

Weekly Contest

Fill in this week's entry form for a chance to win 4 tickets to the Poway Rodeo.

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AutoMatters & More

Join Jan Wagner this week as he takes you inside the world of autos, events and more.

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What's Happening

Looking for a fun event this weekend? Check our list of festivals, parades, shows and other stuff.

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Navy Marine Corps Coast Guard Army Air Force

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Poway Rodeo makes its mark on Sept. 22-23

The Poway Rodeo returns for its 45th year of bringing the very best in action-packed entertainment and good-natured country high-jinks to its centrally located north San Diego location. This year's rodeo promises more ways to enjoy the excitement than ever before with big-screen video projection, VIP seating opportunities, and special adventures just for the youngest cowpokes.

Visitors can choose from three performances, the first on Friday, Sept. 22 at 7:30 p.m. Two more shows take place on Saturday, Sept. 23, one at 1 p.m., and one at 7:30 p.m. VIP ticket-holders enjoy exclusive extras like preferred seating, excellent arena views, personal service, and included food and drinks. Kids will love to try their hand at mutton-busting or junior-level barrel racing, and VIP seating is kid-friendly on Saturday afternoon to include a personal visit with the Rodeo Queens and the Chick-fil-A Cow, plus crafts and a photo booth with props. Those over 21 can stay after the evening performances for a free rodeo dance featuring live music and continued country-style fun with friends.

"The Poway Rodeo is a PRCA-sanctioned event and draws the biggest names in the sport," said Darci Palmer Van-Meter, an officer on the Rodeo Committee and a lifelong supporter of the event. "This year, the Poway Rodeo is part of the Southern California Rough Stock Series. Rough stock contestants who

compete in all seven Series rodeos will be eligible for bonus money at the end of the season, as much as \$3,000 extra. It entices the better competitors to Poway who might not otherwise travel all the way to San Diego County."

Tickets for the Poway Rodeo may be purchased online (at a discount when bought in advance of the first show) at PowayRodeo.com or at the Rodeo grounds starting Sept. 18. The Poway Rodeo is held at the Poway Valley Riders Association arena, 14336 Tierra Bonita Road in Poway. Tickets for the Saturday afternoon performance include admission to the Pacific Coast Junior Bull Riders Association competition at 10:30 a.m. that day, just before the Rodeo begins at 1 p.m. PCJBR events will include Mutton Busting, Calf Riding, Steer Riding, and Bull Riding, all featuring competitors under age 18.

"This year, the Rodeo is extra-special because it's the finale of Poway Days, a three-weekend community celebration starting Sept. 9," says Murray Bankhead, the Poway Rodeo Committee chair. "Folks can enjoy the Poway Days parade, a Battle of the Bands, a classic car show, an art exhibition, an evening of local craft beer- and wine-tasting, a robotics competition for teens, and more. It's a great way for neighbors to come together and celebrate the many benefits of living here, culminating in the 2017 Poway Rodeo the final weekend. We really do have something great planned for everyone."

Career Development Symposium coming to San Diego Sept. 20-21

MILLINGTON, Tenn. - The second annual Career Development Symposium (CDS) is coming to San Diego on Sept. 20-21 at the Anchors Conference Center, located near the "dry-side" of Naval Base San Diego.

The symposium, hosted by Navy Personnel Command (NPC), is designed to inform enlisted Sailors of opportunities to navigate their own careers, as well as to inform senior enlisted, junior officers and officers who lead enlisted Sailors. The theme of this year's symposium is "Take Charge of Your Career."

"Career Development Symposium 2017 aims to empower Sailors with the knowledge and tools they need to successfully manage their career," said NPC Force Master Chief Tuck Williams. "It is a great opportunity for Sailors to engage directly with detailers and get answers to their career questions."

Attendees will have the opportunity to hear from senior Navy leaders about leadership, policies, and how to make the most of opportunities offered in the Navy. CDS is scheduled to feature Navy leadership including Vice Chief of Naval Operations Adm. Bill Moran, Chief of Naval Personnel Vice Adm. Robert Burke, and Master Chief Petty Officer of the Navy (MCPON) Steven S. Giordano. Additionally, subject matter experts will lead sessions on topics such as the detailing process, changes to Career Management System Interactive Detailing CMS-ID, and the new Blended Retirement System.

Many enlisted detailers and community managers will be on-site to interact and discuss career management with Sailors from 7:30 a.m. to 5 p.m. each day.

HSM Wing begins phase two of Diesel Electric Submarine Initiative Exercise

by Lt. Adam Arndt

SAN DIEGO- Commander, Helicopter Maritime Strike Wing Pacific (CHSMWP) began phase two of the annual Diesel Electric Submarine Initiative Exercise (DESI-EX), an international exercise held annually in conjunction with South American Naval Forces, Sept. 8.

DESI-EX is an Undersea Warfare exercise that allows MH-60R aircraft from various CHSMWP and Maritime Patrol and Reconnaissance Aircraft (MPRA) commands the ability to practice their Anti-Submarine Warfare (ASW) skills against a skilled, foreign adversary in a variety of challenging environments. The event was organized by HSM Weapons School Pacific (HSMWSP) in coordination with Commander, Submarine Force Atlantic International Programs and Commander, 3rd Fleet, and will take place on the Southern California Offshore Range and Tanner Bank operating area.

Phase One of the exercise took place July 15-20 and involved aircraft and crews from six CHSMWP and three MPRA squadrons that completed 29 sorties over the course of 147 flight hours. Participants trained alongside the Peruvian Navy submarine BAP Pisagua (SS 33), a German Type 209 diesel-electric submarine, to refine their ASW and tactical acumen.

"DESI-EX provides a unique training opportunity for US Naval aircraft and crews that is otherwise limited by other means," said Lt. Jeffrey Gruetzmacher, the primary planner and ASW Program Manager at HSMWSP. "The ability to train against a 'thinking' opponent that will continuously act and react based on your maneuvers, and do so over the course of several days, provide aircrews the opportunity to implement time-sensitive tactical decisions in a dynamic and complex environment."

Cmdr. Jonathan Baron, HSMWSP commanding officer and the officer conducting exercise for DESI-EX, praised the efforts by all participants and emphasized the importance of the event in regards to the Navy as a whole.

Dragon Masters deactivated after six decades of service

PANAMA CITY, Fla. - After 63 years of flying test and evaluation mission flights, the Naval Surface Warfare Center Panama City Division "Dragon Masters" Aviation Unit was deactivated in a ceremony Sept. 8.

The aviation unit mission was to fly test and evaluate missions for the only Navy lab located along the Gulf Coast. The unit is presently comprised of 28 military personnel, 25 contractors, and two MH-60S aircraft (flown not only to test and evaluation, but also Search and Rescue flights). The aircraft will immediately be returned to Fleet use in San Diego.

"NSWC PCD will continue to support the Navy's Fleet mine countermeasure missions [MCM]," said NSWC PCD Commanding Officer Capt. Aaron Peters. "Even though we deactivated the Dragon Masters aviation unit, and our military family moves on to take on other challenges, Panama City's work in Airborne MCM will continue. We will continue to host the Fleet each year in Panama City and we will continue to respond to the Fleet's airborne mine countermeasures call for support, we just won't fly MH-60S helicopters anymore."

Of the 28 military and 25 contractors assigned to the Dragon Masters, at least five military



Naval Surface Warfare Center Panama City Division Commanding Officer Capt. Aaron Peters speaks during the deactivation ceremony for the Dragon Masters aviation unit Sept. 8. The unit, which flew various helicopters in support of airborne mine countermeasure test and evaluation flights, was deactivated after 62 years of service. Navy photo by Katherine Mapp

billets will be retained as well as at least three contract positions. The military will phase out over a three year period between fiscal year 2018 and 2020. These personnel will be retained to maintain the flight line and keep it open for MH-53E squadrons to train at the command annually as well as conduct Unmanned Aerial System (UAS) test flights using drones less than 55 lbs.

Additionally, a Landing Craft Air Cushion (LCAC) detachment of up to 100 Sailors will use the aviation unit as they train on the next generation of LCAC presently being built at Textron,

Inc., in Mobile, Alabama.

In 1954, NSWC PCD - then called the U.S. Mine Defense Laboratory - became known for conducting the first successful airborne mine countermeasure test flight in the waters of St. Andrew Bay using a sonar tow array called the Shadowgraph.

By 1965, the command was a critical asset to mine countermeasures in Vietnam and later in Korea. Since then, the command has experienced several technical achievements, to include supporting the successful completion of the Airborne La-

ser Mine Detection System and Airborne Mine Neutralization System through the Department of Defense acquisition milestone known as Initial Operational Test and Evaluation.

In 2013, the Dragon Masters made headlines after utilizing

their search and rescue capabilities and rescued a stranded mariner from the Gulf of Mexico, but that was not the first time the unit saved people from the Gulf. In February 2017, the Dragon Masters successfully flew a test flight that allowed aircrew members to insert a MK-18

unmanned underwater vehicle into the water to sweep for mines and be utilized as a mine countermeasure deterrent.

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

At Tailhook, it's 'the year of the supercarrier'

RENO - Critics of the Navy's aircraft carrier who claim that its time has come and gone - that it's too vulnerable, that it doesn't have a role moving forward - couldn't be more wrong.

That's according to Capt. Craig Clapperton, who extolled the virtues of the carrier during the Sept. 7 opening panel discussion of the 61st annual Tailhook Convention, where the theme was "The Year of the Supercarrier."

"If carriers are going away, then why are our near-peers, allies and competitors trying to build carriers?" Clapperton said.

Recounting engagements while he was the commanding officer of USS *Theodore Roosevelt* (CVN 71), Clapperton called the supercarrier a great source of power projection that can provide support across every sort of mission, whether

its disaster relief or security operations.

"And it can do it the way no other platform can, for a period of time that no other platform can," he added.

Carriers and their air wings provide a balance of forward presence and surge capability to conduct warfighting and peacetime operations around the globe in support of national priorities. The U.S. currently has 10 Nimitz-class supercarriers, and in July commissioned the lead ship of the first new carrier class in more than 40 years, USS *Gerald R. Ford* (CVN 78).

Moderating the Tailhook panel was Rear Adm. Michael Wettlaufer, who over the course of his career has commanded the "Dambusters" of Strike Fighter Squadron (VFA) 195, USS *Denver* (LPD 9), and USS *John C. Stennis* (CVN 74). Wettlaufer will soon assume command of Carrier Strike Group 3 at Naval

Base Kitsap in Washington.

Wettlaufer introduced the panel discussion as a chance to explore the recent history of what he called "the major warfighting weapon system of our Navy." The Navy's carrier strike group exerts a powerful political influence internationally, he said, keeping the sea lanes open and maintaining the economic viability of the U.S. and its allies.

Also speaking on the panel was Capt. Doug Verissimo, commanding officer of USS *Carl Vinson* (CVN 70). Verissimo praised the legislative efforts of the namesake of the supercarrier he commands, congressman Carl Vinson, known as the father of the two ocean navy and a staunch advocate for maintaining power in the maritime domain.

Vinson served on the House Naval Affairs Committee following WWI and through WWII, after which the committee merged with the House Armed Services Committee. If it weren't for Vinson and his naval expansion legislation, Verissimo said, the Navy wouldn't even have a Forrestal-class aircraft carrier.

"After World War II, there was a debate that nukes would solve the world's problems, that we wouldn't need to have any other weapons, because those fabulous [nuclear weapons] would take care of it all," Verissimo said.

With the capability of the aircraft carrier, Verissimo said, military and civilian leaders have the maritime strength to provide for a greater range of decision-making, allowing them to either "defuse or inflame" a situation depending on the goal.

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Coalition partner force mounts ISIS clearing operation in Eastern Syria

SOUTHWEST ASIA - Combined Joint Task Force Operation Inherent Resolve welcomes Sept. 9's announcement by the Syrian Arab Coalition of the commencement of their offensive to defeat the Islamic State of Iraq and Syria in the Khabur River Valley, dubbed "Operation Jazeera Storm," north of Dayr Az Zawr in eastern Syria.

The Syrian Arab Coalition is a multi-ethnic, battle-tested, proven partner force in the coalition's fight to defeat ISIS in northern Syria. The operation will be run by the Dayr Az Zawr Military Coalition.

Lt. Gen Paul E. Funk II, commanding general of the CJTF Operation Inherent Resolve, said that the fight for the Khabur



River Valley is a strategic axis of advance towards the Middle Euphrates River Valley, one of the last holdouts of ISIS.

"The very existence of ISIS

poses a real threat to the civilized world and our way of life," Funk said. "Our collective effort will defeat them."

Coalition forces will support the SAC during the Khabur River Valley offensive as part of their advise and assist mission, providing equipment, training, intelligence and logistics support, precision fires and battle-field advice.

Once the Khabur River Valley is cleared of ISIS, the SAC states the region will be turned over to representative bodies of local civilians who will then oversee security and governance as with Tabqa and Manbij.

The SAC is operating along two corridors, and the local citizens and non-combatants in those areas are evacuating northward to SAC-controlled safe areas. The coalition takes every precaution to prevent needless human suffering and casualties.

Navy launches future USS Delbert D. Black

PASCAGOULA, Miss - The Navy launched future guided-missile destroyer USS Delbert D. Black (DDG 119) at Huntington Ingalls Industries (HII), Sept. 8.

The process of launching a ship is a multi-day process that includes moving the ship from the land-level facility to the dry dock, which is then slowly flooded until the ship is afloat. With the ship in the water, final outfitting and production can commence.

"Production efforts on our Arleigh Burke-class destroyers remain strong," said Capt. Casey Moton, DDG 51 class program manager, Program Executive Office (PEO) Ships. "With four DDG 51 class ships currently in the water and en route to delivery, the program is in serial production and leveraging production efficiencies."

The ship is being configured as a Flight IIA destroyer, which enables power projection, forward presence, and escort operations at sea in support of low intensity conflict/coastal and littoral offshore warfare, as well as open ocean conflict. DDG 119 will be equipped with the Navy's Aegis Combat System, the world's foremost integrated naval weapon.

The ship will also incorporate Cooperative Engagement Capability. When combined with the Aegis Combat System, it will permit groups of ships and aircraft to link their radars to provide a composite picture of the battle space, effectively increasing the theater space. The capability is designed to provide the Navy with a 21st century fighting edge.

HII's Pascagoula shipyard is also currently in production on future destroyers Ralph Johnson (DDG 114), Paul Ignatius (DDG 117), Frank E. Petersen Jr. (DDG 121) and Lenah H. Sutcliffe Higbee (DDG 123). HII is also under contract for one additional ship, Jack H. Lucas (DDG 125), awarded as part of the five-ship, multi-year procurement for fiscal years 2013-2017 and will be the first ship to be configured in the Flight III design.

As one of the Defense Department's largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, and special warfare craft.

Pacific Submarine Force holds change of command

by MC2 Shaun Griffin
PEARL HARBOR - Commander Submarine Force, Pacific Fleet and Commander Task Force 134 held a change of command ceremony at the submarine piers on Joint Base Pearl Harbor-Hickam, Sept. 11.



Rear Adm. Daryl Caudle, left, deputy commander of 6th fleet, is welcomed by Capt. Will Pennington, skipper of USS George H.W. Bush. Navy photo

Rear Adm. Daryl Caudle relieved Rear Adm. Frederick "Fritz" Roegge.

Roegge assumed command of the Pacific Submarine Force in September 2015 and oversaw 60 percent of the entire Navy Submarine Force. This included oversight of the nation's ballistic missile submarine fleet operating in the Pacific on behalf of Air Force Gen. John E. Hyten, Commander of U.S. Strategic Command.

"I was recently asked what I was most proud of during my tour as commander of the Pacific Submarine force," said Roegge. "What I'm most proud of is all of you, the people of the submarine force."

During his command, Roegge deployed 40 submarines through 37 attack and guided missile submarine deployments and 43 strategic deterrent patrols in support of five combatant commands. Roegge continued to praise the submarine force and stressed the importance of the Sailors who crew submarines.

As Caudle assumed command, he thanked Roegge for a smooth turnover and for leaving him with a highly disciplined staff. "Fritz's work ethic, dedication, commitment, and decision-making skills have set the bar high for me to maintain and advance his vision and successes," said Caudle. "Fortunately, Fritz professionally orchestrated a comprehensive and well-designed turn-over process that significantly helped me understand the details and nuances of such a demanding job."

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Forgotten Cold War tactics need re-learning, says Army leader

by David Vergun
Army News Service

WASHINGTON - The necessity of fighting counter-insurgency-style wars over the last 17 years has resulted in rusty skill sets needed to fight against near-peer adversaries, said Brig. Gen. Frank W. Tate.

Tate, who serves as director of aviation within the Army's G-3/5/7, spoke Sept. 7 during an Association of the United States Army-sponsored forum on Army aviation.

Some of those rusty skills, he said, include terrain masking, which is flying below hills to avoid detection and affect surprise; camouflage netting of equipment on the ground to conceal one's position; and flying low over terrain to avoid being struck by surface-to-air missiles.

These are skills Army aviators once cut their teeth on, Tate said, and even as the counter-insurgency-style wars continue, training must now incorporate these and other tactics that will be needed against near-peer adversaries.

During Tate's last command at NATO Multinational Corps Northeast in Poland, he said he spent time studying NATO defensive and Russian offensive capability.

Kaliningrad, a tiny sliver of Russian land situated on the Baltic Sea between Lithuania and Poland, contains a very powerful suite of anti-access, area-denial, or A2AD missiles and aircraft that provide an umbrella of protection to forces that might strike out against NATO, he said.

"It became clear that the U.S. Air Force, along with NATO's air forces, are not capable alone of defeating Kaliningrad's A2AD umbrella, or at least rapidly defeating it," he said.

The Army is taking a number of steps to address that type of near-peer threat, he said, such as improved combined-arms training using a multi-domain approach, or MDA. That approach, he explained, relies on combining the effects of ground, space, cyber and sea, as well as air power from all branches of the military and coalition partners.

There are still gaps in making that approach a reality, he said, citing a shortage of long-range precision fires and other munitions.

Still other gaps relate to failure of current technologies in a nuclear war, he said.

For instance, Russian doctrine states that tactical nuclear weapons could be used in combat. Besides the hazards

of the blast and fallout, position, navigation and timing devices would become inoperable and, with so many aircraft using fly-by-wire technology -- where the computer flies the airplane -- that too would be taken out.

So the challenge then becomes how can aircraft and GPS-enabled munitions function in that environment, he said.

Other gaps also need to be addressed, he said. For example, in Iraq and Afghanistan, there exist forward area refueling and rearming points, known as FARPs. These FARPs, which each contain upwards of 100,000 gallons of aviation fuel, remained static for months and years.

In a near-peer conflict, those could easily be targeted, he said.

So mobile FARPs need to be introduced, Tate said.

Also, there needs to be discussions on where to put the aviation assembly and maintenance areas, which are critical for keeping the helicopters flying, he said. Close to the battlefield is convenient, he said, but that also means they can more easily be targeted.

