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Politicon:  
Something new and daring.

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### Around Town

Oceanside Art Walk, Obon Festival, Stagecoach Days, Vista Rod Run, Free to Breathe Walk/Run.

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## Pacom talks threats, strategies

by Jim Garamone

WASHINGTON - North Korean nuclear capabilities, Chinese aggression in the South China Sea and the Islamic State of Iraq and Syria making inroads in the Philippines are the three major challenges facing the Pacific community, the commander of U.S. Pacific Command said at the 4th Japan-U.S. Military Statesmen Forum here July 27.

These are the threats that Pacom must face and adapt to as the pace of change in the region - indeed the world - increases, Adm. Harry B. Harris Jr. said.

Japan's ambassador to the United States Kenichiro Sasae, who hosted the event at his residence, and retired Navy Adm. Mike Mullen, former chairman of the Joint Chiefs of Staff and one of the leaders of the forum, both emphasized the need for stability in an uncertain world.

Harris didn't disagree and ticked off one-by-one the changes that prove this to be a volatile time in the region.

He noted that in September, North Korea tested yet another nuclear device. On July 4, Kim Jong-Un successfully launched his first-ever intercontinental ballistic missile.

Second, "China increased aggressive maneuvers in the East China Sea, and continued its unabated militarization of the South China Sea," he said.

Finally, he noted that earlier this year, ISIS proved it is a true global threat as violent extremist organizations banded together to occupy Marawi City in Mindanao in the Philippines.

"That's a lot of change in the last 12 months," Harris said. "But I'll point out three truths that have not changed."

First, the Indo-Asia-Pacific region remains a top priority for the United States. "The U.S. remains laser-focused on the region because our interests there are enduring....U.S. key leader engagements with the region -- to include Japan - prove our actions back up those words."

see Pacom, page 4

## Squeeze some fun into your summer at the Lemon Festival, Sunday, Aug. 6

Squeeze some fun into your summer at the 21st annual Lemon Festival presented by Third Avenue Village Association in Chula Vista's original neighborhood on Sunday, August 6.

Sweet sour summer fun will fill Third Avenue from 11:00 a.m. to 5:00 p.m. at no cost to the community to celebrate Chula Vista's historic reign as the lemon capital of the world. Third Avenue will close to traffic and open to hundreds of vendor booths welcoming over 35,000 eager attendees rejoicing in this juicy jubilee. Sport your brightest yellow outfit and enjoy lemon-infused activities, live bands, sour contests, a kid's fun zone, a craft beer garden, and hundreds of festive booths.

Lemonade Bandstand in Memorial Park will be rocking with live bands from various genres including: Alter Ego, Dubbest, Fanny and the Atta Boys, and Kannan Road. The Citrus Stage at E Street will feature tangy tunes, local artistry, and our lemon contests. Attendees will have the opportunity to compete for glory and prizes in the Lemon Pie Eating, Lemon Peeling and Largest Lemon contests. All ages are welcome to participate. Festival guests interested in the contests will be directed to sign up at the Citrus Stage.



The Festival Fun Zone located at F Street where bungee rides, a rock wall, and more will delight thrill seekers of all ages. Overflowing with interactive features and giveaways from community partners, this over 20-year tradition is more refreshing than the fresh-squeezed lemonade offered in abundance.

More information juicy details will be available at [www.thirdavenuevillage.com](http://www.thirdavenuevillage.com).



# Experimental drone transforms in flight

by David McNally

The U.S. Army Research Laboratory is experimenting with a hybrid unmanned aerial vehicle that transforms in flight and gives soldiers an advantage on the battlefield of the future.

Weighing in at just over half a pound, this UAV tilts its rotors to go from hovering like a helicopter to speeding along like a sleek airplane. The design has many efficiencies, but also provides many challenges to its creator, Dr. Steve Nogar, a postdoctoral researcher with the lab's Vehicle Technology Directorate.

"In an aircraft, weight is everything," Nogar said. There are a lot of vehicles out there where designers take a quad-rotor and staple it to a fixed-wing aircraft. It may have extra propellers and actuators and it's not very efficient. You have a lot of wasted weight."

For testing, Nogar has temporarily attached a large paper half-circle to the prototype to slow it down. The final design will be less than 10 inches in length.

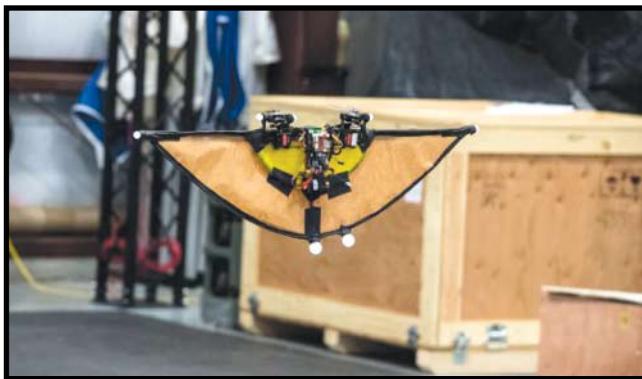
"The tilt-rotor design that is kind of like the V-22 Osprey, where the motors tilt themselves," Nogar said.

The Osprey is a multi-mission, tilt-rotor military aircraft designed for both vertical take-off and landing. The V-22 is more than 57 feet in length. Shrinking that capability to less than one foot has been a challenge due to the complex physics that govern the vehicle's movement and the associated control methods, Nogar said.

With this hybrid UAV, transforming from hovering to horizontal flight offers speed, agility and mission flexibility.

Postdoctoral researcher Dr. Steve Nogar holds his prototype hybrid unmanned aerial vehicle that may deliver advantages to Soldiers on future battlefields. U.S. Army photo by David McNally

"Looking forward, we want to look at perching or landing on something in the environment," Nogar said. "That means



The future hybrid UAV is less than a foot in length, but for testing, its inventor has added a lightweight paper wing to slow it down. U.S. Army photo by David McNally

we have to be able to sense the environment."

Imagine a future drone that knows how to land itself to conserve power while gathering situational awareness. The UAV will need to be able to detect walls, avoid obstacles and rapidly understand its environment.

"If you're going to land on something, you need to know very quickly how fast that's coming up to you as you come in to land," he said. "We will need to enable the UAV to sense and perceive its environment using visual techniques such as machine learning."

The next step is continuing to

experiment, refine and experiment more.

"These vehicles will better integrate with soldiers," he said. "Soldiers are going to have to be able to interact with these vehicles all the time and they're going to have to work as a team to achieve their objectives."

That objective may be finding out what's over the next hill, or scouting out enemy forces.

"We can't put a lot of sensors on this vehicle," Nogar said. "It's basically what we can do with just one camera. It takes a lot more work to do the control and study the dynamics of this vehicle, but we will benefit from the effort once it's finished."

## 'Stay ahead of evolving threat': Soldiers test Ballistic Missile Defense System

WASHINGTON - The Missile Defense Agency and Soldiers of the 11th Air Defense Artillery Brigade from Fort Bliss, Texas, conducted a successful missile defense test July 30 using the Terminal High Altitude Area Defense system, according to a Missile Defense Agency news release.

A medium-range target ballistic missile was air-launched by an Air Force C-17 Globemaster III over the Pacific Ocean. The THAAD weapon system, located at Pacific Spaceport Complex Alaska in Kodiak, detected, tracked and intercepted the target.

The test, designated Flight Experiment THAAD (FET)-01, was conducted to gather threat data from a THAAD interceptor in flight, the release said.

"In addition to successfully intercepting the target, the data collected will allow MDA to enhance the THAAD weapon system, our modeling and simulation capabilities, and our ability to stay ahead of the evolving threat," said Air Force Lt. Gen. Sam Greaves, Missile Defense Agency director.

Soldiers from the 11th Air Defense Artillery Brigade conducted launcher, fire control and radar operations using the same procedures they would use in an actual combat scenario. Soldiers operating the equipment were not aware of the actual target launch time, the release said.

This was the 15th successful intercept in 15 tests for the THAAD weapon system.

The THAAD element provides a globally-transportable, rapidly-deployable capability to intercept ballistic missiles inside or outside the atmosphere during their final, or terminal, phase of flight. THAAD is strictly a defensive weapon system. The system uses hit-to-kill technology where kinetic energy destroys the incoming target, according to the release.

The mission of the Missile Defense Agency is to develop and deploy a layered ballistic missile defense system to defend the U.S., its deployed forces, allies and friends from ballistic missile attacks of all ranges in all phases of flight, the release said.

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## Former Army medic receives MOH for Vietnam War heroism

by David Vergun

WASHINGTON - President Donald J. Trump awarded the Medal of Honor to former Army Spc. 5 James McCloughan during a White House ceremony July 31 for heroism during the Vietnam War almost a half century ago.

McCloughan, a medic and a Vietnam veteran, was one of 89 Soldiers in Company C, 3rd Battalion, 21st Infantry Regiment, 196th Infantry Brigade, Americal Division, who fought on Nui Yon Hill, near the city of Tam K from May 13 to 15, 1969.

Within minutes of landing there May 13, about 2,000 enemy Soldiers had them surrounded, and two of their helicopters were shot down, Trump related during the ceremony. One Soldier was badly wounded in the middle of an open field. "Jim did not hesitate," said the president. "He blazed through 100 meters of enemy fire to carry the Soldier to safety."

After tending to that Soldier, McCloughan joined a mission to advance toward the enemy, Trump said. But before long, they were ambushed. Again, he ran into danger to rescue his



**President Donald J. Trump awards the Medal of Honor to former Spc. 5 James McCloughan during a White House ceremony. Photo credit: DOD News**

wounded men.

As he cared for two Soldiers, shrapnel from an enemy rocket-propelled grenade "slashed open the back of Jim's body from head to foot. Yet, that terrible wound didn't stop Jim from pulling those two men to safety, nor did it stop him from answering the plea of another wounded comrade and carrying him to safety atop his own badly injured body. And so it went, shot after shot, blast upon blast," said Trump.

"As one of his comrades recalled: 'Whoever called 'Med-

ic!' could immediately count on McCloughan. He's a brave guy,'" Trump said.

That evening, Soldiers went into their defensive position, but one didn't make it back, and McCloughan couldn't ignore his pleas for help, the president related.

Again, "Doc," as his fellow Soldiers called him, did not hesitate, Trump said. "He crawled through a rice paddy thick with steel rain - that means bullets all over the place - and as Soldiers watched him, they were sure that was the last time they would see

Doc. They thought that was the end of their friend Jim."

But after several minutes, McCloughan emerged from the smoke and fire, carrying yet another Soldier, the president said.

As McCloughan was carrying the wounded to be medevac'd, his lieutenant ordered him to get in too. "Get in. Get in," Trump said, conveying the lieutenant's orders. But McCloughan refused, saying "you're going to need me here."

McCloughan would later say, "I'd rather die on the battlefield than know that men died because they did not have a medic," Trump related.

Over the next 24 hours without food, water or rest, McCloughan fired at enemy Soldiers, suffered a bullet wound to his arm, and continued to race into gunfire to save more and more lives, the president said.

"Though he was thousands of miles from home, it was as if the strength and pride of our whole nation was beating inside of Jim's heart," the president said. "He gave it his all, and then he

just kept giving."

In those 48 hours, McCloughan rescued 10 American Soldiers and tended to countless others, Trump said, adding that of the 89 in the company, their strength had dwindled to 32 by the end of the fighting.

On the second day of that bloody fight, McCloughan found a Soldier who had been badly shot in the stomach, Trump said. He knew the Soldier wouldn't make it if he flung him on his back in a fireman's carry, so he lifted him up and carried him in his arms. As McCloughan was carrying the Soldier, a thought flashed through his mind, the president said:

"Although Jim had always been close to his father, he realized that it was not since he'd been a young boy that he had told his dad those three simple yet beautiful words: 'I love you.'"

In that moment Jim offered up a prayer. He asked God, "If you get me out of this hell on earth so I can tell my dad I love him, then I'll be the best coach and father you ever asked for," the president said.

"As he prayed," he continued, "a great peace came over him. ... Jim made it out of that hell on earth. And, the first thing he did when he arrived back on American soil, was to say those beautiful words: 'I love you dad. I love you.' Jim said those words over and over again for the next 22 years until the last time he saw his father, the night before his dad passed on.

"Today, I venture to say, his dad is the proudest father in heaven," Trump said. "Jim fought with all the love and courage in his soul. He was prepared to lay down his life so that his brothers in arms could live theirs."

The president added that McCloughan kept the other part of his promise to God as well, coaching high school sports to the best of his ability for the next 38 years.

McCloughan was joined at the White House ceremony by members of his family, eight other Medal of Honor recipients, and 10 Soldier who served with him during that epic battle, five of whom McCloughan personally saved.

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# 'Leader Development': New guidance on leading Marines

by Lt. Col. Eric Dent  
ARLINGTON, Va. - Commandant of the Marine Corps Gen. Robert Neller released "Marine Leader Development" in a continuing effort to help Marines achieve personal and professional success.

Marine Leader Development was announced July 28, in ALMAR 026/17, with a stated purpose of providing a common framework and practical tools for developing Marines and Sailors.

"Every leader has a responsibility to those that they lead to make them better," said Neller. "I expect all Marines to read it and use it as they help make Marines and Sailors more successful."

MLD is considered a less-prescriptive approach that builds on consistent interaction between leaders and subordinates. It stresses aspects of coaching and teaching that has been a hallmark of Neller's approach since becoming the Corps' top leader in 2015.

Neller stressed that he wants more face-to-face communication between Marines and their leaders. "We need to talk to one another more. There are key times when this interaction

is critical, like when a Marine joins a unit, when individual performance is evaluated, when preparing for promotion panels, when a Marine considers re-enlisting, and at the end of the Marine's service when they transition out of the Corps."

Neller added that although

Marines are well-known for leadership, everyone can improve.

"I have never met anybody who joined the Marine Corps who didn't do so to improve themselves and to be successful," said Neller. "And if we are more successful as individuals, our units and Corps

will be better too."

Marine Leader Development replaces the Marine Corps Mentoring Program of 2006, although Neller pointed out that mentoring continues to be important.

"Mentorship evolves. All of us have mentors. Each Marine

has a say in his or her mentor, and the chain of command has a part to play as well," Neller said.

Additionally MLD focuses on the six Fs: fighter, fidelity, fitness, family, finances, and future. These serve as the framework for individual counseling and coaching ses-

sions, as well as unit activities.

The Marine Leader Development order can be viewed at: <http://www.marines.mil/News/Publications/MCPPEL/Electronic-Library-Display/Article/1261547/mco-150061-canx-mco-150058-and-navmcd-dir-150058/>.

## Pacom continued from page 1

Two: America is and will remain a Pacific power and a Pacific leader. "Just as we have for the past 70 years, Pacom joint forces will maintain a robust and stabilizing military presence in the Indo-Asia-Pacific," he said.

Finally, the strength and necessity of the Japan-U.S. alliance has not changed. "In a world crying out for leadership at the global level, the need for our alliance has never been stronger," he said. "Today, the ties that bind our countries together have never been more robust. And I submit that those ties have never been more vital than they are today because of the mutual threats we face."

North Korea is "a clear and present danger" to global peace and stability, Harris said. Kim

Jong Un's regime is not only a threat to South Korea, Japan and the United States, but to China and Russia and U.S. allies in the Pacific and Indian Oceans. "[North Korea is] a threat to the entire world because North Korea's missiles point in every direction," he said. "It's the reason why we call for all nations to implement far stronger economic sanctions against Pyongyang."

North Korea now has an ICBM capability that can reach North America and Hawaii. "While I don't know if those missiles can hit what they're aimed at, but like in horseshoes and hand grenades, getting close is all that's needed when you're dealing with nuclear weapons," the admiral said.

Harris expects North Korea's capabilities to improve with time, so now is the time "to study and consider every possible step

to increase the defense of our homelands with the best, most effective solutions possible," he said.

Japan, South Korea and the United States are working to apply economic and diplomatic

**Harris also emphasizes multinational collaboration against a North Korean threat that endangers all nations. "This includes increasing trilateral cooperation between the U.S., Japan and South Korea - a partnership with a purpose if there ever was one," he said.**

pressures aimed at persuading Pyongyang to give up its nuclear arms program. Credible combat power backs up the diplomatic and economic efforts. "That's why we deploy carrier strike groups with Aegis ships and the world's best submarines to Northeast Asia," Harris said. "That's why we maintain a formidable continuous bomber presence in the region. That's why we continue our ironclad defense of Japan, to include

deploying our newest and best military platforms like the Lightning II joint strike fighter, the Poseidon and the Osprey."

Harris also emphasizes multinational collaboration against a North Korean threat that endan-

gers all nations. "This includes increasing trilateral cooperation between the U.S., Japan and South Korea -- a partnership with a purpose if there ever was one," he said.

Harris stressed that every nation "must work diplomatically and economically to bring Kim Jong-Un to his senses, not to his knees."

That includes calling on China

to do more to exert its considerable economic influence to stop Pyongyang's unprecedented weapons testing. "North Korea only has one ally -- that's China; and vice versa," Harris said. "That means Beijing has exponentially more influence on Pyongyang than anyone else, which makes China the key to a peaceful outcome on the Korean Peninsula."

The world needs Chinese help with North Korea, but China also must work to tone down its own aggressive behavior on the water and in the air, he said. While most of the interactions between U.S. and Chinese aircraft and ships are professional and safe, there have been instances -- this week in fact -- where Chinese pilots have acted irresponsibly and dangerously.

"Some might find it odd for me to advocate cooperation with China on one hand while criticizing Beijing on the other, but as I like to say, great powers can walk and chew gum at the same time," Harris said. "By that, I think we can praise Chinese efforts for help on issues like counter-piracy, even as we rightly hold them accountable for not doing enough to influence their North Korean allies. I think we can and should do both."

The Chinese are building up combat power and positional advantage in an attempt to assert de facto sovereignty over disputed maritime features and spaces in South China Sea, the admiral said. "They are fundamentally altering the physical and political landscape by creating and militarizing manmade bases," he said. "As I've said before, fake islands should not be believed by real people."

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## Social Security matters

by Russell Gloor

### Divorced multiple times

Dear Rusty: Reading your current letter regarding Social Security benefits for ex-spouses, I pose this question: Would an individual who has had multiple marriages be entitled to distributions of Social Security for each of his or her marriages? Signed: Thrice Divorced



Dear Thrice: No, I'm afraid that you are entitled to benefits from only one of your marriages, so obviously you would want to pick the one which gives you the greatest benefit. That would normally be from the ex-spouse who was entitled to the highest benefit based upon his or her own lifetime work record. You would have to be at least 62, have been married to that ex-spouse for at least 10 years and not be currently married to receive benefits on your ex-spouse's work record. Also, any benefit you are entitled to as an ex-spouse would need to be more than you are entitled to on your own work record; otherwise you will only receive what you are entitled on your own work record. You can apply for benefits on an ex-spouse's record even if your ex-spouse is not yet collecting Social Security, if you have been divorced for at least two years and if they are at least eligible to collect (at least age 62 or receiving SSDI).

If you were born before January 2, 1954 and have not yet filed, you can wait until your own full retirement age to apply for spousal benefits only based on your ex-spouse's record (Restricted Application), allowing your benefit based on your own work record to grow in order to receive a higher benefit later. If you wait until your full retirement age to apply, you'll be entitled to 1/2 of your ex-spouse's full benefit (or disability benefit), but if you apply earlier your benefit amount will be reduced. And if your ex-spouse has died, you would still be entitled to widow(er)'s benefits. Note that you collecting benefits on an ex-spouse's record does not affect your ex-spouse's benefit, nor will it affect the benefit of anyone else (e.g., a current spouse) also getting benefits from your ex-spouse's record.

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. The National Social Security Association, 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.

