

Career Advice

In this week's Interpersonal Edge column, learn how to work defensively for peace of mind.

See page 7

AutoMatters & More

Pinball at San Diego Comic-Con & the Pinball Hall of Fame.

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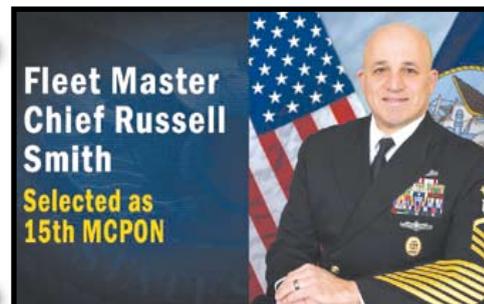
Movies Showing On Base

The Equalizer 2, Mission Impossible: Fallout, The Spy Who Dumped Me, Sky-scraper ... & more.

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Navy Marine Corps Coast Guard Army Air Force

ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985

Serving active duty and retired military personnel, veterans and civil service employees

FIFTY EIGHTH YEAR NO. 13
THURSDAY, AUGUST 30, 2018

September Monthly Observances

- AKC Responsible Dog Ownership
 - All American Breakfast
 - Attention Deficit Hyperactivity Disorder
 - Atrial Fibrillation
 - Baby Safety Month
 - Backpack Safety America
 - Be Kind To Editors & Writers
 - Blood Cancer Awareness
 - Bourbon Heritage
 - Children's Good Manners
 - Childhood Cancer Awareness
 - Cholesterol Education
 - Classical Music
 - College Savings
 - Craniofacial Acceptance
 - Eat Chicken
 - Fall Hat
 - Global Pulmonary Fibrosis Awareness
 - Go Wild During California Wild Rice
 - Great American Low-Cholesterol, Low-fat Pizza Bake
 - Gynecology Cancer Awareness
 - Happy Cat
 - Histiocytosis Awareness
 - Hunger Action
 - Intergeneration
 - Int'l Guide Dogs
 - Int'l People Skills
 - Int'l Self-Awareness
 - Int'l Speak Out
 - Int'l Strategic Thinking
 - Int'l Square Dancing
 - Int'l Women's Friendship
 - ITP Awareness
 - Library Card Sign-up
 - Leukemia and Lymphoma Awareness
 - Million Minute Family Challenge
 - Mold Awareness
 - Nat'l Americana
 - Nat'l Bake & Decorate
 - Nat'l Campus Safety Awareness
 - Nat'l Cheese
 - Nat'l Chicken
 - Nat'l Child Awareness
 - Nat'l Childhood Obesity Awareness
 - Nat'l Chiari Awareness
- Continued, next week**



The Veterans Day 5K Run/Walk starts and finishes at the Imperial Beach Pier Plaza. Starting at 7 am., run the 5K and then enjoy the post race Beach Party and Beer Garden while watching the half marathoners cross the finish line.

<https://www.silverstrandhalf.com/>



Recovering service members, veterans, volunteers and their loved ones prepare for a group photo during Operation Amped Surf Camp at San Onofre Beach. Photo by Lance Cpl. Noah Rudash

Shredding adversity: Surfing helps wounded warriors recover

by Cpl. Dylan Chagnon

SAN ONOFRE - Service members often encounter physical, psychological and emotional adversity when protecting the freedoms this country was founded on. The injuries sustained both on and off duty require recovery in many forms – including physical competitions, religious programs, community outreach opportunities, behavioral health and more. Some may only need a surfboard and a wave to ride.

Veterans, recovering service members and their loved ones attended the 12th Annual Operation Amped Surf Camp at Camp Pendleton Aug. 17-19. Operation Amped is a non-profit organization that promotes surf therapy to aid in the recovery of wounded, ill and injured veterans and active-duty service members.

According to Joseph Gabunilas, Operation Amped co-founder, this program exists to provide a positive change in a participant's future. Operation Amped accomplishes this by providing surf training once a year to wounded warriors, family members and veterans.

"It's a good way to keep that negative stuff out of your mind while catching a wave," said Marine Corps Gunnery Sgt. (Ret.) David Simons, participant at Operation Amped. "Surfing has given me a goal, something to work towards and keep my focus straight."

The organization, which began in September 2006, had helped nearly 300 recovering service members, veterans and their loved ones. Along with the support and attendance of family members and friends, that number has now reached the thousands, said Gabunilas, who served in the Army. Having both the recovering service members and their loved ones in attendance, can provide the therapy needed to overcome the trials and tribulations they may be experiencing.

see **Amped**, page 8

New CO scheduled to take the helm at Naval Medical Center San Diego

SAN DIEGO - Following a two year tour as the commanding officer for Naval Medical Center San Diego, Capt. Joel A. Roos will relinquish command to Capt. Bradford L. Smith at a ceremony scheduled for 8:30 a.m. tomorrow (Aug. 31) at the Medical Center.

For Roos, the ceremony will also mark the conclusion of a three decade career in the Navy, where a retirement ceremony will be subsequently held in his honor.

Smith, a pediatrician by trade, and native of St. Louis, Miss., will assume command as the 44th Naval officer to lead NMCS. Smith previously served as commanding officer and deputy director for the North Chicago-based Capt. James A. Lovell Federal Health Care Center - the nation's first fully integrated DoD/VA facility.

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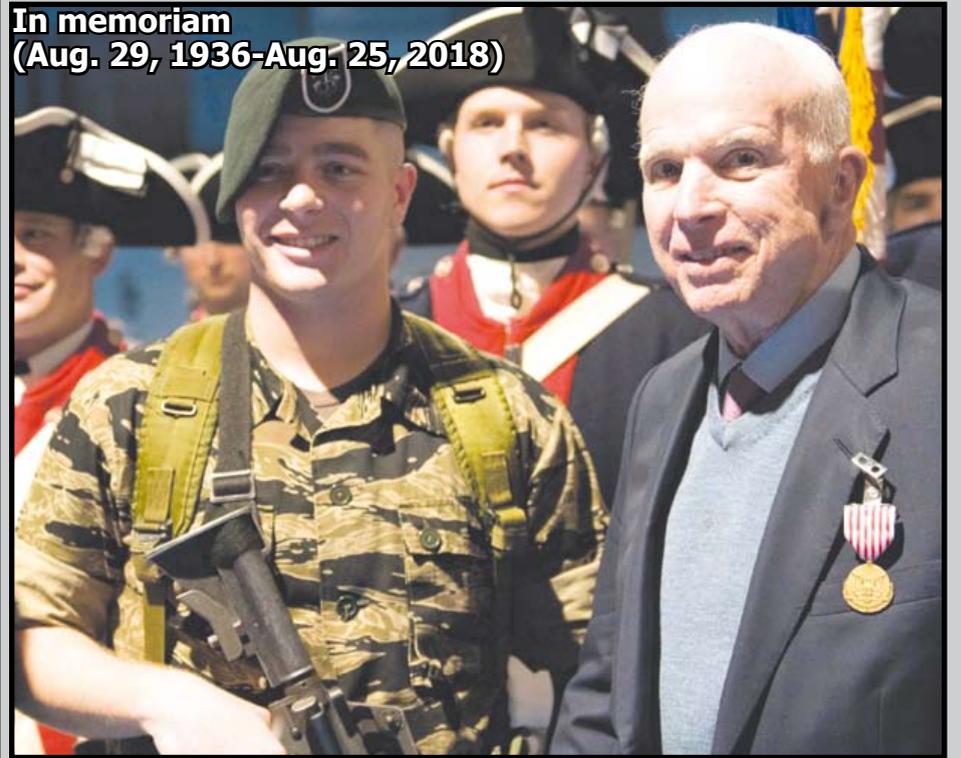
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Sen. John S. McCain

In memoriam
(Aug. 29, 1936-Aug. 25, 2018)



JOINT BASE MYER-HENDERSON HALL, VA. (Nov. 14, 2017) - Gen. Mark A. Milley, 39th Chief of Staff of the Army, hosts a special Twilight Tattoo performance to recognize Senator John S. McCain III, for his over 63 years of dedicated service to the nation and the U.S. military. SMcCain was awarded the Outstanding Civilian Service Medal for his exceptional voluntary contributions to the U.S. Army and military. Army photo by Pfc. Gabriel Silva

"We have lost a man who steadfastly represented the best ideals of our country," Defense Secretary James Mattis said in a DoD release. "As a naval officer and defiant prisoner of war, John McCain stood with his brothers-in-arms until they returned home together."

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Navy establishes 2nd Fleet

NORFOLK, Va.- Chief of Naval Operations Adm. John Richardson presided over a ceremony establishing U.S. 2nd Fleet and naming Vice Adm. Andrew "Woody" Lewis as the commander during a ceremony aboard nuclear aircraft carrier USS George H.W. Bush (CVN 77) Aug. 24 here.



"Although deeply consequential, the meaning of this establishment can be summarized simply as a dynamic response to a dynamic security environment - a security environment clearly articulated in the National Defense Strategy," said Richardson. "We first need to understand this competitive security environment and why it demands every ounce of our tenacity, ingenuity and fighting spirit. Then we can focus on the mission and how best to accomplish it; 2nd Fleet will enhance our capacity to maneuver and fight in the Atlantic, and as a result, help to maintain America's maritime superiority that will lead to security, influence and prosperity for our nation."

Lewis assumed command as the first commander of

the re-established C2F, after his confirmation by the Senate June 28. U.S. 2nd Fleet will be headquartered in Norfolk. All of Lewis's operational command tours have been on the East Coast making him intimately familiar with operations in the Atlantic. Most recently, he commanded Carrier Strike Group 12 and deployed with USS *Theodore Roosevelt* (CVN 71) to the 6th and 5th Fleet areas of operation.

"I am truly honored to lead this fleet. U.S. 2nd Fleet has a storied history, and we will honor that legacy," said Lewis. "However, we will not simply pick up where we left off. We are going to aggressively and quickly build this command into an organization with operational capability. We will challenge our

assumptions, recognize biases, learn and adapt from failures so as to innovate in order to build a fleet that is ready to fight. Ready to fight - so we don't have to."

U.S. 2nd Fleet will exercise operational and administrative authorities over assigned ships, aircraft and landing forces on the East Coast and the North Atlantic.

Additionally, it will plan and conduct maritime, joint and combined operations as well as train and recommend certification of combat ready naval forces for maritime employment and operations around the globe. U.S. 2nd Fleet will fall under operational control of U.S. Fleet Forces Command.

Proliferation of drones posing risk for U.S. military, Army expert says

by David Vergun

WASHINGTON - As of January 2018, over 1 million micro drones were registered with the Federal Aviation Administration, with about 878,000 of those registered to hobbyists, said Dr. Juanita Christensen.

These micro drones are proliferating in other nations as well, including areas in every combatant command where U.S. forces are stationed or operating, she said.

Christensen, executive director of the Aviation and Missile, Army Research, Development and Engineering Command, spoke at the UAS Summit here, Aug. 23.

The growth of drone ownership poses challenges, she said, such as identifying the unmanned aerial system, determining whether or not the unmanned aerial system is friend or foe, and, if foe, employing the right countermeasures.

It's not just the sheer number of drones that is an issue, but also the hundreds of UAS variants being produced worldwide, Christensen said.

Each of these variants comes in different weights, shapes, and sizes. Additionally, each has different operating characteristics such as speed, flight duration, maneuverability and payload capacity. These variations make tracking them difficult because it's hard for radars and other surveillance systems to identify exactly what's out there, she said.

Another reason why it's hard to identify UASs, she said, is that many are very small and

therefore have a minuscule radar signature. Some of these UAS fly very low to the ground, away from a radar's line of sight. They also move relatively slowly, similar to the flight of a bird, and they produce very little acoustic, infrared, radio frequency, or electromagnetic signatures.

Continue reading this story on the Army NewsStand, at https://www.army.mil/article/210257/proliferation_of_drones_posing_risk_for_us_military_expert_says.

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OCTOBER 20 7:30 PM SDSU VS. SAN JOSE STATE Honoring US Navy Fleet Week Classic ROTC March-On Homecoming	NOVEMBER 10 TBA SDSU VS. UNLV Honoring US Coast Guard, Veterans	NOVEMBER 24 TBA SDSU VS. HAWAII Senior Day	

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THURSDAY, AUGUST 30, 2018 www.armedforcesdispatch.com 3

NMRC researchers seek ways to improve safety, comfort, survivability of the warfighter

KISSIMMEE, Fla., (NNS) -- Researchers from Naval Medical Research Center (NMRC) presented their work: Enhancing Human Performance & Survivability in Extreme Environments during a breakout session at the Military Health System Research Symposium Aug. 21.

Led by Dr. Aaron Hall, research physiologist, Undersea Medicine Department, a team of scientists in discussed their work to improve the safety, comfort and survivability of the warfighter.

According to Hall, the goal of the discussion was to bring a diverse group of people together working on various, varied

high altitude, and diving - from special ops to shallow water, with different breathing mixtures, or very deep diving, and so the idea is each one of these scenarios has particular physiological risks associated with operating and surviving in those environments."

Lt. Geoffrey Ciarlone, research physiologist, spoke about developing a program with the undersea medicine department to mitigate hypoxia or high altitude dependent decreases in cardio vascular performance of muscular-skeletal strength.