One solution now being implemented is to upgrade helicopters through the Improved

Turbine Engine Program, or ITEP. The program gives aircraft greater speed, range and lift, and enables them to fly to more distant assembly and maintenance areas, he said.

The Future Vertical Lift, or FVL program is another necessary component, he said, which addresses similar flight needs.

In an era of fiscal constraints, the FVL is proving to be a smart, low-cost approach, with technical demonstrators validating the physics of flight improvements. Once a requirement is out, this approach will more rapidly get FVL fielded, since the technology will have been successfully demonstrated.

During a recent Senate Armed Services Committee hearing, Tate said lawmakers told him that incremental improvements to legacy helicopters, such as with ITEP, forward-leaning efforts like FVL, and other Army programs were models for what modernization should look like throughout the Department of Defense.

Col. Thomas von Eschenbach, who serves as director of the capability development and

integration directorate within the U.S. Army Aviation Center of Excellence, said he agreed with Tate's assessment of what needs to be accomplished.

However, he added, "we all know we don't have the money. So that means you have to challenge the assumptions of yesterday, and that's a great thing because then you validate those that are true and question those that are not."

One thing that should be on the table when it comes to change, is organizational restructure. He said that kind of change doesn't cost much, but also that it doesn't come easy. Still, he said, "we're working on that."

The other inexpensive piece is training, he said. "You don't need material solutions to train to operate in an A2AD environment."

Maj. Gen. (Ret.) Jeff Schloesser, who serves now as vice president of strategic planning for Sierra Nevada Corp., said the Army's counterterrorism mission, particularly in the Middle East and North Africa, isn't going away.

"It's a multigenerational

fight," he said. "You can't ignore that, so you have to keep those capabilities even as you address near-peer competition."

Schloesser concluded that preparing for both types of missions is an expensive proposition. The Army will need to make a better case to Congress and the American people in asking for what they need to fight. He suggested framing the narrative in terms of jobs and adding to the economy.

Tate said for now, the best Army aviation can hope for is to "keep its most valuable current programs on track and on time ... because realistically, we don't expect any funding growth in [fiscal year 2019]."

Besides keeping funding on track for current programs, Tate said what also matters is funding for people. He predicted new retention bonuses for aviators by the end of this month. He said that in particular, he hates to lose Soldiers in the seven-to-10-year mark and others approaching retirement who are "seasoned aviators. We want to target them."

The Improved Turbine Engine Program will eventually replace the existing General Electric T700-GE-701C/D engines that now power AH-64 Apache and UH-60 Black Hawk aircraft. This improvement will better allow pilots to compete against near-peer adversaries, according to Brig. Gen. Frank W Tate, director, Army Aviation. Army photo

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Social Security Matters

by Russell Gloor

Ask Rusty - Collecting SS and income taxes; early retirement and working

Dear Rusty: My husband just starting collecting Social Security at his full retirement age. If he wants a part time job how much money does he have to stay under not to mess up his SS income? Someone told us he can make as much as he wants because they changed the law but my sister can only make up to a certain amount so we are concerned. I am taking an early retirement, I will be 62. Do the same rules count for me as to how much money I can make after drawing SS? Signed: Collecting but Still Working

Dear Collecting: Since your husband has reached his full retirement age, he is no longer subject to Social Security's earned income limit; he can earn as much as he wants and it will not affect his Social Security benefit payments. However, it may affect how much of his total Social Security income is taxable when you file your Federal Income Tax. Assuming your income tax filing status is "Married Filing Jointly", if your combined Adjusted Gross Income (including 50 percent of his annual Social Security benefit) is less than \$32,000, none of his Social Security income is taxable. If, however, your AGI is between \$32,000 and \$44,000, 50 percent of his total Social Security benefit is taxable as income; and if your AGI is more than \$44,000, up to 85 percent of his total benefit becomes taxable income. I suggest you speak with a Tax Advisor about how additional income from part time employment, when added to your other income sources (pensions, etc.), may affect the tax liability of your husband's Social Security benefits.



Now as for you taking early retirement, note first that if you start your Social Security benefits at age 62 you will only receive about 74 percent of what you would otherwise get at your full retirement age (FRA), and this reduction will be permanent. Also, when you file for benefits you will be "deemed" as filing for both your own benefit and any spousal benefit you may be entitled to from your husband's work record. But if you do retire early, the rules for working while you're collecting Social Security are different.

Until you reach your full retirement age of 66 and 2 months you will be subject to an annual earned income limit, which for 2017 is \$16,920 (this amount is subject to change each year). If you earn over this amount for the year, Social Security will take back \$1 for every \$2 you earn over the limit by withholding future benefit payments.

The earnings limit and penalty for exceeding it become more generous during the year in which you reach your full retirement age: the earnings limit goes up to \$44,880 (2017 amount) and the penalty is less - \$1 for every \$3 over the limit. And of course, like your husband, once you reach your full retirement age you can earn as much as you want without penalty, but you should always take into account the effect of working on the tax liability of your Social Security income. I'm not suggesting you shouldn't work, only that you should understand the affect working has upon your income taxes. Just like at work, you can choose to have income taxes withheld from your Social Security benefits, if appropriate.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. The information presented in this article is intended for general information purposes only. The opinions and interpretations expressed in this article are the viewpoints of the AMAC Foundation's Social Security Advisory staff, trained and accredited under the National Social Security Advisors program of the National Social Security Association, LLC (NSSA). NSSA, the AMAC Foundation, and the Foundation's Social Security Advisors are not affiliated with or endorsed by the United States Government, the Social Security Administration, or any other state government. Furthermore, the AMAC Foundation and its staff do not provide legal or accounting services. The Foundation welcomes questions from readers regarding Social Security issues. To submit a request, contact the Foundation at info@amacfoundation.org.

Navy plans to survey wreck of cruiser San Diego

WASHINGTON - The Navy announced plans Sept. 6 to survey the wreck of the World War I Navy cruiser USS San Diego, on which six American Sailors lost their lives when she was sunk as a result of enemy action off the coast of New York on July 19, 1918.

The survey's objective is to assess the condition of the wreck site and determine if the ship, the only major warship lost by the U.S., was sunk as a result of a German submarine-launched torpedo or mine. Ultimately, data gathered will help inform the management of the sunken military craft, which lies only a few miles south of Long Island.

The announcement comes just weeks after the 99th anniversary of the sinking of the ship, and the survey, which is planned for Sept. 11-15, is timed to allow researchers to conduct a thorough examination of the site and prepare, then release, their findings around the date of the 100th anniversary. The U.S. is currently commemorating the 100th anniversary of its entry into World War I.

The survey, led by the Naval History and Heritage Command's Underwater Archaeology Branch will be performed in partnership with the Coastal Sediments, Hydrodynamics, and Engineering Laboratory of

the University of Delaware's College of Earth, Ocean, and Environment. Other research support will be provided by the Naval Surface Warfare Center, Carderock Division, the office of Naval Intelligence, and Coast Guard Station Fire Island will provide logistical support.

"Studying sunken military craft offers researchers a glimpse into the lives of the Sailors who served in them, as well as the Navy and the nation they served," said NHHC's Under-

NHHC is responsible for the management, research, preservation, and interpretation of the Navy's collection of sunken military craft which includes more than 2,500 shipwrecks and 14,000 aircraft wrecks dispersed globally.

water Archaeology Branch Head Robert Neyland. "We believe the modern remote sensing and interpretive tools at our disposal now will help our understanding of the site and maybe teach us something new about what caused San Diego to sink."

The University of Delaware will provide remote sensing and interpretive capability in support of the survey. UD's previous study of coastal ecosystems has revealed much detail on the outcomes of interactions between tides, currents, beaches, natural seafloor features, marine life, and man-made objects.

Much of that work has been completed using underwater robotics and remotely deployed instruments including an autonomous underwater vehicle which is an untethered, wide-ranging robot that documents the seafloor. The University of Delaware will also provide essential logistical support with its research vessel Joanne Daiber, which supports the university's scientific studies, using unmanned vehicles and other state-of-the-art sensor technology. The vessel also provides a work

work closely with NSWCCD researchers to provide post-processed data needed for analysis of the wreck.

Coast Guard Station Fire Island will serve as the base of operations for the survey and will provide essential logistical support to the expedition during underway days.

"The survey will also help us fulfill a critical preservation part of our mission by assessing the site and determining how much damage has been done to the wreck in the past century by both natural environmental processes and unauthorized disturbance," Neyland said.

Six Sailors lost their lives when San Diego sank, one of the reasons Neyland's team believe safeguarding such wrecks is important: many of them serve as war graves. They may hold significant historical value, safeguard state secrets, or carry environmental or public safety hazards such as oil and ordnance.

The U.S. government takes any desecration of a war grave, or unauthorized disturbance of any other sunken military craft, very seriously. Whenever possible, the Navy works to enhance collaboration with partners including other government agencies, the recreational diving community and commercial fishing industry, as well as local authorities in areas where the wrecks are located to promote the preservation of these fragile historical and cultural resources.

platform and experiential classroom for students engaged in coastal research.

Researchers from NSWCCD, using their professional expertise in the study of weapons effects on ships, will provide valuable assistance to the research effort. If the condition of the wreck of San Diego allows for a clear picture of the battle damage to emerge, it may be possible to determine what type of weapon was used against the ship through interpreting the data collected as part of this research project.

ONI will assist in the post-processing and visualization of 3D point cloud data collected during the mission. Visualization Specialists from ONI's Farragut Technical Analysis Center will

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Career & Education

Become a docent at SD Botanic Garden in Encinitas!

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Docent activities include planning and working on special events, volunteering in garden beautification, and helping the Garden run smoothly. Docents are also encouraged (but not required) to lead garden tours. To each of these activities docents bring valuable leadership made possible only through this specialized training.

Classes take place 9:30 am – 1 pm on the following dates:
Sept. 14 Orientation to Docent

Program and SDGB
Sept. 21 Botany Bootcamp & Larabee Legacy

Oct. 5 Mediterranean Climate Gardens

Oct. 12 Trees in the Garden and the Herb Garden

Oct. 26 California Natives and Firescapes

Nov. 9 Bamboo and Tropical Fruit Garden

Nov. 16 Succulents and the Desert Gardens

Nov. 30 Palms and Cycads

Space is limited, so start today by contacting Volunteer Manager Jill Gardner at jgardner@sdbgarden.org or 760-436-3036 ext 213 to add your name to the roster. For more specific information regarding the class, contact Do-

cent Training Coordinator Liz Woodward at liz@woodwardweb.net or 760-420-1455.

Cost: \$60 fee for 8 classes. Pre-requisites prior to enrollment required. Information may be found on our website at <http://www.sdbgarden.org/docent.htm>

The San Diego Botanic Garden is a beautiful garden oasis nestled on 37-acres in the midst of Encinitas. Visitors enjoy restful vistas, flowering trees, majestic palms, and the nation's largest bamboo collection. Thanks to our mild Southern California climate, plants from all over the world thrive here. Our diverse topography provides a wide variety of microclimates giving visitors the sensation of strolling through a tropical rainforest to hiking in the high-desert. Four miles of trails wind through 29 uniquely themed gardens including the nationally-acclaimed Hamilton Children's Garden.

6 signs it's time to quit your 9-to-5 desk job

(StatePoint) A growing number of workers are moving away from typical 9-to-5 desk jobs and are reaping the benefits of being their own bosses or becoming independent contractors. How do you know if that lifestyle is for you?

Here are six reasons you may not be meant to be stuck at your desk for eight hours a day.

1. You enjoy working flexible hours. While most traditional jobs have specific hours, being an independent contractor means you get to set your own schedule. Whether you use your free time to spend time with family, enjoy favorite hobbies, hit the gym or travel the world, setting your own hours means greater flexibility where work/life balance is concerned. Plus, if you have a home office, you can also kiss that commute goodbye,



giving you more time to work and play.

2. You want the ability to work wherever you want. Not everyone relishes watercooler talk. If four walls have you down, traditional office culture may not be for you. Whether it's the beach, a cafe, or your couch, skip the chitchat and other office distractions and set up shop in whatever location inspires you to do your best work.

3. You like having uncapped potential for growth and salary. Even for those accustomed to annual raises, most traditional jobs come with limits to career growth and salary potential. Rather than being at the mercy of such salary caps, consider contracting positions with opportunities for swift, exponential growth.

4. You want to be your own boss and set your own goals. Being a traditional employee often means meeting someone else's benchmarks. Being an independent contractor means setting your own goals and defining your own success.

5. You like having extra cash on hand to enjoy life. Vacations,

cars, gadgets" the higher your earning potential, the more money you will have to spend on all of life's little extras.

6. You desire a career that challenges and motivates you. Many jobs can seem like drudgery. For a self-starter wanting to be challenged and motivated, forging one's own path can be much more fulfilling.

For all these reasons, many people are seeking opportunities that give them greater control of their hours and earnings, from starting a new business from scratch, to working with national brands as consultants and sales representatives. For example, Aflac benefits advisors work with the support of a strong national brand but have the ability to customize a personal brand. Aflac advisors are independent agents and are not employees of Aflac, so they are compensated for performance through commissions, renewals, stocks and bonuses. To learn more about Aflac, which herein means American Family Life Assurance Company of Columbus and American Family Life Assurance Company of New York, visit Aflac.com.

Navy issues Physical Readiness NAVADMIN correction

The Navy announced Tuesday a correction to NAVADMIN 141/17, Physical Readiness Program Policy Changes, clarifying the exemption for post-partum Sailors.

Effective immediately, the

Navy is exempting post-partum Sailors from participating in the physical fitness assessment (PFA) for six months following the Sailors' maternity/convalescent leave. This change reflects an increase to the Navy's increased maternity leave policy

of 84 days following child birth. This will ensure Sailors have adequate time to return to weight standards and pass a Physical Readiness Test (PRT) following a pregnancy.

Navy previously announced two other changes in NAVADMIN 141/17, effective Jan. 1, 2018.

Sailors who pass the body composition assessment (BCA), are within the Navy age-graduated body fat standards and score an overall "excellent low" or better on the PRT, with no single

event lower than a "good low" can be exempt from the next cycle PRT.

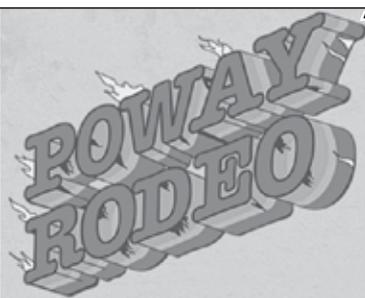
Also, the Navy eliminated the use of elliptical machines as authorized alternate cardio devices during official PFAs.

Additional information can be found at www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical and in NAVADMIN 141/17.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

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About Your Health

Weight loss in older adults can sometimes signal underlying health issue

DEAR MAYO CLINIC: My father is 84 and lives on his own. He's in very good health but seems to have lost some weight in the last few months. He says he just doesn't have much of an appetite. Would having him try meal replacement drinks be a good idea, or should he see his doctor first?

ANSWER: Before he starts using meal replacement drinks or other diet supplements, encourage your father to see his doctor. Weight loss in older adults can sometimes signal an underlying health issue. It's important to have unexplained weight loss evaluated to investigate the cause and make sure there isn't a bigger problem that needs attention.

When you go to see your doctor, one of the first things you do is step on a scale. The focus often is on the positive benefits of weight loss, and losing a few

pounds typically is seen as a healthy step. Although that may be the case for some older adults, too, for many people in their 70s, 80s and beyond, weight loss may be the first sign of a health problem. That's particularly true if an individual is losing weight without intentionally trying to do so.

Unexplained weight loss can be the result of a lingering infection or illness that could get worse if not treated. Certain medications can also cause weight loss. If that's the case, an alternative medication may be necessary to help maintain a healthy weight. Although less common, undiagnosed cancer, heart disease, or a neurologic illness like Parkinson's disease also can lead to unintended weight loss.

Memory loss and a decline in thinking skills, or cognitive function, are also possibilities that should be assessed in a situation like your father's. In their early stages, conditions that affect memory, such as Alzheimer's disease and other types of dementia, can often interfere with routine daily tasks, such as grocery shopping, making meals and eating.

Depression is an underlying concern for some older adults, as well, and it can frequently lead to weight loss. Those who've recently lost a spouse or close friend, or individuals who are otherwise socially isolated, may be particularly vulnerable to depression.

Finally, the problem could stem from a change in taste buds or a loss of the sense of smell, which makes eating less pleasant. This happens in some people as a result of aging, but it often results in very slow weight loss.

If there is an underlying medical problem, treatment for it may be able to help stabilize a person's weight. In some cases, meal replacement drinks or other diet supplements can also help. They typically provide about 300 calories per serving and can be useful for people who have a hard time getting all the calories they need each day.

These products also may be helpful for those with mild memory loss or other conditions that make it hard to prepare meals on a regular basis. In general, though, it's best for most people to get the bulk of their nutri-

tion from a diet that contains a variety of healthy foods, such as whole grains, plenty of fruits and vegetables, and lean meat, fish and poultry. People who have unintended weight loss should avoid restrictive diets, such as those that focus on low-fat foods.

Even though your father doesn't appear to have any other health issues at this time, it's still important for him to visit his doctor to have his weight loss evaluated. If left unchecked, even when it is not associated with an underlying medical problem, weight loss in older adults can eventually lead to other concerns, such as weakness and loss of balance. The sooner his weight can be stabilized, the better it will be for your father's health overall. - Paul Takahashi, M.D., Primary Care Internal Medicine, Mayo Clinic, Rochester, Minn.

Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to [MayoClinicQ&A\(AT\)SIGN@mayo.edu](mailto:MayoClinicQ&A(AT)SIGN@mayo.edu). For more information, visit www.mayoclinic.org.

Tips to fit into your favorite jeans

(StatePoint) Are your favorite pair of jeans sitting in your closet waiting to be worn again? If so, you're not alone.

More than three in five American women (62 percent) own jeans that no longer fit them, according to a new survey conducted on behalf of Nutrisystem by Harris Poll. And on average, they say they would have to lose 16.8 lbs. in order to fit into their favorite pair.

Trying on those jeans and not fitting into them can be frustrating, but being geared with the right tips can help you get on the weight loss track and back in those jeans.

- **Eat Smart and Often.** Aim to eat smaller meals every 2 to 3 hours, six times a day so that you don't binge or overdo it. You'll feel full and satisfied, which will help you make smarter choices.

- **Be Prepared.** Always keep a baggie of your favorite snacking veggies handy in the car, at work and on-the-go. If you feel a craving, snack on those carrot sticks guilt-free.

- **Don't Go at It Alone.** Losing weight isn't exactly a cakewalk. But it doesn't have to be impossible. Find a weight loss plan that works for you and fits in with your lifestyle. Programs, like Nutrisystem, ensure you feel satisfied throughout the day and take the guesswork out of dieting, making it easier to stick with the plan and drop those pounds.