## USS Forrestal tragedy remembered 50 years later

by MC2 Jason Amadi

WASHINGTON- Sailors from various commands around the region gathered on Joint Base Myer-Henderson Hall to commemorate the 50th anniversary of the tragedy aboard aircraft carrier USS Forrestal (CVA-59) with a special ceremony July 29.

More than 250 surviving crew members and their families filled the seats of Conny Hall to remember the Sailors who died in the fire on Forrestal. Sailors stationed at nearby commands including the Center for Service Support Detachment Defense Information School, Strike Fighter Squadron (VFA) 106, Strike Fighter Squadron (VFA) 11, Expeditionary Combat Camera (COMCAM), and Naval District Washington presented American flags during the ceremony to represent each Sailor who passed away.

"The first time I heard about the Forrestal fire was in boot camp," said Senior Chief Logistics Specialist Allison Strong,

**We watched a video about what happened on Forrestal and we were told that was the impetus for everyone learning about damage control.**

event volunteer coordinator, assigned to Naval District Washington. Being part of this event is very special to me and it was

an honor to be able to help put it together."

On July 29, 1967, a rocket was accidentally fired aboard USS Forrestal, causing massive damage to the ship and a fire that killed 134 Sailors and injured



**Col. (Ret.) Emmet O'Hare, survivor of the Forrestal fire, presents a flag to Ken Killmyer, ship historian for the USS Forrestal Association and also a survivor, during the anniversary commemoration. photo by MC2 Jason Amadi**

many more. It took more than 24 hours for Forrestal Sailors as well as Sailors from nearby ships to completely extinguish the fire.

"When that happened, I didn't expect to be here 50 years later," said Photographer's Mate 2nd Class (Ret.) William Solt, Forrestal fire survivor. "I asked my son, his wife and two of my grandsons to come with me to attend this. I want them to see and know what a sacrifice these Sailors made. We had a past president

of the Forrestal Association who would say 'friends are for life and shipmates are forever.' That's what's playing out here today."

The USS Forrestal Association is a non-profit veterans' organization formed in 1990 that is committed to preserving the memory of those lost in the tragedy. The group puts together events every year to help honor and remember their fallen shipmates.

"I've got 45 years of service in the military, nine in the Navy and 36 in the Army, and I will never forget what happened July 29, 1967," said Colonel (Ret) Emmet O'Hare, event coordinator and Forrestal fire survivor. "We have to do things like this. There's no getting around it, it's a duty we took on after we lost those Sailors."

O'Hare says three years ago,

on July 29, a young woman came up to members of the USS Forrestal Association as they were laying a wreath to honor fallen Sailors. She had never met her father and told them he was killed in the fire on the Forrestal. She asked the group if any of them recognized her father's name.

"Three of the guys there knew her dad and she spent the next three hours crying, listening to stories about him. That's what it's all about. It's about getting other people to understand what we went through and the camaradery that we shared on that ship," said O'Hare.

It took O'Hare more than 100 hours and meetings with dozens of agencies to put together the 50-year commemorative ceremony, but says his desire to remember his friends keeps him moving forward.

"I want the knowledge of those events to be carried on to everyone everywhere. I was in one of those crews that found the bodies and there are some bad memories there. I knew some of those guys personally and they're no longer here. It literally hurts me if I don't get to take the time to honor and remember those guys," said O'Hare.

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

Call Jay Lott at 619-230-0301 or email him at [jay@navyleague-sd.com](mailto:jay@navyleague-sd.com) for more information.

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## Carl Vinson meritoriously advances 28 Sailors

by MC2 Z.A. Landers

The Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) advanced 28 top-performing Sailors to the next-higher paygrade via the Meritorious Advancement Program (MAP) during a ceremony in the ship's hangar bay, July 27.

The Sailors, who were advanced to paygrades E-4 through E-6, were hand selected by their leadership as standouts who were already performing at the level of the next higher paygrade.

Hospital Corpsman 1st Class Amanda Palmer, who was among the group advanced, said she is grateful that she was selected for advancement from a pool of the ship's top Sailors.

"Being selected for the MAP program is an honor, and I thank my chain of command and my junior Sailors for helping me get where I am today," said Palmer. "No matter how you advance, it is a huge accomplishment, and a goal we, as Sailors, are constantly striving to reach."

Sailors selected for advance-



ment came from the ship's air, aviation intermediate maintenance, combat systems, engineering, executive, medical, navigation, supply and weapons departments.

Carl Vinson Commanding Officer Capt. Douglas Verissimo addressed those in attendance after the ceremony, reminding Sailors of the importance of striving for top evaluations and studying for advancement exams.

"If you study and achieve top

marks on your evaluations you will advance," said Verissimo. "Excellence is rewarded as demonstrated by these Sailors."

This year, MAP will account for approximately 10 percent of all E4-E6 advancements with 4,199 MAP quotas, an increase of more than 1,100 from 2016. MAP is designed to give commanding officers greater authority to recognize superior performance and advance their very best Sailors.

For more information, visit <http://www.navy.mil>, <http://www.facebook.com/usnavy>, or <http://www.twitter.com/usnavy>. For more news from USS Carl Vinson (CVN 70), visit <http://www.navy.mil/local/cvn70/>.

## USMAP hits milestone of 100,000 active apprenticeships

by Ed Barker

After more than 40 years providing sea-service military members with journeyman-level certifications documenting their skills through the U.S. Department of Labor (DOL), the United Services Military Apprenticeship Program (USMAP) announced a milestone of 100,000 active participants, July 28.

The USMAP team works closely with DOL to provide nationally-recognized apprenticeship programs that result in journeyman-level certificates of completion for members of the Navy, Marine Corps, and Coast Guard. During their apprenticeship, service members document their military duties while working in their rating or military occupational specialties (MOS). Earning the DOL certificate is free to service members and normally does not require working additional off-duty hours.

"We've made significant upgrades to the USMAP website, making it easier for service members to sign up for, manage and complete the program," said Lt. Cmdr. Nick Turner, deputy director for Navy Voluntary Education. "With the recent improvements, we've seen an increase in weekly program completions and a bump in the interest level, bringing us up to 100,000 service members

actively working toward their DOL certificates."

One Sailor who has embraced the program is Aviation Maintenance Administrationman 1st Class (AW) Monica Cooper, data analyst for the Navy Flight Demonstration Squadron, the Blue Angels. Cooper recently finished her computer programmer apprenticeship/certification and is currently working on a computer operator certification.

"The USMAP program is right up there with getting a college degree," said Cooper. "You're getting a DOL certification for the job you do every day. It was a lot easier than I thought it would be. The apprenticeship program breaks my job down into small parts as the hours are logged. It's not only beneficial to my rating, but will also help verify my skills when I retire."

USMAP enables documentation of a Sailor's formalized and structured training. It combines on-the-job training (OJT) and related technical instruction. All the individual is required to do is regularly document the hours worked in the various skill areas, either in a hard-copy log or electronically through the USMAP website and have it verified by their supervisor. In addition, the service member submits a report every six months and a final report once their required OJT hours are complete.

"Each apprenticeship requires anywhere between 2,000 and 8,000 hours of on-the-job work and training," said Tom Phillips, USMAP certifications and credentialing program lead. "That sounds daunting, but working a typical 40-hour week, many individuals can complete an apprenticeship within a year."

There are 123 trades available, ranging from aircraft mechanic to x-ray equipment tester. More than 96 percent of Navy enlisted rates, 85 percent of Coast Guard enlisted rates, and 232 Marine Corps military occupational

specialties are eligible for these trades. USMAP trades apply to virtually all members of the services. For the few members without a specific trade corresponding to their rating or MOS, there are generic trades such as computer operator.

"Pre-registration credits can also be awarded to those who have time-in-service and can even be applied toward college credits," added Phillips. "The maximum advance credit a service member can receive is 50 percent of the required OJT. For example, an E-6 with 10 years of service interested in an apprenticeship requiring 8,000-hours can receive a maximum of 4,000 credits toward their certificate for previous experience, cutting their requirements for hours of logged training in half."

"It's about quantifying what you've accomplished," said Phillips. "Service members are already doing the work. It's just a matter of documenting what they do on a daily basis. Now they have their work 'on the record' and a completed apprenticeship shows significant professional development, which can look good to supervisors and promotion boards. Certificates can also open doors once a service member decides to hang up the uniform."

Any active duty Sailor, Marine, or Coast Guardsman can become a DOL-recognized apprentice as long as they have been designated in a rating, have sufficient time to complete the program while on active duty, and possess a high school diploma or GED. The selected trade must be their primary job at their current command.

For more information about the United Services Military Apprenticeship Program or to register for an apprenticeship, visit <http://usmap.netc.navy.mil/usmapps/static/index.htm>.

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

For more news from Naval Education And Training Professional Development And Technology Center, visit <http://www.navy.mil/local/NETPDTCC/>.

**ACCESS TO HIGHER EDUCATION 2-Day Course:** Aug. 7 & 8, 8am-4pm NBSD, Bldg 3223 (Ballroom) Learn the process of selecting a degree program and comparing accredited colleges; review a college application package and examine a range of funding including the GI Bill, the Free Application for Federal Student Aid (FAFSA) program. To sign up, contact your Command Career Counselor.

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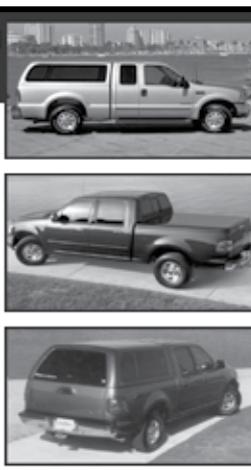
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# AutoMatters & More: Politicon – Something new & daring for column 500

AutoMatters™ & More



by Jan Wagner

This is a milestone “AutoMatters & More” column. Despite the odds, this is my 500th column since my so-called retirement began, instigated by the catastrophic .com collapse of 2000-2002. It began as a way to brighten my life after losing a great writing position and the departure from my life of my best friend, but it ended up marking a turning point in my career.

Over the years this column has evolved into a chronicle of many of the amazing and wonderful things that I have seen and done, and you have enabled me to share them with you. I sincerely thank you. Someday – hopefully soon – I will make the time to build a website to archive these columns, and perhaps put them in a book.

I want to do something new and daring for my 500th column, so here goes. Over the years, one of the few topics that I have

not dared to cover – for fear of alienating or offending some of you – is the polarizing subject of politics. Since Politicon is a convention for political junkies of all stripes, an objective report about Politicon 2017 should be reasonably safe.

Hot on the heels of Wonder-Con and Comic-Con, Politicon has been described as an “annual, bi-partisan ‘Unconventional Political Convention’ (that) brought Republicans, Democrats, and people of all political stripes together for a weekend of intelligent, controversial, entertaining and humorous discussion providing a unique platform for opposing ideologies to meet in the middle.”

I travelled to Politicon 2017 in Pasadena to cover the broad spectrum of politics. I visited and spoke with a variety of exhibitors, attended panels, collected swag and listened to lively political debates.

Politicon facilitates the sharing of political ideas in an open, relatively non-confrontational setting (the visible presence of uniformed police officers helped to ensure that). It was encouraging to see many young people in attendance. It is especially important for them to be engaged and involved in politics, since they will determine our future.

I interviewed people not only from across the United States but also from around the world. With a father and son who had travelled all the way across the country to get to California from Florida, I had a stimulating discussion about options for the provision of health care.

Later I had a wide-ranging discussion about international politics with a woman who had flown here from Portugal. In the course of that discussion we discussed not only American politics, but also compared that to the politics of several European countries, including Italy, Greece and Germany.

Despite California being a state that leans Democrat, there were plenty of red “MAKE AMERICA GREAT AGAIN” baseball caps being worn too, and exhibits promoted a broad spectrum of political positions. I covered several panels, including (in chronological order) one entitled “What Now Democrats?” followed by another entitled “Now What, Republicans?” Both panels included members who passionately promoted opposing points of view. The audiences, while expressing their opinions loudly enough to be heard, were respectful.

As with covering other conventions, it was important to be

flexible and go with the flow. While I was speaking with the woman from Portugal and waiting in the press area to cover a panel entitled “Fake News,” an announcement was made. An upcoming event had way too many people waiting to attend it than the scheduled meeting room could hold, so it was moved to my next event’s large, multi-level auditorium. Sensing that this might be a more stimulating event to cover, I instantly made the decision to join the woman and the rest of the members of the press who were walking into this debate, which was entitled “Cenk Uygur vs. Ben Shapiro.” The large auditorium quickly filled to capacity with enthusiastic conventioners, as the stage was hurriedly reset for the upcoming debate.

Uygur is the progressive founder of “The Young Turks” and Shapiro is the conservative editor-in-Chief of “The Daily Wire.” Both were in fine form as they debated various political issues. The audience responded with partisan applause, cheers and jeers, and a well-deserved standing ovation when it was all over. At one point Shapiro was enthusiastically encouraged to run for president.

Their heated debate was immediately followed by the final event of Politicon 2017: “Sun-



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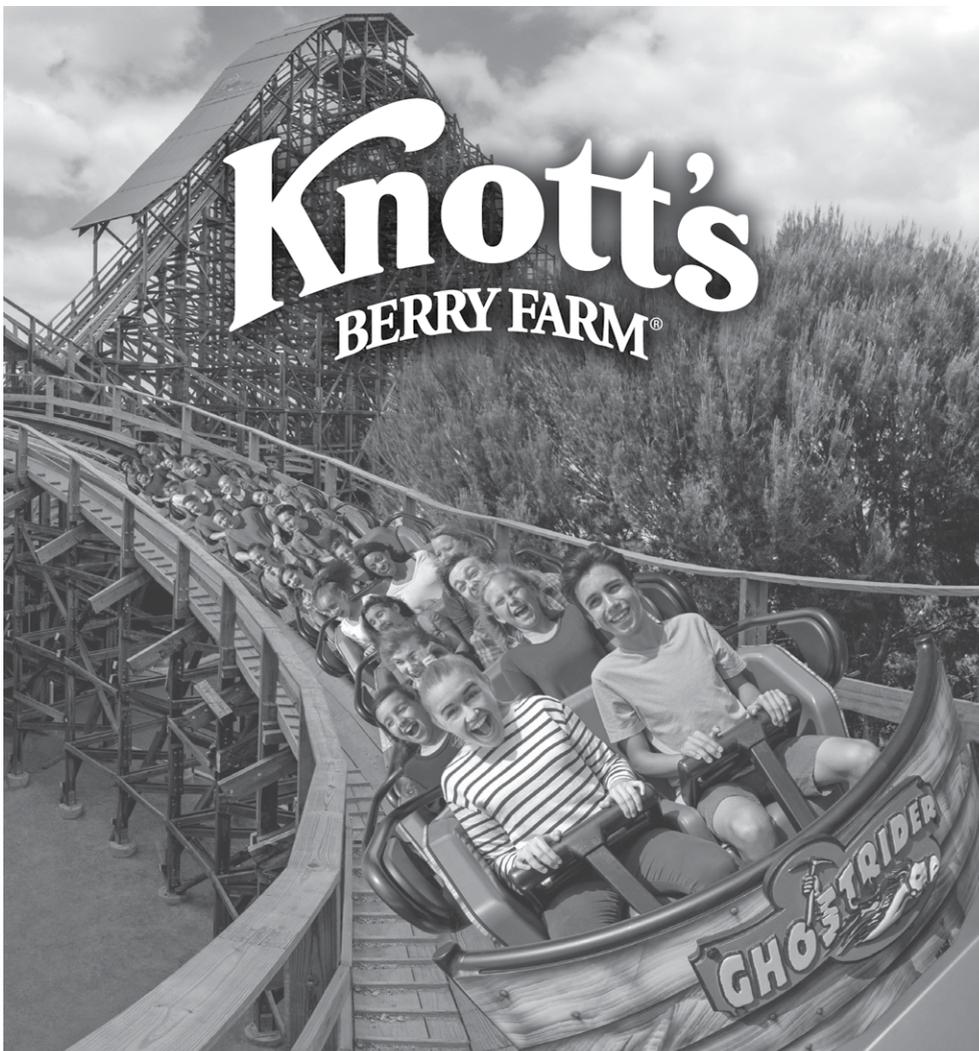
## Notable American political figures

day Night Comedy,” featuring several popular stand-up comedians who expressed opposing political views. It was a fun way to end Politicon 2017.

Join in the conversation. Send

your comments and suggestions to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com).

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# On Base & On Board

**Vintage T-Shirt Workout Run** Friday, Aug. 4, 7 am, FREE Admiral Prout Field House Track Participate and pick a shirt from our vintage collection! For more information call the NBSD Sports Office at 619-556-7444. Register online at [www.navylifefsw.com](http://www.navylifefsw.com).

**Family Fitness & Movie Night** Tuesday, August 8, 7 pm, FREE Naval Base Point Loma, Harbor Drive Annex Softball Field Parents and children of all ages are welcome to join MWR Fitness for a night of family-friendly fitness activities followed by a movie. For more information call 619-553-4259. Proudly sponsored by MWR, Navy Federal Credit Union and USAA. Register online [www.navylifefsw.com](http://www.navylifefsw.com).

**Adult & Youth TRI-CHALLENGE** Saturday, Aug. 12, 8 am, FREE and open to all MWR patrons! Admiral Baker Pool + Picnic Area ADULT: Swim 20-minutes ~ Bike 40-minutes ~ Run 20-minutes YOUTH: Swim 10-minutes ~ Bike 20-minutes ~ Run 10-minutes Participate for fun, training or for the experience of a triathlon without the competitiveness. Work at your own level. Complete all three events and receive a prize. Register online at [www.navylifefsw.com](http://www.navylifefsw.com). For more details call 619-556-9509.

**Family Beach Mini Boot Camp** Wednesday, Aug.16, 7:30 am, FREE NASNI Breakers Beach Roll out the whole family for a beach workout like no other! Register online at [www.navylifefsw.com](http://www.navylifefsw.com). Info: 619-545-0237

**Zombie Run** Thursday, August 17, 7 pm, FREE Naval Base Point Loma, Harbor Drive Annex Tennis & Basketball Courts THE ZOMBIES ARE HERE! Run fast (or be sneaky) to make it past the hiding zombies intact to win! Check-in opens at 6 pm with the race beginning at 7 pm. Event is recommended for ages 10+. For more information call 619-524-4833 or register online at [www.navylifefsw.com](http://www.navylifefsw.com).

**Summer Movie in the Park** Friday, Aug. 18, 7:30 pm, FREE Naval Base Point Loma, Harbor Drive Annex, Sea-Bee Park Beauty and the Beast (2017, PG) Info: 619-553-9138

**Family Cardboard Boat Regatta** Saturday, Aug. 19, 9 am, FREE NBPL, Main Base Pool, Bldg. 1 An event for the whole family to enjoy! Boat build begins at 9 am with the race starting at 11 am. For more information or to register call 619-553-0934.

**Inflatable Day** Saturday, Aug.19, 11 am-1 pm, FREE NBSD Golf Performance Center Inflatable Day returns to NBSD! Enjoy huge inflatables such as the rugged Warrior Obstacle Course, Wipeout and much more! Registration required: NBSD 619-556-9597, NAB

619-437-3190, NBPL 619-553-9138

**Hike Torrey Pines** Sunday, Aug. 20, \$10 MWR patrons/\$5 Liberty 7 am Departure from NBPL, Main Base, The Clubhouse, Bldg. 546 Experience the beautiful coastline and majestic Torrey Pines as we explore the seaside cliffs. This is considered a beginner-level hike. Cost includes transportation and guided tour. Registration required: 619-553-9138

**Aqua Zumba** Tuesday 3:30-4:30 pm Make a splash with low impact and high energy aquatic exercise. A party you shouldn't miss! FREE for active duty, dependents and DoD, \$3 per guest. For more information, stop by the NBSD Admiral Prout Pool, Bldg. 3279, or call 619-520-3048.

