our Benefits*

Dear Trying: The first thing to keep in mind is that for each year of your wife's working career her earnings are adjusted for inflation before her benefit calculation is done. So, for example, \$3,000 earned in 1971 would, for purposes of computing her benefit, be adjusted to about \$21,450 in today's dollars. The same is true for earnings in each of the years up to when your wife turned 60 years old, but only to the maximum taxable earnings for each year. So your wife's benefit would only increase as a result of her working now if she earned more than any of the inflation-adjusted earnings for one or more of the years in the 35 years used to calculate her benefit. However, replacing any years in which she had zero earnings would improve her benefit a small amount.

Since your wife has reached her Social Security full retirement age of 66, she's entitled to 100 percent of what's called her primary insurance amount. For each year she waits beyond age 66 she'll earn delayed retirement credits to the tune of 8 percent per year, up to age 70. So if her PIA is \$1,000 at age 66, she would instead receive \$1,320 if she retires at age 70. Considering that any adjustment to her PIA from working would actually be very small due to the 35 year averaging and earnings indexing, the guaranteed 8 percent per year benefit increase would appear to be a prudent path. However, there's another strategy you may want to consider.

Since both of you were 62 years of age prior to 1/12/2016, you have available to you a strategy known as the "Restricted Application". This "loophole" was closed by the Bipartisan Budget Act of 2015 for all except those born prior to 1954. Using this strategy, one spouse can begin receiving benefits and the other spouse can, once they reach their full retirement age, file a "Restricted Application for Spousal Benefits Only" and allow their own personal benefit to earn Delayed Retirement Credits up to age 70. This would typically be used to enable a lower-earning spouse to begin benefits while the higher-earning spouse's benefit grew to its maximum of 132 percent of PIA. Using this strategy, your wife could start her benefits now, and you could file the restricted application and collect spousal benefits from her work record while letting your own grow at 8 percent per year until you are 70.

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.

## Navy completes Vietnam War book series

WASHINGTON - The Navy published the final entry, End of the Saga: The Maritime Evacuation of South Vietnam and Cambodia, in its nine-book series titled The U.S. Navy and the Vietnam War, officials announced Sept. 21.

Interested readers can download a free digital copy from the Naval History and Heritage Command's (NHHC) website at [www.history.navy.mil/vietnam-books](http://www.history.navy.mil/vietnam-books) or purchase a hard copy from the Government Printing Office (GPO).

Written by Malcolm Muir Jr., End of the Saga discusses the service and sacrifice of the American Sailors and Marines and how they saved thousands of U.S. citizens and pro-American Vietnamese and Cambodians from the Communist forces in the spring of 1975.

Behind the undeniably tragic elements of the picture, the evacuations highlighted the skill and courage of American uniformed personnel in the midst of chaos. The U.S. military, especially the Navy and Marine Corps, demonstrated extraordinary professional skill in carrying out large-scale and complicated evacuations.

The series overall discusses naval power during the war, shedding light on operations,

historical background, and personnel who were held as prisoners of war (POW) or listed as missing in action (MIA). It covers topics from post-World War II actions and "containment," to the First Indochina War, to riverine warfare training, to Navy SEALs, and many others.

The series traces its roots to the 2008 National Defense Authorization Act, which directed the commemoration of the 50th anniversary of the Vietnam War. The titles in the series include:

- The Approaching Storm: Conflict in Asia, 1945-1965;
- Nixon's Trident: Naval Power in Southeast Asia, 1968-1972;
- The Battle Behind Bars: Navy and Marine POWs in the Vietnam War;
- Navy Medicine in Vietnam: Passage to Freedom to the Fall of Saigon;
- Combat at Close Quarters: Warfare on the Rivers and Canals of Vietnam;
- Naval Air War: The Rolling Thunder Campaign;
- Knowing the Enemy: Naval Intelligence in Southeast Asia;
- Fourth Arm of Defense: Sealift and Maritime Logistics in the Vietnam War; and
- End of the Saga: The Maritime Evacuation of South Vietnam and Cambodia.

All books in the Navy and the

Vietnam War series are available online for free download as 508-compliant PDF files, MOBI versions for Kindle devices, and the ePub for most other readers. Readers can download their free copy and enjoy them on the go.

The Naval History and Heritage Command, located at the Washington Navy Yard, is responsible for the preservation, analysis, and dissemination of

U.S. naval history and heritage.

It provides the knowledge foundation for the Navy by maintaining historically relevant resources and products that reflect the Navy's unique and enduring contributions through our nation's history, and supports the fleet by assisting with and delivering professional research, analysis, and interpretive services.

## Senate passes authorization act

FLEET RESERVE ASSOCIATION - This week, the Senate passed its version of the National Defense Authorization Act (NDAA-H.R. 2810). The \$700 billion defense policy bill passed by a vote of 89-8, and does exceed the statutory caps on defense spending enacted by the Budget Control Act (BCA). Because of this, the passage will put additional pressure on Congress to ease the 2011 BCA caps or face automatic across-the-board cuts, known as sequestration. Members are encouraged to go to the FRA action center to weigh in on this issue.



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# Career & Education

## Sailors interact with senior leaders at CDS 17

Hundreds of Sailors in the San Diego area heard straight from top Navy leadership and subject matter experts about how to navigate their careers and about upcoming improvements to policies and programs by participating in the Career Development Symposium (CDS) 2017, Sept. 20-21.

Initiatives and programs that Sailors may have heard of but never investigated, such as Sailor 2025, Ready Relevant Learning, Blended Retirement System and Billet Based Distribution were explained; questions were asked and answered in person and online, as the symposium was live streamed on social media platforms.

Also, Sailors used their smart phones during the dynamic presentations to ask questions and to respond to live-polling queries, which made for much more interactive sessions.

The two-day symposium was comprised of three separate sessions, targeting three distinct audiences, E6-O6, E4-E-5 and first term E1-E4. The focus of the symposium was enlisted career leadership. The senior session, E6-O6, was designed to ensure those who lead Sailors are up to date on enlisted programs, policies and tools.

Even with all the new tools and programs, Vice Chief of Naval Operations (VCNO) Adm. Bill Moran, reminded Sailors that the

new hardware is not the Navy's most valuable resource.

"The F-35 is coming into the fleet, the most modern airplane ever built and submarines are rolling off the production line brand new, but none of that matters," VCNO said adding, "None of that matters unless we get good men and women, well-trained with experience and proficiency. This is the most important thing we do, right here. To figure out how we are going to develop and care for our team."

One key topic of interest included the revamping of the current performance evaluations, which Chief of Naval Personnel (CNP), Vice Adm. Robert Burke, discussed.

"The eval system is long overdue for an overhaul," Burke said. "We started the Meritorious Advancement Program because Sailors were stuck in traffic and the 'EP' became an entitlement based on time. We're not going to measure people against each other; we're going to measure people against standards."

Electronics Technician 1st Class Eric Vollrath, assigned to Center For Surface Combat Systems Detachment San Diego, joined the symposium to meet his detailer and sat in as CNP spoke about the upcoming changes to the performance evaluation system.

"I like the idea of getting a full

year on board and being able to establish yourself before getting an eval," Vollrath said.

Also at CDS this year were subject matter experts from programs such as the My Navy Portal (MNP) career management system, Navy Credentialing Opportunities On-Line and detailers on-site to meet with Sailors.

"I find with junior Sailors that the Navy is so big and mysterious to them that they don't understand their options," said Vollrath. "So being able to fully understand the process will give them a sense of security in their own future."

Hosted by Navy Personnel Command (NPC), this second annual Career Development Symposium attracted more than 1,000 Sailors from the southwest region to the Anchors Conference Center near Naval Station San Diego.

The successes of the symposium will be incorporated into future career symposiums, which will be conducted at least annually in fleet-concentration areas, said Capt. Chris Buziak, NPC lead for coordinating CDS 17.

"CDS is going to be iterative events, where our goal is to make the next one better than the last by staying Sailor focused and giving Sailors information they need to make educated career decisions," Buziak said.

## INTERPERSONAL EDGE: Secret of work/life balance is accepting imperfection

by Dr. Daneen Skube  
**Q: I'm going to be juggling school, work and family this fall. How can I achieve work/life balance with these competing demands on my time?**

A: The secret to achieving work/life balance is to realize that you can have it all - but you just cannot have it all at the same time.

The secret to time management is to decide every day what priority is going to get the short end of the stick: work, family, school, exercise or friends. Be keenly aware that you cannot avoid shortchanging one or more of your priorities on a daily basis if you want to make progress on others.

The other secret is to not always give the same area the short end of the stick. For instance, if you repeatedly make your health the item that is shortchanged, pretty soon you'll end up in the hospital.

A good principle is to sit quietly before you go to sleep and review your goals for your next day. Break your agenda into two areas: 1) what has to get done and 2) what you would like to get done. Now make sure you plan the first part of your day to cover items on No. 1. Your remaining

time you'll get partially through area No. 2.

If you find certain items never make it to the top of the list, then maybe you want to delegate, hire out or delete those items. We all have that book we ought to read, that class or movie we'd love to experience, or an acquaintance we keep meaning to see. Then again, maybe your life would be richer if you removed these extra responsibilities to *experience the luxury of less to do*.

An area my clients have the most trouble shortchanging is spending time with their children. Working mothers especially struggle with feelings of guilt. Research on working parents finds the most important aspect isn't whether you work but how you feel about your job. If you love what you do, it turns out your kids will be just fine with sharing you with work. If you hate your job, then kids have a hard time understanding why you leave them to go do something you dislike.

A helpful last point is to stop, take a breath and realize what a long life you probably have ahead of you. With current advances in medicine, the largest growing demographic may soon be people over 100. For fun, take your current age and subtract it from 100. Now consider why, if

you potentially have that many years left, are you aging yourself prematurely by rushing about?

If you are going to put multiple goals on your plate, plan to do them all more slowly. Don't load up classes, work responsibilities and plans to attend every one of Suzy's soccer games. You'll only make yourself and everyone around you miserable.

*By being realistic and imperfect in your work/life balance, you'll gain a peaceful attitude.* Whatever productivity you can achieve will require you to approach your day with a calmer perspective.

**Q: The older I get, the more I like my dog. At least my dog is always happy to see me, isn't a jerk and is kind. I am seriously demoralized about the general state of the world, my office and the human race. Do you get fed up with people in general not giving two cents about anyone else?**

A: Yes, I do find our species isn't highly evolved in empathy or kindness. In response, I work hard on my own development in these areas, I write this column, I work with clients who give me hope for the human race, and I maintain a very low bar of expectations regarding others.

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# On Base & On Board

**The Old Globe Experience** Friday, Sept. 29 • 5:45-10:30 pm, FREE (18 yrs. +) Old Globe, Balboa Park, 136 Old Globe Way, San Diego, CA 92101 Get a behind the scenes tour, meal and musical performance based on the movie, "Benny and Joon." Meet outside The Old Globe Box Office. For more information: 619-556-9597

**Crochet 101** Friday, Sept. 29, 6 pm, \$10 NBPL, Main Base The Clubhouse, Bldg. 546 Welcome the fall season by learning to crochet a cozy scarf! Enjoy this fun and relaxed environment. Cost includes instruction and all supplies. Registration required: 619-553-9138

**Flea Market** Saturday, Sept. 30, 8 am-Noon, \$10 Fiddler's Cove Marina, 3205 Highway 75 Buy or sell at the Flea Market! Cost includes a stall space, a 6 ft. table and 2 folding chairs. Market is open to the public. Registration required: 619-437-3190

**Halloween Trivia Contest** Oct. 1-22, FREE Pick up your trivia contest sheet at the NASNI or NAB Ticket Office. All participants are entered into a drawing for tickets to the Del Mar Scream Zone. Info: 619-437-3190 or 619-545-9576

**Storytime & Craft** Wednesday, Oct. 4, 10-11 am, FREE SAY San Diego-Military Family Resource Center, 3487 Santo Rd. San Diego, CA 92124 Join us for toddler storytime and craft. This month's theme is "Fall." All supplies provided. INFO: 619-556-9597

**Crochet for a Cause** Thursday, Oct. 5, 6 pm, \$10 NBPL, Main Base The Clubhouse, Bldg. 546 In support of National Breast Cancer Awareness month, this intermediate class will teach you how to make a beanie. Upon completion, we will donate these creations to those battling cancer. Cost includes instruction, supplies, and light refreshments. Registration required: 619-553-9138

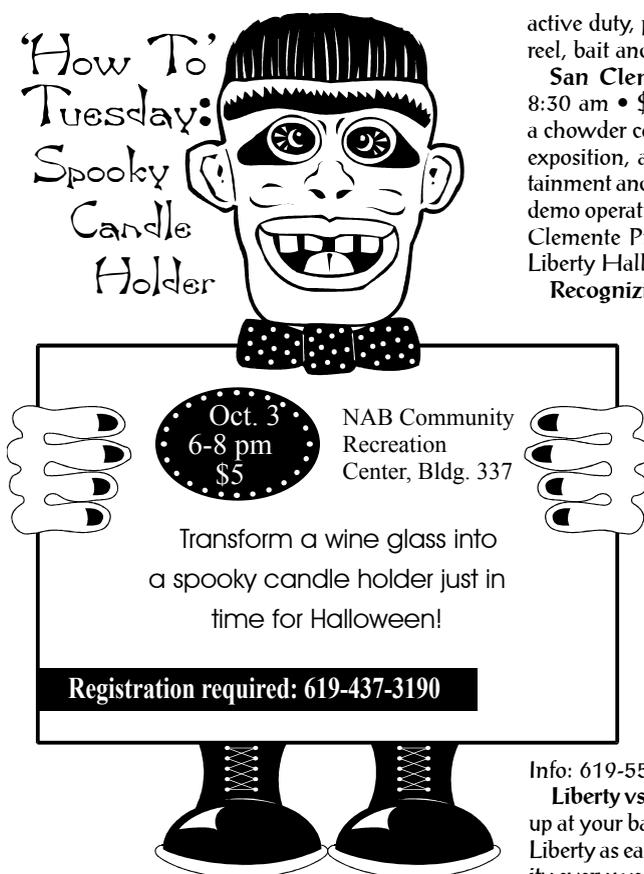
## LIBERTY

**DC vs Marvel Week** Monday-Friday, Sept. 25-29 • All Day • FREE Enjoy a bag of popcorn with your favorite DC and Marvel characters. From Ant-Man to Wonder Woman! Info: 619-532-8909

**Kayak Glorietta Bay Park** Thursday, Sept. 28 • 4:30 pm • FREE Learn the basics from an experienced and friendly instructor, then venture out on the open water to enjoy a beautiful sunset! Trip open to single enlisted Sailors, unaccompanied Service Members and one guest, 18 years+. Info: 619-437-3190

**The Haunted Hotel** Friday, Sept. 29, 6 pm \$10 active/\$15 guest ENTER IF YOU DARE! Pulse-pounding, scream-inducing fear awaits! Cost includes admission and transportation. Info: 619-556-5085

*'How To' Tuesday: Spooky Candle Holder*



Registration required: 619-437-3190

**Karaoke** Fri, Sept. 29, 6-9 pm FREE Our theme is One-Hit-Wonders, but we won't keep you from singing your favorites. Info: 619-524-0961

**Deep Sea Fishing** Saturday, Sept. 30 • 5 am-7 pm • \$100 active/\$120 guest Sign up at your base Liberty Center Catch the BIG ONE with Liberty! Trip open to single enlisted and unaccompanied

active duty, plus a guest, 18+. Cost includes rod, reel, bait and license. Info: 619-532-8909

**San Clemente Seafest** Sunday, Oct. 1 • 8:30 am • \$5 The 30th annual Seafest features a chowder cook-off, fisherman's lobster, business exposition, arts & craft show, surf contest, entertainment and a U.S. Coast Guard Search & Rescue demo operation all taking place at the historic San Clemente Pier area. Cost covers transportation. Liberty Hall: 619-437-3190

**Recognizing Military Artists** Oct. 1-27 • 7 pm • FREE Submit your drawings, paintings, photographs, ANY style of art to be displayed at the Liberty Center. Then join us for our Art Walk on 10/30. Info: 619-545-3331

**DIY Paracord Camp Chair** Monday, Oct. 2 • 6 pm • FREE Make your own camp chair for our Zion camping trip! Liberty Hall: 619-524-0961

**Camping 101** Monday, Oct. 2, 5:30-8 pm FREE Learn what gear you can rent from Community Recreation and how to use it in preparation for our Weekend Survival Workshop, Oct 13-15.

Info: 619-553-9138

**Liberty vs. Liberty** Tuesdays, 6-8 pm FREE Sign up at your base Liberty Center today! Join Metro Liberty as each facility faces off in a different activity every week. Contact your local Liberty Center for transportation.

