

**Weekly Contest**

Enter for a chance to win Del Mar Thoroughbred racing vouchers.

See page 5**AutoMatters & More**

The ultimate pop culture interactive experience - San Diego Comic-Con.

See page 7**Concerts**

Matchbox 20, Counting Crows, Lionel Richie, Mariah Carey, Marshall Tucker Band.

See page 23

Navy

Marine Corps

Coast Guard

Army Air Force



DISPATCH

San Diego Navy/Marine Corps Dispatch

www.armedforcesdispatch.com

619.280.2985

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

AT EASE

**See page 10 for details.**

FIFTY SEVENTH YEAR NO. 7
THURSDAY, JULY 27, 2017

August Monthly observances

American Adventures
American Artists Appreciation
American Indian Heritage
Arrr-gust: Internat'l Pirate
Black Business Month
Boomers Making A Difference
Bystander Awareness
Children's Eye Health/Safety
Child Support Awareness
Children's Vision & Learning
Get Ready for Kindergarten
Happiness Happens Month
Motor Sports Awareness
Nat'l Breastfeeding Month
Nat'l Catfish Month
Nat'l Crayon Collection Mo.
Nat'l Goat Cheese Month
Nat'l Immunization Awareness
Nat'l Panini Month
Nat'l Minority Donor Awareness Month
Nat'l Read A Romance Month
Nat'l Spinal Muscular Atrophy Awareness Month
Nat'l Traffic Awareness
Nat'l Truancy Prevention
Nat'l Water Quality Month
Nat'l Win With Civility Month
Neurosurgery Outreach
Psoriasis Awareness Month
Read A Romance Novel
Rye Month
Shop Online For Groceries
Tomboy Tools Month
What Will Be Your Legacy
World Mutt-i-grees Rescue



**Navy
SAN DIEGO
WELCOMES
HOME
USS
DEWEY**



(top) MARINE CORPS RECRUIT DEPOT San Diego (July 20, 2017) - A member of the latest Marine Corps recruit graduating class, Mike Company, gets a hug from a loved one at the conclusion of the ceremony. Annually, more than 17,000 males recruited from the Western Recruiting Region are trained at MCRD San Diego. Marine Corps photo



New recruits of India Company hold seabags during pick up. India Company is scheduled to graduate Oct. 13. Marine Corp photo

Future USS Rafael Peralta (DDG 115) set for San Diego commissioning

SAN DIEGO - The Navy's newest Arleigh Burke-class guided-missile destroyer, future USS Rafael Peralta (DDG 115), will be commissioned at 10 a.m. this Saturday, July 29, at NAS North Island.

Commandant of the Marine Corps, Gen. Robert B. Neller, will deliver the commissioning ceremony's principal address. Rosa Maria Peralta, the mother of Sgt. Rafael Peralta, will serve as sponsor of the ship. The ceremony will be highlighted by a time-honored Navy tradition when Mrs. Peralta will give the first order to "man our ship and bring her to life!"

Cmdr. Brian Ribota, a native of Tracy, Calif., is the commanding officer of the ship and leads the core crew of 300 officers and enlisted personnel. The 9,300-ton Peralta was built by General Dynamics-Bath Iron Works in Bath, Maine. The ship is 509 feet in length, has a beam of 66 feet, and a navigational draft of 31 feet. The ship uses four LM2500 GE Marine Gas Turbines and two propellers to speeds up to 31 knots.

The ship's namesake, Navy Cross recipient Sgt. Rafael Peralta, was born on April 7, 1979 in Mexico City, Mexico. The son of Rafael and Rosa Peralta, he was the oldest of four children. Immigrating to the U.S. with his family as a teenager, he graduated from Morse High School in San Diego in 1997. He joined the Marine Corps in 2000, immediately after qualifying for a green card. He became an American citizen while serving in the Corps.

On Nov. 15, 2004, Sgt. Peralta, while in Iraq, was on a series of house clearings when he was severely wounded. Reports indicate that he was able to smother a grenade under his body, absorbing the majority of the lethal blast and shrapnel, killing him instantly, but saving the lives of his fellow Marines.

USS Rafael Peralta will be homeported at the naval base here.

John P. Murtha completes final trials

SAN DIEGO - USS John P. Murtha (LPD 26) returned to Naval Base San Diego, July 21, after successfully completing Final Contract Trials (FCT).

John P. Murtha was commissioned in October 2016 in Philadelphia and arrived at her San Diego homeport in November 2016 to commence her Post Delivery Test & Trials period. The Navy's Board of Inspection and Survey conducts FCT as a final in-depth examination of a newly constructed ship to ensure it meets Navy standards and requirements.

"USS John P. Murtha and her crew have proven with every test that she is capable and ready for deployment," said Capt. Brian Metcalf, LPD 17 class program manager, Program Executive Office (PEO) Ships. "LPD 26 is the 10th ship in the San Antonio class to join the fleet."



Inside ...

A milestone ship's
commissioning.

... page 2



CNO Adm. John M. Richardson delivers remarks during USS Gerald R. Ford's commissioning ceremony

Navy photo by MC3 Gitte Schirrmacher

Navy commissions carrier *Gerald R. Ford*

by Ens. Corey Todd Jones

NORFOLK - President Donald J. Trump commissioned aircraft carrier USS *Gerald R. Ford* (CVN 78) at a commissioning ceremony July 22.

A commissioning is a day of celebration, and honors the dedication, team work, and collaboration of Sailors, legislators, shipbuilders, program managers, and the ship's sponsor in delivering the ship to the fleet.

Trump landed on the flight deck in Marine One and was greeted by Secretary of Defense James Mattis, Acting Secretary of the Navy Sean Stackley, Chief of Naval Operations Adm. John Richardson, and USS *Gerald R. Ford* Commanding Officer Capt. Rick McCormack.

Over 10,000 friends and family members attended the event, watching the festivities from the hangar bay, the pier and USS *Dwight D. Eisenhower* (CVN 69).

Distinguished members of the party offered remarks to honor the occasion.

"Wherever this vessel cuts through the horizon, our allies will rest easy and our enemies will shake with fear because everyone will know that America is coming and America is coming strong," said Trump. "Our true strength is our people. Our greatest weapon is all of you. Our nation endures because we have citizens who love America and who are willing to fight for America."

He continued, "We are so very blessed with warriors who are



Sailors man the rails of USS *Gerald R. Ford* (CVN 78) during its commissioning ceremony. Navy photo by MC2 Andrew J. Sneeringer

willing to serve America in the greatest fighting force in history, the United States military. Today this ship officially begins its role in the noble military history of our great nation."

Stackley also addressed the crowd.

"So skipper, as we marvel at the technology and the daunting numbers that measure this ship, never lose sight that in times of crisis, you will be the first to respond, and when called upon, you will deliver the final word in the bidding of our nation," said Stackley. "Whenever you sail, wherever you sail, you will be a symbol of United States resolve and you will be a symbol of the man whose name you bear."

After the ship's sponsor and President Ford's daughter Susan Ford Bales gave the traditional command to "Man our ship and bring her to life," *Ford* Sailors ran up the brows and manned the rails as the band played "Anchor's Aweigh."

McCormack expressed his pride in the work his crew has done to get the ship ready to serve in the fleet.

"The Sailors aboard today are among our nation's finest," said McCormack. "They are talented, driven, innovative, dedicated, and passionate about what they do and I'm very proud to be their commanding officer. Team Wolverine, I have the utmost faith and confidence in your abilities to handle any challenge ahead, and I can think of no better team to take this ship to sea."

After the ceremony, the ship was opened to the general public for tours, which included the flight deck, the skipper's in-port cabin, pilot house, mess decks, fo'c'sle, and the newly opened tribute room.

USS *Gerald R. Ford* (CVN 78) is the lead ship in the Ford-class of aircraft carrier, the first new class in more than 40 years, and will begin the phased replacement of Nimitz-class carriers.

CVN-78 honors the 38th president of the U.S. and pays tribute to his lifetime of service in the Navy, in the U.S. government and to the nation. During World War II, Ford attained the rank of lieutenant commander in the Navy, serving on light carrier USS *Monterey* (CVL 26). Ford became president in the aftermath of the Watergate scandal and served in the country's highest office from 1974-1977.

BOB STALL CHEVROLET

FAMILY OWNED AND OPERATED SINCE 1971
You're gonna get a good deal ... And a good deal more ...

SPECIAL PRICING AVAILABLE TO ACTIVE, RETIRED & VETERANS ONLY!!

2017 CHEVY CRUZE
AUTOMATIC



LEASE FOR
\$3800
PER MONTH

4 AT THIS PAYMENT #173048, 177607, 236415, 531087. 24 MONTH CLOSED END LEASE. \$2,495 CUSTOMER DOWN. \$950 FACTORY INCENTIVE. \$2,200 COMPETITIVE LEASE REBATE. **FOR A TOTAL OF \$6,195 DUE AT SIGNING. \$0 SECURITY DEPOSIT. CREDIT THRU ACAR LEASING. NOT ALL CUSTOMERS WILL QUALIFY. PREVIOUS SERVICE LOANERS. \$25 OVER 20,000.

2017 CHEVY EQUINOX



LEASE FOR
\$14993
PER MONTH

2 AT THIS PAYMENT #128419, 117066. 24 MONTH CLOSED END LEASE. \$1,995 CUSTOMER DOWN. \$1750 FACTORY INCENTIVE. \$1500 COMPETITIVE LEASE REBATE. **FOR A TOTAL OF \$5,245 DUE AT SIGNING. OVER 20,000 MILES, ON APPROVED CREDIT THRU ACAR LEASING. NOT ALL CUSTOMERS WILL QUALIFY. PREVIOUS SERVICE LOANERS.

2017 CHEVY SILVERADO
CREW CAB LT V8



20% BELOW MSRP

5 AT THIS NET SAVINGS

SAN DIEGO COUNTY'S #1 VOLUME CHEVROLET DEALER

7601 Alvarado Road • La Mesa, Ca. 91942
619-460-1311 • www.bobstall.com

**Competitive Lease Rebate must show proof of current lease partner of a '08 or newer non-GM passenger car or light duty truck. Not all customers will qualify. All prices plus taxes, registration, title, dealer doc fee, finance charges and any government fees. See dealer for details. Expires 7/31/17.

2 www.armyforcesdispatch.com THURSDAY, JULY 27, 2017

U.S. doesn't have luxury of choosing challenges, Dunford tells Aspen crowd

by Jim Garamone

WASHINGTON - While Russia remains the greatest nation-state threat, the United States doesn't have the luxury of singling out one challenge, the chairman of the Joint Chiefs of Staff said at the Aspen Security Forum in Aspen, Colorado July 22.

NBC's chief foreign affairs correspondent Andrea Mitchell asked Marine Corps Gen. Joe Dunford if he still believed Russia was the biggest threat facing America - a statement he made two years ago in his confirmation hearings.

"From a state actor perspective, it is Russia," Dunford said. He said this was due to Russia's military modernization program, its nuclear and cyber capabilities and its actions in Georgia, Crimea and eastern Ukraine.

"I would quickly add that we don't have the luxury today of singling out one challenge," the chairman said.