**Point Mugu Beach Camping Trip** Friday-Sunday, Aug. 25-27, \$65 MWR patron/\$60 Liberty Depart from NBPL, Main Base, The Clubhouse, Bldg. 546 Beach camping at its finest! We'll camp right outside of Malibu and then day trip in Ventura. Cost includes transportation, camping equipment and four meals. Ages 18+. Registration required: NBPL 619-553-9138, NAB 619-437-3190, NBSD 619-556-9597

**Dive-In Movie Night** Friday, Aug.25, 6 pm, FREE, Balboa Athletic Complex Pool, NMCSD, Bldg. 12 Cool off in the pool with good music, yummy goodies and lots of fun! Event is open to all MWR patrons. Movie: Sing (PG). Register today by calling 619-532-6080 or online at [www.navylifefsw.com](http://www.navylifefsw.com).

**Roller Skating** Wednesday, Aug. 30, 6-8:30 pm, \$10 Skateworld, 6907 Linda Vista Rd. Beat the heat and join us for a fun evening of roller skating! Cost includes rink time, admission, skate rental, a slice of pizza, soda and cookie. Register: 619-556-9597

## HAPPENINGS LISTED FROM PREVIOUS ISSUES....

### COMMUNITY RECREATION

**NASNI Bird Walks** Friday, Aug. 4 & 18, 8:30 am, FREE Enjoy a fun, guided beach walk listening to the ocean sounds and indignant birds chirping. Walk begins from the Navy Lodge lobby. Info: 619-437-3190

**Kayak & Stand Up Paddle Board Day** Friday, Aug. 4, 11 am, \$10 (12 yrs.+ ) Fiddlers Cove Marina, 3205 Highway 75 (First exit south of NAB Coronado) Learn basic kayak and stand up paddle board skills. We're enjoying time on the water for 2 hours, so bring sunblock and plenty of water. Registration required: 619-437-3190

**DIY Saturday: Mosaic Bird House Feeder** Saturday, Aug. 5, 10 am, \$15 NBPL, Main Base, The Clubhouse, Bldg. 546 Make a safe

and organic paste to apply to the houses, along with other delicious treats for local wildlife. Instruction and supplies included. Registration required: 619-553-9138

**Day on the Bay** Thursday, Aug.10, 2-4 pm, \$20 Mission Bay Sports Center, 1010 Santa Clara Place Spend the afternoon on the bay aboard a kayak, paddleboard, pedal boat, swimming or floating on the lily pads! Don't forget your sunscreen! Snacks and refreshments provided. Register: 619-556-9597

**Auto Skills Center Monthly Maintenance Training Class** Saturday, Aug. 12, 9 am-Noon, FREE, NBSD Auto Skills, Bldg. 3234 Learn about disc brake service (remove/replace) and brake inspection. Come 15 minutes early for a quick tour of the shop! Snacks and refreshments provided. Register: 619-556-9597; Info: 619-556-7009

### LIBERTY

**Hike & Farmers Market Trip** open to single enlisted and unaccompanied active duty, plus a guest, 18+. NBPL Liberty, 619-524-0961 or 619-553-9138 Sunday, Aug. 6 • 9 am • \$5 This month's hike leads us to San Elijo Lagoon where we'll take on Annie's Canyon. While short, this hike is considered moderate as it traverses a canyon. Afterwards we'll grab a bite to eat at the Solana Beach Farmers Market. Cost includes transportation. Sign up by 8/5.

**Hollywood Sign Hike** Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. VADM Martin Liberty Center, NASNI: 619-545-3331 Sunday, Aug. 6 • 9 am FREE Hike to the most iconic sign in LA!

**Universal Studios Hollywood** Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Balboa Liberty Center, NMCSD: 619-532-8909 Saturday, Aug.12 • 8 am • \$110 active/\$120 guest Explore Universal Studios, full of thrilling rides, the Magical World of Harry Potter and the backlot of Universal Studios!

**Restaurant Bike Tour** Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. The RECYARD, NBSD: 619-556-5078 Saturday, Aug.12 • 9 am • \$30 active/guest Experience the best restaurants in North Park – by bike!

**Aquatica Water Park Trip** Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. NBPL Liberty, 619-524-0961 or 619-553-9138 Sunday, Aug.13 • 9 am • \$45 It's a unique blend of water rides and chances to get up close to marine life. Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Cost includes transportation and admission.

## MOVIES at the Bases



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

Thursday, August 3  
6:00 PM The Mummy (PG-13)  
8:20 PM All Eyez On Me (R)

Friday, August 4  
5:50 PM Spider-Man: Homecoming (PG-13)  
8:20 PM The Big Sick (R)

Saturday, August 5  
1:00 PM Despicable Me 3 (PG)  
3:00 PM Spider-Man: Homecoming (PG-13)  
5:50 PM Spider-Man: Homecoming (PG-13)  
8:30 PM The Big Sick (R)

Sunday, August 6  
1:00 PM Cars 3 (G)  
3:10 PM Transformers: The Last Knight (PG-13)  
6:00 PM Spider-Man: Homecoming (PG-13)  
8:40 PM Baby Driver (R)

Monday, August 7  
5:50 PM Spider-Man: Homecoming (PG-13)  
8:20 PM The Big Sick (R)

Tuesday, August 8  
6:00 PM Cars 3 (G)  
8:10 PM Baby Driver (R)

Wednesday, August 9  
6:00 PM Despicable Me 3 (PG)  
8:00 PM Spider-Man: Homecoming (PG-13)

Thursday, August 10  
6:00 PM Cars 3 (G)  
8:10 PM All Eyez On Me (R)

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

Thursday, August 3  
11:00 AM Rio 2 (G)  
5:00 PM Guardians of the Galaxy Vol 2 (PG-13)

Friday, August 4  
5:00 PM Unforgettable (R)

Saturday, August 5  
2:00 PM Wonder Woman (PG-13)  
5:00 PM Megan Leavey (PG-13)

Sunday, August 6  
5:00 PM Diary of a Wimpy Kid: The Long Haul (PG)

Monday, August 7  
5:00 PM Annie (PG)

Tuesday, August 8  
11:00 AM Captain Underpants: The First Epic Movie (PG)  
5:00 PM Ghost in the Shell (PG-13)

Wednesday, August 9  
5:00 PM Going In Style (PG-13)

Thursday, August 10  
11:00 AM The Incredibles (PG)  
5:00 PM Wilson (R)

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

Thursday, August 3  
5:50 PM Cars 3 (G)  
8:00 PM The Mummy (PG-13)

Friday, August 4  
5:30 PM Spider-Man: Homecoming (PG-13)  
8:30 PM Spider-Man: Homecoming (3D) (PG-13)

Saturday, August 5  
12:50 PM Despicable Me 3 (PG)  
2:50 PM Spider-Man: Homecoming (PG-13)  
6:00 PM Spider-Man: Homecoming (PG-13)  
8:40 PM The Big Sick (R)

Sunday, August 6  
12:40 PM Cars 3 (G)  
2:50 PM Spider-Man: Homecoming (PG-13)  
5:50 PM Despicable Me 3 (PG)  
7:50 PM The Big Sick (R)

Monday, August 7  
5:50 PM The House (R)  
7:40 PM The Big Sick (R)

Tuesday, August 8  
5:50 PM Cars 3 (G)  
8:00 PM Spider-Man: Homecoming (PG-13)

Wednesday, August 9  
5:50 PM The House (R)  
7:40 PM Transformers: The Last Knight (PG-13)

Thursday, August 10  
5:50 PM Spider-Man: Homecoming (PG-13)  
8:30 PM The Big Sick (R)

### The Mummy Action, Adventure, Fantasy

*An ancient princess is awakened from her crypt beneath the desert, bringing with her malevolence grown over millennia, and terrors that defy human comprehension.* -PG-13 - 110 minutes

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

Thursday, August 3  
5:00 PM Smurfs: The Lost Village (PG)

Friday, August 4  
5:00 PM Pirates of The Caribbean: Dead Men Tell No Tales (PG-13)

Saturday, August 5  
5:00 PM Wonder Woman (PG-13)

Sunday, August 6  
5:00 PM Snatched (R)

Wednesday, August 9  
1:00 PM Ghostbusters (PG)  
3:00 PM Ghostbusters 2 (PG)  
5:00 PM Ghostbusters (2016) (PG-13)

Thursday, August 10  
5:00 PM Captain Underpants: The First Epic Movie (PG)



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\*Indicates last showing

THU. 3 6:30 PM Megan Leavey ( PG-13 ) \*

FRI. 4 6:30 PM The Big Sick ( R )  
9:00 PM Baby Driver (R)

SAT. 5 3:00 PM Despicable Me 3 PG  
6:30 PM Spider-Man: Homecoming PG-13  
9:30 PM Transformers: The Last Knight PG-13

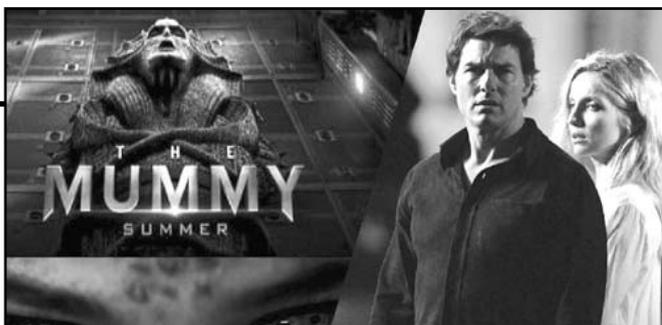
SUN. 6  
1:00 PM Spider-Man: Homecoming (PG-13)  
6:30 PM Baby Driver ( R )

WED. 9 6:30 PM All Eyez On Me ( R ) \*

THU. 10 6:30 PM The House ( R ) \*



**Cast:** Tom Cruise, Russell Crowe, Annabelle Wallis, Sofia Boutella and Jake Johnson



## The beauty of trash collecting



by Lisa Smith Molinari

Every summer, the beaches of this nation are scattered with people who wander slowly, look quite seriously down at their feet, and bend over frequently. Despite appearances, they are actually not contemplating the prognoses of their bunions, admiring their arches, or watching their toenails grow.

For some reason, these people are compelled to search the beach for a particular type of trash — namely, broken glass.

No, they are not environmentalists, members of a chain gang from the local jailhouse, or clean freaks. These strolling trash collectors don't poke around in the swale's flotsam and jetsam for any philanthropic, court-ordered, or psychiatric purpose. Believe it or not, they are placing broken glass in their pockets for the sheer pleasure of it.

What in Heaven's name is wrong with these people, one

might ask?

Strangely, not a thing. They're simply on vacation.

You see, when we humans take a step away from the rat race for a summer vacation, we suddenly become curious about the world. We stop, smell the roses, hear the birds, sift the sands, and notice the beauty all around us.

And interestingly, while on vacation, we find beauty in the shattered remnants of long-abandoned beer bottles, mayonnaise jars, wine jugs, and other broken bits of glass that have been tossed about on the sea floor long enough to become what is known as sea glass.

### the meat and potatoes of life

Shades of white, brown, green and blue, it lures us on long, slow strolls along the shoreline, where we forget about the stresses of life and concentrate on seeing a glint of color among the infinite grains of sand. We don't like to think about the fact that our prized hunk of sea glass most likely had its start as a fisherman's bottle of Budweiser, probably accompanied by a pack of smokes and a bag of greasy chips.

All we see is the beautiful juxtaposition of the sun-catching brown, green and blue against the neutral hues of nature. When

we are lucky enough to spot one of these rough gems of the beach, we squirrel it away so we can take it home and plop it in a jar or trinket box, to be displayed and cherished like some kind of poor man's Hope Diamond.

As a Navy family, we have been stationed all over the world, enabling me to collect my beloved sea glass from a variety of beaches both home and abroad.

I have jars and bottles of sea glass from Spain, Ireland, Italy, England, Florida, Mexico, Virginia, California, New Jersey, North Carolina, and Rhode Island. My husband, Francis, thinks my extensive sea glass collection is evidence of some kind of clinical compulsive disorder, but I see it as a glimmering memento of our family vacations and tours of duty.

I must admit, however,

that leisurely sea glass hunting can become obsessive. While other beach vacationers lollygag in beach chairs over their latest novels, I am often intensely scouring the shoreline for sea glass. When I do find a particularly beautiful piece of the elusive stuff, I don't just slip it into my pocket. I prefer to high tail it back to the beach umbrella and flaunt my discovery to my family while making obnoxious "Nana-nana-na-hah!" sounds.

This behavior might seem over-the-top if the sea glass is of the common variety, but it is an unwritten rule that, if one is



fortunate enough to find a rare color of sea glass such as cobalt blue, lilac or pink, flagrant bragging is mandatory.

Ethics and tact aside, sea glass hunting is a most relaxing summer pastime. It belies common sense that collecting trash would make one see beauty in the world, but perhaps finding the edgeless remains of broken glass signifies that, the jagged, cracked, wrecked things in life can be smoothed, polished and mollified with time.

Regardless of the symbolic qualities of this accidental paragon, sea glass hunting forces vacationers to forget their troubles and open their eyes to beauty — an elusive glint of color, a reflective sparkle, a luminous, watery glow in the sandy swale.

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**NAVIGATING CHILD CARE OPTIONS IN SAN DIEGO** Aug. 15, 10am-11am, FFSC BVH 1967 Sky Harbor Road San Diego, CA 92139 Finding reliable and affordable childcare can be an adventurous task for parents. This workshop explores the many childcare options available to military families in San Diego. To register, please call: 1-866-923-6478

**SAVING AND INVESTING 101** Aug. 15, 1pm-2:30pm, FFSC NBPL, Bldg 211 Develop knowledge and skills that will enable you to achieve your financial goals through saving and investing. You will learn the characteristics of the different saving and investment vehicles—such as Individual Retirement Accounts, Money Market Accounts, and stocks. To register, please call: 1-866-923-6478

**SPOUSE EMPLOYMENT, EMPOWERMENT AND DEVELOPMENT WORKSHOP** August 16, 10am-12pm, FFSC VSM 3141 Afton Road San Diego, CA 92123 Aug. 31, 10am-12pm, FFSC GVB 3207 Rosecrans Place San Diego, CA 92110 Are you a military spouse looking for work in San Diego? Attend this workshop and gain insights about the San Diego job market, as well as educational benefits, networking, resume writing and more. To register, please call: 1-866-923-6478

**EFMP FAMILY CONNECTION** Aug. 29, 6pm-8pm at the Murphy Canyon Chapel, 3200 Santo Road San Diego, CA 92124 This monthly event is for EFM families that offer fun and unique opportunities to meet others, share information, discuss helpful resources, and provide support to each other. Each connection has a new theme, so it's always a fresh and informative evening. Free childcare is available by RSVP. Email: FFSCSDEFMP@navy.mil to register.

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## Air Boss presents Adm. Flatley Award to *Makin Island*

by MC1 Mathew J. Diendorf  
SAN DIEGO - Commander, Naval Air Forces Vice Adm. Mike Shoemaker presented the 2016 Adm. Flatley Memorial Award for aviation safety to amphibious assault ship USS *Makin Island* (LHD 8) and 11th Marine Expeditionary Unit (MEU) during a ceremony on the ship's flight deck July 25.

The Flatley Award is based on a comprehensive assessment of contributions toward aviation safety and is presented to one amphibious assault ship with its associated MEU, and one aircraft carrier with its associated carrier air wing each year.

The Naval Safety Center named *Makin Island* and the 11th MEU recipients of the award, March 24, while the team was in the midst of a seven-month deployment to the U.S. 3rd, 5th and 7th Fleet areas of responsibility.

"When the team is firing on all cylinders, from a safety perspective, everything else just falls in line," said Shoemaker during the award ceremony. "*Makin Island's* record of



**Commander, Naval Air Forces Vice Adm. Mike Shoemaker, right, presents the Adm. James H. Flatley Memorial Award to USS *Makin Island* (LHD 8) Commanding Officer Capt. Mark Melson on the ship's flight deck. *Makin Island* and the 11th Marine Expeditionary Unit received the award for excellence in aviation safety. *Makin Island* is homeported in San Diego, and is preparing for an upcoming maintenance availability. Navy photo by MC1 Mathew Diendorf**

zero [foreign object damages] and zero mishaps throughout deployment is a tremendous achievement and represents a commitment by all hands. Congratulations to 'Team Raider' on an impressive operational safety record."

The teamwork between the

Sailors and Marines and their commitment to safety not only took place on the flight deck, but also carried over into every department aboard *Makin Island* during the deployment.

"We're honored to receive the Flatley Award," said Lt. Cmdr. John Gutierrez, *Makin*

*Island's* safety officer. "It signifies the culture of safety that our aviation team adheres to, but is also representative of the high standards of safety and procedural compliance that every Sailor and Marine [aboard] operates by."

The Flatley Award is the second major award presented to *Makin Island* this year. The ship was awarded its second Battle Efficiency (Battle "E") Award. The Battle "E" is the Navy's top performance award presented only to the ships that achieve the highest standards of performance readiness and efficiency.

"Watching our aviation and safety crews do their work day-in and day-out throughout workups and during a seven-month combat deployment was impressive," said *Makin Island* Commanding Officer Capt. Mark Melson. "Seeing them do it with energy and professionalism, and without a single mishap, was truly inspirational. This group of Sailors and Marines defines teamwork and I couldn't be more proud of them."

USS *Ronald Reagan* (CVN 76) and embarked Carrier Air

Wing 5 were named winners of the aircraft carrier category.

*Makin Island* returned from deployment, May 15.

The ship is currently undergoing a depot-level planned maintenance availability at Naval Station San Diego. Dur-

ing the maintenance period, *Makin Island* will receive numerous equipment upgrades, modernization, and general repairs, including modifications to accept the Joint Strike Fighter aircraft. The availability will also help to ensure the ship will reach the full service life of at least 40 years.

## West coast Navy regions to participate in Citadel Rumble

WASHINGTON - Citadel Rumble 2017 will test Navy installations' capabilities to prepare for, respond to, and recover from all-hazards scenarios.

The exercise, spearheaded by Commander, Navy Installations Command (CNIC), will be conducted at bases within Navy Region Southwest and Navy Region Northwest, Aug. 7-10.

The installations, along with their tenant commands, will test various procedures, including damage assessment, evacuation plans, disaster preparedness, recovery and consequence management plans, and accounting for Sailors and Navy families in the affected regions through the Navy Family Accountability and Assessment System (NFAAS).

In addition, the exercise will further enhance the Navy's readiness to deploy forces even under the most adverse conditions.

Navy Installations Command is responsible for providing support services for the fleet, fighter, and family with more than 52,000 military and civilian personnel under 11 regions and 71 installations worldwide.

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# USS *Rafael Peralta* joins the Fleet

by MC2 Phil Ladouceur

SAN DIEGO - The Navy's newest Arleigh Burke-class guided-missile destroyer, USS *Rafael Peralta* (DDG 115), was commissioned in a ceremony at Naval Air Station North Island July 29.

The ship is named in honor of Navy Cross recipient Marine Corp Sgt. Rafael Peralta. During the second battle of Fallujah, he smothered a grenade with his body, absorbing the majority of the blast. He was killed instantly, but saved the lives of his fellow Marines.

The Commandant of the Marine Corps, Gen. Robert B. Neller, gave the principal address. In his remarks, he thanked the family of Rafael Peralta, in particular his mother, Rosa Maria Peralta.

"Thank you for raising a man of character and virtue," he said. "We need more people like him in our world."

Neller said that a ship required three things: A hull, a name, and a crew.

"And when you put those three things together, you create more than just a ship; it's a lifeform," he said. "This is more than just another commissioning. It marks the commemoration of a life and the immortality of a hero. Sergeant Peralta's legacy will forever be part of this ship. All he ever wanted to be was an American, to serve his country."

