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FIFTY EIGHTH YEAR NO. 16
THURSDAY, SEPTEMBER 20, 2018



Petty Officer 2nd Class Antarius Bryant, a member of Fleet Cyber Command's multicultural committee, highlights the contributions of Nobel Prize in Physics recipient Luis Alvarez during a recent Hispanic Heritage Month observance. Photo by Steve Mavica

Navy observes Hispanic Heritage Month

by Yonca Poyraz-Dogan

WASHINGTON - The Navy observes National Hispanic Heritage Month, Sept. 15-Oct. 15, highlighting the histories and accomplishments of Americans from Spanish-speaking areas.

This year's theme is "Hispanics: One Endless Voice to Enhance our Traditions."

As of June 2018, approximately 59,000 active and Reserve Sailors of Hispanic heritage serve in the Navy contributing to the strength of the nation's force. Hispanic Americans' military service dates back to the Civil War.

One well-known example is Jorge Farragut who was born on the Spanish island of Minorca and joined the South Carolina Navy in 1779. Remembered as one of the first Hispanic Revolutionary War heroes, he was instrumental in securing a Union victory in New Orleans on April 28, 1862. When Adm. Farragut died in 1870, President Ulysses S. Grant led 10,000 Soldiers and Sailors through the streets of New York during his funeral procession.

Several members of the Hispanic community - military and civilian - have significant contributions toward protecting the nation and embodying DoD values. Sixty people of Hispanic heritage have been awarded the Medal of Honor, two were presented to members of the Navy, 13 to members of the Marine Corps and 46 to members of the Army.

USS *Rafael Peralta* (DDG 115) was named in honor of Navy Cross recipient Marine Corps Sgt. Rafael Peralta who was killed in Fallujah, Iraq, in 2004. An Arleigh Burke-class guided-missile destroyer, *Rafael Peralta* was commissioned in a ceremony at Naval Air Station North Island in July last year. Peralta, who was born in Mexico City, Mexico, immigrated to the United States with his family. He joined the Marine Corps in 2000, after receiving his Green Card. Peralta was awarded a Navy Cross, the country's second highest military award, subsequently.

Special screening of Best F(r)iends II

POINT LOMA - Naval Base Point Loma, Harbor Drive Annex, will be having an advanced screening of the new movie, Best F(r)iends II, for Sailors and civilians with base access tonight, Sept. 20.

There will be a meet and greet with three of the main actors, Greg Sestero, Kristen StephensonPino and Rick Edwards, followed by a Q & A and the movie. This advanced screening will happen before the Red Carpet event in Los Angeles, Sept. 28.

The event will be held at the Admiral Kidd Club. The meet and greet autograph session begins at 6 p.m. followed by the Q & A at 7, then the movie at 7:30 p.m.

Poway Rodeo makes it's mark on San Diego Sept. 28-29

POWAY, CA - The Poway Rodeo returns for its 46 th year of bringing the very best in action-packed entertainment and good-natured country high-jinks to its centrally located north San Diego location. This year's rodeo promises more ways to enjoy the excitement than ever before with big-screen video projection, VIP seating opportunities, and special adventures just for the youngest cowpokes.

Visitors can choose from three performances, the first on Friday, Sept. 28 at 7:30 p.m. Two more shows take place on Saturday, Sept. 29, one at 1 p.m. and one at 7:30 p.m. VIP ticket-holders enjoy exclusive extras like preferred seating, excellent arena views, personal service, and included food and drinks.

Kids will love to try their hand at mutton-busting or junior-level

barrel racing, and VIP seating is kid-friendly on Saturday afternoon to include a personal visit with the Rodeo Queens and the Chick-fil-A Cow, plus crafts, face painting, and a photo booth with props. Those over 21 can stay after the evening performances for a free rodeo dance featuring live music and continued country-style fun with friends.

"The Poway Rodeo is a PRCA-sanctioned event and draws the biggest names in the sport," explains Rodeo Chairman Murray Bankhead. "Again this year, the Poway Rodeo is part of the Southern California Rough Stock Series. Rough stock contestants who compete in all seven Series rodeos will be eligible for bonus money at the end of the season, as much as \$3,000 extra. It entices the better competitors to Poway who might not otherwise travel all the way to

San Diego County."

Tickets for the Poway Rodeo may be purchased online at PowayRodeo.com or at the Rodeo grounds starting September 24. The Poway Rodeo is held at the Poway Valley Riders Association arena, 14336 Tierra Bonita Road in Poway. Tickets for the Saturday afternoon performance include admission to the Exceptional Kid's Rodeo sponsored by Sam's Posse, a local charitable organization that enriches the lives of children living with intellectual and physical disabilities by supporting their needs and wishes. The Exceptional Kid's Rodeo competition begins at 10:30 am that day, just before the Rodeo begins at 1 pm.

"Just like last year, the Rodeo culminates a month-long celebration called Poway Days, a community celebration held on September

8 and 15," says Bankhead.

"Folks can enjoy the Poway Days parade, a Battle of the Bands, a classic car show, an art exhibition, an evening of local craft beer- and wine-tasting, a robotics competition for teens, and more. It's a great way for neighbors to come together and celebrate Poway's diversity and the many benefits of living here, culminating in the 2018 Poway Rodeo the final weekend. We really do have something great planned for everyone!"

A favorite autumn event in San Diego County since 1973, the Poway Rodeo aims to honor the traditions of the Old West and the country lifestyle while providing a fast-paced, exciting contest sure to thrill and delight viewers of all ages from all walks of life. For more information, visit PowayRodeo.com.

Your Navy: It's like LinkedIn for the Navy

by Mark D. Faram

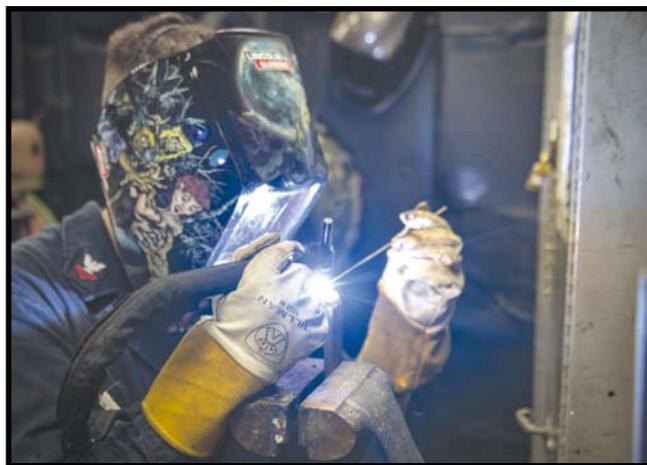
NAVY TIMES - Flush with data and happy with ongoing technological experiments, the Navy is poised to let sailors start managing much of their careers on their personal cellphones and computer tablets.

The online innovations are part of a new "Detailing Marketplace" system expected to emerge by mid-2019, according to the Navy's top uniformed personnel officer.

"It's like a kind of LinkedIn for the Navy," Vice Adm. Robert P. Burke told Navy Times during an interview. "But it's that in the deeper sense in that it will know who the sailor is and have the ability to use that information to help them better manage their careers."

In development since 2016, the one-stop electronic site promises to combine what sailors know as the current "orders negotiation" and "re-up approval" systems with their service records.

The smart app will be similar to the desktop web version of today's online electronic service record, only more robust, Burke said.



Hull Maintenance Technician 2nd Class Brandon Hamby welds a bracket aboard USS Essex (LHD 2) during a scheduled deployment of the Essex Amphibious Ready Group (ARG) and 13th Marine Expeditionary Unit (MEU). Indian Ocean and three strategic choke points. Navy photo by MC3 Molly DiServio

The innovation comes alongside an ongoing reworking of the Navy's ratings and training systems so that the service can offer more career options than ever before to sailors.

For example, the Detailing Marketplace will display a menu not only of what's available in a sailor's current rating but also what's being offered in similar career fields.

It will list incentives for tough jobs and provide a way to negotiate multiple tours in a row

so that the sailor can achieve a stable home life while also getting essential training and educational opportunities, Navy leaders hope.

"If you are going for geographic stability, for example, it makes sense to negotiate two sets of orders at once," Burke said.

A "My Navy Record" tab will be added to the "My Navy Portal" website and app so that sailors can instantly and conveniently look up their ASVAB

scores, security clearance status, deployability details, qualifications and performance evaluations, a detailed history of the Navy Enlisted Classifications they hold, training certifications and duty preferences.

"It's their entire career history," Burke said. "It's all going to come into play as we try to fit sailors to jobs to a depth that hasn't ever happened before."

And that innovation could be ready early next year.

"We're shooting for the end of this calendar year to have a mobile version of My Navy Portal up and running. We're testing that now," Burke said. "Portions of My Navy Record will be available on that mobile version which will access this totally new database and no [common access card] will be required on the mobile version."

The new system also will let sailors change and update their records quickly and easily, ending long lines at personnel support detachments across the fleet.

Navy leaders hope that means sailors will swiftly seize opportunities to change their ratings, collect reenlistment and assignment bonuses or find a way to

advance by choosing to fill a demanding billet.

Part of that will be made easier by other Navy reforms, such as an ongoing effort by officials to list common training, certifications and employment requirements for multiple career fields. The idea is that the Navy's "Ratings Modernization" initiative will find common work activities.

Hull maintenance technicians, for example, share several job skills with damage controlmen.

In fact, officials have found a dozen crossover areas between the ratings. Hull techs do about 35 percent of what damage controlmen also, just as damage controlmen do about 20 percent of what hull techs do.

The new system might alert hull technicians that advancement opportunities to the next pay grade can be found in the damage control field - or the other way around - depending on manning levels.

"In that case, the system could show you other ratings that are looking better," Burke said. "By clicking on that link, it will show you, based on what training you already have, which schools that you will

have to go to convert and, if you take that route, here's your [re-up bonus] and updated advancement opportunity once you get there."

The current system lets sailors cross-rate but rarely are they allowed to switch back to an original rating. The new process promises to remember where sailors came from and allow them to negotiate orders back to ratings they've already earned.

The Navy is testing this new technology on both desktop and mobile devices for the aerographer's mate rating.

"We're calling this a 'war game' because we're using real data and sailors will be able to test functions and negotiate for money, advance to vacancy, geographic stability, educational opportunities - all those things - just as if they're doing it for real," Burke said.

Officials are gathering data from the ongoing tests to refine the system.

"Major muscle movement parts will be in place April or May 2019 to support this," Burke said. "Then we'll commence a rating-by-rating roll out because we won't be able to do it all at once as that would just be too difficult."



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NATO chief lists benefits of alliance to United States



Defense Secretary James N. Mattis greets NATO Secretary General Jens Stoltenberg preceding a Pentagon meeting Sept. 13. NATO photo

by Jim Garamone
WASHINGTON - The North Atlantic Treaty Organization is as important to the United States as it is to Europe, NATO Secretary General Jens Stoltenberg said at the Heritage Foundation Sept. 14.

The NATO chief spoke at the

foundation following talks with U.S. security officials. In his remarks, he stressed the importance of the nearly 70-year-old organization to America.

The alliance has guaranteed peace and stability in Europe since it was founded in 1949,

Stoltenberg said. NATO was a response to aggression from the Soviet Union in the aftermath of World War II, and has morphed into an alliance seeking a stable, rules-based international climate where all nations can prosper.

The past 70 years have seen an unprecedented period of prosperity in Europe and North America, Stoltenberg said. NATO is the foundation for that prosperity. "Europe and North America together represent half of the world's economic output," he said. "And while we now have our disagreements over tariffs, it does not change the fact that Europe and North America are each other's biggest trading partners."

Ensuring a peaceful, prosperous Europe is in the interests of all parties "on both sides of the Atlantic," he said.

"NATO allies share and support the fundamental values which are at the heart of American society," he said.

Alliance nations are democracies, support individual liberties and abide by the rule of law. "They are the foundations of our free societies, but they are also the foundations of our engagement with the rest of the world," the secretary general said. "These values are magnets for other countries, and lead them to join our alliance."

After the Berlin Wall came down and the Soviet Union dissolved, former Warsaw Pact and Baltic nations joined the alliance. Nations in the Balkans and others aspire to join, he said. "NATO has helped to spread democratic values, free enterprise, and stability to millions of people in the eastern part of Europe, and this represents a historic geopoliti-

cal shift that has benefitted the United States and the world at large," Stoltenberg said.

Finally, NATO allies are a boost to American military power. The Europeans have nearly 2 million active duty service members with cutting-edge capabilities. The European allies are on duty in Afghanistan, Iraq and Syria. They work with the United States in counter-piracy operations and in maintaining sea lines of communication and the airways.

"France and the United Kingdom contribute 30 percent of NATO's nuclear ballistic-missile submarine fleet," he said. "America's NATO allies also maintain dual-capable aircraft for nuclear delivery to enhance our deterrence and keep the peace."

NATO allies have strong and capable intelligence networks that work alongside American professionals. This alliance intelligence sharing runs the

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Harry S. Truman strike group begins operations in 6th Fleet

NAVAL SUPPORT ACTIVITY NAPLES, Italy - The *Harry S. Truman* Carrier Strike Group (CSG) has commenced operations in the 6th Fleet area of operations to continue support to NATO allies, European and African partner nations, coalition partners, and U.S. national security interest in Europe and Africa.

Harry S. Truman CSG initially deployed to the European theater April 11, and returned to its homeport Naval Station Norfolk July 21 for an extended working port visit.

"We're thrilled to have the *Harry S. Truman* Carrier Strike Group back in the U.S. 6th Fleet area of operations and look forward to continuing to work with Rear Adm. Gene Black and his team as we conduct the full spectrum of maritime operations," said Vice Adm. Lisa M. Franchetti, commander of 6th Fleet, headquartered in Naples, Italy.

"The strike group's return also gives us the opportunity to operate and train with our NATO allies and regional partners, which will enhance our

interoperability and readiness as we work together to secure a safe and prosperous region for all."

The strike group got underway Aug. 28, completing training exercises and carrier qualifications in the Atlantic, to include participating in dual-carrier operations with USS *Abraham Lincoln* (CVN 72) and bi-lateral operations with the Royal Canadian Navy.

The strike group which departed Norfolk, includes the flagship *Harry S. Truman* (CVN

75); the nine squadrons USS *Normandy* (CG 60), USS *Arleigh Burke* (DDG 51) and USS *Forrest Sherman* (DDG 98). Other *Harry S. Truman* CSG assets operating in the region include USS *Bulkeley* (DDG 84) and USS *Farragut* (DDG 99).

Armed Forces Dispatch (619) 280-2985

Published by Western States Weeklies, Inc.
PO Box 600600, San Diego, CA 92160
E-mail: editor@navydispatch.com

Publisher.....Sarah Hagerty

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SWOs will now use logbooks to record time at sea

by Sam LaGrone
Surface warfare officers are borrowing a lesson from naval aviators and will now keep a logbook of their time underway throughout their career, according to a new Navy instruction obtained by U.S. Naval Institute.

Now, when new ensigns report to the Basic Division Officer Course they will now be issued a "Surface Warfare Mariner Skills Logbook" in which they will record everything from bridge time to underway replenishments and ultimately create a database for surface forces to

analyze in the development of future training. The logbooks will also be distributed to all SWOs already in the fleet.

"Both unqualified and qualified [surface warfare officers] will be issued a hard copy Mariner Skills Logbook," read the instruction. "They are personally responsible to use and maintain the logbook throughout their careers and begin tracking their experiences upon receipt of the logbooks and this instruction at their commands."

The logbooks will not only serve the individual sailor but also feed into a larger database to inform future training.