Dunford believes this is the most volatile time in world affairs since World War II, and Russian actions do not help. "I think from an aggregate capacity and capability perspective, Russia is the most capable state actor we face," he said. "But we have other challenges - North Korea, from a sense of urgency perspective, would be our number one challenge. We are certainly dealing with malign challenges from Iran on a daily basis."

"Clearly the fight against violent extremism is one that we are completely engaged with, and we have security challenges in the Pacific with a rising China as well," the chairman continued.

The U.S. military must be able to deter nuclear attack from Russia and increase conventional capabilities so Russia is not tempted to challenge the United States and its allies. Dunford noted that maintaining the strength and effectiveness of the NATO alliance is also critically important in deterring Russia's actions.

But Russia generally stops short of conflict. The chairman calls this strategy adversarial competition. "It has a military dimension,

but it falls short of armed conflict," he said. "That's where Russia integrates cyber capabilities, information operations, unconventional operations to advance their interests on a routine basis and we have to compete in that environment as well."

Mitchell also grilled the chairman on Syria, Iraq and the greater battle against the Islamic State of Iraq and Syria. Dunford noted that two years ago there were 200 partners on the ground inside Syria. "Tonight, we have over 50,000 Syrians on the ground taking the fight to ISIS, and about half of them are Arabs and half are Kurds," Dunford said. "[These Syrian Democratic Forces] are the ones who have taken back this wide swath of land in Northeast Syria and really put us in a position where ISIS in Syria will no longer be in possession of ground."

Indigenous forces - with help from the coalition to defeat ISIS - have given the lie to the physical caliphate that ISIS leaders proclaimed.

Turkey, an important NATO ally, does not like an armed Kurdish force in Syria, and Dunford noted that he has visited Turkey 12 times in the last year and held further discussions with his colleague in Ankara on a number of other occasions. The Kurds in the SDF are a source of friction with Turkey, he acknowledged, "and we are doing all we can to mitigate their concerns, not only about how we are going after ISIS in Raqqa and the Euphrates River Valley, but the long term relationship we have with Turkey."

"I will tell you that any political and military solution in Syria is going to be completed with full recognition of Turkey's long-term interests are from a security perspective," the chairman added.

Iraqi forces are moving to cement their victory against ISIS in Mosul and have already announced plans to launch campaigns

I will tell you that any political and military solution in Syria is going to be completed with full recognition of Turkey's long-term interests are from a security perspective.



Gen. Joe Dunford answers a question during a discussion moderated by Andrea Mitchell. DoD photo by Sgt. James K. McCann

against ISIS in Tal Afar, Huwayjah and Qaim.

Dunford expects ISIS will switch to guerilla-type attacks to try to undermine the government.

He's also concerned that foreign fighters, who volunteered to fight for ISIS, could return to their home countries and attempt to carry on with the battle. "We think somewhere between 30,000 and 45,000 foreign fighters have been to Iraq and Syria over the years," he said. "We don't what them to go back from whence they came."

With that in mind, the coalition has established a information-sharing base in the Middle East to exchange information and intelligence. More than 20 countries now participate in the effort, he said. The strategy now is to sever the links connecting ISIS. Three things connect these groups: foreign fighters, the flow of resources and money, and the ideology, Dunford said. The strategy is working, the chairman said. As of 15 months ago, more than 1,500 foreign fighters crossed the Turkish border every month. Today, that number is less than 100.

Dunford discussed the proposed South Asia strategy as it relates see **Strategy, page 4**

You wear the uniform.
WE COVER IT.

WORLDWIDE COVERAGE¹ FOR UNIFORMS AND GEAR.²

Help protect the things that make the journey with you. With over 40 exclusive benefits designed specifically for the military, we do more for those who serve.

USAA[®]

Visit USAA.COM/RENTERS or call 800-531-8521

No endorsement by the U.S. Warren Cup or DoD intended. Availability of renters insurance to residents of another country is limited to qualified members. This loss due to a covered peril of military uniforms or equipment owned by you and when the loss occurs while you are on active or reserve duty, no deductible will be applied. Renters insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, USAA Property and Casualty Insurance Company, and USAA Life, Inc., San Antonio, TX, and is available only to persons eligible for USAA group membership. Each company has sole financial responsibility for its own products. No Department of Defense or government agency endorsement. Membership eligibility and product restrictions apply and are subject to change. WE RESERVE THE RIGHT TO REFUSE TO QUOTE ANY INDIVIDUAL A PREMIUM RATE FOR THE INSURANCE ADVERTISED HEREIN. ©2017 USAA. 141574-0102-AM

Network communications across coalition vital, say generals

by David Vergun

WASHINGTON - Joint and coalition partners must train together on the use of their military communications networks whenever possible to build familiarity

lence coming into theater."

Military communications networks used by both U.S. forces and partner nations allow commanders to issue orders to their

communications hardware and software isn't always compatible with the U.S. or even with NATO. Some nations, he said, procure their own radios and other equipment on their own,

missions" and then rehearse executing those missions. Part of that joint and coalition training should include simulating an enemy attack on the network that disables it for some time, she

said, and determine what effects that may have on those no-fail missions and what workarounds are feasible.

With connectivity down, she

said, commanders can identify what impacts there will be not just on command and control, but on such things as medical and logistics support as well.



Soldiers train with U.K. soldiers at Fort Bliss, Texas, during a Network Integration Evaluation. Army photo by David Vergun

and to identify incompatibilities well in advance of when those networks will be needed during actual conflict, said Maj. Gen. Mitchell L. Kilgo.

Kilgo, who serves as director of J-6 within U.S. Central Command, spoke during a July 20 Association of the United States Army-sponsored forum on Army networks.

When conflicts arise, there will not be time to find solutions to the incompatibilities between partner-nation communications networks, Kilgo said. "There will already be enough turbu-

lance and in turn allow those subordinates to relay the situation on the ground back up to their leadership. Those same networks also allow partner nations to relay critical information to each other.

But the communications networks of partner-nation militaries are often developed independently of each other and may not be compatible.

Maj. Gen. Peter A. Gallagher, director of architecture, operations, networks, and space within the Army's Chief Information Officer/G-6, said that network

not through foreign military sales. This creates a communications gap, he said.

Rear Adm. Danelle Barrett, who serves as both the director of the Navy's Cyber Security Division as well as deputy to the Navy's chief information officer, said network interconnectivity is a joint and coalition imperative because threats can come "fast and furious," and delays in communications can disrupt the battle rhythm.

Barrett recommended that during training exercises, commanders should identify "no-fail

He noted that when he commanded the International Security Assistance Force in Afghanistan he started with 140,000 troops, who were "on the ground fighting the fight. When I left we had 28,000 U.S. forces on the ground, and today we have 8,700 forces on the ground," he said.

Afghans have taken significant casualties and there are some areas where they need help: most notably in air support, combined arms combat, command and control and intelligence. "Additional forces would help," he said.

He said the reason Defense Secretary Jim Mattis has not made his decision on additional forces for the effort is because he wants to get the greater strategy correct. The strategic framework looks at the area from New Delhi

to Teheran with particular attention to Afghanistan and Pakistan, the general said.

Dunford praised an Army initiative to create security force assistance brigades, which will be specially equipped to train indigenous forces.

There will be no artificial timeline for operations in the region, he said. "One of the things we learned was when you put artificial timelines on things is they seldom obtain," the chairman said. "The conversations we have now are what are the condition when we can transition our mission."

He noted that anywhere where the United States has vital national interests - such as Afghanistan - there will be an enduring U.S. political, economic and military presence. The size of these presences will shift as conditions change, but they will be present, Dunford said.

Placing an artificial timeline on operations is not good for the

confidence of the Afghan people, and, he said, it caused hedging behavior in the region as well. "It undermines our cooperation with Pakistan if they don't believe we will be there long enough to establish security and stability," the chairman said.

The most immediate concern is North Korea, its nuclear program and its efforts to build delivery systems for those weapons, he said. "Kim Jong Un's regime is tied to nuclear program, and what I can tell the American people today is North Korea is capable of launching a limited missile attack," Dunford said. "The United States military can defend against a limited North Korea attack on Seoul, Japan, and the United States."

The chairman argued that right now, the best approach is through diplomatic and economic realms. He said Secretary of State Rex Tillerson is trying to tighten the noose around North Korea. Economic pressure should cause North Korea to initially freeze and then cap their nuclear weapons program and eventually denuclearize, Dunford said.

"Many people have talked about military options [against North Korea] with words like 'unimaginable,'" he said. "I would shift that slightly to 'horrible.' It would be a loss of life unlike any we have experienced in our lifetimes. Anyone who has been alive since World War II has never seen the loss of life that could occur if there is a conflict on the Korean peninsula."

"It is not unimaginable to have military options on the Korean peninsula," he continued. "What is unimaginable to me is allowing a nuclear weapon to land in Denver, Colorado. My job will be to develop military options to make sure that doesn't happen."

Business & Service Directory

LEX•TEK

**FREE
AIR CONDITIONING
CHECK UP**
Cannot be combined with any other offer.

**FREE
ELECTRICAL
CHECK UP**
Cannot be combined with any other offer.

27 Years Specializing in Lexus • Over 25% Discounted
2704 Transportation Ave. #G,
National City • www.Lexteksandiego.com

619-708-7700

New Energy Massage

3817 University Ave. • SD, Ca 92105
1 Block West of I-15

619.795.0955

\$10 Discount on any Massage

Open 7 Days a Week • 9am-10pm
NO APPOINTMENT NECESSARY

TRAVEL NETWORK®

THE PLACE TO GO BEFORE YOU
GO ANYWHERE!

Email: travelnetworksan@gmail.com
7888 Dagget St, Suite 102,
San Diego, Ca 92111

(858) 292-2888

SAN DIEGO HUNKS

**Got Junk? Call a Hunk!
You call - We haul (big or small)
The Hunks Do it All!**

619-507-4172

www.junkremovalinsan diego.com
robert.eldridge@cox.net

5% MILITARY DISCOUNT

*Introduce your business to
the military market by
advertising in our Business
and Service Directory*

Call 619.280.2985

EARN A CERTIFICATE IN ACCOUNTING

Learn HIGH-DEMAND job skills!
Check-out our real-world, hands-on,
six-month vocational training program

ACCOUNTING ★ ACADEMY ★

Why Wait? Call 858-836-1420
www.theaccountingacademy.com

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

The Dispatch is published weekly on Thursdays, by Western States Weeklies, Inc., as a commercial, free-enterprise newspaper. It does not necessarily reflect the opinion of the Department of the Navy and is in no way associated with the Department of the Navy. The editorial objective of the Dispatch, however, is to promote support for a strong military presence. The opinions and views of writers whose materials appear herein are those of the writers and not the publishers. Appearance of advertising does not constitute endorsement by the Dispatch or Western States Weeklies, Inc. Consumers should make informed decisions when purchasing products and services, and when considering business opportunities, and research before investing. Subscription by mail is \$65 per year to CONUS or FPO address.