Vice Adm. Nora Tyson, commander, 3rd Fleet, at the podium with the ship's skipper, Brian Ribota, and placed the ship in commission. "May God bless and guide this warship and all who shall sail in her," she said.



“One last person who is here for us today, just three miles away, on Fort Rosencrantz, where he is buried. Sgt. Rafael Peralta has the over watch and always will. We will always render honors as we come in and out of port here in San Diego.”

- The ship's CO, Brian Ribota

The crew of USS *Rafael Peralta* mans the ship during its commissioning ceremony at Naval Air Station North Island in San Diego. Navy photo by MC2 Zackary Alan Landers

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**PACIFIC OCEAN (July 27, 2017)** - Sailors aboard USS America fire M16 rifles and M4 carbines as part of security reaction force qualification. America, part of the America ARG, with embarked 15th MEU, is operating in the Indo-Asia Pacific region. photo by MC2 Ramon Go



**PACIFIC OCEAN (July 23, 2017)** - Sailors tie up a landing craft unit from Beachmaster Unit 1 in the well deck aboard amphibious transport dock ship USS Somerset (LPD 25) in support of UNITAS LVIII. The annual, multi-national exercise focuses on strengthening existing regional partnerships and encourages establishing new relationships through the exchange of maritime mission-focused knowledge and expertise during multinational training operations.

Navy photo by MC2 Jacob I. Allison

**Passing of colors**



**CAMP PENDLETON (July 28, 2017)** - Marines with 1st Marine Logistics Group participate in a change of command ceremony in which Brig. Gen. David Ottignon relinquished command to Brig. Gen. Stephen Sklenka. Marine Corps photo by Lance Cpl. Joseph Sorci

**Evening recon**



**FORT HUNTER LIGGETT, Calif. (July 22, 2017)** - Soldiers conduct reconnaissance the night before a morning mission here, as part of a combat support training exercise. The Soldiers are military police reservists. Army Reserve photo by Master Sgt. Michel Sauret



**SAN DIEGO (July 30, 2017)** - Sailors assigned to aircraft carrier Theodore Roosevelt's color guard present the colors in support of POW/ MIA recognition day at Petco Park during a San Diego Padres game. TR is moored at its homeport here. Navy photo by MC2 Paul L. Archer

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# McGrath's big league debut worth the wait

by AJ Cassavell / MLB.com  
**SAN DIEGO** - Kyle McGrath was a walk-on at Louisville. He was selected No. 1,077 overall in the 36th round of the 2014 Draft. The rookie southpaw had waited nearly 25 years for his Major League debut.

The last four days were undoubtedly the toughest.

McGrath - who tossed a perfect seventh inning in the Padres' 7-1 loss to Pittsburgh on Sunday - learned he was headed to San Diego late Wednesday night.

Then he waited. And he waited some more. In fact, he waited so long, his parents canceled their flight home Saturday. (Fortunately, his father, James McGrath, worked for American Airlines and has plenty of miles to use.)

"Every time the [bullpen] phone was ringing, my stomach was dropping a little bit," McGrath said. "The anticipation kept building and building. But it's good to get that one out of the way."

McGrath wasted no time recording his first Major League strikeout. He got Bucs starter Gerrit Cole looking on three pitches. Then he fooled Starling Marte on a changeup, inducing a weak pop to center field. McGrath punctuated the inning with a strikeout of Max Moroff on a nasty changeup.

One day before McGrath turns 25, it was quite the birthday present.

"It's everything you really dream of," McGrath said. "A lot of nerves. You look around with the crowd, this place is almost full, and it's a really cool feeling."

McGrath's parents and his fiancée had been in town since Thursday morning. They met him in the tunnel outside the Padres clubhouse following the game.

James McGrath harkened back to the summer following Kyle's freshman year of college at Eastern Kentucky. Kyle informed his dad he'd be transferring to Louisville, where he planned to walk on. At such a prominent Division I program, James McGrath warned Kyle, "You realize you may never get to play baseball again."

"He's finally proved everything that so many people thought he could never do," said an emotional James McGrath. "It's euphoric, that's for sure."

McGrath's funky over-the-top delivery has played no small part in his success. He has posted a 2.66 ERA at Double-A San Antonio this season



Kyle McGrath. Courtesy photo

and owns a 1.61 mark in four Minor League seasons.

For one game at least, that success translated to the big league level.

"It was awesome," McGrath said. "I was pretty nervous going into it. But now that I've got one under my belt, it's a great feeling."

AJ Cassavell covers the Padres for MLB.com. Follow him on Twitter @ajcassavell. This story was not subject to the approval of Major League Baseball or its clubs.

## Your Padres next seven games

Fri. Aug 4 @ Pirates

4:05 p.m.

Sat. Aug 5 @ Pirates

4:05 p.m.

Sun. Aug 6 @ Pirates

10:35 a.m.

Mon. Aug 7 @ Reds

4:10 p.m.

Tues. Aug 8 @ Reds

4:10 p.m.

Wed. Aug 9 @ Reds

4:10 p.m.

Thu. Aug 10 @ Reds

9:35 a.m.

**SAN DIEGO PADRES**  
**2017 SCHEDULE**  
 See page 16

This starter went to high school in the San Diego area, and led the Padres in home runs in 2006. Who is he?

Answer: Adrian Gonzalez. He graduated from Eastlake High School in 2000, and was the number one overall pick in the amateur draft that year.

The Padres were awarded a National League franchise back in May 27, 1968. On October 14, 1968, the Padres selected 30 players in an expansion draft. Who was the first ever player that they selected?

Answer: Ollie Brown. After being awarded a baseball franchise during an owners meeting in Chicago, Brown was the first of 30 players that San Diego took in the 1969 expansion draft. Nicknamed "Downtown" Brown for his long home runs as a minor leaguer, Ollie hit 20 homers with a .264 batting average in his first season as a Padre.

Where did the Padres play their home games in the 2000 season?

Answer: Qualcomm Stadium. San Diego Stadium (built in 1967) was renamed Jack Murphy Stadium in 1980 and Qualcomm Stadium in 1997.

What year did the Padres join the NL?

Answer: 1969. The Montreal Expos joined the NL that same year.

How many times did the Padres win the West Division in the National League while they played in the Qualcomm Stadium?

Answer: 3. The Padres played in Qualcomm from '69-'03. They won the West Division Titles in '84, '96, and '98.

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# About Your Health

## Biosensors and your health: What's your body trying to tell you?

### NIH News in Health

Your body alerts you to many aspects of your health. Your stomach growling tells you when to eat. A powerful yawn lets you know you're tired. Your body gives off many other valuable signals, but requires technology to detect them. Scientists are looking for new ways to track and use your body's signals to improve your health and manage disease.

Physical activity trackers and step counters are now helping people develop and maintain healthy habits. These devices have also opened doors for people to participate in health research. Now, researchers are designing more advanced devices called biosensors that measure biological, chemical, and physical signs of health.

"The variety of biosensors used by researchers, clinicians, and people from every walk of life is growing," says Dr. Šeila Selimovic, a biosensors expert at NIH. "Some speed up test results so treatments can be started promptly. Others provide the benefits of continuous monitoring of health conditions. [Biosensors] function in fascinating ways. [They use] chemi-

cal attraction, electrical currents, light-detection systems, and compact wireless-sensing technologies."

The mercury thermometer is one of the earliest biosensor technologies used in medicine. In modern thermometers, mercury has been replaced by safer temperature-sensitive probes. But the goal is still the same: to detect changes in your body temperature.

Another common biosensor used at home is the pregnancy test. Home pregnancy tests use color-changing strips to detect pregnancy hormones in urine. Pregnancy tests are still done in doctor's offices. But the home test has become a reliable alternative since it was first introduced more than 40 years ago.

The rapid strep test is another commonly used biosensor. If you have a sore throat, your doctor may want to use one to test for bacteria called streptococci. The rapid strep test can provide results from a swab of the back of your throat in a few minutes—with 95% accuracy. Your doctor may still send a throat swab to a lab to confirm a positive test result. But they can

use the rapid test results to start treatment immediately.

In parts of the world where public health care isn't readily available, researchers hope to introduce rapid tests for people living in remote regions to test for infections like influenza, HIV, and hepatitis C. New biosensor technologies can now be combined with smart phone cameras and wireless signaling. These advances make health tests more portable and affordable than lab-based equipment.

Biosensors can also be used to continuously monitor a health condition. Blood-oxygen monitors are now found throughout hospitals and in patients' homes. These devices detect changes in the level of oxygen in the bloodstream. A rapid drop in oxygen can cause brain injury and requires quick medical attention. Blood oxygen monitors are ideal for people with lung and heart conditions, those undergoing anesthesia, or those being treated in intensive, neonatal, or emergency care. Other biosensors can be used to continuously monitor your blood sugar levels (for managing diabetes), blood pressure, or heart rate.

Flexible sensors are making

even more types of monitoring possible. A team of engineers, led by Dr. Patrick Mercier and Dr. Joseph Wang at the University of California San Diego, is developing a flexible sensor that measures blood alcohol levels. It looks like a temporary tattoo. The sensor releases a sweat-promoting chemical into the skin and detects alcohol in the sweat. The sensor then sends the information wirelessly to a laptop or mobile device. Similar devices are being developed by other groups to monitor cystic fibrosis and other diseases and conditions.

At the University of Minnesota, a group of researchers led by Dr. Michael McAlpine has developed inks for 3-D printing sensors that are flexible, stretchable, and sensitive. These sensors can be used to detect human movements, such as flexing a finger. They can be printed directly onto skin and used to detect body signals, like a pulse. They can also detect chemicals in the environment and be used to warn of hazards.

NIH also supports research to use sensors to gather data about environmental and other factors involved in childhood asthma.

These sensor systems monitor what children are exposed to and their body's reactions. For example, Dr. Zhenyu Li, a biomedical engineer at George Washington University, is developing a sensor that can be worn on a child's wrist to detect formaldehyde, an air pollutant that can trigger asthma.

"Researchers don't have tools at the moment that can monitor environmental triggers, physiological responses, and behavior without interrupting normal activities," Li says. There are many different asthma triggers, he explains. He expects to have a wearable sensor prototype that he and his clinical partners can begin testing with patients. He's also working on a device that can be placed in a child's home to detect multiple air pollutants, like those found in tobacco smoke and some manufactured wood products, such as flooring and furniture.

Biosensors can be placed inside your body as well. Dr. Natalie Wisniewski, a biomedical engineer at a medical device company in San Francisco called Profusa, is developing miniature sensors that can be injected under the skin. These sensors

automatically track chemicals in your body without drawing blood. They continuously scan multiple factors at once. Normally, you need to stay in a hospital to have your body chemistry continuously monitored. With this technology, information about the chemicals in your body could be accessed around the clock, from anywhere.

Once placed under the skin, such biosensors can last for months to years. They can monitor various body functions through chemical changes. All this information can be collected on a cell phone app and shared with your physician, a caretaker, or anyone else you choose.

"Health sensors have the potential to dramatically improve the way we practice medicine and shift the focus away from reactive treatments to preventive maintenance," Wisniewski explains.

Biosensors are quickly becoming part of our normal health care routines. New sensor technologies are opening avenues to better health. Researchers are working to develop the biosensors of tomorrow. These could provide access to better health in ways we can't yet imagine.

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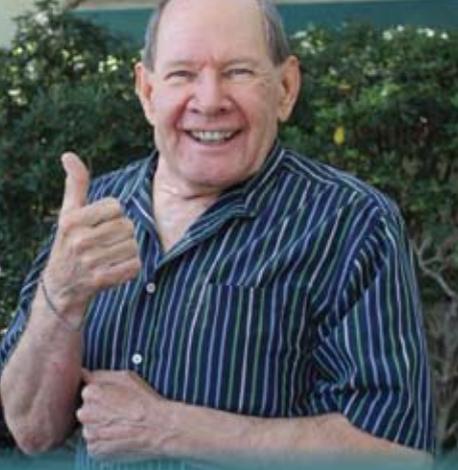
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## Breeders' Cup World Championships coming to Del Mar

Del Mar Village Association Announces Breeders' Cup "Barn at the Beach" will be site for a week of events surrounding the much-anticipated Breeders' Cup World Championships coming to the Del Mar Thoroughbred Club. Festival Week set for October 28-November 4

The Barn at the Beach will be a unique oceanfront venue providing a dramatic gathering place for attendees from across the globe and local community members to come together for special events celebrating the internationally acclaimed horseracing event coming to the seaside village of Del Mar. The City of Del Mar, the Del Mar Village Association, the Breeders' Cup Ltd., Breeders' Cup Host Committee, Del Mar Thoroughbred Club and San Diego Tourism Authority collaborated and partnered to make the temporary structure for the festival week a reality.

"It is our honor to be the host destination for this prestigious horseracing event," said Mayor of Del Mar, Terry Sinnott. "We look forward to welcoming horse racing enthusiasts from around the world and just down the street to this exciting venue for a variety of events that showcase our great seaside village."

The custom 7000 square foot tent that will be known as the Barn at the Beach will be constructed at the Powerhouse Park to accommodate up to 600 guests inside and on its oceanfront wrap around decking. "Bringing the Breeders Cup to Del Mar this November has been years in the making and we are thrilled that our World Championships will soon be coming to one of the most desirable resort destinations in all of horseracing," said Craig Fravel, President and CEO of Breeders' Cup Ltd. "Our goal is to partner with the local community in creating a week of festivities that can be enjoyed by not only the visitors experiencing Del Mar for the first time but also by the members of the community of Del Mar and San Diego at large that have showed us so much goodwill."

The full schedule of festival week is still in development but highlights of public events include the kickoff 5K Jake's Beach Fun Run on Saturday, October 28; Post-Position Draw Party on Monday, October 30; Bluegrass Concert and Bourbon Tasting on Wednesday, November 1; and a Best of the Barn Culinary Event on Thursday, November 2.

About the Breeders Cup  
The Breeders' Cup Ltd. ad-

ministers the Breeders' Cup World Championships, thoroughbred racing's year-end championships. The Breeders' Cup also administers the Breeders' Cup Challenge qualifying series, which provides automatic starting positions into the Championships races. The 2017 Breeders' Cup World Championships, consisting of 13 Grade I races with purses and awards totaling more than \$28 million, will be held November 3-4 at the Del Mar Thoroughbred Club in Del Mar, CA, and will be televised live by the NBC Sports Group. The Breeders' Cup culminates with the \$6 million Breeders' Cup Classic, named the Longines World's Best Horse Race in 2016 by the International Federation of Horseracing Authorities. Learn more at [www.BreedersCup.com](http://www.BreedersCup.com) and on social media platforms Facebook, Twitter, Instagram, Snapchat and YouTube.

About Del Mar Village:

Del Mar is a quaint seaside village 20 minutes north of San Diego on the Southern California Coastline. It is rich with beauty, amenities, and history. Since the legendary days of Hollywood's golden years, Del Mar has been the destination of choice for movie stars as well as those with a taste for fast horses, breathtaking vistas, stunning sandstone canyons, accessible pristine beaches and award-winning cuisine with dazzling ocean views.

Del Mar is home to the renowned Del Mar Racetrack and San Diego County Fair. The affluent and historic Del Mar Village offers a variety of unique mom and pop shops, renowned ocean-view restaurants and charming beach-style hotels

For more information about the Breeders' Cup Festival Week activities at the Barn at the Beach visit [visitdelmarvillage.com/breederscup2017](http://visitdelmarvillage.com/breederscup2017)

## National City welcomes vintage vehicles and Tesla at premier South Bay Car Show Aug. 12

America's world renowned "car culture" is rapidly changing. However, its long love affair with the automobile endures and will be on dazzling display Aug. 12 at the National City Chamber of Commerce's 26th Annual Automobile Heritage Day.

The Auto Heritage Festival and Car show will showcase everything from vintage turn-of-the-century classics to today's "muscle cars" and electric and hybrid vehicles. It is free and will be held from 10 a.m. to 3 p.m. at Kimball Park, 12th St. and D Ave., in National City. Test drives of advanced cars will be available at the electric vehicle exhibit hosted by the California Center for Sustainable Energy.

The family event is sponsored by the National City Mile of

Cars, a San Diego region institution and one of the largest, busiest and most respected auto retailing centers in California. Financial support is also provided by Pasha Automotive Services, which processes autos imported from Asia, Europe and Central America to the National City Marine Terminal. Pasha's Sophie Silvestri and David Nagy are co-chairing the event, which is expected to draw about 5,000 people. Showcased at the event for the first time ever will be a 1984 Daimler from Sweden that belonged to late Chairman George Pasha III.

"National City really enjoys hosting visitors to our city," says Jacqueline Reynoso, the Chamber's CEO, "and we hope they make a weekend of it." Overnight guests can check into

one of the city's twelve hotels and explore its extensive array of ethnic restaurants – just 10 minutes south of downtown San Diego.

Besides more than 200 vehicles, the event will include live music entertainment by the Navy Band Southwest 32nd Street Brass Band and the Ideas Rock N' Roll Trio. Other family-centered entertainment will include face painting, train rides, and an opportunity to paint a vehicle with ARTS, National City's arts program for youth. Children will also be able to view rescued animals gathered by the Chula Vista Nature Center and visit an educational and arts booth hosted by Ocean Connectors, a non-profit youth-oriented environmental group. Plus, families will enjoy dance performances by In Motion Dance group.

This will be electric car performance and style leader, Tesla

Motors, first year in the show. Attendees can test drive electric vehicles between 10am and 2pm. The entry fee for those displaying cars in the competition is \$25 (\$30 after Aug. 2).

Attendees can vote for their favorite car and select "The People's Choice" awardee. The 2 p.m. awards ceremony will showcase the winners.

One of the oldest business and trade groups in the San Diego region, the 112-year-old National City Chamber launched Automobile Heritage Day more than a quarter century ago to honor the city's connection to the car. In Hollywood's heyday, it was a popular stopover for auto travelers heading for Mexico from points north and today is one of the nation's largest automobile importers. Further information may be obtained at the web site: [www.automobileheritageday.com](http://www.automobileheritageday.com).

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# Liz Smith: Jane Austen, Ken Burns, Kevin Spacey

by Liz Smith

"WHERE SHALL I begin? Which of all my important nothings shall I tell you first?" wrote Jane Austen to her sister Cassandra.

I came across this quote in Amy Bloom's New York Times book review of "Jane Austen at Home" by Lucy Worsley.

This was the July 16 edition of

the Times book review section which - on the 200th anniversary of her death - was heavily devoted to Ms. Austen, her works and enduring legend.

I read every Austen-related review and puzzle. Now I feel I must reacquaint myself with - at the very least - "Pride and Prejudice." (She only wrote six novels in her short life, so it's not like I have to dig into the

complete works of, you know - James Patterson!)

Jane's remark to her sister stuck with me, however - "important nothings." Perfect for an "entertainment" column, particularly these days, when we generally don't feel terribly entertained or entertaining. No matter how we try to avoid cable news, the internet and those subjects some of our readers forbid

us to mention.

Just the other day, a lady who, a while back, had sent us a very complimentary email, fired off another one, slugged "I retract!" She decried any mention we make of politics. She was done with us. We had a civilized back and forth and expressed sorrow at losing her as a reader. Que sera...

We do our best here to keep it light, but honestly, sometimes - to paraphrase Robert Mitchum in "Secret Ceremony" - one has to choose between entertainment and being a human being.

## THIS 'N THAT:

Save the date. On Sunday, Sept. 17, PBS will debut the new Ken Burns 10-part documentary "The Vietnam War." I was reminded of this by David Kamp's excellent Vanity Fair article on the series, as well as re-watching, over the weekend, Burns' documentary about the preservation and founding of our national parks. I think Burns and his team are geniuses and national treasures. Ken Burns could make a film about the history of the hotdog and leave me in a puddle of tears at the end.