**Oct. 3 Archery Tag** Balboa Liberty Center, NMCSD: 619-532-8909, The RECYARD, NBSD: 619-556-5085, Liberty Hall, NBPL, Harbor Drive Annex: 619-524-0961, The Clubhouse Liberty, NBPL, Main Base: 619-553-9138, Q-Zone, NAB: 619-437-3190, VADM

Martin Liberty Center, NASNI: 619-545-2878

**National Taco Day** Wednesday, Oct. 4 • 11 am-1:30 pm • FREE Lunch is on us! Liberty Hall: 619-437-3190

**Barracks Bash** Wednesday, Oct. 4 • 5 pm • FREE active/\$5 guest Liberty is celebrating the barracks opening with games and a BBQ! Info: 619-532-8909

**Barracks Escape** NBPL, Main Base, Bldg. 302 Thursdays, 3-5:30 pm, \$30 Oct. 5, Sip the "Game of Kick" Info: 619-553-9138

**NFL Week Pick'ems & Nacho Bar** Thursday, Oct. 5 • 4 pm • FREE Info: 619-545-3331

**NBA 2k18 Tournament** Thursday, Oct. 5 • 6 pm • FREE Choose your best team to go one-on-one with your peers. Prizes await the top 3 players! Liberty Hall: 619-556-5085

**Full Moon Hike** Thursday, Oct. 5 • 6:15-9 pm • \$5 Liberty Hall, NBPL, Harbor Drive Annex, Bldg. 51 Hike under the light of a full moon on Cowles Mountain. We start on moderate terrain as the moon is just rising by utilizing headlamps. If weather permits, we hike by the light of the moon! Appropriate clothing and shoes are a must. Cost includes transportation. Trip open to single enlisted Sailors, unaccompanied Service Members and one accompanied guest, 18 years+. Sign up by 10/4. Liberty Hall: 619-524-0961

## Movies at the Bases

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

**Thursday, September 28**

11:00 am Lilo & Stitch (PG)

5:00 pm Bad Boys II (R)

**Friday, September 29**

5:00 pm The Big Sick (R)

**Saturday, September 30**

2:00 pm Transformers: The Last Knight (PG-13)

5:00 pm War for the Planet of the Apes (PG-13)

**Sunday, October 1**

5:00 pm The Lord of the Rings: The Fellowship of the Ring (PG-13)

**Monday, October 2**

5:00 pm The Lord of the Rings: The Two Towers (PG-13)

**Tuesday, October 3**

11:00 am Open Season (PG) 83 min.

5:00 pm Pirates of The Caribbean: Dead Man Tells No Tales (PG-13)

**Wednesday, October 4**

5:00 pm Rough Night (R)

**Thursday, October 5**

11:00 am Open Season 2 (PG)

5:00 pm All Eyez On Me (R)

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

Thursday, September 28

5:00 pm Beauty and the Beast (PG)

Friday, September 29

5:00 pm Girls Trip (R)

Saturday, September 30

5:00 pm War for the Planet of the Apes (PG-13)

Sunday, October 1

5:00 pm The Big Sick (R)

Thursday, October 5

5:00 pm Cars 3 (G)

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

Thursday, September 28

5:50 pm The Glass Castle (PG-13) 127 min.

8:20 pm Annabelle: Creation (R) 109 min.\*

Friday, September 29

5:50 pm Guardians of the Galaxy (PG-13) 121 min.

8:20 pm Guardians of the Galaxy Vol 2 (PG-13) 137 min

Saturday, September 30

1:00 pm Ghostbusters (PG) 105 min.

3:20 pm Ghostbusters 2 (PG) 108 min.

6:00 pm The Nut Job 2: Nutty By Nature (PG) 91 min.

8:00 pm The Glass Castle (PG-13) 127 min.

Sunday, October 1

1:00 pm The Nut Job 2: Nutty By Nature (PG) 91 min.

3:00 pm Leap! (PG) 89 min.

5:50 pm Wind River (R) 107 min.

8:10 pm Logan Lucky (PG-13) 118 min.

Monday, October 2

5:50 pm A Few Good Men (R) 138 min.

8:30 pm Men of Honor (R) 129 min.

Tuesday, October 3

6:00 pm The Nut Job 2: Nutty By Nature (PG) 91 min.\*

8:00 pm Leap! (PG) 89 min.

Wednesday, October 4

5:50 pm Logan Lucky (PG-13) 118 min.

8:20 pm The Hitman's Bodyguard (R) 111 min.

Thursday, October 5

6:00 pm Leap! (PG) 89 min.

8:00 pm The Glass Castle (PG-13) 127 min.

**Bob Hope Theater 858-577-4143 \*Indicates last showing**

THU. 28 6:30 PM The Dark Tower ( R ) \*

FRI. 29 6:30 PM Wind River ( R )

9:00 PM The Hitman's Bodyguard ( R )

SAT. 30 2:00 PM NCIS Special Screening ( TV-14 )

6:30 PM Leap! ( PG )

9:00 PM Logan Lucky ( PG-13 )

SUN. 1 1:00 PM Leap! ( PG )

6:30 PM The Glass Castle ( PG-13 )

WED. 4 6:30 PM The Glass Castle ( PG-13 ) \*

THU. 5 6:30 PM The Nut Job 2: Nutty by Nature ( PG )(2D)\*

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

Thursday, September 28

5:50 pm Leap! (PG) 89 min.

7:50 pm Wind River (R) 107 min.

Friday, September 29

5:50 pm Wind River (R) 107 min.

8:00 pm The Hitman's Bodyguard (R) 111 min.

Saturday, September 30

12:50 pm Leap! (PG) 89 min.

2:30 pm Moana (PG) 107 min.

5:50 pm Wind River (R) 107 min.

8:00 pm The Hitman's Bodyguard (R) 111 min.

Sunday, October 1

12:50 pm Leap! (PG) 89 min.

2:40 pm Shrek (PG) 90 min.

5:50 pm Wind River (R) 107 min.

8:00 pm Logan Lucky (PG-13) 118 min.

Monday, October 2

5:50 pm The Nut Job 2: Nutty By Nature (PG) 91 min

7:40 pm The Hitman's Bodyguard (R) 111 min

Tuesday, October 3

5:50 pm Leap! (PG) 89 min.

7:40 pm Wind River (R) 107 min.

Wednesday, October 4

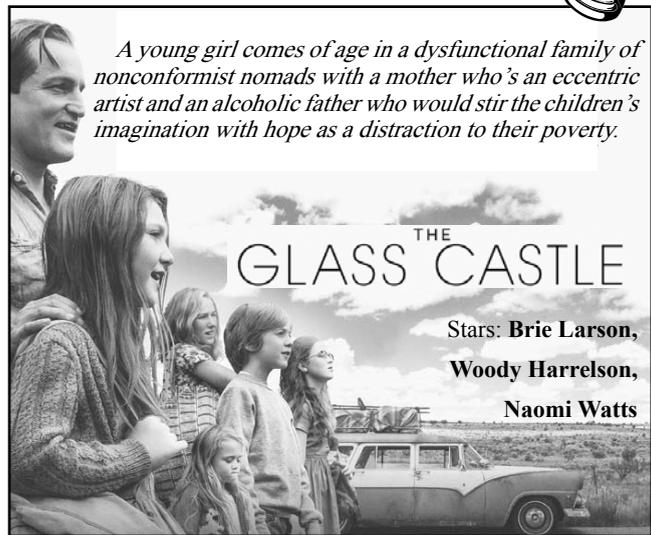
5:50 pm Leap! (PG) 89 min.

7:40 pm The Hitman's Bodyguard (R) 111 min

Thursday, October 5

5:50 pm Rush Hour (PG-13) 98 min.

8:00 pm Wind River (R) 107 min.





## Just do it — Visit your spouse during R&R

twice a week, Boy Scouts on Monday nights, and piano lessons for all three kids on Wednesdays, and our schedule was a logistical nightmare.

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What if someone didn't know how to get the toilet tank flapper to seal like I do? What if someone ran the mower over one of the sprinkler heads?

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### the meat and potatoes of life

by Lisa Smith Molinari

"There's no way I can go to Africa," I told my husband, Francis, over a bad Skype connection. He was halfway through a year-long deployment to Djibouti, East Africa, and wanted me to meet him during his R&R for a Tanzanian safari.

"C'mon, Honey, it's a once-in-a-lifetime chance," Francis pleaded between internet blips.

I sighed heavily, thinking of all the reasons why I couldn't go.

Who would watch the kids? Hayden had football on Tuesday and Thursday nights, with games on Saturday afternoons. Anna had select soccer on Monday and Wednesday afternoons, with games on Saturday mornings. And Lilly had pee wee Soccer on Tuesday and Thursday afternoons, with games also on Saturday mornings, but on a different field across town. To make matters worse, I had snack duty almost every week, and carpooled to practices with another military mom.

Add Hayden's speech therapy

radoodle, was sweet, but he had recently been dropped by his normal dog sitter because he earned a "D" on his doggie report card. Apparently, she had to chase him around her kitchen when he ran off with an entire rotisserie chicken he stole from the counter. Where would Dinghy go if I galavanted off to Africa?

Plus, I would need shots for typhoid, yellow fever, cholera, hepatitis A and B, rabies, meningitis, tetanus, diphtheria, measles and influenza; and pills for malaria. When would I have the time to make all those clinic visits?

Furthermore, our circa 1981 house had a lot of quirks. The original Florida Heat Pump sputtered away, despite being several years past her recommended lifespan. What if she finally gave up the ghost? I had jury-rigged the refrigerator's ice maker after it broke. What if someone else wouldn't know how to make it work? I babyed our fragile garbage disposal. What if someone let a spoon slip down the drain?

ifs," there was still the problem of our budget. We didn't have funds for a trip to a Motor Lodge in Schenectady, much less an African safari.

Surely, meeting Francis for his R&R was an impossible dream.

But suddenly, there I was. In row 53, sipping a Baileys on ice, on a flight to Kilimanjaro International Airport to meet Francis.

It was something Francis had said. "Once-in-a-life-time chance..." had rattled in my brain, eventually giving way to the adage, "Where there's a will, there's a way."

My mother traveled to our house to watch the kids for ten days. Friends and neighbors helped with car pools, practices, grass cutting and dog walking. I received 14 shots and popped my malaria pills. Flights were booked, safari excursions were picked, and a new credit card was procured to pay for it all.

After reuniting with Francis



in Kilimanjaro, we spent the night under a mosquito-netted bed in a tiny coffee plantation cottage, were kittens mewed from their nest in the thatched roof. In the days that followed, we traveled with our guide, Mussa, staying overnight in rustic tented camps. We watched elephants and leopards in Tarangire National Park. We spied rhinos and flamingos in Ngorongoro Crater. We squatted in a smokey dung hut with a Masai tribal chief. We gazed at wild animals and incredible sunsets in the Serengeti. We visited a dirt-floor orphanage to play with children and make a donation.

The impossible dream had become a reality, and surprisingly, our household did not fall apart. Not only did we recharge our deployment batteries, reuniting with my husband allowed me to share in his military adventure.

Although I try not to think about how much interest we accrued on that credit card debt, the trip to see my husband was, quite simply, worth every cent.

## Kids Care Fest in east county will offer free health screenings for children Oct. 14

The Grossmont Healthcare District (GHD), a public agency that supports health-related community programs and services in San Diego's East Region, will present the 2017 Kids Care Fest, a free, family-oriented health event open to the public. Featuring free health screenings, Kids Care Fest will be held from 9 a.m. to 1 p.m., Saturday, Oct. 14 at the Lakeside Rodeo Grounds, 12584 Mapleview St., Lakeside.

Kids Care Fest is an opportunity for children to receive free, potentially life-saving health care screenings, including vision, dental, and wellness checkups. The event also will feature information about health insur-

ance and social services from organizations all over San Diego County, along with free kids fingerprinting and free flu shots (while supplies last).

Additional free activities will include rock climbing, inflatable obstacle course and pony rides, along with demonstrations and displays from law enforcement, including police and fire officials. Also available will be free children's reading and coloring books (while supplies last). For more information, phone (619) 8255050 or visit [www.Kids-CareFest.org](http://www.Kids-CareFest.org).

Healthcare partners supporting 2017 Kids Care Fest include

Sharp Grossmont Hospital, Rady Children's Hospital, Borrego Community Health Foundation, University of California at San Diego Eye Mobile for Children, La Maestra Community Health Centers, Family Health Centers of San Diego, Neighborhood Healthcare and the County of San Diego Health & Human Services Agency.

Other community partners supporting 2017 Kids Care Fest include El Capitan Stadium Association, Lakeside Chamber of Commerce, Optimist Club of Lakeside, Lakeside Union School District, Santee-Lakeside Rotary Club, KUSI-NEWS and 92.1 and Radio Latina 104.5-FM.

## Places of Worship

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6126 Benson Avenue, SD 92114 (619) 262-8384  
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 2<sup>nd</sup> Wednesday's 6pm YLoV and YMoV  
 Wednesday Night Live (WNL) 7pm  
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[www.bayviewbc.org](http://www.bayviewbc.org)

### Canyon View Church of Christ

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

### Christ Community Church

Helping people love God and each other more!  
 Sundays at 8:45 am & 10:30 am with Children's Ministries for All Kids!  
 Small Groups for Teens and Adults of All Ages!  
 9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15  
[www.gotochrist.com](http://www.gotochrist.com) or (858) 549-2479  
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### City of Faith Family Worship Center

6265 University Avenue, San Diego CA 92115, (619) 265-2921  
[www.cityoffaithFWC.org](http://www.cityoffaithFWC.org)  
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### Lighthouse Baptist Church

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 Sunday School and Adult Bible Classes: 9:30 am  
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5150 Wilson Avenue, La Mesa, CA 91942  
 Phone: 619-463-6633  
 website: [www.st-lukes-la-mesa.org](http://www.st-lukes-la-mesa.org)  
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 Pastor: Mark Menacher, PhD.  
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# Tai Chi: A modern take on an ancient practice

from NIH

You may have seen the flowing postures and gentle movements of tai chi and wondered what it's all about. Tai chi is an ancient mind and body practice. While more research is needed, studies suggest that it may have many health benefits.

Tai chi is sometimes referred to as "moving meditation." There are many types of tai chi. They typically combine slow movements with breathing patterns and mental focus and relaxation. Movements may be done while walking, standing, or sitting.

"At its root, tai chi is about treating the whole person and enhancing the balance and cross-talk between the body's systems," says Dr. Peter Wayne, a longtime tai chi researcher at Harvard Medical School. "It's a promising intervention for preserving and improving many areas of health, especially in older adults."

Several studies have found evidence that tai chi can increase balance and stability in older people and reduce the risk and fear of falls. Each year, more

than 1 in 4 older adults falls, and 1 out of 5 of these falls causes a serious injury such as broken bones or a head injury.

"Trying to be careful can make you more prone to falls," Wayne says. "Tai chi may help you move more confidently and safely again." Some NIH-funded research suggests that tai chi may also improve balance and prevent falls in people with mild-to-moderate Parkinson's disease.

Research suggests that practicing tai chi might help improve posture and confidence, how you think and manage emotions, and your quality of life. Studies have found that it may help people with fibromyalgia sleep better and cope with pain, fatigue, and depression. Regular practice may also improve quality of life and mood in people with chronic heart failure or cancer. Older adults may find that tai chi can help improve sleep quality and protect learning, memory, and other mental functions.

Further study will be needed to fully evaluate and confirm the potential benefits of tai chi. But since the practice involves mov-

ing slowly and mindfully, there's little chance of harm when done correctly.

"Whether you're interested in trying tai chi to help with a chronic health issue or the stresses of everyday life, tai chi—if taught properly—can be a great complement to other ways of healthy living and rehabilitation," Wayne says. "I think we're all looking for tools to help us live productive, long lives with a little more grace and ease."

There are different styles and ways to practice tai chi, Wayne says. If you're interested in trying it, you can start simply. For instance, try standing behind and holding onto a sturdy chair for support, then mindfully rock back and forth to build awareness of all the parts of your body and their connections. Eventually, you might move on to practice more complex movements or sequences.

Want to learn more? Read the Wise Choices box to consider whether tai chi might be right for you. And watch NIH's online tai chi videos at [nccih.nih.gov/video/taichidvd-full](http://nccih.nih.gov/video/taichidvd-full).

### Is Tai Chi Right for Me?

Talk with your health care provider about your physical activity and limits. Ask whether tai chi might be a good option for you.

Look for classes based on your age and health. Some classes may be geared toward college students and stress management; others may be designed for folks over age 60 with particular medical conditions.

Observe several teachers and classes to find a fit for you. There are different teaching styles, levels, and ways to practice tai chi.

Don't be discouraged if you can't do all the movements. Think about the potential health benefits, and try to be patient with yourself.

Everyone has to start somewhere!



Illustration of older adults practicing tai chi.

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## EOD Sailor awarded Silver Star Medal

by Lt. Patricia Kreuzberger  
CORONADO - Explosive Ordnance Disposal 1st Class Jeffrey Thomas was awarded the Silver Star Medal during an awards ceremony, Sept. 20, at Explosive Ordnance Disposal Mobile Unit Three on board Naval Amphibious Base here.

The Vice Chief of Naval Operations, Adm. Bill Moran, recognized Thomas for his conspicuous gallantry and intrepidity in action against the enemy, in support of Operation Inherent Resolve.