Family owned &
operated since 1991



Soto's TRANSMISSION

**2278 Palm Ave. • San Diego, Ca. 92154
619-425-5341**

DIFFERENTIAL REPAIR SPECIALISTS

TRANSMISSION REBUILD

10% OFF

Labor Costs
Offer expires 8/31/17

CLUTCH REPLACEMENT

\$150 Labor

Some RWD small cars. Call for specials on imports, RWD, and on all trucks. Fluid extra. Offer expires 8/31/17

TRANSMISSION TUNE-UP

\$69.99

Labor Only - Parts Extra
Offer expires 8/31/17

Se Habla Espanol

Social Security matters

by Russell Gloor

Dear Rusty: I'm still working right now, but everyone I talk to about Social Security seems to say that I should wait to take my benefits because once I start the amount will never go up. Problem is I really need the money now. Is it really true that once I claim the amount of my Social Security will never go up? Signed: Curious

Dear Curious: Well, there is a lot to be said for waiting as long as you can to take your benefits, not the least of which is that the longer you wait the larger your benefit amount will be. If you apply when you turn 62, you'll only be getting about 74 percent of what you would get if you waited until your full retirement age (which for most people applying today is between 66 and 67). And for the most part, that is the benefit you will receive for the rest of your life, except in the following circumstances:

Cost of living adjustments (COLAs) are calculated annually by Social Security according to a formula using the Consumer Price Index to determine the rate of inflation. If the result of that calculation calls for it, your benefit amount will increase by a small percentage to keep pace with the cost of living. While the COLA increases your benefit in most years, no cost of living adjustment occurred in 2009, 2010 and 2015 and the 2016 increase was a mere .3 percent. So your benefit amount will usually, but not always, increase as necessary for inflation.

If you work while you're collecting Social Security and you earn a significant salary, there is a chance your benefit amount could increase. That's because of the way that Social Security determines your benefit amount in the first place, which is by taking your 35 highest-earning years to arrive at your Average Indexed Monthly Earnings, from which your benefit amount is calculated. If you have, within that 35 year window, years in which you had zero earnings, or very low earnings, your current earnings could replace one or more of those

years causing your benefit to increase slightly.

If you collect benefits and work before reaching your full retirement age and you exceed Social Security's annual earnings limit, they will withhold some of your future benefits. But that doesn't mean that you'll lose those withheld benefits forever because, when you reach your full retirement age, they'll recalculate your benefit amount to give you time credit for any months they withheld benefits because you earned more than the annual limit. That means that your benefit amount will go up a little when they do that recalculation.

If you are collecting benefits on your own work record, and you have a spouse who is not yet collecting Social Security, it's possible you may get a "spousal boost" when your spouse finally files for benefits. This would occur if the benefit you are entitled to as a spouse is higher than your benefit on your own record, which might be the case if your spouse is the higher-earning partner. The easy way to look at this is: if one-half of your spouse's benefit at full retirement age is more than your current benefit from your own work record, you should contact your local Social Security office to ensure you get the maximum benefit you're entitled to.

So, as you can see, the benefit amount you first get when you apply for Social Security isn't fixed because you will usually get an annual COLA adjustment for inflation, and it may also increase if any of the fairly common circumstances described above apply to you. There are a couple of other less common circumstances which could apply for those grandfathered from changes made by the Bipartisan Budget Act of 2015, but those are outside the scope of this article. But, with the possible exception of a spousal boost, don't expect any increase you might get to be very large.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. The information presented in this article is intended for general information purposes only. The opinions and interpretations expressed in this article are the viewpoints of the AMAC Foundation's Social Security Advisory staff, trained and accredited under the National Social Security Advisors program.



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

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

SELF STORAGE

www.STORAGEWEST.com
877-917-7990
10% MILITARY DISCOUNT

CHECK OUR GREAT TICKET PRICES! MANILA or BANGKOK SPECIAL

\$595 WITH TAX
FROM LOS ANGELES

ASK US ABOUT OTHER ASIA DESTINATIONS AIRFARE

LAYAWAY PLAN AVAILABLE

SOME RESTRICTIONS APPLIES. PRICES SUBJECT TO CHANGE. CST 2007746-10

Visit our facebook page



Visit our website: www.travelnetworksan.com

7888 Dagget St, Suite 102

San Diego, CA 92111

858-292-2888 • Fax 858-292-2887

email: travelnetworksan@gmail.com

VA Disability Claim Denied? Know Your Rights and Don't Take "No" for an Answer!

Why Risk a Permanent Denial and Lose Back Pay?

Call or Text the Professional Advocates Today!

No Fees Unless You Win - Free Consultation

760-585-4665

www.VetDisabilityAid.com

Pay it forward: Marines support homeless vets Stand Down

by Lance Cpl. Jake McClung

SAN DIEGO - Marines with Marine Wing Support Squadron (MWSS) 373 supported the Veterans Village of San Diego during their annual Homeless Veteran Stand Down last weekend at San Diego High School.

The stand down offered homeless veterans shelter and provided services such as medical care, dental care, legal assistance, haircuts and food for three days.

"MWSS-373 has been providing support to make this event possible, ranging from building and maintaining tents to setting up cots for over 2,000 homeless participants this year," said 1st Lt. Andrew Wallace, MWSS-373 site officer for VVSD.

Veterans Village of San Diego was established in 1981 with the goal of giving back to the community by assisting homeless veterans who face substance abuse or have mental health concerns. The organization is committed to its motto "leave no one behind" and provides services to more than 2,000 veterans each year.

"These are homeless veterans who have nowhere else to go so it is important for us to give them these services, whether it is putting food in their bellies or just providing them with a place to stay for a



Marines and other volunteers set up tents for the stand down. photo by Lance Cpl. Jake McClung

few days," said Marine volunteer Cpl. Eddie Salazar.

Marines with MWSS-373 provided equipment such as cots, tents, chairs and fork lifts; many also volunteered their time by preparing work stations and sleeping quarters, distributing food and drinks as well as greeting

veterans attending the stand down.



Enter here for a chance to win.

The Armed Forces Dispatch wants you to be a

WINNER!

Enter for a chance to win 2 passes to

Del Mar Thoroughbred Racing

The passes are good for the racing season, through Sept. 4.

Rules: Fill out the entry form below and send it to us at: Dispatch Newspaper/Del Mar racing, P. O. Box 600600, San Diego, CA 92160. Entries must be in our office by Wed., Aug. 2, 2017. One entry per family. Must show ID upon pickup. Entries may also be submitted via e-mail to contest@navydispatch.com, Subj: Del Mar racing. Include all information requested below in online entries. Winners notified by telephone.

Armed Forces Dispatch Newspaper/Del Mar racing
Wed., Aug. 2, at noon.
Please answer all questions to be eligible.

name _____

address _____

city, state, zip _____

phone _____

What radio station do you listen to? _____

Active duty military (which base): _____

Military spouse/family member _____

Civilian _____

Retired military _____

Career & Education

INTERPERSONAL EDGE: Manage your personal 'brand' online

by Dr. Daneen Skube

Q. I really enjoy being on social media but am starting to become concerned about managing "my brand" in the workplace. I know material I put on the internet can forever haunt me. Do you have guidelines or suggestions on how to use social media and the internet to help and not hurt their careers?

A. Yes, realize that everything you have ever posted is available for a clever employer to discover. Everything you've ever bought on Amazon, all photos, all Facebook posts, all responses to Facebook posts and so on. You may think that all an employer will see is your LinkedIn profile, but that is not true.

You are also correct that your "brand" or public reputation can be helped or hurt by what customers, employers and coworkers can find if they do an internet background check. Many of us have never comprehensively researched ourselves on the inter-

net, so we don't even know what others may learn about us.

If you are serious about learning about your public information, spend the money to have a private investigator do a thorough background check on you. You'll be shocked at how much information is easily available about your personal affairs.

Armed with this information, you can now proceed to improve your privacy and your image. Stop posting anything you wouldn't want everyone to know about you. You can also consider steps to make your private affairs private.

I have clients who use anonymous PO boxes where their mail comes rather than making it easy to find their home address. I have clients with anonymous Amazon accounts. I also have clients who use different versions of their name on separate LinkedIn profiles to feature different skill sets.

Privacy in our interconnected

world is simply not a given anymore. Privacy is more of a choice to be attentive and do extra work to protect your private life - such as those opt out disclosures you receive from various institutions where you have to take action to protect your information.

Many people thoughtlessly give out home phone numbers when shopping, have their names on store loyalty cards and readily give out home addresses. What if you started to think before posting photos, making internet comments or volunteering private data? You'd be shocked to

Privacy in our interconnected world is simply not a given anymore. Privacy is more of a choice to be attentive and do extra work to protect your private life - such as those opt out disclosures you receive from various institutions where you have to take action to protect your information.

learn just how much aggregated data is sitting in the internet just waiting for people to find.

The internet can be useful when you are featuring professional blogs you write, articles you've written or accomplishments you'd like to highlight. Just don't use the internet like a personal diary that you believe will only be shared between

friends.

The major lesson I teach my clients is to get out of the habit of internet posting or offering private data without considering the long-term impact of hitting the send button. You have a right to a private life, but it will hurt your career when you share it with the worldwide web.

Q. We have a manager who is getting away with some pretty outrageous behavior. I would like to be the whistle blower, but I know his superiors are

See something wrong, do something right

NCIS understands the concerns facing today's military community. The TEXT, WEB & APP Tip Line is a partnership between NCIS and the military community AND provides service members and civilians a safe, discreet and ANONYMOUS option to report criminal and force protection threats within the USN and USMC without concerns of retaliation. Learn more at www.ncis.mil/reportacrime

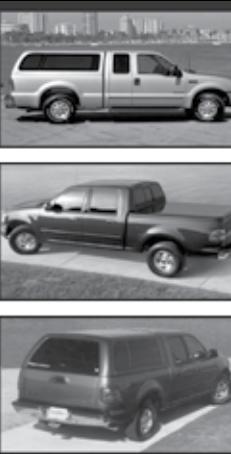


"Go on Kickstarter!"

Allied Universal Security Now Hiring

Allied Universal is looking for energetic individuals with customer service skills that are considering their next job opportunity as a Professional Security Officer. Allied Universal has several positions available throughout San Diego County including Full-time, Part-time and even "on-call" positions that offer flexible scheduling options. Please apply online <http://www.aus.com/careers> or apply in person Mon.-Fri. 8-4 @ 1260 Morena Blvd. San Diego, CA. 92110 or @ our North County Office @ 1030 La Bonita Dr. San Marcos, CA. 92078 EOE/MF/DV Drug Free Environment

TOP QUALITY FIBERGLASS TONNEAU COVERS & TRUCK CAPS



• Improved gas mileage
• Improved security
• Weather protection
• Low profile design
• Smooth, clean lines

• High-strength, honeycombed reinforced
• New SL Model has Patented Hinge System

10460 Mission Gorge Rd. • Santee • 92071
619-749-0742

SNUGTOP
THE PERFECT FIT

Mission Bay Montessori Academy
Preschool - 6th Grade
University City/La Jolla Area • 858-457-5895
www.mbmacademy.com
Lic #376700133

SD Cal Truck Accessories and Equipment
10460 Mission Gorge Rd
Santee, CA 92071
619-749-0742
www.socaltruck.net

- Truck Bed Covers • New and Used Camper Shells • Side Steps • Bed Liner
- Trucks Racks • Tool Boxes • Fuel Tanks
- Carpet Kits • Tow hitches • Mufflers •

MILITARY DISCOUNT
Get \$25.00 off \$300 or more with this ad

You name it,
We've Got It

MAIN AUTO REPAIR "ALL WORK GUARANTEED"

FREE ESTIMATES - Serving Military for Over 23 years

BRAKE SERVICE SPECIAL
from **\$99.95**
Per Axle, Parts & Labor included. Most Cars Standard Brake Packages Don't Wait Until You Have a Problem!