Lt. Cmdr. William Cronin, guest researcher and undersea medical officer, explained

said Cmdr. Hugh Dainer, department head, Undersea Medicine. "We try our best to help people survive in difficult situations or perform in other extreme environments."

They were also joined by Cmdr. Josh Swift, research physiologist, collaborating with partner agencies to maximize altitude projects and Dr. Brian Williams, a post-doctoral fellow and the team's most junior team member. He recently received a grant to study how to look at ways to delay or abolish seizures that occur following extended oxygen exposure at depth and appreciates the valuable experience he's gained since joining the lab.

medicine and military infectious disease research program.

NMRC's eight laboratories are engaged in a broad spectrum of activity from basic science in the laboratory to field studies at sites in austere and remote areas of the world to operational environments. In support of

the Navy, Marine Corps, and joint U.S. warfighters, researchers study infectious diseases; biological warfare detection and defense; combat casualty care; environmental health concerns; aerospace and undersea medicine; medical modeling, simulation and operational mission support; and epidemiology

and behavioral sciences.

NMRC and the laboratories deliver high-value, high-impact research products to support and protect today's deployed warfighters. At the same time researchers are focused on the readiness and well-being of future forces.

"Something that makes us different from other labs is how we focus on operational scenarios. We try our best to help people survive in difficult situations or perform in other extreme environments."

- Cmdr. Hugh Dainer, Undersea Medicine

disparate extreme environment challenges and dealing with very different kinds of physiology and put them all in one room, then have them all show how there are a lot of common overlapping things to develop new collaborations and new ways to look at things.

"We interact by interacting with our human partners. They are right next to the warfighter and so we get information fed into us about their requirements, and their needs," Hall said. "We are challenged with operators working up in space,

ways to improve pulmonary function outcomes in research models after hyperbaric oxygen exposure.

Lt. Rainey Johnson, undersea medical officer, ended the discussion with an in depth explanation comparing different treatment tables for the treatment of research models with neurologic decompression sickness by using different treatment gasses.

"Something that makes us different from other labs is how we focus on operational scenarios,"

of research, hyperbaric and hypobaric," he said. "The lab is doing a lot of great work to answer operational relevant questions in an expedient manner."

MHSRS is the Department of Defense's (DoD) premier scientific meeting; a unique collaborative opportunity for military medical care providers, DoD scientists, academia and industry to exchange information on research advancements and health care developments in the areas of combat casualty care, military operational medicine, clinical and rehabilitative

Guardsmen bring combat skills to fighting western fires

by Jim Garamone

WASHINGTON - Fighting wildfires is "like being in a combat zone, just we're not getting shot at," said Army Sgt. Julian Ross, one of the California National Guardsmen called up to battle the wildfires in his state.

Ross and Air Force Staff Sgt. James Brown spoke to Pentagon reporters recently via video link about their experiences. Ross is with Task Force MedEvac and flies missions to rescue people and to drop water on the blazes. Brown is with the 149th Intelligence Squadron and uses data from the MQ-9 Reaper unmanned aerial vehicle to give firefighters near-real-time information on the fires they are confronting.

The fires are huge and creating their own weather systems. Dropping water on the blazes comes with its own set of problems, Ross said. Smoke, shifting winds, heat and a crowded airspace are all part of the equation as the National Guardsmen help to contain the blazes.

"So [there are] a lot of dangers we have to deal with - other aircraft, there's a fire that we're actually trying to put out, there's people on the ground that we're trying to protect, structures we're trying to protect," Ross said. "So I mean, it has its dangers, we're just not getting shot at."

Almost 1,000 California National Guardsmen have been called up to assist in the firefighting

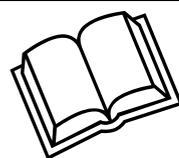
effort. They include crews flying C-130 aircraft equipped with the Modular Airborne Fire Fighting system, military police directing traffic and evacuating people, and guardsmen like Brown who use battlefield equipment to help their fellow citizens.

Guardsmen also are fighting fires in Oregon, Washington and Colorado.

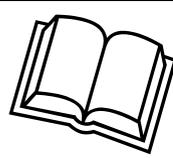
The MQ-9 Reaper is usually associated with killing terrorists, but it's an extremely valuable tool for firefighters. "I'm an incident and awareness and assessment coordinator," Brown said. "I have a focus in collection management, and so I leverage that skill to identify threatened structures, threatened and distressed people and fire lines. We're able to task the MQ-9 Reaper, as well as the RC-26 and the UH-72, which are both fixed-wing aircraft, and helicopters that have the ability to do remote sensing, and basically record video that our imagery analysts are able to relay back to the incident commanders."

The incident commanders, whether they're from the California Department of Forestry and Fire Protection or the U.S. Forest Service, are able to see exactly where their fire lines are at any given time. "So far we've been able to fly our aircraft on all of the major fires," Brown said. "And we are always standing by to help them more."

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Social Security Matters

by Russell Gloor

Ask Rusty - File early & invest vs. wait to file

Dear Rusty: I read your article entitled "Doing a Breakdown Analysis" and noted that the article was in response to a reader question about when to take Social Security benefits. The writer said, "I'm in pretty good health and don't really need the money right now." The breakeven analysis you suggested is a great help in determining whether to claim early or wait to take Social Security benefits. In light of your reader's comment that he did not need the money right now, perhaps another element should be added to the breakeven analysis. That element is to roll the figures based on taking the money early and investing that money month after month for the 48 months in question. The end result should also help in determining an appropriate course of action. I was in the same position back in the mid 90's and made out far better by taking the money early and investing it. In any event, it's one more way to look at this issue. Signed: Faithful Reader

Dear Faithful: Thanks for your feedback. I certainly agree that there's more than one way to look at the question of when to take Social Security. And, yes, I'm quite familiar with the strategy of taking benefits early and investing them. But since I'm not a financial advisor and not qualified to give investment advice, I'm required to restrict my remarks to only the Social Security aspects relating to questions I'm asked. You might be interested to know, however, that many financial advisors today don't recommend taking Social Security benefits early, investing the money, and trying to earn more than the Social Security benefit growth they'll realize by waiting. Unlike the investment opportunities of the 90's, it's pretty hard these days to beat the 6.7 percent annual growth in one's Social Security benefit realized by waiting until full retirement age to collect, as well as the 8 percent annual growth one realizes by waiting beyond full retirement age. And those higher benefits are paid for life, which is significant when considering that average life expectancy is now well into the 80's and living into the 90's is now relatively common. Another consideration when taking benefits earlier than one's full retirement age is that there is an annual earnings limit which, if exceeded, will result in Social Security withholding benefits, so a person's intentions for continuing to work could have a financial impact and should be included as part of any financial analysis.

• This article is intended for information purposes only and does not represent legal or financial guidance.

Google creates new search tool to help veterans transition to civilian careers

SAN DIEGO - Google announced new tools and resources to help service members transition into civilian jobs. The Aug. 27 announcement is part of the tech company's Grow with Google initiative to help create economic opportunities for Americans.

"The transition process is complex, and we hope Grow with Google's new tools and resources can play a part in making that easier," said Lisa Gevelber, Google's vice president of Grow with Google. "At Google, we believe technology has the power to improve lives. With today's announcement, we look forward to working with America's transitioning service members to help them succeed in civilian life."

Service members can now search ["jobs for veterans"] on Google and then enter their military occupational specialty code (MOS, AFSC, NEC) to see relevant civilian jobs that require similar skills to those used in their military roles. Launched last year, job search offers an improved search experience to help job seekers find open positions more quickly and efficiently. Additionally, employers can implement this feature on their own career sites using Google Cloud's Talent Solution. FedEx, Pepsi, Getting Hired and many others have already implemented the API on their career sites.

To help veteran-owned or led businesses identify themselves to potential customers, Google Maps and Search will offer a new attribute. Users will see the "veteran-led" designation when searching for a place on Android or iOS mobile device or in Google Maps when they open a business listing and tap the two-line description of the business to see the attributes associated with that business.

Google.org is giving a grant to the USO to provide training and career guidance for transitioning service members and military spouses. The \$2.5 million grant will enable the USO to incorporate the Google IT Support Professional Certificate into their programming. The IT Support Professional Certificate is a first-of-its kind program with highly interactive content, developed by Google, and which provides a direct route for those who successfully complete the program to get their information into the hands of employers.

As the majority of IT support positions do not require a college degree but do require prior experience, this certificate is designed to give learners the training and experience they need to get a job in this growing field.

"There is an opportunity to re-equip service members with IT skills as they move onto their next chapter after military service and to help address the spouse unemployment/underemployment problem with highly portable careers in the IT industry," said Alan Reyes, USO Senior Vice President of Operations, Programs and Transition. "Through innovative partnerships like this, USO and Google will be able to provide the resources and programs that support the needs of transitioning service members and their families as well as help to minimize the workforce gap in the IT industry."

"As a company with 2,500 military veterans in our ranks, Siemens knows that veterans have strong technical training and natural leadership skills that add tremendous value to our business. But to fully support veterans entering the civilian workforce, employers need to meet them where they are," said Barbara Humpton, CEO, Siemens USA. "That's why Siemens is thrilled to be an early adopter of the Google Cloud Talent Solution feature, which will make matching veterans' skills to our open positions easier than ever before."

"FedEx has a long and proud history of hiring military veterans, who bring their talents, skills and values to our team," said Judy Edge, Corporate Vice President Human Resources, FedEx. "By implementing this technology into our careers site, we are working further to deliver on our purpose to connect people and possibilities."

"We want to make looking for a job easier for veterans with disabilities, which is why we have integrated with Cloud Talent Solution. By adding this feature, our 150+ inclusive employer partners' job openings are easier for veteran job seekers with disabilities to find" says Jill Stutzman-Deaner, Director of Getting Hired.

A \$2.5 million grant from Google will enable the USO to incorporate the Google IT Support Professional Certificate into their programming.

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About Your Health

Navy physical readiness program hosts dietitian workshop

MILLINGTON, Tenn. - Navy registered dietitians gathered from around the fleet for a workshop held in Millington, Tenn. to receive training on Navy nutrition policy, program updates and best practices for program improvements, Aug. 20-21.

This is the first time a workshop like this has been held,

and it provided the group of twenty-five uniformed and civilian Navy registered dietitians an opportunity to meet and share information about their efforts throughout the fleet.

"It was a great venue for the civilian dietitians to share their programs including Go for Green, Naval Operational

Fuel Fitness System, and Mission Nutrition resources with the BUMED [Navy Bureau of Medicine and Surgery] clinicians," said Jennifer Person-Whippo, registered dietitian assigned to Naval Supply Systems.

Topics of discussion included the Navy Nutrition Program's past, current and future initia-

tives, as well as instruction updates. It also provided an opportunity for attendees to share their best practices and to examine trends.

"For the past year, myself and many of the Navy dietitians have been looking at how to grow our profession and prove our worth to the Fleet," said Lt. Lorna Brown, a regis-

tered dietitian assigned to Naval Hospital Sigonella. "This symposium allowed the majority of the active duty dietitians to come together, to forge a plan to capture the data from the fleet's requests in response to the release of NAVADMIN 160/18, announcing the Navy Registered Dietitian Support to Operational Forces. As dietitians, we are a key component

to readiness and ready to serve our shipmates."

The Navy Nutrition Program, which is part of the Navy Physical Readiness Program, is working to align with the Secretary of the Navy's direction to increase Sailor awareness of nutrition and transform Navy's culture of focus on disease treatment to one of health promotion and disease prevention and control. Navy registered dietitians play a vital role supporting Sailors by providing nutrition education and access to resources on performance nutrition, healthy eating habits, hydration, and safe dietary supplement use.

The Navy Physical Readiness Program is a branch of the 21st Century Sailor Office, which integrates the Navy's objectives for equal opportunity, Sailor personal and family readiness, physical readiness, alcohol and substance abuse prevention, suicide prevention, sexual harassment prevention, sexual assault prevention and response, hazing prevention and transition assistance.

To learn more about nutrition education resources available to you, visit www.nutrition.navy.mil.



effort to get pregnant.

A thorough evaluation of you and your partner with a health care provider who has knowledge of infertility can help define what's going on and help you decide how to best move forward. Tests are available to diagnose most types of infertility. Testing usually can identify the problem within several months. There are some cases where the underlying cause of infertility cannot be found, but those are becoming less common.

Once the cause of infertility has been identified, the good news is that effective therapies are often available. Studies show that about 70 percent of couples who have dealt with fertility issues go on to conceive after receiving infertility treatment.

- Elizabeth Stewart, M.D., Reproductive Endocrinology and Infertility, Mayo Clinic, Rochester, Minn.

Irregular periods, infertility not necessarily linked

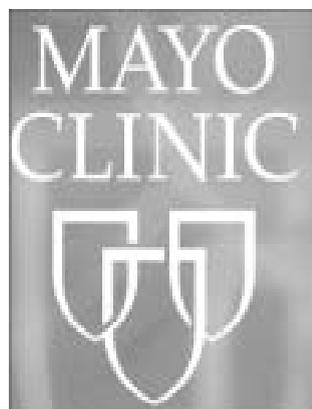
DEAR MAYO CLINIC: I'm 34, and my husband and I have been trying to get pregnant for more than a year with no luck. My periods have always been irregular. Sometimes I go three or four months without one. That's been nerve-wracking as we try to figure out if we're pregnant, but could it also be part of the problem? Is it time for us to see an infertility doctor?