"Today we recognize the heroic actions of individuals and the legacy of their teammates. This recognition is well deserved, and it's an acknowledgment of bravery, training, and dedication to team and country," said Moran.

On Oct. 20 and 21, 2016, while conducting combined clearance operations, Thomas' element became engaged in a 10-hour firefight with forces of the Islamic State of Iraq and Syria. Throughout the battle, he continuously maneuvered through heavy small arms, rocket-propelled grenades and mortar fire

in order to engage the enemy and clear paths for his teammates.

After the lead vehicle in the convoy struck an improvised explosive device, mortally wounding a teammate, Thomas exited his vehicle and swept the vicinity for additional explosive devices in spite of enemy mortar and small arms fire impacting near him.

This enabled medics to maneuver to the damaged vehicle and provide critical combat care to the casualty. Thomas then guided the remaining vehicles out of the minefield, ensuring all forces safely reached the medial evacuation zone.

"No one that was present on the 20th of October knew better than Jeff the dangers he was facing," said Cmdr. Geoff Townsend, commanding officer, EODMU 3. "After the EOD supervisor, a friend and mentor, was mortally wounded Jeff knowingly exposed himself to hazards in order to protect the lives of his teammates and brothers in arms, and secure a MEDEVAC for his wounded teammate. His actions that day saved the lives of his teammates

and exceeded all measures of selflessness and devotion to his country."

The ceremony also included the presentation of the Bronze Star Medal with Combat "V" to Lt. Morgan Dahl and the Navy and Marine Corps Commendation Medal (with Combat Distinguishing Device) to Explosive Ordnance Disposal Senior Chief Jon Hamm.

Dahl was awarded the Bronze Star for his heroic achievement during combat operations as vehicle commander and primary explosives ordnance disposal technician, when he safely guided the tactical advance of his combined convoy under constant direct and indirect enemy.

Hamm was awarded the Navy and Marine Corps Commendation Medal for his heroic achievement when Islamic State fighters engaged Hamm's element with effective automatic weapons and rocket propelled grenade fire, he maneuvered without hesitation under fire in order to clear a safe route allowing his team to suppress the enemy.



Five newly frocked chief petty officers stand in formation with the crew of USS Pearl Harbor (LSD 52) chiefs mess during a chief petty officer (CPO) pinning ceremony on the ship's flight deck.

Navy photo by MC2 Kristina Young

## Pearl Harbor welcomes new CPOs

By MC2 Kristina Young  
U.S. 5TH FLEET AREA OF OPERATIONS - Amphibious dock landing ship USS Pearl Harbor welcomed five newly frocked chief petty officers into the Chiefs Mess during a pinning ceremony held on the ship's flight deck, Sept. 16.

The ceremony followed a six-week training period known as CPO 365 Phase II, which began immediately following the announcement of the CPO advancement results August 3. During Phase II, the mess introduced the chief selectees to challenges designed to strengthen their leadership skills and to provide a better understanding of what it means to be a Navy chief.

During the ceremony, Master Chief Hospital Corpsman Edinito Purog emphasized the unique role a Navy chief holds while standing amidst his fellow khaki.

"The rank of chief petty officer is the most coveted of enlisted ranks, and it's the epitome of leadership in our Navy," said Purog, master of ceremonies during the ceremony. "For 124 years, junior Sailors have looked up to and have strived to reach the rank of chief petty officer. For these five sailors, this marks the

culmination of achievements in their careers."

Serving as the guest speaker, Cmdr. Theodore Essenfield, Pearl Harbor commanding officer, stressed the importance of the position CPO holds due to the rank's unique position in molding both enlisted Sailors and junior officers.

"My early career was almost entirely influenced by chief petty officers," said Essenfield, who initially enlisted into the Navy as a seaman recruit. "They were the deck plate leaders with whom I worked every day. They showed me the right way to do a job once and then watched over me as I developed the skills to do it on my own."

Speaking directly to the new chiefs, Essenfield continued by issuing a challenge for them to maintain.

"Your leadership and technical expertise set the example for others to emulate; congratulations on your promotion, you've earned it," said Essenfield. "I challenge you to live by the Chief Petty Officer Creed, and to keep faith with the image of the chief petty officer as I know it - a compassionate, dedicated, technically competent professional leader, because I know that's what you already are."

After pinning on their an-

chors, donning a combination cover, and getting piped aboard as a chief petty officer, the Pearl Harbor chiefs mess accepted the new chiefs with open arms.

"Today we introduce and welcome five new members into our Chiefs Mess, not just the Chiefs Mess aboard USS Pearl Harbor, but to the fraternity that makes up our senior enlisted force across the globe," said Purog.

Pearl Harbor is part of the America Amphibious Ready Group (ARG) and, with the embarked 15th Marine Expeditionary Unit (MEU), is in to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners, and preserve the freedom of navigation and the free flow of commerce in the region.

The ARG and 15th MEU provide senior U.S. military leadership and partners with a flexible force which can rapidly respond to contingencies and crises within a region. With ships, aircraft, troops, and logistical equipment, the ARG/MEU is a self-contained and self-sustained task force capable of conducting a wide range of military operations including humanitarian assistance and disaster relief.

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# Power of integration tested at Dahlgren Naval Technology Exercise

by John Joyce

DAHLGREN, Va. - The power of a Navy strike group's interoperability with unmanned vehicles, surface and air assets, guns, missiles, and combat systems was proven at the 2017 USS Dahlgren demonstration recently.

Hundreds of visitors - including 40 distinguished visitors from military, government, and academia - observed this power at the Annual Navy Technology Exercise (ANTX) as USS Dahlgren's capabilities were demonstrated.

The cybernetic ship simulated the USS *Dwight D. Eisenhower* (CVN 69) strike group, hitting targets virtually and with live fire via Littoral Combat Ship (LCS) 30-millimeter guns and Aegis MK 46 gun system 5-inch guns on the Potomac River Test Range.

ANTX featured virtual and hardware representations of combat systems on the *Eisenhower* strike group that comprised USS *Gridley* (DDG 101), USS *Fort Worth* (LCS 3), USS *Milwaukee* (LCS 5), USS *Freedom* (LCS 1), and USS *Mason* (DDG 87) during live fire destruction of surface threats. Throughout the event, an MH60R helicopter, an MQ-8B MQ-8 Fire Scout unmanned autonomous helicopter, a Scan Eagle unmanned aerial vehicle (UAV) and a USV identified and tracked threats over-the-horizon. At one point, an autonomous unmanned surface vessel (USV) - equipped with an inert front-end portion of a Longbow Hellfire missile - staged simulated Longbow Hellfire salvos.

The air assets - upgraded with enhanced radar technologies - and the USV provided real-time targeting throughout the exercise. Track and engagement information was shared across the strike group proving an ability to conduct experimentation in a high-fidelity, distributed architecture.

"We are showcasing all of the good work that we and the

NR&DE (Naval Research and Development Establishment) have done, and the seriousness of our role to close the gap for the warfighter," Naval Surface Warfare Center Dahlgren Division (NSWCDD) Technical Director John Fiore told the visitors before the exercise commenced. "Our partnership with industry, academia, and our brothers and sisters in the NR&DE is critical because the only thing we're here to do is to take care of the Sailors and Marines who are out there and have to be effective and want to come home to their families safe."

To keep warfighters safer, the U.S. Navy plans to integrate remote sensors that feed target location data to ship combat systems. This will enable Sailors

to immediately engage fast attack craft and fast inshore attack craft as well as other threats with existing gun and missile systems and emerging electric weapon systems. Currently, the integration of unmanned systems into the Fleet has been limited by a lack of direct communications with ship-board combat systems.

"Our sole purpose here is to identify where the warfighter gaps are and understand how we close those gaps," Fiore emphasized to all regarding the

event, hosted by NSWCDD in collaboration with Naval Air Warfare Center Aircraft Division and NSWC Panama City Division.



focused on distributed lethality in the littorals and rapid prototyping of new Fleet capabilities. What's more, they witnessed emerging and innovative technologies align with future naval capabilities and had the chance to share new technologies, exchange ideas, and collaborate with the surface naval technology community.

"The ANTX demonstrations have been a valuable way for Marines to see targeted capabilities the Naval Warfare Centers are working on, opening the door to further discussions of future capabilities and the art-of-the-possible," said Meggan Schoenberg, science advisor to the Marine Corps Forces Command.

In effect, USS Dahlgren exercise gave Schoenberg and many others an opportunity to evaluate the art-of-the-possible at the research and development level in a low-risk environment before these technological innovations become militarized and integrated at the operational level.

ANTX partnered with NR&DE, universities, and industry to demonstrate emerging capabilities and innovations in surface warfare. More than 60 emerging and innovative technologies were highlighted that provide an advantage to distributed forces, including naval surface combatants, to exercise sea control across a wide area extending into the littorals. Some of these relevant technologies include integration and control of unmanned vehicles, advanced sensors and sensor integration, track management, data fusion, and tactical displays. Technologies aligning to future naval capabilities were demonstrated, allowing the surface naval technology community to see new technologies, exchange ideas, and foster collaboration.

"The ANTX events provide the Fleet a first-hand opportunity to see what the warfare centers are working on in an efficient and relevant way," said Dr. Marcus Tepaske, Fleet Forces Command science advisor.

## Miramar Air Show



**MIRAMAR (sept. 23, 2017) - Lorenzo Tamayo, right, and his son make a copy of the etched name of their deceased relative on the half-scale model of the mobile Vietnam War Memorial wall displayed during the 2017 Miramar Air Show at MCAS Miramar, Calif. The theme for the air show was "A Salute to Vietnam Veterans." Marine Corps photo by Sgt. Kristy Barrott**

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# 93 years and still fighting: 'Red Devils' return home

by Cpl. Jake McClung

Marines with Marine Fighter Attack Squadron (VMFA) 232 "Red Devils" returned to MCAS Miramar after a six-month deployment at MCAS Iwakuni, Japan, Sept. 15.

The deployment was part of the unit deployment program (UDP), a system designed to identify units for deployments in order to reduce unaccompanied tours and improve unit continuity.

The Red Devils have a long history of supporting operations and missions ranging from the Pacific Northwest and Western Pacific (WestPac) regions to Southeast Asia. In October 1977, after returning from flying combat missions in Vietnam, the squadron began participating in WestPac UDPs.

Since then, VMFA-232 had completed numerous rotations to MCAS Iwakuni where both pilots and maintainers trained to execute tactics, techniques and procedures during exercises as they would in a combat environment, explained Lt. Col. Douglas R. Miller, commanding officer of VMFA-232.

In April, the beginning of their deployment, VMFA-232 supported exercise Northern Edge, a U.S. Pacific Command-spon-

sored exercise, which prepares joint forces to respond to crises in the Indo-Asia Pacific region.

The exercise is designed to sharpen participants' tactical combat skills, improve command, control and communication relationships, and to develop interoperable plans and programs across a joint force.

VMFA-232's role was to provide offensive air-support to joint forces at Joint Base Elmendorf-Richardson, Alaska.

In July, the squadron completed training as part of the Aviation Training Relocation program at Japan Air Self-Defense Force Hyakuri Air Base, Japan - which was a 14-day evolution to increase operational readiness and interoperability between U.S. and Japanese forces.

"The main mission was to train and prepare for combat," said Miller. "We did a wide variety of training including air-to-air training with our Japanese Air Self-Defense Force counterparts and multiple training exercises



**An F/A-18 Hornet with Marine Fighter Attack Squadron (VMFA) 232 lands at MCAS Miramar. More than 150 Marines and 10 F/A-18 Hornets with VMFA-232 returned after spending six months deployed to the Pacific Northwest and Southeast Asia as part of the unit deployment program. photo by Cpl. Jake McClung**

in the Pacific Command area of responsibility."

Most recently, the Red Devils participated in exercise Lava Viper 17-2 at Pohakuloa Training Area, Hawaii, by providing air-to-ground support.

"We [also] did a lot of air-to-air and air-to-ground training with VMFA-121, which allowed us to integrate exercises with the [F-35B Lightning II] and our jets," said Capt. Michael Frazer, an F/A-18 Hornet pilot with VMFA-232.

This deployment gave Marines with VMFA-232 the opportunity to train with various squadrons and gain experience in their military occupation specialty, added Frazer.

"It's been a challenging six months," said Miller. "The squadron has flown over 20,000 miles, cumulatively, supporting assets across the area of responsibility, the 'Red Devils' are home and we've served our country well."

VMFA-232 is the Marine

Corps' oldest fighter attack more than 93 years old and is the squadron and was established most decorated Marine fighter Sept. 1, 1925. The squadron is attack squadron.

## Researchers talk readiness, resilience with 21st Century Sailor director

SAN DIEGO - Rear Adm. Karl Thomas, director, 21st Century Sailor Office, met with researchers at the Naval Health Research Center (NHRC), Sept. 20, to learn more about how science can help Sailors overcome adversity and thrive.

"The research we conduct at NHRC aligns nicely with the goals of the 21st Century Sailor Office, which is to maximize total force fitness by promoting resiliency," said Capt. Marshall Monteville, NHRC's commanding officer. "At NHRC, our research aims to promote the physical and mental readiness, health and resiliency of warfighters."

From the work being done by NHRC's Health and Behavioral Sciences Department to develop programs that promote healthy behaviors, to the sleep studies being conducted by scientists in the Warfighter Performance Department, optimizing readiness and warfighter health is NHRC's mission, said Monteville.

During Thomas' visit, he learned about specific studies underway in support of 21st Century Sailor initiatives, as well as NHRC's capabilities and how they could support Sailors and families with future research initiatives.

Jay Heaney, environmental physiologist, discussed his physical readiness research, including body composition assessment guidance and metrics and scoring criteria for the Physical Readiness Test.

Heaney and his team have future plans to evaluate the PRT with the aim of developing an alternate assessment that is more operationally relevant. "Physical readiness isn't about how many sit-ups and pushups you can do," said Heaney. "It's about your ability to respond to an emergent situation in an operational environment."

Read the entire story at [http://www.navy.mil/submit/display.asp?story\\_id=102617](http://www.navy.mil/submit/display.asp?story_id=102617).

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# The few, the rare, the female 'Devil Docs'

by MC2 Charlotte C. Oliver  
Independent Duty Corpsman (IDC) is the rarest and most specialized of enlisted medical professionals the U.S. Navy has to offer. They're Sailors who seek to reach the apex of Navy medicine. They serve both at sea and in the 'dirt,' taking care of their fellow Sailors and Marines.

They are trained in more than 38 medical specialties, and the most highly trained can be found assigned to Fleet Marine Force (FMF) units.

Affectionately called 'devil docs' by Marines, FMF corpsmen are not only trained to heal, they are trained to fight as well.

Hospital Corpsman 2nd Class Morgan Jacobs has been assigned to Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force for just over a year. She's one of the first female IDCs to serve with the unit, and in that year, she has seen any fear or hesitation from the Marines she cares for disappear.

"I'll pick Doc Jacobs over any other corpsman I've ever had," said Marine Lt. Matthew White, platoon commander, 3rd Assault Amphibian. "There was a lot of talk in everything, especially about being the first female to integrate with a ground combat unit in the division, but the transition was actually very smooth."

"I was a little overwhelmed when I first saw my orders," said Jacobs. "I didn't have any issues ever. It's like I have a bunch of brothers, and at the end of the day, it doesn't matter if you're a man or a woman. As long as you meet the standard, that's all that matters."

To reach this pinnacle of medical training, all IDC candidates, E-5 thru E-7, attend a 12-month course at Surface Warfare Medicine Institute (SWMI) Independent Duty Corpsman School in San Diego.

Considered the "subject matter experts" for hospital corpsman, IDCs serve in the most diverse duty stations in the Navy. IDCs serve aboard destroyers and cruisers with one or two junior corpsmen, and function as the sole medical profession-

## Logistics center supports Mexico humanitarian efforts

by Candice Villarreal  
NAVSUP Fleet Logistics Center San Diego personnel assisted in the coordination and delivery of more than 50,000 pounds of humanitarian aid supplies as part of earthquake relief efforts for Mexico, Sept. 20.

The White House ordered the urgent staging and delivery of the medical, water sanitation and hygiene supplies following the 7.1 quake that rocked the Mexican nation Sept. 19.

NAVSUP FLC San Diego



**Hospital Corpsman 2nd Class Loany Saldivar provides guidance to one of the testing groups on how to properly and safely administer and intravenous fluids to a patient in the field. Navy photo**

als below the surface aboard submarines.

They serve with Seabees and special warfare units, and patrol

the streets of Afghanistan with a squad of Marines, bringing with them a unique skillset designed for one purpose: To save lives.

executed the President's request in collaboration with Project Handclasp and U.S. Northern Command, ensuring 48 pallets of disaster relief supplies were on the ground and in the hands of the Mexican people within hours.

"Very quickly after receiving the call, we were able to get the humanitarian aid identified, sorted, packed, banded and transported to the flight line for delivery," said Craig Horton, Integrated Logistics Support (ILS) Department director. "To lend a

hand in helping a nation in their time of need was an incredibly important priority for us."

Humanitarian assistance and international relief operations have long been a part of U.S. maritime force core capabilities.