TIMING BELT SPECIAL
from **\$129.95**
Most Cars. Parts & Labor included

A/C Service and Repair

Body Work and Paint

CLUTCH \$219.95
Most Cars. Parts & Labor included.
Includes: Pressure plate and disc. Adjustment, New throw out bearing. Pilot bearing. Inspect flywheel

CV JOINT AXLE
from **\$119.95**
Most Cars. Parts & Labor included

FUEL INJECTION SERVICE
from **\$39.95**
Most Cars. Parts & Labor included

3714 Main Street, San Diego • 619-238-4385

AutoMatters & More: The Ultimate Pop Culture Interactive Experience - San Diego Comic-Con

AutoMatters™ & More



by Jan Wagner

San Diego Comic-Con 2017 offered way more to see and do than could be accomplished thanks to multiple overlapping events, venues spread throughout the downtown area and hours-long lines for the most eagerly anticipated panels, experiences and shopping for limited edition collectables.

Comic-Con demands stamina, careful planning and flexibility – for when you invariably see or hear about things that might be even better than what you had planned on attending.

Getting to Comic-Con was easy and affordable, with free parking at a number of San Diego Trolley stations and up to a 5-day commemorative Trolley pass available for only \$20. Hop on, bypass the traffic and be on your way downtown.

While having a difficult-to-

obtain Comic-Con badge was helpful, that was absolutely not necessary to enjoy Comic-Con. However, let's begin with what you did require one of those coveted Comic-Con badges for: admission to the San Diego Convention Center and its myriad meeting rooms and ballrooms. On the ground floor, aisle after aisle were filled with vendors of every kind of pop culture memorabilia that you could imagine, movie studio and TV show exhibits, comic books, autograph signings, games, toys, demonstrations and much more, with all sorts of cool, free swag awaiting those who were in the right place at the right time (no easy feat, given the huge crowds that filled the aisles, and constant orders to "keep moving").

Concurrently running, overlapping panel discussions in rooms that ranged from reasonably intimate to absolutely massive (do a Google search for Hall H, which seats thousands) offered revealing looks at just about anything and everything to do with popular culture including comic books and literature; entertainment history; and breaking news about movies and TV shows, each with their stars, movers and shakers onstage to discuss them, show sneak previews and answer fans' questions, along with explanations

about almost any and every aspect of their production including writing, special effects, makeup, drawing, costuming, prop-making, animation and more, along with associated collectables and toys.

A must-see event for fans of cosplay was the Saturday night "Masquerade."

While all of this did require a Comic-Con badge, some of the absolute best experiences (called "activations") – were way too large to fit within the confines of the San Diego Convention Center. Instead they were waiting to be discovered along the streets radiating outwards from there – and many of those did not require that coveted badge.

Fans of TV's "Mr. Robot" appreciated E Corp for providing a pre-loaded credit card from the Bank of E, redeemable for free food items at a number of convenient downtown restaurants. SyFy and other networks roamed the streets with giveaways promoting their shows.

Surrounding venues included hotels, vacant or temporarily converted commercial spaces, Petco Park (San Diego's downtown baseball stadium), the modern public library, green spaces and even Balboa Park.



Graphic art

Thanks to getting off at the wrong trolley stop one day, I experienced an incredible activation for the upcoming new "Blade Runner 2049" movie. Inside there was a VR-enabled motion ride and recreated movie sets.

After putting on the VR headset, the ride took participants on a flying car chase through the world of the movie. After landing, we walked into a seed set of "Blade Runner 2049," where we interacted with costumed characters from the movie. The extreme attention to detail included falling rain and umbrellas. Near the Chinese restaurant

we enjoyed themed food and beverages – featuring Johnnie Walker whiskey for those of us who were cleared by the bar's bouncer.

Other especially cool activations were for HBO's "Westworld" and Amazon's "The Tick."

A growing trend – and an increasingly attractive alternative to traditional, expensive cable television, is towards content delivered on streaming video, paid subscription services such as Amazon Prime Video, Netflix and Hulu. After the

first episode airs on CBS broadcast television, "Star Trek: Discovery" will move to CBS All Access.

"Adult Swim on the Green" returned with carnival games and prizes on the grass behind the convention center. Nearby was an experience for a new, space themed, science fiction TV show coming this fall to Fox. It is called "The Orville" and it stars

Seth MacFarlane.

To promote their popular, long-running "Vikings" TV series, the History Channel set fire to a Viking ship on the bay.

Free block parties were held at Petco Park for TruTV's "Impractical Jokers" (more than 16,500 fans attended!) and MTV's "Fandom Fest."

Join in the conversation. Send your comments and suggestions to AutoMatters@gmail.com.

Copyright © 2017 by Jan Wagner – AutoMatters & More #499

CHEERS TO THE SUMMER SEASON



FREE & EASY WEDNESDAYS

Half-Price Tacos and \$5 Margaritas in 17 Hands Pub

FREE Stretch Run Admission • FREE Seat • FREE Program
Half-Price Coors Light • Half-Price Sodas • Half-Price Hot Dogs

Every Wednesday, admission is FREE. Let us repeat that ... FREE. Not only is it FREE to get in but you'll receive a FREE program, seat and HALF-PRICE on beer (domestic drafts), sodas and hot dogs at select Stretch Run and Clubhouse concession stands. Nothing is better than FREE.



Offer good for Diamond Club Members only.
Sign up for FREE at the Diamond Club booths outside
the Stretch Run gate or the Del Mar Mobile App.

DEL MAR FRIDAY HAPPY HOUR UNTIL 6 PM

Until 6 p.m. every Friday at Del Mar enjoy half-priced Signature Drinks, including the Del Margarita and the Del Martini. Then go from cocktail to concert and rock out to the star-studded tunes of this year's concert series lineup.

HALF-OFF ALL SIGNATURE COCKTAILS

DelMarRacing.com

On Base & On Board

Twilight Sprint Reverse Triathlon Thursday, July 27, 5:30 pm NBSD Admiral Prout Track and Pool, Bldg. 3279 Push yourself to try something new! Run 2.5-miles, then ride 10-miles on a spin bike, and finish with a 400-meter swim. Sign up today by calling 619-556-7444.

Sunset Yoga Thursday, July 27, 6-7:30 pm, \$5 NASNI, Navy Lodge, Bldg. 1401-A Enjoy a beautiful sunset yoga session on the grass near the beach. Fee includes instruction, mat and make-your-own parfait bar. Registration required: 619-437-3190

Command Boat Bash Challenge Friday, July 28, 11 am-1 pm, FREE NASNI, VADM Martin Fitness Center, Bldg. 1507 Build camaraderie with your command while building a cardboard boat. Instructions on build provided at time of registration. Offsite builds allowed with pre-registration. Day-of builds available between 9-11 am. Prizes for 1st, 2nd and 3rd place, plus Most Creative. Music, food and fun provided! Registration required: 619-437-3190

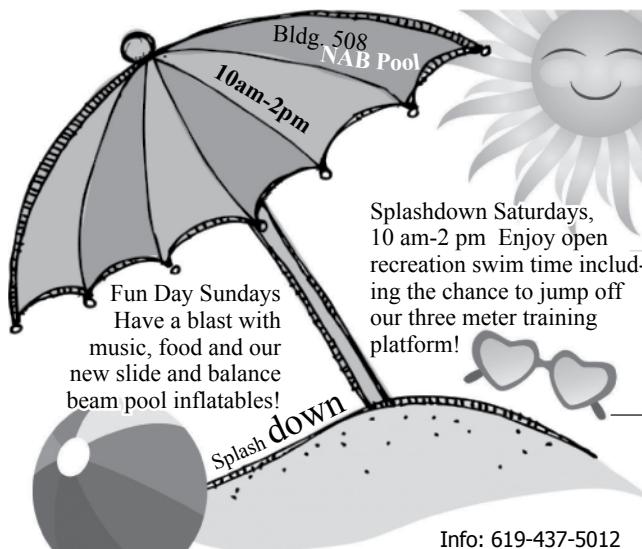
Dive-In Movie Nights @ NMCSDF Fridays, July 28, Aug. 25 & Sept. 15, 5:30 pm, FREE Balboa Athletic Complex Pool, NMCSDF, Bldg. 12 Cool off in the pool with good music, yummy goodies and lots of fun! Events are open to all MWR patrons. Register today by calling 619-532-6080. July 28: Beauty and the Beast (2017) (PG) Aug. 25: Sing (PG) Sept. 15: The Smurfs 2 (PG)

Watercolor & Wine Night Friday, July 28, 5 pm, \$10 NBPL, Main Base, The Clubhouse, Bldg. 546 Put your creativity on display! Bring your friends, bring your family, and paint your own masterpieces. This is an all-ages event. Cost includes instruction and supplies. Registration required: 619-553-9138

Casino Night Friday, July 28, 7-9 pm, \$10 (18 yrs.+) NBSD Admiral Robinson Recreation Center (Bowling Center) Play your favorite casino games such as craps, blackjack, roulette and poker with professional dealers. Turn your winning chips into a chance to win amazing prizes at night's end! (Must be present to win.) Registration required: NBSD 619-556-9597, NAB 619-437-3190, NBPL 619-553-9138

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

Inflatable Day Saturday, Aug. 19, 11 am-1 pm, FREE NBSD Golf Performance Center Inflatable Day returns to NBSD! Enjoy huge inflatables such as the rugged Warrior Obstacle Course, Wipeout



and much more! Registration required: NBSD 619-556-9597, NAB 619-437-3190, NBPL 619-553-9138

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

Weekends Just Got Cooler in Coronado! The fun lasts all summer at the NAB Pool, Bldg. 508. For more information call 619-437-5012. **Splashdown Saturdays**, 10 am-2 pm Enjoy open recreation swim time including the chance to jump off our three meter training platform! **Fun Day Sundays** Have a blast with music, food and our new slide and balance beam pool inflatables!

HAPPENINGS LISTED FROM PREVIOUS ISSUES.... COMMUNITY RECREATION

Intro to Sewing Saturday, July 29, 11 am, \$10 NBPL, Main Base, The Clubhouse, Bldg. 546 Learn the basics of sewing! Bring your own machine to class and we'll make an aromatherapy heating pad.