"Documenting bridge time, simulator time, and special evolutions is necessary to tailor future training and ensure that an officer has been provided the at-sea opportunity necessary to develop mariner skills proficiency," reads the instruction from commander of Naval Surface Forces, Vice Adm. Richard Brown, and Naval Surface Force

Atlantic commander Rear Adm. Jesse Wilson.

"Over time, the logbook will allow the surface warfare community to conduct the trend and data analysis necessary to link experience with proficiency. The logbook is an initial step toward that goal and will provide a tool to aid the SWO community in addressing the challenges of

U.S. surface warfare, by comparison, was lax in recording skills following initial certification, found two reviews into the surface navy after the McCain and Fitzgerald collisions.

"Vice Adm. Brown has made it clear that our top priority is to produce the most experienced and capable commanding officers as possible," SURFOR spokesman Cmdr. Patrick Evans told USNI News. "We do this by increasing experience at sea in ships, documenting that experience in the logbook, and using that information to tailor future training and track progress and experience of those officers throughout their careers."

The logbook requirement, which was included in the recently passed Fiscal Year 2019 National Defense Authorization Act, joins other implemented Navy initiatives meant to improve basic mariner skills the service has found lacking in the wake of the 2017 reviews.

In June, the service announced a retooled surface officer career path that put an emphasis on mariner skills, after an evaluation found major gaps in the qualifications of certified officers of the deck. Also this summer, the Navy began putting money behind the recommendations to refresh surface forces training.

The \$64 million was included in the service's Fiscal Year 2018 reprogramming request that includes money for new maritime training schoolhouses on the East and West coasts, money for Automatic Identification System laptops, development money for a next-generation surface search radar and the money to reestablish U.S. 2nd Fleet in Norfolk, Va.

Additional changes to the surface warfare officer path and training are expected to be included in the release as part of the Navy's of the Fiscal Year 2020 budget early next year.

NATO continued from page 3

gamut of capabilities from tracking submarines in the Arctic to identifying terrorists, the secretary general said.

"NATO allies also hosts 28 American main operating bases across Europe," he said. "These bases in Europe are not only for Europe, they enable the U.S. to project military power across the wider Middle East and Africa providing a clear strategic advantage in the fight against terrorism and other threats.

The classic example of this is U.S. Africa Command which is based in Stuttgart, Germany, or the U.S. 6th Fleet based in Naples. "When US troops are wounded in places like Iraq and Afghanistan, they are flown for quick treatment to Ramstein, Germany," he said. "When thinking of the value of NATO to the United States, I am also reminded of what [Defense] Secretary [James N.] Mattis

once told me that never in his entire career had he fought a war without NATO allies at his side. The U.S. never has to fight alone."

Stoltenberg noted that the only time the alliance invoked Article 5 of the Washington Treaty establishing the alliance was in the aftermath of an attack on the United States - 9/11. "Since then, hundreds of thousands of European and Canadian soldiers have fought alongside the United States in Afghanistan," he said. "More than a thousand have paid the ultimate price."

NATO continues to be relevant and effective in Afghanistan, in the Defeat-ISIS coalition and in deterring Russia. "For nearly seven decades, the United States has been able to call upon its close allies and friends in NATO," he said. "No other power can match that. No other power in the world has so many friends and allies."



Photo of a sample page of the new Mariners Skills logbook for Navy surface warfare officers. Navy photo

New biodefense strategy combats man-made, natural threats

by Jim Garamone

WASHINGTON - The new National Biodefense Strategy is a living document designed to counter man-made and natural biological threats, National Security Advisor John Bolton said during a White House briefing Sept. 18.

"This is critical, we think, for our defense purposes looking at the range of weapons of mass destruction the United States our friends and allies face," he said.

While nuclear weapons are an existential threat to the United States, chemical and biological weapons also pose dangers to Americans. Bolton noted that biological weapons often are called "poor man's nukes" and said the biodefense strategy aims at countering that threat.

"What we've done is establish a Cabinet-level biodefense steering committee to be chaired by the Department of Health and Human Services," he said. "This is the approach best suited for carrying out the strategy operationally." HHS Secretary Alex Azar will chair the committee.

Participating agencies include the departments of Defense, Agriculture and Homeland Security, as well as the Environmental Protection Agency and others.

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You name it, We've Got It

Social Security Matters

by Russell Gloor

Ask Rusty - When you're known by your middle name

Dear Rusty: For those of us who use our middle name as the name we are known by (and there are many famous persons who are), why does the Social Security Administration mandate the use of the first name when applying for benefits? Is there any way to change this now that I am receiving benefits? Can younger persons make the change before they become eligible? Signed: Middle is Main



Dear Middle: You are correct that Social Security only allows for use of your "legal name" for identifying beneficiaries and it does not consider your middle name, or a familiar nickname, to be the same as your legal name. Even though your middle name may appear on your Social Security card, your "legal name" for Social Security purposes is considered to be your first name and last name (surname) as shown on your U.S. birth certificate, probably reported to and established with the Social Security Administration when you were a young child. That you have chosen to be familiarly known instead by your middle name is not something Social Security is, or needs to be, aware of. That being said, it is possible for you to change your legal name for Social Security purposes to a different name which you now are known by, and which was legally changed by court-order and can be substantiated by legal documentation (including a marriage). This is mainly an issue of establishing and maintaining proper identification for accurate recording of a person's lifetime earnings, which in turn translates to the amount of Social Security benefit each person is entitled to. In short, it's to make sure that all of your lifetime earnings are accurately credited to you and that your Social Security benefits are accurately calculated and paid to the right person, all of which is done via your Social Security Number and the legal name associated with it. The only way to change this - change the name associated with your Social Security Number - is to use the legal process to formally and legally change your name, in your case to your middle name by which you are familiarly called. After you do that, you can change the name associated with your Social Security Number to the new court ordered legal name which would then appear on a new Social Security card which you can order from the Social Security Administration. This can be done whether you are already collecting benefits or have yet to start but, after all is said and done, your benefits will still be electronically deposited in the same bank account you have already designated to receive your monthly benefit payments.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and doesn't represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or e-mail us at ssadvisior@amacfoundation.org.

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VA achieves historic goal by delivering 81,000 appeals decisions to vets in FY '18

WASHINGTON - On Sept. 14, two weeks ahead of schedule, the Department of Veterans Affairs (VA) exceeded its goal to deliver 81,000 appeals decisions of disability benefits and services to veterans in fiscal year 2018 - 28,000 more decisions than the previous year.

In doing so, VA's Board of Veterans' Appeals provided thousands of vets with critical, life-changing decisions.

"The Board's historic achievement delivering results to veterans and their families reflects VA's hard work and commitment to getting it right for our veterans under the leadership of President Trump," said VA Secretary Robert Wilkie. "Together, we have achieved significant results for our nation's veterans, as each of the more than 81,000 decisions produced by the Board can make a real difference in their lives and for their families."

The achievements come amid focused Board efforts to prepare for the full implementation of the Veterans Appeals Improvement and Modernization Act of 2017, which is transforming a historically complex appeals process into a simple, timely and transparent process providing veterans with increased choice and control. veterans who disagree

SAIL report shows majority of VA medical centers have improved services

Using a web-based report scorecard that measures, evaluates and benchmarks quality and efficiency at its medical centers, the VA recently released data that showed significant improvements at the majority of its health care facilities.

Compared with data from the same period a year ago, the July 2018 release of VA's Strategic Analytics for Improvement and Learning, or SAIL, report showed 103 (71 percent) VA medical centers have improved in overall quality - with the largest gains seen in areas where there were VA-

with the initial claim decision have three options under the Act: 1. Higher Level Review at the office of original jurisdiction; 2. Supplemental Claim with the office of original jurisdiction; and 3. Appeal to the Board

Once a veteran appeals to the Board, he or she remains in control of the process by choosing one of three dockets best suited to the appeal:

1. Direct Review Docket
2. Evidence Docket
3. Hearing Docket

To support the various organizations preparing to help veterans navigate the new appeals process, the chairman of the Board and her staff led numerous training sessions and panels held by national, state and local Veteran Service Organizations and private legal organizations.

To maintain its momentum, the Board hired 186 new attorneys this fiscal year, and plans to add 30 more to the team by Sept. 30. Additionally, the Board is joining the Military Spouse Employment Partnership in October, and looks forward to participating in a program that helps bring the valuable insights and tremendous talent of military spouses to the Board.

wide improvement initiatives, such as mortality, length of stay and avoidable adverse events. Seven (5 percent) VAMCs had a small decrease in quality.

"This is a major step in the right direction to improving our quality of services for our veterans," said VA Secretary Robert Wilkie. "Over the past year, we were able to identify our problems and implement solutions to fixing the issues at 71 percent of our facilities. I'm extremely proud of our employees and the progress they have made to raise VA's performance for our nation's heroes."



ARLINGTON NATIONAL CEMETERY (Sept. 6, 2018) - Two caissons from the 3rd U.S. Infantry Regiment (The Old Guard) Caisson Platoon, The Army Band "Pershing's Own," and Soldiers from The 3rd U.S. Infantry Regiment (The Old Guard) conduct military funeral honors with funeral escort for two unknown Civil War Union Soldiers. These interments were part of the dedication ceremony for the newest area of Arlington National Cemetery, also known as the Millennium site, which consists of 27 acres with more than 27,000 interment spaces, two new committal shelters, and four new columbarium courts. Two caissons have not been provided in support of a military funeral in recent history. Army photo by Elizabeth Fraser

Remembering Our Fallen veterans memorial at San Diego City College

As part of Constitution Week 2018, San Diego City College's Department of History and Political Science and the Learning Resource Center is sponsoring the Remembering Our Fallen veterans' memorial.

The photographic war exhibit honors military service members who sacrificed their lives in service to the their country during The War on Terror (9/11/2001 - present). Remembering Our Fallen tours nationally and includes both military and personal photos.

According to Patriotic Productions' Bill and Evonne Williams of Omaha, Neb., who created the memorial, "Their eternal hope is to honor the memory of those who have made the ultimate sacrifice, to provide comfort to friends and family of the fallen, and to remind others of the tremendous cost paid by some. Its legacy will be that these men and women will never be forgotten, and that their names will be remembered."

Remembering Our Fallen concludes this Friday (Sept. 21) from 8:30 a.m. to 12:30 p.m. in the Learning Resource Center on the campus of San Diego City College, a designated military friendly school.

San Diego County Veterans Service Offices		
Chula Vista (Bonita) M-F: 8 a.m. - 4 p.m. 180 Otay Lakes Rd. Phone: (877) 618-6534	La Mesa Adult Center Fri., 9 a.m. - 3 p.m. 8450 La Mesa Blvd. Phone: (858) 527-5222	Ramona 4th Wed. monthly, 9:30 a.m. - 3 p.m. County Library Phone: (760) 788-5270
Escondido M-F: 8 a.m. - 5 p.m. 649 W. Mission Ave. Phone: (760) 740-5572	Mission Valley Thurs. & Fri. appointments only 8898 Rio San Diego, Phone: (858) 694-3222	El Cajon 201 E. Douglas 2nd & 4th Mon. monthly Phone: (619) 588-3718
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For a complete list of SD County offices, go to <https://www.calvet.ca.gov/VetServices/Pages/CVSO-Locations.aspx>.

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Smelling sickness: Body odor may be sign of disease

Did anyone ever tell you that you smell bad? Funky breath or stinky underarms can happen to anyone, at any age. Whether or not you've noticed them, some body odors can signal a health problem. But most breath and body odors are normal.

"Bad breath is most often caused by bacteria on the teeth and tongue," said Dr. Madeleine Deming, an internal medicine expert.

It's normal if your breath smells a little in the morning, especially if you slept with your mouth open. A dry mouth allows bacteria to thrive. Bacteria that live in the mouth can make compounds that have sulfur. These compounds are especially stinky. They can smell like rotten eggs or onion, for example.

If bad breath isn't cleared up by brushing your teeth or using mouthwash, it may be a sign of another issue. Over time, bacteria can cause tooth decay and gum disease. Decay and gum disease don't smell good. Both require a trip to the dentist for treatment.

Other causes of foul breath odor may be sinus, throat, or lung infections. These need to be treated by a health care professional, too.

Your breath can also carry clues of disease from other parts of your body. That's because



you exhale more than just air. Your breath also contains gassy compounds that move from your organs through the bloodstream into your lungs.

Breath that smells fruity or like rotten apples, for example, can be a sign of diabetes that's not under control.

Rarely, people can have bad breath because of organ failure. A person with kidney failure may have breath that smells like ammonia or urine. Serious liver disease can make breath smell musty or like garlic and rotten eggs.

Compounds that are transported through the blood can also be released through your sweat glands. That can make your armpits and skin smell bad. It's normal for stress to cause smelly compounds to be released through your sweat.

But your armpits can smell for other reasons too. Both moisture and hair enable bacteria to thrive. These bacteria can make smelly compounds. Bathing, shaving, and deodorant can help keep these odors in check.

Because certain diseases cause breath or body odors, NIH-supported researchers are developing an electronic "nose" to help doctors detect them.

This research is at an early stage. In the lab, scientists can already analyze odor compounds from the body. They've even trained dogs to detect signs of certain cancers in breath samples.

If you're concerned about a new or worsening body odor, "a trip to the doctor for evaluation is always the first step," Deming advises. "Bad breath is best assessed by a dentist."

Your dentist can examine your mouth for signs of trouble. If body odor is your concern, your doctor can conduct a physical exam. If needed, your doctor can suggest further tests.

"A trial of avoiding foods that are known to cause body odor may be considered. In rare cases of body odor due to an underlying medical condition, the treatment of that condition may help to manage the odor as well," Deming says.

Pharmacogenomics enables health care providers to tailor treatment based on genetics

DEAR MAYO CLINIC How much is known about the role genetics play in how an individual reacts to medications?



ANSWER: Genetics can significantly affect how a person's body responds to medications. This topic is an active area of study called pharmacogenomics. Many researchers are investigating how pharmacogenomics can enhance medical treatment and tailor medications to best fit a person's needs, while minimizing the risk of side effects.

Traditionally, medications have been prescribed based on the assumption that a drug will work approximately the same way in each person, with some factors such as age, weight, sex and medical conditions considered. But recent research has clearly shown that's not always true. And adjusting doses over time based on response to a medication is slow and challenging.

In response, pharmacogenomics - the study of how drugs work coupled with information known about human genes - is being used to tailor medications and their doses for people based on their genetic makeup. This is an important field, because some medications simply don't work the same way in everyone. Genetics may be part of the reason why.

For example, for the pain medication codeine to work properly, the body must be able to convert it into morphine, so it can become active and ease pain. About 15 to 20 percent of the population is unable to metabolize the medication from codeine into morphine due to genetics. That means the medication cannot do what it's intended to, and those people don't receive the pain relief they need - even if they take the medication exactly as prescribed.

Other drugs that researchers have identified as being influenced by genetics include some

medications used to treat cancer, heart disease, lung disease, HIV infection, arthritis, high cholesterol and depression, among many others. Currently, almost 200 medications have label information regarding pharmacogenomic biomarkers. Pharmacists and prescribers can use pharmacogenomics to pick the right medications and adjust dosing based on genetics.

In addition to affecting how well a medication does or does

not work, genetics also can affect the side effects people experience when they take a certain type of drug. In some cases, a standard dose of a medication that's usually associated with little or no side effects could trigger a more significant response in someone whose genetic makeup predisposes them to react to that medication. When it comes to strong pain killers called opioids, researchers are working to determine how genetics may play a role in addiction to these powerful drugs.

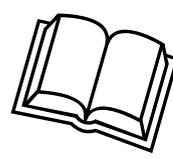
Researchers exploring pharmacogenomics are investigating how best to identify the genetic variations that affect the way medications work. Perhaps just as importantly, they are also looking to identify ways that information can be conveyed in a timely manner to health care providers who prescribe the medications and pharmacists who dispense them, so they can make appropriate choices about which medications to use, based on a person's genetics.