ANSWER: Your irregular periods could be part of the reason you haven't gotten pregnant, but that's not necessarily the case. However, at the very least, it means you may have had fewer times when you could get pregnant. That makes it harder to time intercourse. For women in your situation, investigating a possible connection between irregular periods and infertility is a reasonable place to start. It would be a good idea for you and your husband to consult with a health care provider with expertise in evaluating infertility.

A couple is considered to have fertility issues if they have been trying to get pregnant for at least a year without success - or for at least six months if the woman is 35 or older. Infertility is common in the U.S. About 10 to 15 percent of people of reproductive age have problems with fertility.

Age can be a factor in infertility for both men and women. With women, it comes a bit earlier. Women tend to start experiencing fertility problems in their mid-30s to early 40s. For men, it tends to happen later in life, typically in the 40s and 50s. When the causes of infertility are broken down, about 40 percent come from men and about 40 percent come from women. In about 20 percent of cases, the problem involves a combination of factors that include both.

Difficulty with ovulation - which could be the source of irregular periods - accounts for infertility in about 25 percent of infertile couples. In some



exercise, eating disorders, injury or tumors.

Just because you have irregular periods, however, doesn't necessarily mean you have one of these conditions, nor is the unpredictability of your menstrual cycles automatically the cause of your infertility. Although assessing the possible causes of irregular periods is typically a starting point for investigating infertility, there are various underlying conditions that could hamper your

cases, hormonal disorders that affect the release of eggs from the ovaries are the underlying problem.

For example, polycystic ovary syndrome is a common condition in which the release of eggs from the small collections of fluid in which they grow, called follicles, is disrupted. Hyperprolactinemia, a condition in which the body makes too much of the hormone prolactin, also can interfere with ovulation. Too much thyroid hormone (hyperthyroidism) or too little (hypothyroidism) can affect the menstrual cycle or cause infertility, as well.

A less common disorder is primary ovarian insufficiency, or POI. It involves the loss of normal ovarian function before age 40. Women who have primary ovarian insufficiency might have irregular or occasional periods for years. Other causes of irregular periods that could affect fertility include excessive

Family

Molinari: 'This is it, I thought, the last time'

by Lisa Smith Molinari

A few days ago, while dropping our youngest child, Lilly, off to start her freshman year of college, I realized that a certain phase of my life as a mother was coming to an end. Over the past 23 years, I have become accustomed to putting the needs of our three children before all else. I nurtured them as babies, guided them through their school years and multiple military moves, and saw each one of them off to college.

As I helped Lilly hang a poster in her dorm room a few days ago, it occurred to me that this would be the last time. The last time for all the things that have characterized an era of raising children. In an instant, my mind was flooded with an overwhelming rush of melancholy as I comprehended the end of this purpose-driven period of my existence.

This is it, I thought, the last time...

The last time I will hang a poster in a freshman dorm room, or fill a shower caddy with soaps and shampoos, or meet my daughter's fresh-faced resident advisor. The last time I will forget to bring a set of tools to put together the shelf unit we bought at Walmart, or drop the bedrail on my foot while lofting our daughter's bed, or watch my husband standing, arms crossed, in the dorm's coed hallway shielding his baby girl from the boys' prying eyes.



The last time I will argue with my daughter over whether or not a smoothie maker is a dorm room necessity, or lecture her

the meat and potatoes of life

about boys' intentions after midnight, or realize that she doesn't understand why she needs to separate the darks from the lights when doing her laundry.

The last time I will attend a first-year parent orientation session, otherwise known as the "Free Pen Grab," or embarrass my daughter by asking the campus tour guide if students are required to wear helmets when riding bikes, or wonder at the gluten-free, halal, allergy-friendly, non-genetically modified choices at the newfangled college dining hall.

The last time I will struggle with the thought of my innocent child being lured into one

of many fraternities that line the campus, or deny that she might dance with the brothers to base-heavy hip-hop music

the meat and potatoes of life

blasting from enormous speakers on game day, or cringe at the idea of her lounging on the ratty couch sitting on the fraternity's front porch, or scoff at the notion that she might enthusiastically engage in a game of beer pong on the red-Solo-cup-strewn fraternity house lawn.

Marine & Family Programs

Marine & Family Programs at MCAS Miramar exists to provide a comprehensive and balanced platform of programs for our Marines, Sailors and their families. Marine and Family Programs are comprised of four branches: Family Care, Behavioral Health, Personal and Professional Development and Marine Corps Family Team Building. Each branch offers a world of opportunities that contribute to mission, family and personal readiness, resiliency, and quality of life for the whole family.

The last time I will be duped into using a freshman orientation coupon to get a measly 5 percent off of a fortune's worth of sweatshirts, refrigerator magnets, fleece vests, car stickers, water bottles, hats, lanyards and mousepads at the college bookstore. The last time I will be surprised when the college staff informs me that, despite the fact that we are expected to pay all the bills for our child's tuition, room, board, books, wifi, parking, health services, printing, laundry, and other undefined fees, we will never have access to her college grades, health status, or disciplinary history.

The last time I will pray that my daughter won't have to shower in a stall beside a football linebacker brushing his teeth in one of her dorm's gender-neutral bathrooms, or notice all the potential make-out spots along the sylvan campus paths, or witness her lock eyes with cute but full-grown lacrosse players, or sigh with reluctant acceptance at the bowls of complimentary condoms scattered about the dorm common areas, health center, and student union.

The last time I will meet my daughter in the dorm parking lot beside our minivan after freshman orientation to say farewell. The last time I will make her promise to call home every Sunday. The last time she will admit that she's a little scared. The last time I will assure her that the next four years will be some of the best years of her life.

And hopefully, the first time my daughter is the last one to let go when we hug good-bye.

Career & Education

INTERPERSONAL EDGE: Work defensively for peace of mind

by Dr. Daneen Skube

Q: In my workplace I increasingly see people attacking each other for the slightest reason. I'm ready to move off the grid and avoid people. What's going on in our society and how can I navigate a workplace that seems drenched in conflict?

A: Most people feel pretty terrified most of the time of all the uncertainty they face every day in and out of the workplace. When people feel scared (regardless of whether they look scared) they tend to operate on the "the best defense is a good offense" principle.

The best first step is to honestly access how much fear you are carrying around. Take a piece of paper and write down specifically everything you worry about. Fear tends to proliferate when we fail to examine the videotape of all our worst case scenarios. Realize it is impossible to prepare for fear you cannot or do not name and imagine.

Research on change tells us the people who are most resilient are the ones who have used their imagination to imagine what

they fear. A plane going down - what exactly would that look like and how would you react? Being fired - how would that happen and what are your options?

Many people falsely believe that if you think about a problem you will attract that problem. Nothing could be further from the truth. When we can look at the world and see possible challenges we work and live defensively and not offensively. We do not seek to attack others. We seek to avoid predictable problems and react strategically.

Driving instructors teach people to drive defensively. The main tool of defensive driving is to be aware of the road and other drivers around you. The simple act of being conscious and paying close attention to your world can help you avoid most accidents.

Working defensively is just as valid and useful a concept as driving defensively. We'll more frequently be surprised when we are not paying attention by unemployment, office wars, or budget cuts.

Thus the first recipe for living in a workplace rife with offensive conflict is consciousness. The second is preparation. Walking around being vaguely scared of "bad things" is useless. Walking around paying attention and being proactive is powerful and generates peace of mind.

Security is not something that happens because we ignore problems. Denying problems just sets us up to get run over by what we deny. We also will worry chronically and constantly if we refuse to name our fears. Worrying specifically allows fear to do its job of getting us ready to deal with problems.

Working defensively is just as valid and useful a concept as driving defensively. We'll more frequently be surprised when we are not paying attention by unemployment, office wars, or budget cuts.

24/7 contact center for Sailors launches in one month

MILLINGTON, Tenn.- A group of military, civilian and contract employees met Aug. 20 and 21 to nail down final details for the Sept. 24 roll out of the 24/7 MyNavy Career Center (MNCC) contact center.

The group covered roles and responsibilities, service levels, reporting, continuity of ops in emergent situations and the anticipated operational demands once the center is fully operational. "We're on a great vector in establishing this contact center, which is a critical component of our personnel system modernization effort," Rear Adm. Jeffrey Hughes, commander, Navy Personnel Command. "We have laid the keel, and the connectivity and team are in place. We are now focused on bringing this center to life through implementation of our

concept of operations to deliver superior customer service to our teammates in the Fleet."

This contact center is designed to support a multi-tiered customer service delivery model focused on the Sailor experience. Tier Zero is the service member's self-service through MyNavy Portal (my.navy.mil). Tier One is communication with one of our contact center agents by phone, email or chat. Finally, if a Sailor's inquiry or transaction request cannot be handled by a customer service agent, they will be escalated to Tier Two, provided a service ticket number, and a subject matter expert will reach out to them.

The MNCC contact center will begin providing round-the-clock support beginning Sept. 24. For more on the MyNavy Career Center, go to <https://go.usa.gov/xUJCC>.



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Se Habla Espanol

CNO motivates SPAWAR workforce, discusses today's increasingly technological environment

by Elisha Gamboa

SAN DIEGO - The Chief of Naval Operations (CNO) visited Space and Naval Warfare Systems Command (SPAWAR) Aug. 22, where he focused on how to compete and win in today's increasingly competitive environment.

CNO Adm. John Richardson kicked off the visit with an all-hands gathering of SPAWAR personnel where he spoke about the importance of providing the Navy the nation needs today and in the coming decades.

"We have to approach the competition with a sense of urgency; with a sense that we do not have a divine right to victory," said Richardson. "We have to work extremely hard to achieve victory as we have before. I say that with a tremendous sense of confidence in the team here at SPAWAR."

Speaking to a predominantly civilian workforce, Richardson highlighted the importance of obtaining and retaining the best and the brightest the nation has to offer, and the appreciation he has for those who have chosen to use their talents in support of their country.



"The competition for high-tech talent is extremely intense," said Richardson. "All of you have chosen to raise your right hand, take an oath to our constitution, and be part of this team that today is something bigger than any one of us could have envisioned. I have a tremendous amount for respect for that commitment."

Richardson went on to talk about his appreciation for the SPAWAR workforce, and his attention to accelerating the pace at which technology is put into the hands of the warfighter.

"Every decision that I make starts with Navy personnel in mind," said Richardson. "It starts with me asking, 'what can I do to eliminate obstacles that get in the way of connecting (our people) with their missions? What can I do to accelerate closure on mission success?'"

Following the all-hands event, Richardson took the time to meet with SPAWAR scientists who are developing some of today's most innovative warfighting technologies from lasers, to machine learning technology, to cyber security capabilities.

"It's a privilege be selected to showcase my team's efforts to the CNO," said Dr. Nick Johnson, an engineer at SPAWAR Systems Center Pacific. "I demonstrated the work being done in the area of machine learning, and highlighted how the SPAWAR enterprise is providing critical technology to the fleet across multiple warfighting domains."

Demonstrating these cutting-edge developments, and interacting face-to-face with Richardson provided SPAWAR scientists and engineers with a deeper understanding of how their work is supporting the warfighter and revolutionizing the Navy.

"The ability to engage and interact with the CNO is a testament to the Navy's and particularly SPAWAR's commitment to ensure science goes beyond our laboratories and reaches our warfighter," said Dr. Jose Romero-Mariona, SPAWAR System Center Pacific cyberse-

curity science and technology branch head.

SPAWAR Commander Rear Adm. Christian Becker thanked Richardson for his time and effort spent talking to the SPAWAR workforce about the Navy's mission and way forward.

"It is an honor to host CNO here at SPAWAR," said Becker. "This opportunity allowed us to demonstrate our dedication to rapidly delivering cyber warfighting capabilities from seabed to space at the ever increasing speed of information. It also provided the chance for our workforce to hear from our boss about his priorities for us as we build the Navy the nation needs."

SPAWAR identifies, develops, delivers and sustains information warfighting capabilities supporting naval, joint, coalition and other national missions. SPAWAR consists of more than

10,000 active duty military and civil service professionals located around the world and close to the fleet to keep SPAWAR at the forefront of research, engineering and acquisition to provide and sustain information warfare capabilities to the fleet.

Get more information about the Navy from US Navy facebook or twitter. For more news from Space and Naval Warfare Systems Command, visit www.navy.mil/local/spawar/.

CNO Adm. John Richardson addresses military and civilian personnel during an all-hands call while visiting Space and Naval Warfare Systems Command (SPAWAR). The engagement is part of a multi-day trip to visit commands, Sailors and government employees stationed in the San Diego area. Navy photo by Rick Naystatt

Amped continued from page 1

"Ocean therapy is good for the mindset," said Simons. "It's good for those that have difficult issues they're dealing with."

Some of the adversity these warriors face include the loss of fellow service members in and out of combat, overcoming pain and physical injury. For three days each year, with the support of organizations such as this one, participants move closer to recovery one wave at a time.

Provisions come from volunteers and supporters who donate surfboards, wetsuits, food, tents, and tables. Most importantly, they donate their time.