"The Navy isn't just a fighting force; we're also ambassadors of goodwill between the United States and many other countries," said Rich Monahan, ILS engineering division officer.



**ARABIAN GULF (Sept. 14, 2017) - Sailors unload supplies aboard cruiser USS Princeton during a connected replenishment. Princeton is deployed in the 5th Fleet area of operations. Navy photo by MC3 Kelsey J. Hockenberger**



**CAMP PENDLETON (Sept. 18, 2017) - Marine Corps Lance Cpl. Kyle Lynch provides security during a patrol at here. Lynch is a combat engineer with Bravo Company, 7th Engineer Support Battalion, 1st Marine Logistics Group. photo by Lance Cpl. Roderick Jacquot**

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## Library concert series features classical, seasonal & new works of music

This annual library concert series celebrates local chamber music ensembles and guest artists from around the world.

The Library's Concert Series, which has offered musical performances to the public since 1955, is made possible by the Friends of the San Diego Central Library, the San Diego Public Library matching fund program, the San Diego Library Foundation and public and private donations. All performances are free, last approximately one hour (without intermission) and open to the public. Please note that programs and artists are subject to change.

**Sunday, Oct. 8, 2017, 2:30 p.m. Cracow Duo - Polish music for cello and piano**-The Cracow Duo has performed in prestigious concert venues in Europe, both Americas and Asia. Kalinowski and Szlezer's shared fascination with Polish music has made the Cracow Duo its committed promoters at home and abroad. Cracow Duo will perform works by Chopin and Tansman. Jan Kalinowski, cello; Marek Szlezer, piano.

**Sunday, Oct. 15, 2017, 2:30 p.m. Trio Céleste - Masterworks by Beethoven & Dvorák**-Trio Céleste returns to the Library's concert series to perform Beethoven's Piano Trio in B flat major, Op. 11 and Dvorák's Piano Trio in E minor, Op. 90 "Dumky." Trio Céleste is the Ensemble-in-Residence at the Claire Trevor School of the Arts at UC Irvine and Directors of Chamber Music|Orange County. Iryna Krechkovsky, violin; Ross Gasworth, cello; Kevin Kwan Loucks, piano.

**Sunday, Oct. 22, 2017, 2:30 p.m. "Sibelius Inspiration" by Jussi Makkonen and Nazig Azezian**-"Sibelius Inspiration" is a live concert presentation with multimedia components featuring works by Finnish composer Jean Sibelius. It will be presented in partnership with the Finlandia Foundation National and the House of Finland San Diego in celebration of Finland's 100th anniversary of independence. Jussi Makkonen, cello; Nazig Azezian, piano.

**Sunday, Nov. 19, 2017, 2:30 p.m. San Diego Baroque Soloists - "Literature in Concert: Music based on works by Shakespeare, Cervantes, and Swift"**

The San Diego Baroque Soloists, an ensemble of local musicians specializing in Baroque music and featuring period instruments, will present a concert which will delight both music and literature aficionados. This performance is presented in conjunction with the 2017 One Book One San Diego county-wide reading and literacy campaign. The performers are Pierre Joubert and Isaac Allen, violin; Andrew Waid, viola; Alex Greenbaum, cello; Alison Luedecke, harpsichord.

**Sunday, Dec. 3, 2017, 2:30 p.m. Piano and bass duo debut the new composition, "Sueños" (Dreams)**-This program will feature a new work by Andrés Martin, a composer and bassist with Orquesta Baja California in Tijuana. Jeremy Kurtz-Harris, bass; Ines Irawati, piano.

**Sunday, Dec. 10, 2017, 2:30 p.m. Navy Band Southwest Quintet performs popular holiday music** The season finale features the Navy Band Southwest performing a family-friendly concert featuring favorite holiday music.

**About the San Diego Public Library:** With a vision of being the place for opportunity, discovery and inspiration, the San Diego Public Library is a hub for knowledge and lifelong learning. As the largest library system in the region, it serves a population of more than 1.3 million people. Learn about events at the San Diego Central Library @ Joan ? Irwin Jacobs Common and 35 community branch libraries, find links to programs and resources or search for materials in the online catalog at [www.sandiegolibrary.org](http://www.sandiegolibrary.org).

## Santee VFW & Auxiliary Rummage Sale

Santee VFW and Auxiliary Annual Rummage Sale Saturday Sept. 30 from 7 a.m.-1 p.m. The date for the grand opening is Saturday Oct. 21.

## PALA hosts Oktoberfest celebration

Pala Casino Spa & Resort will sponsor an outdoor Oktoberfest from 1 p.m. to 5 p.m., Saturday, Oct. 14, on the lawn of its Starlight Theater that will feature 15 beer brands, authentic German food, wine and cider and entertainment by Hammerstein Musik Bavaria, the authentic German polka rock band.

Tickets, \$45 per person, that include seven food stations, 10 beer samples and the entertainment, may be obtained at the Pala box office in the casino and by calling 1-877-946-7252. Tickets also are available online at [www.startickets.com](http://www.startickets.com) or may be charged by telephone at 1-800-585-3737. Beer, wine and cider by the glass also will be available for purchase.

Hammerstein Musik Bavaria is a four-piece, global get-down machine that performs traditional polka, tango, operetta, and occasional well-placed classic rock songs. Its shows run the gamut from infectious dance rhythms to romantic serenades and interactive dance numbers to virtuosic instrumentals.

### The beer selections will include:

The food stations, created by Pala Executive Chef Robert Camerota and Chef de Cuisine Jaime de Alba will include:

German Pretzels, Beer Bacon and Cheddar Bread  
Bratwurst and Sauerkraut  
Knockwurst, Sweet & Sour Cabbage  
Weisswurst and German Potato Salad  
Brussel Sprouts with Bacon and Pickled Red Onion  
Potato Pancakes, Applesauce and Sour Cream & Chives  
Pear Strudel, Apple Strudel, Peach Strudel, Black Forest Cake, Apfelkuchen-German Apple Cake

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Erdinger Oktoberfest  
Franziskaner Dunkel  
Hofbrau Oktoberfest  
Konig Pilsener  
Spaten  
St. Pauli Girl  
Warsteiner  
Weihenstephaner Festbier  
Coors Light  
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Track 7 Peanut Butter Porter  
Ballast Point Sculpin  
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# National City's 61st Annual Salute to Navy on Oct. 12

The City of National City and the National City Chamber of Commerce proudly announce the 61st Annual Salute to Navy luncheon from 11am-1:30 p.m., on Thur., Oct. 12, at the Martin Luther King Jr. Community Center (140 East 12th Street, National City, CA 91950). Naval Base San Diego (NBSD), a modern Navy complex and homeport to nearly a third of the Navy's fleet in the Pacific theater, is located off of 8th Street in National City. We celebrate NBSD as a neighbor and strategic partner in shaping our future.

"National City is privileged to continue the 61-year tradition of honoring the men and

women of the U.S. Navy on the Navy's birthday," said Jacqueline Reynoso, President and CEO of the National City Chamber of Commerce. "Naval Base San Diego has a tremendous impact on National City's economic vitality and quality of life. Our hotels, restaurants, maritime industry, and other businesses are proud to support the U.S. Navy." Twenty-two percent of jobs in the region are supported by the defense industry, and San Diego ships bring in \$5.7 Billion of economic impact to the region.

The National City Salute to the Navy is the longest running event of its kind in the nation. National City is home to Naval Base San

Diego, the principal homeport of the U.S. Pacific Fleet. Sailors, their families, civilians, local elected officials, and the general public are welcomed to attend this event. "The relationship between the U.S. Navy and National City goes back over 130 years, and today as then we say with the upmost pride 'We are a Navy Town.'" - Mayor Ron Morrison, City of National City.

The National City Science Technology Engineering and Mathematics (STEM) Scholarship will be offered for the second year in October 2017 to one student from each of the following three San Diego organizations: Sweetwater High School Marine

Corps JROTC, Mar Vista Naval Academy and Naval Base San Diego.

The luncheon will include the STEM Scholarship presentation hosted by the USS Midway Foundation, photo opportunities with Keynote Speaker, Alex Buggy CEO of ABBA PM and Captain Roy Love, Commanding Officer Naval Base San Diego, Color Guard presented by the Girl Scouts Troop, entertainment by stand-up comedian Patrick DeGuire, a special guest visit by Olympian Archer Zach Garrett, an art exhibit and interactive art education by the nonprofit organization Arts for Veterans, and gourmet southern cuisine. For sponsorship and ticket information, please contact Jacqueline L. Reynoso at Reynoso@nationalcitychamber.org.

## Omarr's weekly Astrological forecast



**ARIES** (March 21-April 19): Avoid taking action on a passing distraction. A temptation to follow misplaced sympathies could stir you this week. It is not a good idea to be taken in by those who would like to enlist you in their intrigues.

**TAURUS** (April 20-May 20): Nick negativity in the bud. You can be a realist without being a pessimist. In the week ahead you may be called upon to participate in group activities or make new contacts within the workplace environment.

**GEMINI** (May 21-June 20): Turn on the low beams. You may feel somewhat mystified by a situation, or feel that others do not understand you, but this temporary fog will dissipate. In the week to come new friends could uplift your spirits.

**CANCER** (June 21-July 22): Your focus may be on hocus pocus in the week ahead. Hold onto your money if a spin doctor tries to sell you something. You may feel that someone is not being truthful or think someone is better than they are.

**LEO** (July 23-Aug. 22): Focus on friendliness. Relationships will run smoothly if you use your best manners in the week to come. You may be surprised to receive help from the least expected sources, but might only hear what you want to hear.

**VIRGO** (Aug. 23-Sept. 22): You may be in collusion with your own delusion. Don't make any crucial decisions or start a new enterprise until after the middle of the week. Use keen powers of observation to avoid making a monetary mistake.

**LIBRA** (Sept. 23-Oct. 22): You may be able to see improvements that are needed in the week ahead. At the same time you must fight off the urge to be argumentative. Set a good example rather than forcing others to accept your views.

**SCORPIO** (Oct. 23-Nov. 21):

Get the best bang for your buck. In the upcoming week be creative about finding ways to ensure your long term security. Steer clear of get rich schemes. Focus on thrift, conserving resources and economical thinking.

**SAGITTARIUS** (Nov. 22-Dec. 21): Tricks are for kids. Steer clear of tricky situations this week. You are usually alert to fraudulent people and situations but could be suckered in by a sob story or caught up in the problems of others.

**CAPRICORN** (Dec. 22-Jan. 19): Some ideas may seem plausible but simply aren't possible. In the week ahead you may be ambitious to get ahead

and may easily be attracted to a get-rich scheme. Steer clear of anything that seems too good to be true.

**AQUARIUS** (Jan. 20-Feb. 18): The truth may be obscured. Don't trust your intuitions in the week ahead when money is concerned. There may be opportunities to reflect deeply upon your dreams and to join others for inspirational discussions.

**PISCES** (Feb. 19-March 20): Miscommunications could cause hurt feelings. Don't let them turn into a stumbling block as this week unfolds. Speak with a little more warmth to reassure others and show respect for your partner.

## Family friendly San Diego Cabrillo Festival lands at Ballast Point Sept. 30

San Diego Cabrillo Festival Sept. 30, 11am-4pm at Ballast Point, Navy Base Point Loma FREE and Open to the Public. History comes to life at this FREE, family-friendly event, Saturday, September 30, 2017. The 54th annual Cabrillo Festival celebrates and recreates the voyage of 16th century explorer Juan Rodriguez Cabrillo, who, sailing under the flag of Spain, landed on the shore of San Diego Bay on September 28, 1542, discovering San Diego, California and all of the West Coast. This makes San Diego the Plymouth Rock of the West! This pivotal moment in history is remembered every year with a series of events hosted by the Cabrillo Festival Inc. and the National Park Service.

*Cultural music and dancing*

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*Kumeyaay basket making, knot tying and other crafts*

*16th Century Spanish soldiers living history encampment*

*Re-enactment of Cabrillo's landing on Ballast Point begins 1PM*

## Art instruction at Del Mar Library

Del Mar Library hosts a new monthly art class with local artist Sandra Dodd on the 2nd Wednesday of the month at 3:30pm. Come and learn with different mediums and techniques each month. Supplies are provided.

Upcoming class dates: October 11, November 14, December 13

The Del Mar Branch Library is located at 1309 Camino Del

Mar.

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

information about San Diego County Library and other events, visit [www.sdcl.org](http://www.sdcl.org).

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# Sports & Events

## 2017 L.A. Chargers Schedule

### Regular Season

Broncos 24, Chargers 21  
Dolphins 19, Chargers 17  
Chiefs 24, Chargers 10

Sun, Oct 1 vs. Philadelphia  
Sun, Oct 8 @ New York Giants  
Sun, Oct 15 @ Oakland  
Sun, Oct 22 vs. Denver  
Sun, Oct 29 @ New England  
Sun, Nov 12 @ Jacksonville  
Sun, Nov 19 vs. Buffalo  
Thu, Nov 23 @ Dallas  
Sun, Dec 3 vs. Cleveland  
Sun, Dec 10 vs. Washington  
Sat, Dec 16 @ Kansas City  
Sun, Dec 24 @ New York Jets  
Sun, Dec 31 vs Oakland



### L.A. Rams 2017 Schedule

#### Regular Season

Rams 46, Colts 9  
Redskins 27, Rams 20  
Rams 41, 49ers 39  
Sun, Oct 1 @ Dallas  
Sun, Oct 8 vs. Seattle  
Sun, Oct 15 @ Jacksonville  
Sun, Oct 22 vs. Arizona  
Sun, Nov 5 @ New York Giants  
Sun, Nov 12 vs. Houston  
Sun, Nov 19 @ Minnesota  
Sun, Nov 26 vs. New Orleans  
Sun, Dec 3 @ Arizona  
Sun, Dec 10 vs. Philadelphia  
Sun, Dec 17 @ Seattle  
Sun, Dec 24 @ Tennessee  
Sun, Dec 31 vs San Francisco

## Navy Midshipmen 2017-2018 Football Schedule

Navy 42, Florida Atlantic 19  
Navy 23, Tulane 21  
Navy 42, Cincinnati 32  
09/30/17 at Tulsa  
10/7/17 vs. Air Force at Annapolis, Md.  
10/14/17 at Memphis  
10/21/17 vs. UCF at Annapolis, Md.  
11/2/17 at Temple  
11/11/17 vs. SMU at Annapolis, Md.  
11/18/17 at Notre Dame  
11/24/17 at Houston  
12/2/17 AAC Championship Game  
12/9/17 vs. Army at West Point Lincoln Financial Field



## 2017 Aztec Football Schedule

Aztecs 38, UC Davis 17  
Aztecs 30, Arizona State 20  
Aztecs 20, Stanford 17  
Aztecs 28, Air Force 24  
09/30/17 vs. Northern Illinois at Qualcomm Stadium 7:30 p.m.  
10/7/17 at UNLV  
10/14/17 vs. Boise State at Qualcomm Stadium 7:30 p.m.  
10/21/17 vs. Fresno State at Qualcomm Stadium 7:30 p.m.  
10/28/17 at Hawai'i  
11/4/17 at San Jose State  
11/18/17 vs. Nevada at Qualcomm Stadium 7:30 p.m.  
11/24/17 vs. New Mexico



# Pacific Marine Credit Union O'side Turkey Trot draws trotters from 46 states



members. Tri-City Medical Center was 2nd with 163 members, and Genentech was 3rd with 70 members. New this year, the top 10 teams with the most members receive \$100 gift certificates from 333 Pacific, a steak and seafood restaurant in Oceanside.

Entrants can designate part of their entry fees to support local schools and non-profits. The race also directly benefits the Move Your Feet Before You Eat Foundation, a charity founded by Kinane Events to promote physical activity. The PMCU O'side Turkey Trot has raised more than \$270,000 for its participating charities.

The Tri-City Medical Center Senior (65yrs. and over) 1 Mile/400m takes place the day before, Wednesday Nov. 22.

For more information, to register or to volunteer, please visit [www.osideturkeytrot.com](http://www.osideturkeytrot.com) or call (760) 434-5255.



16 [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) THURSDAY, SEPTEMBER 28, 2017

More than 9,000 runners and walkers from 46 states are expected to flock to scenic Oceanside, Calif. to "move their feet before they eat" at the 12th Annual Pacific Marine Credit Union O'side Turkey Trot and kids run set for Thanksgiving Day, November 23.