Research in pharmacogenomics is ongoing and remains in its early stages. Eventually, though, pharmacogenomics may be routinely used to help health care providers give patients customized medication in doses tailored to fit their genetic makeup that will translate into specific, individualized and effective care for each person.

- by Timothy Curry, Center for Individualized Medicine, Mayo Clinic.



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INTERPERSONAL EDGE: Stay out of drama over boss's firing

by Dr. Daneen Skube

Q: After a lot of bad decision-making, my boss was recently fired. Management is coming to me and wanting my opinions and details about my boss. I have a bad feeling about getting involved but also feel obligated to tell the truth. Is there a way to navigate this without getting myself in the middle of a huge conflict?

A: Yes, realize you are not "obligated" to do anything. You have an obligation first and foremost to make sure you do not sacrifice your present or future well-being.

Firing your boss was a decision made by people up the food chain from you. Anything you add to this decision is not going to change the outcome. What you say may, however, put you in the middle of a lot of drama about issues that are

not directly applicable to your work.

You may indeed have negative feelings and opinions about your boss. You may enjoy getting the attention of management that appears to want to hear about your suffering. Attempt to remember that management is not your therapist and has no empathy for your past misery.

In the workplace, loyalty and neutrality are often most important when least deserved. I'd imagine you have a lot of colorful stories about your former manager's bad choices and how they undermined you.

But, ask yourself how you think telling these stories now will help you.

If legal action ends up being taken by your boss or your



management you will be in the center of the process. If you have to work with your former boss again he will have heard what you said. If you complain too loudly about your experience with your boss your management will think you would say similar things

about them. How does any of this help you?

You may want to rant and detail your former boss's flaws when you are with trusted friends. However, around the water cooler and in public meetings think carefully about what you say. Any firing stirs up controversy and your behavior can put you in the middle of a drama or keep you far away.

Your main focus at work should be to do work you enjoy and have harmony with the people you work with. Gloating over the firing of a bad apple does not contribute to these two goals.

Get the empathy and understanding you need from people in your personal life. If others at work want to engage in dramatic gossip about your former boss, find something else to

do. If asked directly about your boss, only say that you realize people who have better knowledge than you decided to let him go.

Sometimes power and influence at work come not because you work hard and do a lot. Sometimes power and influence come from saying and doing very little when others are running around with their pants on fire.

Who would you want on your team? The person who can stay low during a corporate drama or the person who throws matches on a conflagration?

The obligation to maintain peace in your cubicle is always a wise and effective choice.

The last word(s)

Q: I get overwhelmed when I think about what I'd like to do at work. Is there a guaranteed way to get myself motivated before I take new career risks?

A: No, a willingness to take risks when we feel unmotivated is an enormous secret of successful people. Action generates motivation but doing nothing generates nothing.

Ready, lethal, capable: Application process open for new Mine Warfare Tactics Instructor Program

SAN DIEGO - Naval Surface and Mine Warfighting Development Center is now accepting applications for a new Mine Warfare Warfare Tactics Instructor Program.

The application deadline for the first MIW WTI selection board convening is Oct. 9. The selection board will convene for the inaugural MIW WTI program later that month. Surface warfare officers interested in the program should contact SMWDC's WTI program managers at SWO_WTI@Navy.mil.

"Establishing the Mine Warfare WTI qualification will expand our cadre of surface warfighting tacticians, and also develops an administrative process for tracking the careers of officers with mine warfare expertise," said Capt. Christopher Barnes, deputy commander, SMWDC.

Maintaining open sea lines of communication in a complex operating environment is critical to the Navy's ability to maintain sea control in support of the National Defense Strategy. In an era of great power competition, peer and near-peer competitors confront the Navy's ability to maintain sea control.

Mine warfare is a complex mission area that supports operations in every numbered fleet area of operations, delivering immediate strategic. As we field new technologies and systems, MIW WTIs will lead the future of mine warfare.

The new MIW WTI program will join existing Amphibious Warfare, Anti-Submarine

Warfare / Surface Warfare, and Integrated Air and Missile Defense WTI programs led by SMWDC.

The first cohort of five MIW WTIs are expected to begin their course of instruction in July 2019. The full program consists of a 30-week syllabus. The majority of training will be conducted in Belgium at the NATO Naval Mine Warfare School.

Additional training in San Diego and Norfolk will acquaint WTIs with Aviation and Underwater Mine Countermeasures (AMCM and UMCM) capabilities. MIW WTIs will also integrate and learn alongside SMWDC's AMW Division in Little Creek, Va. to understand the linkages in planning and execution of Amphibious and Mine Warfare operations, to ensure WTIs are proficient in Expeditionary Mine

Countermeasures and Mine Countermeasures operations.

Extensive background in mine warfare isn't required to apply for the program. Although the courses taught in Belgium are taught at the department head-level, the preceding MIW Staff Officer course taught by SMWDC will provide required foundational knowledge for WTI candidates to succeed in the NATO courses.

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Local Military

Bonhomme Richard pins 8 new chiefs

by MC3 Daniel Charest

SAN DIEGO - Walking into the ship's hangar bay without a cover while in port is not standard Navy practice. Yet, today is different. Combination covers displaying a single, gold, fouled anchor will soon be placed on the heads of those newly dressed in khaki, and the same anchors will grace their collars, completing the six week transition from petty officer 1st class to United States Navy chief.

Eight Sailors stood ready to embrace their new rank prior to a chief pinning ceremony aboard amphibious assault ship USS *Bonhomme Richard* (LHD 6), Sept. 14.

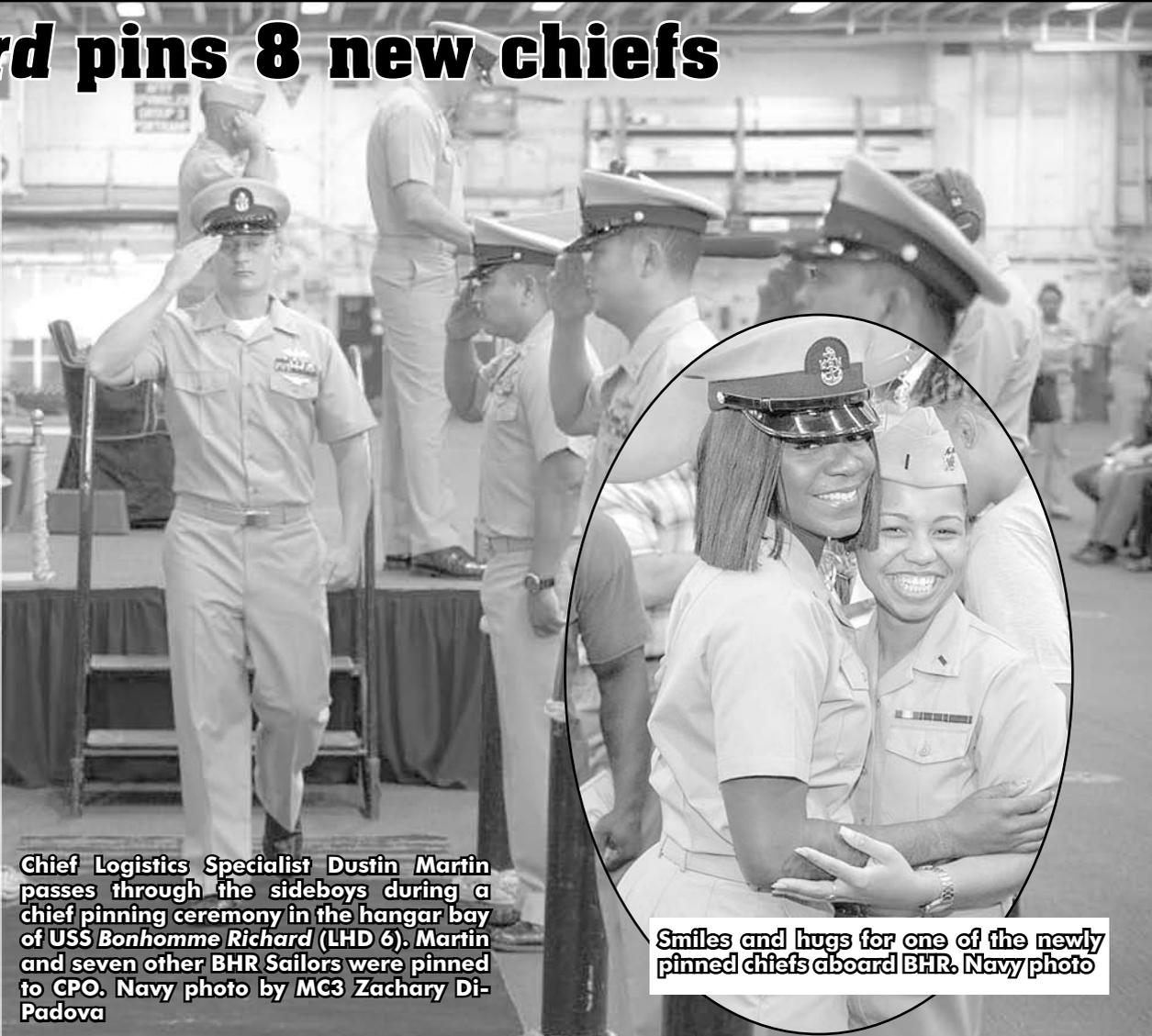
"The anchor exemplifies the weight of the burden that chiefs carry," said Capt. Rich LeBron, the ship's commanding officer during his remarks to the new chiefs and ceremony attendees. "It is a heavy burden. Wear it with pride, wear it well, represent your fellow chiefs and the mess well, and make your families proud. I congratulate you, I am proud of you, and I am excited to see what you do next."

As their names were called, each selectee made their way to the stage for what many chiefs describe as one of the most emotional pinning ceremonies the Navy has to offer.

Joining the selectees on stage were a number of distinguished guests, who had the honor to pin the anchors and place the covers: family members, current and former shipmates, retired veterans, and mentors who had supported and helped guide the eight selectees through the initiation.

"This was truly a humbling process and today is definitely the happiest day of my life," said Chief Aviation Machinist's Mate Ruddia Moncrieffe, from Palm Beach, Fla. "I am very grateful for the people who pushed and motivated me. Individual accomplishments and drive have got me here, but I would not be here without my Sailors who allowed me to lead them."

One-by-one, each new chief marched smartly off the stage, as they were piped through the ceremonial sideboys and took their place in ranks among the seasoned anchors standing in formation.



Chief Logistics Specialist Dustin Martin passes through the sideboys during a chief pinning ceremony in the hangar bay of USS *Bonhomme Richard* (LHD 6). Martin and seven other BHR Sailors were pinned to CPO. Navy photo by MC3 Zachary Di-Padova

Smiles and hugs for one of the newly pinned chiefs aboard BHR. Navy photo

Family



by Lisa Smith Molinari

In my 23 years as a military spouse, we lived in base housing four times, for a total of eleven years. Although living among sterile government buildings enclosed by fences sometimes made me feel like an inmate in an asylum, the social culture in military housing more closely parallels the behavior of chickens in a coop.

Of course, no-one ever threw feed corn at me. I never laid an egg, or molted my feathers. However, people who live on post are constrained by a social "pecking order" that can make military spouses feel like they in a cage full of clucking hens, strutting roosters and peeping chicks.

Every time we moved into a base house or stairwell apart-

The lame duck in the chicken coop

ment, I became cognizant of the unspoken hierarchy in the neighborhood. As a new arrival, I took time to establish a new home with my family ("feather the nest"). But after my husband, Francis ("the rooster"), went to work ("flew the coop") and the kids ("the chicks") went off to school, loneliness inevitably set in.

I found myself wandering the base in search of a flock to huddle with. Sure, there were always hens everywhere -- and a few stay-at-home roosters, I wouldn't want to ruffle any feathers -- but I soon realized that I was at the bottom of the pecking order. I knew I would have to walk on eggshells before I could roost with the established military spouses on base.

Careful not to count my chickens before they hatched, I got my ducks in a row and laid the foundation for my social acceptance into the flock. I watched the other spouses like a hawk, waiting for right opportunity to introduce myself. Sometimes the hens took me right under their wings, but quite often, my

desperation made me seem crazy as a loon and establishing friendships took time.

It wasn't overly-easy, but I

the meat and potatoes of life

never chickened out. Usually, by the end of my first year, I became an integral part of the gaggle, clucking away as we walked our chicks to school, hatching plans for shopping trips, cackling about our wattles and chicken fat.

By the end of my second year, I was securely perched at

The Navy has expanded the eligible categories for advanced dependent travel and delayed dependent travel personnel officials announced Sept. 13.

For permanent change of station (PCS) moves within the 50 states, the policy allows for dependent travel of up to six months before or after the sponsoring Sailor's PCS move in the following situations: spousal

a comfortable elevation in the social pecking order, as proud as a peacock. As new chickens entered the coop, it was clear to them that my friends and I ruled the roost.

Frankly, we got downright cocky.

But then, toward the end of every tour, my family would receive new orders telling us to take wing to our next duty station. Thoughts of moving would leave me a little wistful and reflective. I found myself pondering weighty ideas such as, "Why did the chicken cross the road?" and "Who came first, the chicken or the egg?"

employment or education, dependents in elementary or secondary school (K-12), dependent enrolled in the Exceptional Family Member Program, or caring for an immediate family member with a chronic or long-term illness. The previous approved policy that allowed DDT for the length of the school year is unchanged by this expansion.

For moves from the 50 states

This melancholy state would compel me to seek the comfort and companionship of the other hens in my coop, but alas! I discovered that, as an outbound hen, I'd slipped to the bottom of the pecking order again! Did I do something fowl? Do I have egg on my face? Had I become an albatross around someone's neck?

My pea-sized brain realized, "You silly goose, you're the lame duck in this chicken coop." I was no longer a contender in the social order because I was leaving. My friends began to look for my replacement in our bunco group and book club, and I heard them clucking about plans for a girls' trip after our move. Clearly, the

to overseas locations, only DDT will be authorized. For moves from overseas locations to the 50 states, only ADT will be authorized.

Sailors will only receive one housing allowance, either for their location or their dependent's location, under delayed or advance travel. Sailors or dependents may be assigned government quarters if available,

other hens didn't want to invest valuable time further incubating our friendship.

As the lame duck, I had to understand that it wasn't personal, there was nothing to crow about, the sky wasn't falling. It was a bitter pill to swallow (although it tasted strangely like chicken), but I had to accept that it was just the way things worked.

I had to stop myself, cold turkey, from brooding over my social status. Instead, I offered each of my fine friends a peck on the cheek, bid them a final cock-a-doodle-doo, and flew away. As graceful as a swan, as wise as an owl, as happy as a lark, and as free as a bird.

but may not displace a member or dependent in government housing.

Requests for DDT or ADT must be submitted to Navy Personnel Command (PERS-451).

For information and answers to questions on this policy, e-mail NXAG_N130C@navy.mil. Get more information about the Navy from facebook or twitter.



Volunteers with the Saddleback Church help families pick out groceries during a food pantry event at the Blinder Memorial Chapel at Camp Pendleton. Photo by lance Cpl. Betzabeth Y. Galvan

Food pantry organizations lend helping hand

by Lance Cpl. Betzabeth Galvan

CAMP PENDLETON - The Food Pantry Ministry is a ministry that collects food donations and provides the food to members of the ministry or anyone in need.

The Food Pantry Ministry partnered with five different off-base organizations to provide free food such as: meat, bread, vegetables and more for all base patrons ahere.