...I AM late coming to the subject of Andrew Garfield's remark about preparing for his role onstage in "Angels in America" in London. He said "I am a gay man right now, just without the physical act - that's all." Everybody got their Duluth Trading undies in a twist. I thought it was very Method-actory. It made sense. What I questioned was his claim that he has watched all nine seasons of "RuPaul's Drag Race." Is that humanly possible? Then I thought of all the people who watch the Kardashians, the Housewives, Kendra, etc. It's just lurid, mindless diversion, nothing to do with relating to humanity. Just as RuPaul's show has nothing to do with being gay - at least not in the context of preparing for something as real, important and devastating as "Angels in America."

...IF at my advanced age, I

decide I ever want to put dimples into these cheeks of mine, I now know it is not a hopeless pursuit. A nice girl named Tori Sichta got in touch to let me know that among millennials, "Dimpleplasty" is the latest trend. Blame it on Harry Styles, Gabrielle Union and Miranda Kerr. It takes only 30 minutes. Allure magazine has touted the procedure, which one Dr. Wright Jones has supposedly perfected.

Instant dimples. Dear Jane Austen, if that's not an "important nothing" what is?!

I HEARD from my old friend Lauren Lawrence, the former dreams columnist of the New York Daily News. I lot of dreams (and nightmares!) have passed under the analytical bridge since she mused there.

In 2011, her TV show "Celebrity Nightmares Decoded" premiered on HBO. She's written a poetry book since then - "Side Effects," out right now - and had a reading at the Shakespeare

& Co. bookstore and cafe in Manhattan. (The book itself is a Shakespeare & Co. imprint.)

She says: "My friend Gore Vidal always loved poetry and it was he who encouraged me. As you probably know, poetry is an endangered species. So it's great that I won a terrific audience with my reading. My book is on Amazon. And good luck to all of us who are trying to save poetry!"

SPEAKING of Gore Vidal, what fun news that Kevin Spacey will portray Gore in a coming film for Netflix. It will shoot mostly on Italy's Amalfi Coast, where Gore famously kept a cliffside mansion in Ravello. There's hardly a day that goes by that I don't miss Vidal for many things, but his observations on the current political scene would have been priceless. That erudite, scathing intelligence would be so welcome. Anybody's erudite scathing intelligence is welcome, at this point. Please, someone step up.

## Omarr's weekly Astrological forecast

**ARIES** (March 21-April 19): Sometimes you want what you want when you want it. You may insist on having your own way despite the appearance of being illogical. Don't buck the system or swim against the currents and the tides in the week ahead.

**TAURUS** (April 20-May 20): Your focus in the week to come may be on getting things done by dealing with groups of people. You may find it easy to be inspired by your partner's dynamic dreams just don't forget to pay attention to the details.

**GEMINI** (May 21-June 20): You don't need to promise someone the moon and the stars. In the week to come it isn't necessary to bend over backwards to please a special someone. Be content to be admired and adored for just being yourself.

**CANCER** (June 21-July 22): Open the windows for a breath of fresh air. This is a good week to escape from people or situations that have stifled your happiness. You could receive a great deal of attention from others due to a new toy or interest.

**LEO** (July 23-Aug. 22): You are quick to grasp concepts before you float on to a new one. By embracing inspiring ideas you can plow your way through things that normally make you impatient. Keep edginess under control in the week ahead.

**VIRGO** (Aug. 23-Sept. 22): Facing reality still leaves a lot to the imagination. Your down to earth nature may be uplifted by new friends and fantasies as this week passes by. New social contacts encourage you to enjoy a more serene and sociable mood.

**LIBRA** (Sept. 23-Oct. 22): Play with the cards in your hand. You may be challenged in the week ahead when you are dealt some wild cards. Find inspiration by appreciating the people or things within walking distance or in the local community.

**SCORPIO** (Oct. 23-Nov. 21): Sheep enjoy the presence of a shepherd. You might be intrigued by an offer to join a group or organization in the week ahead. New friends may

inspire you to try something that may become a fascinating and passionate pastime.

**SAGITTARIUS** (Nov. 22-Dec. 21): Delay your pleasures and pleasures may be heightened. The flames of love may act as a pilot light until you meet a deadline or complete a project. Remain focused on honoring your commitments in the week ahead.

**CAPRICORN** (Dec. 22-Jan. 19): It takes two to tango. Working with a friend or in a group setting can help you shine even if you don't have a dance floor handy. Ask for assistance with a project or popularize your cause as the week unfolds.

**AQUARIUS** (Jan. 20-Feb. 18): Count your change twice, and then count it again. In the week ahead your assets may shrink through no fault of your own, but you are especially prone to carelessness about your possessions and may lose some pennies.

**PISCES** (Feb. 19-March 20): Distance provides a more objective view. Stand back from a relationship so that emotional issues do not undermine basic trust and attentiveness. Avoid letting suspicions or doubts cloud your judgment this week.

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SUN	MON	TUE	WED	THU	FRI	SAT
		1 MIN 7:10	2 MIN 12:40	3	4 PIT 4:05	5 PIT 4:05
6 PIT 10:35	7 CIN 4:10	8 CIN 4:10	9 CIN 4:10	10 CIN 9:35	11 LAD 7:10	12 LAD 6:10
13 LAD	14 PHI 7:10	15 PHI 7:10	16 PHI 12:40	17 WAS 7:10	18 WAS 7:10	19 WAS 5:40
20 WAS 1:40	21	22 STL 5:15	23 STL 5:15	24 STL 4:15	25 MIA 4:10	26 MIA 4:10
27 MIA 10:10	28 SF 7:10	29 SF 7:10	30 SF 6:10	31		

SEPTEMBER/OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT
					1 LAD 7:10	2 LAD 5:40
3 LAD 1:40	4 STL 1:40	5 STL 7:10	6 STL 7:10	7 STL 6:10	8 ARI 6:40	9 ARI 5:10
10 ARI 1:10	11	12 MIN 5:10	13 MIN 5:10	14	15 COL 5:40	16 COL 5:10
17 COL 12:10	18 ARI 7:10	19 ARI 7:10	20 ARI 6:10	21 COL 7:10	22 COL 7:10	23 COL 5:40
24 COL 1:40	25 LAD 7:10	26 LAD 7:10	27 LAD 7:10	28	29 SF 7:15	30 SF 1:05

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# San Diego Botanic Garden August 2017 events, classes & volunteer orientation

**VOLUNTEER ORIENTATION:** Friday, Aug. 11, 9:30 am – 12 pm. San Diego Botanic Garden. 230 Quail Gardens Drive. Come meet Garden staff and volunteers for an overview of what the Garden's Volunteer Program offers and how you would fit in with your talents and goals. Volunteering at San Diego Botanic Garden is fulfilling for you and beneficial to the Garden in so many ways! Whether you are interested in gardening, guest interaction, giving tours or becoming a Docent, this is the time to start!

For additional information on San Diego Botanic Garden's Volunteer Program, please contact Jill Gardner, Volunteer Manager, at (760) 436-3036 x 213. Or email her at [jgardner@sdbgarden.org](mailto:jgardner@sdbgarden.org).

## EVENTS

**Daily, NOW – April 2018, 9am – 5pm.** San Diego Botanic Garden. 230 Quail Gardens Drive. Free with paid admission or membership. Sculpture in the Garden. This unique exhibition showcases 49 sculptures from 31 talented artists set against the beautiful backdrop of the San Diego Botanic Garden. Take a self-guided tour with the Garden's Sculpture Map. All sculptures are for sale with a portion of the price going to benefit the Garden. Info: <http://www.sdbgarden.org/sculpture.htm>

**Thursdays, Aug. 3, 10, 17, 24, 31, 4:30pm – 8pm.** San Dieguito Heritage Museum. 450 Quail Gardens Drive. Free with paid admission or membership. Thursday Family Fun Nights. Families are invited to pack up the kids and enjoy some outdoor fun in the Garden! Live, kid-friendly entertainment is provided each Thursday night from 6-7 pm at the San Dieguito Heritage Museum. See website for entertainment listings. Info: <http://www.sdbgarden.org/thursdays.htm>

**Sunday, Aug. 13, 5-7pm,** San Diego Botanic Garden. 230 Quail Gardens Drive. Adults: SDB Garden members \$15/Non-members \$25; Children (3-12 years) SDB Garden members \$5/Non-members \$10. Summer Jazz Concert featuring The Big Band and Jazz Hall of Fame Orchestra. Spend the evening listening to the sounds of the Big Band and Jazz Hall of Fame Orchestra performing the music of Glenn Miller, Benny Goodman, Tommy Dorsey, Artie Shaw, Count Basie and more! The Orchestra's talented musicians play authentic arrangements of these famous big bands. CD's will be available to purchase the day of the concert. Info: <http://www.sdbgarden.org/jazzconcert.htm>

## CLASSES

**Saturday, Aug. 5, 9am – 11am.** San Diego Botanic Garden. 230 Quail Gardens Drive. Members: \$30, non-members \$36. Fee includes materials. Planting for Pollinators. Learn all about how

to plant a pollinator-friendly garden. Learn about the different pollinators including honey bees, wild bees, humming birds, moths, hoverflies and butterflies. Learn the important role pollinators play in our lives and how we can create a garden environment that supports the various pollinators. <http://www.sdbgarden.org/classes.htm>

**Saturday, Aug. 12, 9 am – noon** San Diego Botanic Garden. 230 Quail Gardens Drive. Members: \$80, non-members \$96. Build Your Own Hydroponic Summer Garden. Learn

the principles of the hydroponic wick method by building your own sustainable garden to take home. <http://www.sdbgarden.org/classes.htm>

**Saturday, Aug. 19, 10 am – 4pm.** San Diego Botanic Garden. 230 Quail Gardens Drive. Members: \$50, non-members \$60. Plus a \$37 materials fee paid directly to the instructor on the day of class. Pine Needle Basketry. After learning this easy way to start a basket, you'll find yourself looking for exciting things to use for centers in your basket, such as brooches,

old earrings, stones, pendants and more! Pine needles and Irish linen thread are provided. <http://www.sdbgarden.org/classes.htm>

**Sunday, Aug. 20, 9:30am – 4pm.** San Diego Botanic Garden. 230 Quail Gardens Drive. Members: \$87, non-members \$109. Crinkly Vestiges Botanical Paper Quilt. Create your own paper quilt loaded with colorful crinkly textures. Paint and ink will flow into the crevices, giving papers a wonderful aged look. Explore this special water media batik-like technique on

Masa rice paper with us! <http://www.sdbgarden.org/classes.htm>

The San Diego Botanic Garden is a beautiful urban retreat 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 desert. Four miles of trails wind through 29 uniquely themed gardens including the acclaimed Hamilton Children's Garden. In addition, the Garden regularly offers classes covering many topics including water conservation, fire-safe landscaping, hands-on flower and plant arranging, art in various media, and healthy cooking. Visitors and members also participate in frequent special weekend events and Docent-led tours. San Diego Botanic Garden is located at: 230 Quail Gardens Drive, Encinitas, CA 92024, [www.SDBGarden.org](http://www.SDBGarden.org)

## Museum of Contemporary Art San Diego presents memories of underdevelopment

The Museum of Contemporary Art San Diego (MCASD), in collaboration with the Museo Jumex in Mexico City and the Museo de Arte de Lima, presents Memories of Underdevelopment as part of Pacific Standard Time: LA/LA from Sept. 17, 2017 through Jan. 21, 2018. The ambitious exhibition gathers approximately 400 objects from more than 50 artists working in eight countries throughout Latin America.

MCASD will offer free admission on the opening day of the exhibition, Sunday, Sept. 17, thanks to generous support from Bank of America. For high-resolution images or interviews with exhibition curators, please contact Communications & Marketing Manager Leah Straub.

Memories of Underdevelopment is set within the context of Latin America during the 1960s to 1980s, a period that coincides with both the apex and unraveling of the developmentalist project in many countries in the region, most notably Brazil, Argentina, Venezuela, and Mexico.

In contrast to dominant ideologies that guided the modernization process in these countries, Memories of Underdevelopment traces the emergence of a distinct set of artistic practices that questioned the developmentalist rhetoric and proposed alternative forms of cultural production that responded to this situation of cultural and economic dependency. The exhibition identifies an epistemic break from the modern, a counter-narrative of under-

development, which reflected the desire to decolonize from imposed cultural and aesthetic canons. Collectively, the works presented in the exhibition reveal this trope of underdevelopment as a platform to rethink artistic production throughout Latin America.

Memories of Underdevelopment showcases conceptual and performance artworks that subvert artistic norms and redefine avant-garde practice outside the established centers of the art world. Searching for alternatives to museum-based exhibition practices, the artists in this exhibition sought to engage directly with local communities, often incorporating popular strategies from film, architecture, and theater, and grappling with political oppression. The exhibition will shed new light on well-known artists such as Hélio Oiticica and Lygia Pape, as well as lesser-known artists in Colombia, Uruguay, Chile, and Peru. Memories of Underdevelopment brings together artistic practices that, although evidently related, have until now been treated separately.

The exhibition will travel to both international partner institutions, the Museo Jumex in Mexico City in Spring 2018 and the Museo de Arte de Lima (MALI) in Peru in Fall 2018. In conjunction with the exhibition, MCASD will produce a companion publication to situate these artists within broader regional, national, and international contexts while demonstrating the unique and deeply influential

impact of the work.

The exhibition is presented as part of Pacific Standard Time: LA/LA, a far-reaching and ambitious exploration of Latin American and Latino art in dialogue

with Los Angeles taking place from September 2017 through January 2018. Led by the Getty, PST: LA/LA is a collaboration of arts institutions across Southern California. Through a series of

thematically linked exhibitions and programs, PST: LA/LA highlights different aspects of Latin American and Latino art from the ancient world to the present day.

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# TV Listings

## WEEKDAY MORNING/AFTERNOON

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30
<b>KFMB</b> (3)	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM		Inside Edition	Bold/Beautiful	The Young and the Restless		The Talk		Dr. Phil		Judge Judy	Judge Judy
<b>KFMB2</b> (3.2)	News 8 Morning Extra			The 700 Club		Dr. Phil		The Doctors		Judge Faith	Judge Faith	Maury		The Robert Irvine Show		Paternity Court	Paternity Court	Judge Mathis	
<b>KGTV</b> (10)	Good Morning America			Live with Kelly and Ryan		The View		10News Midday		The Chew		General Hospital		T.D. Jakes		RightThis-Minute	RightThis-Minute	10News: The Now San Diego	
<b>KPBS</b> (13)	Wild Kratts	Nature Cat	Curious George	Curious George	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Splash and Bubbles	Sesame Street	Varied Programs			Ready Jet Go!	Nature Cat	Arthur	Wild Kratts	Wild Kratts	Odd Squad	Odd Squad
<b>KNSD</b> (39)	Today			Today's Take		Today		NBC 7 News Midday		Days of our Lives		Access Hollywood Live		Steve Harvey		The Ellen DeGeneres Show		NBC 7 News at 4	Varied Programs
<b>DISN</b>	PJ Masks	The Lion Guard	Roadster-Racers	Puppy Dog Pals	Puppy Dog Pals	Pat the Dog	Transylvania	Varied Programs	Stuck in the Middle	Andi Mack	Bizaardvark	Austin & Ally	Jessie	K.C. Undercover	K.C. Undercover	Live and Maddie	Live and Maddie	Andi Mack	Bizaardvark
<b>ESPN</b>	First Take			SportsCenter		Outside the Lines		NFL Live		NBA: The Jump	SportsNation		Questionable	Around the Horn	Pardon the Interruption	SportsCenter		Varied Programs	
<b>ESPN2</b>	SportsCenter	SportsCenter	First Take		Jalen & Jacoby		NFL Live		Varied Programs	Intentional Talk	Coll. Football Live	Questionable	Around the Horn	Pardon the Interruption	NFL Live				
<b>TLC</b>	Cake Boss	Cake Boss	Cake Boss	Varied Programs			Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Four Weddings		Four Weddings		My Big Fat American Gypsy Wedding		My Big Fat American Gypsy Wedding		
<b>USA</b>	Varied Programs			Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Varied Programs							

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

8/11 **ANNABELLE: CREATION**

8/11 **OPEN WATER 3: CAGE DIVE**

Annabelle: Creation



Former toy maker Sam Mullins and his wife Esther are happy to welcome a nun and six orphaned girls into their California farmhouse. Years earlier, the couple lost their 7-year-old daughter Annabelle in a tragic car accident. Terror soon strikes when one of the girls finds a seemingly innocent doll that seems to have a life of its own.

**Genre:** Horror, Thriller, R  
**Cast:** Stephanie Sigman, Talitha Bateman, Lulu Wilson

Open Water 3: Cage Dive

Three friends from California head to the rugged Australian coast for a cage-dive encounter with great white sharks. When a massive wave suddenly destroys their boat, they find themselves floating in the ocean with a swarm of hungry man-eaters.