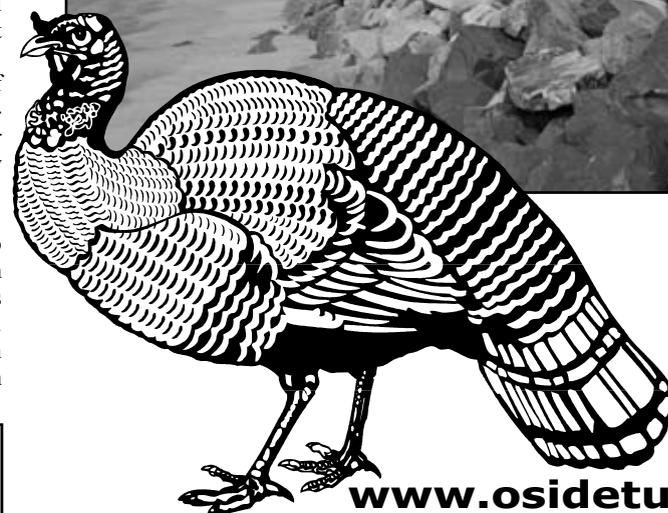
Featuring scenic tours of this classic California beach community, the 10k and 5K run/walk will kick off at 6:55 a.m. and 8:10 a.m. respectively, starting on historic Highway 101 at the Civic Center (located at 330 N. Coast Highway) and finishing on The Strand just south of the iconic Oceanside Pier. A 5K walk begins at 8:45 a.m. All races feature live entertainment along the courses.

"The morning run and walk has quickly become an annual Thanksgiving tradition for many families, not only for local San Diego County residents but for those who travel here for the holiday weekend," said Kathy Kinane, race director and president of Kinane Events.

The family-oriented event also includes one- to 1/4-mile kids runs starting at 10:30 a.m., and a 3-day expo. New this year, the O'side Trot will have a \$1,000 Costume Contest prize purse.

"The primary objective of the Turkey Trot is to get families outside and active together on a day that people routinely stay in," said Kinane.

Runners and walkers also have the opportunity to form a team. More than 50 teams participated in the 2016 event. The largest team was Team Austin Bice, with 376 team



For more info, to register or to volunteer, call (760) 434-5255. or visit

[www.osideturkeytrot.com](http://www.osideturkeytrot.com)

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# AutoMatters & More: 2017 MCAS Miramar Air Show

AutoMatters™ & More



by Jan Wagner

Billed as the “World’s Largest Military Air Show,” the long-running Marine Corps Air Station Miramar Air Show thrilled crowds on a sunny, mid-September Southern California weekend in San Diego. MCAS Miramar has been the home of the 3rd Marine Aircraft Wing since 1997.

The air show included a large static display of aircraft and other military hardware. Visitors could go inside many of the aircraft, and speak with men and women of the U.S. Armed Forces.

While the highlight of the air show was a thrilling performance by the U.S. Navy Blue Angels, there were civilian demonstrations of precision flying and a massive Marine Air-Ground Task Force demonstration (MAGTF). Demonstrated aircraft included the MV-22 Osprey, KC-130J Super Hercules aerial refueling tanker, CH-53E Super Stallion heavy lift helicopter, UH-1Y Huey helicopter and F-35B Lightning II Joint Strike Fighter, which will eventually replace the Marine’s AV-8B Harrier, the F/A-18 Hornet and the EA-6B Prowler.

Civilian performers included Sean D. Tucker flying his bright red Oracle Challenger III aerobatic biplane, the Patriots Jet Team, the colorful Powered Paraglider Flight Demonstration Team and John Collver, flying his “War Dog” AT-6 Texan. The high speed thrills continued on the ground with the Shockwave Jet Truck.

Musical entertainment was provided by the 3rd Marine Aircraft Wing Band, which was established in World War II. All of its members are combat trained Marines.

Members of the U.S. Navy Leap Frogs and the U.S. Army Golden Knights parachute teams reach speeds in freefall of between 120 to 180mph, before deploying their canopies.

Returning to MCAS Miramar, the MAGTF Demonstration provided an opportunity for spectators to witness a simulated Marine mission. As described in the air show program, “as F/A-18 Hornets and AV-8B Harriers scream through the air, helicopter-borne Marines rappel from the sky and infantry platoons move in on their objective in armored vehicles.” Large, fiery

explosions punctuated the dramatic operation. “A MAGTF can arrive anywhere in the world and immediately set out to accomplish its mission.”

Patriots Jet Team aerobatic performances feature six Aero L-39 Albatros light attack and fighter trainers. These are flown by civilian pilots “who were formerly part of the U.S. Air Force Thunderbirds, U.S. Navy Blue Angels and Royal Canadian Snowbirds” (www.patriots-jetteam.com).

The stated mission of The Blue Angels “is to represent the Pride and Professionalism of the Navy and Marine Corps, and to inspire a Culture of Excellence and Service to Country.” They have flown for over 427 million fans, since their inception in 1946. They first flew the Grumman F6F Hellcat. Since 1986 they have been flying F/A-18 Hornets.

A team of 130 highly skilled Sailors and Marines provide the necessary teamwork, dedication and technical expertise necessary for the extremely demanding, precisely choreographed Blue Angels aerobatic performances. For the first three months of each year, they train at NAF El Centro in California (for photos, see AutoMatters & More # 371, 376 and 484).



F-35B Lightning II Joint Strike Fighter

By Presidential Proclamation, the 50th Anniversary of the Vietnam War is being commemorated from May 28, 2012 through November 11, 2025. In conjunction with this commemoration, the theme for this year’s air show was “A Salute to Vietnam Veterans.” This was an opportunity for us to show our appreciation for the servicemen and women who served our



Sean D. Tucker flying his Oracle Challenger III through a ribbon suspended between two banners

In recognition, honor and appreciation of their military service, “Living United States veterans who served on active duty in the U.S. Armed Forces at any time during the period of November 1, 1955 to May 15, 1975, regardless of location, are eligible to receive one lapel pin” inscribed with “A Grateful Nation Thanks and Honors You” and “USA Vietnam War Commemoration.”

These pins were presented at the air show, in a ceremony in front of the “Mobile Vietnam Memorial Wall” (known as “The AV Wall,” a half-scale replica of the Vietnam Veterans Memorial in Washington, D.C.). As of May 30, 2017, there were 58,318 names on The Wall, which is updated each year.

For more information, please visit <http://www.vietnamwar50th.com> and [www.avwall.org](http://www.avwall.org).

Join in the conversation. Send your comments and suggestions to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com).

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U.S. Army Golden Knights parachute team member

## LOCAL ATTRACTIONS



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# TV Listings

## WEEKDAY MORNING/AFTERNOON

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30
<b>KFMB</b> 8	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM		Inside Edition	Bold/Beautiful	The Young and the Restless		The Talk		Dr. Phil		Judge Judy	Judge Judy
<b>KFMB2</b> 8.2	News 8 Morning Extra			The 700 Club		Maury		Dr. Phil		Judge Faith	Judge Faith	Judge Mathis		The Robert Irvine Show		Paternity Court	Paternity Court	Couples Court	Couples Court
<b>KGTV</b> 10	Good Morning America			Live with Kelly and Ryan		The View		10News Midday		The Chew		General Hospital		Pickler & Ben		Dateline		10News: The Now San Diego	
<b>KPBS</b> 15	Wild Kratts	Nature Cat	Curious George	Curious George	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Splash and Bubbles	Sesame Street	Sesame Street	Super Why!	Peg Plus Cat	Dinosaur Train	Ready Jet Go!	Nature Cat	Arthur	Wild Kratts	Wild Kratts	Odd Squad
<b>KNSD</b> 69	Today			Megyn Kelly Today		Today With Kathie Lee & Hoda		NBC 7 News Midday		Days of our Lives		Access Hollywood Live		Steve		The Ellen DeGeneres Show		NBC 7 News at 4	
<b>DISN</b>	Tangled: The Series	The Lion Guard	Mickey Mouse	Mickey Mouse	Mickey Mouse	Roadster-Racers	Puppy Dog Pals	Vampirina	Puppy Dog Pals	Sofia the First	Varied Programs		Pat the Dog	Transylvania	Tangled: The Series	Raven's Home	Varied Programs		
<b>ESPN</b>	First Take			SportsCenter		Outside the Lines		NFL Live		Varied Programs	NBA: The Jump	SportsNation	Varied Programs	Questionable	Around the Horn	Pardon the Interruption	SportsCenter With Michael and Jemele		Varied Programs
<b>ESPN2</b>	SportsCenter	SportsCenter	First Take				The Paul Finebaum Show		NFL Live	Varied Programs	Intentional Talk	Varied Programs	The Fantasy Show	Coll. Football Live	Around the Horn	Pardon the Interruption	SportsCenter	Varied Programs	
<b>TLC</b>	Cake Boss	Cake Boss	Cake Boss	Varied Programs				Four Weddings		Four Weddings		Long Island Medium	Varied Programs	Long Island Medium	Long Island Medium	The Little Couple	Varied Programs	The Little Couple	Varied Programs
<b>USA</b>	Varied Programs																		

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

**10/6 OVERDRIVE**  
10/6 ABUNDANT ACREAGE AVAILABLE

Overdrive



A notorious crime boss forces two legendary car thieves to steal a vehicle to win back their freedom. Joined by two beautiful women, the team has one week to pull off the daring heist or risk losing everything, including their lives.

**Genre:** Action, Thriller PG-13  
**Cast:** Scott Eastwood, Freddie Thorp, Ana de Armas

Abundant Acreage Available

North Carolina tobacco farmers Jesse and Tracy Ledbetter are mourning the death of their father. Soon, the unexpected arrival of three mysterious men sets in motion a series of events that will change their lives forever.

**Genre:** Drama  
**Cast:** Amy Ryan, Terry Kinney, Steve Coulter

## THURSDAY EVENING

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30	
<b>KFMB</b> 8	NFL Kickoff	NFL Football Chicago Bears at Green Bay Packers. (N) (Live)				CBS News 8 Special Edition				James Brown	Ent. Tonight	Inside Edition (N)	News	Late-Colbert	
<b>KFMB2</b> 8.2	The Dr. Oz Show (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Penn & Teller: Fool Us (N) (CC)	Whose Line Is It?	Whose Line Is It?	News 8 at 10 (N)	Ent. Tonight	Seinfeld (N) (CC)	Seinfeld (N) (CC)	Seinfeld (N) (CC)		
<b>KGTV</b> 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Grey's Anatomy (Season Premiere) Amelia faces a conflict over a patient. (N) (CC)		How to Get Away With Murder (CC)		10News at 11pm		Jimmy Kimmel			
<b>KPBS</b> 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	The Vietnam War "The Weight of Memory" Civil war continues in Vietnam. (N) (CC)		The Vietnam War "The Weight of Memory" Civil war continues in Vietnam. (N) (CC)		Chicago Fire "It Wasn't Enough" (N)		NBC 7 News	Tonight Show		
<b>KNSD</b> 69	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Superstore	The Good Place (N)	Will & Grace (N)	Great News	Chicago Fire "It Wasn't Enough" (N)		NBC 7 News	Tonight Show		
<b>DISN</b>	Bizaardvark (N)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover	K.C. Undercover	Raven's Home (N)	Stuck in the Middle	Bizaardvark (N)	Bizaardvark (N)	Live and Maddie	K.C. Undercover	Bizaardvark (N)	Raven's Home (N)	
<b>ESPN</b>	College Football Texas at Iowa State. From Jack Trice Stadium in Ames, Iowa. (N) (Live)				SportsCenter (N) (Live) (CC)				SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		
<b>ESPN2</b>	High School Football Ryan (Texas) at Denton (Texas). (N) (Live)				Street League Skateboarding (N) (CC)				Nación ESPN (N)		Jalen & Jacoby		Sports Shorts (N)		Jalen & Jacoby
<b>TLC</b>	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My 600-Lb. Life "James' Story" (N) (CC)	My 600-Lb. Life "Tara's Story" (N) (CC)	My 600-Lb. Life "Ashley R's Story" Ashley makes changes to save her life. (N) (CC)	My 600-Lb. Life "Ashley R's Story" Ashley makes changes to save her life. (N) (CC)		My 600-Lb. Life "James' Story" (N) (CC)		My 600-Lb. Life "James' Story" (N) (CC)			
<b>USA</b>	NCIS A suicide bomber kills a Marine.		NCIS "Out of the Frying Pan ..." (N) (CC)		NCIS "Tell-All" (N) (CC) (DVS)		NCIS "The Wall" (N) (CC) (DVS)		NCIS "A Bowl of Cherries" (N) (CC) (DVS)		NCIS "Beastmaster" (N) (CC) (DVS)		Law & Order: Special Victims Unit (N) (CC) (DVS)		

## SEPTEMBER 28, 2017

## FRIDAY EVENING

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
<b>KFMB</b> 8	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	MacGyver "DIY or DIE" (N) (CC)	Hawaii Five-0 (Season Premiere) (N) (CC)		Blue Bloods Danny considers retiring. (N) (CC)		News	Late-Colbert		
<b>KFMB2</b> 8.2	The Dr. Oz Show (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Masters of Illusion	Masters of Illusion	Masters of Illusion	Masters of Illusion	News 8 at 10 (N)	Ent. Tonight	Seinfeld (N) (CC)	Seinfeld (N) (CC)	
<b>KGTV</b> 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Marvel's Inhumans (Series Premiere) The royal family face internal strife. (N) (CC)		20/20 (N) (CC)		10News at 11pm		Jimmy Kimmel		
<b>KPBS</b> 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Washington Week	Roundtable	Doc Martin "Always on My Mind" (CC)	Doc Martin "The Family Way" (N) (CC)		Live at the Belly Up "Anderson East"			
<b>KNSD</b> 69	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Brave "Pilot" (N) (CC)		Dateline NBC (Season Premiere) (N) (CC)		NBC 7 News		Tonight Show		
<b>DISN</b>	Bizaardvark (N)	Jessie (N) (CC)	Raven's Home (N)	Stuck in the Middle	Bizaardvark (N)	Raven's Home (N)	Raven's Home (N)	Stuck in the Middle	Bizaardvark (N)	Bizaardvark (N)	Live and Maddie	K.C. Undercover	Raven's Home (N)	Stuck in the Middle
<b>ESPN</b>	College Football Miami at Duke. From Wallace Wade Stadium in Durham, N.C. (N) (Live)				Scoreboard		College Football USC at Washington State. From Martin Stadium in Pullman, Wash. (N) (Live)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
<b>ESPN2</b>	Nine for IX		WNBA Basketball Minnesota Lynx at Los Angeles Sparks. (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		Jalen & Jacoby		E:60	
<b>TLC</b>	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Kindred Spirits "Cabin in the Woods"	Kindred Spirits (N) (CC)	Kindred Spirits (N) (CC)	Kindred Spirits (N) (CC)	Kindred Spirits (N) (CC)	Kindred Spirits (N) (CC)	Kindred Spirits (N) (CC)	Kindred Spirits (N) (CC)	Kindred Spirits (N) (CC)	
<b>USA</b>	Law & Order: Special Victims Unit (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	

## SEPTEMBER 29, 2017

## SATURDAY MORNING/AFTERNOON

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30
<b>KFMB</b> 8	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	College Football Syracuse at North Carolina State. From Carter-Finley Stadium in Raleigh, N.C. (N) (Live)				College Football Georgia at Tennessee. From Neyland Stadium in Knoxville, Tenn. (N) (Live) (CC)				Judge Judy (N) (CC)	Judge Judy (N) (CC)						
<b>KFMB2</b> 8.2	Calling Dr. Pol (CC)	Dog Whisperer	Dog Whisperer	College Football Syracuse at North Carolina State. From Carter-Finley Stadium in Raleigh, N.C. (N) (Live)				Paid Program				James Brown	PiYo Workout!	Impractical Jokers	Impractical Jokers	RaceWeek	Sports Stars	Hiring America (N)	Military Make-over
<b>KGTV</b> 10	Good Morning	10News This Morning at 8am Saturday (N) (CC)	College Football Teams TBA. (N) (Live)				College Football Teams TBA. (N) (Live) (CC)				Football Scoreboard		College Football Teams TBA. (N) (Live) (CC)		Football Scoreboard		News	RightThisMinute (N)	
<b>KPBS</b> 15	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Eat Dirt With Dr. Josh Axe Specific types of leaky gut syndrome. (CC)	R. Steves' Europe	This Old House (N)	Ask This Old House	Steven Raichlen's	Simply Ming (N) (CC)	Test Kitchen	Cooking School	Julie Tabouille's	Pat's Mexican Table	R. Steves' Europe	Crossing South		
<b>KNSD</b> 69	2017 Presidents Cup Day 3. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)																		
<b>DISN</b>	Puppy Dog Pals (CC)	Roadster-Racers	Puppy Dog Pals (CC)	Elena of Avalor (N)	Pat the Dog (N) (CC)	Transylvania	Tangled: The Series	** High School Musical 2 (2007) Zac Efron. A teen befriends members of a wealthy family. (N) (CC)				Stuck in the Middle	Bizaardvark (N) (CC)	Raven's Home (N)	Raven's Home (N)	Bizaardvark (N) (CC)	Stuck in the Middle	Jessie (N) (CC)	Bunk'd (N) (CC)
<b>ESPN</b>	College GameDay (N) (Live) (CC)			College Football Vanderbilt at Florida. From Ben Hill Griffin Stadium in Gainesville, Fla. (N) (Live)				College Football Scoreboard (N) (Live) (CC)				ESPN Goal Line (N)		Football Scoreboard		College Football Mississippi State at Auburn. From Jordan-Hare Stadium in Auburn, Ala. (N) (Live)			
<b>ESPN2</b>	SportsCenter (N) (Live) (CC)			College Football North Carolina at Georgia Tech. From Bobby Dodd Stadium in Atlanta. (N) (Live)				Football Scoreboard		College Football Teams TBA. (N) (Live)						Football Scoreboard		College Football Memphis at Georgia State. (N)	
<b>TLC</b>	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress
<b>USA</b>	PiYo Workout! (CC)	PiYo Workout! (CC)	Paid Program (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)