"Food is a huge part of anyone's budget," said Lt. Bryan Greene, battalion chaplain, Headquarters & Support Battalion, Marine Corps Installations-West. "It's no secret that sometimes, it's hard to [get by], so these organizations provide a bit of assistance."

The food provided by these organizations is free of charge. Veterans, service members and families can take the food as long as they have access to the installation.

Every food pantry is run by different organizations. These

organizations help donate food to the patrons of the installation to give them a helping hand.

"They are here to serve the service members and their families," said Greene. "They're not just handing out non-perishables. They're passing out dairy, fresh produce and quality products."

The different organizations show up at different times throughout the month to combine efforts and provided consistency for the patrons. For example, one church assists in the Food Pantry Ministry every first Wednesday of the month throughout the year.

As another example, an additional organization contributes every Tuesday throughout the year, other than holidays. These organizations have been supporting the Food Pantry Ministry for approximately seven years.

"We try to make sure that families on base are able to get what they need," said Sita Helms, volunteer. "We encourage people to take extra food if

Rushmore plays role in the evolution of Marine Corps' female engagement team

by MC3
Reymundo A. Villegas III

JAVA SEA - Marine Corps Staff Sgt. Jacqueline Mejia wiped the sweat off her brow as she leaned in to inspect a vehicle. Mejia's sweating because she's in Fallujah, Iraq during Operation Iraqi Freedom in 2006. Suddenly, there is incoming fire.

"I thought 'This is it,'" said Mejia, the staff non-commissioned officer of the female engagement team (FET). "This is finally happening. What do we do now?"

With all the training Mejia and the FET had, the team reacted in second nature. They located the enemy. They sighted in and on command they engaged fire.

"FET started in Afghanistan and Iraq during Operation Iraqi Freedom and Operation Enduring Freedom," said Marine Corps 1st Lt. Riacca Glatt, the officer in charge of the FET. "We were losing when it came to interacting with the female Muslim population. It was not appropriate for males to address the women, to look at them, to be around them. The Marine Corps saw this need to be able to interact with everyone."

Glatt said the FET was primarily started to be culturally sensitive to local social norms when searching female Iraqis for concealed weapons during missions. It was appropriate to have a woman searching other women - and having this capa-

there is more than enough."

Most of these organizations have plenty of food to go around; so do not worry, supplies will not run out. The food pantries are open across base throughout the year, so base patrons will have

bility opened the door to other opportunities.

"We couldn't do that without having female engagement teams to interact with the female population," said Glatt. "We saw that could have more of an impact rather than just storming in with men and weaponry."

FET has three main missions. One being subject matter expertise exchange and theater support cooperation, another being evacuation operations, tactical site exploitation, search and seizure, and another being cultural host nation integration.

FET has now incorporated the concept of the Navy-Marine Corps team.

Dock landing ship USS *Rushmore* (LSD 47) and the embarked 13th Marine Expeditionary Unit (MEU) are currently on a regularly scheduled deployment to the 7th fleet area of operations and are putting the blue-green FET integration to work.

"Our deployment is all about the amphibious ready group (ARG) and MEU integration,"

the opportunity to attend.

"The most important thing about the food pantries is that they're helping feed families and single [service members] free of charge just because they want to help," said Greene.

said Glatt. "We wanted the female engagement team to be about that as well. It's not a Marine Corps only idea, and it shouldn't be. The blue side brings different perspectives, capabilities and experiences to the table."

Rushmore's FET consists of three Sailors and nine Marines.

"This deployment is a perfect time for the female engagement team," said Glatt. "Sailors and Marines will be together for

months and have the opportunity to interact together and work with each other during our missions. It is going to give us the opportunity to showcase a side of the military that isn't typically show-cased."

The integrated FET had the opportunity to execute their first mission at the first Women's Symposium held in Jakarta, Indonesia, Aug. 10.

"This symposium brought two see **FET, page 11**

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MCTSSA personnel welcomes Vietnam veterans, share legacy

by Sky M. Laron

CAMP PENDLETON - Marine Corps Tactical Systems Support Activity welcomed Vietnam veterans from Marine Air Support Squadron 3 to MCTSSA's headquarters aboard Marine Corps Base Camp Pendleton this summer.

MCTSSA hosted the veterans and their family members, who hail from all over the country, as part of a 50th reunion tour that took them to various units across base.

As a Vietnam-era tactical technology support organization, MCTSSA has served the Marine Corps for nearly five decades and shares an aviation support-related background with the veterans.

Established in 1970, MCTSSA was formed around the nucleus of Marine Air Control Squadron 3, with its organic Tactical Computer Programming Section, which was recognized as the first computer automation effort by the Marine Corps.

Veterans who served at various times in the Marine Air Command and Control Systems, or MACCS, in Vietnam between 1966 and 1971 primarily supported close air support of fixed

wing and helicopter aircraft in either the Direct Air Support Center or Air Support Radar Team.

MCTSSA Marines and civilians spoke with these battle-tested veterans about the past, present and future of radar and overall support of operating forces.

"This tour brought back memories of the radars we used in the Marine Air Control Squadrons in the 60s and 70s," said Lt. Col. (Ret.) Charles Manazir, former MASS-3 air support officer and participating veteran, adding that he enjoyed the tour and thought it was very informative.

Manazir had high praise for the MCTSSA Marines who briefed the group of veterans.

"The Corps is still in good hands," said Manazir. "You are carrying on our proud Marine Corps tradition, and we salute you."

Another veteran who attended the event was Col. (Ret.) Ken Brown. Brown served with MASS-3 in Vietnam from February 1970 until June 1971, and holds the distinction of serving as MCTSSA's commanding officer from 1990 to 1993.

Brown said he felt proud and privileged to have been one of the "caretakers" of the MCTSSA legacy.

"MCTSSA has some of the smartest people, both Marines and civilians, in the entire Marine Corps," said Brown. "MCTSSA is a very unique and valuable asset, capable of being a key component for ensuring our Marines continue to receive the technology and systems needed on future battlefields."

Full-scale use of electronic data in military conflict has come a long way since Vietnam and has fundamentally changed the nature, timeliness and availability of battlefield information, with MCTSSA being a key enabler along the way.

This quantum leap in technology is even more significant, considering the state of electronic and computing technology during the late 1960s and early 1970s. The Marine Corps' version of a standard Navy tactical computer - known as the CP-808- was about the size of a refrigerator; radar "graphic" displays located in a Tactical Air Operations Center were enormous, immobile cathode ray tubes that presented data as simple alpha-numeric blips on



Staff Sgt. Jedidiah Seiler, Marine Corps Tactical Systems Support Activity radar staff noncommissioned-officer-in-charge, discusses air search radar capabilities during a Vietnam veterans' tour of MCTSSA this summer. Marine Corps photo by Sky M. Laron

the screen; and the world's first eight-bit microprocessor - the catalyst in opening the door to the powerful, inexpensive personal computers commonly used throughout the Marine Corps today - had just been invented.

Whether providing close air support fifty years ago or enabling successful deployment of today's command and control gear, Marines past and present deliver.

"These Marines fought for their country from Da Nang to

Khe Sahn and many points in between giving the operating forces the eyes they needed to put steel on target," said Col. Robert Bailey, MCTSSA commanding officer. "They were operating the most sophisticated military equipment of that time and five decades later, Marines are continuing to operate the most advanced systems to win the day."

The event concluded with a group photo and many handshakes to go around.

"Thank you very much for the time you spent sharing the now and the future of Marine Corps radar advancements," said Bruce Meachim, a participating veteran who was a sergeant during his time with MASS-3. "I was and always will be a 5961 TPQ-10 radar tech, oh yeah, and a rifleman."

MCTSSA, the only elite full-scale laboratory facility operated by the Marine Corps, is a subordinate command of Marine Corps Systems Command.



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MCAS MIRAMAR (Sept. 12, 2018) - (left) Gen. Robert B. Neller, commandant of the Marine Corps, speaks to Marines with 3rd Marine Aircraft Wing during a town hall meeting at here. Neller spoke with the Marines about individualism and how it relates to the overall 3rd MAW mission. Marine Corps photo by Cpl. Joshua S. McAlpine. (right) Marine F/A-18D pilots Maj. John Koepke and Capt. Sage Santagelo with Marine Fighter Attack Squadron (VMFA) 225, prepare to depart Miramar Sept. 13. VMFA-225 is supporting a Unit Deployment Program to the Asia-Pacific region. Marine Corps photo by Cpl. Jacob Pruitt



A Sailor takes a picture at the Women's Symposium during CARAT Indonesia 2018. photo by Cpl. Danny Gonzalez

FET

continued from page 9

groups of women together," said Glatt. "In our culture, women have been in the military for quite some time, and we merged that with a culture where women in the military is a very new concept."

The FET shared their capabilities, experiences and challenges as women in the military. The diversity of women on the FET allowed for each woman to pro-

vide different insight.

"Being part of this event made me feel like a part of a bigger picture for women in the military everywhere," said Leroy. "All of us on the FET dedicated ourselves to being a part of the one percent that serves in the military, but there is an even smaller percentage of females who serve. This experience allowed me to be involved with something bigger than myself. It empowered me and reassured

me that women's presence in the military is important and will be known."

Although FET has evolved from its inception, they continue to train to stay prepared for any situation that may arise.

"We do a lot of physical training," said Mejia "We also do training on weapons handling and on-ground training. We have to make sure we are always mission ready."

Glatt said that FET also participates in discussion groups.

"We discuss what kind of topics to share, questions to ask, or how we might be able to get someone else to share their experience with us," said Glatt.

Mejia, Glatt and Leroy all expressed that they have learned from the blue-green team integration.

"Working with the Navy has

opened my eyes to a different world," said Mejia. "It has given me the opportunity to learn from the blue side and given us all an opportunity to put our heads together and work as one. It's allowed FET to become even better than it was intended to be in the first place."

Rushmore is deployed with the Essex Amphibious Ready Group (ARG), and the 13th MEU.

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GI Film Festival: Catch a film, be inspired

The fourth annual GI Film Festival San Diego is Tuesday, Sept. 25 through Sunday, Sept. 30 at the Museum of Photographic Arts in Balboa Park (from Sept. 25-28) and UltraStar Cinemas at Hazard Center (from Sept. 29-30).

Established in 2015, the GI Film Festival San Diego aims to reveal the struggles, triumphs, and experiences of service members and veterans through compelling and authentic storytelling.

Documentaries, shorts, narratives, and family-friendly films are presented, highlighting stories of

heroism, resilience, and honor.

The festival also includes a Local Film Showcase, which features San Diego's filmmakers, events, people, or places.

The 2018 film festival features 34 films that are either for, by or about our service members and veterans, telling the untold and underrepresented stories of our country's military history.

The six-day San Diego military film festival includes nine world premieres and five West Coast premieres.

Panel discussions with film-

makers, actors, and documentary subjects are also part of the GI Film Festival San Diego.

More information on the GI Film Festival San Diego's full festival week lineup can be found at GIFilmFestivalSD.org.

All of the events will be open to the public with discounted opportunities for active duty personnel and veterans.

Founders of the GI Film Festival announced in May 2018 that San Diego will be the home of the national film festival for 2018. The shift to the West Coast is a natural



one for the GI Film Festival, which launched in Washington, DC in 2007.

September 25, 2018

7pm: Opening Night Screening & Reception

September 26, 2018

5pm: Film Block: Perspectives from WWII and the Korean War
7:15pm: Thud Pilots with The Flashback

September 27, 2018

4:30pm Film Block: Honoring WWI
7:30pm: I Am That Man

September 28, 2018

4pm Film Block: Stories from the Seas
6pm: From Baghdad to the Bay
8:15pm: Selected Shorts and Local Films

September 29, 2018

10am: Kilimanjaro Warriors: A Monumental Goal for Recovery
1pm Film Block: Life After Service

3:30pm: Surviving Home

7pm: Awards Celebration

September 30, 2018

12pm Film Block: Fight for Equality
1:30pm: Sgt. Stubby - An American Hero

3pm: Trauma

6pm: When the Smoke Clears

'All Access Pass' - \$120; Individual events \$10-\$40. Visit <http://gifilmfestivalsd.org/2018/>



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SaltDog Classic Beach Festival

SaltDog Classic, slated for Sat., Sept. 22, from 11am-6pm is a San Diego style festival right on the ocean. Held at Seaside State Beach, this is a music and art event you won't want to miss. Adults will benefit from the Tiki Bar and Kids from the snacks and games. Pet owners will be pumped having their dogs at hand, Musicians will jump for joy with live music, and anyone can appreciate a hot summer sun at the beach, so let's jump on in.

What to expect at the 2018 SaltDog Classic: A darn good hootnanny to sum it up. A bunch of friendly folks showing up to express themselves and rock the salty shore with live music, awesome vendor booths, games, and a custom Tiki bar pouring beer and tropical drinks. Dog Friendly - Bring a leash and sunglasses for yerrr dog

Seaside State Beach, 2526 S Coast Highway 101, Solana Beach. Adults: \$10; Kids 12/under and seniors free. www.saltdogclassis.com

Julian's Old Fashioned Country Fair

Come to Julian for a good old fashioned country fair, Saturday and Sunday Sept 22-23, 10am-5pm. There will be food vendors, Beer & Wine Garden, arts & craft vendors as well as a host of activities including a Pie Baking Contest (Friday 9/21). Pies will be on sale throughout event.

The event will include: • Tug of War • Three Legged Races • Spoon Races • Face Painting • Pumpkin Patch • Tomahawk Throw • Archery • Petting Zoo • Quilt Display.

Julian Farm & Orchard, 4381 CA-78 Santa Ysabel, CA 92070
This event is in Wynola, just three miles west of Julian Townsite. Some activities within the event will have a fee.

San Diego Restaurant Week is here!

San Diego Restaurant Week returns Sunday, Sept. 23 through Sunday, Sept. 30 with a feast for the senses at over 180 participating restaurants. Dine deliciously at restaurants offering prix-fixe menu options throughout San Diego County. This foodie-favorites week is the perfect time to take a culinary tour throughout the diverse and thriving food culture of San Diego. For one week only, over 180 participating restaurants will offer three-course prix-fixe dinner menus for \$20, \$30, \$40 or \$50 per person and/or two-course prix-fixe lunch menus for \$10, \$15 or \$20 per person. Visit sandiegorestaurantweek.com for participating restaurants.



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On Base & On Board: MWR Events, Trips, Fun!