- **Drink Up.** "Hunger and thirst are easily confused, so stay hydrated. But don't make the mistake of drinking your calories. Opt for water," says Courtney McCormick, corporate dietitian at Nutrisystem. If you're looking for a more flavorful option, add fresh fruit slices, a few squeezes of lemon or some sprigs of mint leaves.

- **Stay Committed.** You owe it to yourself to focus on your health. Making changes is never easy at first, but hang in there. Your results will fuel your continued commitment.

More tips and inspiration, as well as recipes, can be found at leaf.nutrisystem.com.

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How to get your family interested in art and music

(StatePoint) When school budgets suffer, often so do arts and music programs. Families can make up for scaled back opportunities in the classroom by bringing both music and art into the home.

Art Corner

Create a little art studio in your house with a few key supplies. Drawing pencils, sketchbooks and watercolors are great basics. As skills progress, you can expand these supplies to include acrylic paints, charcoal and more. For those into crafting, check out sites like Pinterest for creative ideas and step-by-step instructions. While many community centers offer opportunities to receive classic art instruction, there are a number of online tutorials that can help you learn basic techniques from the comfort of your home, and for free.

Make Music

Research has shown that listening to classical music can have many positive benefits on the brain and body, from improving one's mood to boosting performance on tests, so, get exposed to all the greats, from Mozart to Beethoven to Vivaldi.

September is National Piano Month, and an excellent opportunity to encourage your family to learn to play classical music with the right gear. These days, it's possible to get the concert grand piano tone with modern technology. New models of keyboards, such as the Celviano AP-270, a stand-up keyboard from Casio, is equipped with an 88-key Tri-Sensor Scaled Hammer Action Keyboard with simulated ebony and ivory textured keys to reproduce the feeling of an acoustic piano.

Explore Your Community

Take a field trip! Go to a museum or art gallery. Attend a live concert. Being inspired to create art and music is easier when you have real life examples to admire. Encourage everyone to talk about what they heard and saw and what they liked best.

Coloring ourselves American in the face of tragedy



by Lisa Smith Molinari

We've all seen them. Those unbelievable images of New York City on September 11, 2001, when terrorists crashed jumbo jets into the World Trade Centers and our lives changed forever.

There's the photos of the gaping, flaming holes left by the hijacked planes. Images of desperate victims jumping from the burning buildings, of first responders and courageous civilians risking their lives, of the collapsing towers spewing forth a terrifying cloud of ash, of the jagged, smoldering devastation and death left behind.

Sixteen years later, the images still shock us and bring us back to the harsh reality and the incredible heroism of that day.

Today, we once again bear

witness to mass devastation in another iconic US city — Houston, Texas. Like 9-11, first responders and volunteer civilians are risking life and limb to help the victims of Hurricane Harvey and mass flooding from the most recorded rainfall in continental US history.

Nature to blame. But ironically, the lack of someone to accuse has made us turn on each other.

Rather than allowing our hearts and minds to open wide and fully absorb another historic moment when Americans rise to an unthinkable challenge, we are

Perhaps as 9-11 approaches, we can use the now-famous images of that historic tragedy to close the gap that prevents us from banding together to face the Hurricane Harvey flood devastation as one united people.

Some images of 9-11 are particularly relevant to the division we are experiencing today. The photos of people in the streets of New York City — office workers, firefighters, military men and women, hot dog vendors, tourists, nearly everyone — blanketed in grey ash are a symbolic reminder that we are all Americans. In those photos, one cannot distinguish between black or white, rich or poor, liberal or conservative.

All one sees is people helping or being helped in the midst of unthinkable tragedy.

This year, on the sixteenth anniversary of 9-11, as Houston begins the long process of recovery, let's set aside our differences for a later debate. Let's color ourselves as only Americans united as one. Let's open our hearts so that we can fully experience the historic storm of grief and tragedy without distraction, and open our hands to offer our fellow citizens the charity and hope they so desperately need.

[The following relief organizations are among those taking donations to assist the victims of Hurricane Harvey: American Red Cross (<https://www.redcross.org/donate/hurricane-harvey>); Salvation Army (www.disaster.salvationarmyusa.org); and Houston Flood Relief Fund (<https://www.youcaring.com/victimsofhurricaneharvey-915053>).

the meat and potatoes of life

There are images of schools, churches, highways, homes and cemeteries under muddied waters. Of drenched, exhausted victims fleeing their submerged homes, carrying shoeless children and trembling dogs on their shoulders. Of at-capacity shelters, of downed electrical lines, of rain continuing to fall.

But something is different. After 9-11, our entire country banded together to mourn the loss, hail the heroes and recognize America as one great nation of people. However, the Houston flood news coverage is interrupted with reports on continuing racial and political tensions.

Perhaps the fact that 9-11's devastation was caused by a foreign enemy allowed Americans to link arms as allies. As for Houston, we have only Mother

still bickering over politics.

This squabbling robs thousands of first responders, law enforcement, mobilized military aboard warships and aircraft, and National Guard members the recognition they deserve for their undaunted service. It diverts our attention from the countless acts of kindness and bravery shown by thousands of average civilians. It keeps us from thinking deeply about the suffering our fellow citizens continue to endure, and more importantly, how we might help from afar.

It even distracts us from those criminal opportunists who plot to loot and ransack as soon as the waters recede, allowing them to carry out their dirty deeds without the deterrent media coverage that might assist law enforcement officials.

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End of Summer Poolside Movie Friday, Sept. 15, 7 pm, FREE NBPL, Main Base, The Clubhouse Bldg. 546 Finish off your summer with a refreshing dip in the pool while watching Smurfs 2! (PG).

Dive-In Movie Friday, Sept. 15, 7-9 pm, FREE NASNI VADM Martin Pool, Bldg. 1507 It's an end of the summer pool party with music, prizes and Otter Pops on the pool deck, while floating to the new release 'The Smurfs 2' (movie subject to change). Bring your own floats and noodles. Registration required: nbccr@navylifesw.com

Superhero Obstacle Challenge Saturday, Sept. 16, 10 am-Noon, FREE NBSD Admiral Prout Field House Track, Bldg. 3279 Use your superhero strength to power through our superhero-themed obstacle course. Courses for both kids and adults. Info: 619-556-9597

Volcan Mountain Hike Sunday, Sept. 17, 8 am-5 pm, FREE Depart from NBPL Main Base, The Clubhouse, Bldg. 546 This moderate 3.2 mile hike through Julian offers views from the desert to the ocean. Following the hike, we'll visit the town of Julian for apple picking! \$5 Liberty/\$7 MWR patrons. Cost includes transportation and guided tour. Registration required: NBPL 619-553-9138, NBC 619-437-3190, NBSD 619-556-9597

Woof Walk Sunday, Sept. 17, 9 am-Noon, FREE NAB Turner Field, Bougainville Rd. & Eniwetok Coronado, CA 92155 Bring your fur friends for a fun, 1-mile dog walk, pet expo, pet contests for prizes, obstacle courses, demonstrations, entertainment, giveaways and a free neck bandana craft for all our four-legged participants.

SPECIAL NOTE: SNAP is offering FREE cat and dog spay and neuter services for military families. Limited space available. Call 1-866-SPAY-BUS or 619-525-3047 to make a reservation. For more event information, call: 619-437-3190

California Tower Sunday, Sept. 17, 10 am, \$18 adults/\$15 kids (6 yrs.+) Museum of Man, Balboa Park See fantastic 360-degree views including the mountains, downtown, the San Diego Zoo, San Diego Bay, the rest of Balboa Park, and a whole lot more. Feel free to explore the museum after the 40-minute tower tour! Cost includes tour and museum admission. INFO: 619-556-9597

Ucycle Night: Old Frames Into Cork Boards Thursday, Sept.

21, 6-9 pm, \$8 NBPL, Main Base The Clubhouse, Bldg. 546 We're teaching you to repurpose old picture frames and turn them into stunning multi-use cork boards. Cost includes instruction and all supplies. Registration required: 619-553-9138

HAPPENINGS LISTED FROM PREVIOUS ISSUES....

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

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

Junior Golf Clinics Every Saturday • 10-11 am • \$20 Kid's 6-17 years, learn fundamentals, etiquette and golf rules in a fun, friendly environment. For more details contact the Naval Base Golf Performance Center at 619-556-7502 or Sea 'N Air Golf Course at 619-545-9659.

BOWLING

Adult Winter Leagues Now Forming! Mixed League, Scratch League, Senior League and Have a Ball League. Admiral Robinson Recreation Center and Sea 'N Air Lanes.

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

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

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

LIBERTY

(Root) Beer Pong Tournament Thursday, Sept. 14 • 4 pm • FREE You have all day to practice. Bracket starts a 4 pm. Sign up at the front

desk for your chance to win! Info: 619-437-3190

Food Truck Friday Friday, Sept. 15 • 5:30-9 pm • \$2 Spend your Friday evening at Balboa Park enjoying local foods and exploring the expansive park full of museums and nature. Liberty Hall: 619-524-0961

Dave & Buster's Trip Saturday, Sept. 16 • 5 pm • \$5 Brush up on your air hockey skills, challenge others in one of their multiple games, or just come out with us and have a great Friday evening! Cost includes transportation and snacks. Info: 619-556-5085

Kayak La Jolla Shores Day Sunday, Sept. 17 • 9:45 am-2 pm • \$40 Explore the seven caves and La Jolla's Underwater Park! Cost includes 2-hour, guided tour and equipment. Sign up by 9/14.

Kayak 101 (Sat, Sep 2) participants receive a \$5 discount! Kayak 101 is suggested, but not required, for 9/17 trip. Call for \$5 discount offer. Adventures open to single enlisted Sailors, unaccompanied Service Members and one accompanied guest, 18 year+. Liberty Hall: 619-524-0961, The Clubhouse: 619-553-9138

Trivia Night Monday, Sept. 18 • 6-8 pm • FREE In honor of National Cheeseburger Day, our theme for the night is FOOD. Participants get sliders to munch on during the event! Liberty Hall: 619-524-0961

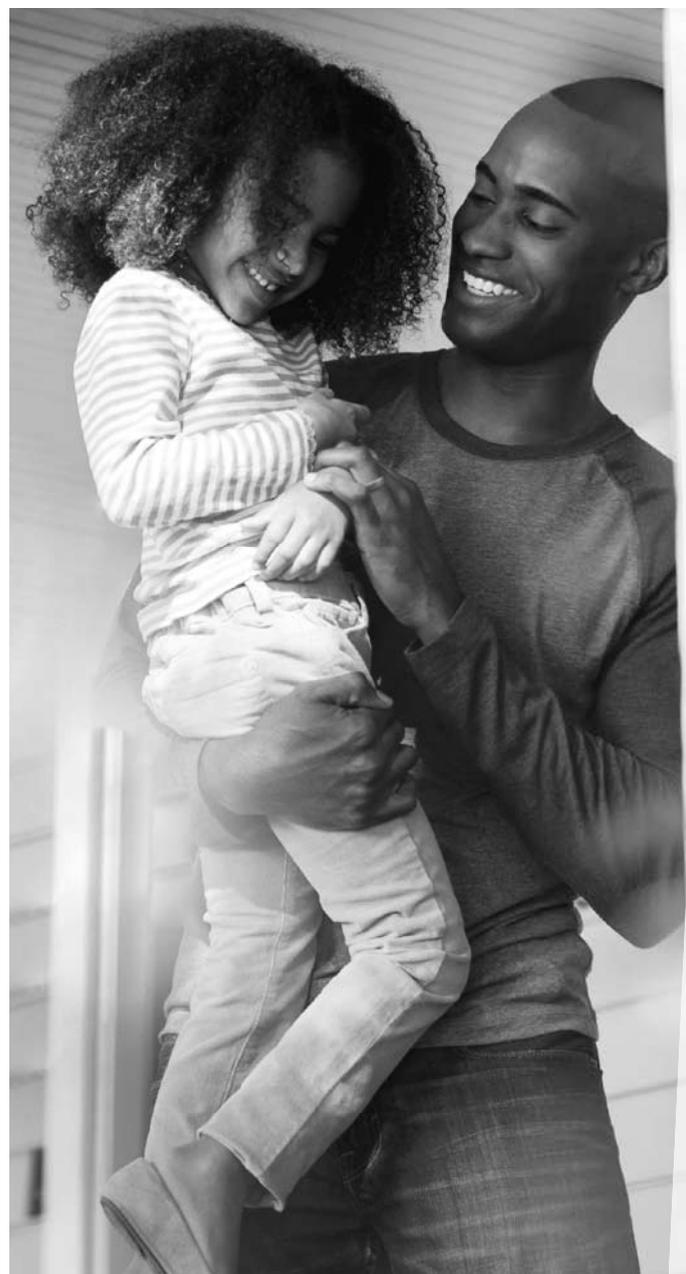
Star Gazing Night Hike Monday, Sept. 18 • 6 pm • \$5 Each person gets a constellation map to help locate constellations with our telescopes at the top of the mountain. Cost includes transportation, map, water and snack. Info: 619-545-3331

Poker Night at the Q Tuesday, Sept. 19 • 6 pm • FREE We've got the tables, chips, and cards! Bring your poker face and get in some practice for the Liberty vs. Liberty Poker Night on Oct. 17 at North Island. Info: 619-437-3190

Naval Base San Diego Theater Tuesday Movie Night Tuesday, Sept. 19 • 5:30 pm • FREE See the latest and greatest movies out right now! Join us and receive free transportation, medium popcorn and a medium soda. Space is limited. Sign up now! Info: 619-556-5085

Learn to Make Salsa Tuesday, Sept. 19 • 4 pm • FREE Yes, you'll get a taco with the salsa you make! Info: 619-532-8909

Cold Brew Class Wednesday, Sept. 20 • 11:30 am-1:30 pm • FREE Drop by during your lunch hour and learn how to make cold brew coffee. It's so easy you can make it in your room! We also have samples for you to taste.



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Largest regional amphib exercise kicks off in Djibouti

ARTA BEACH, Djibouti - Naval Amphibious Forces, Task Force 51, 5th Marine Expeditionary Brigade (TF 51/5), commenced a two-week amphibious exercise in international waters off the coast of Djibouti, Africa, Sept. 4.

Exercise Alligator Dagger is the largest regional amphibious exercise to integrate and synchronize TF 51/5's warfighting capabilities and those of adjacent U.S. Naval Forces Central Command and Special Operations Forces units.

"USS *America's* Amphibious Ready Group and the 15th

Marine Expeditionary Unit are prepared to rehearse a variety of tactical capabilities in this demanding and globally vital region," said Marine Brig. Gen. Frank Donovan, commander of TF 51/5. "This critical amphibious combat proficiency training will ensure our integrated Navy and Marine Corps forces are posted and prepared to execute operations at sea, from the sea and ashore."

According to Donovan, this is the first time that ships, Sailors and Marines of Amphibious Squadron 3 and the 15th Marine Expeditionary Unit will rehearse power projection capabilities in

the U.S. Central Command area of operations. Other firsts include the use of a Landing Base/Platform and a Mine Hunting Unit with an Unmanned Surface Vehicle, both force multipliers that greatly increase TF 51/5's ability to gain access to potentially denied coastal areas.

Participants are USS *America* (LHA 6), the command ship for Amphibious Squadron (PHIBRON) 3, USS *Pearl Harbor* (LSD 52), USS *San Diego* (LPD 22), 15th Marine Expeditionary Unit and the Expeditionary Sea Base USS *Lewis B. Puller* (ESB 3), named after Lt. Gen. Lewis "Chesty" Puller - one of the most decorated members of the Marine Corps.

"USS *Puller* allows U.S. Naval Forces greater operational flexibility while providing critical support to TF 51/5's joint forces to meet potential threats in the 5th Fleet area of operations," said Capt. Adan G. Cruz, commanding officer of *Puller*. "The newly-commissioned Expeditionary Mobile Base platform will support Task Force 51/5's diverse missions that include airborne mine countermeasures, counter-piracy operations, maritime security operations,



Cpl. Cabe Allen wipes down the rotor blades of a UH-1Y Venom helicopter assigned to Marine Medium Tiltrotor Squadron 161 (Reinforced) on the flight deck of amphibious transport dock ship USS *San Diego* (LPD 22) during exercise Alligator Dagger 2017. Alligator Dagger is a dedicated, unilateral combat rehearsal led by Naval Amphibious Force, Task Force 51, 5th Marine Expeditionary Brigade, in which combined Navy and Marine Corps units of the America Amphibious Ready Group and embarked 15th Marine Expeditionary Unit are to practice, rehearse and exercise integrated capabilities that are available to U.S. Central Command both afloat and ashore. Navy photo by MC1 Joseph M. Buliavac

San Diego Navy base holds annual security exercise

The Navy is conducting part of a large-scale anti-terrorism and force protection training exercise at Naval Base San Diego through Sept. 15.

Held annually, Exercise Citadel Protect is a tactical training event designed to assess the Navy's capability to protect ships against various threats in Navy ports. The object of the exercise is to identify any gaps or seams

in our force protection at home and overseas. The 5-day training presents sailors with several different scenarios that require quick and effective responses. Simulations and special effects, including pyrotechnics, add to the authenticity of the training experience.

The Navy will be working this year with the latest technologies to respond to various threats.

humanitarian aid and disaster relief missions as well as crisis response operations."

Edelson assumes command of NAVFAC Southwest

by Lee Saunders

SAN DIEGO - Capt. Mark Edelson succeeded Capt. John J. Adametz as commanding officer of Naval Facilities Engineering Command (NAVFAC) Southwest Sept. 6 in a change of command ceremony held aboard the flight deck of the USS *Midway* Museum in San Diego.

The official party included guest speaker NAVFAC Atlantic Commander Rear Adm. Darius Banaji, Navy Region Southwest Commander Rear Adm. Yancy Lindsey, and Navy Chaplain (Lt.) Chad McClain giving the invocation and benediction.

"I learned the facility business in the Southwest and it is a personal and professional pleasure to return to San Diego to carry-on that responsibility and once again serve with the men and women of NAVFAC," said Edelson, during remarks at the ceremony.

Edelson became the eight commanding officer of NAVFAC Southwest since its establishment in August 2005 after the disestablishment of Naval Facilities Engineering Command Southwest Division and Navy Public Works Center (PWC) San Diego.

"NAVFAC Southwest has always been willing to learn from the past and try something different - to look at the data and challenge conventional thinking," said Edelson. "The Navy needs that spirit, that commitment to excellence, now more than ever."

Adametz commanded NAVFAC Southwest from August 2015 to September 2017. He is departing NAVFAC Southwest to become the commanding officer of Naval Facilities Engineering and Expeditionary Warfare Center in Port Hueneme.

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Pinckney completes MDVR in Oman

by MC2 Craig Z. Rodarte
DUQM, Oman - Arleigh Burke-class guided-missile destroyer USS *Pinckney* (DDG 91) completed a successful mid-deployment voyage repair (MDVR) here Sept. 6.

The eight-day port visit allowed the crew and contractors to conduct vital repairs and maintenance as well as give Sailors constructive time away from the ship.