## SEPTEMBER 30, 2017

## SATURDAY EVENING

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
<b>KFMB</b> 8	CBS News 8 at 5pm (N) (CC)	Weekend News	News	Entertainment Tonight (N) (CC)	NCIS An M16 officer is linked to a murder.		48 Hours (N) (CC)		48 Hours (Season Premiere) (N) (CC)		News	Blue Bloods		
<b>KFMB2</b> 8.2	Don't Blink	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	American Ninja Warrior (CC)	American Ninja Warrior (CC)	American Ninja Warrior (CC)	Seinfeld (N) (CC)	Access Chargers	Impractical Jokers	Just for Laughs	
<b>KGTV</b> 10	College Football Teams TBA. (N) (Live) (CC)				News		RightThisMinute (N)	The List (N) (CC)	20/20 (N) (CC)		10News at 11pm		Sports XTRA	
<b>KPBS</b> 15	NewsHour Wk	KPBS Spectrum	The Lawrence Walk Show (CC)	Antiques Roadshow	Antiques Roadshow	The Doctor Blake Mysteries (N) (CC)	Get Down Tonight: The Disco Explosion Bee Gees, Leo Sayer. (N)		R. Steves' Europe		Globe Trekker "Delhi & Agra" (N) (CC)			
<b>KNSD</b> 69	The 2017 NBC	Nightly News	NBC 7 News at 6	Paid Program	Wheel of Fortune	Jeopardy! (N) (CC)	Will & Grace (N)	Superstore	Dateline NBC (N) (CC)		Saturday Night Live (N) (CC)		NBC 7 News	Saturday Night Live
<b>DISN</b>	Raven's Home (N)	Bizaardvark (N)	Stuck in the Middle (N) (CC)	Bunk'd (N) (CC)	Raven's Home (N)	Disney's Descendants 2 (2017, Children's) Dove Cameron, Cameron Boyce. (N) (CC)	Stuck in the Middle (N) (CC)	Bizaardvark (N)	Raven's Home (N)	K.C. Undercover				
<b>ESPN</b>	College Football		College Football Mississippi at Alabama. From Bryant-Denny Stadium in Tuscaloosa, Ala. (N) (Live)				SportsCenter With Scott Van Pelt (N)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)			
<b>ESPN2</b>	College Football Memphis at Georgia State. From Georgia State Stadium in Atlanta. (N)				Scoreboard		College Football Colorado at UCLA. From the Rose Bowl in Pasadena, Calif. (N) (Live)		College Football Final (N) (CC)		SC Featured			
<b>TLC</b>	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Cake Boss "Farewell to Momma Mary" Reflecting on the life of Momma Mary. (N) (CC)	Cake Boss (N) (CC)		Cake Boss "Farewell to Momma Mary" (N) (CC)				
<b>USA</b>	Chicago P.D. "The Number of Rats" (N) (CC)		Law & Order: Special Victims Unit (N) (CC)		Law & Order: Special Victims Unit (N) (CC)		Law & Order: Special Victims Unit (N) (CC)		Law & Order: Special Victims Unit (N) (CC)		Chicago P.D. (N) (CC) (DVS)		Law & Order True Crime: Menendez	

## SEPTEMBER 30, 2017

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7		4			5
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# TV Listings

## SUNDAY 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	4 pm	4:30							
<b>KFMB</b> 6	CBS News Sunday Morning (N) (CC)	Face the Nation (N)	The NFL Today (N) (Live) (CC)	NFL Football Pittsburgh Steelers at Baltimore Ravens. A battle within the AFC North division has the Steelers on the road against the Ravens. (N) (Live) (CC)	NFL Football Oakland Raiders at Denver Broncos. Two AFC West rivals meet in Week 4 as the Raiders travel to the Mile-High City to play the Broncos. (N)	CBS News 8 (N) (CC)	Dog Whisperer (N) (CC)	Save Our Shelter (N) (CC)	Vacation Creation (N) (CC)	Save to Win (N) (CC)	Animal Friends (N) (CC)	Paid Program	Paid Program	Paid Program	Paid Program	Hair Removal! (N) (CC)	Paid Program	Make: Television (N) (CC)	HouseCalls (N) (CC)	Designing Spaces (N) (CC)	P. Allen (N) (CC)	Small Town Big Deal (N) (CC)	Great Escapes (N) (CC)	Raw Travel (N) (CC)	Raw Travel (N) (CC)
<b>KFMB2</b> 6.2	Good Morning (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos (N)	Joel Osteen (N) (CC)	Intrn'l Fellowship (N) (CC)	Jack Hanna (N) (CC)	Ocean Treks (N) (CC)	Sea Rescue (N) (CC)	The Wildlife Docs (N) (CC)	Rock the Park (N) (CC)	Vacation Creation (N) (CC)	Paid Program	Paid Program	World of X Games From California. (N)	Secrets of the Dead "The Real Trojan Horse" (N) (CC)	Ken Kramer's S.D. (N) (CC)	Historic Places (N) (CC)	Football Night in America (N) (Live) (CC)	Castle A reclusive author is murdered. (N) (CC)	World of X Games From California. (N)	Secrets of the Dead "The Real Trojan Horse" (N) (CC)	Ken Kramer's S.D. (N) (CC)	Historic Places (N) (CC)	Football Night in America (N) (Live) (CC)	Castle A reclusive author is murdered. (N) (CC)
<b>KGTV</b> 10	Daniel Tiger (N) (CC)	Daniel Tiger (N) (CC)	Splash and Bubbles (N) (CC)	Curious George (N) (CC)	Nature Cat (N) (CC)	Washington Week (N) (CC)	KPBS Roundtable (N) (CC)	Charlie Rose (N) (CC)	The David Rubenstein (N) (CC)	Super Skyscrapers (N) (CC)	NOVA The Cassini space probe. (N) (CC) (DVS)	NOVA The Cassini space probe. (N) (CC) (DVS)	NOVA The Cassini space probe. (N) (CC) (DVS)	NOVA The Cassini space probe. (N) (CC) (DVS)	NOVA The Cassini space probe. (N) (CC) (DVS)	NOVA The Cassini space probe. (N) (CC) (DVS)	NOVA The Cassini space probe. (N) (CC) (DVS)	NOVA The Cassini space probe. (N) (CC) (DVS)	NOVA The Cassini space probe. (N) (CC) (DVS)	NOVA The Cassini space probe. (N) (CC) (DVS)	NOVA The Cassini space probe. (N) (CC) (DVS)	NOVA The Cassini space probe. (N) (CC) (DVS)	NOVA The Cassini space probe. (N) (CC) (DVS)	NOVA The Cassini space probe. (N) (CC) (DVS)	NOVA The Cassini space probe. (N) (CC) (DVS)
<b>KPBS</b> 13	NBC 7 News To (N) (CC)	Meet the Press (N) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	
<b>KNSD</b> 35	NBC 7 News To (N) (CC)	Meet the Press (N) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	2017 Presidents Cup Final Day. From Liberty National Golf Club in Jersey City, N.J. (N) (Live) (CC)	
<b>DISN</b>	Roadster-Racers (N) (CC)	Puppy Dog Pals (N) (CC)	Puppy Dog Pals (N) (CC)	Elena of Avalor "Realm of the Jaquins" (N) (CC)	Elena of Avalor (N) (CC)	Puppy Dog Pals (N) (CC)	Vampirina (N) (CC)	Vampirina (N) (CC)	Disney's Descendants 2 (2017, Children's) Dove Cameron, Cameron Boyce, Sofia Carson. (N) (CC)	Raven's Home (N) (CC)	Stuck in the Middle (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Stuck in the Middle (N) (CC)	Bizaardvark (N) (CC)	Stuck in the Middle (N) (CC)	Bizaardvark (N) (CC)	Stuck in the Middle (N) (CC)	Bizaardvark (N) (CC)	Stuck in the Middle (N) (CC)	Bizaardvark (N) (CC)	Stuck in the Middle (N) (CC)	Bizaardvark (N) (CC)	Stuck in the Middle (N) (CC)	Bizaardvark (N) (CC)
<b>ESPN</b>	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)	Sunday NFL Countdown (N) (Live) (CC)
<b>ESPN2</b>	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)	Fantasy Football Now (N) (Live)
<b>TLC</b>	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)	Say Yes: ATL (N) (CC)
<b>USA</b>	David Jeremiah (N) (CC)	In Touch (N) (CC)	Joel Osteen (N) (CC)	Chicago P.D. A series of brutal slayings. (N) (CC)	Chicago P.D. The unit looks for Antonio's son. (N) (CC)	Chicago P.D. A house associated with gangs. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	Chicago P.D. A hoarder is arrested. (N) (CC)	

## OCTOBER 1, 2017

## CROSSWORD PUZZLE

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

- ACROSS**
- Actress in "Bull" (2)
  - Number of seasons for "Lost"
  - Verdi opera
  - Sushi bar offering
  - Think ahead
  - "\_\_\_ Evil, Hear No Evil"; Richard Pryor film
  - Actor Daryl of "NCIS: New Orleans"
  - Role in "The Wizard of Oz"
  - "\_\_\_ Elsewhere"
  - "Kindergarten \_\_\_"; Schwarzenegger movie
  - Sitcom alien
  - Schwarzkopf's monogram
  - Sinatra's third
  - "\_\_\_ Femme Nikita"
  - "Match Game \_\_\_"; 1975-81 Gene Rayburn series
  - Role on "The Middle" (2)
  - Actress Katic
  - Advance very slowly
  - \_\_\_ Lanka
  - Georgia \_\_\_; school in Atlanta
  - "\_\_\_ the Favorite"; 2012 Bruce Willis movie
  - "\_\_\_ Boss"
- DOWN**
- \_\_\_ Grissom; role on "CSI"
  - Test
  - "Witches of \_\_\_ End" (2013-14)
  - "Star Trek \_\_\_: The Undiscovered Country"; 1991 sequel
  - Commercial
  - "Cold \_\_\_"
- Solution**
- 

## SUNDAY EVENING

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30												
<b>KFMB</b> 6	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (N) (CC)	Wisdom of the Crowd "Pilot" (N) (CC)	NCIS: Los Angeles "Party Crashers" (N) (CC)	Code Black (N) (CC)	News	Blue Bloods	Don't Blink (N) (CC)	Engagement (N) (CC)	The King of Queens (N) (CC)	Mike & Molly (N) (CC)	2 Broke Girls (N) (CC)	2 Broke Girls (N) (CC)	Forensic Files (N) (CC)	Forensic Files (N) (CC)	Forensic Files (N) (CC)	Forensic Files (N) (CC)	Seinfeld (N) (CC)	Just for Laughs (N) (CC)	Impractical Jokers (N) (CC)	Impractical Jokers (N) (CC)			
<b>KFMB2</b> 6.2	10News at 5pm (N) (CC)	World News (N) (CC)	10News at 6pm (N) (CC)	RightThisMinute (N) (CC)	The Toy Box "Episode 202" (N) (CC)	A Place to Call Home "Auld Lang Syne" (N) (CC)	Poldark Revealed (N) (CC)	Poldark on Masterpiece (Season Premiere) George (N) (CC)	Ten Days in the Valley "Day 1: Fade In" (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)			
<b>KGTV</b> 10	10News at 5pm (N) (CC)	World News (N) (CC)	10News at 6pm (N) (CC)	RightThisMinute (N) (CC)	The Toy Box "Episode 202" (N) (CC)	A Place to Call Home "Auld Lang Syne" (N) (CC)	Poldark Revealed (N) (CC)	Poldark on Masterpiece (Season Premiere) George (N) (CC)	Ten Days in the Valley "Day 1: Fade In" (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)				
<b>KPBS</b> 13	NewsHour Wk (N) (CC)	Third Rail With Ozzy (N) (CC)	Father Brown "The Fire in the Sky" (N) (CC)	A Place to Call Home "Auld Lang Syne" (N) (CC)	Poldark Revealed (N) (CC)	Poldark on Masterpiece (Season Premiere) George (N) (CC)	Ten Days in the Valley "Day 1: Fade In" (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)				
<b>KNSD</b> 35	Football Night (N) (CC)	NFL Football Indianapolis Colts at Seattle Seahawks. (N) (Live) (CC)	Football Night in San Diego (N) (CC)	Graham Bensinger (N) (CC)	Dateline NBC (N) (CC)	NBC 7 News (N) (CC)	Sportswrap (N) (CC)	Raven's Home (N) (CC)	*** Inside Out (2015, Children's) Julia Roberts movie Undergarment (N) (CC)	Transylvania (N) (CC)	Tangled: The Series (N) (CC)	Star Wars: Destiny (N) (CC)	Bizaardvark (N) (CC)	Raven's Home (N) (CC)	Stuck in the Middle (N) (CC)	Bizaardvark (N) (CC)	Stuck in the Middle (N) (CC)	Transylvania (N) (CC)	Tangled: The Series (N) (CC)	SportsCenter (N) (Live) (CC)	WNBA Basketball Minnesota Lynx at Los Angeles Sparks. (N) (Live) (CC)	2017 World Series of Poker Main Event. (N) (CC)	2017 World Series of Poker Main Event. (N) (CC)	Kickboxing Glory 45. (Taped) (N) (CC)	E:60 (N) (CC)	College Football Vanderbilt at Florida. (N) (CC)
<b>DISN</b>	Raven's Home (N) (CC)	*** Inside Out (2015, Children's) Julia Roberts movie Undergarment (N) (CC)	Transylvania (N) (CC)	Tangled: The Series (N) (CC)	Star Wars: Destiny (N) (CC)	Bizaardvark (N) (CC)	Raven's Home (N) (CC)	Stuck in the Middle (N) (CC)	Bizaardvark (N) (CC)	Stuck in the Middle (N) (CC)	Transylvania (N) (CC)	Tangled: The Series (N) (CC)	SportsCenter (N) (Live) (CC)	WNBA Basketball Minnesota Lynx at Los Angeles Sparks. (N) (Live) (CC)	2017 World Series of Poker Main Event. (N) (CC)	2017 World Series of Poker Main Event. (N) (CC)	Kickboxing Glory 45. (Taped) (N) (CC)	E:60 (N) (CC)	College Football Vanderbilt at Florida. (N) (CC)							
<b>ESPN</b>	SportsCenter (N) (Live) (CC)	WNBA Basketball Minnesota Lynx at Los Angeles Sparks. (N) (Live) (CC)	2017 World Series of Poker Main Event. (N) (CC)	2017 World Series of Poker Main Event. (N) (CC)	Kickboxing Glory 45. (Taped) (N) (CC)	E:60 (N) (CC)	College Football Vanderbilt at Florida. (N) (CC)																			
<b>ESPN2</b>	30 for 30 (CC)	2017 World Series of Poker Main Event. (N) (CC)	2017 World Series of Poker Main Event. (N) (CC)	Kickboxing Glory 45. (Taped) (N) (CC)	E:60 (N) (CC)	College Football Vanderbilt at Florida. (N) (CC)																				
<b>TLC</b>	My Giant Life "My Giant Baby" (N) (CC)	My Giant Life "Variety in All Sizes" (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)	90 Day Fiancé: Before (N) (CC)		
<b>USA</b>	Chicago P.D. "At Least It's Justice" (N) (CC)	Chicago P.D. Platt asks Ruzek for help. (N) (CC)	Chicago P.D. "8:30 PM" (N) (CC) (DVS)	Chicago P.D. "My Way" (N) (CC) (DVS)	Chicago P.D. "The Docks" (N) (CC) (DVS)	Chicago P.D. "A Beautiful Friendship" (N) (CC) (DVS)	Modern Family (N) (CC)	Modern Family (N) (CC)																		