Woof Walk. Sun, Sept 23, 9am, FREE. Turner Field, NAB. Bring your four-legged friends for a fun, 1-mile dog walk, pet expo, pet contests for prizes, obstacle courses, demonstrations, entertainment, giveaways and a free neck bandana craft for all furry participants. Plus, SNAP is offering FREE cat and dog spay and neuter services for military families. Limited space available. Call 1-866-SPAY-BUS or 619-525-3047 to make a reservation. Event proudly sponsored by MWR, Armed Forces Dispatch, North Island Credit Union, SD Humane Society, SNAP and Armed Forces Bank. Registration preferred: www.navylifefsw.com

Yoga Warrior Challenge. Tues, Sept. 25, 4:30-6pm, FREE. Balboa Athletic Complex, NMCSD, Bldg. 12. Challenge your mind, body and spirit in a whole new way with holistic yoga. You will feel amazing after completing this 1.5 hour class filled with stretching, relaxation techniques, balance and core strengthening exercises. First 100 to register and complete the challenge receive a giveaway. Register: www.navylifefsw.com today! Info: 619-532-7260

Fruit by Design. Tues, Sept. 25, 6:30pm, \$5 child (4-8 yrs.)/\$10 (9 yrs.+). NAB Community Recreation Center, Bldg. 337. Similar to the delicious options by Edible Arrangements, let our professional teach you how to successfully cut and arrange fruit into flowers, animals, automobiles, and all sorts of things! Child price for kid-friendly creations. Check out our craft flyer or Facebook page for craft example. Registration required: 619-437-3190

Throwback T-Shirt 5K Run/2-Mile Walk. Thurs, Sept. 27, 11am, FREE. Run starts on Moffett Road aboard NASNI, a quarter-mile past the MWR Fishing Pier, near Bldg. 1293. Each participant gets their choice of shirt from a past run event. Info: 619-767-7054

Tickets & Travel Fall Festival. Fri, Sept. 28, 10am-2pm, FREE Commissary/NEX Parking Lot, NASNI. Meet travel and amusement park reps, park characters, and check out their great promotions! Enter prize drawings to win plush toys, amusement park tickets, hotel stays and more. Info: 619-545-9576

Road Bike Ride. Sat, Sept. 29, 10am, \$5. Depart NBSD Outdoor Adventure Center, Bldg. 3223. Join us for a fun bike ride! Route includes the Silver Strand, a ride across on the Coronado Ferry and a trip back to base along Harbor Drive (about 15-20 miles). Bring your own bicycle, or rent one from us for an additional \$15. Register: 619-556-9597

Babysitting Course. Sun, Sept. 30, 10am-2:30pm, \$50 (11-17 yrs.) NAB Community Recreation Center, Bldg. 337. Cost includes a babysitting certification, an infant/child CPR participation certification, and a First Aid Starter Kit. Lunch provided. Space is limited. Registration required: 619-437-3190

Apple Days & Apple Picking in Julian. Sat, Oct. 6, 9am, \$10. Depart from NBPL, Main Base, Community Recreation Center, Bldg. 546. Enjoy the apple orchard where you can pick and purchase your own apples. We'll round out the day by exploring and enjoying the quaint town of Julian. Register: 619-553-9138

Oma's Pumpkin Patch. Sat, Oct. 6, 12-1pm (check in), \$5 adults/\$12 kids (2-13 yrs.) 14950 El Monte Rd, Lakeside, 92040. Hop on a hayride around the farm or experience other activities including a hay bale maze, petting corral, cottonseed mountain slide and playground. Check in with the Community Rec table just next to the entrance. Child admission includes a water bottle and jack patch pumpkin. Register: 619-556-9597

National Pizza Day Cornhole Tournament. Tues, Oct. 9, 4pm, \$10 team entry/\$5 free agent. World Famous "I" Bar, NASNI. Sign up for a chance to win cash! Cash prize determined by team participation, so tell all your friends! Double elimination, standard cornhole distances and rules apply. Jumbo yard games, music, and camaraderie await you! All participants receive a complimentary drink/slice of pizza ticket for after the tournament award ceremony inside the "I" Bar. Registration required: 619-437-3190

LIBERTY

Safari Park Trip. Sat, Sept 22 • 9am • \$2 active/\$45 guest. It's back by popular demand! Cost covers transportation and admission. Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Balboa Liberty Center, NMCSD: 619-532-8909

Little Italy Mercato. Sat, Sept 22, 10am-2pm, FREE. Stroll around Little Italy's Farmer's Market and experience an incredible selection of farm fresh produce, pastured eggs and poultry, meat, fish, flowers, local artisan food and more! Only 6 spots available. Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. NBPL Liberty: 619-524-0961 or 619-553-9138

AQUATICA. Sat, Sept 22 • 10am • \$25 active/\$30 guest. Get your adrenaline pumping on San Diego's best waterslides! Cost includes transportation and admission. Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+.The RECYARD, NBSD: 619-556-5078

Comedy Show & Dinner

Event open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. Balboa Liberty Center, NMCSD: 619-532-8909. Wed, Sept. 26 • 5:30 pm • FREE. Come for the food, stay for the entertainment, as Steven English, Patrick DeGuire and Zoltan Kaszas tickle your funny bone! If you don't crack a smile, you may win a Balboa Park Explorer Pass for you and your family!

Kiteboard Lessons. Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. VADM Martin Liberty Center, NASNI: 619-545-3331. Sat, Sept. 29 • 9am • \$100 active/\$150 guest. Master this action-packed sport with Liberty!

Knott's Scary Farm. Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest

18+. The RECYARD, NBSD: 619-556-5078. Sat, Sept. 29 • 3pm • \$20 active/\$30 guest
Look no further for the most chilling of thrills and excitement! Cost includes transportation and admission.

Los Angeles Lakers Game. Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. Q-Zone Liberty, NAB: 619-437-3190. Sun, Sept. 30 • 5pm • \$45. See LA Lakers vs. Denver Nuggets LIVE at Valley View Casino Center! Cost includes ticket and transportation.

San Diego Zoo Scavenger Hunt. Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. NBPL Liberty: 619-524-0961 or 619-553-9138. Sat, Oct. 13 • 11am-5pm • \$5. Visit the world-famous San Diego Zoo with Liberty. Active duty military get in FREE! Then participate in our ultimate zoo scavenger hunt. Winner takes home a prize!

GOLF

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

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

BOWLING

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

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

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

CYP

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

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

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

"We Own Fridays" Back to School Bash! Fri, Sept. 28, 5-7pm Pre-Teens/7-9pm Teens, FREE. Dancing, food, games, karaoke, friends and fun wait YOU! Meet peers from all Point Loma Youth Centers. Transportation provided. Registered teens, 9-18 years, are encouraged to sign up by Sept.

14. - Admiral Hartman Youth Center, 858-270-2060. - Chesterton Youth Center, 858-268-2252. - Gateway Youth Center, 619-225-5628. - Village of Serra Mesa Youth Center, 858-571-3853.

Give Parents a Break. Military families are subject to unique stresses such as deployments, remote tours of duty, and extended working hours. This Navy Child & Youth Programs (CYP) program is designed to give family members a short break from parenting in order to help them deal with these types of stressful situations by providing childcare for children 6 weeks to 12 years of age. Centers are utilized for care at no cost for eligible families and at the hourly care rate (\$4 per hour) for all other eligible CYP patrons, on a space available basis. Visit <http://sandiego.navylifefsw.com/fleet-family/fleet-family/child-youth-programs/parent-information> for more information and the most recent GPAB schedule.

SPORTS & FITNESS

Get More Out of Your Workout! FREE fitness instruction is offered at all base MWR Fitness Centers for all MWR patrons...that means YOU! Individual or small group sessions are available. For full details or to schedule an appointment, contact the base Fitness Center nearest you or visit www.navylifefsw.com for locations. Also, did you know FREE, and low cost, group exercise class schedules are now online? Bookmark www.navylifefsw.com today! Stay fit with MWR!

You are Worth It! An MWR massage is the perfect addition to your healthy body, mind and spirit routine. Call for an appointment today! NMCSD, Bldg. 26 1B, 619-532-7629; NBSD, Bldg. 223, 619-556-7450 NBPL, Main Base, Bldg. 1, 619-553-7552; NAB, Bldg. 162, 619-437-2186; NASNI, Bldg. 1507, 619-545-0237.

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AQUATICS

Water Fitness. A great full-body, low-impact workout! FREE for active duty, dependents and DoD, \$3 per guest. Tuesday/Thursday, 9-10am Admiral Prout Pool, NBSD, Bldg. 3279, 619-520-3048.

Learn to Swim with MWR! NAB Pool, Bldg. 508, 619-437-5012.



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by Jan Wagner

Only once each year, the City of San Diego grants a special permit "to hold a boat race in the course of which unmuffled engines may be used by the contestants," and so it is that the screaming Unlimited hydroplanes are allowed to race in Mission Bay - nestled between the usually peaceful, tranquil East Vacation Island and Fiesta Island in Mission Bay Park.

We learn from the history of San Diego Bayfair (see SanDiegoBayfair.org) that this major motorsports event dates all the way back to 1964. It was the vision of legendary Unlimited hydroplane race bill Muncey, whose name is perpetually on this event's Muncey Cup.

The shorelines of these two man-made islands were purposefully curved to accommodate a 2.5-mile oval course and beaches were sloped to dissipate waves from motorboats and hydroplanes. The parking lot and launch ramp on East Vacation Island was

designed as a pit area for hydroplanes. Even the light posts were set in a line to facilitate easy access for the hydroplanes, trucks and equipment. In other words, except for the salt water (as opposed to fresh water), this venue is ideal for hydroplane racing. Factor in the host city of San Diego, which is a renowned, worldwide vacation destination, and it's no wonder that the event remains to this day.

This racecourse is the longest and fastest on the H1 Unlimited hydroplane circuit. The World Lap Speed Record of 173.384 mph was set here in 1999 by driver Dave Villwock.

The turbine engine in an Unlimited hydroplane is from the twin rotor Chinook helicopter that was used in the Vietnam War. It remains in use to this day, for firefighting and other purposes. The Lycoming T55 L7 Gas Turbine powering the U-21 of Brian Perkins produces up to 3,000 hp, propelling his 7,000-pound hydroplane to a top speed over 200 mph on the straights!

This was the final event of the season for the H1 Unlimited hydroplanes. It drew fans from around the world, to see the competition for the Muncey Cup, won last year by Andrew Tate.

Once again, Andrew won the 2018 HomeStreet Bank Bayfair

Muncey Cup driving the U-9 Jones Racing Delta/Realtrac. In addition to H1 Unlimited hydroplanes were big piston-powered Grand Prix World Supercharged Hydroplanes. These reach top speeds of 150 mph.

In addition to three days of racing, spectators enjoyed a kids' zone, a large vendor area on East Vacation Island, a beer garden and great BBQ. Speaking of BBQ, this year saw the addition of America's Finest BBQ State Championships on Saturday, sanctioned by the Kansas City BBQ Society. It featured more than 40 teams firing up barbeques for the best pork, beef



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Racing against the San Diego skyline. Photo by Jan Wagner



This hydroplane suffered a leak and took on water. Photo by Jan Wagner

brisket, chicken and pulled pork. For those fans with RVs, this was

one of the few opportunities to stay overnight in Mission Bay Park.

The title sponsor was HomeStreet Bank. Unfortunately, Jimmy Shane's U-1 Miss HomeStreet Bank was unable to start its final race on Sunday due to the minor, but costly, mechanical failure of a spark plug igniter box.

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

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PET of the week

Relocating with your pet

How do I take my pet if I'm relocated?

If you receive transfer orders, do the following as early as possible:

Health History and Medicines: Contact your veterinarian for a copy of your animal's records and ask them to provide a three-month supply of any medications your pet is taking, plus written prescriptions for refills.

Quarantine Requirements: Find out if the country where you will be based requires incoming animals to be quarantined. Quarantine periods can last anywhere from several days to several months and the pet owner typically incurs any costs for food, grooming, and care. Your base veterinarian or the country's consulate should be able to inform you of all quarantine regulations and costs.

How do I prepare my pet for air travel?

The Department of Defense (DOD) has strict policies regarding the transport of animals on military craft.

If you are traveling in PCS status, you are allowed to book 2 animals (dogs and cats only) on AMC flights. Your base veterinarian has details.

If you are flying on commercial aircraft, contact the airline for their regulations concerning vaccines, licensing, and carrier size requirements. Book nonstop flights to avoid connections and try to travel early in the morning or late at night. Note that airlines often impose travel restrictions during extreme weather months.

Your pet should travel in a sturdy and roomy carrier marked with your name, address, email address, and phone number. Check the carrier latch prior to travel and remember that your pet should always wear a collar and ID tag.

Tranquilizers are not recommended - please discuss this with your veterinarian.

How do I prepare my pet for moving by car?

If your pet will be riding in the car with you, be sure to have proof of rabies vaccination and a current health certificate available when crossing state or international borders.

Making small preparations before the trip will help you and your animal feel more comfortable in the car. Make sure to groom your pet, bring toys, plenty of water, keep your animal leashed or contained at all times, and avoid leaving the animal in the car during extreme temperatures.

How do I find a veterinarian overseas?

Although most military installations have veterinary facilities, you may be transferred to a base that does not offer such services. Prior to your transfer, speak with the base veterinarian about veterinary care available at your destination, on-base or otherwise.

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WILL YOU LOVE ME TOMORROW ...AND MANY MORE!

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- Obstacle courses
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SNAP is offering FREE cat and dog spay and neuter services for military families. Limited space available.

Call 1-866-SPAY-BUS or 619-525-3047 to make a reservation.

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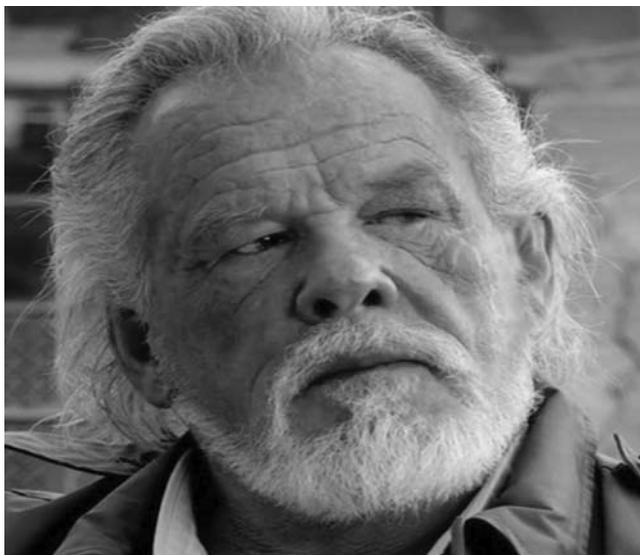
TV Listings

WEEKDAY MORNING/AFTERNOON

	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30		
KFMB 6	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM			Inside Edition	Bold/Beautiful	The Young and the Restless		The Talk		Dr. Phil		Judge Judy	Judge Judy	
KFMB2 6.2	News 8 Morning Extra			The 700 Club		Maury		Dr. Phil			Daily Blast Live	Daily Blast Live	Judge Mathis		Jerry Springer		Paternity Court	Paternity Court	Couples Court	Couples Court	
KGTV 10	Good Morning America			Live with Kelly and Ryan		The View		10News Midday			GMA Day		General Hospital		Pickler & Ben		Dateline		10News: The Now San Diego		
KPBS 13	Cat in the Hat	Nature Cat	Curious George	Pinkalicious	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Sesame Street	Super Why!	Dinosaur Train	Peg & Cat	Sesame Street	Splash and Bubbles	Curious George	Arthur	Nature Cat	Wild Kratts	Wild Kratts	Odd Squad		
KNSD 35	Today			Megyn Kelly Today		Today With Kathie Lee & Hoda		NBC 7 News Midday			Days of our Lives		Access Live		Steve		The Ellen DeGeneres Show		NBC 7 News at 4		
DISN	Mickey Mouse	Roadster-Racers	Roadster-Racers	PJ Masks	Puppy Dog Pals	Muppet Babies	Vampirina	Fancy Nancy	Vampirina	PJ Masks	PJ Masks	Puppy Dog Pals	Puppy Dog Pals	DuckTales	Big City Greens	Gravity Falls	Jessie	Bunk'd	Bizaardvark		
ESPN	First Take			SportsCenter		Outside the Lines		NFL Live		Varied Programs		NBA: The Jump		High Noon	Questionable	Around the Horn	Pardon the Interruption	SportsCenter		Varied Programs	
ESPN2	Get Up			First Take				Jalen & Jacoby		NFL Live		Varied Programs		Intentional Talk		Coll. Football Live	Questionable	Around the Horn	Pardon the Interruption	Varied Programs	
TLC	Outdaughtered	Outdaughtered	Varied Programs					Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Four Weddings			Four Weddings	
USA	NCIS: Los Angeles		Chicago P.D.	Varied Programs																	

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

9/28 THE PADRE



Hell-bent on justice, retired U.S. Judge Randall Nemes (Nick Nolte) and his hired gun, Gaspar (Luis Guzmán), track down a small-time con man (Tim Roth) posing as a priest in a small Colombian town only to be thrown off-course by a scrappy 16-year-old local girl intent on reuniting with her little sister in the U.S.