**Genre:** Horror, Thriller, R  
**Cast:** Joel Hogan, Megan Peta Hill, Josh Potthoff

## THURSDAY EVENING

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
<b>KFMB</b> (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Kevin Can Wait	Big Brother (N Same-Day Tape) (CC)	Zoo Mitch tries to rescue Clementine. (N)	News	Late-Colbert	Late-Colbert	Late-Colbert	Late-Colbert
<b>KFMB2</b> (3.2)	Mike & Molly (N)	2 Broke Girls (N)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Penn & Teller: Fool Us "50/50 Chance"	Whose Line Is It? (N)	Whose Line Is It? (N)	News 8 at 10 (N)	Ent. Tonight (N)	Seinfeld (N)	Seinfeld (N)	Seinfeld (N)
<b>KGTV</b> (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	World News	10News at 7pm (N)	The List (N) (CC)	Boy Band "Break Up Week!" (N) (CC)	Battle of the Network Stars (N) (CC)	The Gong Show (N) (CC)	10News at 11pm	Jimmy Kimmel	Jimmy Kimmel	Jimmy Kimmel	Jimmy Kimmel
<b>KPBS</b> (13)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N)	Ken Kramer's	A Growing Passion	Crossing South	Crossing South	Midsomer Murders (N) (CC)	Midsomer Murders	Crossing South	Crossing South	Crossing South
<b>KNSD</b> (39)	NFL Football Dallas Cowboys vs Arizona Cardinals. From Tom Benson Hall of Fame Stadium in Canton, Ohio. (N) (Live) (CC)		From Tom Benson Hall of Fame Stadium in Canton, Ohio. (N) (Live) (CC)	From Tom Benson Hall of Fame Stadium in Canton, Ohio. (N) (Live) (CC)	From Tom Benson Hall of Fame Stadium in Canton, Ohio. (N) (Live) (CC)	Graham Bensinger	1st Look (N) (CC)	Wheel of Fortune	Jeopardy! (N) (CC)	Dateline NBC (N) (CC)	NBC 7 News	Tonight Show	Tonight Show	Tonight Show
<b>DISN</b>	Stuck/Middle (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	K.C. Undercover (N) (CC)	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	Stuck/Middle (N) (CC)	Bunk'd (N) (CC)	Bizaardvark (N) (CC)	Andi Mack (N) (CC)	K.C. Undercover (N) (CC)	K.C. Undercover (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)
<b>ESPN</b>	Basketball		30 for 30 (CC)		SportsCenter (N) (Live) (CC)		SportsCenter With Scott Van Pelt (N)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
<b>ESPN2</b>	WNBA Basketball Atlanta Dream at Minnesota Lynx. (N) (Live)		Women's Soccer United States vs Japan. From StubHub Center in Carson, Calif. (N)		Nación ESPN (N)		Jalen & Jacoby (CC)		30 for 30 (CC)					
<b>TLC</b>	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My 600-Lb. Life "Bettie Jo's Story" (CC)	My 600-Lb. Life "Ashley D.'s Story" (CC)	My 600-Lb. Life "Nicole's Story" Nicole may leave her kids motherless. (N) (CC)	My 600-Lb. Life "Bettie Jo's Story" (CC)	My 600-Lb. Life "Bettie Jo's Story" (CC)	My 600-Lb. Life "Bettie Jo's Story" (CC)	My 600-Lb. Life "Bettie Jo's Story" (CC)	My 600-Lb. Life "Bettie Jo's Story" (CC)	My 600-Lb. Life "Bettie Jo's Story" (CC)	My 600-Lb. Life "Bettie Jo's Story" (CC)
<b>USA</b>	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)		Queen of the South (N) (CC)		The Sinner "Part I" (CC) (DVS)	

## AUGUST 3, 2017

## FRIDAY EVENING

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30		
<b>KFMB</b> (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	WE Day (N) (CC)	Hawaii Five-0 (N) (CC)	Blue Bloods "Good Cop, Bad Cop" (N)	News	Late-Colbert	Late-Colbert	Late-Colbert	Late-Colbert	Late-Colbert		
<b>KFMB2</b> (3.2)	Mike & Molly (N)	2 Broke Girls (N)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Masters of Illusion	Masters of Illusion	Penn & Teller: Fool Us "50/50 Chance"	News 8 at 10 (N)	Ent. Tonight (N)	Seinfeld (N)	Seinfeld (N)	Seinfeld (N)		
<b>KGTV</b> (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	World News	10News at 7pm (N)	The List (N) (CC)	Shark Tank (N) (DVS)	What Would You Do? (N) (CC)	20/20 (N) (CC)	10News at 11pm	Jimmy Kimmel	Jimmy Kimmel	Jimmy Kimmel	Jimmy Kimmel		
<b>KPBS</b> (13)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N)	Washington Week	Roundtable	The Coroner "The Deep Freeze" (CC)	The Coroner	Crossing South	Live at the Belly Up	Live at the Belly Up	Live at the Belly Up	Live at the Belly Up		
<b>KNSD</b> (39)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	America's Got Talent "Judge Cuts 3" Contestants try to impress the judges. (N) (CC)	Dateline NBC (N) (CC)	NBC 7 News	Tonight Show	Tonight Show	Tonight Show	Tonight Show	Tonight Show	Tonight Show		
<b>DISN</b>	Stuck/Middle (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	L & M: Cali Style	Andi Mack (N) (CC)	Raven's Home (N) (CC)	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	Andi Mack (N) (CC)	Stuck/Middle (N) (CC)	Raven's Home (N) (CC)	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)		
<b>ESPN</b>	SportsCenter With Scott Van Pelt (N)		Boxing Mauricio Herrera vs. Jesus Soto Karass. (N) (Live)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)			
<b>ESPN2</b>	Arm Wrestling		SC Featured (N)	CFL Football Hamilton Tiger-Cats at Edmonton Eskimos. From Commonwealth Stadium in Edmonton, Alberta. (N) (Live)	Jalen & Jacoby (CC)		SEC Storied (CC)		Jalen & Jacoby (CC)		SEC Storied (CC)		Jalen & Jacoby (CC)			
<b>TLC</b>	90 Day Fiancé "Lies & Goodbyes" Alex and Loren struggle with a decision. (N) (CC)				90 Day Fiancé (N)				90 Day Fiancé (N)				90 Day Fiancé (N)			
<b>USA</b>	Law & Order: Special Victims Unit (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)	

## AUGUST 4, 2017

## SATURDAY MORNING/AFTERNOON

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30
<b>KFMB</b> (3)	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	Hidden Heroes	The Open Road	CrossFit Games Day 3. From Madison, Wis. (N)	PGA Tour Golf WGC Bridgestone Invitational, Third Round. From Firestone Country Club South Course in Akron, Ohio. (N) (Live) (CC)	PGA Tour Golf WGC Bridgestone Invitational, Third Round. From Firestone Country Club South Course in Akron, Ohio. (N) (Live) (CC)	PGA Tour Golf WGC Bridgestone Invitational, Third Round. From Firestone Country Club South Course in Akron, Ohio. (N) (Live) (CC)	PGA Tour Golf WGC Bridgestone Invitational, Third Round. From Firestone Country Club South Course in Akron, Ohio. (N) (Live) (CC)	PGA Tour Golf WGC Bridgestone Invitational, Third Round. From Firestone Country Club South Course in Akron, Ohio. (N) (Live) (CC)	PGA Tour Golf WGC Bridgestone Invitational, Third Round. From Firestone Country Club South Course in Akron, Ohio. (N) (Live) (CC)	PGA Tour Golf WGC Bridgestone Invitational, Third Round. From Firestone Country Club South Course in Akron, Ohio. (N) (Live) (CC)	PGA Tour Golf WGC Bridgestone Invitational, Third Round. From Firestone Country Club South Course in Akron, Ohio. (N) (Live) (CC)	PGA Tour Golf WGC Bridgestone Invitational, Third Round. From Firestone Country Club South Course in Akron, Ohio. (N) (Live) (CC)	Paid Program	Inside Edition	Judge Judy (N) (CC)	Judge Judy (N) (CC)
<b>KFMB2</b> (3.2)	Calling Dr. Pol (CC)	Dog Whisperer	Dog Whisperer	Dog Whisperer	Dog Whisperer	Save Our Shelter (N)	Vacation Creation (N)	Save to Win (CC)	Animal Friends	Smile USA	Smile USA	Balding Solutions	Paid Program	Paid Program	Smile USA	RaceWeek	Sports Stars	Hiring America (N)	Military Make-over
<b>KGTV</b> (10)	Good Morning	10News This Morning at 8am Saturday (N) (CC)	Jack Hanna	Ocean Treks	Sea Rescue (N) (EI)	The Wildlife Docs	Rock the Park (N) (EI)	Outback Adventures	Paid Program	Paid Program	Paid Program	Paid Program	World of X Games (N)	E:60	Castle Investigating the death of a doctor. (CC)	Castle Investigating the death of a doctor. (CC)	Castle Investigating the death of a doctor. (CC)	Castle Investigating the death of a doctor. (CC)	Castle Investigating the death of a doctor. (CC)
<b>KPBS</b> (13)	BrainFit: 50 Ways to Grow Your Brain	R. Steves' Europe	Forever Painless With Miranda Edmonde-White (N) (CC)	Suze Orman's Financial Solutions for You Finding financial solutions. (N) (CC)	Ed Sullivan's Rock and Roll Classics -- The 60s (My Music) (N) (CC)	R. Steves' Europe	Easy Yoga: The Secret to Strength and Balance	Eat Fat, Get Thin With Dr. Mark Hyman (N) (CC)	Eat Fat, Get Thin With Dr. Mark Hyman (N) (CC)	Eat Fat, Get Thin With Dr. Mark Hyman (N) (CC)	Eat Fat, Get Thin With Dr. Mark Hyman (N) (CC)	Eat Fat, Get Thin With Dr. Mark Hyman (N) (CC)	Eat Fat, Get Thin With Dr. Mark Hyman (N) (CC)	Eat Fat, Get Thin With Dr. Mark Hyman (N) (CC)					
<b>KNSD</b> (39)	NBC 7 News To	2017 Ricoh Women's British Open Championship Third Round. From Kingsbarns Golf Links in Scotland. (N) (Live) (CC)	Beach Vell.	2017 IAAF World Championships Day 2. From London. (N) (Live) (CC)	Horse Racing Whitney Invitational Handicap. (N)	Paid Program	1st Look (N)	The Voyager	Wilderness Vet (N) (EI)										
<b>DISN</b>	Sofia the First (CC)	Doc McStuffins	Roadster-Racers	Puppy Dog Pals (CC)	Elena of Avalor (N) (CC)	Pat the Dog (N) (CC)	Transylvania	Tangled: The Series	**** WALL-E (2008) Voice of Ben Burt, Voice of Elissa Knight. (N)	Transylvania	Raven's Home (N) (CC)	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	Andi Mack (N) (CC)	Andi Mack (N) (CC)	Jessie (CC)	Jessie (CC)	Jessie (CC)	Jessie (CC)
<b>ESPN</b>	SportsCenter (N) (Live) (CC)			SportsCenter (N)		Soccer Tottenham Hotspur vs Juventus. From Wembley Stadium in London. (N) (Live)		Super Bowl Highlights	Super Bowl Highlights	SC Featured	Battle of the Network Stars (N) (CC)	Battle of the Network Stars (N) (CC)	SportsCenter (N) (Live) (CC)	Football Enshrinement Ceremony		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
<b>ESPN2</b>	30 for 30 (CC)	30 for 30 (CC)	SC Featured	Super Bowl Highlights	NFL's Greatest Games From Jan. 30, 2000.	SC Featured	Softball Junior League World Series, Final: Teams TBA. (N) (Live)	WTA Tennis Bank of the West Classic, First Semifinal. From Stanford, Calif. (N) (Live)	SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		
<b>TLC</b>	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	90 Day Fiancé "We Got Bad Blood" Anfisa kicks Jorge on track. (N) (CC)	90 Day Fiancé "Family Secrets" Russ and Pao struggle to get on track. (N) (CC)		90 Day Fiancé "Family Secrets" Russ and Pao struggle to get on track. (N) (CC)		90 Day Fiancé "Family Secrets" Russ and Pao struggle to get on track. (N) (CC)		
<b>USA</b>	PiYo Workout! (CC)	PiYo Workout! (CC)	PiYo Workout! (CC)	Suits Bratton Gould comes after PSL.	Queen of the South (CC)	NCIS "The Immortals" Officer's sword. (N)	NCIS A translator dies at Guantanamo Bay. (N)	NCIS A female petty officer is found dead. (N)	NCIS "Trojan Horse" A murder victim in a taxi.	NCIS "Chimera" A death aboard a top-secret ship.	NCIS A mortar attack in Baghdad. (CC) (DVS)	NCIS A mortar attack in Baghdad. (CC) (DVS)	NCIS A mortar attack in Baghdad. (CC) (DVS)	NCIS A mortar attack in Baghdad. (CC) (DVS)	NCIS A mortar attack in Baghdad. (CC) (DVS)				

## AUGUST 5, 2017

## SATURDAY EVENING

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
<b>KFMB</b> (3)	CBS News 8 at 5pm (N) (CC)	Weekend News	News	Entertainment Tonight (N) (CC)	Doubt "Finally" (N) (CC)	Doubt Billy wants to testify in his trial. (N)	48 Hours (N) (CC)	News	Blue Bloods					
<b>KFMB2</b> (3.2)	The Middle (CC)	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	American Ninja Warrior "Houston Finals"	Seinfeld (N) (CC)	Just for Laughs	Just for Laughs (N) (CC)				
<b>KGTV</b> (10)	10News at 5pm	World News	10News at 6pm	The List (N) (CC)	Rookie Blue (N) (CC)	*** Big Hero 6 (2014) Ryan Potter, Scott Adsit. (N)	Children's Voices of	20/20: In an Instant "Lost in Snow" (CC)	10News at 11pm	Sports XTRA				
<b>KPBS</b> (13)	NewsHour Wk	KPBS Spectrum	Lawrence Welk's TV Treasures Stories and insights about the series. (N) (CC)	Father Brown "The Penitent Man" (N) (CC)	Forever Painless With Miranda Edmonde-White (N) (CC)	R. Steves' Europe	Easy Yoga: The Secret to Strength	Eat Fat, Get Thin With Dr. Mark Hyman (N) (CC)	Eat Fat, Get Thin With Dr. Mark Hyman (N) (CC)	Eat Fat, Get Thin With Dr. Mark Hyman (N) (CC)	Eat Fat, Get Thin With Dr. Mark Hyman (N) (CC)	Eat Fat, Get Thin With Dr. Mark Hyman (N) (CC)	Eat Fat, Get Thin With Dr. Mark Hyman (N) (CC)	Eat Fat, Get Thin With Dr. Mark Hyman (N) (CC)
<b>KNSD</b> (39)	Journey-Dreyer	Nightly News	NBC 7 News at 6	Paid Program	Wheel of Fortune	Jeopardy! (N) (CC)	Dateline NBC (N) (CC)	Law & Order: Special Victims Unit "Genes"	NBC 7 News	Saturday Night Live				
<b>DISN</b>	Jessie (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Stuck/Middle	Stuck/Middle	*** Judy Moody and the NOT Bummer Summer (2011) (N)	Raven's Home (N) (CC)	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)
<b>ESPN</b>	2017 Pro Football Hall of Fame Enshrinement Ceremony (N) (Live) (CC)		Boxing Vasyl Lomachenko vs. Miguel Marriaga. (N) (Live)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
<b>ESPN2</b>	Baseball Senior League World Series, Final: Teams TBA. (N) (Live)		WTA Tennis Bank of the West Classic, Second Semifinal. From Stanford, Calif. (N) (Live)		World Team Tennis Finals: Teams TBA. (N) (Live)		Boxing		Boxing		Boxing		Boxing	
<b>TLC</b>	90 Day Fiancé "Lost in Translation" Chantel and Pedro's families meet. (N) (CC)		My Big Fat American Gypsy Wedding (N)		My Big Fat American Gypsy Wedding (N)		My Big Fat American Gypsy Wedding (N)		My Big Fat American Gypsy Wedding (N)		My Big Fat American Gypsy Wedding (N)		My Big Fat American Gypsy Wedding (N)	
<b>USA</b>	NCIS The team hunts a killer. (CC) (DVS)		NCIS The team hunts for a killer.		NCIS "Aliyah" Tense reunion. (N)		NCIS Two mercenaries are found dead.		NCIS "Patriot Down" (N) (CC) (DVS)		NCIS Gibbs must protect his loved ones.		The Sinner "Part I" (CC) (DVS)	

## AUGUST 5, 2017

1			8	4															
					6														
					2	3													
7	5	8				6													
					5														

# TV Listings

## SUNDAY MORNING/AFTERNOON

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30	
<b>KFMB</b> (3)	CBS News Sunday Morning (N) (CC)	Face the Nation (N) (CC)	Paid Program	Paid Program	Paid Program	PGA Championship Preview (N) (CC)	PGA Tour Golf WGC Bridgestone Invitational, Final Round. From Firestone Country Club South Course in Akron, Ohio. (N) (Live) (CC)	Paid Program	Paid Program	Paid Program	Paid Program	Make: Television	HouseCalls	Designing Spaces	P. Allen	Small Town Big Deal (CC)	Pacific Blues	Raw Travel (CC)	Raw Travel (CC)	Entertainment Tonight (N) (CC)
<b>KFMB2</b> (8.2)	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	San Diego	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program
<b>KGTV</b> (10)	Good Morning 10News This Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos (N)	Joel Osteen (CC)	Intrnt'l Fellowship	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Castle Castle gets his P.I. license. (CC)
<b>KPBS</b> (13)	Lawrence Welk's TV Treasures (CC)	Forever Painless With Miranda Edmonde-White (CC)	Eat Fat, Get Thin With Dr. Mark Hyman (CC)	R. Steves' Europe	Eric Clapton: Slowhand at 70 -- Live at the Royal Albert Hall (2015) (CC)	The American	Epic Sessions (2016) Artists use equipment from the 1920s to record music. (CC)	The Whole Heart Solution With Dr. Joel Kahn (CC)												
<b>KNSD</b> (39)	NBC 7 News To	Meet the Press (N)	2017 Ricoh Women's British Open Championship Final Round. From Kingsbarns Golf Links in Scotland. (N) (Live) (CC)	2017 IAAF World Championships Day 3. From London. (N) (Live) (CC)																
<b>DISN</b>	PJ Masks (CC)	The Lion Guard "The Rise of Scar" (CC)	Puppy Dog Pals (CC)	Elena of Avalor (CC)	Raven's Home (CC)	Raven's Home (CC)	K.C. Undercover (CC)	Bizaardvark (CC)	** Judy Moody and the NOT Bummer Summer (2011) Jordana Beatty.	K.C. Undercover (CC)	K.C. Undercover (CC)	Raven's Home (CC)	Bizaardvark (CC)	Bizaardvark (CC)	Bizaardvark (CC)	Bizaardvark (CC)	Bizaardvark (CC)	Bizaardvark (CC)	Bunk'd (CC)	Bunk'd (CC)
<b>ESPN</b>	SportsCenter (N) (Live) (CC)		DRL Drone Racing New Orleans: Semifinals.	DRL Drone Racing New Orleans: Finals. (Taped)	DRL Drone Racing Boston: Semifinals. (Taped)	DRL Drone Racing Boston: Finals.	MLS Soccer LA Galaxy at Portland Timbers. From Providence Park in Portland, Ore. (N) (Live)	SportsCenter (N) (Live) (CC)	Baseball Tonight: Sunday Night Countdown											
<b>ESPN2</b>	UEFA Women's EURO 2017 Final: Teams TBA. (N) (Live)																			
<b>TLC</b>	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Princess Diana: Tragedy or Princess Diana. (CC)	Treason? The life and death of			
<b>USA</b>	David Jeremiah (CC)	In Touch	Joel Osteen (CC)	Shooter (CC)	The Sinner "Part I" (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)

## 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

- Role on "Chicago Med" (2)
- Fraternity letter
- Unconscious state
- Show-off
- "Made of \_\_\_"; 2008 Patrick Dempsey movie "xXx: \_\_\_ of the Union"; 2005 film for Ice Cube 2016-17 series for Mireille Enos & Peter Krause (2)
- "\_\_\_ Wildemess!"; Wallace Beery movie Edith, to Gloria
- Melinda \_\_\_; role on "Agents of S.H.I.E.L.D."
- Adams or Johnson
- "\_\_\_ You There, Chelsea?"
- Mr. Estes
- Initials for actor Mostel
- "\_\_\_ Ordinary Family"
- Actor on "NCIS"
- Wynonna's mom
- "The \_\_\_ Movie"; 2008 Len Cariou film
- Wildbeest
- Sitcom about a deacon
- "Bill \_\_\_ the Science Guy"
- "NCIS: \_\_\_"

### DOWN

- \_\_\_ Paulo, Brazil
- Em or Bee
- Unit of farmland
- Entertainer Don \_\_\_
- Mitchum's initials
- "Witches of \_\_\_ End" (2013-14)
- Iranian leader's title, once
- "Please Don't \_\_\_ the Daisies"