## OCTOBER 1, 2017

## MONDAY EVENING

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30									
<b>KFMB</b> 6	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N) (CC)	Big Bang Theory (N) (CC)	9JKL "Pilot" (N) (CC)	Kevin Can Wait (N) (CC)	Me, Myself & I (N) (CC)	Scorpion "More Extinction" (N) (CC)	News	Late Colbert	The Dr. Oz Show (N) (CC)	Judge Judy (N) (CC)	Judge Judy (N) (CC)	News 8 at 7 (N) (CC)	2 Broke Girls (N) (CC)	Supergirl "Nevertheless, She Persisted" (N) (CC)	Penn & Teller: Fool Us (Season Finale) (N) (CC)	News 8 at 10 (N) (CC)	Ent. Tonight (N) (CC)	Seinfeld (N) (CC)	Seinfeld (N) (CC)
<b>KFMB2</b> 6.2	10News at 5pm (N) (CC)	World News (N) (CC)	10News at 6pm (N) (CC)	World News (N) (CC)	10News at 7pm (N) (CC)	The List (N) (CC)	Dancing With the Stars (N Same-day Tape) (N) (CC)	The Good Doctor "Mount Rushmore" (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)
<b>KGTV</b> 10	10News at 5pm (N) (CC)	World News (N) (CC)	10News at 6pm (N) (CC)	World News (N) (CC)	10News at 7pm (N) (CC)	The List (N) (CC)	Dancing With the Stars (N Same-day Tape) (N) (CC)	The Good Doctor "Mount Rushmore" (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	
<b>KPBS</b> 13	NewsHour Wk (N) (CC)	Third Rail With Ozzy (N) (CC)	Father Brown "The Fire in the Sky" (N) (CC)	A Place to Call Home "Auld Lang Syne" (N) (CC)	Poldark Revealed (N) (CC)	Poldark on Masterpiece (Season Premiere) George (N) (CC)	Ten Days in the Valley "Day 1: Fade In" (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	10News at 11pm (N) (CC)	
<b>KNSD</b> 35	NBC 7 News at 5 (N) (CC)	Nightly News (N) (CC)	NBC 7 News at 6 (N) (CC)	Wheel of Fortune (N) (CC)	Jeopardy! (N) (CC)	The Voice "The Blind Auditions, Part 3" Vocalists perform for the coaches. (N) (CC)	The Brave "Moscow Rules" (N) (CC)	NBC 7 News (N) (CC)	Tonight Show (N) (CC)	Bizaardvark (N) (CC)	Jessie (N) (CC)	Raven's Home (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover (N) (CC)	K.C. Undercover (N) (CC)	Raven's Home (N) (CC)	Stuck in the Middle (N) (CC)	Bizaardvark (N) (CC)	Raven's Home (N) (CC)	Liv and Maddie (N) (CC)	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	Raven's Home (N) (CC)
<b>DISN</b>	Bizaardvark (N) (CC)	Jessie (N) (CC)	Raven's Home (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover (N) (CC)	K.C. Undercover (N) (CC)	Raven's Home (N) (CC)	Stuck in the Middle (N) (CC)	Bizaardvark (N) (CC)	Raven's Home (N) (CC)	Liv and Maddie (N) (CC)	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	Raven's Home (N) (CC)	Liv and Maddie (N) (CC)	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	Raven's Home (N) (CC)	Liv and Maddie (N) (CC)	K.C. Undercover (N) (CC)</			

# CLASSIFIEDS

## ARMED FORCES DISPATCH CLASSIFIEDS

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Looking for happy, enthusiastic person, to occasionally work promotional events, representing this newspaper to our nation's military & families. This is on an as needed basis. **Must have base access and your own vehicle.** If interested please call 619-280-2985 and ask for Brenda.

Good Morning...McDonald's! Earn Extra \$\$\$! Mornings with McDonald's Afternoons/Evenings with your family. McDonald's now hiring-flexible hours. Apply at McDonald's MCAS Miramar.



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PACIFIC BEACH-2664 Magnolia Ave #5, 1BR/1BA, \$1,650 mo., remodeled w/ new appliances stainless & black, new counter tops, laminate flooring, custom painting throughout, ceiling fans, double pane windows, large bedroom, large closet, lots of storage space. Remodeled bathroom, nicely furnished w/ couch, chair, tables, bed, night stands, & more. Laundry room on site, off street prkg, & minutes from freeway i-5, mission bay tennis club, mission bay golf course, & walking distance to mission bay, moments to public beach, great restaurants, shopping, & public transportation. Call Oliver 619-715-5459

PACIFIC BEACH- 2664 Magnolia Ave #2, 2 BR/2BA, remodeled \$2,195 mo., w/ new appliances stainless & black, new counter tops, new painting throughout, ceiling fans, retro double pane windows, large bedrooms, walk in closet, lots of storage space. Remodeled bathroom, laundry room on site, off street prkg, & minutes from freeway i-5, mission bay tennis club, mission bay golf course. Walking distance to mission bay, pacific beach, great restaurants, shopping, & public transportation. Call Oliver 619-715-5459

SAN DIEGO-4077 Utah Ave #4 San Diego, 1BR/1BA, remodeled upstairs apartment \$1,650 mo., w/ reserved parking & onsite laundry, gated community. All new white appliances stove/oven, dishwasher, microwave, fridge. New stainless kitchen faucet and soap dispenser, bathroom remodeled w/ double long vanity, quartz & new stainless faucet, bathtub/shower newly refinished w/ new fixtures. Walking distance to El Cajon Blvd & University Ave., close to food, shopping, fitness & North Park Community Park. Call Oliver 619-715-5459

SAN DIEGO-1665 EVERGREEN ST 92106; 1BR/1BA APARTMENT FOR RENT, \$1,295 MONTH \$600 SECURITY DEPOSIT. CALL 619-423-6070

SAN DIEGO-4502 40th st, 2BR/2BA, 905 sq ft., \$1,845 rent, recently remodeled, w/ new appliances, electric stove/oven, refrigerator, dishwasher, range hood, ceiling fan, new laminate flooring, paint, window coverings. Laundry on site, 1 prkg spot & lots of street prkg minutes from i-15 + I-8 + 805 freeway, 2 blocks to public transportation, walking distance to Kensington/Normal Heights, great restaurants, shopping, antique stores, bistros, nightlife, great parks. Call Oliver 619-715-5459

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### RENTALS CONDOS

CARLSBAD THE VILLA-Renov. 2BR/2BA, quiet, culdesac, view, gar + storage, walk-in closet, high ceiling. NEW: carpet, paint, counter-tops, w/d, frig. \$2195 mo., no smkg/pets. 949-812-1225

CORONADO VILLAGE-1BR/2BA, fabulous view over looking Glorietta Bay. Front Balcony and small back patio. \$2200 lease, owner/agent BRE01435132. 619-850-8285

### RENTALS COTTAGE

HILLCREST-338 UNIVERSITY place. 2BR/1BA, 700 sq ft., quaint cottage with canyon views for \$2,200 mo., fenced front & back yards with spacious deck. New quartz counters, stainless refig, gourmet stove/oven. New refig, dishwasher, microwave, includes stacked W/D. Open House Sat 9/30 at 11am-1pm \$500 move in special Call Oliver 619-715-5459

### RENTALS DUPLEX

KENSINGTON-1BR/1BA, wood floors W/D, AC, 2 spaces in carport, nonsmoking \$1,450 avail October, 4617 Kensington Drive #1. 619-283-6463

### RENTALS HOUSES

ESCONDIDO-5BR/4BA, unique Gated Rancho San Pasqual \$3,680 mo., near by the Mall, Trader Joes, Sprouts, Vons & many restaurants! 1 Br's downstairs & 4 large Br's upstairs. Master suite w/ a retreat & private covered deck, an immaculate home you must see!! 760-807-6208

### RENTALS HOUSES

HILLCREST-1002 Robinson Avenue, 3BR/1.5BA, corner lot house, 1000 sq ft., 2 prkg spaces, pets allowed restrictions applied, fenced in, appliances include; W/D, range/oven, refrigerator. Minutes to downtown San Diego, little Italy, Mission Valley malls, great restaurants & shopping all walking distance. \$2,700 mo., ask Oliver about move in credit! Call 619-715-5459

IMPERIAL BEACH-4BR/2.5 BA, BRAND NEW HOME AVAILABLE, NICE LOCATION. CALL FOR MORE INFORMATION 619-423-6070 OR 619-429-9938

IMPERIAL BEACH-2 story house, 4 BR/2BA, w/d hookups, ceiling fans, 1 car garage w/ 2 spot s in driveway, back shed, 2000 sq ft + front yard & private back yard. 10 min to Coronado, down the street to school, bike riding, walking tracks by the sea block, bay & beaches. \$2,600 mo., 2,600 dep., 858-527-5887 or 619-458-9344

SAN DIEGO-2BR/2BA, W/D in unit, 2 car garage, new stainless steel appls in kitchen, all Samsung energy efficient; French door refrigerator, dishwasher, microwave & gas oven/stove. Quick access to 163, I-8, I-805, I-5, walking distance to restaurants, shopping, Balboa Park, coffee shops, breweries. \$2,700 mo. 513-497-7459

SAN MARCOS-4BR/3BA, new laminate & tile downstairs, new paint, cabinets & vanity in kitchen & bath. Quiet cul-de-sac \$2,600 mo./\$2,600 dep. 858-205-4128

### ROOM FOR RENT

IMPERIAL BEACH-1 furnished BR, shared BA, flat screen TV, fridge in room, W/D in complex, view of estuary, steps to the beach, PlayStation streaming, all utilities included. 619-289-1664 or 310-753-4838

IMPERIAL BEACH-1 Br, own bath, use of common area, kitchen W/D in unit, includes utilities \$700 mo., Close to veterans park. Call 310-753-4838

SAN MARCO/CARLSBAD-Room for rent, short drive to beach close to 5 & 15 remodeled BR's, new carpet, AC, & detached garage \$900 mo \$400 dep. 858-221-3417

ROOMMATE WANTED-San Diego close to Paradise Valley & National City, includes electric & gas, \$500/mo. 619-709-7389



Most folks are as  
happy as they make  
up their minds to be.  
-Abraham Lincoln



"I know I promised it would be a working vacation, Mr. Wells, but the airline lost my briefcase."

# PET of the week

**Jasmine** is a five year old spayed black shorthair cat who weighs 9 lbs. This friendly gal trots right over to you when you call her name. Jasmine is currently in the shelter's "zoo" with other cat pals. She gets along with them all, but Jasmine does prefer human companionship over her kitty pals and loves to be petted and adored. Meet this sweet gal by asking for ID#A1772306 Tag#C107. Jasmine can be adopted for just \$35.



**Miracle** is a two year old female Chihuahua/Corgi mix who weighs 11 lbs. Her previous owners could no longer care for her so Miracle is in now looking for a new home. Miracle looks like a miniature Corgi and has the silly personality to match. She is playful with plenty of energy for all

kinds of adventures. Bring your current dog to the shelter to meet her if you are looking for a playmate for your pooch. Meet Miracle by asking for ID#A1805473 Tag#C278. She can be adopted for \$69. Bring some love into your life by adopting a forever friend to share your home! Dogs and puppies can be adopted for just \$69. Adult dogs and cats over 5 years old can become a member of your family for just \$35. If you're a senior yourself, or disabled, you can make any pet your forever companion for just \$35. Rabbits can be adopted for just \$25, so be sure to visit our bunny room too! All adoption fees should be confirmed once you get to the shelter, and include spaying or neutering, basic vaccinations, and a 1 year license for dogs. You can visit these animals and their many other friends at our Central County Shelter, 5480 Gaines Street, San Diego between the hours of 9:30AM to 5:30PM, Tuesday through Saturday. Visit <http://www.sddac.com> for more information and contact the shelter with questions and for holiday hours.

## Love is a four legged word



Dear Cathy, We live in Wisconsin, but would love to care for someone's dog from Hurricane Harvey until they get back on their feet. We have a two-year-old white German Shephard who is great with kids and other dogs. Please let us know how we can do this. - Paul and DeAnne O., Wisconsin

Dear Paul and DeAnne, It's very nice of you to want to help hurricane victims with their pets. When people are forced to evacuate their homes, they want to take their pets with them, but human shelters don't always accept pets. South Texas animal shelters learned these lessons after Hurricane Katrina and now line-up foster families and establish temporary shelters to take care of people's pets while families are displaced from their homes.

Sadly, some people are so overwhelmed or are displaced for so long they end up giving up their pets at some point. After a disaster, however, foster families play a vital role in caring for these pets for longer, which is comforting to displaced families who don't want to have to lose their pets too.

While I am not sure how you can foster a pet from so far away, you can call your local shelter to see if they are helping the region. The Humane Society of the United States has flown hundreds of dogs and cats who were strays or waiting for homes in Texas shelters (not people's pets) to animal shelters in Oregon, Washington, and New Jersey to free up space in shelters impacted by the hurricane to make room for more pets in need. Maybe your local shelter can take in some of the stray and homeless pets from the hurricane affected region that needs homes.

You can also donate to animal shelters in Houston, Beaumont and south Texas impacted by the storm - or animal shelters in San Antonio, Austin and Dallas who are providing direct care to evacuee pets. If I hear of any shelters looking for out-of-state foster families, you will be the first to know.

Dear Cathy, My four-year-old male orange tabby cat has a taste for weird stuff. He eats plants, but particularly loves pineapple leaves. If he gets out, he'll run to eat grass and whatever plant he can find. I can't keep live plants in the house. Even worse, he eats strings and fabric, including my bathing suit straps and the fringes on my oriental rugs. I'm worried he'll wind up with an intestinal blockage. He's on a urinary diet and is only supposed to eat his special food. Any ideas? - Linda L., Florida

Dear Linda, Cats lick and chew and suck on items for a variety of reasons. Some cats may have been weaned too early; some may have a deficiency in their diet; and some may have an underlying health problem, like feline immunodeficiency virus (FIV). Some cats may even have developed an obsessive-compulsive behavior.

Eating a little grass is normal for most dogs and cats. Eating a lot of grass could indicate a health problem. Always rule out a health problem first before addressing something as a behavior issue.

If your cat has a clean bill of health, begin removing things your cat likes to eat from his environment. For example, hang wet bathing suits on a shower rod and keep dry bathing suits in drawers. Get the pineapple plant out of reach. The leaves have low toxicity levels, and can cause digestive problems for your cat.

Next, spray items, like the oriental rug fringes, with either Bitter Apple - a proven product that keeps both dogs and cats away. If the scent doesn't thwart your cat, apply SmartCat Sticky Paws (available on a roll at pet stores) across the fringes until your cat kicks the fringe-licking habit.

Also, get rid of all potentially dangerous houseplants. Search online for the ASPCA's "Toxic and Non-Toxic Plant List for Cats" to see what's safe to have in your home. Then, place houseplants that aren't dangerous out of reach. You can also spray the product Bitter Apple directly onto the leaves of your houseplants to keep your cat away. Give your cat something to chew on by growing catnip or cat grass in a container in the home.

Finally, build in two 10-minute play sessions a day with your cat. Inside cats rarely get enough physical or mental stimulation and some develop obsessive behaviors, like licking and chewing strange things or even licking the hair off their belly, as a result. Keep your cat busy to reduce that anxiety-driven behavior.

## Las Vegas honors Armed Forces members with 'Las Vegas Marries the Military' this Nov. 10

Sponsored by the Las Vegas Wedding Chamber of Commerce members, free weddings and vow renewals to take place across the valley. Contest now live to apply.

Wedding chapels and venues across Las Vegas will kick off Veterans Day weekend and honor our military members with the debut of "Las Vegas Marries the Military." All day Nov. 10, 2017, chapels and wedding professionals across the Las Vegas Valley will open their doors to active duty military and veterans by donating wedding services to selected military members. Submissions to win a free wedding or vow renewal are now open at [MarrytheMilitary.vegas](http://MarrytheMilitary.vegas), and interested couples need to submit a 30-60 second video on what a Las Vegas wedding or vow renewal would mean to them by Tuesday, Oct. 10.

The Las Vegas Wedding Chamber of Commerce (LVWCC) put a call out to its members to participate and received overwhelming support - 40 members have offered free services valued at nearly \$40,000 with 25 weddings or vow renewals to take place. Las Vegas is rare in that it offers wedding services from the

grand resorts and country clubs to the simple chapel wedding. LVWCC members have come to support our military and are showcasing just the variety Las Vegas has to offer.

### Featured Members:

Las Vegas resorts donating free wedding packages, include Bellagio, ARIA, Excalibur, Luxor, MGM Grand and Wynn Las Vegas. Wedding chapels and officiants offering free weddings, include Maverick Helicopters, Ace of Hearts Wedding Chapel, Little Vegas Chapel, Viva Las Vegas Wedding Chapel, Vegas Weddings, Ceremony of Dreams, Custom Las Vegas Weddings, Timeless Connections, Reverend Bob Fisher and Reverend Jerry Withers. Other wedding professionals donating services include Classical Entertainment, Las Vegas Custom Cakes, M Place Productions, Miss Mafia, Makeup in the 702, Blo Blow Dry Bar, Good Vibrations Mobile DJ, Tiffany Couture Cleaners, Friar Tux and Tuxedo Junction, A Perfect Wedding Dance, Enchanted Florist, Volume Blowouts, Photo Tours Vegas, Paul's Vegas Photography, Las Vegas Wedding Gown Specialists, ADD Hair and Makeup, MGMRI Cashman

Photo Partnership, and Professional Massage, Inc. Select hotel stay is offered at Hilton Garden Inn, ARIA, Excalibur and Luxor.

Only one member of the wedding party needs to be a United States Armed Forces member to be eligible to win one of the 25 weddings or vow renewals.

and the Las Vegas Wedding Chamber of Commerce.

visit [WeddingChamber.vegas](http://WeddingChamber.vegas).