Genre: Drama

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
KFMB 6	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition	Big Bang Theory	Young Sheldon	Big Brother (N) (Live) (CC)		S.W.A.T. "Hoax" (CC)		News	Late-Colbert
KFMB2 6.2	The Dr. Oz Show (N) (CC)		Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (CC)	Supernatural "Beat the Devil" (CC)	The Originals "Til the Day I Die" (CC)		News 8 at 10 (N)		Seinfeld (CC)	2 Broke Girls (N)	
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Grey's Anatomy "All of Me" (CC)	Station 19 "Not Your Hero" (CC)		How to Get Away With Murder (CC)		10News at 11pm	Jimmy Kimmel	
KPBS 13	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Ken Kramer's	A Growing Passion	Historic Places	Crossing South	Midsomer Murders	Midsomer Murders	Midsomer Murders	Lost LA (N) (CC)	
KNSD 35	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	The Good Place (N) (CC)	The Good Place (N) (CC)	Law & Order: Special Victims Unit A woman takes a man hostage at gunpoint. (N)		NBC 7 News	Tonight Show		
DISN	Raven's Home (N)	Raven's Home (N)	Bunk'd "Cav'd In" (CC)	Bunk'd (CC)	Bunk'd (CC)	Bunk'd (CC)	Bunk'd (CC)	Bunk'd (CC)	Bunk'd (CC)	Bunk'd (CC)	Raven's Home (N)	Raven's Home (N)	Stuck/Middle	Stuck/Middle
ESPN	College Football Tulsa at Philadelphia. (N) (Live)				Temple. From Lincoln Financial Field in Philadelphia. (N) (Live)				SportsCenter (N) (Live) (CC)		SportsCenter With Scott Van Pelt (N)		SportsCenter (CC)	
ESPN2	NBA: The Jump (N)		NBA: The Jump (CC)		DRL Drone Racing (Taped)		DRL Drone Racing (Taped)		Nación ESPN (N)		Marty & McGee (N)		First Take (N) (CC)	
TLC	90 Day Fiancé: Before the 90 Days Jesse's trip to America comes to an end. (N)				Unexpected "It's All About Laura Now" (N)		Unexpected "Step Up and be a Dad" (N)		Unexpected Emiley goes into labor. (N)		Unexpected "Baby Shower Fallout" (N)		Unexpected "It's All About Laura Now" (N)	
USA	NCIS A terrorist group buys bombs.		NCIS An M16 officer is linked to a murder.		NCIS The team investigates an abduction.		NCIS An apparent suicide is investigated.		NCIS "Family Ties" (CC) (DVS)		NCIS "Keep Your Friends Close" (N)		Modern Family (N)	Modern Family (N)

SEPTEMBER 20, 2018

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
KFMB 6	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition	MacGyver "MacGyver & MacGyver" (CC)	TKO: Total Knock Out "Battle Royale" (N)	Blue Bloods "My Aim Is True" (N)		News	Late-Colbert		
KFMB2 6.2	The Dr. Oz Show (N) (CC)		Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (CC)	Masters of Illusion	Masters of Illusion	Penn & Teller: Fool Us (N) (CC)		News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls (N)	
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Fresh Off the Boat	Speechless (N)	Child Support (N) (CC)		20/20 (N) (CC)		10News at 11pm	Jimmy Kimmel
KPBS 13	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Washington Week	Roundtable	Doc Martin Replacement vicar. (N) (CC)	Death in Paradise (N) (CC)		Live at the Belly Up			
KNSD 35	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	I Feel Bad "Pilot" (N)	I Feel Bad (N)	Dateline NBC (N) (CC)		NBC 7 News	Tonight Show		
DISN	Raven's Home (N)	Raven's Home (N)	Bunk'd (CC)	Bunk'd (CC)	Bunk'd (CC)	Bunk'd (CC)	Raven's Home (N)	Raven's Home (N)	Raven's Home (N)	Bunk'd (CC)	Bunk'd (CC)	Bunk'd (CC)	Raven's Home (N)	Bizaardvark (N)
ESPN	College Football Florida Atlantic at Central Florida. (N) (Live)				Scoreboard		College Football Washington State at USC. From Los Angeles Memorial Coliseum in Los Angeles. (N) (Live)				SportsCenter (N)		SportsCenter (N) (Live) (CC)	
ESPN2	MLB Baseball Boston Red Sox at Cleveland Indians. From Progressive Field in Cleveland.				SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N)		Interruption (N) (CC)	
TLC	Say Yes, Dress		Say Yes to the Dress "Love is Love" (CC)		Say Yes to the Dress (N) (CC)		90 Day Fiancé: Before the 90 Days Karine demands a divorce. (N) (CC)		Unexpected (N) (CC)		90 Day Fiancé: Before the 90 Days (N)			
USA	Law & Order: Special Victims Unit "Raw"		Law & Order: Special Victims Unit "Name"		Law & Order: Special Victims Unit (N)		Law & Order: Special Victims Unit (N)		Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)

SEPTEMBER 21, 2018

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
KFMB 6	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	Lucky Dog (N) (E)	Pet Vet-Team	Smile Healthy	Fat Removal	James Brown	Paid Program	College Football	College Football Texas A&M at Alabama. From Bryant-Denny Stadium in Tuscaloosa, Ala. (N) (Live)				Judge Judy (N) (CC)	Judge Judy (N) (CC)			
KFMB2 6.2	Dog Whisperer	Dog Whisperer	Dog Whisperer	College Football Pittsburgh at North Carolina. From Kenan Memorial Stadium in Chapel Hill, N.C. (N)						James Brown	RaceWeek (N)	Sports Stars	Hiring America (N)	Military Make-over	Live PD: Patrol	Just for Laughs	Just for Laughs	Just for Laughs	
KGTV 10	Good Morning 10News This Morning at 8am Saturday (N) (CC)		College Football Notre Dame at Wake Forest. From BB&T Field in Winston-Salem, N.C. (N) (Live)						Coll. Football		College Football Teams TBA. (N) (Live)				Coll. Football	10 News Spec	RightThisMinute (N)		
KPBS 13	Daniel Tiger	Pinkalicious	Splash and Bubbles	Curious George	Nature Cat (CC)	Suze Orman's Financial Solutions for You Finding financial solutions. (N) (CC)			This Old House (N)	Ask This Old House	Raichlen's Project Fire	Nigella: At My Table	Test Kitchen (N)	Martha Bakes (N)	Pat's Mexican Table	Crossing South	R. Steves' Europe	KPBS Arts	
KNSD 35	NBC 7 News To	The Voyager	Wilderness Vet (N) (E)	Journey-Dreyer	Premier League Soccer Brighton & Hove Albion FC vs Tottenham Hotspur FC. (N) (Live)				2018 TOUR Championship Third Round. From East Lake Golf Club in DeKalb County, Ga. (N) (Live)				Paid Program	Open House (N)	Health & Happiness				
DISN	DuckTales (N) (CC)	Big City Greens (N)	Gravity Falls (CC)	Bunk'd "It's a Blast!" (CC)	Bunk'd (CC)	Raven's Home (N)	Raven's Home (N)	How to Build a Better Boy (2014, Comedy) China Anne McClain. (N)		Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Stuck in the Middle	Stuck in the Middle	Stuck in the Middle	Stuck in the Middle	Jessie (CC)	Jessie (CC)	Jessie (CC)	
ESPN	College GameDay (N) (Live) (CC)			College Football Georgia at Missouri. (N) (Live)				Football Scoreboard		College Football Teams TBA. (N) (Live)				Football Scoreboard		College Football Teams TBA. (N) (Live)			
ESPN2	SportsCenter (N)	SportsCenter (N) (Live) (CC)		College Football Boston College at Purdue. (N) (Live)						Football Scoreboard		College Football Teams TBA. (N) (Live)				Football Scoreboard		College Football Teams TBA. (N) (Live)	
TLC	Outdaughtered (N)	Outdaughtered (N)	Outdaughtered "OutValentine" (N)		Outdaughtered (N)		Sweet Home Sextuplets (N)		Untold Stories of the E.R. "Hiccup Circus" (N)		Untold Stories of the E.R. "Cowboy Chaos" (N)		Untold Stories of the E.R. "Wipeout!" (N)		Untold Stories of the E.R. "Can't Stop Itching" (N)		Untold Stories of the E.R. "Zombie Uprising" (N)		
USA	Paid Program (CC)	Paid Program (CC)	MyPillow Topper	Suits Donna does what's best for the firm.		The Sinner Marin's past is unraveled.		The Purge Penelope prepares for her sacrifice.		NCIS The severed leg of a corpse. (CC) (DVS)		NCIS "Blackwater" A detective helps the team.		NCIS "The Voyeur's Web" Bored housewives.		NCIS The bodies of two assassins. (N)		NCIS "Frame-Up" Tony is suspected of murder.	

SEPTEMBER 22, 2018

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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
KFMB 6	CBS News 8 at 5pm (N) (CC)		Weekend News	News	Entertainment Tonight (N) (CC)	NCIS: Los Angeles "Forasteira" (N)	NCIS: New Orleans "Acceptable Loss" (N)		48 Hours (N) (CC)		News	NCIS: N.O.		
KFMB2 6.2	Street Magic (N)	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	American Ninja Warrior (CC)	American Ninja Warrior (CC)	Seinfeld (N) (CC)		Chargers	Zevly Zone	CBS Fall Preview	
KGTV 10	College Football Stanford at Oregon. From Autzen Stadium in Eugene, Ore. (N) (Live)						10 News Spec	The List (N) (CC)	RightThisMinute (N)	20/20 (N) (CC)		10News at 11pm	Sports XTRA	
KPBS 13	NewsHour Wk	Roundtable	The Lawrence Welk Show (CC)	Antiques Roadshow	Antiques Roadshow	Father Brown Dollhouse crime scene.	Neil Diamond: Hot August Night III	R. Steves' Europe	Grantchester on Masterpiece (N) (CC)					
KNSD 35	Champ Within	Nightly News	NBC 7 News at 6	Paid Program	Wheel of Fortune	Jeopardy! (N) (CC)	America's Got Talent "Live Results Finale" The winner is revealed. (N) (CC)		Dateline NBC (N) (CC)		NBC 7 News	Saturday Night Live		
DISN	Raven's Home (N)	Raven's Home (N)	Raven's Home (N)	Raven's Home (N)	Bunk'd (CC)	Bunk'd (CC)	***½ Brave (2012) Voices of Kelly Macdonald. (N)		Raven's Home (N)	Raven's Home (N)	Raven's Home (N)	Bunk'd (CC)	Andi Mack (CC)	
ESPN	College Football Teams TBA. (N) (Live)				Scoreboard		College Football Arizona State at Washington. (N) (Live)				SportsCenter (N) (Live) (CC)			
ESPN2	College Football Teams TBA. (N) (Live)				College Football Air Force at Utah State. (N) (Live)				College Football Final (N) (CC)				SC Featured	
TLC	Untold Stories of the E.R. "Don't Push It!"		Untold Stories of the E.R. "Twist & Shout!"		Outdaughtered "OutValentine" (N)		Outdaughtered (N)		Outdaughtered "Every Quint for Herself"		Sweet Home Sextuplets		Outdaughtered "Every Quint for Herself"	
USA	NCIS "Ravenous" (CC) (DVS)		NCIS Abby becomes the target of a stalker.		NCIS Investigating a Marine's murder. (N)		NCIS "A Many Splendored Thing" (N)		NCIS "What Lies Above" (N)		NCIS A senator's son is injured. (N)		Modern Family (N)	Modern Family (N)

SEPTEMBER 22, 2018

TV Listings

SUNDAY MORNING/AFTERNOON

SEPTEMBER 23, 2018

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30
KFMB (3)	CBS News Sunday Morning (N) (CC)	Face the Nation (N)	The NFL Today (N) (Live) (CC)	James Brown	Smile Healthy	Fat Removal	Try Yoga	PBR Bull Riding From Fairfax, Virginia. (Taped)	NFL Football Los Angeles Chargers at Los Angeles Rams. (N) (Live) (CC)	NFL Post-game (N)	CBS News 8								
KFMB2 (3.2)	Hidden Heroes	Mark T. Barclay	Catholic Mass	Face the Nation (N)	Paid Program	SoCal Luxury Listings	Raw Travel (N) (CC)	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs	At Home in California	HouseCalls	Designing Spaces	P. Allen Smith	Today's Homeowner	To Be Announced	Raw Travel (N) (CC)	Raw Travel (N) (CC)
KGTV (10)	Good Morning	10News This Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos (N)	Joel Osteen (CC)	Paid Program	Jack Hanna	Ocean Treks	Sea Rescue (N) (CC)	The Wildlife Docs	World of X Games (N) (CC)	The Jump NBA Rank Special (N)	To Be Announced	Rock the Park (N) (CC)	Vacation Creation					
KPBS (5)	Daniel Tiger	Pinkalicious	Splash and Bubbles	Curious George	Nature Cat (CC)	Washington Week (N)	KPBS Roundtable	A Growing Passion	Greener World	Ancient Invisible Cities "Athens" (N) (CC)	Ancient Invisible Cities "Cairo" (N) (CC)	Ancient Invisible Cities "Istanbul" (N) (CC)	Nature The flora and fauna of France. (CC)	Ken Kramer's S.D.	Historic Places				
KNSD (35)	NBC 7 News To	Meet the Press (N) (CC)	Equestrian FEI World Equestrian Games. From Mill Spring, N.C. (N)	2018 TOUR Championship Final Round. From East Lake Golf Club in DeKalb County, Ga. (N) (Live)										Graham Bensinger	Nightly News	Football Night in America (N) (Live) (CC)			
DISN	DuckTales (N) (CC)	Big City Greens (N) (CC)	Gravity Falls (CC)	***: Brave (2012) Voices of Kelly Macdonald, Billy Connolly. (N)			Bunk'd (N) (CC)	Raven's Home	Jessie Jessie gets her big break. (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Raven's Home (N) (CC)	Raven's Home (N) (CC)	Raven's Home (N) (CC)	
ESPN	Sunday NFL Countdown (N) (Live) (CC)										MLS Soccer Sporting Kansas City at Philadelphia Union. From Talen Energy Stadium in Chester, Pa.	30 for 30 (N) (CC)	E:60	2018 World Series of Poker Main Event.	2018 World Series of Poker Main Event.	SportsCenter (N) (Live) (CC)	MLB Baseball: Red Sox at Indians		
ESPN2	Fantasy Football Now (N) (Live)										DRL Drone Racing	DRL Drone Racing	Glory 58: Chicago Benjamin Adeguybi vs. Jahfarr Wilnis, heavyweights. (Taped)	College Football Final (CC)	Baseball Tonight: Sunday Night Countdown	SportsCenter (N) (Live) (CC)			
TLC	Four Weddings (N)	Four Weddings "... And a Love Hike" (N) (CC)	Four Weddings Guests are greeted by a tortoise.	Four Weddings Dena; Ashley; Shannon; Sarah.	Four Weddings A school-of-rock wedding.	Four Weddings "... And a Love Lasso" (N) (CC)	Four Weddings "... And a Giraffe" (N) (CC)	Four Weddings A Cinco de Mayo wedding. (CC)	Unexpected "Step Up and be a Dad" (N)	Unexpected Emiley goes into labor. (N)									
USA	David Jeremiah (N)	In Touch	Joel Osteen (CC)	Law & Order: Special Victims Unit "Payback"	Law & Order: Special Victims Unit "Honor"	Law & Order: Special Victims Unit "Control"	Law & Order: Special Victims Unit "Control"	Law & Order: Special Victims Unit "Control"	Law & Order: Special Victims Unit "911" (N)	Law & Order: Special Victims Unit "Informed"									