Cost includes instruction and supplies. Your own sewing machine is required. Registration required: 619-553-9138

Shark Snorkeling Sunday, July 30, 8-10 am, \$30 (10 yrs.+) Meet at Kellogg Park, La Jolla Shores Join aquarium naturalists and visit with leopard sharks in their underwater home off the La Jolla coast. Intermediate swimming ability is required and snorkeling experience is recommended. Fins, masks and snorkels provided. Register: 619-556-9597

Paddle at the Point: SUP 101 Sunday, July 30, 9 am, \$10 NBPL, Main Base, Smuggler's Cove Learn the basics of stand up paddleboarding! Cost includes instruction and paddle equipment. 18 yrs. and under must be accompanied by a parent. Registration required: 619-553-9138

Storytime & Craft Wednesday, Aug. 2, 10-11 am, FREE SAY San Diego-Military Family Resource Center, 3487 Santo Rd. Join us for toddler storytime and craft with special Outdoor Fun theme. All supplies provided. Register: 619-556-9597

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

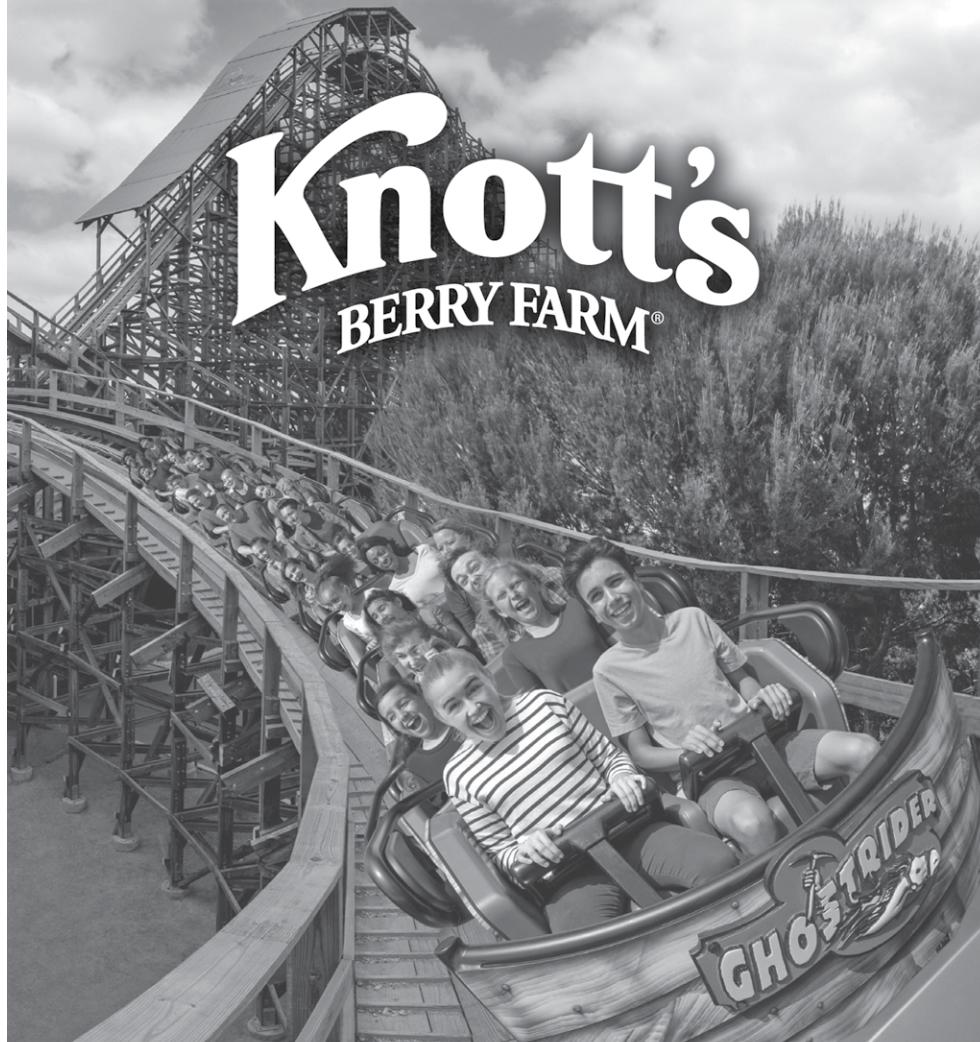
Kayak & Stand Up Paddle Board Day Friday, Aug. 4, 11 am, \$10 (12 yrs.+) Fiddlers Cove Marina, 3205 Highway 75 (First exit south of NAB Coronado) Learn basic kayak and stand up paddle board skills. We're enjoying time on the water for 2 hours, so bring sunblock and plenty of water. Registration required: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

LIBERTY

Safari Park Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Balboa Liberty Center, NMCSDF: 619-532-8909 Saturday, July 29 • 8 am • \$2 active/\$45 guest It's back by popular demand! Cost covers transportation and entrance to the park.

Kayak Coronado Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Balboa Liberty Center, NMCSDF: 619-532-8909 Sunday, July 30 • 8 am • \$2 active/\$20 guest Kayak off the coast of Coronado Island and enjoy the views of downtown San Diego. Sign up by 7/27.

Pottery Class Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Liberty Hall, NBPL Harbor Drive Annex: 619-524-0961 Saturday, July 29 • 11 am • \$20 Make a piece of pottery with your own hands. Cost includes class and transportation.



**Knott's
SOAK CITY®
WATER PARK**

Get your **DISCOUNT TICKETS** at your local Military Ticket Office

Cedar Fair Entertainment Company® ©2017 Cedar Fair, L.P. KB17-236

The princess and the pee



by Lisa Smith Molinari

When you're a military family stationed in Timbuktu, you can't rely on relatives to watch your pets when you're on vacation. Our military family has learned that trading pet care favors with friends isn't always the best alternative.

Except for the time I completely forgot to feed a fellow military spouse's cat over a long weekend (the kitty lived and somehow we're still friends,) we happily exchanged pet-related favors with our military friends for many years.

That is, until we met P'Nut.

We were stationed at Naval Station Mayport, Florida, and P'Nut was a 7-pound pomeranian-chihuahua mix owned by our base neighbor, Tara.

P'Nut ate a quarter cup of kibble a day and Goldfish crackers as doggie treats. During the day, she lounged in a skillet-sized doggie bed, and thought a long walk was to the mailbox and back. At night, P'Nut was carried to a pink crib beside Tara's bed.

By contrast, our labradoodle,

Dinghy, was 110-pounds, with a perpetually dripping beard. He scarfed five cups of food a day, along with whatever he found while rooting through the bathroom trash. His four daily walks were measured in miles, and Dinghy was infamous for dragging his walker when he spotted a cat, lizard, sand crab, bird or butterfly. His favorite place to sleep was curled around the cool base of the toilet.

piece of cake this favor was turning out to be, P'Nut's minuscule black lips peeled back from her needle-like teeth and she lunged for my fingers. I sprung backward and let out an embarrassing shriek.

Chalking the incident up to a fluke, I cooed, "Does widdle P'Nut wanna go on a wicky-walk? Oh, yes you do, you sweet little th.... AHHHHH!"

the meat and potatoes of life

And as Tara learned the week she agreed to take care of him while we were on vacation, Dinghy had a surprisingly delicate digestive system. Apparently, Dinghy's "business" was the consistency of Grey Poupon the entire week were gone.

By the time we returned from our trip, our entire base housing neighborhood was talking about Tara's ordeal, so when she asked me to walk P'Nut one afternoon, I jumped at the chance to return a favor.

Following Tara's specific instructions, I opened her garage door and entered the laundry room at exactly 5:30 pm, then carefully scooped exactly one-quarter cup of kibble into P'Nut's tiny food dish.

As instructed, I informed P'Nut that it was "time to go outside" and led her into the open garage. While making soothing noises, I approached P'Nut with the tiny, rhinestone-studded leash.

Just as I was thinking what a

Relieved to find my fingers intact, I decided to ask the next door neighbors for assistance. I told them how sweet little P'Nut was attempting to sever my limbs with her razor-sharp teeth. The husband, a burley Navy helicopter pilot, stepped confidently toward P'Nut, declaring, "Oh, I'll pick her up - how hard can it be?"

What happened next can only be described as mayhem. P'Nut flashed her fangs and dashed around the garage squealing like a pig while the pilot, his wife and I gave chase. When the dust settled, the pilot was back on his porch, yelling, "I don't think she likes me!"

Considering P'Nut's extreme obstinacy, we gave up the on the walk, and tried to get the little diva back in the house. For 20 more minutes, we ran around like the Keystone Cops. I feared that Tara would return to find her petite princess gone for good.

And then, I remembered the bag of Goldfish. I desperately



grabbed a handful of the cheesy morsels from the laundry room shelf and, like a court jester who's been sentenced to the gallows, I bowed before Her Excellency to offer the bribe.

Thankfully, P'Nut accepted.

The life-threatening nature of my experience with P'Nut had arguably paid my debt of service to my friend Tara. However, I decided that it was time for me to get out of the pet care business.

Next week, our dog, Moby, is going to a kennel while we're going on vacation. It's not free, but peace of mind is worth every penny.

OPTIONAL ASIDE:

[At each duty station, ask for "the gouge" on kennels and pet sitters. Get references from people you know to back up online databases like yelp.com, care.com, rover.com, or petsitters.com. Visit facilities before taking pets to stay. Many kennels allow dogs and cats to interact with other friendly pets, and only crate the animals during feeding or sleeping times. Take your pet's food, medications, and a favorite blanket or toy. As always, ask for military discounts, and enjoy your vacations!]

Back-to-school tips to help reduce stress

(StatePoint) School can be a stressful place, from finding a seat at lunch to making new friends, but don't let supplies be one of those stressors. Make life just a bit easier with the right supplies, so students have more time to focus on the important things. To help reduce stress, consider the following tips and tricks.

Lighten the Load

Students are always on the go -- shuttling to and from school, attending rehearsals, practices and other extracurricular activities, and moving about from class to class. Managing mobility is crucial toward alleviating physical stress.

Use multifunctional tools that can help them carry less, such as the Five Star Flex Hybrid Note-Binder. It acts like a notebook and works like a binder with flexible, durable rings that open and close, allowing students to add, remove or re-sort their papers. Carrying less means less to worry about.

Further lighten the load by carrying only what is needed. Pack backpacks the night before to avoid bringing textbooks or binders that won't be used. Another tip is to look for a backpack that features ergonomic straps to help distribute weight evenly and reduce physical stress. A backpack that has this feature is the Five Star Expandable Backpack; not only that, it also has expanding compartments offering extra room when needed.

Other things to look for are pockets to help keep small supplies organized and easy to find, and padded sections for holding and protecting technology.

Stay Organized

Being organized can reduce so many headaches. Yet somehow, it's all too easy to let backpacks, lockers and even bedroom floors get messy. Use effective organizational tools to ensure assignments aren't misplaced in the shuffle. For example, the Five Star Storage & Organization Divider features mesh storage pockets that are great for smaller school supplies; plus, it can snap into a notebook or be stored in a binder for easy organization of important papers.

Write it Down

Write down assignments as soon as they are given. Being proactive will make sure there are no surprises. A planner is great for accessing information anytime, however you may want to display this crucial information on a wall calendar or planner at home as well.

Remain Balanced

Beyond selecting smart gear, students can help ensure a successful school year by making room in their schedules for activities that help reduce stress, whether that's listening to music, going for a run or spending time with friends. Find a few systems that help keep mental and physical stress low, and work hard to keep them in place throughout the year.