"The purpose of Pinckney's port visit to Al Duqm was two-fold," said Cmdr. Frank Walter, commanding officer of *Pinckney*. "When a ship is underway for a long period of time there

will inevitably be repairs that need to be accomplished that cannot be done underway. Our visit to Duqm was also an opportunity to experience the culture of Oman and to establish America's relationship with one of the most important countries of the region."

Duqm is strategically located near the Strait of Hormuz, a key naval chokepoint. The Navy's interest and investment in Duqm is helping to contribute to regional stability.

"Our visit to Al Duqm ensured that *Pinckney* will be able to carry out helicopter search and rescue missions

safely, counter-piracy efforts and ensure the main engines are in top condition," said Walter. "This MDVR ensured that *Pinckney* is 'Ready to Go, Trained to Fight, Proud to Serve' towards any mission that is asked of this ship. The critical repairs accomplished in Duqm made sure that we are able to serve proudly and come home safely."

Port facilities and services in Duqm have expanded in recent years offering U.S. naval warships deployed in the 5th Fleet area of operations, a wider range of maintenance and logistics capabilities.

"The city of Duqm is still growing," said Walter. "But despite its small size, the local people showed *Pinckney* Sailors the true spirit of Oman."

Pinckney's morale, welfare and recreation (MWR) staff coordinated events and transportation to visit local resorts providing access to the beach and swimming pool, local cuisine and the Omani culture.

"The crew needed some rest and relaxation after being out to sea for more than 60 days," said Operations Specialist 2nd Class Laneka Scott. "The crew took full advantage of being able to reset from the repetitiveness of days out to sea. We all feel refreshed and ready to continue our mission in 5th Fleet."



In this file photo from Aug. 24, Destroyer *Pinckney* maneuvers behind assault ship *Bataan* and its amphibious ready group were deployed to the 5th Fleet area of operations in support of maritime security operations. Navy photo by MC2 Mutis A. Capizzi

Pinckney is deployed in the U.S. 5th Fleet area of operations in support of maritime security operations designed to reassure allies and partners, and preserve the freedom of navigation and the free flow of commerce in the region.



3rd Fleet to receive new commander

SAN DIEGO - Vice Adm. Nora Tyson will be relieved by Vice Adm. John D. Alexander as Commander, U.S. 3rd Fleet during a change of command ceremony Sept. 15.

The change of command ceremony will take place aboard USS *Theodore Roosevelt* (CVN 71) pierside at Naval Air Station North Island, where Tyson will retire after 38 years of service.

In July 2010, Tyson became the first woman to command a carrier strike group when she took control of the *George H.W. Bush* Strike Group, leading 13 ships, 80 combatant aircraft, and about 9,000 Sailors, as the commander of Carrier Strike Group Two. She led the strike group on its maiden deployment where they conducted combat operations in support of Operations Enduring Freedom and New Dawn.

When she assumed command of 3rd Fleet in July 2015, Tyson became the first woman to command an operational numbered fleet.

Under her command, 3rd Fleet's role expanded in the Pacific under the U.S. Pacific Fleet initiative Third Fleet Forward. Third Fleet Forward is an operational concept where 3rd Fleet maintains command and control of units throughout their deployment rather than transferring operational control to U.S. 7th Fleet once units cross the International Date Line. This provides the Pacific Fleet commander with additional flexibility and options by applying the full range of capabilities of both numbered fleets based on specific missions rather than geographic areas.

During her time on board, Tyson oversaw 3rd Fleet Forward deployments of two surface action groups, a carrier strike group, and several independently deploying ships.

Incoming C3F Alexander's command tours include commander; Battle Force 7th Fleet, forwarded deployed aboard USS *Ronald Reagan* in Yokosuka, Japan; assistant commander for Career Management at NPC; skipper of Electronic Attack Squadron 135; USS *Juneau*, forward deployed to Sasebo, Japan; and carrier *Abraham Lincoln*.

3rd Fleet was formed during World War II on March 15, 1943, under the command of Fleet Adm. William F. "Bull" Halsey.

Navy Times

Ex-Naval officer sentenced 18 months in 'Fat Leonard' bribery scandal

HONOLULU — A retired Navy commander in Hawaii must spend 18 months in federal prison for lying about his relationship with a Malaysian defense contractor nicknamed "Fat Leonard."

A federal judge in Honolulu sentenced David Kapaun on Sept. 11, saying he abused his position in the Navy to help give a contractor an unfair advantage.

Leonard Francis has admitted bribing Navy officials with cash, prostitutes and other gifts

in exchange for information to help his company. He's awaiting sentencing.

Prosecutors say Kapaun was one of the officials Francis plied with those gifts. Kapaun must pay \$50,000 in restitution and a \$25,000 fine. He must also serve 200 hours of community service.

Kapaun pleaded guilty in June, saying he lied when didn't disclose on a security clearance form his connection to Francis. - by Jennifer Sinco Kelleher

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Special operations Marine retains title as Ultimate Tactical Athlete

by Cpl. Bryann Whitley
CAMP PENDLETON - Sgt. Ethan Mawhinney, a Marine Air Ground Task Force planner with Marine Corps Forces, Special Operations Command, defended his championship title at the Marine Corps' third annual HITT Tactical Athlete Competition held here recently.

The competition brings together the top male and female Marines from each Marine Corps installation in a demanding competition of military functional fitness and to promote the advanced dynamics found in the High Intensity Tactical Training program. The HITT program is comprised of seven foundational movements: squat, press, lunge,

plank, rotate, pull and push for a full-body, functional workout.

Mawhinney participated in the first competition in 2015, only a few months after completing the HITT Level 1 Instructor Course. He was snared to the HITT program and didn't know what to expect when arriving at the competition. He attributed his sixth place finish to his lack of knowledge and proper preparation.

"I wasn't really prepared for what the competition consisted of," said Mawhinney. "I was still pretty new and didn't have the knowledge to really succeed in the competition yet."

Unsatisfied with the results,

Mawhinney used his knowledge of the competition and HITT program to overhaul his workout routine and prepare for the 2016 competition. He did three-a-day workouts consisting of sprints and distance running along with HITT workouts, seeking to break himself down before building his body back up.

While some competitors only start preparing a few months prior to the event, Mawhinney starts preparing after a short break of one to two weeks following the previous competition. Around June, Mawhinney said he ramped up his workout routine and focused on workouts meant to get ready for the competition.

He took first place in 2016, proving his work had paid off. Despite the win, he felt the pressure of a narrow point gap between his final standing and that of the second place finisher.

After the 2016 competition, Mawhinney checked into MAR-SOC where he leaned on the physical trainers at the MAR-SOC Performance and Resiliency program to help fine tune his workout program. The trainers helped him adjust his training to

consist of more explosive workouts, emphasizing heavy lifting versus faster, light-weight lifting and calisthenics.

"I worked a lot on explosiveness - little things like short, 15-yard sprints, for training take-off speed," said Mawhinney.

His workouts also consisted of drills involving box jumps, modified explosive push-ups, and Olympic-style lifting. Mawhinney significantly trained his anaerobic threshold to increase his stamina for events. He stated that the typical human threshold tends to be around two minutes, but the events at the competition are around four to six minutes.

Because the scoring system is based off the time it takes to complete an event, Mawhinney said he didn't want to lose points by pacing himself throughout the events. Instead, he focused his energy into one daily workout after noticing an increase in injuries resulting from the intense frequency of workouts the previous year. His revamped program featured longer, more intense and harder workouts versus the shorter, easier ones from previous years. Mawhinney added in a second daily workout dur-



Sgt. Ethan Mawhinney defended his championship title at the Marine Corps HITT Tactical Athlete Competition at Camp Pendleton. Official Marine Corps photo

ing the final stretch before the competition.

"The biggest thing we changed with this year's workouts was increasing his speed and power versus volume," said Alli Clauss, a strength and conditioning coach. "Every workout we did had a point behind it."

Mawhinney came in 1st place again in this year's competition, maintaining his title as Male Division Champion for the 2017 HITT Tactical Athlete Competition. Mawhinney represented Camp Lejeune against 16 male competitors; the female division featured 15 athletes.

"[Looking back at my performance] there wasn't any one thing that I thought I really wanted to work on," said Mawhinney after this year's competition. "I just want to get better at every-

thing for next year."

Along with increasing physical fitness, Mawhinney said the discipline required to train for such an event really bring together some of the best and physically fit Marines. One of the biggest enjoyments for him was the atmosphere provided by those Marines. Mawhinney said that for him it's not about lifting and working out to look good, but to be the best Marine he can be - an opportunity provided by the Tactical Athlete Competition.

"I've heard it said that we should work out for two reasons: to make ourselves better at killing the enemy and to make ourselves harder for the enemy to kill," said Mawhinney. "I think that really matches with what the HITT program does in having that tactical athlete mindset."

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NO SPACE "A" DEPARTURES			
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Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4101	C40	09:00	STENNIS, MS(69)
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Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4101	C40	09:00	NORFOLK(69)

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America ARG, 15th MEU remember 9/11

GULF OF ADEN - It was a day that changed the course of history for millions of people around the world and impacted all walks of life; a day that still weighs heavily on the hearts of so many, including those serving in uniform.

Spread across three different ships, Marines of the 15th Marine Expeditionary Unit (MEU) and Sailors from *America's* Amphibious Readiness Group (ARG) took a moment to remember that one fateful day, 16 years ago.

Semper Vigilans, Always Vigilant. Semper Fidelis, Always Faithful. These are mottoes of Sailors and Marines, who gathered in the chapel of USS *San Diego* (LPD 22) to pay tribute to those who lost their lives, live by, said Boatswain's Mate 1st Class Jason Thompson, who spoke at the ceremony. To Sailors and Marines, these mottoes are more than just words painted on a ship or sewn on a flag. They're part of their culture.

"Taking a moment to remember 9/11 is our obligation to the past, not just as people in uniform, but as human beings looking forward to a better day," said Thompson. "We are obligated to pause and remember so we can chart a better course."

The group of petty officer first class Sailors, who will soon be promoted to chief petty officers aboard *San Diego*, gathered with

their fellow Sailors and Marines in the chapel to take time to reflect on the impact 9/11 has had on so many fellow service members.

"We consider how frail the bonds of human existence are and that in a mere moment we can lose a loved one," said Thompson. "That bond must be strengthened in moments like these, when we take a moment to look at each other not through the gaze of a military eye, but as human beings."

Following the national anthem to open the ceremony, the ship's chaplain said a brief prayer and Thompson spoke to those in attendance.

"Our ship's motto is 'Semper Vigilans, Always Vigilant,'" Thompson said. "That is perhaps more relevant today than ever before, and when I consider the unflagging Marine Corps and their motto, 'Semper Fidelis, Always Faithful,' I am filled with the resolve to remember our dead and faithfully carry on under the American flag. We honor those who sacrificed and we seek a way forward. The American way of life is still here. Our presence on this ship here and now

Deployed aboard USS *America* (LHA 6), Sailors and Marines heard a minute-by-minute breakdown of the events of 9/11 over the loud speaker. Stories of brave civilians attempting to thwart the terrorist attack and the final impact on the Twin Towers was recounted.

It was a chilling reminder that freedom isn't free, explained Sgt. Haley Jimenez, 15th MEU unit mobility control chief, who reenlisted in the U.S. Marine Corps during 9/11 and remembers everyone taking a moment of silence following her oath.

"It takes you back," said Jimenez, reminiscing about sitting in her third grade class with teacher, Mrs. Lawson. "For most, remembering exactly what they were doing the moment of the attacks is not hard to do. When I was that age I didn't really understand what was going on, but now I am deployed and it really gives you a different appreciation for what happened."

Jimenez serving with the 15th MEU, said she never would have imagined that she would be serving as a Marine in the Gulf of Aden, nearly two decades after



Marines assigned to the combat cargo department aboard USS America (LHA 6) moves pallets of supplies to the ship's port elevator during a replenishment-at-sea with USNS Washington Chambers. Navy photo by MC2 Alexander A. Ventura II

the 9/11 attack.

"I never thought I'd be here, but I really am glad to be part of a team that is working day-in and day-out to prevent and deter such actions from hurting innocent people around the world," said

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28th annual Fall Home/Garden Show returns to Del Mar Fairgrounds

During its three-day extravaganza this September 22-24, 2017, the 28th-annual Fall Home/Garden Show will feature hundreds of products, remodeling inspiration, hands-on demonstrations, educational seminars by professional trade, building and design associations.

Produced by Westward Expos, the indoor-outdoor event and its hundreds of exhibitors will showcase the newest products and hottest trends for both inside and outside the home. It's truly San Diego's original Home and Garden Show!

The show features special pricing and big savings on exhibitors' products and services. And, another big plus: attendees

will have the opportunity to shop multiple project bids from exhibitors face-to-face. It's one-stop planning and decision-making at its best.

In addition to being an extensive home/garden product marketplace, the Fall Home/Garden Show offers several unique features this year.

Garden lovers will enjoy a Entry Garden area with an enticing variety of plants and ideas by members of the Association of Professional Landscape Designers (A.P.L.D.).

A.P.L.D. also offers "30 for \$30"—30-minute design consultations for only \$30 at the show. Bring your photos, plans, and

problems for instant help. Last year's program was a sell-out.

The "Garden Marketplace" will have hundreds of varieties of plants on sale direct from local growers, who are also happy to give planting tips and advice. Local nonprofit plant groups will also be on hand.

"Stars of San Diego" inside the main O'Brien Exhibit Hall features, San Diego Home/Garden Lifestyles magazine's selection of local artists and artisans. Their high-quality body of work will be on display.

The show runs Friday, Sept. 22, 11am-6pm; Saturday, Sept. 23, 10am-6pm; and Sunday, Sept. 24, 10am-5pm. Admission: \$8.00; children under 12 are free. Seniors 55+ only \$1 on Friday. Military: active, retired, or veteran have Free Admission with id.

Discount tickets on the website are \$6.

For more information: 858.350.3738 or visit www.fallhomegardenshow.com/

Place an ad in
the Dispatch
(619) 280-2985

San Diego Bayfair roars on Mission Bay, Sept. 15-17

One of California's largest on-water festivals, San Diego Bayfair presented by HomeStreet Bank, is set to take over Mission Bay Sept. 15-17.

More than 75,000 spectators and RVers are expected to attend the three-day event on East Vacation Island and Fiesta Island to watch the world's fastest boats and celebrate the end of summer.

"For more than 50 years, Bayfair has brought families and friends together on beautiful Mission Bay," said Bob Davies, race director San Diego Bayfair. "Bayfair brings competitors from around the United States and fans from across the globe for a thrilling weekend of racing."

Bayfair features three days of nonstop boat racing, a kids' zone and beer gardens to enjoy the festivities on Mission Bay. More than 700 RV spots will take over Mission Bay Park, a rare opportunity to stay overnight in the park.

The main draw once again is H1 Unlimited as the tour wraps up its season in San Diego. U-1 HomeStreet Bank driver Jimmy Shane is chasing his third straight national high points championship and a third consecutive Bill Muncy Cup at Bayfair.

Shane, who is an engineer at Jeff Bezos-owned Blue Origin in Seattle, has a slim 300-point lead over driver Andrew Tate in the U-9 Jones Racing boat. J. Michael Kelly, who won Bayfair in 2015, trails Shane by nearly 600 points. The final standings could look dramatically different after the HomeStreet Bank Bill Muncy Cup Final Sunday afternoon.



Bayfair brings competitors from around the United States and fans from across the globe for a thrilling weekend of racing.

Grand Prix World Supercharged Hydroplanes returns to San Diego and is expected to field eight teams. The piston-powered hydroplanes are a smaller sibling to the H1 Unlimited hydroplanes but still top 150 mph on the water.

"We are excited to bring a competitive field of boats that promise to restore the roar on Mission Bay," said Sam Cole, who leads the Grand Prix World tour. "We have excellent drivers, many who raced in the Unlimited ranks. Fans will be familiar with their names."

Proving that age is just a number, 70-year-old grandfather Jerry Hopp will be racing his Happy Go Lucky hydroplane in San Diego. It's a course he's familiar with since his days competing against the late Bill Muncy, who pushed for the development of Mission Bay Park and founded San Diego Bayfair.

Rounding out the on-water entertainment will be several classes of amateur racing led by

RPM Racing.

Other activities on land include beer gardens, a large vendor area open to the public on East Vacation Island and activities for the kids. San Diego Bayfair also offers RV spaces to rent on Mission Bay, one of the few opportunities to stay overnight in Mission Bay Park. RV Packages include four nights and five days, plus tickets to the event.

Testing and qualifying with limited racing takes place on Friday, Sept. 15. Heat races and championship races take place Saturday and Sunday. The HomeStreet Bank Bill Muncy Cup for H1 Unlimited is tentatively set for 4:15 pm on Sunday, Sept. 17.

All of the participating boats will be stationed on East Vacation Island/Ski Beach, the main event site for San Diego Bayfair. All spectators can tour the pit area at no additional charge, allowing fans to get up close and personal with the boats and teams.

Single-day tickets start at \$25 and a three-day Super Pass is available for \$45. Children under age 12 are free. For more information or to purchase advance tickets online, visit www.sandiegobayfair.org.

SeaWorld's favorite Halloween event for families returns

This fall come to SeaWorld to watch silly and spooky live shows, enjoy fun Halloween activities and trick or treat for candy and goodies throughout the park.

Halloween Spooktacular is one of San Diego's biggest fall festivals, with weekends brimming with family fun. Get in the spooky spirit and catch popular live shows like Clyde & Seamore's Halloween Bash and Sesame Street's Who Said Boo?!, join delightful Halloween dance parties and let the little ones trick-or-treat throughout the park in a safe, family-friendly environment. Oh, and be on the lookout for singing pumpkins in the park.

Spooktacular is included with park admission, and takes place every Saturday and Sunday from Sept. 23 through Oct. 29, 2017.

For more information visit www.seaworld.com

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Price slashed in half on opening night of the Scream Zone Sept. 29

The only thing that won't terrify you on opening night of The Scream Zone is the price.

Come and experience San Diego County's largest, goriest, freakiest fright fest for half price on opening night, Friday, Sept. 29 at the Del Mar Fairgrounds (aka 'Scaregrounds'). Admission to the Triple Haunt package, detailed below, is slashed from \$33 to \$16.50 on opening night only.

The Scream Zone is a collection of four terrifying haunts and other monstrous attractions that are sure to scare your socks off. Returning for its 19th year, San Diego's most spine-chilling experience runs for 24 select days of terror beginning September 29 and coming to a blood-curdling end on Halloween night, October 31. More than 35,000 willing victims scared themselves silly at last year's event.

ABOUT THE HAUNTS:

The Scream Zone's Triple Haunt favorites are back - including the hair-raising House of Horror, the dizzying KarnEvil and the creepy Haunted Hayride. And there's a new haunt in town this year - The Running Dead - which will have you running for your life from zombies through a variety of obstacles.

House of Horror features room after room

of frightening and surprising visual and visceral experiences. Imagine being trapped and moved by a bevy of clowns or shaken, rattled and upended so that you're not sure where or who you are in the darkness.