CROSSWORD PUZZLE

1*	2	3	4	5	6	7	8	9	10
11			12				13		*
14			15				16		
		17		*			18*		
19	20						21		22* 23
24									25*
26	*								27
28		29	*				30	31	
		32		33			34		
35	36					37*	38		39
41							42		43
44*							45		46*



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

- One of the girls on "The Brady Bunch"
- Marvin and Majors
- "Sanford and ..."
- Night we watch "Last Man Standing": abbr.
- Lioness in "Born Free"
- Number of seasons for "Kevin Can Wait"
- "The ..."; series for Jerry Stiller
- Stewart or Gosselin
- Tom Cruise's age
- Rheon of "Inhumans"
- Popular Irish singer
- Lois' hubby, in the comics
- Morning, for short
- Initials for "Mr. Candid Camera"
- Suffix for bad, mad or sad
- Bandleader who played a bandleader
- "The Crazy ..."; Robin Williams sitcom
- Mel the Giant
- Most famous 1969 bride
- "The ..."; Chris Harrison's reality series
- Antlered animal
- Reddish horse
- Objective
- Molinaro's namesakes
- "Leave ... Beaver"
- Univ. in Dallas

DOWN

- 1991 Kevin Costner movie
- Meyers of "Kate & Allie"
- "Teenage Mutant ... Turtles"
- Uris or Spinks

Solution

1	2	3	4	5	6	7	8	9	10
11			12				13		*
14			15				16		
		17		*			18*		
19	20						21		22* 23
24									25*
26	*								27
28		29	*				30	31	
		32		33			34		
35	36					37*	38		39
41							42		43
44*							45		46*

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SUNDAY EVENING

SEPTEMBER 23, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30		
KFMB (3)	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (N) (CC)	Big Brother (N) (CC)	NCIS: Los Angeles "Ninguna Salida" (N)	Madam Secretary "Night Watch" (CC)	News	NCIS: N.O.							
KFMB2 (3.2)	Street Magic (N)	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	Forensic Files (N)	Forensic Files (N)	Forensic Files (N)	Forensic Files (N)	News 8 at 10pm (CC)	Seinfeld (N) (CC)	Friends (N) (CC)	Friends (N) (CC)		
KGTV (10)	10News at 5pm	World News	10News at 6pm	Home Pro Show	America's Funniest Home Videos (N)	Celebrity Family Feud (Season Finale) (N) (CC)	The \$100,000 Pyramid (N) (CC)	The \$100,000 Pyramid (N) (CC)	The \$100,000 Pyramid (N) (CC)	The \$100,000 Pyramid (N) (CC)	10News at 11pm (CC)	Sports XTRA				
KPBS (5)	NewsHour	Firing-Hoover	Breaking Big (CC)	Anne of Green Gables: Fire & Dew (2017) Ella Ballentine.	The Queen's Favourite Animals (N) (CC)	The Miniaturist on Masterpiece (N)	Hinterland A minister's violent death.	Hinterland (N) (CC)	Breaking Big (CC)							
KNSD (35)	Football Night	NFL Football New England Patriots at Detroit Lions. (N) (Live)	Football Night in San Diego	Preview	Dateline NBC (N) (CC)	NBC 7 News	Sportswrap									
DISN	Raven's Home (N)	Stuck/Middle	Stuck/Middle	Stuck/Middle	Zombies (2018, Adventure) Milo Manheim, Meg Donnelly. (N)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Raven's Home (N) (CC)	Raven's Home (N) (CC)	Stuck/Middle	Stuck/Middle	Stuck/Middle	Andi Mack			
ESPN	MLB Baseball Boston Red Sox at Cleveland Indians. From Progressive Field in Cleveland.										SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter With Scott Van Pelt (N)	SportsCenter (N) (Live) (CC)	College Football	
ESPN2	SportsCenter (N) (Live) (CC)										2018 World Series of Poker Main Event.	2018 World Series of Poker Main Event.	DRL Drone Racing	DRL Drone Racing	E:60	MLB Baseball: Red Sox at Indians
TLC	Unexpected "Baby Shower Fallout" (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Days Ricky's news	Unexpected "Once a Cheater..." (N) (CC)	90 Day Fiancé: Before the 90 Days (N)							
USA	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit "Wildlife"	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)							

MONDAY EVENING

SEPTEMBER 24, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Young Sheldon	Magnum P.I. "I Saw the Sun Rise" (CC)	Bull Bull has a new rich client for the firm.	News	Late-Colbert			
KFMB2 (3.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (N) (CC)	Penn & Teller: Fool Us (N) (CC)	Whose Line Is It? (N) (CC)	Whose Line Is It? (N) (CC)	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls (N)			
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Dancing With the Stars "Premiere" (Season Premiere) (N) (Live) (CC)	The Good Doctor "Hello" (N) (CC)	10News at 11pm	Jimmy Kimmel					
KPBS (5)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Antiques Roadshow "Birmingham" (CC)	Antiques Roadshow "Birmingham" (CC)	The Queen's Favourite Animals (N) (CC)	POV Ebola epidemic in Sierra Leone. (N)					
KNSD (35)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "The Blind Auditions Season Premiere" (Season Premiere) (N) (CC)	Manifest "Pilot" (Series Premiere) (N) (CC)	NBC 7 News	Tonight Show					
DISN	Raven's Home (N)	Raven's Home (N)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Raven's Home (N)	Raven's Home (N)	Stuck/Middle	Stuck/Middle	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Raven's Home (N) (CC)	Raven's Home (N) (CC)	
ESPN	NFL Football Pittsburgh Steelers at Tampa Bay Buccaneers. (N) (Live)										SportsCenter With Scott Van Pelt (N) (Live) (CC)	NFL PrimeTime (CC)	SportsCenter With Scott Van Pelt (CC)	NFL
ESPN2	Fútbol Americano de la NFL Buccaneers reciben a un club de Pensilvania por segunda semana consecutiva al enfrentar a Steelers.										Coll. Foot-ball (CC)	College Football Final (CC)	SportsCenter With Scott Van Pelt (CC)	College Football Teams TBA. (Taped)
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress (N) (CC)	Say Yes, Dress	Say Yes, Dress	Sweet Home Sextuplets	Counting On "Jinger's Double Surprise" Joe and Kendra welcome their baby boy. (N) (CC)	Counting On "Jinger's Double Surprise" (N)						
USA	NCIS Navy secretary's daughter is abducted.	NCIS British prisoners flee stateside. (N)	NCIS "Off the Grid" (N) (CC) (DVS)	WWE Monday Night RAW (N Same-day Tape) (N) (CC)	Modern Family (N)	Modern Family (N)								

TUESDAY EVENING

SEPTEMBER 25, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS Gibbs becomes acting director. (N)	FBI FBI agents investigate an explosion.	NCIS: New Orleans "See You Soon" (N)	News	Late-Colbert				
KFMB2 (3.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (N) (CC)	The Flash "Think Fast" (N) (CC)	The Outpost "The Vex Rezon" (N) (CC)	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls (N)				
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Dancing With the Stars "Premiere: Night 2" (N Same-day Tape) (N) (CC)	20/20 (N) (CC)	10News at 11pm	Jimmy Kimmel					
KPBS (5)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	The Great American Read "Heroes" (N)	The Mayo Clinic: Faith -- Hope -- Science The 150-year history of the Mayo Clinic. (N)	Breaking Big (CC)	Breaking Big (CC)					
KNSD (35)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice (N) (CC)	This Is Us "Ave Maria" (N) (CC)	New Amsterdam "Pilot" (N) (CC) (DVS)	NBC 7 News	Tonight Show				
DISN	Raven's Home (N)	Raven's Home (N)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Raven's Home (N)	Raven's Home (N)	Stuck/Middle	Stuck/Middle	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Raven's Home (N) (CC)	Raven's Home (N) (CC)	
ESPN	MLB Baseball Teams TBA. (N) (Live)										MLB Baseball Teams TBA. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	
ESPN2	DRL Drone Racing (Taped)										Basketball: A Love Story (N)	Basketball: A Love Story (N)	Basketball: A Love Story (N)	
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress (N) (CC)	Outdaughters (N) (N)	Outdaughters "Busby Birthday Bash" Birthday celebrations are planned. (N) (CC)	Sweet Home Sextuplets (N) (N)	Outdaughters (N)							
USA	Law & Order: Special Victims Unit (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	WWE SmackDown! (N Same-day Tape) (N) (CC)	The Purge Jane must leave the office. (N)	Law & Order: Special Victims Unit "Avatar"						

WEDNESDAY EVENING

SEPTEMBER 26, 2018

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Survivor "Appearances Are Deceiving" (Season Premiere) (N) (CC)	Big Brother (Season Finale) (N) (CC)	News	Late-Colbert					
KFMB2 (3.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (N) (CC)	Burden of Truth "Home to Roost" (N)	Supergirl "Legion of Superheroes" (CC)	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls (N)				
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Goldbergs	American Housewife	Modern Family (N)	Single Parents	A Million Little Things "pilot" (N) (CC)	10News at 11pm	Jimmy Kimmel		
KPBS (5)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Nature "Owl Power" (N) (CC) (DVS)	NOVA "Transplanting Hope" (N) (CC)	The Mayo Clinic: Faith -- Hope -- Science The 150-year history of the Mayo Clinic. (N)						
KNSD (35)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Chicago Med "Be My Better Half" (N)	Chicago Fire "A Closer Eye" (N)	Chicago P.D. "New Normal" (N)	NBC 7 News	Tonight Show				
DISN	Raven's Home (N)	Raven's Home (N)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Raven's Home (N)	Raven's Home (N)	Stuck/Middle	Stuck/Middle	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Raven's Home (N) (CC)	Raven's Home (N) (CC)	
ESPN	MLB Baseball Teams TBA. (N) (Live)										MLB Baseball Teams TBA. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	
ESPN2	Soccer Lamar Hunt U.S. Open Cup -- Philadelphia Union at Houston Dynamo. (N) (Live)										SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	First Take (N) (CC)
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress (N) (CC)	My 600-Lb. Life "Gideon's Story" (CC)	My 600-Lb. Life "Janine's Story" An obese woman is nearly immobile. (N) (CC)	Dr. Pimple Popper "An American Tail"	My 600-Lb. Life "Janine's Story" (N) (CC)							
USA	Law & Order: SVU	*** Iron Man (2008, Action) Robert Downey Jr. A billionaire dons an armored suit to fight criminals.	*** Iron Man 3 (2013, Action) Robert Downey Jr., Gwyneth Paltrow, Don Cheadle. A powerful enemy tests Tony Stark's true mettle.	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)					

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

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12/1/18

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12/27/18

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9/20

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9/20

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24th Annual Pacific Islander Festival

Pacific Islander Festival showcases the cultures and customs of Melanesia, Micronesia and Polynesia with entertainment, food, music and specialty crafts. This free event will be held Saturday and Sunday Sept 22-23, 9am-4pm, at Mission Bay's Ski Beach, Vacation Rd, San Diego, 92109.

Shuttle Locations

PIFA brings to the public two shuttle locations. There are two parking lots to catch the shuttle. Info: <http://pifasandiego.com/>

Go green at plant sale and marketplace

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SDB Garden Class: Plant a succulent turtle

Succulent Turtle Class. Create your own miniature succulent turtle for your display indoors or out! Tuesday, Sept. 25, 9am-1pm. San Diego Botanic Garden. 230 Quail Gardens Drive. SDB Garden Members: \$45/Non-members: \$54 per class. Fee includes materials. Please bring your own, small clippers. Info: <http://www.sdbgarden.org/classes.htm>

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MOVIES at the Bases

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

Thursday, Sept. 20
Theater closed for maintenance.
Friday, Sept. 21
6pm Alpha
8pm Happytime Murders
Saturday, Sept. 22
1pm Crazy, Rich, Asians
3:30pm Alpha
5:30pm Happytime Murders
Sunday, Sept. 23
1pm The Meg
3:20pm Mile 22
6pm Happytime Murders
Monday, Sept. 24
6pm Alpha
8pm Happytime Murders
Tuesday, Sept. 25
5:40pm Mission Impossible: Fall-out
8:20pm Mile 22
Wednesday, Sept. 26
5:50pm Crazy, Rich, Asians
8:10pm Happytime Murders
Thursday, Sept. 27
5:50pm The Meg
8pm The Spy Who Dumped Me

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

Thursday, Sept. 20
11am Aladdin
5pm Gringo
Friday, Sept. 21
5pm Hereditary
Saturday, Sept. 22
11:15am Tomorrowland
2pm Ocean's 8
5pm Tag
Sunday, Sept. 23
5pm Thor: Ragnarok
Monday, Sept. 24
5pm Moulin Rouge
Tuesday, Sept. 25
11am Despicable Me
5pm Hamburger Hill
Wednesday, Sept. 26
5pm Hotel Artemis
Thursday, Sept. 27
11am Dr. Seuss' The Lorax
5pm Uncle Drew

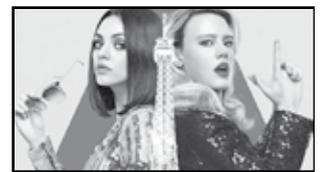
Community Recreation Center - NBPL, Main Base, 619-553-9138, Bldg. 546

Thursday, Sept. 20
5pm Incredibles 2
Friday, Sept. 21
5pm Jurassic World: Fallen Kingdom
Saturday, Sept. 22
5pm Ocean's 8
Sunday, Sept. 23
5pm Tag
Thursday, Sept. 27
5pm Solo: A Star Wars Story



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

Thursday, Sept. 20
6:30pm Christopher Robin*
Friday, Sept. 21
6:30pm Happytime Murders
9pm Mile 22
Saturday, Sept. 22
3pm Crazy, Rich, Asians
6:30pm Alpha
9pm The Meg
Sunday, Sept. 23
1pm The Spy Who Dumped Me
6:30pm Mission Impossible: Fall-out
Friday, Sept. 28
CLOSED, MIRAMAR AIR SHOW
Saturday, Sept. 29
CLOSED, MIRAMAR AIR SHOW
Sunday, Sept. 30
CLOSED, MIRAMAR AIR SHOW



The Spy Who Dumped Me
Genre: Action, Adventure, Comedy

Cast: Justin Theroux, Blanka Gyorfi-Toth, Vilma Szecsi, Mila Kunis, and Kate McKinnon.

Synopsis: Audrey and Morgan are best friends who unwittingly become entangled in an international conspiracy when one of the women discovers the boyfriend who dumped her was actually a spy.

Rated: "R" for violence, language throughout, some crude sexual material and graphic nudity
Length: 117 minutes

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

Thursday, Sept. 20
5:50pm The Spy Who Dumped Me
8:10pm Mile 22
Friday, Sept. 21
5:50pm Alpha
8pm Happytime Murders
Saturday, Sept. 22
3:10pm Alpha
5:40pm Happytime Murders
7:40pm Mission Impossible: Fallout
Sunday, Sept. 23
3:10pm Alpha
5:40pm Crazy, Rich, Asians
8pm Happytime Murders
Monday, Sept. 24
5:50pm Alpha
7:50pm Happytime Murders
Tuesday, Sept. 25
5:50pm The Meg
8:10pm Happytime Murders
Wednesday, Sept. 26
5:50pm Alpha
7:50pm Mile 22
Thursday, Sept. 27
5:50pm Crazy, Rich, Asians
8:10pm Alpha

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Around Town

Encinitas Cruise Nights, Thurs, Sept 20, 5:30-7:30pm. Free. Streets of Downtown Encinitas are rockin' and rollin' when Encinitas Cruise Nights roll into town! Hot rods, foreign automobiles, classic cars and Woodies will line S. Coast Highway 101 from D Street to K Street. Classic cars parked along Hwy 101, live music. Open and free to the public. Every car in attendance is eligible for awards and there is no cost for displaying or viewing the cars. Come early for the best parking spots because parking is limited.