### About Las Vegas Wedding Chamber of Commerce:

The Las Vegas Wedding Chamber of Commerce is comprised of wedding professionals based in the Wedding Capital of the World, the leading destination in wedding-related tourism. These wedding experts specialize in weddings that are unexpected, romantic, and most of all -- fun. For more information,

### About Armed Forces Chamber of Commerce:

Established in 2017, the Armed Forces Chamber of Commerce, Inc. is Nevada's only Incorporated and Active Chamber of Commerce that serves Armed Forces members. The Armed Forces Chamber of Commerce is the "Business Voice of Armed Forces members" and its mission is to Advocate, Empower and Partner with businesses owned by Armed Forces members.

Interested couples need to submit a 30-60 second video on what a Las Vegas wedding or vow renewal would mean to them by Oct. 10.

Las Vegas Marries the Military is open to all members of the United States Armed Forces, including active-duty, guards/reserves, retired and veterans.

Complete contest rules and submission entries are online at [MarrytheMilitary.vegas](http://MarrytheMilitary.vegas). The event is sponsored by the Armed Forces Chamber of Commerce



# Around Town

**Oktoberfest In El Cajon** Sept 29-Oct 1 & Oct 6-8. Fridays 4-10, Sat noon-10, Sunday noon-9. Biergarten, live oom-pah band, German food, kids zone. 1017 S. Mollison Ave, El Cajon. [www.OktoberfestEl-Cajon.com](http://www.OktoberfestEl-Cajon.com)

**Pumpkin Patch** at Bates Nut Farm thru Oct 31 [www.batesnutfarm.biz](http://www.batesnutfarm.biz)

**Art Mart** on the Terrace at Oceanside Museum of Art. Sept. 28, 5-8pm. [www.oma-online.org/art-mart](http://www.oma-online.org/art-mart)

**San Diego Quilt Show** at San Diego Convention Center. Sept. 28-30 [www.visitsandiego.com](http://www.visitsandiego.com)

**Sunrise Surprise Stroll** at San Diego Zoo. Sept. 30 [www.sandiego-zoo.org](http://www.sandiego-zoo.org)

**Boys & Girls Clubs** of Carlsbad 36th Annual Gala at Omni La Costa Resort & Spa. Sept. 30, 6 pm. [www.bgccarlsbad.org](http://www.bgccarlsbad.org)

**NCT Unrated at National Comedy Theatre.** Sept. 30, 11:45 pm. [www.nationalcomedy.com](http://www.nationalcomedy.com)

**Adams Avenue Street Fair** in Normal Heights. Sept. 30- Oct. 1 [www.adamsavenuebusiness.com](http://www.adamsavenuebusiness.com)

**Big Horse Corn Maze & Harvest Festival** opens at Big Horse Feed & Mercantile in Temecula. Sept. 30-Oct 30 [www.bighorsecornmaze.com](http://www.bighorsecornmaze.com)

**Breast Cancer Awareness Month** Oct. 1-31

**Giant Pumpkin Fields** open at Bates Nut Farm in Valley Center Oct. 1-31

**Encinitas Chamber of Commerce** Oktoberfest at Mountain Vista Drive & El Camino Real. Oct. 1, 10am-5:30 pm. [www.encinitasoktoberfest.com](http://www.encinitasoktoberfest.com)

**San Diego Film Festival.** Oct. 4-8 [www.sdfilmfest.com](http://www.sdfilmfest.com)

**La Jolla Art and Wine Festival** Oct. 7-8 [www.ljawf.com](http://www.ljawf.com)

**Revolt Summer Surf Series:** Battle at Beachfest at the south side of Crystal Pier. Oct. 7 [www.revoltsurfseries.com](http://www.revoltsurfseries.com)

**Orchid Clinic at San Diego Botanic Garden.** Oct. 7, 10am-3 pm. [www.sdbgarden.org](http://www.sdbgarden.org)

**Grape Day Discovery Festival** at Grape Day Park. Oct. 7 [www.escondidohistory.com](http://www.escondidohistory.com)

**Susan G. Komen** San Diego Dine Out for the Cure at participating eateries. Oct. 12 [www.komensandiego.org/dineout](http://www.komensandiego.org/dineout)

**30th Annual Boys & Girls Clubs of Oceanside Night Out Gala:** Phantom of the Opera at Boys & Girls Clubs of Oceanside. Oct. 13, 6-10 pm. [www.bgcoceanside.org](http://www.bgcoceanside.org)

**Dine Out for the Cure®** For one delicious day, local restaurants, bakeries, and coffeehouses across San Diego will participate in Susan G.Komen San Diego's Dine Out for the Cure®. It's simple. Eat at a participating restaurant and you'll help San Diego breast cancer patients become breast cancer survivors. For every dollar you spend, anywhere from 10-25% of the restaurant's profits for the day will go to Komen San Diego. In 2016, Dine Out for the Cure raised \$26,000. This year we hope to raise \$35,000 for local breast health services and support.

**17th Annual Dia de los Muertos at Old Mission San Luis Rey** Oct. 29, 10am-4pm The grounds of Mission San Luis Rey come alive on Oct. 29, when the mission hosts its annual Dia de los Muertos celebration from 10am to 4pm. Dia de los Muertos is a special occasion with diverse cultural traditions, remembering and honoring deceased loved ones. Each year, over 25,000 attendees enjoy the largest festival of its kind in San Diego County. This is the ninth year that the mission hosts this annual event. The free, family-friendly celebration features entertainment and altar displays and attendees also won't want to miss over 100 diverse vendors and traditional food selections. Old Mission San Luis Rey is located at 4050 Mission Ave, Oceanside. For more information visit <https://www.msrlriadelosmuertos.com>

**The acclaimed Encinitas Oktoberfest returns** for its 22nd year this fall on Oct. 1 from 10 am to 6 pm. The Encinitas Chamber of Commerce has been the hosting organization since 1994 and has received acclaimed notoriety for capturing an authentic German spirit. This family-friendly festival and marketplace is expected to attract 20,000 people. A ceremonial parade kicks off the event. Following the parade, attendees enjoy performances by traditional Bavarian dancers and German musicians throughout the afternoon. This year's marketplace features around 200 vendors, including artisans with unique arts and crafts items and a family food and refreshment tent serving authentic German food and beverages. There will also be a craft beer garden with selections from Ballast Point, Resident Brewing Company, Burgeon Beer Company and the Lost Abby Brewing Company. For the younger crowd, a family fun zone with children's games, rides, and family-oriented activities adds to the ongoing festivities. Admission is free and attendees are encouraged to dress in German attire. Free shuttle service is offered from Flora Vista Elementary School's parking lot off of Wandering Road. Oktoberfest takes place along Mountain Vista Drive and El Camino Real in Encinitas. For more information call (760) 753-6041 or visit [www.encinitasoktoberfest.com](http://www.encinitasoktoberfest.com).

**Brick-or-Treat Party Nights.** Since its opening in 1999, Legoland California Resort has expanded from one theme park into a sprawling world made of bricks. Theme park visitors experience non-stop fun and entertainment with more than 60 rides, shows, and attractions. Recent additions include the Lego Movie 4D show, which premiered in February; Star Wars Miniland model displays; Heartlake City, designed to appeal to female guests; a buccaneer-themed area called Pirate Reef; and the Legends of Chima Water Park. Sea Life Aquarium integrates more than 5,000 underwater creatures with a variety of Lego models in one immersive educational experience. The resort is also home to America's first Legoland Hotel, which boasts three stories, 250 themed rooms, and over 3,500 Lego models. Every Saturday in Oct. , Legoland is open until 9 pm to host Brick-or-Treat Party Nights. Guests won't want to miss special treats and decorations throughout

the park and in SEA LIFE Aquarium. Legoland California Resort is located at 1 Legoland Drive, Carlsbad. For more information call 760-918-5346 or visit [www.legoland.com](http://www.legoland.com).

**OB Oktoberfest The two-day event** kicks off with the **NEW! OktoberStretch**, a mini-YOGA+ Live Music festival within the OB Oktoberfest from noon to 6p.m. on Friday Oct. 6. The grassy space at Abbott and Newport will be filled with fun yoga classes, games, and competitions, a chill area for meditation and breathwork, live music and drum circles, and conscientious vendors. (Learn more about OktoberStretch and register for yoga classes.) At 1:00 p.m., we'll kick off the live music in the 21+ beer garden. \$5 will get you into the beer garden - where you can enjoy some classic German brews (along with local favorites too). Information on OB Oktoberfest beer garden activities, events, contests, happy hours, band schedules, and more at [www.OBoktoberfest.com](http://www.OBoktoberfest.com) On Saturday, we start bright and early with the 5th annual **OB Brät Trot** (2017 registration/details coming soon) at 9 a.m. All ages are invited to participate in the Brat Trot; registration is \$25 per family (up to 6 participants) for the 2K Family Fun Run at 9 a.m. & \$35 per person for the 5K Beach Run to follow at 10 a.m. Registration for the 5K Beach Run includes FREE entrance into the beer garden and 2 complimentary beers for runners 21+. Each Brat Trot run will be followed by a Drill Instructor workout on the beach. Also on Saturday, there will be a German and local microbrew tasting benefiting the Warrior Foundation Freedom Station. The special tastings, dubbed "Poured with Courage," are served by active and retired wounded service members. Tickets for the tasting will be available at [OBoktoberfest.com](http://OBoktoberfest.com). Check out the complete music and event schedule at [OBoktoberfest.com](http://OBoktoberfest.com)

## Art Glass Guild Announces their Annual Fall Show & Sale Spanish Village Art Center, Balboa Park

The Art Glass Guild will be hosting their 2017 Fall Patio Show and Sale on Oct. 14-15, 10am-5pm. This show is the largest Art Glass show in Southern California and is focused on showcasing art created by local San Diego Glass Artists. The event is free to the public and pet friendly located at 1770 Village Place, Spanish Village Art Center in Balboa Park, San Diego, CA. Visitors will see more than thirty juried artists exhibiting their creations as they stroll the patio in Spanish Village. Beautiful art glass exhibiting techniques such as: blown, fused, torch, stained, cast, etched and mosaic will be on display. There will be entertainment for all including: live music, demonstrations featuring torch-work, and glass cutting, as well as an area for children and adults alike to create their own unique mosaic art piece to take home. The Art Glass Guild is a non-profit art education center, focused on supporting local glass artists as well as other San Diego non-profits with art related programs benefiting the community. "This is a wonderful opportunity to view beautiful glass work created by local artists, to enjoy a day out with family and friends, and to support our local economy," says Linda Indalecio, Fused Glass Artist and member of The Art Glass Guild. About The Art Glass Guild: The Art Glass Guild was formed in 1998, and is the sister organization of the oldest art glass group in America, the Art Glass Association of Southern California. Our primary purpose is to educate the public about art glass. The Guild operates a retail sales gallery in Studio 25 at the Spanish Village Art Center in Balboa Park and provides demonstrations and classes for many of the glass techniques shown in the studio. To learn more please visit <http://www.artglassguild.com>, or call us at 619-702-8006.



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San Diego's 54th Annual Cabrillo Festival at Ballast Point, Naval Base Point Loma South end of Rosecrans Street FREE ADMISSION ♦ FREE PARKING Saturday, September 30, 2017 11:00 AM - 4:00 PM

Where Cultures Come Together... ..and History Comes Alive

Come out for a fun filled day

- ♦ Watch Juan Rodríguez Cabrillo, and his crew, sail ashore in the re-enactment of the discovery of San Diego Bay
- ♦ Ethnic Food and Exciting Dancers
- ♦ Children's Activities
- ♦ 16th Century Encampment
- ♦ Cultural Vendors

All at this beach front park setting

Check us out on our web site - [www.cabrillofestival.org](http://www.cabrillofestival.org)



# Concerts

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

## September

**Imagine Dragons and K.Flay.** Thurs, Sept 28, 7:30pm. Mattress Firm Amphitheatre, 2050 Entertainment Circle, Chula Vista, CA 91911. 619-671-3600.

**Lee Brice.** Thurs, Sept 28, 8pm. Country. Viejas Casino Concerts in the Park, 5005 Willows Rd., Alpine. (619) 445-5400.

**Tower of Power and Average White Band.** Fri, Sept 29, 7pm. Funk. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497.

**Los Tererarios.** Fri, Sept 29, 7pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

**Eddie Money & Starship.** Fri, Sept 29, 8pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345

**Hop Heads & Dreads Craft Beer & Reggae Festival.** Sat, Sept 30, 2pm. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

**Steve Tyrell.** Sat, Sept 30, 8pm. Jazz. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345

## October

**The Shins and Spoon.** Sun, Oct 1, 6pm. Alt/Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Benise: Spanish Nights.** Sun, Oct 1, 7pm. Spanish Guitar. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345

300-4345

**Lauryn Hill and Nas.** Tues, Oct 3, 7:30pm. Funk/Hip-hop/Rap. SDSU Open Air Theatre, 5500 Campanile Dr., San Diego. (619) 594-6947.

**The Mavericks.** Thurs, Oct 5, 7:30pm. Country. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

**Ramsey Lewis.** Thurs, Oct 5, 7:30pm. Jazz. Balboa Theatre, 868 Fourth Ave, San Diego. 619-570-1100.

**Dokken.** Thurs, Oct 5, 7:30pm. Rock. Sycuan Casino Showcase Theatre, 5469 Casino Way, El Cajon, CA. 92019. (619) 445-6002.

**Depeche Mode.** Fri, Oct 6, 7:30pm. Electronic/Pop/Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

**Kris Kristofferson.** Fri, Oct 6, 8pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345

**Jason Aldean.** Sat, Oct 7, 7:30pm. Country. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

**Association & Buckingham.** Sat, Oct 7, 8pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345

**Olivia Newton-John.** Sat, Oct 7, 7:30pm. Starlight Theater, Pala Casino, 11154 Hwy 76, Pala, CA 92059. (877) 946-7252

**Roger McGuinn.** Sat, Oct 7, 8pm. Folk/Rock. Frontman for the Byrds. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

**Jason Aldean.** Sun, Oct 8. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

**Coldplay and Tove Lo.** Sun, Oct 8, 7:30pm. Alt/Rock. Qualcomm Stadium, 9449 Friars Rd., San Diego. (619) 283-0460.

**The National.** Thurs, Oct 12, 7:30pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Pepe Aguilar.** Thurs-Fri, Oct 12-13, 8pm. Latin. Pechanga Resort & Casino, 45000 Pechanga Pkwy, Temecula. (951) 693-1819.

**The Weeknd.** Fri, Oct 13, 7:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400 www.hondacenter.com

**Bob Dylan.** Fri, Oct 13, 9pm. Rock. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

**Damian "Jr. Gong" Marley.** Sat, Oct 14, 8pm. Reggae/Ska. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

**Neil Sedaka.** Sat, Oct 14, 8pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345

**Peter Dinklage.** Sun, Oct 15, 7pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345

**Arcade Fire.** Wed, Oct 18, 7:30pm. Alt/Rock. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

**Little Steven and the Disciples of Soul.** Wed, Oct 18, 7:30pm. (Stevie Van Zandt) Blues/Rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

**Odesza and Sofi Tukker.** Thurs, Oct 19, 6:30pm. Electronic/pop/rock. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

**Home Free.** Thurs, Oct 19, 8pm. Country. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. www.grove-of-anaheim.com

**Lindsey Buckingham & Christine McVie.** Thurs,

**Katy Perry**  
Nov 7, 8 at 7pm,  
Nov 10 at 7:30pm.  
Staples Center,  
1111 S. Figueroa Str,  
Los Angeles, CA 90015.  
www.staplescenter.com



Oct 19, 7:30pm. Pop/Rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497.

**Positive Hits Tour.** Thurs, Oct 19, 7pm. Pop. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

**Tegan & Sara.** Fri, Oct 20, 7:30pm. Folk. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

**Ohio Players.** Fri, Oct 20, 8pm. Funk/pop. Sycuan Casino Showcase Theatre, 5469 Casino Way, El Cajon. (619) 445-6002.

**Odesza.** Fri, Oct 20, 7:30pm. Staples Center, 1111 S. Figueroa St, Los Angeles, CA 90015. www.hondacenter.com

**Jimmy Buffett & the Coral Reefer Band.** Sat, Oct 21, 7:30pm. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

671-3600.

**Enrique Iglesias & Pitbull.** Sat, Oct 21, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714)704-2400 www.hondacenter.com

**Duet: Vietnamese Concert.** Sat, Oct 21, 7:30pm. Pala Events Center, 11154 Hwy 76 Pala CA 92059 • 877-WIN-PALA (877-946-7252)

**Andre Rieu & his Johann Strauss Orchestra.** Sat, Oct 21, 8pm. Classical/pop. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

**Home Free Vocal Band.** Sat, Oct 21, 8pm. Acoustic/Standards. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

**Enrique Iglesias and Pitbull.** Sun, Oct 22, 8pm. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd. Point Loma. 619-224-4171.

**Carla Morrison.** Sun, Oct 22, 8pm. Folk/Latin. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

**JAY-Z.** Fri, Oct 27, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

**Luke Bryan and Brett Eldredge.** Fri, Oct 27, 7:30pm. Country. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

**Musiq Soulchild.** Sat, Oct 28, 8pm. R&B/Soul. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. www.grove-of-anaheim.com

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