The Haunted Hayride piles visitors into a wagon with an unknown destination. You'll ride through the darkness terrified by hallucinations, including Wicked Alice in Horrendous-land and a trip through the Rabbit Hole as part of a Never, Never Land of creepy and petrifying clowns, zombies and other wicked characters.

KarnEvil is a freaky carnival which includes a weird and surreal collection of clowns along with a death spiral that leaves visitors disoriented and terrified.

The Running Dead (for ages 18+ only) is the first of its kind in the country - a 30,000 square foot interactive obstacle course where participants begin as humans - but can get infected by zombies, as well as find cures - along the way. You'll climb, crawl, scramble and run up, over, down and around a variety of obstacles. For \$5 more, participants can up the athletic ante by being chip-timed and racing with a vile of potion to see just how fast they can cure the zombie outbreak inside. Track your status on our leaderboard to see how you rank! (Athletic footwear and attire are a must for this haunt.)

Haunted Hotel sneak preview weekend is half price

Friday Sept. 22 and Saturday Sept. 23 is The Haunted Hotel's "Sneak Preview Weekend" and tickets are HALF PRICE!

Step out of VIRTUAL reality and into The Haunted Hotel, where your experience is LIVE; see, hear, and smell the horror in person.

Plunge into chaos on the Hellevator, stroll

down the dark, deadly Zombie infested alley, ride to insanity on the Clown Subway - named best haunted room in America, and just try to make your way thru the muck and mire of the Hillbilly Swamp - these ruthless, man hunting, killer inbreds sure as heck don't want you to!

OH HELL NO! They brought back, "Lights Out" Wednesdays!!!

SEE **Hotel**, page 20

Omarr's weekly Astrological forecast



ARIES (March 21-April 19): Your energy levels will improve faster than you can say zip-a-dee-do-dah. You have an imaginative viewpoint that helps you perform creative projects, as well as your job, with enthusiasm in the week ahead.

TAURUS (April 20-May 20): Swear on it. Ambition may be your life, your whole life and nothing but your life, at least during the first half of the week. Your logical approach to financial matters can be helpful to your handling of joint asserts.

GEMINI (May 21-June 20): Your words may be more impactful on others than you realize. Just be sure that you tell the truth, the whole truth and nothing but the truth as this week unfolds. Someone may be somewhat suspicious of your motives.

CANCER (June 21-July 22): Mark your place. Final decisions should be put on hold until the end of the week. You will be better off if you suspend a crucial decision until the timing is better. If you decide that it is best to wait others will agree.

LEO (July 23-Aug. 22): You prefer to be seen as a paragon of political correctness. Because you are too busy examining other people's faults, however, you may overlook your own. Honor your obligations and act responsibly this week.

VIRGO (Aug. 23-Sept. 22): Start the week off by getting your closets organized or the receipts filed away. You could be more concerned with thrift and economy than sharing off your assets. Treat family members with respect in the week to come.

LIBRA (Sept. 23-Oct. 22): Pay attention to what other people do, but do your own thing. In the week ahead you could have better things to do to fill up your time than to tag along. Be sure to answer emails and phone calls in a timely manner.

SCORPIO (Oct. 23-Nov. 21): Your inspiring ideas could bring people together and break a stalemate. Someone close may be riveted on financial security and material success in the week ahead. Look the other way if people seem quarrelsome.

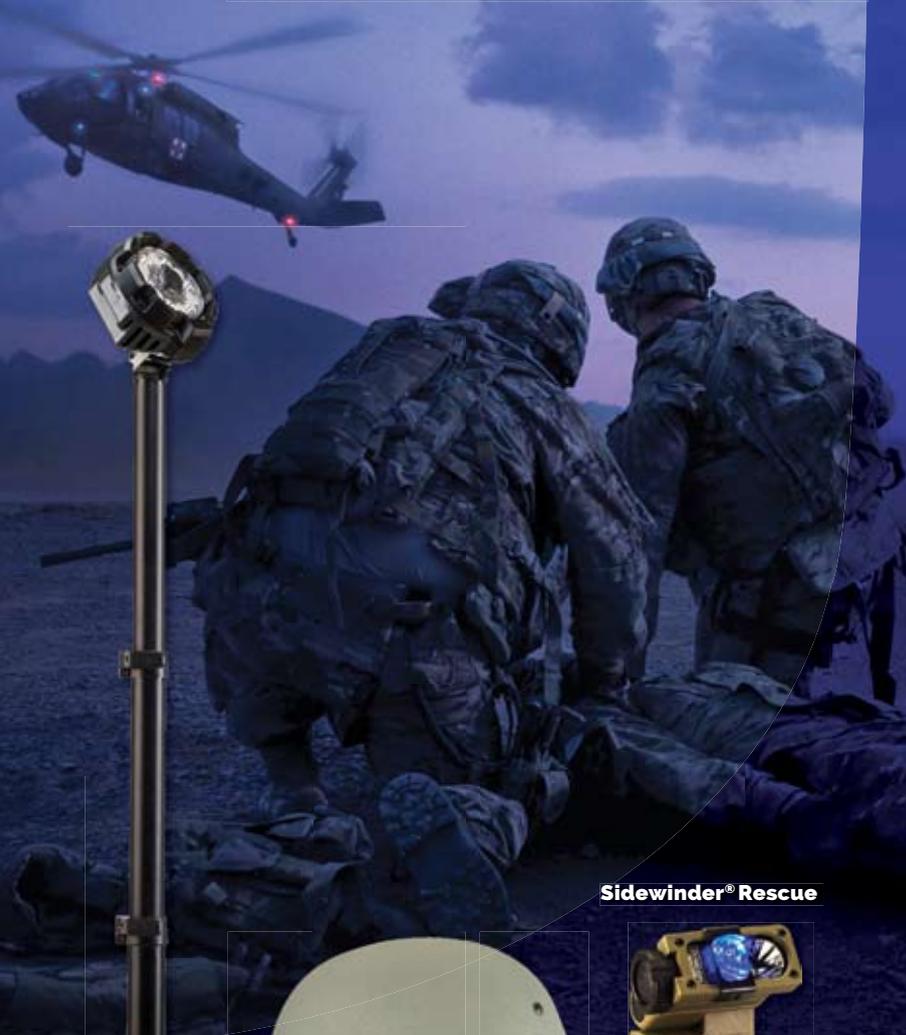
SAGITTARIUS (Nov. 22-Dec. 21): Plan your work and work your plan. Take responsibility for your own actions, since a busy schedule leaves little time to oversee others. Don't begin any major new undertaking until the end of the week.

CAPRICORN (Dec. 22-Jan. 19): You could be challenged to discuss something that you prefer to keep under your hat. You must share information to preserve someone's trust in the week ahead, but may find that this creates a serious conflict.

AQUARIUS (Jan. 20-Feb. 18): Control yourself and avoid controversies. In the week to come someone might offer to take some responsibilities off your hands. Don't consider this to be an affront to your abilities or doubts about your competence.

PISCES (Feb. 19-March 20): You may feel the boss is looking over your shoulder or that the rules are difficult to comply with in the coming week. If you exert some effort your work will be seen in the best light and things will turn out favorably.

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Sports & Events

2017 AZTEC FOOTBALL SCHEDULE

Aztecs 38, UC Davis 17
Aztecs 30, Arizona State 20

9/16/17 vs. Stanford at Qualcomm Stadium 7:30 p.m.
09/23/17 at Air Force 4 p.m.
09/30/17 vs. Northern Illinois at Qualcomm Stadium 7:30 p.m.
10/7/17 at UNLV
10/14/17 vs. Boise State at Qualcomm Stadium 7:30 p.m.
10/21/17 vs. Fresno State at Qualcomm Stadium 7:30 p.m.
10/28/17 at Hawai'i
11/4/17 at San Jose State
11/18/17 vs. Nevada at Qualcomm Stadium 7:30 p.m.
11/24/17 vs. New Mexico

Navy Midshipmen 2017-2018 Football Schedule

Navy 42, Florida Atlantic 19
Navy 23, Tulane 21

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



Rams Schedule

Regular Season

Rams 46, Colts 9
Sun, Sep 17 vs. Washington
Thu, Sep 21 @ San Francisco
Sun, Oct 1 @ Dallas
Sun, Oct 8 vs. Seattle
Sun, Oct 15 @ Jacksonville
Sun, Oct 22 vs. Arizona
Sun, Nov 5 @ New York Giants
Sun, Nov 12 vs. Houston
Sun, Nov 19 @ Minnesota
Sun, Nov 26 vs. New Orleans
Sun, Dec 3 @ Arizona
Sun, Dec 10 vs. Philadelphia
Sun, Dec 17 @ Seattle
Sun, Dec 24 @ Tennessee
Sun, Dec 31 vs San Francisco

Preseason

Rams 13, Cowboys 10
Rams 24, Raiders 21
Sat, Aug 26 vs. L.A. Chargers
Thu, Aug 31 @ Green Bay



WE ARE A PRCA-SANCTIONED RODEO.....The idea of a Rodeo in Poway was started by two Poway Valley Riders Association members, John Walker and Jack Miller. It took them several years to prepare and make all of the necessary arrangements to sponsor a sanctioned PRCA Rodeo in Poway. They and their wives traveled to Oklahoma City, to the National Finals Rodeo, spending their own money, to make the contacts with the PRCA, stock contractors, specialty acts, and rodeo announcer Bob Tallman. Thru their efforts PVRA, The Lions Club, and the Poway Chamber of Commerce formed the Poway Rodeo Committee and produced the first Poway Rodeo in 1973.

The Poway Rodeo will continue to feature the traditions of the old West and Cowboy heritage while honoring our 45 years of hosting the Poway Rodeo. The event is a natural fit with Poway, whose "city in the country" motto plays up a rural and horse-friendly atmosphere despite the city's proximity to San Diego.

The Poway Rodeo Committee is committed to bringing you a fast-paced, exciting event that will leave you at the edge of your seat.

Saddle up for Poway Rodeo



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FRIDAY, SEPTEMBER 22

10:00 AM Slack Friday FREE TO THE PUBLIC
5:30 PM Gates open, vendors and food available
7:30 PM PRCA Poway Rodeo

Grand Entry/National AnthemBareback RidingQueens/Sponsor
FlagsTie-Down RopingClown ActSaddle Bronc RidingSteer Wrestling
Drill TeamIntermissionMutton BustingTeam RopingBarrel
RacingJr. Barrel RacingBull Riding
Right after the rodeo, stay for the dance!
Live music, free admission, no cover, 21 & over only.

SATURDAY AFTERNOON, SEPTEMBER 23

11:30 AM Gates open, vendors and food available
1:00 PM PRCA Poway Rodeo

Grand Entry/National AnthemBareback RidingQueens/Sponsor
FlagsTie-Down RopingClown ActSaddle Bronc RidingSteer Wrestling
Drill TeamIntermissionMutton BustingTeam RopingBarrel
RacingJr. Barrel RacingBull Riding

SATURDAY NIGHT, SEPTEMBER 23

5:30 PM Gates open, vendors and food available
7:30 PM PRCA Poway Rodeo

Grand Entry/National AnthemBareback RidingQueens/Sponsor
FlagsTie-Down RopingClown ActSaddle Bronc RidingSteer Wrestling
Drill TeamIntermissionMutton BustingTeam RopingBarrel
RacingJr. Barrel RacingBull Riding
Right after the rodeo, stay for the dance!
Live music, free admission, no cover, 21 & over only.



MOVIES at the Bases



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

Thursday, September 14
5:50 pm Atomic Blonde (R) 115 min.
8:10 pm Girls Trip (R) 122 min.*

Friday, September 15
5:50 pm Logan Lucky (PG-13) 119 min.
8:10 pm The Hitman's Bodyguard (PG-13) 95 min.

Saturday, September 16
1:00 pm The Emoji Movie (PG) 86 min.
3:00 pm The Dark Tower (PG-13) 95 min.
5:50 pm Logan Lucky (PG-13) 119 min.
8:10 pm The Hitman's Bodyguard (PG-13) 95 min.

Sunday, September 17
1:00 pm The Nut Job 2: Nutty By Nature (PG) 91 min.
3:00 pm The Glass Castle (PG-13) 127 min.
5:50 pm The Hitman's Bodyguard (PG-13) 95 min.
8:10 pm Logan Lucky (PG-13) 119 min.

Monday, September 18
5:50 pm The Hitman's Bodyguard (PG-13) 95 min.
8:10 pm Logan Lucky (PG-13) 119 min.

Tuesday, September 19
6:00 pm The Emoji Movie (PG) 86 min.*
8:00 pm The Dark Tower (PG-13) 95 min.

Wednesday, September 20
5:50 pm Atomic Blonde (R) 115 min.
8:10 pm The Hitman's Bodyguard (PG-13) 95 min.

Thursday, September 21
6:00 pm NO MOVIE SCHEDULED – Command Event
8:00 pm Atomic Blonde (R) 115 min.*

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

Thursday, September 14
5:50 pm The Nut Job 2: Nutty By Nature (PG) 91 min.
7:50 pm The Glass Castle (PG-13) 127 min.

Friday, September 15
5:50 pm Logan Lucky (PG-13) 119 min.
8:10 pm The Hitman's Bodyguard (PG-13) 95 min.

Saturday, September 16
12:50 pm The Nut Job 2: Nutty By Nature (PG) 91 min.
2:50 pm The Emoji Movie (PG) 86 min.
5:50 pm Logan Lucky (PG-13) 119 min.
8:10 pm The Hitman's Bodyguard (PG-13) 95 min.

Sunday, September 17
12:50 pm The Nut Job 2: Nutty By Nature (PG) 91 min.
2:40 pm The Glass Castle (PG-13) 127 min.
5:50 pm Logan Lucky (PG-13) 119 min.
8:10 pm The Hitman's Bodyguard (PG-13) 95 min.

Monday, September 18
5:40 pm Logan Lucky (PG-13) 119 min.
8:00 pm Atomic Blonde (R) 115 min.

Tuesday, September 19
5:50 pm The Nut Job 2: Nutty By Nature (PG) 91 min.
8:00 pm The Hitman's Bodyguard (PG-13) 95 min.

Wednesday, September 20
5:40 pm The Glass Castle (PG-13) 127 min.
8:10 pm Logan Lucky (PG-13) 119 min.

Thursday, September 21
5:50 pm The Dark Tower (PG-13) 95 min.
7:50 pm Annabelle: Creation (R) 109 min.

Bob Hope Theater 858-577-4143

*Indicates last showing

THU. 14
6:30 PM Valerian and the City of a Thousand Planets (PG-13) (2D) *
FRI. 15
6:30 PM The Hitman's Bodyguard (R)
9:00 PM Atomic Blonde (R)
SAT. 16
3PM The Nut Job 2: Nutty by Nature (PG) (2D)
6:30 PM Logan Lucky (PG-13)
9:00 PM The Glass Castle (PG-13)
SUN. 17
1:00 PM The Emoji Movie (PG) (2D)
6:30 PM Atomic Blonde (R)
WED. 20
6:30 PM Atomic Blonde (R) *
THU. 21
6:30 PM The Emoji Movie (PG) (2D) *

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

Thursday, September 14
11:00 am Chicken Run (G) 84 min.
5:00 pm Snatched (R) 91 min.

Friday, September 15
5:00 pm All Eyez On Me (R) 140 min.

Saturday, September 16
2:00 pm Pirates of The Caribbean: Dead Man
Tell No Tales (PG-13) 129 min.
5:00 pm Rough Night (R) 100 min.

Sunday, September 17
5:00 pm Pitch Perfect 2 (PG-13) 115 min.

Monday, September 18
5:00 pm Project Almanac (PG-13) 106 min.

Tuesday, September 19
11:00 am Cars 3 (G) 109 min.
5:00 pm Tommy Boy (PG-13) 97 min.

Wednesday, September 20
5:00 pm Clerks II (R) 97 min.

Thursday, September 21
11:00 am Despicable Me 2 (PG) 98 min.
5:00 pm Everything, Everything (PG-13) 96 min.

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

Thursday, September 14
5:00 pm Moana (PG) 96 min.

Friday, September 15
5:00 pm Braveheart (R) 177 min.

Saturday, September 16
5:00 pm Joy (PG-13) 124 min.

Sunday, September 17
5:00 pm Shrek (PG) 90 min.

Thursday, September 21
5:00 pm The Emoji Movie (PG) 86 min.

★ **The Glass Castle** Genre: Biography, Drama Cast: Brie Larson, Woody Harrelson, Naomi Watts, Ella Anderson and Chandler Head Synopsis: A young girl comes of age in a dysfunctional family of non-conformist nomads with a mother who's an eccentric artist and an alcoholic father who would stir the children's imagination with hope as a distraction to their poverty. Rated: "PG-13" for mature thematic content involving family dysfunction, and for some language and smoking Length: 127 minutes

★ **The Hitman's Bodyguard** Genre: Action, Comedy Cast: Ryan Reynolds, Samuel L. Jackson, Gary Oldman, Elodie Yung and Rod Hallett Synopsis: The world's top bodyguard gets a new client, a hit man who must testify at the International Court of Justice. They must put their differences aside and work together to make it to the trial on time. Rated: "R" for strong violence and language throughout Length: 118 minutes

AutoMatters & More: The cars that made america



by Jan Wagner

car companies and created General Motors), Walter Chrysler (Buick, Maxwell and Chrysler), Lee Iacocca (Ford and Chrysler) and the flamboyant John Z. DeLorean (General Motors and the DeLorean Motor Company), who demonstrated with his DMC-12 that style alone is not enough to sell an underwhelming, overpriced car.



Racing improved the breed (2016 Coronado Speed Festival)



Jan in DeLorean DMC-12 "Back to the Future" car at CES 2014

the automobile production line, modeled after what was used to butcher and process cattle. New Model T's moved along assembly lines, where workers quickly installed just one thing over and over again, to perfection. This helped enable Ford to become America's number one automaker.

For years the other auto manufacturers had been paying a per-car royalty due to the Selden patent on the automobile. Ford

alone refused to do so. He stubbornly fought it in the courts and eventually won.

Ford was a ruthless tyrant. He incessantly criticized and demeaned those who worked for him – up to and including his son Edsel – and ignored important suggestions that would have kept his cars competitive and Ford on top.

Early on Henry had joined with the Dodge Brothers in a

Prior to the ascendance of the automobile, Americans had few alternatives for their personal transportation. The most popular one was the horse, but it was not particularly quick or convenient – and then there was the horrible stench that large numbers of horses created with their waste on crowded city streets.

Cars offered freedom of mobility at a time when most Americans rarely travelled more than a few miles beyond where they lived. However, early cars were unreliable and largely unaffordable.

Companies raced their cars to demonstrate their reliability, which led to increased sales. Henry Ford won a crucial race in his Model T because it was more reliable than the much quicker car of his competitor.

Beginning with the letter "A," Ford went through the alphabet developing and naming cars until he came up with a reliable and affordable one that would prove massively popular. That car was the Model T.