MCCS Camp Pendleton hosts Semper Tri, Devil Dog Duathlon & 7K Run

Help MCCS support quality of life programs for our Marines, Sailors & their families by taking part in the Semper Triathlon, Devil Dog Duathlon and 7K No Beach Out of Reach Run on Sat., Sept 22, 7am-12:30pm. During this event you'll get to come aboard our beloved Marine Corps Base, Camp Pendleton and participate where America's finest fighting force hails. There will be much to see as you participate in the home of our Navy's LCAC (hovercraft) and take that bike ride into the heart of our artillery regiment, home of the 11th Marines! The event is open to Marines and civilians ages 9 and up.

Triathlon Course

500 meter swim off of ACU-5 Camp Pendleton with an average water temperature of 68 degrees. The out and back 30K bike ride leaves ACU-5, follows Stuart Mesa Road North, and continues east to a turnaround point on Las Pulgas Road-moderate hills throughout. The bike portion is a closed course. The 5K run is a loop course through ACU-5. This run is flat and fast with a few easy inclines. Aid Stations will be located at the transition area, at the bike turnaround and every mile on the run course. Aid Stations are located at the transition area, at the bike turnaround and every mile on the run course.

7K No Beach Out of Reach Run Course (non-competitive)

The 7K No Beach Out of Reach Run begins with a 2K out and back beach run then continues with the same 5K run as the Triathlon and Duathlon which is a loop course through ACU-5. This run is flat and fast on the flight deck of ACU-5. Aid Stations will be located at the end of the beach run, and every mile on the 5K run course. This is a non-competitive/non-award race. Just for Fun!

Duathlon Course

Duathlon begins with a 2K out and back beach run. The bike course and run course follow the same route as the triathlon.

Cost \$10-\$70. Info: www.mccscp.com/sempertri-devildogdu

San Diego Quilt Show, Thurs-Sun, Sept 20-23 (10-6 & Sun 9-4), \$10. Enjoy hundreds of quilts on display and over 40 vendors featuring everything quilters and others, need, want and love. San Diego Convention Center, Halls G&H, 111 West Harbor Dr, downtown SD. sandiegoquiltshow.com

Chamber Challenge Golf Tournament at The Vineyard at Escondido Golf Club, Fri, Sept 21, 8am shotgun start. www.escondidochamber.org

Moonlight Paddle at Oceanside Harbor, Fri-Sat, Sept 21-22, 6:15-8:15pm. www.visitoceanside.org

iHeart Radio Music Festival in Las Vegas, Nevada. Fri-Sat, Sept 21-22. www.iheart.com

Santa Fe Marketplace at Bazaar del Mundo. Fri-Sun, Sept 21-23, www.bazaardelmundo.com

Guys & Dolls at Star Theatre. Fri, Sept 21-Sun, Sept 30. www.startheatreco.com

Full Moon Night Walk, Sat, Sept 22, 7-9pm. Free. Walk under the light of the moon. Enjoy peaceful surroundings as owls and bats fly overhead, while crickets and cicadas serenade. Spot the moon, stars, and constellations. Bring flashlight, water, insect repellent. Peñasquitos Canyon Preserve, 4206 Sorrento Valley Blvd, Sorrento Valley.

First day of autumn is Saturday, Sept 22.

Semper Tri Devil Dog Duathlon & 7K Run at MCB, Camp Pendleton. Sat, Sept 22. www.mccscp.com/sempertri-devildogdu

Wavecrest Woodie Meet in Encinitas, Sat, Sept 22, 8am-3pm. www.sandiegowoodies.com

San Diego Festival of Beer at Broadway Pier, Sat, Sept 22, 12-5pm. www.sdbbeerfest.org

San Diego Zoo Food, Wine & Brew Celebration, Sat, Sept 22, 6:30-11pm. www.zoofoodandwine.com

Splash Bash at Alga Norte Aquatic Center, Sat, Sept 22, 6-9pm. www.carlsbadca.gov

ZERO Prostate Cancer Run/Walk at De Anza Cove Park, Sat, Sept 22, 9am. www.support.zerocancer.org

Vista Viking Festival. Sat-Sun, Sept 22-23, 10am-6pm. \$3-\$10. Music, mayhem and mead! Unique vendors, craft & micro brewer, living history village with archery, spear and axe throwing, much more! Norway Hall Cultural Center, 2006 E. Vista Way, Vista, 92084.

Old Fashioned Country Fair at Julian Farm in Wynola. Sat-Sun, Sept 22-23. www.visitjulian.com

La Jolla Playhouse presents Hundred Days at Mandell Weiss Forum. Sat, Sept 22-Sun, Oct 21. www.lajollaplayhouse.org

Halloween Spooktacular at SeaWorld San Diego. Sat, Sept 22-Sun, Oct 28. www.seaworld.com/san-diego

Pumpkin Patch at Bates Nut Farm. Sat, Sept 22-Wed, Oct 31. www.batesnutfarm.biz

Wavecrest Sunday Woodie Cruise on Highway 101 from Encini-

tas to Oceanside. Sun, Sept 23, 8-10am. www.sandiegowoodies.com

The Grand Woofstock Pet Festival at Grape Day Park. Sun, Sept 23. www.thegrandwoofstock.com

San Diego Restaurant Week. Sun, Sept 23-Sun, Sept 30. www.sandiegorestaurantweek.com

Full Moon Pier Walk at Ellen Browning Scripps Memorial Pier, Mon-Tue, Sept 24-25, 7-8:30pm. www.aquarium.ucsd.edu

GI Film Festival San Diego at various locations in San Diego. Tue, Sept 25-Sun, Sept 30. www.gifilmfestivalsd.org

Murals of La Jolla Walking Tour, Wed, Sept 26, 5:30-7pm. Free. Hosted walking tours: Murals of La Jolla, start at the Athenaeum the last Wednesday of every month. Join fellow art enthusiasts, learn more about the artists and their artworks. Reservations suggested. Athenaeum Music and Arts Library, 1008 Wall St, La Jolla.

Dr. Neil Degrasse Tyson at San Diego Civic Theatre, Wed, Sept 26, 7:30pm. www.sandiegoteatres.org

Food Truck Fridays at Balboa Park, 4-8:30pm, thru Sept 28. www.balboaparkconservancy.org

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

Mystic India: The World Tour at Poway Center for the Performing Arts, Fri, Sept 28, 8pm. www.powayonstage.com

Poway Rodeo at Poway Valley Riders Association grounds. Fri-Sat, Sept 28-29. www.powayrodeo.com

MCAS Miramar Air Show at Marine Corps Air Station in Miramar. Fri-Sun, Sept 28-30.

San Diego Padres vs. Arizona Diamondbacks at Petco Park. Fri-Sun, Sept 28-30. www.mlb.com/padres

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

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

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

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Concerts

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

September

Chvrches. Thurs, Sept 20, 7:30pm. Electronic/pop. Open Air Theatre-SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

Jason Aldean and Luke Combs. Thurs, Sept 20, 7:30pm. Country. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

Air Supply. Fri, Sept 21, 7:30pm. Pop. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

J Balvin. Fri, Sept 21, 7:30pm. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

NeedToBreathe and JohnnySwim. Fri, Sept 21, 8pm. Alt/rock. Open Air Theatre-SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

The Eagles and Zac Brown. Sat, Sept 22, 5pm. Petco Park, 100 Park Blvd, San Diego, CA 92101. (619) 795-5000.

Def Leppard and Journey. Sun, Sept 23, 6pm. Rock. both bands play headline sets. Petco Park, 100 Park Blvd, San Diego, CA 92101. (619) 795-5000.

Florence & the Machine. Sun, Sept 23, 7pm. Pop. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

Boy George & Culture Club. Tues, Sept 25, 7:30pm. Pop. Open Air Theatre-SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

Boz Scaggs. Wed, Sept 26, 7:30pm. Funk/pop. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

Ben Howard. Wed, Sept 26, 7:30pm. Folk/pop. Open Air Theatre-SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

Judas Priest and Deep Purple. Wed, Sept 26, 7:30pm. Metal/hardcore/rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

Jay-Z & Beyonce. Thurs, Sept 27, 7:30pm. SDCU Stadium, 9449 Friars Rd, San Diego, CA 92108. (619) 641-3100.

Ringo Starr & His All Starr Band. Thurs, Sept 27, 8pm. Pop/rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

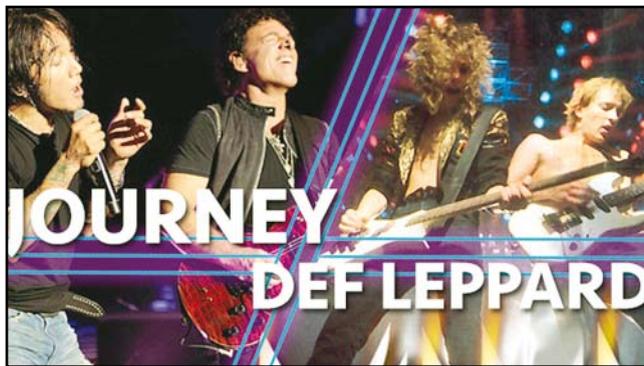
Boz Scaggs. Fri, Sept 28, 8pm. Blues/pop/rock. Pechanga Resort & Casino, 45000 Pechanga Pkwy, Temecula. (951) 693-1819.

A Bowie Celebration: Bowie Alumni Tour. Fri, Sept 28, 7:30pm. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

Nick Cannon presents Wild 'N' Out Live. Fri, Sept 28, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles, 90015. staplescenter.com

Los Temerarios. Fri, Sept 28, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

Fall Out Boy. Sat, Sept 29, 7pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400.



Sun, Sept 23, 6pm. Rock. Both bands play headline sets. Petco Park, 100 Park Blvd, San Diego, CA 92101. (619) 795-5000.

<http://www.hondacenter.com/>
38 Special. Sat, Sept 29, 8pm. Viejas Casino Concerts in the Park, 5005 Willows Rd., Alpine. (619) 445-5400.

Kidz Bop. Sat, Sept 29, 6pm. Open Air Theatre, 5500 Campanile Dr., San Diego. (619) 594-6947.

Fall Out Boy. Sat, Sept 29, 7pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

Styx. Sun, Sept 30, 7pm. Rock. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

October

5 Seconds of Summer. Tues, Oct 2, 7:30pm. Pop/rock. Open Air Theatre-SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

Timbiriche. Thurs, Oct 4, 7:30pm. Latin/pop. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

America. Fri, Oct 5, 7:30pm. Folk. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

Interpol and Sunflower Bean. Fri, Oct 5, 7:30pm. Rock. Open Air Theatre, 5500 Campanile Dr., San Diego. (619) 594-6947.

The B-52s. Sat, Oct 6, 7:30pm. Pop/rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

Journey/Def Leppard. Sat, Oct 6, 7pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741.

Keith Urban: Graffiti U World Tour. Sat, Oct 6, 7:30pm. Staples Center, 1111 S. Figueroa St., Los Angeles staplescenter.com

Timbiriche. Sun, Oct 7, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

Ozzy Osbourne. Tues, Oct 9, 7:30pm. Rock. Mattress Firm

Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

Dierks Bentley and Lanco. Fri, Oct 12, 7pm. Country. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

Jesse Cook. Fri, Oct 12, 8pm. Folk. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

Drake. Fri-Sun, Oct 12-14, 7pm. Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com

Lindsey Buckingham. Sat, Oct 13, 7:30pm. Rock. Spreckels Theatre, 121 Broadway, San Diego. (619) 235-9500.

System of a Down and At the Drive In. Wed, Oct 17, 7:30pm. Alt/rock. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

Lonestar. Thurs, Oct 18, 8pm. Country/rock. Sycuan Live & Up Close Theater, 5469 Casino Way, El Cajon. (619) 445-6002.

Allen Stone. Sat, Oct 20, 7:30pm. Acoustic. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

Simple Minds. Mon, Oct 22, 7:30pm. Alt/rock. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

Basia. Tues, Oct 23, 7:30pm. Jazz. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

Bruno Mars. Tues, Oct 23; Wed, Oct 24; Fri, Oct 26; Sat, Oct 27, 8pm. Staples Center,

1111 S. Figueroa St., Los Angeles, 90015. staplescenter.com

Troye Sivan and Kim Petras. Thurs, Oct 25, 7:30pm. Rock. Open Air Theatre, 5500 Campanile Dr., San Diego. (619) 594-6947.

Thomas Rhett. Thurs, Oct 25, 7:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

Pastor Brian Houston & Hillsong Worship. Worship/gospel. Fri, Oct 26, 7:30pm. Open Air Theatre, 5500 Campanile Dr., San Diego. (619) 594-6947.

Oingo Boingo Dance party. Sun, Oct 28, 7:30pm. Covers. Humphrey's by the Bay, 2241 Shelter Island Dr. (619) 224-3577.

Joan Baez. Tues, Oct 30, 7:30pm. Folk. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

So So Def 25th Cultural Curren\$y Tour. Fri, Nov 2, 7:30pm. Staples Center, 1111 S. Figueroa St., Los Angeles, 90015. staplescenter.com

Marco Antonio Solis. Sat, Nov 3, 7pm. Latin/pop. Valley View Casino, 16300 Nyemii Pass Rd. Valley Center. (866) 843-9946.

Nick Cannon Wild 'N' Out. Sat, Nov 3, 7pm. Comedy. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

November

Maxwell. Fri, Nov 2, 7:30pm. Funk/pop. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.

So So Def 25th Cultural Curren\$y Tour. Fri, Nov 2, 7:30pm. Staples Center, 1111 S. Figueroa St., Los Angeles, 90015. staplescenter.com

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1 at this payment. STK #55249, Vin #K1C152903, Model 1864. Net capitalized cost \$18,947.21. \$224 plus tax monthly for 36 months with \$3,950. due at lease signing. Includes \$500 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$80 dealer document preparation charges. Any electronic filing fee. Includes license. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 9/30/18.

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4 Cylinder Automatic
LEASE FOR
\$266 plus tax
per month
for 36 months



1 at this payment. STK #54751, Vin #JU629140, Model 2546. Net capitalized cost \$23,628.13. \$266 plus tax monthly for 36 months with \$4,100. due at lease signing. Includes \$500 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$80 dealer document preparation charges. Any electronic filing fee. Includes license. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 9/30/18.

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-\$500 MILITARY INCENTIVE
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All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 9/24/18. 2 at this price #388978 & #395964

2018 HYUNDAI TUCSON

\$20,777 FRANK'S PRICE
-\$3,000 RETAIL BONUS CASH
-\$500 MILITARY INCENTIVE
NET PRICE
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All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 9/24/18. 1 at this price #813349

2018 HYUNDAI TUCSON

\$17,777 FRANK'S PRICE
-\$500 RETAIL BONUS CASH
-\$500 MILITARY INCENTIVE
NET PRICE
\$16,777



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 HMF Bonus Cash, Hyundai Motor Finance. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 9/24/18. 1 at this price #155390.

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*1 at this payment, STK# 19403 VIN# J3744146 Model # J1B 01. \$189 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 9/30/18.



*1 at this payment, STK# 18943 VIN# J3323036 Model # J0D 14. \$289 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 9/30/18.



*1 at this payment, STK# 19137 VIN# JH555830 Model # JFN 32. \$339 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 9/30/18.

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