Armed Forces Dispatch

(619) 280-2985 www.armedforcesdispatch.com

Places of Worship

Bayview Baptist Church

6126 Benson Avenue, SD 92114 (619) 262-8384
Sunday 7:00 am, 9:00am and 11:00 am Worship Service
2nd Wednesday's 6pm YLoV and YMvO
Wednesday Night Live (WNL) 7pm
"A Multi-Cultural, Multi Ethnic, Multi Generational Church"
www.bayviewbc.org

Canyon View Church of Christ

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

Christ Community Church

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

City of Praise

The Perfect Place for Imperfect People to Mature in Christ!
A place to belong with exciting life related messages for everyday living.
See you at Sunday School - 9:00am & Sunday Morning Celebration 10:30am
Tues Bible Connection-7pm Location: 2321 Dryden Rd., El Cajon, CA 92020
619.749.1767 visit us at www.thecityofpraise.org & twitter@citybishop
Bishop Stephen M. Brunson, Senior Pastor, USN, Retired

First Baptist Church

"Reach Up, Reach Out, Reach the World"
Interim Pastor Jim Baize www.fbcoronado.com
Sunday Bible Study 8:45 am, Sunday Worship Service 10 am
Friday's Women's Bible Study 9:30-11:30 am
445 C Ave, Coronado, CA 92118 (619) 435-6588
ariel@fbcoronado.com FB: First Baptist Church of Coronado

First Church of Christ, Scientist, Chula Vista

A healing church to bless the community - all are warmly welcomed!
Sunday: Worship Service and Sunday School 10 am
1st Sunday: Worship Service in Spanish 2 pm
Wednesday: Testimony Meeting 7 pm
Reading Room: 300 Third Avenue, Chula Vista Tu-Sat 10 am-2 pm
Church: 41 11th Street, Chula Vista, CA 91910
(619) 422-6400 www.prayerthatheals.org

Lighthouse Baptist Church

"Where the Shout has not Died Out"
1345 Skyline Dr, Lemon Grove, CA 91945
Sunday School and Adult Bible Classes: 9:30 am
Sunday Morning Service 11am, Sunday Evening at 5:30pm
Midweek Service and Teen Church, Thursdays at 7pm
www.lighthousebaptist.com (619) 461-5561

Mesa View Baptist Church

Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant
Seeking Sinners; Saving Souls, Strengthening Saints
Sunday Church School at 8:45 am
Morning Worship at 10 am
Wednesday Night Bible Study 7 pm
13230 Pomerado Rd, Poway CA 92064
www.mesaview.org (858) 485-6110

Mt. Moriah Christian Church

"Purpose Driven" Gospel Church
Multi- Cultural, Non-Denominational
Services on Sunday at 9 a.m. and 11 a.m. Near Miramar Base
L.J. Thomas - Sr. Pastor
7055 Carroll Rd, San Diego CA 92121
(858) 335-5795 www.mtmoriahcc.org

St. Luke's Lutheran Church

5150 Wilson Avenue, La Mesa, CA 91942
Phone: 619-463-6633
website: www.st-lukes-la-mesa.org
Worship: 9:00 am
Pastor: Mark Menacher, PhD.
We thank you for your service!

The Refinery Church

An American Baptist Church
A place for you to meet with God
Sundays at 10:30am
494 E Street, Chula Vista
619-422-0121
www.refinery.church
Classes available for kids of all ages

University Christian Church (Disciples of Christ)

Discover the Difference!
Bible Study @ 9am & Worship @10am (Yes! We provide childcare!)
3900 Cleveland Ave San Diego, CA 92103
www.uchristianchurch.org <https://www.facebook.com/uchristianchurch/>
<https://www.youtube.com/channel/UCMkyNpMS2Z2BL70I30wA>
All are welcome! We are an open and affirming congregation.

USS Dewey set to return home

Arleigh Burke-class guided-missile destroyer USS Dewey (DDG 105) is scheduled to arrive at Naval Base San Diego July 31 following their four-month deployment to the Western Pacific. Dewey and embarked Helicopter Maritime Squadron (HSM) 78, along with USS Sterett (DDG 104) and embarked HSM 49, deployed as part of the Sterett-Dewey Surface Action Group (SAG) and departed San Diego for the Western Pacific March 31.



Under the operational control of U.S. 3rd Fleet, Dewey conducted routine patrols, maritime security operations and theater security cooperation activities with allies and partners to enhance regional security and stability throughout their deployment. Dewey participated in several bilateral exercises with Japan Maritime Self-Defense Force and joint exercises with the U.S. Air Force.

Dewey Sailors enjoyed port visits in Hawaii, Guam, and Japan, where they were able to experience local cultures and customs, and participate in community outreach activities

and Navy Morale Welfare and Recreation (MWR) tours.

Throughout deployment 38 Sailors earned their Enlisted Surface Warfare Specialist Qualification, 23 Sailors earned their Enlisted Aviation Warfare Specialist Qualification, five officers earned their Surface Warfare Officer Qualification, and one officer earned Surface Warfare Supply Corps Qualification. Dewey celebrated 54 advancements, four meritorious advancements and seven officer promotions.

"I'm proud to have led this crew through a very busy and challenging four month deployment."

"These women and men worked extremely hard day-in and day-out to accomplish every task and fulfill every mission we were assigned. They continue to do their job right! Thank you to all of our Dewey families and friends for your love and support throughout deployment. We are excited to be back home in San Diego!"

As established during the three-ship Pacific Surface Action Group deployment in 2016, Sterett-Dewey SAG remained under U.S. 3rd Fleet control, including beyond the international dateline which previously divided operational areas of responsibility for 3rd and 7th Fleets.

Third Fleet operating forward offers additional options to the Pacific Fleet commander by lever-

Cmdr. Anthony Webber, commanding officer of destroyer Dewey addresses Sailors on the fo'c'sle during an all-hands call June 30. Navy photo by MC3 Kryzentina Weiermann

veraging the capabilities of both fleets. This operational concept allows both numbered fleets to complement one another and provide the foundation of stability in the Indo-Asia-Pacific region.

Dewey is homeported in San Diego and is part of the U.S. Naval Surface Forces and U.S. 3rd Fleet. Third Fleet leads naval forces in the Pacific and provides the realistic, relevant training necessary for an effective global Navy.

**TAKE A MOMENT
OUT OF YOUR DAY
& TAKE THE FLEET
AND FAMILY
READINESS SURVEY.**



COMPLETION OF THE SURVEY QUALIFIES
YOU TO ENTER THE SUMMER SIZZLE DRAW-
ING, A CHANCE TO WIN AN MWR GOODIE
BAG WITH FAMILY 4 PACK OF TICKETS.

[HTTPS://WWW.SURVEYMONKEY.COM/R/NBSDFAMILYREADINESS](https://www.surveymonkey.com/r/NBSDFAMILYREADINESS)



**LIKE US
ON FACEBOOK**

DISPATCH
Armed Forces Dispatch Newspaper

WE ACCEPT VA DENTAL INSURANCE

Dental Art Designs
at EastLake

**GENERAL DENTISTRY,
COSMETIC &
RESTORATIVE DENTISTRY**

We accept
**United Concordia &
Delta Dental
Military Retiree**

**860 Kuhn Dr., Suite 203, Chula Vista, CA. 91914
619.656.9393 • www.dentalartdesigns.com**



Juan Andre Gomes, DDS
Diana Vasquez, DDS



JoinSDSheriff.net

A LIFE OF SERVICE



JOIN THE SAN DIEGO SHERIFF'S DEPARTMENT



CORAL SEA (July 19, 2017) - Sailors aboard USS Sterett (DDG 104) line up rounds for the MK 45 five-inch gun in the deep magazine during a naval surface fire support exercise as part of Talisman Saber 17. The exercise is intended to flex the "Up-Gunned Expeditionary Strike Group (ESG)" concept using cruiser and destroyer assets to protect the ESG. Navy photo by MC1 Byron C. Linder



SAN DIEGO (July 23, 2017) - Boatswain's Mate 2nd Class Kendra France (middle) and Gunner's Mate 3rd Class Anquinette Holley take a photo with actress Bridget Regan at the Season 4 premiere of TNT's television series The Last Ship. The event was held at the Naval Base San Diego movie theater. Navy photo by MC2 Indra Bosko



SAN DIEGO (July 14, 2017) - Sailors with Commander Naval Air Pacific's (CNAP) MWR committee arrange balloons during their recent command picnic. Navy photo



PACIFIC OCEAN (July 16, 2017) - Sailors plot the location information for a dead reckoning tracker during well deck operations aboard amphibious assault ship Essex. The ship is underway conducting sea trials off the coast of Southern California.

Navy photo by
MC2 Irwin D. Sampaga

NAS NORTH ISLAND DEPARTURES			
TO REGISTER ONLINE, FORWARD YOUR FULL NAME, RANK, AND IF ACTIVE, RETIRED OR RESERVE TO			
NASNI_AIR_TERMINAL_MANAGER@NAVY.MIL			
SHOW TIME IS 2 HOURS PRIOR TO THE TIMES POSTED BELOW			
2 CHECKED BAGS TOTALING 40 LBS MAX PER PERSON			
PLUS A SMALL CARRY ON, 20 LBS MAX PER PERSON ON A C20 AIRCRAFT			
NO OPEN TOE SHOES ALLOWED ON FLIGHTS			
FRIDAY, JULY 28, 2017			
Fit #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4887	C40	13:24	JACKSONVILLE(121)
CNV 4870	C40	14:15	LEMOORE(121)
SATURDAY, JULY 29, 2017			
Fit #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4870	C40	09:00	NELLIS(121)
CNV 4682	C40	09:30	FALLON(121)
SUNDAY, JULY 30, 2017			
Fit #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4242	C40	09:00	LEMOORE(71)
MONDAY, JULY 31, 2017			
Fit #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4842	C40	09:00	LEMOORE(121)

ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

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

FRANK
TOYOTA



2400 NATIONAL CITY BLVD.

888.217.1866

www.franktoyota.com

4-WHEEL ALIGNMENT



WAS \$19.95

\$89.95

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

Toyotas, Hyundais or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 8/31/17

**PLUS
10% OFF**

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

FRANK
HYUNDAI



3150 NATIONAL CITY BLVD.

866.542.8238

www.frankhyundai.com

Military Special Only

OIL & FILTER CHANGE

\$29.95



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

Synthetic, V6 & V8 additional. Toyotas, Hyundais or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write-up. Offer expires 8/31/17

FRANK
SUBARU

2940 NATIONAL CITY BLVD.

888.207.1891

www.franksubaru.com

FRONT BRAKE SPECIAL

**FRONT BRAKE
SPECIAL**

\$50 OFF

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

Toyota, Hyundai or Subaru only. Most models. Must present coupon. Not valid with any other offer or discount. Valid only at Frank Auto Motors locations. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 8/31/17



Like us on Facebook
facebook.com/franktoyota
facebook.com/frankhyundai
facebook.com/franksubaru

Follow us on Twitter
twitter.com/franktoyotasd
twitter.com/frankhyundai
twitter.com/franksubaru



WE HONOR OUR MILITARY!!



\$500 MILITARY BONUS CASH AVAILABLE ON ALL MODELS**

SUMMER
CLEARANCE
EVENT



NEW 2017 JEEP CHEROKEE LATITUDE

Ambient LED Interior Lighting • Back-Up Camera

NET COST

\$17,888

MSRP \$27,435. 2 available at this offer - VIN #561788, 559855. Perry sale price: \$23,888. \$4,000 factory rebate + \$500 chrysler capital* + \$1,000 factory competitive lease conquest*, \$500 military appreciation rebate**. Tax, license and doc fee extra. With approved credit thru Chrysler Capital.