Cars used to be built by small groups of workers assembling one car at a time. In order to vastly improve the speed, efficiency and quality of the Model T's production process, and drastically reduce its price, Henry Ford originated and implemented

mutually beneficial partnership, but he downplayed their important engineering contributions by not giving them the public credit that they deserved. They let their dissatisfaction be known. The Dodge brothers had shares in Ford so, fearing that they would leave to start their own company, Henry installed his son Edsel as president – in name only – to drive down the stock price. As Henry predicted, investors did not respond well to that appointment, causing the value of the Dodge brothers' shares in Ford to fall significantly before they could sell them. Nevertheless they formed their own automobile company. Their innovative ideas made them a strong competitor to Ford.

Eventually Ford relented and allowed Edsel to implement important changes, including the successful introduction of the Model A – a new beginning – but then Depression hit. Henry blamed Edsel for the company's sales slump.

These are but a few of the many stories told in "The Cars That Made America." For more information, visit the A+E Networks "History" channel at <http://www.history.com/shows/the-cars-that-made-america/about>.

Send your comments and suggestions to AutoMatters@gmail.com.

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TV Listings

WEEKDAY MORNING/AFTERNOON																				
	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30	
KFMB (8)	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM		Inside Edition	Bold/Beautiful	The Young and the Restless		The Talk		Dr. Phil		Judge Judy	Judge Judy	
KFMB2 (8.2)	News 8 Morning Extra			The 700 Club		Maury		Dr. Phil		Judge Faith	Judge Faith	Judge Mathis		The Robert Irvine Show		Paternity Court	Paternity Court	Couples Court	Couples Court	
KGTU (10)	Good Morning America			Live with Kelly and Ryan		The View		10News Midday		The Chew		General Hospital		Pickler & Ben		RightThis-Minute	RightThis-Minute	10News: The Now San Diego		
KPBS (15)	Wild Kratts	Nature Cat	Curious George	Curious George	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Splash and Bubbles	Sesame Street	Sesame Street	Super Why!	Peg Plus Cat	Dinosaur Train	Ready Jet Go!	Nature Cat	Arthur	Wild Kratts	Wild Kratts	Odd Squad	
KNSD (6)	Today			Today's Take		Today		NBC 7 News Midday		Days of our Lives		Access Hollywood Live		Steve		The Ellen DeGeneres Show		NBC 7 News at 4		
DISN	Tangled: The Series	Mickey Mouse	Mickey Mouse	The Lion Guard	Mickey Mouse	Roadster Racers	Puppy Dog Pals	Goldie & Bear	Elena of Avalor	Sofia the First	Doc McStuffins	PJ Masks	Roadster Racers	Pat the Dog	Transylvania	Tangled: The Series	Varied Programs	Stuck in the Middle	K.C. Undercover	
ESPN	First Take			SportsCenter	Varied Programs	Outside the Lines	NFL Live	Varied Programs		NBA: The Jump	SportsNation	Questionable	Around the Horn	Pardon the Interruption	SportsCenter With Michael and Jemele	Varied Programs				
ESPN2	SportsCenter	SportsCenter	First Take		The Paul Finebaum Show		NFL Live	Varied Programs	Intentional Talk	The Fantasy Show		Coll. Football Live	Around the Horn	Pardon the Interruption	SportsCenter					
TLC	Cake Boss	Cake Boss	Cake Boss	Varied Programs		Say Yes: ATL		Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Outdaughered	Outdaughered		The Little Couple		The Little Couple				
USA	Varied Programs										NCIS		NCIS		NCIS		Varied Programs			

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

9/12 THE LEGO NINJAGO MOVIE

9/12 THE TIGER HUNTER



The LEGO NINJAGO Movie

The battle for NINJAGO City calls to action young Master Builder Lloyd, aka the Green Ninja, along with his friends, also secret ninja warriors. Led by Master Wu, as wise-cracking as he is wise, they must defeat the evil warlord Garmadon, who also happens to be Lloyd's dad. Pitting father against son, the epic showdown tests these fierce but undisciplined modern-day ninjas as they learn to check their egos and pull together to unleash the inner power of Spinjitzu.

Genre: Action, Adventure, Comedy
Cast: Jackie Chan, Justin Theroux, Dave Franco

The Tiger Hunter

Sami Malik a young Indian, travels to America in the 1970s. He dreams of becoming an engineer to impress his childhood crush and live up to the legacy of his father, a legendary tiger hunter. When Sami's job falls through, he takes a low-end job and joins with a gang of oddball friends in hopes of convincing his childhood sweetheart that he's far more successful than he truly is — or perhaps ever could be.

Genre: Comedy Drama
Cast: Danny Pudi, Rizwan Manji, Jon Heder

THURSDAY EVENING																	SEPTEMBER 14, 2017			
	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30						
KFMB (8)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Mom (CC)	Big Brother (N Same-day Tape) (CC)	Zoo "West Side Story" (N) (CC)	News	Late Colbert									
KFMB2 (8.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N) (CC)	Penn & Teller: Fool Us (N) (CC)	Whose Line Is It? (N)	Whose Line Is It? (N)	News 8 at 10 (N)	Ent. Tonight (CC)	Seinfeld (N) (CC)	Seinfeld (N) (CC)								
KGTU (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Celebrity Family Feud (N) (DVS)	Truth and Lies: The Murder of Laci Peterson	The pregnant California woman's murder. (N)	10News at 11pm	Jimmy Kimmel										
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Ken Kramer's A Growing Passion	Historic Places	Crossing South	Midsomer Murders Brutally murdered. (N)	Midsomer Murders	Today's Wild West									
KNSD (6)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	American Ninja Warrior "Denver City Finals" Competitors battle before the finals. (N)	Chicago Fire "Telling Her Goodbye" (N)	NBC 7 News	Tonight Show											
DISN	Bizaard-vark (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover	K.C. Undercover	Raven's Home (N)	Stuck/Middle	Bizaard-vark (N) (CC)	Bizaard-vark (N) (CC)	Liv and Maddie	K.C. Undercover	Bizaard-vark (N) (CC)	Raven's Home (N) (CC)						
ESPN	College Football New Mexico at Boise State. From Albertsons Stadium in Boise, Idaho. (N) (Live)				WNBA Basketball Phoenix Mercury at Los Angeles Sparks. (N) (Live) (CC)				SportsCenter (N) (Live) (CC)				SportsCenter (N) (Live) (CC)							
ESPN2	WNBA Basketball Washington Mystics at Minnesota Lynx. (N) (Live) (CC)				Nación ESPN (N)				Jalen & Jacoby		Sports Shorts		SEC Storied (CC)							
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My 600-Lb. Life "Brandi and Kandi's Story" Twins decide they need to lose weight. (N)	My 600-Lb. Life "Kirsten's Story" Kirsten is close to losing all mobility. (N) (CC)	My 600-Lb. Life (N) (CC)		My 600-Lb. Life (N) (CC)		My 600-Lb. Life (N) (CC)		My 600-Lb. Life (N) (CC)							
USA	NCIS Murder of a naval officer. (N)		NCIS DiNozzo investigates a suicide. (N)		NCIS Senator asks Gibbs for help. (N)		NCIS A man's body is found on a destroyer. (N)		NCIS The team investigates an abduction. (N)		NCIS "Enemy Combatant" (N) (CC) (DVS)		The Sinner "Part VII" (N) (CC) (DVS)							

FRIDAY EVENING																	SEPTEMBER 15, 2017			
	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30						
KFMB (8)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Brother (N) (CC)	11th Annual ACM Honors Awards honorees. (N) (CC)		Celebrating special ACM		News	Late Colbert								
KFMB2 (8.2)	The Dr. Oz Show Dinner shorts. (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N) (CC)	Masters of Illusion	Masters of Illusion	Penn & Teller: Fool Us (N) (CC)	News 8 at 10 (N)	Ent. Tonight (CC)	Seinfeld (N) (CC)	Seinfeld (N) (CC)								
KGTU (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Shark Tank (N) (CC) (DVS)	What Would You Do? (N) (CC)	20/20 (Season Premiere) (N) (CC)	10News at 11pm	Jimmy Kimmel										
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Washington Roundtable	Doc Martin "Old Dogs" (N) (CC)	Doc Martin Louisa is up for promotion. (N)	Live at the Belly Up "The White Buffalo"											
KNSD (6)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	America's Got Talent "Semi Finals 2" Semifinalists perform for the judges. (N) (CC)	Dateline NBC (N) (CC)	NBC 7 News	Tonight Show											
DISN	Bizaard-vark (N) (CC)	Jessie (N) (CC)	Descendants (2015, Children's) Dove Cameron, Kristin Chenoweth, Sarah Jeffery. (N)		Raven's Home (N)	Stuck/Middle	Bizaard-vark (N) (CC)	Bizaard-vark (N) (CC)	Liv and Maddie	K.C. Undercover	Raven's Home (N) (CC)	Bizaard-vark (N) (CC)								
ESPN	College Football Illinois at South Florida. (N) (Live)				College Football Arizona at Texas-El Paso. From Sun Bowl in El Paso, Texas. (N) (Live)				SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)									
ESPN2	First Take (N) (Live) (CC)	Canelo/Golovkin	Mano-A-Mano	Women's Soccer United States vs New Zealand. (N) (Live)	SportsCenter (N) (Live) (CC)		Boxing Claudio Marrero vs. Jesus Rojas.		SC Featured (N)		Jalen & Jacoby									
TLC	Kindred Spirits "Cabin in the Woods"	Kindred Spirits "Trapped in the Attic"	Kindred Spirits "Lost Amy" (N) (CC)	Kindred Spirits "Shoebbox Murder"	Kindred Spirits (Season Premiere) (N) (CC)	Kindred Spirits (Season Premiere) (N) (CC)	Kindred Spirits (Season Premiere) (N) (CC)	Kindred Spirits (Season Premiere) (N) (CC)	Kindred Spirits (Season Premiere) (N) (CC)	Kindred Spirits (Season Premiere) (N) (CC)	Kindred Spirits (Season Premiere) (N) (CC)	Kindred Spirits (Season Premiere) (N) (CC)	Kindred Spirits (Season Premiere) (N) (CC)	Kindred Spirits (Season Premiere) (N) (CC)	Kindred Spirits (Season Premiere) (N) (CC)	Kindred Spirits (Season Premiere) (N) (CC)				
USA	Law & Order: Special Victims Unit "Smut"	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)				

SATURDAY MORNING/AFTERNOON																	SEPTEMBER 16, 2017			
	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30	
KFMB (8)	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	Hidden Heroes	The Open Road	Paid Program	Paid Program	Lucas Oil Off Road Racing Series Pro4 & Pro2.	College Football	College Football Tennessee at Florida. From Ben Hill Griffin Stadium in Gainesville, Fla. (N) (Live) (CC)		Judge Judy (N) (CC)	Judge Judy (N) (CC)							
KFMB2 (8.2)	Calling Dr. Pol (CC)	Dog Whisperer	Dog Whisperer	College Football Furman at North Carolina State. From Carter-Finley Stadium in Raleigh, N.C. (N)	Wall Street Secrets		James Brown	Don't Blink	Impractical Jokers	Impractical Jokers	RaceWeek	Sports Stars	Hiring America (N)	Military Make-over						
KGTU (10)	Good Morning	10News This Morning at 8am Saturday (N) (CC)	College Football Teams TBA. (N) (Live)	Football Scoreboard	College Football Teams TBA. (N) (Live) (CC)							Football Scoreboard	News	RightThis-Minute (N)						
KPBS (15)	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	The Energy Weight Loss Solution With Neal Barnard, MD (N) (CC)	R. Steves' Europe	This Old House	Ask This Old House	Steven Raichlen's	Simply Ming (N) (CC)	Test Kitchen	Cooking School	Julie Taboulie's	Pat's Mexican Table	R. Steves' Europe	Crossing South			
KNSD (6)	NBC 7 News To	The Voyager	Wilderness Vet (N) (EL)	Journey-Dreyer	Premier League Soccer Tottenham Hotspur FC vs Swansea City AFC. (N) (Live) (CC)	Prem Goal Zone	PGA Tour Golf BMW Championship, Third Round. From Conway Farms Golf Club in Lake Forest, Ill. (N) (Live) (CC)	Paid Program	The 2017 NBC	Naturally, Danny Seo	Give (DVS)									
DISN	Elena of Avalor (N)	Elena of Avalor (N)	Puppy Dog Pals (CC)	Elena of Avalor (N)	Pat the Dog (N) (CC)	Transylvania	Tangled: The Series	Disney's Descendants 2 (2017, Children's) Dove Cameron, Cameron Boyce, Sofia Carson. (N)	Raven's Home (N)	Bizaard-vark (N) (CC)	Raven's Home (N)	Bizaard-vark (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Austin & Ally (N) (CC)	Raven's Home (N) (CC)				
ESPN	College GameDay (N) (Live) (CC)				College Football Notre Dame at Boston College. From Alumni Stadium in Chestnut Hill, Mass. (N) (Live)				College Football Teams TBA. (N) (Live)				Football Scoreboard		College Football Teams TBA. (N) (Live)					
ESPN2	SportsCenter (N) (Live) (CC)				College Football Teams TBA. (N) (Live)				Football Scoreboard				College Football North Texas at Iowa. From Kinnick Stadium in Iowa City, Iowa. (N)		Football Scoreboard		College Football Teams TBA. (N) (Live)			
TLC	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	7 Little Johnstons Trent decides to lose weight.	7 Little Johnstons "I Just Tinkled" (N) (CC)	7 Little Johnstons (N) (CC)	7 Little Johnstons "A Family Emergency" (N) (CC)	7 Little Johnstons "Party Pooper" (N) (CC)	7 Little Johnstons "Party Pooper" (N) (CC)	7 Little Johnstons "8 Little Johnstons?" (CC)						
USA	PiYo Workout! (CC)	PiYo Workout! (CC)	Paid Program (CC)	★★ Maid in Manhattan (2002, Romance-Comedy) Jennifer Lopez, Ralph Fiennes.		★★ The Back-up Plan (2010, Romance-Comedy) Jennifer Lopez, Alex O'Loughlin, Michaela Watkins.		★★ No Strings Attached (2011) Natalie Portman, Cary Elwes. Two lifelong friends try not to let sex ruin their relationship.		★★ Couples Retreat (2009, Comedy) Vince Vaughn, Jason Bateman.										

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8	5					6				4

SATURDAY EVENING																	SEPTEMBER 16, 2017			
	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30						
KFMB (8)	CBS News 8 at 5pm (N) (CC)	Weekend News	News	Entertainment Tonight (N) (CC)	NCIS The team investigates a hit-and-run.		NCIS: Los Angeles "Uncaged" (N)		48 Hours (N) (CC)		News	Blue Bloods								
KFMB2 (8.2)	Don't Blink	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	American Ninja Warrior Las Vegas finals.	News	RightThis-Minute (N)	To Be Announced	20/20 (N) (CC)	10News at 11pm	Sports XTRA							
KGTU (10)	College Football Miami at Florida State. From Doak S. Campbell Stadium in Tallahassee, Fla. (N) (Live) (CC)				College Football Teams TBA. (N) (Live) (CC)				News		RightThis-Minute (N)		10News at 11pm		Sports XTRA					
KPBS (15)	NewsHour Wk	KPBS Spectrum	The Lawrence Walk Show (CC)	Antiques Roadshow	Antiques Roadshow	The Doctor Blake Mysteries (N) (CC)	Classical Rewind	Classical masterpieces. (N) (CC)	R. Steves' Europe	Globe Trekker (N) (CC) (DVS)										
KNSD (6)	Heart of a Champion	Nightly News	NBC 7 News at 6	Paid Program	Wheel of Fortune	Jeopardy! (N) (CC)	Dateline NBC (N) (CC)	Running Wild With Bear Grylls (N) (CC)		NBC 7 News	Saturday Night Live									
DISN	Bizaard-vark (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Austin & Ally (N) (CC)	Raven's Home (N)	Bizaard-vark (N) (CC)	★★ Diary of a Wimpy Kid: Dog Days (2012, Children's) (N)		Raven's Home (N)	Stuck/Middle	Bizaard-vark (N) (CC)	Raven's Home (N) (CC)	K.C. Undercover							
ESPN	College Football Teams TBA. (N) (Live)				Scoreboard				College Football Mississippi at California. From California Memorial Stadium in Berkeley, Calif. (N) (Live)				SportsCenter (N) (Live) (CC)							
ESPN2	College Football Teams TBA. (N) (Live)				College Football San Jose State at Utah. From Rice-Eccles Stadium in Salt Lake City. (N) (Live)				SportsCenter (N) (Live) (CC)		College Football Final (N) (Live) (CC)									
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My Giant Life (N)	My Giant Life (N)	My Giant Life "Coco's Journey So Far"	My Giant Life (N)	My Giant Life (N)	My Giant Life (N)	My Giant Life (N)	My Giant Life (N)	My Giant Life (N)	My Giant Life (N)				
USA	★★ Couples Retreat (2009) Vince Vaughn.		★★ Easy A (2010, Comedy) Emma Stone, Penn Badgley, Amanda Bynes.		★★★ The Help (2011, Drama) Viola Davis, Emma Stone. Premiere. An aspiring writer captures the experiences of black women.		★★★ Easy A (2010) Emma Stone.													