"This is my way of giving back," said Gabunilas. "I served 21 years and this is another way I can give back to the brave men and women fighting for our country."

This annual event drives a passion for surfing for some and provides a recreational outlet for warriors and their family members to enjoy while physically and mentally challenging themselves in the water. The next clinic is scheduled for summer 2019.

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New division officers graduate from SWOS

by Ensign Samuel Hardgrove
SAN DIEGO - A crowd of over 150 friends, family and shipmates gathered to celebrate the graduation of 121 Surface Warfare Officers School (SWOS) Basic Division Officer Course (BDOC) San Diego students Aug. 24.

BDOC is a nine-week course designed by SWOS to provide foundational classroom training in division officer fundamentals for prospective surface warfare officers.

The recently commissioned ensigns, from the Naval Academy, NROTC and Officer Candidate School, accepted their certificates of completion amidst cheers, air horn blasts and even a guest dressed in an alligator costume during the ceremony attended by distinguished visitors and officers from their assigned ships.

"Thank you for supporting BDOC by being here," said BDOC OIC Lt. Cmdr. Eric Madonia. "Your attendance is heartwarming and a sweet reflection of support, that you would come out and embrace these ensigns as they took their first steps towards their warships. "To the students, please understand that your professionalism in the fleet is the chief part of our success. Go make us proud."

During BDOC, students learn

the fundamentals of naval engineering, seamanship and shiphandling, navigation, maritime warfare, damage control and division officer fundamentals from experienced instructors, including SWOS Commanding Officer Capt. Scott Robertson and Commander, Naval Surface and Mine Warfighting Development Center, Rear Adm. David Welch.

USS *Makin Island* Commanding Officer Capt. Dave Oden served as guest of honor.

"One day, you'll head out to the vast ocean, past the sea buoy, and into harm's way, trained and ready to go - ready to execute whatever mission the nation or the world requires," said Oden. "The Navy trusts junior officers to do so many amazing things: drive a million-dollar warship, lead 20 junior-enlisted Sailors, just days after graduating BDOC and deploy to far-off locations, acting as ambassadors to the United States in countries around the world. The Navy will ask many things of you at a junior level because

we believe and know that you can handle it. We trust that your preparation and teamwork will lead us to success."

Beyond class instruction, BDOC students receive hands-on training in the Conning Officer Virtual Environment (COVE)



A group of recent BDOC graduates. Navy photo Facebook grab

simulator, at the gun range, in damage control trainers and aboard ships homeported here.

COVE is virtual-reality technology providing an immersive experience for students to practice the concepts of navigation and shiphandling.

Ensign Adam Osborn was recognized as the Shiphandler of the Class after competing with his peers in COVE. Osborn has orders to report to USS *John C. Stennis*.

"COVE does a great job of preparing Sailors to take the conn of their respective ships by allowing them to experience the handling of their platform in multiple different scenarios," said Osborn. "My favorite part of COVE was trial-and-error without the stress of taking a less than perfect path. We were able to repeat situations and analyze how one track may have been better than the other."

Ensign Tim Bowers was honor graduate for maintaining the highest GPA. He has orders to report to USS *Mobile Bay* and was presented with a set of binoculars by the San Diego chapter of the Surface Navy Association in recognition of his academic success.

BDOC graduates will report to ships stationed around the world or attend follow-on schools to further develop skills necessary to lead in the surface warfare community and begin the journey towards becoming a qualified surface warfare officer.

Headquartered in Newport, R.I., and overseeing nine learning sites worldwide, SWOS readies seabound Sailors to serve on surface combatants as officers, enlisted engineers, and enlisted navigation professionals to fulfill the Navy's mission.



Army Pfc. Alaina Frees of the California Army National Guard's 185th Military Police Battalion, 49th Military Police Brigade, helps a local resident entering Shasta College in Redding, Calif., July 31. Emergency services were set up in the area to help victims of the Carr Fire. Photo by Staff Sgt. Eddie Siguenza

CNG continued from page 4

The system has helped save lives. "During the Thomas Fire in San Diego last December, we were able to make a call out where a fire line was within 500 yards of a neighborhood that had not been evacuated," he said. "We were able to evacuate around 5,000 homes and get those people out of there. And unfortunately, the fire did end up rolling through that neighborhood within a few hours."

The California Guard isn't anticipating calling up any

more personnel for the current fires, said Maj. Gen. Matthew Beevers, deputy adjutant general of the California Military Department.

"That obviously could change," he said. "Fire season in California is just getting underway. We have yet to experience Santa Ana winds in the southern part of the state, and the typical fire behavior generally occurs much later in the summer and into early fall."

The California Guardsmen have already had a busy year. The personnel are called up for about 30 days.



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MCAS MIRAMAR (Aug. 20, 2018) - Senior leadership with 3rd Marine Aircraft Wing and the air station tour the construction site of a new F-35B hangar. MCAS Miramar will be home to the F-35 Lightning II Joint Strike Fighter in 2020. Marine Corps photo by Lance Cpl. Juan Anaya

TRINCOMALEE, Sri Lanka (Aug. 26, 2018) - A senior chief damage controlman conducts training on damage control equipment with Sri Lanka navy sailors on the flight deck of USS Anchorage (LPD 23) during a scheduled deployment of the Essex Amphibious Ready Group and the 13th Marine Expeditionary Unit. Anchorage and embarked Marines of 13th MEU are conducting a theater security cooperation exercise with the Sri Lankan navy and marines.

Navy photo by MC3 Ryan M. Breeden





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LOS ANGELES (Aug. 28, 2018) - Sailors aboard Avenger-class mine countermeasures ship USS Scout (MCM 8) man the rails as the ship pulls into port to begin Los Angeles Fleet Week. Los Angeles Fleet Week is an opportunity for the American public to meet their Navy, Marine Corps and Coast Guard teams and experience America's sea services. During fleet week, service members participate in various community service events, showcase capabilities and equipment to the community, and enjoy the hospitality of Los Angeles and its surrounding areas. photo by MC3 Vance Hand

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Fleet Forces commander sees warfare center's latest advances

by Troy Clarke

NORCO, Calif. - Adm. Christopher Grady, commander, U.S. Fleet Forces Command, spent a full day at Naval Surface Warfare Center (NSWC), Corona Division Aug. 21 to get a first-hand look into the command's leading role in independent assessment, data analytics, measurement science and fleet live, virtual, constructive (LVC) training.

The visit marked Grady's first time to the warfare center since taking the helm of Fleet Forces Command in May and comes on the heels of multiple recent flag officer visits that have showcased how the warfare center, focusing on data analytics, is helping the Navy revolutionize readiness to increase lethality – an imperative to operate in the new global strategic environment.

"To be lethal, we must be ready.... Readiness is our business," Grady wrote in his Message to the Fleet in May. And that's at the center of Corona's mission.

"Corona was high on my list during the start-up of my tour as Fleet Forces commander," Grady said. "As I'm aligning lines of effort for Fleet Forces Command, I'm asking how do we revolutionize readiness, how do we deliver more lethality.



Richard Schumacher, Measurement Science and Engineering Department head, shows a Standard Missile MK-29 vertical launch system canister fit-check tool to Adm. Christopher Grady, commander of Fleet Forces, during a tour of the Measurement Science and Technology Laboratory at Naval Surface Warfare Center, Corona Division. Grady's visit was a priority, since taking command in May, to see first-hand NSWC Corona's leading role in independent assessment, data analytics, measurement science and fleet live, virtual, constructive (LVC) training. Navy photo by MC3 Jasen Moreno-Garcia

Everything that you do here contributes to that. The work you do is here is really important."

Grady said data touches everyone in the Navy in some way – either a producer, user, analyzer, communicator or decision maker – and is key to optimizing readiness.

"Data is the lifeblood of a digital Navy," Grady said. "Our data is a corporate asset and has

immense value in predictive and prescriptive analytics."

The Navy established the Material Readiness Database (MRDB) at Corona in 1988 as the authoritative data source for readiness metrics, providing near real-time readiness assessment to fleet commanders. With exponential growth in the last decade, the Navy has added more ship and submarine systems to MRDB each year,

nearing some 500 systems today. As the aggregator and keeper of Navy readiness data, Corona helps add transparency and clarity to the Navy's metrics so the fleet can get the most lethality from every readiness dollar.

As indicated by MRDB's growth, the warfare center's senior civilian says the significant demand for data comes from the faster and better decisions data analytics enables.

"Corona's been in the data business since the 1950s and the repository of readiness data for more than 30 years," said Dianne Costlow, SES, NSWC Corona technical director. "We know what data is coming in now, what's anticipated on the horizon and we're building the talent and infrastructure plans to support the Navy of the future."

The admiral said a digital Navy combines our physical strength with digital agility to quicken our pace, improve mission outcomes, accelerate learning, reduce costs, and improve the productivity and satisfaction of our people.

"It's time to accelerate our momentum and move the Navy forward on this digital journey," Grady said.

Grady saw examples of how the warfare center's multifac-

eted mission is helping speed decisions to increase readiness and lethality for the Navy, either with performance and readiness assessment, metrology and calibration, range systems engineering capability or with strategic initiatives to meet future demand on the horizon.

The Fleet Forces commander also got an early look at emerging projects from Corona's Naval Innovative Science and Engineering projects, such as approaches to cataloguing and integrating the Navy's vast data repositories, lattice-based encryption for quantum computing of the future, as well as new capability with automated missile telemetry analysis that reduces processing time from about an hour to less than a minute.

Corona's metrology engineers demonstrated how their patented calibration management system can be leveraged to add additional insights to Navy leaders using data analytics for predictive effects.

One of the key areas the admiral focused on was Corona's support for the LVC training network for Fleet Forces as part of the Navy Continuous Training Environment. Fleet Forces tasked Corona in 2017 as program manager for LVC, leveraging Corona's decades of expertise in range systems engineering for the Navy and Marine Corps.

The warfare center's top officer said his team is well-positioned to support Grady's mission to man, train and equip the fleet.

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On Base & On Board

Trident Obstacle Challenge. Fri, Sept 7, 8am, Naval Amphibious Base, Turner Field. Get ready to run, crawl, jump, and climb through NAB's obstacle run workout. It's a 3-mile course with 10+ obstacle challenges including tire flips, wall climb, sand crawl, and other hurdles along the way. First 200 finishers receive a free shirt. Registration recommended: www.navalifesw.com/619-437-2982.

Outdoor Movie Night. Friday, Sept 7, dusk (7 pm), FREE. Murphy Canyon Youth Center Tennis Courts, 4867 Santo Rd, 92124. Grab your blankets and chairs and join us for an outdoor movie night on our large inflatable screen. BYO snacks and beverages. Check our flyer to see what movie will be showing! Register: 619-556-9597.

End of Summer Beachfest. Saturday, Sept 8, 9 am-1 pm, FREE. NBPL, Main Base, Smuggler's Cove. It's not too late to enjoy the summer season with some fun in the sun! All are encouraged to try our water rentals, including stand-up paddleboards (SUPs), kayaks and Cord boats. Out staff is here to assist you and answer all your questions about the programs we offer. Info: 619-553-9138

Superhero Challenge. Sat, Sept 8, 10am-Noon, FREE. Admiral Prout Field House Track, NBSD, Bldg. 3279. POW! BOOM! SMASH! Use your superhero strength and support from Captain America and Wonder Woman to power through our superhero-themed obstacle courses and the rugged warrior inflatable. Courses for both kids and adults! Make sure to dress up as your favorite character for a chance to win prizes in our costume contest! Register: 619-556-9597.

Flea Market. Sunday, September 9, 9 am-1 pm, \$10 for booth space. Fiddler's Cove Marina, 3205 CA-75, San Diego, 92155. Buy or sell at the Flea Market! Set up begins at 8 am. Cost includes a stall space, 6 ft. table and two folding chairs. Market is open to the public. Registration required: 619-437-3190

Behind the Scenes San Diego Zoo Tour. Sunday, Sept 9, 1 pm, \$49 (tour only). Meet at: 2920 Zoo Dr., San Diego, 92101. Go where you can't go during a regular zoo visit! Price includes a 2-hour private, guided bus tour with a visit to two animal exhibit areas not accessible by the general public! Daily zoo admission not included in price. Admission is: FREE for active duty with I.D./\$43.75 adult/\$35.75 child (3-11 yrs.). Zoo passes accepted. Registration required: 619-437-3190

POW/MIA 5K Run/Walk. Wednesday, Sept 12, 9 am (8 am check in), FREE. Admiral Prout Field House Track, NBSD. YOU ARE NOT FORGOTTEN! All CPO and CPO Selectees are invited as special guests. All participants receive a FREE T-shirt. Register online at www.navalifesw.com or call 619-556-7444 for more info. Proudly sponsored by MWR, Armed Forces Dispatch, Lincoln Military Housing and USAA

9/11 Tribute Run. Thursday, Sept 13, 9 am (8:30 am check in), FREE. Naval Base Point Loma, Harbor Drive Annex, Outdoor Tennis/Basketball Court. All MWR patrons are welcome. Register online today at www.navalifesw.com or call 619-524-4833 for more information.

Family Fun & Dive-In Movies. Friday, Sept 14, 5:30 pm, FREE. Cool off in the pool with good music, lots of fun and watching the movie Coco! Event open to all MWR patrons. Food is available for a small fee. Register today by stopping by the Balboa Athletic Complex Pool, NMCS D, Bldg. 12, or calling 619-532-6080.