NEW 2017 DODGE CHALLENGER SXT

Uconnect® 5.0 • 305-HP 3.6L Pentastar® V6 Engine

NET COST

\$21,888

MSRP: \$28,090. 5 available at this offer. Perry sale price: \$26,638. \$2,750 factory rebate + \$1,000 factory competitive lease conquest + \$500 military appreciation rebate + \$500 trade assist. Tax, license and doc fee extra.



NEW 2017 RAM 1500 EXPRESS QUAD CAB 4X2

PARKVIEW™ BACK-UP CAMERA • UCONNECT® 5.0

24 MONTH LEASE

\$189 + TAX /MO

MSRP: \$35,900. 5 available at this offer. \$2,995 due at signing plus first months payment, tax & license. 10k miles per year. Includes \$5,250 factory rebate + \$1,000 factory competitive lease conquest* + \$500 military appreciation rebate**. No security deposit. With approved credit. Residual value of \$21,181.

www.PerryChrysler.com
2340 National City Blvd (877) 325-8099

*Requires competitive brand lease. **With credit approval through Chrysler Capital. ***Trade in any Chrysler Group vehicle or any competitive brand vehicle. *Eligible consumers include: active military, active military reserve, retired military and retired military reserve (both honorably discharged). Honorably discharged veterans within 12 mos of discharge date & 100% disabled veterans are eligible. ***With approved credit. All advertised prices exclude government fees & taxes, any finance charges, any dealer document preparation charge, acquisition fee & any emission charge. Offers expire close of business 7/31/17.

PERRY CHRYSLER • DODGE • JEEP • RAM PRE-OWNED SPECIALS



2011 DODGE AVENGER LUX
\$8,995
#546376



2012 DODGE GRAND CARAVAN
\$9,995
#419787



2013 VOLKSWAGEN BEETLE
\$11,995
#692446



2015 DODGE DART SXT
\$11,995
4 TO
CHOOSE FROM!



2015 FORD FOCUS SE
\$11,995
#329069



2015 CHRYSLER 200 LIMITED
\$13,995
3 TO
CHOOSE FROM!



2016 JEEP PATRIOT
\$14,995
#553077



2016 JEEP COMPASS
\$15,995
4 TO
CHOOSE FROM!



2015 MAZDA 6 I TOURING
\$17,995
#181412

2340 National City Blvd (877) 325-8099

MON-SAT: 8:30am-9:00pm SUN: 9:00am-8:00pm | www.PerryChrysler.com

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. Offers end close of business 7/31/17.



Department of Homeland Security Secretary John Kelly greets members of Maritime Safety and Security Team San Diego that participated in the short-notice maritime response on the Coast Guard Cutter Aspen. MSST San Diego provides the nation a unique and scalable maritime law-enforcement capability against vessels and people posing a threat to the global supply chain. Coast Guard photo by Petty Officer 3rd Class DaVonte' Marrow

DHS Secretary observes maritime short notice response exercise



Navy helicopters from Coronado deploy members of Maritime Safety and Security Team San Diego onto the cutter Aspen. photo by Petty Officer 3rd class DaVonte' Marrow

SAN PEDRO, Calif. - Department of Homeland Security Secretary John Kelly visited Coast Guard Cutter Aspen July 20.

While underway aboard Aspen, Kelly observed Maritime Safety and Security Team San Diego perform a readiness exercise showcasing how the Coast Guard responds to emergency law-enforcement incidents at sea.

The MSST crew fast-rope from two Navy MH-60 Seahawk helicopters from Coronado aboard Aspen.

The Coast Guard is essential to a global supply chain system that supports innovation and prosperity by ensuring the secure and reliable movement of goods within our domestic borders and around the world.



Members of the Coast Guard Marine Safety and Security Team San Diego performed a short-notice maritime response exercise on the Coast Guard Cutter Aspen, July 20, 2017, in San Pedro, California. MSST San Diego is trained in the detection and identification of weapons of mass destruction, evidence preservation and law enforcement case packaging. Coast Guard photo by Petty Officer 3rd Class DaVonte' Marrow.

America ARG, 15th MEU enter 7th Fleet

PACIFIC OCEAN - The America Amphibious Ready Group (ARG) and embarked 15th Marine Expeditionary Unit (MEU) arrived in the U.S. 7th Fleet area of operations, July 23, after concluding operations in U.S. 3rd Fleet.

While in 7th Fleet, the America ARG/15th MEU will participate in bilateral training exercises and conduct operations throughout the Indo-Asia-Pacific region.

The series of scheduled bilateral engagements is meant to strengthen interoperability with allies and partners in order to enhance regional security and stability.

"Our blue-green team is a highly lethal, mobile, and ready force and we are looking forward to the opportunities that are in front of us," said Capt. Rome Ruiz, commander, Amphibious Squadron (CPR) 3. "Our time in 7th Fleet will allow us to work with different partner nations, experience their rich cultures, and demonstrate our commitment to contributing to regional stability."

Following their departure from their homeport of San Diego, the ARG/MEU conducted training in Hawaii, which allowed Sailors and Marines to sustain some of the skills they developed during a comprehen-



sive six-month pre-deployment training cycle.

"What makes this naval, expeditionary force so unique is our ability to operate simultaneously on the sea, ashore, and in the air, and to move seamlessly between those domains. That is the value of amphibious forces," said Col. Joseph Clearfield, the 15th MEU commanding officer. "This Navy/Marine Corps team prides itself on the expeditionary capabilities we bring to the 7th Fleet as a ready and responsive force."

The America ARG/15th MEU will provide senior U.S. military leadership and coalition partners with a flexible force which can rapidly respond to contingencies and crises within a region.

With ships, aircraft, troops, and logistical equipment, the ARG/MEU is a self-contained

and self-sustained task force, capable of conducting everything from combat operations to humanitarian assistance.

The America ARG, commanded by CPR 3, consists of the amphibious assault ship USS America (LHA 6), the amphibious transport dock USS San Diego (LPD 22), and the amphibious dock-landing ship USS Pearl Harbor (LSD 52). They will operate with embarked forces of the 15th Marine Expeditionary Unit (MEU), the "Wildcards" of Helicopter Sea Combat Squadron (HSC) 23, and detachments from Assault Craft Unit 5, Naval Beach Group 1, Beachmaster Unit 1, Fleet Surgical Team 1 and Tactical Air Control Squadron 11.

The 15th MEU is a Marine Air-Ground Task Force comprised of a ground combat element, Battalion Landing Team 1st Battalion, 5th Marines; an aviation combat element, Marine Medium Tiltrotor Squadron 161 (Reinforced); and a combat logistics element, Combat Logistics Battalion 15.

The 7th Fleet's area of operation spans more than 124 million square kilometers, stretching from the International Date Line to the India/Pakistan border, and from the Kuril Islands in the north to the Antarctic in the south.

Pearl Harbor arrives in Pearl Harbor

PEARL HARBOR - The crew of USS *Pearl Harbor* (LSD 52) arrived here July 14 for their first scheduled port visit of their deployment.

The ship's arrival at its namesake location marks the first time *Pearl Harbor* has visited Hawaii since completing Pacific Partnership in 2013, followed by a nearly two-and-a-half-year long maintenance period.

"It's only fitting that our first port visit after a major overhaul and work-up period should be to our namesake, Pearl Harbor," said Cmdr. Theodore Essenfeld, the ship's commanding officer. - by MC3 Tarra Samoluk



Pinckney tests mass casualty response team

5TH FLEET AREA OF OPERATIONS - USS *Pinckney* (DDG 91) tested the readiness of its mass casualty response team during a simulated real-world scenario July 21.

Pinckney conducted the drill upon entering the 5th Fleet to gauge their mass casualty response abilities in preparation for their upcoming security operations and fleet tasks.

"The drill helped prepare us in the event of a mass casualty," said Hospital Corpsman 1st Class Kian Jno-Baptiste. "We test how well we coordinate getting supplies, notifying the right people for corrective action, moving bodies and preparing for evacuation." - by MC2 Craig Z. Rodarte

NAVFAC GeoReadiness Program Honored

SAN DIEGO - Naval Facilities Engineering Command's GeoReadiness Installation Geospatial Information and Services program received the International Special Achievement in Geographical Information System award at the annual Esri User Conference.

Founder and president of Esri, a leader in spatial analytics, Jack Dangermon, presented the award reserved for global organizations in recognition of their innovative use of GIS to collect data, extrapolate it, make informed decisions, and effect change.

NAVFAC's GeoReadiness Enterprise program provides products and services that meet the requirements defined by a diverse set of business lines.

Engineers earn top honors

SAN DIEGO - A whopping five engineers from Space and Naval Warfare Systems Command (SSC) Pacific were selected as Top Scientists and Engineers of the Year by the Assistant Secretary of the Navy for Research Development and Acquisition.

"I commend all five of our SSC Pacific Top Engineers of the Year award winners on this significant accomplishment," said Carmela Keeney, SSC Pacific executive director. "

They are Aaron Burmeister, Steve Frisbie, Ritesh Patel, Dr. Alex Phipps and Dr. David Wayne. The honorees received the award from Allison Stiller, acting Assistant Secretary of the Navy for Research, Development and Acquisition, on July 13 at the Pentagon.

Chula Vista
236 3rd Ave., 91910

619-476-0060

El Cajon
450 Fletcher Pkwy., 92020

619-440-8171

Laguna Hills
949-462-9961



**DOCTORS.
weight clinic**

**Buy 1 Month
& Get The
2nd Month**

FREE
[\$300 - \$800]
Expires 8/31/17

About Your Health

New tips to ease recovery from addiction

(StatePoint) Those recovering from an addiction know what a major challenge the process can be on the body and mind, as well as on the wellness of friends and family supporting your endeavor.

While a physician should be consulted in working out a recovery plan, there are steps one can personally take to smooth the road ahead.

Thinking Positively

Recovery is an ongoing process, and won't be resolved overnight. Knowing this can help you stay motivated when the going gets tough. Acknowledging but also forgiving yourself for past mistakes is a good place to start.

Including family and friends who have been affected by your addiction in this healing process is important.

Feeling Your Best

Addiction puts major stress on the mind and body. Good nutrition and proper sleep can restore your body's systems and processes.

Seek out a diet that contains probiotics, which replenish the digestive system with beneficial

bacteria that may have been depleted as a result of toxins and chemical overload, poor diet, bodily stress and overall poor digestive health. B-vitamins are needed to energize metabolism and proper cell and muscle function, and fish oil with omega-3 fatty acids is proven to support cognitive function and brain health, joint health, heart health, eye health and more.

However, keep in mind that it can be difficult to satisfy all of one's nutritional needs under normal circumstances, and can be even more challenging when your body is recovering from addiction. In addition to a healthy diet, consider seeking out supplements designed specifically for people in recovery, such as Recovery24, which was developed by addiction recovery experts and a board-certified nutritionist. Recovery24 is designed to replenish your body's nutrients and support sleep, energy, healthy digestion, and overall well-being around the clock. The special formulation contains key nutrients such as probiotics, B-vitamins, fish oil, chamomile, jujube fruit, lemon balm leaf, phosphatidyl serine and antioxidants.