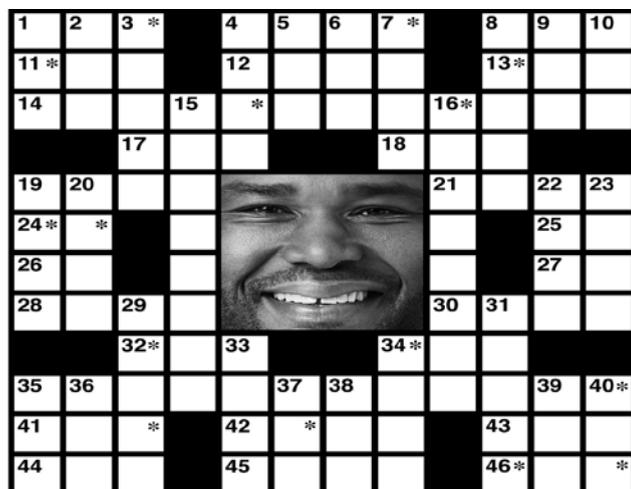
TV Listings

SUNDAY MORNING/AFTERNOON

SEPTEMBER 17, 2017

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30
KFMB (3)	CBS News Sunday Morning (N) (CC)	Face the Nation (N)	The NFL Today (N) (Live) (CC)	Face the Nation (N)	Inside Edition	Entertainment Tonight (N) (CC)	James Brown	Sharp Health-Care	NFL Football Miami Dolphins at Los Angeles Chargers. The Chargers host their first game in Los Angeles in almost 60 years against the Dolphins. (N)	60 Minutes (N) (CC)									
KFMB2 (3.2)	Dog Whisperer	Save Our Shelter (N)	Vacation Creation (N)	Paid Program	Paid Program	San Diego Luxury	Wall Street Secrets	Wall Street Secrets	Paid Program	Paid Program	Engagement	HouseCalls	Designing Spaces	P. Allen	Small Town Big Deal (N)	Great Escapes	Raw Travel (N) (CC)	To Be Announced	
KGTV (10)	Good Morning	10News This Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos (N)	Joel Osteen (N) (CC)	Intrnt'l Fellowship	Jack Hanna	Ocean Treks	Sea Rescue (N) (CC)	The Wildlife Docs	Rock the Park (N) (E)	Outback Adventures	Wall Street Secrets	Paid Program	World of X Games (N)	Castle Investigating a death in the woods. (N)				
KPBS (15)	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Washington Week (N)	KPBS Roundtable	Charlie Rose	The David Rubenstein	USS Indianapolis Live -- From the Deep (CC)	To Be Announced	NOVA The Cassini space probe. (N) (CC) (DVS)	Earth's Natural Wonders (Part 3 of 3) (CC)	Ken Kramer's S.D.	Historic Places				
KNSD (35)	NBC 7 News To	Meet the Press (N) (CC)	2017 Evian Championship Final Round. (N) (Live) (CC)	Presidents Cup	PGA Tour Golf BMW Championship, Final Round. From Conway Farms Golf Club in Lake Forest, Ill. (N) (Live) (CC)	Politically Speaking	Nightly News	Football Night in America (N) (Live) (CC)											
DISN	Elena of Avalor (N)	Elena of Avalor (N)	Puppy Dog Pals (CC)	Raven's Home (N)	Stuck in the Middle	Bizaardvark (N) (CC)	K.C. Undercover (N) (CC)	*** 1/2 Diary of a Wimpy Kid: Dog Days (2012) Zachary Gordon. (N)	Stuck in the Middle	K.C. Undercover (N) (CC)	Stuck in the Middle	K.C. Undercover (N) (CC)	Stuck in the Middle	Bunk'd (N) (CC)	Bizaardvark (N) (CC)	Stuck in the Middle	Bunk'd (N) (CC)		
ESPN	Sunday NFL Countdown (N) (Live) (CC)			MLS Soccer Philadelphia Union at New York Red Bulls. From Red Bull Arena in Harrison, N.J. (N)	WNBA Basketball Minnesota Lynx at Washington Mystics. Conference semifinal, game 3. (N) (CC)	WNBA Basketball Los Angeles Sparks at Phoenix Mercury. Conference semifinal game 3. (N) (CC)													
ESPN2	Fantasy Football Now (N) (Live)			CFL Football Ottawa Redblacks at Montreal Alouettes. From Percival Molson Memorial Stadium in Montreal. (N) (Live)	Battle of the Network Stars (N) (CC)	Battle of the Network Stars (N) (CC)													
TLC	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Four Weddings "... And a Bodyguard" (N) (CC)	Four Weddings "... And a Drum Circle" (N) (CC)	Four Weddings Tulisa, Crystal, Erica and Alli.	Four Weddings "... And a Grilled Cheese" (N) (CC)	Four Weddings "... And a Leprechaun" (N) (CC)	Four Weddings "... And a Leprechaun" (N) (CC)	My Giant Life Lexie reunites with her fiancée. (N)	My Giant Life "Tissues for Your Issues" (N) (CC)	My Giant Life "In Love With Tall Women" (N) (CC)							
USA	David Jeremiah (N)	In Touch	Joel Osteen (N) (CC)	According to Chrisley	Chrisley Knows	Suits Mike and Harvey's move gets countered.	Law & Order: Special Victims Unit "Class" (N)	Law & Order: Special Victims Unit "Fat" (N)	Law & Order: Special Victims Unit "Web" (N)	Law & Order: Special Victims Unit "Influence"	Law & Order: Special Victims Unit "Avata" (N)	Law & Order: Special Victims Unit "Harm" (N)							

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

- Cartoon dog
- Garrett, for one
- "American ___"
- "What Kind of Fool ___?"
- ___ Parks; woman called the "First Lady of Civil Rights"
- Get ___ of; shed
- Actress on "American Housewife" (2)
- Female animal
- ___ moment; instant of sudden realization
- Character on "The Simpsons"
- Youngest daughter on "7 Little Johnstons"
- Studio 60 ___ the Sunset Strip
- ___ All Night"
- Marie Osmond's home: abbr.
- Actress Sabrina ___ Beau
- "___ Like It Hot"; Marilyn Monroe film
- Ariel Winter's role on "Modern Family"
- Sitcom alien's planet
- Univ. in Dallas
- Role on "Orange Is the New Black" (2)
- "Who Do You Think You ___?"
- Family restaurant chain
- "Harper Valley ___"
- ___ About You"
- Uses a straw
- Dough for sukiyaki?

- Laura Petrie's hubby
- David Spade's alma mater, for short
- Facts and figures
- "I ___ of Jeannie"
- "Con ___"; 1997 Nicolas Cage movie
- Dentist's letters
- "Wish ___ ___"; 2014 Zach Braff/Kate Hudson film
- "Lady and ___ ___"; 1955 Disney classic
- Costello and Ferrigno
- "Star Trek ___ Darkness";
- Pack animal
- Highest point
- Sulked
- Role on "Leave It to Beaver"
- Actor Kristofferson
- Gullible folks
- Dawber or Shriver
- Paul's cousin on "Mad About You"
- Actor McBride
- ___ Sing; family cook on "Bonanza"
- Polished off
- Fabray, to friends



DOWN

- Role on "The Big Bang Theory"
- Second-largest bird
- Role on "Frasier"
- Scottish hillside

SUNDAY EVENING

SEPTEMBER 17, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (3)	69th Primetime Emmy Awards Honoring excellence in television. (N Same-day Tape) (CC)													
KFMB2 (3.2)	News 8 on CW San Diego	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 (N) (CC)	Just for Laughs	Impractical Jokers	Impractical Jokers	
KGTV (10)	10News at 5pm	World News	10News at 6pm	RightThisMinute (N)	America's Funniest Home Videos (CC)	Celebrity Family Feud (N) (CC) (DVS)	Steve Harvey's FUNDERDOME (N)	The \$100,000 Pyramid (N) (CC)	10News at 11pm	Sports XTRA				
KPBS (15)	NewsHour Wk	Third Rail With Ozy	Father Brown (N) (CC)	A Place to Call Home (N) (CC)	The Vietnam War Vietnam emerges from French occupation.	The Vietnam War Vietnam emerges from French occupation.								
KNSD (35)	Football Night	NFL Football Green Bay Packers at Atlanta Falcons. (N) (Live) (CC)	Football Night in San Diego	The 2017 NBC	Dateline NBC (N) (CC)	NBC 7 News	Sportswrap							
DISN	*** 1/2 Wreck-It Ralph (2012, Children's) Voices of John C. Reilly, Sarah Silverman. (N)	DuckTales "Woo-oo!" (N) (CC)	Transylvania	Tangled: The Se	Raven's Home (N) (CC)	Stuck/Middle	Bizaardvark (N) (CC)	Raven's Home (N) (CC)	DuckTales "Woo-oo!" (N) (CC)					
ESPN	MLB Baseball Los Angeles Dodgers at Washington Nationals. From Nationals Park in Washington, D.C. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter With Scott Van Pelt (N)	MLB Baseball Los Angeles Dodgers at Washington Nationals. (N Same-day Tape)										
ESPN2	Injustice 2 Championship (N) (Live)	SportsCenter (N) (Live) (CC)	E:60	ESPN FC (N)										
TLC	My Giant Life "United States of Lindsay" (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 18, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Kevin Can Wait	Mom (N) (CC)	Life in Pieces (N)	Scorpion "Scorp Family Robinson" (CC)	News	Late-Colbert		
KFMB2 (3.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Supergirl An alien attacks National City.	Whose Line Is It?	Whose Line Is It?	News 8 at 10 (N)	Ent. Tonight	Page Six TV (N) (CC)	Seinfeld (N) (CC)		
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Dancing With the Stars (Season Premiere) (N Same-day Tape) (CC)	To Tell the Truth (N) (CC)							
KPBS (15)	Evening	Nightly Business	World News	World News	PBS NewsHour (N) (CC)	The Vietnam War "Riding the Tiger" The U.S. and South Vietnam.	The Vietnam War "Riding the Tiger" The U.S. and South Vietnam.							
KNSD (35)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	American Ninja Warrior (Season Finale) (N) (CC) (DVS)	Midnight, Texas Bobo tries to save Fiji. (N)	NBC 7 News	Tonight Show					
DISN	Bizaardvark (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover (N) (CC)	K.C. Undercover (N) (CC)	Raven's Home (N) (CC)	Stuck/Middle	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Live and Maddie	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	Raven's Home (N) (CC)
ESPN	NFL Football Detroit Lions at New York Giants. Week 2's Monday Night Football matchup pits the Lions against the Giants from the Meadowlands. (N) (Live)	SportsCenter With Scott Van Pelt (N) (Live) (CC)	SportsCenter With Scott Van Pelt (N) (Live) (CC)	NFL PrimeTime (CC)	SportsCenter With Scott Van Pelt (N) (Live) (CC)									
ESPN2	Fútbol Americano de la NFL Detroit Lions en New York Giants. Desde el MetLife Stadium, East Rutherford, Estados Unidos. (N) (Live)	SportsCenter (N) (Live) (CC)	E:60	SportsCenter With Scott Van Pelt (N) (Live) (CC)	College Football Teams TBA. (Taped)									
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	90 Day Fiancé: Extended	90 Day Fiancé: Before the 90 Days (N)	Counting On "Let Them Eat Cake" (N)	Meet the Putmans (N) (N)	Behind Closed Doors: The American Family					
USA	NCIS Gibbs works with Kort. (N)	NCIS Tony looks into Ziva's personal life.	NCIS Tony questions Ziva's loyalty to NCIS.	WWE Monday Night RAW (N Same-day Tape) (N) (CC)	Modern Family (N)	Modern Family (N)								

TUESDAY EVENING

SEPTEMBER 19, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS "Rendezvous" (N) (CC) (DVS)	Bull "Benevolent Deception" (N) (CC)	NCIS: New Orleans "Poetic Justice" (N) (CC)	News	Late-Colbert				
KFMB2 (3.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	The Flash "Cause and Effect" (N) (CC)	DC's Legends of Tomorrow "Doomworld"	News 8 at 10 (N)	Ent. Tonight	Page Six TV (N) (CC)	Seinfeld (N) (CC)			
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Middle Fresh Off the Boat	blackish blackish (N)	Somewhere Between "One Must Die" (N)	10News at 11pm	Jimmy Kimmel				
KPBS (15)	Evening	Nightly Business	World News	World News	PBS NewsHour (N) (CC)	The Vietnam War "The River Styx" U.S. ground troops enter South Vietnam. (N) (CC)	The Vietnam War "The River Styx" U.S. ground troops enter South Vietnam. (N) (CC)							
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 Show Finale" The top 10 acts compete one final time. (N)	Paley Center Salutes-Will & Grace	NBC 7 News	Tonight Show					
DISN	Bizaardvark (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover (N) (CC)	K.C. Undercover (N) (CC)	Disney's Descendants 2 (2017, Children's) Dove Cameron, Cameron Boyce. (N)	Live and Maddie	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	Raven's Home (N) (CC)			
ESPN	MLB Baseball Teams TBA. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	Street League Skateboarding (N)	The Fantasy Show	NFL Live (CC)	Jalen & Jacoby	Baltimore Boys						
ESPN2	WNBA Basketball: Lynx at Mystics	WNBA Basketball Los Angeles Sparks at Phoenix Mercury. (N) (Live) (CC)												
TLC	The Little Couple (N) (CC)	The Little Couple "All Aboard!" (N) (CC)	The Little Couple: Countdown to the New Season (N) (N)	The Little Couple (Season Premiere) (N)	7 Little Johnstons "A Little Teen Romance"	The Little Couple (N) (CC)								
USA	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	WWE SmackDown! (N Same-day Tape) (N) (CC)	Chrisley Knows	Acc. Chrisley	Modern Family (N)	Modern Family (N)			

WEDNESDAY EVENING

SEPTEMBER 20, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Brother (Season Finale) (N) (CC)	Salvation "The Plot Against America" (N)	News	Late-Colbert					
KFMB2 (3.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Arrow Black Siren returns to help Chase.	Supernatural "Who We Are" (N) (CC)	Ent. Tonight	Page Six TV (N) (CC)	Seinfeld (N) (CC)				
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Goldbergs Speechless (N)	Modern Family (N)	American Housewife	Designated Survivor "Brace for Impact"	10News at 11pm	Jimmy Kimmel			
KPBS (15)	Evening	Nightly Business	World News	World News	PBS NewsHour (N) (CC)	The Vietnam War "Resolve" Defying American air power. (N) (CC)	The Vietnam War "Resolve" Defying American air power. (N) (CC)							
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 Finale" Tyra Banks reveals the winner. (N) (CC)	The Good Place "Everything Is Great!"	NBC 7 News	Tonight Show					
DISN	Bizaardvark (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover (N) (CC)	Raven's Home (N) (CC)	Stuck/Middle	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Live and Maddie	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	Raven's Home (N) (CC)	
ESPN	MLB Baseball Teams TBA. (N) (Live) (CC)	MLB Baseball Teams TBA. (N) (Live)												
ESPN2	MLS Soccer	Soccer New York Red Bulls at Sporting Kansas City. Final. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	30 for 30 (CC)	Jalen & Jacoby	The Fantasy Show							
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	7 Little Johnstons "A Family Emergency"	7 Little Johnstons "Party Pooper" (N) (CC)	7 Little Johnstons "8 Little Johnstons" (N) (CC)	7 Little Johnstons "A Little Teen Romance"	7 Little Johnstons "A Family Emergency"					
USA	Law & Order: Special Victims Unit "Selfish"	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)	The Sinner Cora's fate is determined.	Law & Order: Special Victims Unit "Zebras"					

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

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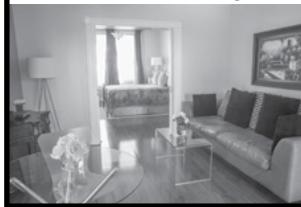
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shift your consciousness
to an appreciation
for all you are and all
that you do have."

-Wayne Dwyer

Hotel

continued from page 15

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Sail into Oceanside Harbor Days

On September 16-17, 2017 the Oceanside Chamber of Commerce along with Tri-City Medical Center and Genentech will present Oceanside Harbor Days at the Oceanside Harbor. The event will feature arts and craft exhibits, great food and fun activities for the entire family. The event is open from 9 a.m. to 6p.m. on Saturday and 9 a.m. to 5 p.m. on Sunday.

Two event filled days of sun, sand, and surf provide an outstanding opportunity for residents and neighbors to experience fun activities including the Pirate Village, Arts, Crafts and Food booth areas, Nail 'n' Sail Competition, Military, Public Safety displays, and more.

The festivities start with the Oceanside Fire Department Association's annual Pancake Breakfast fundraiser on Saturday morning. Harbor Days features over 200 arts and craft exhibits, a tasty food court, a village filled with costumed pirates led by Capt. Jack Sparrow, and a beer garden. Enter one of the contests which include a fishing derby, beauty pageant, world-famous Tiki Swim, and the unique 'Nail and Sail' competition that draws thousands of spectators each year.

Harbor Days takes place at Oceanside Harbor Beach and is free to the public! There is complimentary transportation provided by the Chamber via the British Bus Company. The unique double-decker buses pick up Harbor Days attendees from various shuttle stops throughout the harbor and provide a pick-up/drop-off location at the downtown Oceanside Transit Center at Seagaze and Cleveland Streets.

The event is hosted by the Oceanside Chamber of Commerce and Oceanside Harbor District and presented Genentech and Tri-City Medical Center. For more information visit www.oceansideharbordays.com

KAABOO Del Mar this weekend!

San Diego county's premier music festival returns to the Del Mar Fairgrounds this weekend, Sept 15-17.

Billed as a new kind of arts and entertainment 'mixperience,' and everything a typical music festival is not. The event is designed around comfort, quality and good times. With world-class music, public art installations, great comedy, delicious cuisine, craft alcohol and personal indulgences the weekend promises something for every expectation.

For more information and tickets visit www.kaaboodelmar.com.

Love is a four legged word

How to handle approaching dogs on a walk

by Cathy M. Rosenthal

Dear Cathy, *I have a 16-pound Havashu. We do not have a fenced yard, so she is walked several times a day. There are quite a few large dogs that we encounter on our walks through the neighborhood. Some are being walked and are leashed, and some are allowed loose. Sometimes, the people with the leashed dogs want our dogs to meet. If they are really large, I am reluctant because of the size difference. The loose dogs charge at us. I am afraid of large dogs (having been cornered by a pack as a child), so my fear transfers to my dog. What is the best course of action? Fortunately, at every encounter, the owner was nearby and came to our rescue, but I am afraid that one day we will meet a dog without its owner. Can you please advise me on what to do? - June P., Patchogue, NY*

Dear June, I understand your fears. My dog and I were once cornered by two dogs without their owner. My dog fought them off trying to protect me and was injured. After that, we could not walk around the block without him feeling anxious about every passing dog.

Even if you haven't been cornered by a dog, it can be stressful to see a large, unleashed dog approaching you. Your dog will feel your tension through the leash, so whatever you can do to ease your fears, like deep breathing, can be helpful to you both.

There are only a handful of things you can do. You carry an umbrella, which when opened can serve as a barrier between you and the approaching dog. You can shake a can of coins, toss the can onto the street (never at the dog), or use a Pet Corrector, which emits compressed air, to startle a dog and hopefully stop them from coming any closer.

Another technique is to put your leashed dog behind you in a sit position, and stand in front of him, letting your dog know "you got this." Then, lean toward the approaching dog, yell "enough" as loudly as you can, and point outward over the dog indicating you want the dog to go away. Surprisingly, it works well in getting curious dogs (not aggressive dogs) to step back.

As for the people and pets who want to meet you, it's OK to say, "No thanks." You are allowed to set boundaries for you and your dog. Let me know how some of these strategies work for you.

Dear Cathy, *I have five inside cats, and feed three stray cats in my yard, which has woods behind it. I have been feeding these cats for five months. There have been others in the past that I have trapped, had neutered/spayed and rehomed.*

The problem is, my family and I are moving to another town, and I am worried about these cats. I do not want to leave them, but I can't bring them with me as we are moving to a condo community. One cat appears feral, but the other two are cats that have been left on our block. One lets me pet him and has a tipped ear. I cannot touch the other two, even though one rolls on the ground and shows me his or her belly. I would appreciate any suggestions. - Kathy M., Sayville, NY

Dear Kathy, How kind of you to take care of these community cats. I am glad to hear you get them fixed and find homes for the ones who are friendly. You are certainly doing your part to help animals.

There are two things I would do. First, it's always best to leave feral cats where they are, so call the local feral cat group and let them know you are moving to see if they have any volunteers in your area that can help feed these cats. Second, ask around your neighborhood to see if there is someone who might be willing to feed these cats after you move.