Flick & Float Dive-In Movie. Friday, September 14, 6:30 pm, FREE. NBPL, Main Base Pool, Bldg. 1. Bring your family out for a nighttime float and a family-friendly movie. We'll provide the floats! Parents must be in the water and within arm's reach of any child that has not passed the swim test. Register: 619-553-9138

Rockin' Beach Bash. Sat, Sept 15, 11am-6pm, FREE. Breakers Beach, NASNI. All are invited to enjoy free admission, LIVE music all day culminating with a high-energy dance band, beach games, individual and team competitions, food and beer for sale, entertainment options including tattoo artists, hair artists, steel drum band, Hawaiian dancers, giveaways, and more! 619-437-3190.

Smart Start Soccer. Make Friends. Stay Fit. Have Fun! Wednesdays, September 19-October 24, 10-11 am, FREE. Introduce your youngster to teamwork, new friends and having fun while being active. Parent participation is required. Open to youth 3-5 yrs. Registration open through September 1. Orientation: Wednesday, September 12, 10 am. Register today by stopping by the Admiral Hartman Youth Center or calling 858-270-2060.

LIBERTY

Labor Day BBQ. Mon, Sept 3, 2pm, Free! Event open to single enlisted and unaccompanied active duty, plus a guest, 18+. Leave the grilling to us with a menu of cheeseburgers and hot dogs, plus all the traditional sides and drinks, while supplies last. Don't forget to sign up for the Dodgeball Tournament! Final two teams standing will face off wearing googly-eyed goggles with prizes to the winners! The RECYARD, NBSD: 619-556-5078

Guitar Lessons. Tuesdays, Sept 4, 11, 18 & 25, 5-7pm, \$5 per class. Lessons open to single enlisted and unaccompanied active duty, plus a guest, 18+. Learn fundamental techniques for acoustic guitar, open position chords, rhythm patterns, single note picking, and effective practice strategies, all of which will culminate in a song. Guitars provided. VADM Martin Liberty Center, NASNI: 619-545-3331

The Conner's LIVE Taping. Fri, Sept 7, 10am, \$5 active/\$10 guest. Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. See a hilarious LIVE taping of the "Roseanne" spinoff in LA. Space limited, sign up now! Balboa Liberty Center, NMCS D: 619-532-8909.

Universal Studios Trip. Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. The RECYARD, NBSD: 619-556-5078. Saturday, September 8 • 7:30 am • \$20 active/\$30 guest. Universal has it all! From the Transformer 3D ride or coming face-to-face with King Kong 360 to a tidal wave of explosion at WaterWorld, you are in for a day packed with excitement! Cost includes transportation and admission.

Iron Mountain Hike. Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. NBPL Liberty: 619-524-0961 or 619-553-9138. Saturday, September 8 • 8 am-1 pm • \$2. A moderate 5.2-mile loop hike in Poway, California. A perfect trail to start hiking! Cost includes snacks and water. Only 10 spots available.

Disc Golf @ Morley Field. Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Q-Zone Liberty, NAB: 619-437-3190. Saturday, September 8 • 10 am • FREE. Did you know San Diego is home to one of the original disc golf courses in the world? Check it out with us! Disc rentals available on site.

Half-Day Sportfishing. Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. VADM Martin Liberty Center, NASNI: 619-545-3331. Sunday, September 9 • 6 am • \$60. Set sail on a half-day local fishing trip targeting calico, sand bass, bonito, barracuda, rock fish, halibut and yellowtail.

CYP

Bayview Open House. Tuesday, September 4, 8-9 am and 2-4 pm, FREE. Stop by to be introduced to our featured programs for youth 5-18 years: Teen Program, School Aged Care (Before School, After School, Day Camp), Hourly Care, Parent Involvement Board and Summer Feeding Program. We'll also share tips on navigating www.militarychildcare.com. No registration is required. - Bayview Hills Youth Center, 619-267-2018

"We Own Fridays" Teen Nights. Friday, September 7 & 21 and October 5 & 19, 7-9 pm, FREE. Hang out with us on the 1st and 3rd Friday of each month. Engage in fun games, leadership activities, arts and crafts, plus have the opportunity to gain community service hours. Registered teens, 13-18 years, are encouraged to join! - Silver Strand Youth Center, 619-435-5056

"We Own Fridays" Teen Nights. Friday, September 7 & 21 and October 5 & 19, 7-9 pm, FREE. Join us the 1st and 3rd Friday every month to meet new friends, play sports, video games and more! Teens, 12-18 years, are welcome to register. Stop by and fill out a packet! - Murphy Canyon Youth Center, 858-268-2828

"We Own Fridays" Teen Nights. Every Friday in September & Oc-

tober, 3-6 pm, FREE. Teens, 12-18 years, are exposed to sports, fitness, and recreation activities such as cooking projects, trips, visual arts, gaming, basketball tournaments, dances, Teen Success and a host of other activities targeted to their interests. All military affiliated youth and guests are welcome to register. Call or stop by to sign up! - Bayview Hills Youth Center, 619-267-2018

"Thank You for Your Service" Letters. Tuesday, September 11, 2:30-5 pm, FREE. Honor those in service by creating thank you letters and passing out candy to military members and veterans. Registered teens, 13-18 years, are encouraged to participate.

- Admiral Hartman Youth Center, 858-270-2060
- Chesterton Youth Center, 858-268-2252
- Gateway Youth Center, 619-225-5628

- Village of Serra Mesa Youth Center, 858-571-3853

Give Parents a Break. Military families are subject to unique stresses such as deployments, remote tours of duty, and extended working hours. This Navy Child & Youth Programs (CYP) program is designed to give fam-

ily members a short break from parenting in order to help them deal with these types of stressful situations by providing childcare for children 6 weeks to 12 years of age. Centers are utilized for care at no cost for eligible families and at the hourly care rate (\$4 per hour) for all other eligible CYP patrons, on a space available basis. Visit <http://sandiego.navalifesw.com/fleet-family/fleet-family/child-youth-programs/parent-information> for more information and the most recent GPAB schedule.

GOLF

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

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

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

BOWLING

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

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

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

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



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Pinball at Comic-Con & the Pinball Hall of Fame



by Jan Wagner

As you read this and enjoy the photographs of the brightly lit, colorful works of art that are pinball machines, imagine the sharp staccato sounds of their clanging bells and electronic music, as their shiny silver pinballs zoom up ramps and make hard contact with flippers, bumpers and other assorted electro-mechanical switches.

Compared to video games, there is something uniquely satisfying about pressing the flipper buttons at just the right time, to knock the pinball back up the slope, to rack up points on its way down.

San Diego Comic-Con

At San Diego Comic-Con 2018, a ballroom was filled with people playing pinball machines. Taking all that in and playing a few games myself reminded me of good times that I spent playing pinball as a teenager, so many years ago in Mac Hall - the students' union building at the University of Calgary (Alberta, Canada). It's too bad that grades were not given out for pinball, because I got pretty good at that over the four years that I was a student there.

Stern Pinball

Stern Pinball traces its history back to the early 1930s. Back then, Sam Stern co-owned and presided over Wil-

liams Electronics - one of several key players in the pinball industry that included Bally and Gottlieb. In the decades that followed, the industry pioneered many new innovations, including multi-player games, score reels and increasingly sophisticated mechanisms, solid-state electronics technology and beautiful graphic art. Companies acquired other companies, and company names changed, eventually leading to Gary Stern purchasing the business back from Sega in the 1980s, and renaming it Stern Pinball, Inc.

Stern, as well as Williams, Bally, Midway and Gottlieb, thrived - until the recession hit just after the turn of the new century. Stern Pinball survived the recession and led the industry's revival.

Zachary Sharpe is the Director of Marketing of Stern Pinball (<http://www.sternpinball.com>). He told me that the games I played back in my college days were probably EM - electro-mechanical, with physical score reels. Reliability improved as the technology progressed to solid-state digital displays, then DMD - dot matrix displays, and now LCD displays - which can be seen on their Batman '66, Star Wars, Aerosmith, Guardians of the Galaxy and Iron Maiden pinball machines.

Pinball Hall of Fame

The Pinball Hall of Fame, with its many vintage pinball machines and other games - all of which visitors are encouraged to play - is located in Las Vegas, Nevada. This family-friendly museum is not-for-profit, raising money for charities including The Salvation Army. It is staffed by



The Simpsons Pinball Party.

volunteers, including its owner, Tim Arnold. Patrick, a museum volunteer who I interviewed for this article, told me that he and his fellow volunteers especially enjoy seeing young people experience playing pinball for the very first time.

Tim was an arcade operator in Michigan. Over several decades he has assembled a vast collection of over 1,000 vintage pinball machines and other games, saving many of them from decay and destruction. In Las Vegas he realized his dream of sharing these pieces of American popular culture with the world.

Some of the machines are prototypes. For example, the museum's "The Pinball Circus" machine is one of only two ever made. It is played on multiple levels., with ramps and elevators.

Their non-pinball, arcade style machines include air hockey, foosball, bowling, baseball and arm wrestling.

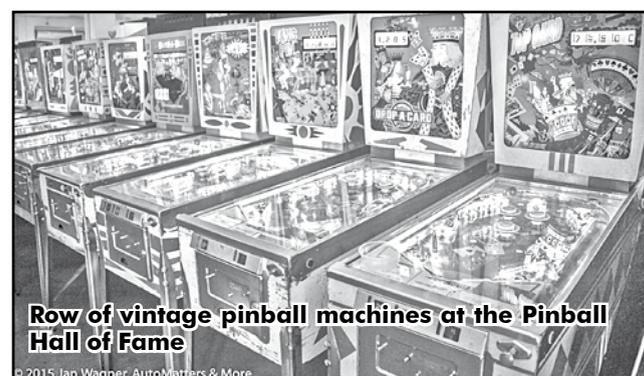
The Pinball Hall of Fame is very popular with visitors and locals alike, from individuals and small groups, to birthday

parties, clubs and large, convention-related celebrations during the Consumer Electronics Show (CES) and the SEMA Show. It's so popular, in fact, that it has outgrown its current, longtime location. Hundreds of vintage pinball machines and other games sit in storage, so a much larger plot of land has been acquired for a new museum (see <https://www.reviewjournal.com/business/pinball-hall-of-fame-to-move-near-south-end-of-las-vegas-strip/>).

The Pinball Hall of Fame is open seven days a week, including holidays. It's located at 1610 East Tropicana Ave., Las Vegas, NV 89119. Take a 360-degree tour at <http://pinballmuseum.org>. Better yet, visit the museum in person, play some games and have fun. By doing so you will help raise money for charity. That is a true Las Vegas win-win.

Find the most photos at www.drivetribe.com. Enter "AutoMatters & More" in their search bar and click on TRIBES. Send comments and suggestions to AutoMatters@gmail.com.

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Row of vintage pinball machines at the Pinball Hall of Fame

PET of the week



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Hello, I'm Porter. Are you looking for that dog? Well here I am. I'm a GREAT dog looking for that special someone who will help me build my confidence and understand that I am a bit shy when meeting new people. So if you're looking for that head turner...then here I am.. Just ask for me...PORTER. My Personality Color Code is Blue; meaning I'm Bash-

ful, shy, introverted, and timid. I was brought in by a Good Samaritan on August 20, 2018. My adoption fee includes my spay/neuter, current vaccinations, permanent microchip identification, a certificate for a free veterinary exam, waived enrollment fee for medical insurance from TruPanion, and a license if residing in Escondido, San Marcos, Poway, Oceanside, and Vista. Please note my Animal ID# and bring it with you.

I'm currently located at Oceanside Campus - Dogs, 2905 San Luis Rey Rd. Oceanside 92058. 619-299-7012. info@sdhumane.org

Fiona #218679

Domestic Short Hair/Mix
Female | 7Yrs 3Wks | 11.4lbs | White/Brown Tabby | Spayed | Not declawed
Adoption Fee: \$25



I have been a sweet girl since I've arrived! I love to be pet and sometimes I have a lot to say! I'm very friendly, but young children can overwhelm me. Dogs can also be scary for me, so I would do best in a home without them. I can't wait to find a family who will love me forever! My Personality Color Code is Purple; meaning I'm Happy-Go-Lucky, Carefree, Engaging, Adaptive and Cheerful! I was brought in by my previous owner on August 13, 2018.