## SUNDAY EVENING

## AUGUST 6, 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
<b>KFMB</b> (3)	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (N) (CC)	Big Brother (N) (CC)	Candy Crush "We're Gonna Crush It" (N)	NCIS: Los Angeles "Black Market" (CC)	News	Blue Bloods					
<b>KFMB2</b> (8.2)	The Middle (CC)	Engagement	The King of Queens	Mike & Molly (CC)	2 Broke Girls (CC)	2 Broke Girls (CC)	Forensic Files (CC)	Forensic Files (CC)	Forensic Files (CC)	Forensic Files (CC)	Seinfeld (CC)	Just for Laughs	Just for Laughs	Forensic Files (CC)
<b>KGTV</b> (10)	10News at 5pm	World News	10News at 6pm	RightThisMinute (N)	America's Funniest Home Videos (CC)	Celebrity Family Feud (CC)	Steve Harvey's FUNDERDOME (N) (CC)	The \$100,000 Pyramid (N) (CC)	10News at 11pm	Sports XTRA				
<b>KPBS</b> (13)	NewsHour Wk	SciTech Now (N)	The Great British Baking Show (CC)	PBS Previews: The Vietnam War (CC)	California Dreamin': The Songs of the Mamas and the Papas (CC)	Eat Fat, Get Thin With Dr. Mark Hyman (CC)								
<b>KNSD</b> (39)	Politically Speaking	Nightly News	NBC 7 News at 6	COMFORT	Dateline NBC (N) (CC)	The Wall "Angela and Jodi" (CC)	American Ninja Warrior "Los Angeles City Finals" Competitors in Los Angeles. (CC)	NBC 7 News	Sportswrap					
<b>DISN</b>	Bunk'd (CC)	Stuck/Middle	*** 1/2 Frozen (2013, Children's) Voices of Kristen Bell, Idina Menzel, Jonathan Groff. (CC)	Transylvania	Tangled: The Se	Disney's Descendants 2 (2017, Children's) Dove Cameron, Cameron Boyce. (CC)	Transylvania	Tangled: The Se						
<b>ESPN</b>	MLB Baseball Los Angeles Dodgers at New York Mets. From Citi Field in						SportsCenter (N) (Live) (CC)	SportsCenter (CC)	SportsCenter (CC)					
<b>ESPN2</b>	Frisbee From Blaine, Minn. (N) (Live)	Baseball Intermediate World Series, Final: Teams TBA. (N) (Live)					SC Featured (N)	ESPN FC (N)	SC Featured	MLB Baseball Los Angeles Dodgers at New York Mets.				
<b>TLC</b>	Princess Diana: Tragedy or Treason? (CC)	90 Day Fiancé: More to Love "Lies & Goodbyes" Chantel and Pedro cry; bonus footage.					90 Day Fiancé (N) (CC)	90 Day Fiancé: Before the 90 Days (N)	The Spouse House "Make or Break" (N)	90 Day Fiancé (CC)				
<b>USA</b>	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Modern Family (CC)	Modern Family (CC)		

## MONDAY EVENING

## AUGUST 7, 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
<b>KFMB</b> (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Kevin Can Wait (N)	Superior Donuts (CC)	Mom (CC)	Life in Pieces (CC)	CBSN: On Assignment (N) (CC)	News	Late-Colbert		
<b>KFMB2</b> (8.2)	Mike & Molly (CC)	2 Broke Girls (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	2 Broke Girls (CC)	Supergirl "The Martian Chronicles" (N)	Hooten & the Lady "Ethiopia" (N)	News 8 at 10 (N)	Ent. Tonight	Seinfeld (CC)	Seinfeld (CC)	Seinfeld (CC)	Seinfeld (CC)
<b>KGTV</b> (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Bachelorette (Season Finale) (N Same-day Tape) (CC)	Suze Orman's Financial Solutions for You Finding financial solutions. (CC)	California Dreamin': The Songs of the Mamas and the Papas (CC)	Midnight, Texas "Lemuel, Unchained" (N)	NBC 7 News	Tonight Show			
<b>KPBS</b> (13)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Suzanne Orman's Financial Solutions for You Finding financial solutions. (CC)	American Ninja Warrior "Daytona Beach City Finals" Contestants face Giant Cubes. (N) (CC)	Midnight, Texas "Lemuel, Unchained" (N)	NBC 7 News	Tonight Show				
<b>KNSD</b> (39)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (CC)	American Ninja Warrior "Daytona Beach City Finals" Contestants face Giant Cubes. (N) (CC)	Midnight, Texas "Lemuel, Unchained" (N)	NBC 7 News	Tonight Show					
<b>DISN</b>	Stuck/Middle	Bunk'd (CC)	Jessie (CC)	K.C. Undercover	K.C. Undercover	Bizaardvark (CC)	Stuck/Middle	Bunk'd (CC)	Bizaardvark (CC)	Andi Mack	Transylvania	Tangled: The Se	Bunk'd (CC)	Jessie (CC)
<b>ESPN</b>	Little League Baseball	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	MLB Baseball Chicago Cubs at San Francisco Giants. From AT&T Park in San Francisco. (N) (Live) (CC)			SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)
<b>ESPN2</b>	E:60	Little League Baseball Southwest Regional, First Semifinal: Teams TBA. (N) (Live)					SportsCenter (N) (Live) (CC)	SportsCenter With Scott Van Pelt (N)	Jalen & Jacoby (CC)	30 for 30 (CC)				
<b>TLC</b>	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Outdaughters (CC)	Outdaughters (CC)	Outdaughters (CC)	Outdaughters (CC)	Outdaughters (CC)	Outdaughters (CC)	Outdaughters (CC)	Outdaughters (CC)	Outdaughters (CC)	Outdaughters (CC)
<b>USA</b>	NCIS "False Witness" (CC) (DVS)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	WWE Monday Night RAW (N Same-day Tape) (CC)								The Sinner "Part I" (CC) (DVS)

## TUESDAY EVENING

## AUGUST 8, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
<b>KFMB</b> (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS "Enemy Combatant" (N)	Bull Bull attempts to help his ex-wife. (CC)	NCIS: New Orleans "Swift, Silent, Deadly"	News	Late-Colbert				
<b>KFMB2</b> (8.2)	Mike & Molly (CC)	2 Broke Girls (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	2 Broke Girls (CC)	The Flash "The Wrath of Savitar" (CC)	DC's Legends of Tomorrow (CC)	News 8 at 10 (N)	Ent. Tonight	Seinfeld (CC)	Seinfeld (CC)	Seinfeld (CC)	Seinfeld (CC)
<b>KGTV</b> (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 "Lemons"	blackish "God"	Somewhere Between (N) (CC) (DVS)	10News at 11pm	Jimmy Kimmel		
<b>KPBS</b> (13)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Roy Orbison: Black & White Night 30 (CC)	BrainFit: 50 Ways to Grow Your Brain With Daniel Amen, MD	World of Dance "World Final" (CC)	NBC 7 News	Tonight Show				
<b>KNSD</b> (39)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (CC)	America's Got Talent "Judge Cuts 4" Guest judge Seal. (N) (CC)	World of Dance "World Final" (CC)	NBC 7 News	Tonight Show					
<b>DISN</b>	Stuck/Middle	Bunk'd (CC)	Jessie (CC)	K.C. Undercover	K.C. Undercover	Bizaardvark (CC)	Stuck/Middle	Bunk'd (CC)	Bizaardvark (CC)	Andi Mack	K.C. Undercover	K.C. Undercover	Bunk'd (CC)	Jessie (CC)
<b>ESPN</b>	Baltimore Boys (N) (CC)		Morningside 5 (N) (CC)				SportsCenter (N) (Live) (CC)	SportsCenter With Scott Van Pelt (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)
<b>ESPN2</b>	Little League Baseball Southwest Regional, Second Semifinal: Teams TBA. (N) (Live)						Baltimore Boys	Morningside 5	Jalen & Jacoby (N) (CC)					
<b>TLC</b>	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Outdaughters (CC)	Outdaughters: Life With Quints (N) (CC)	Outdaughters (N) (CC)	Rattled "I Think I'm Pregnant Again" (N)	Outdaughters (CC)					
<b>USA</b>	NCIS "Out of the Frying Pan ..." (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	WWE SmackDown! (N Same-day Tape) (CC)								Law & Order: Special Victims Unit (CC)

## WEDNESDAY EVENING

## AUGUST 9, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
<b>KFMB</b> (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Brother (N) (CC)	Salvation "Chip off the Old Block" (N) (CC)	Criminal Minds "In the Dark" (CC)	News	Late-Colbert				
<b>KFMB2</b> (8.2)	Mike & Molly (CC)	2 Broke Girls (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	2 Broke Girls (CC)	Supernatural "The British Invasion" (CC)	News 8 at 10 (N)	Ent. Tonight	Seinfeld (CC)				
<b>KGTV</b> (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Gold-bergs (CC)	Speech-ess (CC)	The Story of Diana "Part One" (Premiere) The life of Princess Diana. (N) (CC)	10News at 11pm	Jimmy Kimmel				
<b>KPBS</b> (13)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Nature "Yosemite" Global changes affect Yosemite Valley.	NOVA "Treasures of the Earth: Gems" Precious gems. (CC)	Easy Yoga: The Secret to Strength						
<b>KNSD</b> (39)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (CC)	America's Got Talent "Road to Finals" Some of the best moments of Season 12. (N) (CC)	Carmichael	Carmichael	NBC 7 News	Tonight Show				
<b>DISN</b>	Stuck/Middle	Bunk'd (CC)	Jessie (CC)	K.C. Undercover	K.C. Undercover	Bizaardvark (CC)	Stuck/Middle	Bunk'd (CC)	Bizaardvark (CC)	Andi Mack	K.C. Undercover	K.C. Undercover	Bunk'd (CC)	Jessie (CC)
<b>ESPN</b>	MLB Baseball Teams TBA. (N) (Live)						SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter With Scott Van Pelt (N)	SportsCenter (N) (Live) (CC)				
<b>ESPN2</b>	Little League Baseball	Baltimore Boys					30 for 30 (CC)	30 for 30 (CC)	Jalen & Jacoby (CC)					
<b>TLC</b>	I Am Jazz "Sweet (and Sour) Sixteen"	I Am Jazz "Dating in the Dark" (CC)	I Am Jazz "Face Your Demons" (CC)	I Am Jazz: More Jazz "Dating in the Light"	I Am Jazz Jazz has a final consultation.	Meet the Evancho (N) (CC)	I Am Jazz Jazz has a final consultation.							
<b>USA</b>	Law & Order: Special Victims Unit "Slaves"	Law & Order: Special Victims Unit "Honor"	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Suits Mike juggles his work obligations. (N)	The Sinner "Part II" (N) (CC) (DVS)	Law & Order: Special Victims Unit (CC)						

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

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619.582.8588**

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apa/6246625077.html



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versity. Can be rented to one/two females  
nonsmokers. All utilities are included, W/D  
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person & rent is \$900 for a single woman &  
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CITY HEIGHTS-ROOM FOR RENT-Very  
large quite home, military retired man owned  
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Utilities + WIFI, cable TV w/ all channels are  
included. \$800 mo CALL 619 488 4560

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to hospital & trolley call 619-465-5746

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LUXURY RANCHO SANTE FE MANSION-1  
BD/1BA- In 6500 SF estate. W/D on premises,  
cable + WIFI, sitting room, indoor attached ga-  
rage prkg space, weekly housekeeping, private  
jacuzzi & pool w/ 24 hr security guard's \$2800  
call 858-242-2460

OTAY MESA- \$500/mo. working male. Fur-  
nished room. No drugs, smoking, or pets. No  
kitchen or laundry. Avail now. Near bus & trol-  
ley. 619-808-1068.

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Acupuncture can help treat  
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ditions and a variety of other  
ailments. Information: (619)  
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## Donate to the Marine Corps Ball

The Armed Services YMCA  
at Camp Pendleton is inviting  
you to contribute items for  
the Annual Fall Marine Ball  
at Camp Pendleton.

New or gently used gowns,  
men's formal wear, dressy  
wraps, evening bags and cos-  
tume jewelry are needed. If  
you have any items you would  
like to contribute, drop them  
off at CA Botana International,  
located at 9365 Waples St., #  
A, in San Diego by Aug. 18.

### Do you suffer from:

stress, tension, anxiety, panic, mood disorders,  
fatigue, sleeplessness, worry, anger, fears,  
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We do not take the place of the professional,  
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If today were the  
last day of your life,  
would you want to do  
what you are  
about to do today?

-Steve Jobs



Toby is a six year old neutered Cocker Spaniel mix who weighs 15 lbs. This sweet little guy arrived at the shelter as a stray but can't wait to head home with his new forever family. He will make

a wonderful, loyal companion for family adventures or hang time at home. Toby will require regular trips to the groomer to maintain his handsome coat, but he will shed far less than your average pup. Meet Toby by asking for ID#A1794074 Tag#C709. He can be adopted for the Senior Fee of just \$35.



Mimsy is a two year old spayed Tortie Point Siamese who weighs 8 lbs. She arrived at the shelter as a stray and no one has come to claim this beautiful gal. She is young and playful, and while she'll keep you laughing with her silly antics she'll also happily cuddle up with her humans when she's all tucked out. Meet Mimsy by asking for ID#A1793704 Tag#C884. She can be adopted for \$58.

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

## MY PET WORLD

by Cathy M. Rosenthal

**Dear Cathy,** I was very interested in your answer to Michelle from Naugatuck, Conn., about painting the house with birds in the home. I took my birds to my daughter's house to avoid fumes from roof coating. It was so stressful for them. I will never do it again. But my house needs painting. If there is a 100 percent safe paint product, I would love to know what it is. - Michelle, Oro Valley, AZ

**Dear Michelle,** Sadly, there is no 100 percent safe paint product for birds. The Low VOC (Volatile Organic Compounds) and no VOC paints mentioned in the previous column are your best options. If you can't take your bird someplace else while you paint, then use only these paints and move your bird to a room in the home not being painted that day. Close the door, close the air vent, and open a window in that room to keep fresh air circulating for your bird. Move your bird back into the painted room only after the paint thoroughly dries. These paints are not supposed to release VOCs once it's dried.

**Pet Loss Support-** SDHS San Diego Campus Saturday, Aug. 19 from 10-11:30 a.m. Our Pet Loss Support sessions provide an environment where thoughts and emotions can be shared and feelings of grief are understood and validated. Pet Loss Support is open to anyone ages 10 and older and is appropriate for those who have recently lost a pet, still mourn an old loss, anticipate the death of a pet or are preparing for euthanasia.

**Wake Up With Wildlife:** Nature and Wildlife Photography Workshop SDHS San Diego Campus Saturday, Aug. 5 from 9:30-11 a.m. \$10 per person. Join Casey Dean, Managing Editor of San Diego Pets Magazine, for an introduction to Nature and Wildlife Photography workshop. Casey will share composition rules, basic lighting techniques and universal tips and tricks to get the most out of any camera equipment.

**PET Talk: First Aid** for Dogs and Cats, SDHS Oceanside Campus Thursday, Aug. 17 from 6-8 p.m. \$10 per person. This class will introduce suggested treatments for choking or breathing difficulties, possible broken bones, shock, poisoning or snakebites, temperature illnesses and more.

**Clear the Shelters Day** Shelters throughout San Diego County Saturday, Aug. 19 from 10 a.m. - 5 p.m. Join us on Clear the Shelters Day, when multiple ani-

## Love is a four legged word

# Rescued puppy had snout bound

by Tracy DeFore

An abused 3-month-old terrier is now recovering at County Animal Services after being found abandoned late Wednesday night in Santee.

The puppy had injuries from what appeared to have been rubber bands or some other material that had been wrapped around his snout. The cuts from the bands were through the flesh on the dog's snout. The little dog was brought to the animal care facility in Bonita where he was examined by medical staff and treated.

"There's no question this puppy has been abused," said County Animal Services Director Dan DeSousa "Perhaps it was a misguided attempt to stop the little dog from barking but pet owners should not stoop to these steps as there are other options open to them like training."

The person who called Animal Services said she was at a fast food restaurant when an orange Dodge Charger stopped nearby, paused for a second and then pulled away. The puppy ran



away from the spot where the car had stopped and hid under another vehicle.

DeSousa says it appears the bands were removed from the dog's snout several days before the puppy was found. The wounds are starting to heal and

the six-and-a-half pound puppy did not have any other injuries.

The dog didn't have any identification so he will go up for adoption once he's fully recovered.

Based upon the seriousness

of the dog's injuries, the department may start an animal abuse investigation. Anyone with information on the case can call the department at (619) 498-2305. If convicted of animal cruelty, a suspect could face up to three years in prison, a fine of up to \$20,000 or both.

# August events at San Diego Humane Society

mal welfare organizations will be waiving or reducing adoption fees to help as many animals as possible to find homes.

**PAWS San Diego Food Distribution Events** Various dates and locations throughout San Diego County. The PAWS Pantry provides supplemental bags of pet food for pick-up at our campus locations in Escondido, Oceanside and San Diego. Food is available for new and current clients who qualify based on income.

**Off-Campus Adoption Events**  
**Island at Carlsbad** 5814 Van Allen Way #200, Carlsbad Wednesday, Aug. 9 from 11:30 a.m. - 1:30 p.m.

**Kahoots**, 8632 Lake Murray Blvd., San Diego Saturday, Aug. 12 from 11 a.m. - 2 p.m.

**Mike's BBQ**, 1356 W. Valley Parkway, Escondido Sunday, Aug. 13 from 11 a.m. - 2 p.m.

**Pulse Millenia Apartments**, 2043 Artisan Way, Chula Vista Sunday, Aug. 27 from 11 a.m. - 2 p.m.

**Batty about Bats!** Saturday, Aug. 12 from 1-2 p.m. Learn more about San Diego's many bat species and their habitats with speaker Cindy Myers, Project Wildlife volunteer and bat rescuer. You'll learn all about bat anatomy, safety around wild mammals, how you can help

protect bats and meet a Bat Ambassador!

**Pet Therapy** Thursday, Aug. 17 from 1-2 p.m. Meet our Pet-Assisted Therapy "working" animals and learn how any type of pet can bring joy to our lives.

**Fun With Wildlife** Thursday, Aug. 24 from 1-2 p.m. Project Wildlife Educator, Carly Padilla, will share more about our programs and services while offering visual displays on how to humanely co-exist with wildlife. Carly will also be joined by a special Animal Ambassador.

**SUPPORT SAN DIEGO HUMANE SOCIETY**

**Paint for Project Wildlife**  
Lovejoy Creations at Mangelsen Gallery, Project Wildlife Fundraiser, 7916 Girard Ave., La Jolla. Sunday, Aug. 13 from 10 a.m. - 1 p.m. Paint your favorite animal and support Project Wildlife, a program of San Diego Humane Society.

**Paws & Pinot**  
Vin De Syrah, 901 Fifth Ave., San Diego. Thursday, Aug. 24 from 6-9 p.m. Join Vin De Syrah for their first Paws & Pinot event to benefit San Diego Humane Society. With a suggested donation of \$10, you will receive a raffle ticket for a chance to win a ton of fun prizes. Guests who donate will also receive specials on featured pinots. Cute adoptable animals will also be in attendance!

**Dog Dayz on the Island**  
Fiesta Island Off-Leash Dog Park, 1590 E. Mission Bay Drive, San Diego. Saturday, Aug. 26 from 9-11 a.m. Celebrate the bond between humans and dogs in honor of National Dog Day! Bring your dogs and check out the booths geared to our four-legged friends with free samples, licensing, microchipping and vaccinations.

**2018 Photo Fundraiser Info Models Wanted!**  
There is just one month left to enter your pet's photo for a chance to star in San Diego Humane Society's 25th anniversary edition calendar!

Every entry will receive a free calendar and is eligible to win prizes. Proceeds from the contest and calendar sales benefit the animals in our care.

Donate your vehicle for the animals. Have an old car, truck, motorcycle, trailer or boat taking up space in your driveway? You can donate it to benefit the animals helped by San Diego Humane Society!

**SAN DIEGO HUMANE SOCIETY KITTEN CAM**  
kittens-sleeping-lg.jpg

Kitten Cam brought to you by Purina-logo.png **Kitten Cam**  
The tiniest residents of San Diego Humane Society are being cared for in our Kitten Nursery. See the cuteness for yourself by

checking out the Purina Kitten Cam.

With Purina's help, we can ensure that our kittens receive the very best care and nourishment during their most fragile stage of life.

Save lives all year long - become a Constant Companion monthly donor today!

**Donate with confidence!**  
San Diego Humane Society is a Charity Navigator Four Star rated organization. Tax ID: 95-1661688.