If you can't find anyone to take care of them, then these cats will have to find another food source, which may make them a nuisance in neighborhood trash cans. But if a neighbor agrees to feed them, then these cats will hardly be noticed in the neighborhood. Use this argument as your "selling point" for convincing someone to help.

Sometimes, the people moving into a new home are willing to take over this care too, if you ask them.

a daily hit of athletic-induced endorphins gives you the power to make better decisions, helps you be at peace with yourself and offsets stress. -author unknown

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MACHINE GUN KELLY THE KNOCKS TOAD THE WET SPROCKET LANY	
ERIC BURDON AND THE ANIMALS LOST KINGS THE HIM THE TUBES SAM SPARRO	
EMILY WARREN THE STONE FOXES ONE DROP STEEVIEWILD DARENOTS	
AGES AND AGES ARMORS JARED & THE MILL LOST BEACH JOSH ARBOUR ZEAL LEVIN	
SEBASTIAN MANISCALCO NORM MACDONALD MARIA BAMFORD AL MADRIGAL TAYLOR WILLIAMSON	
SUNDAY	TOM PETTY & THE HEARTBREAKERS
JASON DERULO ALANIS MORISSETTE JACKSON BROWNE ANDY GRAMMER +LIVE+	
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8/17 JM

Around Town

The Santee VFW Post #9327 will be open this weekend: Friday Sept. 15 from 5-11. We will be serving pizza & salad for dinner from 6-7:30 for a \$5 donation, also karaoke with Steve & Marlene from 7-11. Saturday Sept. 16 from 5-? Our tv's, juke box & lotto machine are all up and running. Sunday Sept 17 10am to ? for all day football games and munchies. We are located at 8516 North Magnolia Avenue, Santee 92071 (619) 562-4022 Come on by, catch your favorite football team playing or just to say hi!

Golf Tournament Chamber Challenge Golf Tournament at The Vineyard at Escondido Golf Club. Sept. 15, 11:30 am – 8 pm. www.escondido.chambermaster.com

KAABOO 3-Day Music Festival at Del Mar Fairgrounds. Sept. 15-17 www.kaaboodelmar.com

San Diego Fall Home Show at San Diego Convention Center. Sept. 15-17 www.visitsandiego.com

Santa Fe Marketplace at Bazaar del Mundo. Sept. 15-17 www.bazaardelmundo.com

San Diego Bayfair on Mission Bay. Sept. 15-17 www.sandiegobayfair.org

San Diego Beer Run at Embarcadero Marina Park South. Sept. 16 www.beerrunsd.com

Wavecrest Woodie meet at Moonlight Beach. 8 am – 3 pm. Sept. 16 www.sandiegowoodies.com/events/wavecrest

Julian Music Festival at Menghini Winery. Sept. 16, 1 – 7 pm. www.julianmusicfestival.com

Gala. Carlsbad Arts & Library Foundation presents Night at the Library Gala. Sept. 16, 5 – 10 pm. www.carlsbadlibraryartsfoundation.org

San Diego Ultimate Women's Expo at San Diego Convention Center. Sept. 16-17 www.womenssexposandiego.com

San Diego Cookie Con & Sweets Show at San Diego Convention Center. Sept. 16-17 www.visitsandiego.com

Oceanside Harbor Days. Sept. 16-17 www.oceansidechamber.com

Emmy Awards Sept. 17

Tiki Swim at Oceanside Pier. Sept. 17, 7:30 am. www.tikiswim.com

Rodeo Poker Ride, Hike & Bike in Poway. Sept. 17, 7:30 am – 2 pm. www.powayrodeo.com

Bridal Bazaar at San Diego Convention Center. Sept. 17 www.bridalbazaar.com

San Diego Padres vs. Arizona Diamondbacks at Petco Park. Sept. 18-20 www.mlb.com/padres

Kansas at Poway Center for the Performing Arts. Sept. 19, 8 pm. www.powayonstage.com

Disney's The Little Mermaid at San Diego Civic Theatre. Sept. 19-24 www.sandiegotheatres.org

Oceanside Hotrod & Classic Car Cruise Night at Mission Ave Bar & Grill. Sept. 20, 5 – 9 pm. www.visitoceanside.org

Green Flash Concert Series: Pine Mountain Logs & Venice at Birch Aquarium. Sept. 20, 5:30 – 9 pm. www.aquarium.ucsd.edu

Classic Car Night in downtown Encinitas. Sept. 21, 5:30 – 7:30 pm. www.encinitas101.com

San Diego Padres vs. Colorado Rockies at Petco Park. Sept. 21-24 www.mlb.com/padres

NCT MashUp at National Comedy Theatre. Sept. 21, 28 www.nationalcomedy.com

First day of autumn Sept. 22

Cruisin' Grand in downtown Escondido. Every Friday. Sept. 22, 5-9 pm. www.cruisinggrand.com

San Diego Festival of Beer at Broadway Pier. Sept. 22, 6 – 10 pm. www.sdbbeerfest.org

U2 at Qualcomm Stadium. Sept. 22, 7:30 pm. www.ticketmaster.com

Poway Rodeo. Sept. 22-23 www.powayrodeo.com

MCAS Miramar Air Show. Sept. 22-24 www.miramarairstow.com

Poway Rodeo. Sept. 23 www.powayrodeo.com

San Diego Zoo Food, Wine & Brew Celebration. 6:30 – 11 pm. www.zoofoodandwine.com

Julian Apple Days Festival at Menghini Winery. Sept. 23-24 www.visitjulian.com

Halloween Spooktacular at SeaWorld San Diego. Sept. 23-Oct. 29 www.seaworld.com/san-diego

Rockin' Bay 5K in Mission Bay. Sept. 24, 7:30 am. www.raceplace.com

San Diego Restaurant Week. Sept. 24-Oct. 1 www.sandiegorestaurantweek.com

The Voice Season 13 premier on NBC. Sept. 25

Pumpkin Patch at Bates Nut Farm. Sept. 27-Oct. 31 www.batesnutfarm.biz

Grayson Scheiner's artistic roots came from growing up in the eclectic bohemian vibe of Houston, TX in the early 2000's where there were thriving gypsy jazz, contemporary arts, blues, and free jazz scenes. These roots shine through in his genre diverse writing, where he fuses everything from gypsy jazz to delta blues to modern alternative indie rock. Free. Ongoing until Saturday, December 30, 2017 Saturdays, 9am-11am. Lazy Hummingbird, 4876 Santa Monica Avenue, San Diego, 92107.

Bonitafest Saturday, Sept. 16, 9 a.m. to 4 p.m. Free. celebrates the heritage and spirit of Bonita and the Sweetwater Valley. Come see the South Bay's best show choirs and stage bands, sample food, take in arts and crafts, and enjoy a day full of fun. The grand marshal for the 45th Annual Performing Arts Festival is Terry Sampitè, a communication systems engineer with Space and Naval Warfare Systems Command in Point Loma.

All money benefits the Bonita Vista High School Vocal Music Department, which includes the Music Machine mixed choir, girls Sound Unlimited and Lady Tones choir, as well as choirs from Bonita Vista Middle School, Bonita Vista High School, 751 Otay Lakes Road, Chula Vista, 91913.

DIY Sauerkraut & Beer Pairing Saturday, Sept. 16, 11 a.m. to 1:30 p.m. \$37.50 - \$40. Learn how to make killer fermented sauerkraut while sipping craft beer. Learn all about food fermentation and how easy and safe it is. Taste a variety of naturally fermented veggies, including several varieties of sauerkraut and pickles. Make your own jar of sauerkraut to take home and ferment. Sip a mini-flight of Chuck Alek's beers paired with sauerkraut and other pickled veggies. Part of the authentic Oktoberfest festivities happening at Chuck Alek Biergarten. Chuck Alek Biergarten 3139 University Avenue, Suite B, San Diego, 92104.

Bite San Diego: Downtown/Little Italy Ongoing indefinitely Fridays, 12pm-3pm & Saturdays, 12pm-3pm. Age limit: 18+ Cost: \$47 Guided food walking tour with stops at Royal India, Berkeley Pizza, NaPizza, The Rooftop Bar, Davanti Enoteca, and Le Parfait Paris. 421 W. B Street (Renaissance San Diego), San Diego, 92101.

Landlubbers Day at Seaport Saturday, Sept. 16, noon to 4 p.m. Free. The third-annual Landlubbers Day is a celebration of all things pirate, with costume and "talk like a pirate" contests for kids and adults, a mermaid grotto (featuring photo opportunities), street performances along the boardwalk (sword swallows, rock balancers), arts and crafts, and music from the Jackstraws, San Diego's pirate-themed band. Visitors are en-

couraged to don their finest eye patch and pirate garb for a chance to win prizes. Costume and "talk like a pirate" contests kick off at 2 p.m., with prizes for best costume and best pirate accent awarded in a number of age categories. Four-legged scallywags will have a chance to compete in a pet-costume category, new for 2017. Seaport Village 849 W. Harbor Drive, San Diego, 92101.

Fiestas Patrias Saturday, Sept. 16, noon to 4 p.m. Free This festival commemorates the day Mexico declared independence from Spain in 1821 and Alta California became part of a new nation. Festivities include historic and traditional music and dance groups, equestrian displays, crafts, games, and demonstrations of the activities of early settlers in San Diego in the 1800s. Old Town State Historic Park 4002 Wallace Street, San Diego, 92110.

Oktoberfest Wine Tasting Saturday, Sept. 16, noon to 4 p.m. Cost: \$15. Age limit: 21+ We will be pouring our favorite German wines, as well as celebrating with German style snacks. Sparkling, white, red, bone-dry to auslese, we have it all. Truly Fine Wine 4060 Morena Boulevard, San Diego, 92117.

Cruisin' Grand Through Sept. 30 On Friday nights in Escondido, the streets are filled with strolling people and a parade of pre-1970s vintage cars slowly cruise up and down seven blocks of Grand Avenue. Cruisin' Grand has not only become the heart of Escondido and the number one car cruise in the nation. The event gives people a reason to come downtown every week, whether it be to meet up with friends or spend time with family. In recent years, support from local and regional sponsors has allowed Cruisin' Grand to expand and include theme nights, featured car clubs, special attractions, additional awards and live entertainment. Spectators can rediscover all that downtown Escondido has to offer every Friday night between 5 and 9 pm from April through September.

Oct. 7 – 8 La Jolla Art and Wine Festival San Diego's highly regarded La Jolla Art and Wine Festival, presented by Wells Fargo, returns to the quaint coastal town of La Jolla for another spectacular year of incredible art, fine wine, and live entertainment. This free two-day, family-friendly celebration boasts an expansive collection of over 150 incredible juried artists from around the globe. The carefully curated, hand-picked collection of artists showcases the incredible talent of today's top creators in a variety of mediums, including painting, sculpture, jewelry design, fine glass, ceramics, woodwork, mixed media and photography. The La Jolla Art and Wine Festival features something for everyone, from live and roving entertainment to a gourmet marketplace serving scrumptious bites to a free family art center, silent auction, and more. This year's entertainment acts include Vibhas Kendzi, Jazz Pigs, Stone Horse, Oh La La Dance Academy, Haskell Collins Band, Full Strength Funk Band, and more. Vino enthusiasts will delight in selections from more than 40 wineries offering fine varietals from across Baja. There will also be offerings from local San Diego craft breweries, providing ample opportunities to sip and savor.

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Concerts

Sept. 16 – 17 Oceanside Harbor Days Oceanside Harbor Days offers a wide variety of events and attractions for the entire family. Presented by Genentech and Tri-City Medical Center and organized by the Oceanside Chamber of Commerce and Oceanside Harbor District, the multi-attraction event takes place on September 16 from 9 am to 6 pm and September 17 from 9 am to 5 pm.

The festivities start out with the Oceanside Fire Department Association's annual Pancake Breakfast fundraiser on Saturday morning. Harbor Days features over 200 arts and craft exhibits, a tasty food court, a village filled with costumed pirates led by Captain Jack Sparrow, and a beer garden sponsored by the Prohibition Brewing Company. Contests are also a big part of the event. They include a fishing derby, beauty pageant, world-famous Tiki Swim, and the wonderfully unique, "Nail and Sail" competition that draws thousands of spectators each year.

Harbor Days is free to the public with complimentary transportation provided by the Chamber via the British Bus Company. Their unique double-decker buses pick up Harbor Days attendees from various shuttles stops throughout the harbor and provide a pick-up/drop-off location at the downtown Oceanside Transit Center at Seagaze and Cleveland Streets.

This event takes place at Oceanside Harbor Beach. For more information call (760) 722-1534 or visit www.oceansideharbordays.com.

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

September

Daryl Hall and John Oates. Thurs-Fri, Sept 14-15, 7pm. Staples Center, 1111 S. Figueroa Str, Los Angeles, CA 90015. www.staplescenter.com

Kaaboo Del Mar. Fri-Sun, Sept 15-17. Fri 6pm; Sat 2pm; Sun 2pm. Alt/DJ/Electronic/Hip-Hop/Rap/Reggae/Ska/Rock. 7pm. Latin. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. www.kaaboodelmar.com/

Aaron Lewis. Sat, Sept 16, 7pm. Rock. Pechanga Resort &

Casino, 45000 Pechanga Pkwy, Temecula. (951) 693-1819.

Future Islands and Explosions in the Sky. Rock. Sun, Sept 17, 6:30pm. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

U2. Fri, Sept 22, 7:30pm. Rock. Qualcomm Stadium, 9449 Friars Rd, San Diego, CA 92108.

Air Supply. Sat, Sept 23, 8pm. Iconic Pop/Rock. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. <http://www.grove-of-anaheim.com>

Thomas Rhett and Old Dominion, Sun, Sept 24,

Taste of San Marcos Sat., Sept. 23, 12-4 pm The Taste of San Marcos presented by the San Marcos Chamber of Commerce is the Chamber's signature event and is set to be one of San Marcos' largest outdoor food festivals of the year. This year the event will be held at the new North City development located just across from CSUSM campus. This year's Taste combines 25 of the City's finest restaurants and local beverage establishments. Taste of San Marcos features a wide variety of savory and delicious local cuisine, a beer garden of San Marcos' top brewers with prize-winning craft beers, mouth-watering desserts, and live music. Since the City enjoys a robust culinary community, be sure to come hungry, bring a date, and plan a day enjoying an array of foods, tastes of beer and sips of wine. Presale tickets are just \$25 in advance or \$30 the day of the event. For tickets or more information call the Chamber office at (760) 744-1270 or visit www.sanmarcoschamber.com.

7:30pm. Country. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

Sublime With Rome and the Offspring. Tues, Sept 26, 7:30pm. Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

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

October

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

Ramsey Lewis. Thurs, Oct 5, 7:30pm. Jazz. Balboa Theatre,

868 Fourth Ave, San Diego. 619-570-1100.

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

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

Janet Jackson. Sat, Oct 7, 7:30pm. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd. Point Loma. 619-224-4171.

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

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

The National. Thurs, Oct 12, 7:30pm. Rock. Open Air Theatre

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

at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

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

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

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

Odesza and Sofi Tukker, Thurs, Oct 19, 6:30pm. Electronic/pop/rock. Valley View Casino Center (Sports Arena), 3500 Sports

Arena Blvd., San Diego. (619) 224-4171.

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

Ohio Players, Fri, Oct 20, 8pm. Funk/pop. Sycuan Casino Showcase Theatre, 5469 Casino Way, El Cajon, CA. 92019. (619) 445-6002.

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

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

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2017 F-150 XLT CREW CAB \$27,998 #C46530	2016 MERCEDES-BENZ GLA 250 \$29,888 #254085	2016 CHEVY COLORADO Z71 CREW \$30,995 #188992	2017 TOYOTA TACOMA TRD CREW \$32,888 #00752	2015 FORD F-150 LARIAT CREW CAB \$34,538 #090331

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*Not all buyers will qualify for Ford Credit Red Carpet Lease. †Requires trade-in of 1995 or newer vehicle. ††Must currently own or lease a Ford/Lincoln/Mercury vehicle. **Must be active U.S. military, veteran within 180 days separation or member of household. Military offer exclusively for members of US Military Branches: Active military personnel, reservists servicing on active duty, member of the Delayed Entry Enlistment Program (DEP), veterans/retirees, spouses and other household members who are residents of the United States. Price excludes government fees and taxes, and finance charges, any dealer document processing charge, any electronic filing charge and any emission testing charge. Take new retail delivery from dealer stock by 9/27/2017. See dealer for complete details.

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NEW 2017 HYUNDAI ACCENT



- \$12,277 FRANK'S PRICE
- \$2,500 RETAIL BONUS CASH
- \$500 MILITARY REBATE
- \$500 FLEX CASH

\$8,777 NET COST

*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 Rebate, must be active duty or veteran to qualify. \$500 Valued owner/competitive owner bonus cash must own a Hyundai or own Non Hyundai vehicle to qualify. Expires 9/18/2017. 2 at this price #352387, 344969

NEW 2017 HYUNDAI ELANTRA SE

AUTOMATIC



- \$15,777 FRANK'S PRICE
- \$2,000 RETAIL BONUS CASH
- \$500 MILITARY REBATE
- \$500 HMF BONUS CASH

\$12,777 NET COST

*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 Rebate, must be active duty or veteran to qualify. \$500 Valued owner/competitive owner bonus cash must own a Hyundai or own Non Hyundai vehicle to qualify. Expires 9/18/2017. 2 at this price #453591, #453443

NEW 2017 HYUNDAI VELOSTER

SPORTY HATCHBACK



- \$17,277 FRANK'S PRICE
- \$2,500 RETAIL BONUS CASH
- \$500 MILITARY REBATE
- \$500 FLEX CASH

\$13,777 NET COST

*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 Rebate, must be active duty or veteran to qualify. \$500 Valued owner/competitive owner bonus cash must own a Hyundai or own Non Hyundai vehicle to qualify. Expires 9/18/2017. 5 at this price #592022, #585232, #589983

NEW 2017 HYUNDAI TUCSON SE



\$187 PER MO.

LABOR DAY SAVINGS STILL GOING ON

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\$187 Per Month
0 Out of Pocket
10k Miles per year
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*All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Rebate, must be active duty or veteran to qualify. \$500 Valued owner/competitive owner bonus cash must own a Hyundai or own Non Hyundai vehicle to qualify. Expires 9/18/2017. Over 10 of this payment.

NEW 2017 HYUNDAI TUCSON SE



- \$20,277 FRANK'S PRICE
- \$2,000 RETAIL BONUS CASH
- \$1,500 FLEX CASH
- \$500 MILITARY REBATE
- \$500 HMF FACTORY CASH

LABOR DAY SAVINGS STILL GOING ON

\$15,777 NET COST

*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 Rebate, must be active duty or veteran to qualify. \$500 Valued owner/competitive owner bonus cash must own a Hyundai or own Non Hyundai vehicle to qualify. Expires 9/18/2017. 2 at this price #424927, #404855



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