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TV Listings

SUNDAY MORNING/AFTERNOON																SEPTEMBER 2, 2018			
	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30
KFMB (6)	CBS News Sunday Morning (N) (CC)	Face the Nation (N) (CC)	Paid Program	Paid Program	James Brown	Paid Program	Paid Program	Lucas Oil Off Road Racing Series (N)	The 2018 Tachi Palace World's Strongest Man	2018 Reebok CrossFit Games Individual Finale.	Paid Program	Laura McKenzie	Entertainment Tonight (N) (CC)						
KFMB2 (6.2)	Hidden Heroes	Mark T. Barclay	Catholic Mass	Impractical Jokers	Impractical Jokers	SoCal Luxury Listings	Paid Program	Paid Program	Paid Program	The Neighborhood SD	Paid Program	Designing Spaces	P. Allen Smith	Small Town Big Deal (CC)	Great Escapes	Raw Travel (CC)	Raw Travel (CC)		
KGTV (10)	Good Morning	10News This Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos (N)	Joel Osteen (CC)	Paid Program	Jack Hanna	Ocean Treks	Sea Rescue (E) (EI)	The Wildlife Docs	World of X Games (N) (CC)	Rock the Park (E) (EI)	Vacation Creation	Castle A personal injury attorney is murdered. (CC)	ABC World News	College Football				
KPBS (15)	Brain Mind Body Connection With Dr. Rudy Tanzi-Deepak	Alan Jackson Precious Memories (CC)	3 Steps to Incredible Health! With Joel Fuhrman, M.D. (CC)	Suze Orman's Financial Solutions for You Finding financial solutions. (CC)	Food: What the Heck Should I Eat? Food's crucial role in medicine. (CC)	Ken Burns: America's Storyteller Tribute to producer Ken Burns. (CC)													
KNSD (35)	NBC 7 News To	Meet the Press (N) (CC)	Politically Speaking	Health & Happiness	Track and Field IAAF Diamond League: Zurich & Brussels. (Taped)	Road to the Ryder Cup	PGA Tour Golf Dell Technologies Championship, Third Round. From TPC Boston in	Paid Program	Open House (N)	The Champion Within	Health & Happiness								
DISN	Big City Greens (N)	Big City Greens (N)	Big City Greens (N)	Big City Greens (N)	Big City Greens (N)	***½ Up (2009) Voices of Ed Asner, Christopher Plummer. (N)	Bizaardvark (CC)	Bizaardvark (CC)	Stuck in the Middle	Stuck in the Middle	Stuck in the Middle	Stuck in the Middle	Stuck in the Middle	Stuck in the Middle	Stuck in the Middle	Stuck in the Middle	Stuck in the Middle	Stuck in the Middle	
ESPN	SportsCenter (N)	2018 U.S. Open Tennis Round of 16. From the USTA Billie Jean King National Tennis Center in Flushing, N.Y.																	
ESPN2	Formula 1 Racing	SportsCenter (N) (Live) (CC)	College Football Prairie View A&M vs North Carolina Central. From Georgia State Stadium in Atlanta. (N) (Live)	WNBA Basketball Atlanta Dream at Washington Mystics. (N) (Live)				WNBA Basketball Seattle Storm at Phoenix Mercury. (N) (Live)				2018 U.S. Open Tennis Round of 16. (N) (Live)							
TLC	Say Yes to the Dress	Say Yes to the Dress (CC)	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	90 Day Fiancé: Before the 90 Days "And So It Begins" Angela meets her Nigerian prince. (CC)	90 Day Fiancé: Before the 90 Days "Face to Face" Rachel's arrival in England. (CC)				90 Day Fiancé: Before the 90 Days (CC)					
USA	David Jeremiah (N)	In Touch	Joel Osteen (CC)	Chrissy Knows	Miz & Mrs	Suits Harvey is forced to help David Fox.	Law & Order: Special Victims Unit "Burned"	Law & Order: Special Victims Unit "Pursuit"	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit						

CROSSWORD PUZZLE

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

- ACROSS**
- Actress on "Bull" (2)
 - Israel's ___ Aviv
 - Word on many credit cards
 - Battery size
 - Lift with effort
 - Come apart
 - Role on "Mom"
 - "Who Wants to ___ a Millionaire"
 - Lizzie Borden's weapon
 - "Message ___ Bottle"; Kevin Costner film
 - Banned insecticide, for short
 - Tumbler's hangout
 - Crew member's need
 - Initials for the star of "Maude"
 - "Lie to ___"
 - "___ NBC"
 - Unsuspecting
 - Character in Disney's "Aladdin"
 - Playwright Shaw's initials
 - Woody's boy
 - 1996-97 Ted Danson sitcom
 - Actor on "Hawaii Five-0" (2)
- DOWN**
- Word of mild surprise
 - Jack of western films
 - "Unhappily ___ After"
 - "Star Wars: Episode ___ - Return of the Jedi"
 - "___ the World Turns"
 - Singer Vikki
7. Overnight dance party
8. Actress Charlotte
9. "___ Theory"
10. Popular game show host (2)
11. Actor Kilmer
12. "Up in the ___"; George Clooney movie
13. Popular singer from Ireland
14. Role on "The Goldbergs"
15. Morning, for short
16. "Who ___ You Think You Are?"
17. Dallas athlete, familiarly
18. "___ Life to Live"
19. Piece of china
20. "SEAL ___"
21. Mr. Stravinsky
22. "___ Is Sleeping"; 1990 Judge Reinhold film
23. "Modern Family" network
24. Ending for Paul or Carol
25. Pepsi competitor
26. Initials for Bogart's love



SUNDAY EVENING																SEPTEMBER 2, 2018			
	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30					
KFMB (6)	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (N) (CC)	Big Brother (N) (CC)	NCIS: Los Angeles "Under Pressure" (CC)	NCIS: Los Angeles "Mountebank" (CC)	News	Blue Bloods										
KFMB2 (6.2)	Don't Blink	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	Forensic Files (N)	Forensic Files (N)	Forensic Files (N)	Forensic Files (N)	Seinfeld (CC)	Seinfeld (CC)	Impractical Jokers	Just for Laughs					
KGTV (10)	College Football Miami vs LSU. (N) (Live) (CC)	10 News Spec	The List (N) (CC)	Castle "At Close Range" (CC)	20/20 (CC)	10News at 11pm	Sports XTRA												
KPBS (15)	NewsHour Wk	Firing-Hoover	Alan Jackson Precious Memories (CC)	R. Steves' Europe	Penelope Keith's Coastal Villages (N)	Little Women on Masterpiece (CC)	Little Women on Masterpiece (CC)	Little Women on Masterpiece (CC)											
KNSD (35)	Wilderness Vet	Nightly News	NBC 7 News at 6	Paid Program	Dateline NBC (N) (CC)	America's Got Talent "Live Quarter Finals 3" (CC)	NBC 7 News	Sportswrap											
DISN	Stuck/ Middle	Stuck/ Middle	Stuck/ Middle	Stuck/ Middle	Stuck/ Middle	Stuck/ Middle	Stuck/ Middle	Stuck/ Middle	Stuck/ Middle	Stuck/ Middle	Bunk'd (CC)	Bunk'd (CC)	Andi Mack	Andi Mack					
ESPN	MLB Baseball Los Angeles Angels at Houston Astros. From Minute Maid Park in Houston. (N) (Live)	SportsCenter (N) (Live) (CC)				SportsCenter (CC)				SportsCenter (CC)									
ESPN2	2018 U.S. Open Tennis Round of 16. From the USTA Billie Jean King National Tennis Center in Flushing, N.Y. (N) (Live)				Formula 1 Racing Heineken Italian Grand Prix. From Autodromo Nazionale Monza in Monza, Italy.				MLB Baseball Los Angeles Angels at Houston Astros.										
TLC	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)					
USA	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)					

MONDAY EVENING																SEPTEMBER 3, 2018			
	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30					
KFMB (6)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Mom (CC)	Life in Pieces (N)	Salvation "Celebration Day" (N) (CC)	Elementary "The Geek Interpreter" (N)	News	Late-Colbert								
KFMB2 (6.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (CC)	Penn & Teller: Fool Us (N) (CC)	Whose Line Is It? (N) (CC)	Whose Line Is It? (N) (CC)	News 8 at 10 (N)	Seinfeld (CC)	2 Broke Girls (N)								
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Bachelor in Paradise (N) (CC)	10News at 11pm	Jimmy Kimmel											
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Antiques Roadshow "Austin" (CC)	Antiques Roadshow "Bismarck" (CC)	Penelope Keith's Coastal Villages (N)	POV A Cuban mother longs for a better life.										
KNSD (35)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	American Ninja Warrior "Las Vegas Finals Night 2" (N) (CC) (DVS)	America's Got Talent "Live Results 3" (CC)	NBC 7 News	Tonight Show										
DISN	Raven's Home	Raven's Home (N)	Raven's Home (N)	Raven's Home (N)	Raven's Home (N)	Raven's Home (N)	Raven's Home (N)	Raven's Home (N)	Raven's Home (N)	Raven's Home (N)	Raven's Home (N)	Raven's Home (N)	Raven's Home (N)	Raven's Home (N)					
ESPN	College Football Virginia Tech at Florida State. (N) (Live)	SportsCenter (N) (Live) (CC)				SportsCenter With Scott Van Pelt (N)				SportsCenter With Scott Van Pelt (N)									
ESPN2	2018 U.S. Open Tennis Round of 16. From the USTA Billie Jean King National Tennis Center in Flushing, N.Y. (N) (Live)				SportsCenter Special				E:60				College Football Mississippi vs Texas Tech. (Taped)						
TLC	Say Yes to the Dress (N) (CC)	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Counting On "Josiah Pops the Question"	Counting On Joy goes into labor. (N)	Counting On Joy goes into labor. (N)	Counting On Joy goes into labor. (N)	Counting On Joy goes into labor. (N)	Counting On Joy goes into labor. (N)	Counting On Joy goes into labor. (N)	Counting On Joy goes into labor. (N)	Counting On Joy goes into labor. (N)					
USA	Chicago P.D. (N) (CC) (DVS)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	WWE Monday Night RAW (N Same-day Tape) (N) (CC)	Miz & Mrs	Modern Family (N)											

TUESDAY EVENING																SEPTEMBER 4, 2018			
	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30					
KFMB (6)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS A team member is a hit man's target.	Bull "Gag Order" (N) (CC)	NCIS: New Orleans (CC) (DVS)	News 8 at 10 (N)	Seinfeld (CC)	2 Broke Girls (N)								
KFMB2 (6.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (CC)	The Flash "Fury Rogue" (N) (CC)	The Outpost Wythers blackmails Gwynn. (N)	Castaways "A Cry for Help" (N) (CC)	10News at 11pm	Jimmy Kimmel									
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Bachelor in Paradise (N) (CC)	10News at 11pm	Jimmy Kimmel											
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	The Great American Read "Launch" One hundred best-loved books. (N) (CC)	***½ Ex Libris: The New York Public Library (2017, Documentary) Premiere. (N)												
KNSD (35)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	America's Got Talent "Live Semi Finals 1" (N Same-day Tape) (N) (CC)	Making It The makers create wedding decor. (N) (CC)	NBC 7 News	Tonight Show										
DISN	Raven's Home	Raven's Home (N)	Bunk'd (CC)	Bunk'd (CC)	Zapped (2014, Children's) Zendaya, Spencer Boldman. (N)	Raven's Home (N)	Stuck/ Middle	Stuck/ Middle	Bunk'd (CC)	Bunk'd (CC)	Raven's Home (N)	Raven's Home (N)							
ESPN	2018 U.S. Open Tennis Men's and Women's Quarterfinals. From the USTA Billie Jean King National Tennis Center in Flushing, N.Y. (N)				SportsCenter (N) (Live) (CC)				SportsCenter (N) (Live) (CC)										
ESPN2	WNBA Basketball Washington Mystics at Atlanta Dream. (N) (Live)				Women's Soccer United States vs Chile. From Avaya Stadium in San Jose, Calif. (N)				NFL Live (CC)										
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress (N) (CC)	Outdaughters (N)	Outdaughters (N)	Outdaughters (N)	Outdaughters (N)	Outdaughters (N)	Outdaughters (N)	Outdaughters (N)	Outdaughters (N)	Outdaughters (N)	Outdaughters (N)	Outdaughters (N)					
USA	Law & Order: Special Victims Unit (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	WWE SmackDown! (N Same-day Tape) (N) (CC)	The Purge "What Is America?" (CC)	Law & Order: Special Victims Unit (N)											

WEDNESDAY EVENING																SEPTEMBER 5, 2018			
	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30					
KFMB (6)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Brother (N) (CC)	SEAL Team "Enemy of My Enemy" (CC)	Criminal Minds "Last Gasp" (CC) (DVS)	News	Late-Colbert									
KFMB2 (6.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (CC)	Burden of Truth Threats escalate. (N)	Back to School Just for Laughs (N) (N)	News 8 at 10 (N)	Seinfeld (CC)	2 Broke Girls (N)									
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Goldbergs (N)	American Housewife	Shark Tank A guilt-free sweet treat. (N)	10News at 11pm	Jimmy Kimmel									
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Nature "Nature's Perfect Partners" (N)	Ancient Invisible Cities "Athens" (CC)	Ancient Invisible Cities "Cairo" (N) (N)	America: From	America: From									
KNSD (35)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	America's Got Talent "Live Results 4" (N) (CC)	World of Dance "Divisional Final" The top 12 acts compete. (N) (N) (CC)	NBC 7 News	Tonight Show										
DISN	***½ Cars (2006, Children's) Voices of Owen Wilson, Paul Newman, Bonnie Hunt. (N)	***½ Cars 2 (2011, Children's) Voices of Owen Wilson, Larry the Cable Guy. (N)	Stuck/ Middle	Stuck/ Middle	Bunk'd (CC)	Bunk'd (CC)	Raven's Home (N)	Raven's Home (N)											
ESPN	2018 U.S. Open Tennis Men's and Women's Quarterfinals. From the USTA Billie Jean King National Tennis Center in Flushing, N.Y. (N)				SportsCenter (N) (Live) (CC)				SportsCenter (N) (Live) (CC)										
ESPN2	SEC Storied				Crossroads				NFL's Greatest										
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress (N) (CC)	My 600-Lb. Life "Pauline's Story" (CC)	My 600-Lb. Life "Ashley R's Story" Ashley makes changes to save her life. (N) (CC)	Dr. Pimple Popper (N) (CC)	My 600-Lb. Life "Ashley R's Story" (CC)												
USA	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Suits "Coral Gables" (N) (CC) (DVS)	The Sinner "Part VI" (N) (CC) (DVS)	The Purge "What Is America?" (CC)											

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

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San Diego Police Foundation presents Gold Shield Gala fundraiser Sept. 22

Celebrate the San Diego Police Foundation's 20th anniversary and join "America's Finest" officers for the 7th annual Gold Shield Gala, Saturday, Sept. 22 at the Hilton San Diego Bayfront.