**• Escondido Campus**  
3450 E. Valley Parkway  
Escondido, CA 92027  
760.888.2275

**• San Diego Campus**  
5500 Gaines Street  
San Diego, CA 92110  
619.299.7012

**• Oceanside Campus**  
2905 San Luis Rey Road (dogs)  
Oceanside, CA 92058  
760.757.4357

**• Oceanside Campus**  
572 Airport Road (cats, small animals)  
Oceanside, CA 92058  
760.757.4357

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# Around Town

**Concerts at the Cove** series: Rockademy – The Special Guests & Too Loud at Fletcher Cove Park. Aug. 3, 6-7:45pm. [www.ci.solana-beach.ca.us](http://www.ci.solana-beach.ca.us)

**The Little Mermaid** at Moonlight Amphitheatre. now -Aug 5 [www.moonlightstage.com](http://www.moonlightstage.com)

**Evita** San Diego Repertory Theatre presents Evita at Lyceum Theatre. Aug. 3-27 [www.sdrep.org](http://www.sdrep.org)

**Oceanside Art Walk** in downtown Oceanside. Aug. 4 [www.oceansideartwalk.org](http://www.oceansideartwalk.org)

**Guys & Dolls at The Old Globe Theatre.** Thru Aug 13 [www.theoldglobe.org](http://www.theoldglobe.org)

**TGIF Concerts in the Parks** series: TBD at Calavera Hills Community Park. Aug.4, 6-8pm. [www.carlsbadca.gov](http://www.carlsbadca.gov)

**La Jolla Playhouse** presents 'At the Old Place' at Mandell Weiss Theatre. Thru Aug. 30 [www.lajollaplayhouse.org](http://www.lajollaplayhouse.org)

**Festival of Arts & Pageant of the Masters** thru Aug 31 in Laguna Beach. [www.foapom.com](http://www.foapom.com)

**Del Mar Thoroughbred Club** Horse Racing Season runs thru Sept. 4 [www.dmtc.com](http://www.dmtc.com)

**Del Mar Concert Series:** Concert at Del Mar Racetrack. Every Friday after the last race. [www.dmtc.com](http://www.dmtc.com)

**Food Truck Fridays** Fridays Aug. 4,11,18,25, 4pm-8pm. On Friday evenings from June 2 to September 29, visitors of all ages can enjoy live family-friendly entertainment while eating gourmet treats from a rotating selection of more than a dozen food trucks parked on the Plaza de Panama and El Prado walkway from 4:00 to 8:00 p.m. Anticipated Attendance: 2,000. Location: Plaza de Panama and El Prado. [www.balboapark.org/](http://www.balboapark.org/).

**Boz Scaggs** at Embarcadero Marina Park South. Aug. 4-5, 7:30pm. [www.sandiegosymphony.org](http://www.sandiegosymphony.org)

**The BLVD Market Summer Edition** Friday Aug. 4,6pm-10pm The BLVD Market showcases San Diego local chefs, food vendors and musicians at its monthly pop-up prepared foods outdoor market and spirits garden. Location: 2855 El Cajon Boulevard parking lot and on Utah Street between El Cajon Boulevard and Howard Street.[www.theboulevard.org](http://www.theboulevard.org).

**Bocce Bash** Saturday Aug. 5,8am-4pm The Bocce Bash returns to Liberty Station in Summer 2017! The 21-year old and up tournament features round-robin Bocce tournament play, a live DJ, a costume contest and beer provided by New Belgium! No experience needed. Bocce equipment provided. Anticipated Attendance: 400. Anticipated Participants: 50. Location: NTC Park at Liberty Station. Host Organization: Holiday Bowl. <http://www.sandiegobowlgames.com/holiday-bowl-events/goldfield-stage-bocce-bash/>.

**Family nature crafts** event at Blue Sky Ecological Reserve. Aug. 5, 8-10am. [www.poway.org](http://www.poway.org)

**Family Campout** at La Colonia Park. Aug. 5-6 [www.ci.solana-beach.ca.us](http://www.ci.solana-beach.ca.us)

**Family Campout** at Lake Poway. Aug. 5-6 [www.poway.org](http://www.poway.org)

**TCT International Art Exhibit** Sunday Aug. 6, noon-5pm The Falun Dafa Association San Diego Branch presents the Truth, Compassion, Tolerance International Art Exhibit once a month between March and June. Location: Area in Balboa Park.

**Family Fun Day:** Climate Solutions at San Elijo Lagoon Nature Center. Aug. 6, 11:30am-1:30pm. [www.sanelijo.org](http://www.sanelijo.org)

**Family Fun Day & Webkinz Giveaway** at Del Mar Racetrack. Aug. 6,12:30 – 6pm. [www.dmtc.com](http://www.dmtc.com)

**Summer concert series:** Pickle Back Shine at Lake Poway. Aug. 6, 5:30 – 7pm. [www.poway.org](http://www.poway.org)

**Sergio Mendes** at Embarcadero Marina Park South. Aug. 6,7:30pm. [www.sandiegosymphony.org](http://www.sandiegosymphony.org)

**San Diego Surf Cup Invitational** at SoCal Sports Complex. Aug. 5-7 [www.surfcup.com](http://www.surfcup.com)

**Hamlet** at The Old Globe Theatre. Aug. 6-Sept. 10 [www.theoldglobe.org](http://www.theoldglobe.org)

**30th International Summer Organ Festival:** Christian Lane at Spreckels Organ Pavilion. Aug. 7 [www.spreckelsorgan.org](http://www.spreckelsorgan.org)

**San Diego Air & Space Museum 34th Annual Charity Golf Tournament** at Coronado Municipal Golf Course. Aug. 9 [www.sandiegoairandspace.org](http://www.sandiegoairandspace.org)

**Latin Jazz Masters** at Embarcadero Marina Park South. Aug. 10, 7:30pm. [www.sandiegosymphony.org](http://www.sandiegosymphony.org)

Screen on the Green Thursday Aug. 10,17,24,31, 8pm-10pm. Enjoy a night under the stars in the Botanical Lawn located east of the Museum and a selection of films inspired by current exhibitions. Grab a blanket, a picnic, bring a few friends, and be sure to arrive early for a good seat on the lawn! Location: Botanical Lawn East of Balboa Park. [www.sdmart.org](http://www.sdmart.org).

**E.T.:** The Extra-Terrestrial in Concert at Embarcadero Marina Park South. Aug. 11, 7:30pm. [www.sandiegosymphony.org](http://www.sandiegosymphony.org)

**Oceanside Longboard Surfing Club Contest & Guy Takayama Pro-am Noseriding/Open Contest** at Oceanside Pier. Aug. 11-13 [www.oceansidelongboardsurfingclub.com](http://www.oceansidelongboardsurfingclub.com)

**East Village Sessions** Saturday Aug. 12,8am -12pm Join the hottest free workout in the street in East Village. Balanced Fitness & Health and the Downtown Partnership are bringing your workout to the street. Join us for various workout sessions like Yoga and Cross fit. Location: J Street between 8th and 9th Avenues. [www.downtown-sandiego.org](http://www.downtown-sandiego.org).

**La La Land** in Concert at Embarcadero Marina Park South. Aug. 12, 7:30pm. [www.sandiegosymphony.org](http://www.sandiegosymphony.org)

**Diamond Street Festival** Saturday Aug. 12, 11am-6pm Grab an friend and come to the Diamond Street Festival for arts, culture, health, wellness, food, a kids' zone, a custom car show, and entertainment! Location: Imperial

Avenue between 63rd and 65th Streets. [www.diamondstreetfestival.com](http://www.diamondstreetfestival.com).

**Stairway to Heaven 15K and Half Marathon** Saturday Aug. 12,7am-10am The Stairway to Heaven Half Marathon and 15k Trail Race is a challenging, and extremely rewarding course. You will definitely feel a major sense of accomplishment after you cross the finish line! You can run this race independently or as part of the series. Location: Trails in Mission Trails Regional [www.dirtdevilracing.com](http://www.dirtdevilracing.com).

**Chula Vista Challenge Triathlon** Sunday Aug. 13,5am-4:00 pm The Chula Vista Challenge (CVC) boasts a fresh new race experience, with 10 races to choose from. The park will host the Swim Start, the Transition Area, Expo, Kids Fun Zone, and end with a Beach Party Finish line featuring a Beer Garden and Mexican Food Location: Bayside Park in Chula Vista; Main Street and Beyer Boulevard in San Diego. <http://www.chulavistachallenge.com/>.

**Open Cockpit Days Cost: Free** Aug. 12-13,26-27, Sept. 9-10, 9am-3pm Come sit in a war bird! Cockpits of select aircraft will be open for visitors of all ages to experience Marine aviation from a pilot's perspective. The Flying Leatherneck Aviation Museum has 27 vintage aircraft on display as well as hundreds of artifacts from World War I to present day. New this year is an exhibit on the Navajo Code Talkers. The entry-free museum entrance is on Miramar Road, 3.9 miles east of I-805 and 1.3 miles west of I-15. (Look for the Marine Corps and American flags at the entrance.) Free admission and parking. Flying Leatherneck Aviation Museum,4203 Anderson Avenue, San Diego, 92145.

**CVC San Diego Half Iron Triathlon** at Bayside Park. Aug. 13 [www.chulavistachallenge.com](http://www.chulavistachallenge.com)

**Pomerado Community Band** at Old Poway Park. Aug. 13, 5:30-7pm. [www.poway.org](http://www.poway.org)

**Angélique Kidjo** at Embarcadero Marina Park South. Aug. 13, 7:30pm. [www.sandiegosymphony.org](http://www.sandiegosymphony.org)

**Hillcrest CityFest** Sunday Aug. 13, 11am-11:30pm This popular festival showcases urban living. There's staged entertainment, a carnival with rides & games, merchandise, a beer garden, and a dance party. Other highlights include a dunk tank, mechanical bull rides, craft activities, and a water mist cool-off zone. You'll have a blast of fun! Location: 5th Avenue between University & Brookes Avenues. [www.fabuloushillcrest.com/events/hillcrest-cityfest/](http://www.fabuloushillcrest.com/events/hillcrest-cityfest/).

**Councilmember Cate's D6 Charity Toss Tournament** Saturday Aug. 19,10am -4pm Please join Councilmember at the Mira Mesa Community Park for a Corn Hole Tournament benefitting the San Diego Police Foundation and the San Diego Fire/Rescue Foundation. Location: Mira Mesa Community Park at 8575 New Salem Street.

**Hillcrest Car Show** Saturday Aug. 19, 2pm-6pm Come and see classic cars displayed, talk to the owners, and get information on how to join the LGBT Classic Car Club. Anticipated Attendance: 250. Anticipated Participants: 20. Location: Normal Street between Harvey Milk Street and University Avenue. [www.fabuloushillcrest.com](http://www.fabuloushillcrest.com).

**Mira Mesa Festival of Beers** Saturday Aug. 26,1pm-6pm & Sunday Aug. 27,12pm -4pm Beer lovers are coming to Mira Mesa to sample craft beers from local breweries where patrons (age 21+) can

sample up to 18 different beers of their choice. It's a lively event in a party atmosphere where you can meet and mingle amid music, dancing, food and beer. Anticipated Location: Mira Mesa Community Park at 8575 New Salem Street. [www.miramesa-beerfest.com](http://www.miramesa-beerfest.com).

**40th America's Finest City Half Marathon & 5K** Sunday Aug. 20,4am-10:30am This world famous event is one of the largest half marathons in the nation. Athletes across the country are joined by others from foreign countries. The half marathon course begins at the Cabrillo Monument and finishes at Balboa Park. The 5K course runs through Balboa Park. [www.afchalf.com](http://www.afchalf.com).

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# Concerts

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

## August

**Huey Lewis & The News.** Thurs, Aug 3, 8:15pm. Pacific Amphitheatre, Orange County Fair & Event Center, 88 Fair Dr, Costa Mesa, 92626. (714) 708-1500. ocfair.com

**KC & the Sunshine Band,** Thurs-Fri, Aug 3-4, 8pm. Pop. Sycuan Casino Showcase Theatre, 5469 Casino Way, El Cajon, CA. 92019. (619) 445-6002.

**Colbie Caillat/Justin Young.** Fri, Aug 4, 7:30pm. Pacific Amphitheatre, Orange County Fair & Event Center, 88 Fair Dr, Costa Mesa, 92626. (714) 708-1500. ocfair.com

**Gene Simmons Band,** Fri, Aug 4, 7:30pm. Rock. Harrah's Resort Southern California, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

**Vans Warped Tour '17.** Sat, Aug 5, noon. Alt/metal/hardcore/rock. Qualcomm Stadium, 9949 Friars Rd, Mission Valley, 92108.

**Ed Sheeran and James Blunt.** Sun, Aug 6, 7:30pm. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd. Point Loma. 619-224-4171.

**Michael McDonald/Boz Scaggs.** Sun, Aug 6, 7pm. Pacific Amphitheatre, Orange County Fair & Event Center, 88 Fair Dr, Costa Mesa, 92626. (714)

708-1500. ocfair.com  
**Metallica,** Sun, Aug 6, 7:30pm. Rock. Petco Park, 100 Park Blvd, San Diego, CA 92101. (619) 795-5000.

**Kendrick Lamar with Travis Scott & D.R.A.M.** Aug 6, 8, 9, 7:30pm. STAPLES Center, 1111 S. Figueroa St, Los Angeles, CA 90015. www.staplescenter.com  
**Neil Diamond.** Tues, Aug 8, 8pm. Rock/Country. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

**Diana Krall.** Tues, Aug 8, 7:30pm. Jazz/pop. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 224-3577 or Ticketmaster (619) 220-TIXS. humphreysbythebay.com

**Lady Gaga.** Tues, Aug 8, 7:30pm. Pop. The Forum, 3900 W. Manchester Blvd, Inglewood. (310) 330-7300

**Diana Krall.** Tues, Aug 8, 7:30pm. Jazz/Pop. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.

**Steve Miller Band/Peter Frampton.** Wed, Aug 9, 7:15pm. Pacific Amphitheatre, Orange County Fair & Event Center, 88 Fair Dr, Costa Mesa, 92626. (714) 708-1500. ocfair.com

**Sam Hunt.** Thurs, Aug 10, 7:30pm. Country. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

**The Isley Brothers/The Commodores.** Thurs, Aug

10, 7pm. Pacific Amphitheatre, Orange County Fair & Event Center, 88 Fair Dr, Costa Mesa, 92626. (714) 708-1500. ocfair.com

**The Avett Brother.,** Thurs, Aug 10, 7:30pm. Folk-rock. San Diego Civic Theatre, 1100 Third Ave, San Diego. (619) 570-1100.

**Ed Sheeran.** Thurs-Fri, Aug 10-12, 7:30pm. STAPLES Center, 1111 S. Figueroa St, Los Angeles. www.staplescenter.com

**Incubus and Jimmy Eat World.** Fri, Aug 11, 7:30pm. Alt/Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

**Rebellion/Nahko & Medicine for the People/Hirie/DJ Mackle.** Fri-Sat, Aug 11-12, 6pm. Pacific Amphitheatre, Orange County Fair & Event Center, 88 Fair Dr, Costa Mesa, 92626. (714) 708-1500. ocfair.com

**America.** Sat, Aug 12, 7:30pm. Folk/rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 224-3577 or Ticketmaster (619) 220-TIXS. humphreysbythebay.com

**Steve Martin & Martin Short.** Sat, Aug 12, 7:30pm. Comedy. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Hans Zimmer.** Sat, Aug 12, 7pm. Classical/pop. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

**Postmodern Jukebox and Straight No Chaser.** Sun, Aug,

13, 6:30pm. Acoustic/Classical/Pop. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Jill Scott.** Tue, Aug 15, 8pm. Jacobs Music Center's Copley Symphony Hall, 750 B St., San Diego. (619) 235-0804.

**The Doobie Brothers.** Wed, Aug 16, 7:30pm. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 224-3577 or Ticketmaster (619) 220-TIXS. humphreysbythebay.com

**Lost '80s Live.** Thurs, Aug 17, 7:30pm. Rock. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.

**Freddie Jackson.** Fri, Aug 18, 8pm. Blues/Funk/Pop. Sycuan Casino Showcase Theatre, 5469 Casino Way, El Cajon. 619-445-6002.

**311 and New Politics.** Sun, Aug 20, 7:30pm. Alt/Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Young the Giant and Cold War Kids.** Thurs, Aug 24, 7:30pm. Alt/Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Rancid and Dropkick Murphys.** Thurs, Aug 24, 7pm. Rock. Petco Park, 100 Park Blvd, San Diego, CA 92101. (619) 795-5000.

**Dierks Bently.** Friday, Aug 25, 7:30pm. Country/Folk/Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

**The Australian Pink Floyd Show.** Sat, Aug 26, 7pm. Covers/Rock. Harrah's Resort SoCal, 777 Harrah's Rincon Way, Valley Center. 760-751-3100.

**Mega Summer Concert-Don Omar, Yandel, Arcangel, De La Ghetto, Bad Bunny and lots more.** Sat, Aug 26, 8pm. Staples Center, 1111 S. Figueroa Str, Los Angeles, CA 90015. www.staplescenter.com

**The Gipsy Kings.** Sun, Aug 27, 7:30pm. Folk/World. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 224-3577 or Ticketmaster (619) 220-TIXS. humphreysbythebay.com

**Trombone Shorty with Orleans Ave, St Paul & The Broken Bones.** Sun, Aug 27, 7:30pm. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Foreigner/Cheap Trick.** Tues, Aug 29, 7pm. Rock/Pop. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

**Kaleo and the Shelters.** Tues, Aug 29, 6:30pm. Rock. SDSU Open Air Theatre, 5500 Campanile Dr., San Diego. (619) 594-6947.

## September

**One Republic.** Fri, Sept 1, 7:30pm. Pop/Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

**Idina Menzel.** Fri, Sept 1,

8pm. Pop. Pechanga Resort & Casino, 45000 Pechanga Pkwy, Temecula. (951) 693-1819.

**One Republic.** Sat, Sept. 2, 7pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

**Bayside Gospel Concert.** Sat, Sept 2, 7:30pm. USS Midway Museum, 910 N Harbor Dr, San Diego, CA 92101. (619) 544-9600.

**Chicago.** Sun, Sept 3, 8pm. Jazz/Rock. San Diego Civic Theatre, 1100 Third Ave, San Diego. 619-570-1100.

**Stephen Stills and Judy Collins.** Wed, Sept 6, 7:30pm. Folk/rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 224-3577 or Ticketmaster (619) 220-TIXS. humphreysbythebay.com

**Florida Georgia Line.** Thurs, Sept 7, 7pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

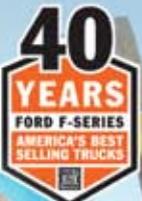
**Gloria Trevi vs. Alejandra Guzman.** Fri, Sept 8, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www

**Florida Georgia Line.** Sat, Sept 9, 7:30pm. Country. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

**Goo Goo Dolls.** Tues, Sept 12, 7:30pm. Alt/Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

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**FRANK'S PRICE.....\$14,527**  
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**FLEX CASH.....-\$500**  
**HMF BONUS CASH.....-\$750**  
**MILITARY REBATE.....-\$500**

**\$10,777** 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. \$750 HMF Bonus Cash must finance through Hyundai Motor Finance. \$500 Military Rebate, must be active duty or veteran to qualify. 1 at this price #229184. Offer Expires 8/7/17.

### NEW 2017 HYUNDAI SONATA SE



**-\$19,377 FRANK'S PRICE**  
**-\$3,350 RETAIL BONUS CASH**  
**-\$500 MILITARY BONUS CASH**  
**-\$500 FLEX CASH**

Total Savings OFF MSRP

**\$14,777** NET SAVINGS

2 at this #595911, #585232

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**RETAIL BONUS CASH.....-\$2,000**  
**FLEX CASH.....-\$750**  
**HMF BONUS CASH.....-\$500**  
**MILITARY REBATE.....-\$500**

**\$16,777** NET PRICE

All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$750 HMF Bonus Cash must finance through Hyundai Motor Finance. \$500 Military Rebate, must be active duty or veteran to qualify. 6 at this price. Offer Expires 8/7/17.

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**\$11,000** OFF MSRP

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