Donations received during the Gold Shield Gala will support the work and mission of the San Diego Police Department. The special charitable focus is the K9 Crimefighter Campaign. The San Diego Police Foundation's K9 Crimefighter Campaign funds all the new police dogs for America's Finest K9 Unit as well as equipment and training to keep this renowned unit at its peak.

For more information on the event or the Police Foundation, please call (619) 232-2130 or visit, www.sdpolicefoundation.org

LOCAL ATTRACTIONS

**BREWERY TOURS
of SAN DIEGO**

619.961.7999 | brewerytoursofsd.com

The Veterans Museum at Balboa Park

2115 Park Blvd. • Balboa Park • 619.239.2300 • www.veteranmuseum.org

**Children's Nature Retreat
FOUNDATION**

128 animals to visit!
619) 320-4942
childrensnatureretreat.org
5178 Japatul Spur, Alpine

MOVIES at the Bases

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

Thursday, August 30
5:50pm Ant-Man and the Wasp
8:10pm The Equalizer 2

Friday, August 31
5:40pm Mission Impossible: Fallout
8:30pm The Spy Who Dumped Me

Saturday, September 1
1pm Teen Titans Go: To the Movies

2:50pm Mission Impossible: Fallout
5:50pm Mission Impossible: Fallout

Sunday, September 2
1pm Hotel Transylvania 3: Summer Vacation

3pm Mamma Mia! Here We Go Again

5:30pm Mission Impossible: Fallout
8:20pm The Spy Who Dumped Me

Monday, September 3
5:40pm Mission Impossible: Fallout

8:20pm The Spy Who Dumped Me
Tuesday, September 4

6pm Hotel Transylvania 3: Summer Vacation

8pm Mamma Mia! Here We Go Again

Wednesday, September 5
5:40pm Mission Impossible: Fallout

8:30pm The Spy Who Dumped Me
Thursday, September 6

5:50pm Skyscraper
7:50pm Mission Impossible: Fallout

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

Thursday, August 30
11am The Peanuts Movie

5pm Man on Fire
Friday, August 31

5pm Sicario: Day of the Soldado
Saturday, September 1

2pm Jurassic World: Fallen Kingdom

5pm Superfly
Sunday, September 2

5pm The Greatest Showman
Monday, September 3

5pm No Movie ~ Happy Labor Day!

Tuesday, September 4
11am Incredibles 2

5pm Saving Private Ryan
Wednesday, September 5

5pm Shawshank Redemption
Thursday, September 6

11am Pocahontas

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

Thursday, August 30
5pm Up

Friday, August 31
5pm The One I Love

Saturday, September 1
5pm Ladder 49

Sunday, September 2
5pm Ocean's Twelve

Thursday, September 6
5pm Dolphin Tale 2

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

Thursday, August 30
6:30pm Ant-Man and the Wasp (PG-13) (2D) LAST SHOWING

Friday, August 31
6:30pm The Spy Who Dumped Me (R)

9pm Mamma Mia! Here We Go Again (PG-13)

Saturday, September 1
3pm Christopher Robin (PG)

6:30pm Mission: Impossible-Fallout (PG-13)(2D)

9:30pm Skyscraper (PG-13) (2D)

Sunday, September 2
1pm Mission: Impossible-Fallout (PG-13) (3D)

6:30pm Christopher Robin (PG)

Wednesday, September 5
6:30pm Skyscraper (PG-13) (2D) LAST SHOWING

Thursday, September 6
6:30pm Hotel Transylvania 3: Summer Vacation (PG) (2D) LAST SHOWING

Christopher Robin
Animation, Adventure, Comedy. A working-class family man, Christopher Robin, encounters his childhood friend Winnie-the-Pooh, who helps him to rediscover the joys of life. PG, 104 minutes. Ewan McGregor, Hayley Atwell.



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

Thursday, August 30
5:50pm Christopher Robin

8pm Skyscraper
Friday, August 31

5:50pm The Spy Who Dumped Me
8:30pm Mission Impossible: Fallout

Saturday, September 1
2:10pm Mission Impossible: Fallout

5:50pm Mission Impossible: Fallout
9pm The Spy Who Dumped Me

Sunday, September 2
12:30pm Teen Titans Go: To the Movies

2:30pm Mission Impossible: Fallout
7pm Peppermint (ADVANCE SCREENING)

Monday, September 3
3pm Mission Impossible: Fallout

6pm The Spy Who Dumped Me
Tuesday, September 4

5:40pm Teen Titans Go: To the Movies

7:40pm Mission Impossible: Fallout
Wednesday, September 5

5:50pm Mamma Mia! Here We Go Again

8:10pm The Equalizer 2
Thursday, September 6

5:40pm Christopher Robin
7:50pm Mission Impossible: Fallout

NAVY LEAGUE of the UNITED STATES

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

Call Jay Lott at 619-230-0301 or email him at jay@navyleague-sd.com for more information.

Around Town

Burning Man. Sun, Aug 26-Monday, Sept. 3. Black Rock Desert, Nevada. www.burningman.org

Leo Carrillo Ranch Film Festival: Mr. Antonio at Leo Carrillo Ranch Historical Park, Fri, Aug 31, 5-10pm. www.carlsbadca.gov

Swing Dancing Finale: Zzymzy Sextet at California Center for the Arts, Escondido, Fri, Aug 31, 7pm. Free admission. www.artcenter.org

U.S. Sand Sculpting Challenge & Dimensional Art Exposition at Broadway Pier & Pavilion, Fri, Aug 31-Mon, Sept 3. www.ussandsculpting.com

Night Fishing at Lake Poway. Ongoing thru Fri, Aug 31. Fridays & Saturdays, 8-11:30pm. \$10. Enjoy Night Fishing at Lake Poway every Friday and Saturday night until Sept 1st. Boats can stay out until 11pm. Catfish was stocked Aug 24. Lake Poway Recreation Area, 14644 Lake Poway Road, Poway.

Los Angeles County Fair at Fairplex in Pomona, Fri, Aug 31-Sun, Sept 23. www.lacountyfair.com

48th Annual Barona Powwow. Fri-Sun, Aug 31-Sept 2, (Fri 6-11pm; Sat-Sun 1-11pm). Admission & parking free. Public invited to celebrate Native American heritage through Traditional Native American Dance, Food, and Crafts. Over 1,000 Native American participants of all ages from across the country. Barona Sports Park, one mile north of Barona Resort & Casino on Wildcat Canyon Rd. Free shuttle service is available from Barona Resort & Casino to the Powwow. Barona Resort & Casino, 1932 Wildcat Canyon Road, Lakeside.

San Diego Gem Faire, Fri-Sun, Aug 31-Sept 2, 10am-5pm. \$7. Fine jewelry, crystals, gems, beads, gold & silver, minerals, and more. 100+ exhibitors. Jewelry repair, ring sizing while you shop. Door prizes. Free parking. Scottish Rite Center, 1895 Camino del Rio South, Mission Valley.

San Diego Padres vs. Colorado Rockies at Petco Park. Thru Sept 2. www.mlb.com/padres

Birds of Prey. Sat, Sept 1, 10am-2pm. Free with admission. Come to explore the skies at the Living Coast Discovery Center! Keep your eyes to the skies for our Birdy Bingo activity as you explore the Sweetwater Wildlife Refuge trails. Be sure to check out our raptor encounter at noon, we'll bring out one of our education birds for you to meet and learn more about! Join us at our 2:30 p.m. eagle feeding before you 'take off' for the day. Living Coast Discovery Center, 1000 Gunpowder Point Dr., Chula Vista. (619) 409-5904.

Trek with the Trackers, Saturdays, Sept 1, Oct 6, Nov 3, Dec 1, 8:30-10:30am. Free. Mission Trails Regional Park tracking team guides present the world of tracks, scat, bedlays and other critter evidence indicating the presence of lesser-seen animals inhabiting the park. Join in for dirt-time fun. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos.

Breakfast with Tigers at San Diego Zoo Safari Park, Sat, Sept 1, 8-9am. www.sdzsafari.com

Catfish Season at Lake Jennings, Ongoing thru Sat, Sept 1, 2018. Fri-Sat 6am. \$4-\$9. Night fishing continues all summer through Labor Day with lake staying open Friday and Saturday nights until midnight. Lanterns are required after 8pm. California State Fishing License required in addition to your lake permit for those over 16. Lake Jennings, 9535 Harritt Road, Lakeside.

Julian Grape Stomp Festa at Menghini Winery, Sat, Sept 1, 11am-6pm. www.visitjulian.com

Searching for Owls & Other Night Creatures. Sat, Sept. 1, 7:15-9pm. Free. Increase your nocturnal knowledge as we experience the preserve after dark. We'll be listening and looking for our tiny Western



48th Annual Barona Powwow

Join the Barona Band of Mission Indians for a weekend of contest dancing in all categories, camping, drums and cultural immersion. Free shuttle service: Barona Resort & Casino to Powwow. Dancers will be competing for over \$60,000 in prize money! Special Contests:

Men's Fancy Dance - Saturday Night

Hand Drum Contest - Sunday Afternoon

Aug 31 - Sept 2 • Friday: 6-11pm. Saturday & Sunday: 1-11pm
Barona Sports Park, 1095 Barona Rd, Lakeside. 619-443-6612

Screech owls, as well as other creatures which prefer to forage in the dark. Bring a flashlight, sturdy shoes, and insect spray. Mostly flat, not suitable for pets or strollers. Meet at the west end of Canyonside Park Driveway, 1 block west of Black Mtn. Rd. at the Preserve sign at the beginning of the white ranch house fence. Canyonside Park & Recreation Center, 12350 Black Mountain Rd, Rancho Penasquitos.

Family Fun Day at San Elijo Lagoon Nature Center, Sat, Sept 1, 11:30am - 1:30pm. www.sanelijo.org

Grape Day Discovery Festival at Grape Day Park, Sat, Sept 1, 2pm. www.eventseeker.com

Tour the Farley Mowat, Sat-Sun Sept 1-2, 9-5. Free. Sea Shepherd's Vessel the M/V Farley Mowat is in San Diego, having just returned from a successful campaign in the northern Sea of Cortez where they were working to remove illegal fishing gear in an effort to protect the extremely endangered vaquita porpoise, as well as other species threatened by the illegal buche trade. With values of up to \$10,000 USD in china, the swim bladders of the totoaba are driving a hit and run gill-netting industry that is threatening the ecosystem of one of the most diverse marine biosphere's in the world. While they are in town, the crew is extending an invitation to the public to tour the ship on the weekends. San Diego Maritime Museum, 1492 N. Harbor Drive, downtown San Diego.

Sunrise Surprise Stroll at San Diego Zoo. Sat-Sun, Sept 1-2. www.sandiegozoo.org

Guided morning nature walk. Sat-Sun & Wed, Sept 1-2 & 5; Sept 15-16 & 19; Sept 29-30 7 Oct 3. 9:30-11am. Free. What's the difference between Chaparral and Coastal Sage Scrub? This is your chance to find out. A knowledgeable Mission Trails Regional Park Trail Guide will explain that and more on a morning walk. Remember to bring water. Meet inside the Visitor Center. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos.

Showpark All Seasons Summer Classic Grand Prix at Del Mar Horse Park, Sat, Sept 2, 8am-5pm. www.showpark.com

Deep Pit BBQ & Fair. Sun, Sept 2, 11am-5pm. Throughout the New

World, the indigenous peoples of the Americas cooked in the earth. The original use of buried cooking in ground pits was done by the Native Americans for thousands of years. Traditional Californian pit barbecuing has been replaced by modern conveniences. However, this tradition continues in Descanso, 45 minutes east of San Diego. Our Lady of Light started a local tradition in 1937. A real Deep Pit BBQ. After days of prep using cords of oak firewood and locally grown beef, the pit is ignited, meat wrapped placed in the pit. 28 hours later some of the best tasting beef is enjoyed. This community event has art, collectibles, clothes, and many vendors will be on hand for the 81st annual Deep Pit BBQ and community fair. Bushwhackers Band, dancing, kids' games, beer garden and the food. Deep Pit BBQ beef, slaw, beans, rolls, drinks can be purchased. Pies by the slice or buy one to take home. Free parking and admission. Sorry, no pets. Our Lady of Light, 9136 Riverside Drive, Descanso.

Big SoCal Euro. Sun, Sept 2, noon-6pm. Free. Big SoCal Euro is one of the largest all-European car events on the west coast. It's one of the longest running car events of it's kind, since 2001. The event features more than 3,000 European cars from throughout the region. Bring your family to meet other car enthusiasts and enjoy raffles, drag racing, great food,

automotive vendors, swap meet, afterparty and more. Where what you bring is part of the show! #BIGSCE SDCCU Stadium, 9449 Friars Rd., Mission Valley.

Labor Day, Monday, Sept 3.

Labor Day Pier Swim at Oceanside Pier, Monday, Sept 3, 7am. www.labordaypierswim.com

Del Mar Thoroughbred Horse Racing Season at Del Mar Racetrack. Thru Mon, Sept 3. www.dmtc.com

International Summer Organ Festival at Spreckels Organ Pavilion, 7:30pm, every Monday thru Sept 3. Free. www.spreckelsorgan.org

Taste of Del Mar, Thur, Sept 6, 5:30-8:30pm. www.visitdelmarvillage.com

San Diego Repertory Theatre presents Fun Home at Lyceum Theatre. Thur, Sept 6-Sun, Sept 30. www.sdrep.org

Star Party Marvels, Fri, Sept 7, 5:30-8:30pm. Free. Meet at far end of the campground day use parking lot. Kumeyaay Lake Campground, Two Father Junipero Serra Trail, Santee.

Leo Carrillo Ranch Film Festival: Coco at Leo Carrillo Ranch Historical Park, Fri, Sept 7, 5-10pm. www.carlsbadca.gov

San Diego Senior Games at various locations in San Diego County. Fri, Sept 7-Sun, Sept 30. www.sdseniorgames.org

Legally Blonde: The Musical at New Village Arts Theatre. Thru Sun, Sept 9. www.newvillagearts.org

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

Cajon Classic Cruise Car Shows, Wednesdays, 5-8pm, ongoing thru Wed, Oct 31. Free. Visit the display of classic cars, with a different theme every week like Girls' Night Out, Return to the 50s, and Trunk or Treat on Halloween. New themes include a kids' day and car graphics. This family-friendly event includes food, entertainment, vendors, and car show awards. Prescott Promenade, 201 E. Main Street, El Cajon.

32nd Annual Fur Ball - Tickets on Sale! Attend the 32nd Annual Fur Ball Saturday, Oct. 6, from 6-11 p.m. This fundraiser for the San Diego Humance Society. Includes hosted bar cocktail reception; on-site raffle; live and silent auctions; exquisite dinner and wine, dancing to live music by Haute Chile. To reserve your tickets via phone call 619-243-3469 or email furball@sdhumane.org.

Ongoing

Softball Thursday Pick-Up Game, Ongoing Thursday thru Dec 20, 9-11:30am. Free. Age 21+. For 55 and Up/Females 50 up. Batting/fielding practice starts 9am. Game starts 10am. Have extra bats/mitts if needed. John F. Kennedy Park, 1675 East Madison Ave, El Cajon.

Sunset Market at Coast Hwy & Pier View Way in downtown Oceanside, 5-9pm, every Thursday. www.visitocceanside.org

Emei Qigong Practice. Saturdays, 11:30am. Ongoing thru Fri, Jan 25, 2019. Free. Master Wendy has been studying natural medicine and natural healing techniques since the late 1980s and meditation and Eastern energetic arts since 1994. WorldBeat Cultural Center, 2100 Park Boulevard, Balboa Park.

Behind the Scenes Tour at Mission San Luis Rey, every Saturday & Sunday. www.sanluisrey.org

Much Ado About Nothing at The Old Globe Theatre. Thru Sun, Sept 16. www.theoldglobe.org

Youth Fishing Clinic at Chollas Lake. Saturdays & Sundays 10am-2pm. Free. Kids-only fishing clinic open to children 15 years and under, Saturday and Sunday year-round. No experience or equipment necessary. Fishing lessons, bait, and fun provided. Chollas Lake, 6350 College Grove Drive, San Diego (Oak Park), 92115.

Cruisin' Grand in downtown Escondido, 5-9pm, every Friday thru Sept 28. www.cruisingrand.com



Open Cockpit Days.

Sat-Sun, Sept 1-2. 9am-3pm.

Come sit in a plane! Several aircraft will be open for visitors to experience U.S. Marine Corps aviation from a pilot's perspective. Also see 31 historical aircraft up close as well as hundreds of artifacts from the earliest days of aviation to the present day.

The Flying Leatherneck Aviation Museum is aboard Marine Corps Air Station-Miramar. The sentry-free museum entrance is on Miramar Rd., 3.9 miles east of I-805 and 1.3 miles west of I-15. (Look for the Marine Corps and American flags at the entrance.)

Open Tues-Sun, 9am to 3:30pm. FREE admission and parking. www.flyingleathernecks.org. 858-693-1723.

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Concerts

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

August

Shakira. Fri, Aug 31, 7:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. <http://www.hondacenter.com/>
Lost 80s Live. Fri, Aug 31, 6:30pm. Pop/rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.
Evanesence and Lindsey Stirling. Fri, Aug 31, 7:30pm. Pop/rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

September

Sam Smith. Sat, Sept 1, 7:30pm. Pop. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.
Smashing Pumpkins. Sat, Sept 1, 8pm. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.
Los Tigres del Norte. Sun, Sept 2, 8pm. Viejas Casino Concerts in the Park, 5005 Willows Rd., Alpine. (619) 445-5400.
Shakira. Wed, Sept 5, 7:30pm. Latin/pop. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.
Leon Bridges and Masego. Wed, Sept 5, 7:00pm. Blues/funk/hip-hop/rap. Open Air Theatre-SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.
Babyface. Fri, Sept 7, 8pm. Pala

Casino, 35008 Pala Temecula Road., Pala. (877) 946-7252.
Aussie Pink Floyd Show. Fri, Sept 7, 7:30pm. Covers. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497/ (619) 220-TIXS.
Rebellion and Stephen Marley. Sat, Sept 8, 7:30pm. Reggae/ska/rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.
Jake Shimabukuro. Sat, Sept 8, 8pm. Acoustic/jazz. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.
The Stylistics. Sun, Sept 9, 7:30pm. Funk/pop. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.
Lauren Hill. Sun, Sept 9, 7:30pm. Pop. Open Air Theatre-SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.
Dave Matthews Band. Mon, Sept 10, 8pm. Hollywood Bowl, 2301 N. Highland Ave, Los Angeles, 90068. hollywoodbowl.com
Game of Thrones Live Concert Experience. Tues, Sept 11, 7:30pm. Classical/pop. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.
Lyle Lovett & His Large Band. Tues, Sept 11, 8pm. Country/folk. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.
Rascal Flatts and Dan + Shay. Fri, Sept 14, 7:30pm. Country. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

Clay Walker with Special Guest Anna Vaus. Fri, Sept 14, 8pm. \$55-\$85. Country. Poway OnStage, 15489 Espola Rd., Poway. www.powayonstage.org
KAABOO Del Mar. Fri-Sun, Sept 14-16. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.
Miguel. Mon, Sept 17, 7:30pm. Pop. Open Air Theatre, 5500 Campanile Dr., San Diego. (619) 594-6947.
Kenny G. Wed, Sept 19, 7:30pm. Jazz/pop. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497/ (619) 220-TIXS.
Chvrches. Thurs, Sept 20, 7:30pm. Electronic/pop. Open Air Theatre-SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.
Jason Aldean and Luke Combs. Thurs, Sept 20, 7:30pm. Country. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.
Air Supply. Fri, Sept 21, 7:30pm. Pop. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.
J Balvin. Fri, Sept 21, 7:30pm. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.
NeedToBreathe and JohnnySwim. Fri, Sept 21, 8pm. Alt/rock. Open Air Theatre-SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.
The Eagles and Zac Brown. Sat, Sept 22, 5pm. Petco Park, 100 Park Blvd, San Diego, CA 92101. (619) 795-5000.
Def Leppard and Journey. Sun, Sept 23, 6pm. Rock. both

bands play headline sets. Petco Park, 100 Park Blvd, San Diego, CA 92101. (619) 795-5000.
Florence & the Machine. Sun, Sept 23, 7pm Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.
Boy George & Culture Club. Tues, Sept 25, 7:30pm. Pop. Open Air Theatre-SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.
Boyz Scaggs. Wed, Sept 26, 7:30pm. Funk/pop. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.
Ben Howard. Wed, Sept 26, 7:30pm. Folk/pop. Open Air The-

atre-SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.
Judas Priest and Deep Purple. Wed, Sept 26, 7:30pm. Metal/hardcore/rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.
Jay-Z & Beyonce. Thurs, Sept 27, 7:30pm. SDCU Stadium, 9449 Friars Rd, San Diego, CA 92108. (619) 641-3100.
Ringo Starr & His All Starr Band. Thurs, Sept 27, 8pm. Pop/rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.
Fall Out Boy. Sat, Sept 29, 7pm. Honda Center, 2695 E. Katella

Ave., Anaheim. (714) 704-2400. <http://www.hondacenter.com/>
38 Special. Sat, Sept 29, 8pm. Viejas Casino Concerts in the Park, 5005 Willows Rd., Alpine. (619) 445-5400.
Kidz Bop. Sat, Sept 29, 6pm. Open Air Theatre, 5500 Campanile Dr., San Diego. (619) 594-6947.

October

5 Seconds of Summer. Tues, Oct 2, 7:30pm. Pop/rock. Open Air Theatre-SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.
Timbiriche. Thurs, Oct 4, 7:30pm. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

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1 at this payment. Stk #55031, Vin #S278157, Model 6946. Net capitalized cost \$33125.73. \$349 plus tax monthly for 36 months with \$4100. due at lease signing. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$80 dealer document preparation charges. Any electronic filing fee. Includes license. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 8/31/18.

AUTOMATIC

2018 HYUNDAI ELANTRA

-\$15,777 FRANKS PRICE
-\$2,500 RETAIL BONUS CASH
-\$500 MILITARY INCENTIVE

NET PRICE
\$12,777



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 9/3/18. 2 at this price #345571 & #341851.

2018 HYUNDAI TUCSON

-\$20,277 FRANKS PRICE
-\$3,000 RETAIL BONUS CASH
-\$500 MILITARY INCENTIVE

NET PRICE
\$16,777



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 9/3/18. 1 at this price #774712.

2018 HYUNDAI KONA

-\$17,777 FRANKS PRICE
-\$500 RETAIL BONUS CASH
-\$500 MILITARY INCENTIVE

NET PRICE
\$16,777



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 HMF Bonus Cash, Hyundai Motor Finance. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 9/3/18. 1 at this price #155700.

THE SUBARU A LOT TO LOVE EVENT

2018 SUBARU 4-DOOR 2.0 PREMIUM CVT
IMPREZA
LEASE FOR **\$173** PER MONTH PLUS TAX
SUMMER SALE
ZERO DOWN

Shop Now

*1 at this payment, STK# 19365 VIN# J3622031 Model # JJD 11. \$173 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 8/31/18.

2018 SUBARU 2.0 PREMIUM CVT
CROSSTREK
LEASE FOR **\$246** PER MONTH PLUS TAX
SUMMER SALE
ZERO DOWN

Shop Now

*1 at this payment, STK# 19532 VIN# JH340499 Model # JRD 11. \$246 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 8/31/18.

2018 SUBARU 2.5 PREMIUM CVT W/ EYESIGHT
FORESTER
LEASE FOR **\$268** PER MONTH PLUS TAX
SUMMER SALE
ZERO DOWN

Shop Now

*1 at this payment, STK# 17740 VIN# JH413527 Model # JFF 14. \$268 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 8/31/18.



Purchase or lease any new (previously unregistered) Subaru and receive a complimentary factory scheduled maintenance plan for 2 years or 24,000 miles (whichever comes first). See Subaru added Security Maintenance Plan for intervals, coverages and limitations. Customer must take delivery before 12/31/18 and reside within the promotional area. At participating dealers only. For Southern California residents only. See dealer for program details and eligibility.

4-WHEEL ALIGNMENT

\$89⁹⁵ + tax

~~WAS \$119⁹⁵~~



- Precision computerized wheel alignment
 - Adjust caster, camber & toe
 - Inspect suspension for wear
- Center steering wheel
- Inspect tires

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 8/31/18.

Military Special Only

OIL & FILTER CHANGE

\$29⁹⁵ + tax

~~WAS \$39⁹⁵~~

- Install Genuine Toyota, Hyundai or Subaru oil filter
- Replace engine oil (up to 5 qts conventional oil)
- Top off under the hood fluids
- FREE** Check & set tire pressure to vehicle specifications
- FREE** Multipoint inspection
- FREE** Car Wash
- FREE** Battery Test

Synthetic, V6 & V8 additional. Toyotas, Hyundais, or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 8/31/18.

FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL

\$50 OFF

- ✓ Inspect and Resurface Rotors
- ✓ Inspect Brake Hardware
- ✓ Replace Front Brake Pads

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Not valid with any other offer or discount. Valid only at Frank Auto Motors locations. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 8/31/18.

ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

Frank Motors is now hiring part-time & full time employees.
Apply on-line www.FrankToyota.com

PLUS **10% OFF**

Any recommended Services or Repairs May not be combined with any other special.

WE HONOR OUR MILITARY!!