The P.M. Packs are taken 30 minutes before you go to sleep and support a calm, restful sleep.

The road to recovery is challenging and loved ones may also experience their own stresses, sleeplessness and nutritional gaps. Recovery24 supplements are safe and effective even for those not in recovery. More information can be found at TryRecovery24.com.

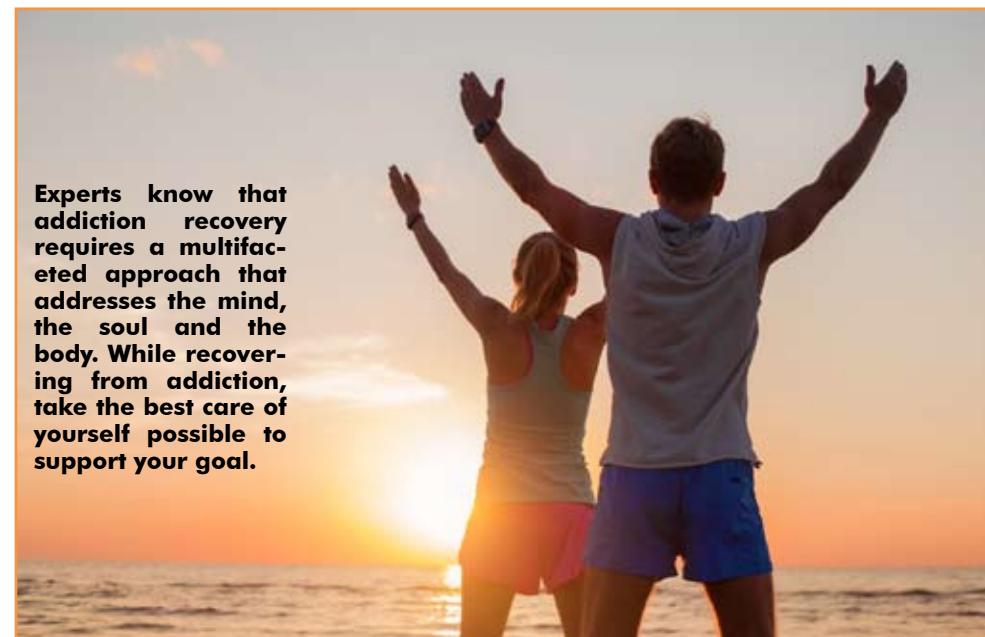
Get Active

Your road to recovery should involve new hobbies and interests. Start with some fun, physical activity to get your body moving, get healthier and boost endorphins. Whether it's training for a 5k or joining a pick-up game of basketball in the park, exercise is a crucial component to your overall wellness.

Get Involved

Consider joining other local organizations -- from being an involved member of a religious congregation to participating in a local volunteer group to taking art or music classes at a community center. It's important to stay focused on positive, healthy activities and goals, and make friends and connections with people who are doing likewise.

Experts know that addiction recovery requires a multifaceted approach that addresses the mind, the soul and the body. While recovering from addiction, take the best care of yourself possible to support your goal.



Join the fun at Naval Hospital Camp Pendleton for Fitness Friday. For Ship Shape classes, to learning practical tips to stay fit.

For more information contact Naval Hospital Camp Pendleton Health Promotions and Wellness at (760) 719-4137.

Ship Shape.
Make today the day



East County Family Dentistry

"Creating Healthy, Beautiful Smiles"

619-443-8447

Dental Care & Orthodontics For All Ages

\$99 New Patient Special
Includes full mouth exam, full mouth x-rays, and cleaning*

FREE Teeth Whitening
After completion of exam, x-rays, cleaning & treatment if needed.
*Some restrictions apply.

\$100 OFF TREATMENT
*Good towards treatment only.
Some restrictions may apply.

IMPLANTS
Stabilize your dentures starting at
\$1500
Some restrictions may apply.



CALL NOW
TO SCHEDULE
YOUR
APPOINTMENT

- Adult Dentistry
- Pediatric Dentistry
- Conscious Sedation Dentistry
- Orthodontics

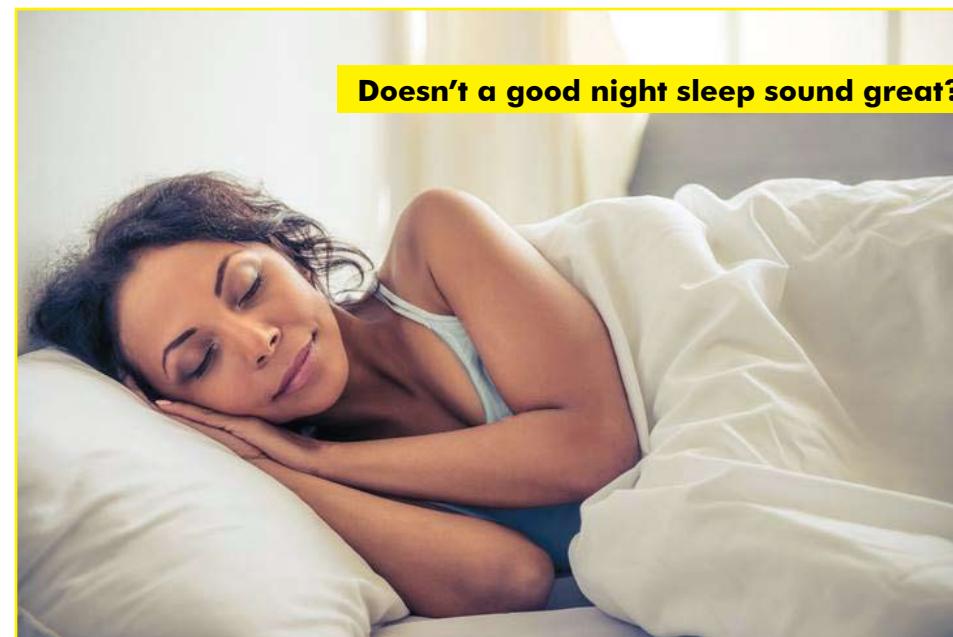
- PPO Providers
- No Insurance, No Problem
- Monthly Payment Plans Available
- Convenient Saturday Hours
- New Patients and Emergencies Welcome!

9710 Winter Gardens Blvd. #C
Lakeside, CA 92040



www.eastcountymedicalgroup.com

Doesn't a good night sleep sound great?



BARBER SHOP
Military Discount
\$2 OFF
Any service - Any day with this coupon



Mon.-Thurs.
Military

Fire & Law Enforcement Discount

Mon.&Wed.
High School Discount

Tues.&Thurs.
College Discount

Mon.-Wed.
Kids Discount

1550 East H. St., Suite A • 619-934-8085

(Across from Bonita High School & Southwestern College)

Doesn't a good night sleep sound great? Good sleep has shown to lead to high levels of positive emotions, more creativity, better critical thinking skills, and improved vigilance. When fully rested you can: - Recover faster if injured - Perform better - Learn more

Good Quality of sleep makes everyone stronger. See your command's Health Promotions and Wellness coordinator.

Entertainment

Balboa Park concerts feature world's largest outdoor pipe organ

San Diego's International Summer Organ Festival, an inspiring line up of concerts at the Spreckels Organ Pavilion in the heart of Balboa Park, each designed to demonstrate the fresh

sound of 101-year-old Spreckels Organ, the largest outdoor pipe organ in the world.

Now through Aug. 28, at 7:30 p.m., the Spreckels Organ

Society presents a series of 10 concerts at the Spreckels Organ Pavilion in Balboa Park. All concerts are free to the public and open to all ages. Friendly, music-loving pets on leash are welcome.

Light snacks, beverages and unique gifts are available on the pavilion grounds, and proceeds from donations benefit the non-profit Spreckels Organ Society,

THE SPRECKELS ORGAN AND PAVILION

The Spreckels Organ in San Diego is the world's largest outdoor pipe organ. This first-of-its-kind organ designed to play for an outdoor audience has been amazing music-lovers since December 31, 1914, when from his presidential desk, Woodrow Wilson touched the telegraph key that set off fireworks and lit the Pavilion's 1,644 incandescent bulbs launching the Panama-California International Exposition.

Among the first of Balboa Park's cultural gems, thanks to the vision of brothers Adolph and John D. Spreckels, the Spreckels Organ is a pipe organ that can perform the full range of musical masterworks. Built by the Austin Organ Co. of Hartford, CT, the Spreckels Organ was deeded to the City on January 1, 1915 at the opening of the Panama-California Exposition and has played steadily ever since. The organ is maintained by L. W. Blackinton and Associates, Dale Sorenson, Curator. The Spreckels Organ is sponsored by the City of San Diego, The Department of Park and Recreation, and the nonprofit Spreckels Organ Society, assuring that this civic treasure entertains music lovers throughout the year.

SPRECKELS ORGAN SOCIETY

The nonprofit Spreckels Organ Society was founded in 1988. For more information about the Society including a listing of upcoming concerts, visit SpreckelsOrgan.org or the Spreckels Organ Society on Facebook or Twitter @SpreckelsOrgan.

30th Annual Spreckels International Summer Organ Festival line up -- Mondays through Aug. 28.

July 31 Ken Cowan, Head of the Organ Program at Shepherd School of Music at Rice University in Houston, Ken Cowan is praised for his dazzling artistry, impeccable technique and imaginative programming.

<http://www.organistkencowan.com/pages/bio.html>

Aug. 7 Christian Lane, Director of Music and Organist of All Saints Episcopal Parish in Brookline, Massachusetts, and also for the chaplaincy of Tufts University.

<http://www.christianlane.com/CL/Home.html>

Aug. 14 Rising Stars Night

Greg Zelek and a return visit by Seamus Gethicker, young talent from American Theatre Organ Society (ATOS). <http://www.gregzelek.com/>

Aug. 21 Silent Movie Night

Steven Ball, Organist for Boardwalk Hall in Atlantic City, NJ. He will offer concert selections before beginning the accompaniment to Buster Keaton's "Seven Chances."

<http://www.atos.org/artist/dr-steven-ball>

http://www.busterkeaton.com/Films/C06_Seven_Chances.html

Aug. 28 Tribute to The Doors

Spreckels Artistic Director and former San Diego Civic Organist Carol Williams is joined by the Carol Williams Band for this combination evening of classical organ and a Tribute to The Doors.

<http://melcot.com/>

*Artists subject to change without notice

I 5th annual Sharp HospiceCare Benefit Regatta returns Aug. 25-26

The largest summer time water event on San Diego Bay, the annual Sharp HospiceCare Benefit Dinner and Regatta, will be held on Friday, Aug. 25 and Saturday, Aug. 26, 2017. Hosted by Sharp HospiceCare, Coronado Yacht Club and Cortez Racing Association, the event will support Sharp HospiceCare's Homes for Hospice program, which offers a unique environment for patients with a life-limiting illness, to meet their needs in a comfortable home setting.

The event kicks off Friday evening, Aug. 25 with a pre-race dinner and silent auction, followed by all-day festivities on Saturday, Aug. 26, when guests will board yachts and cruise along the race course for a breathtaking view of the regatta and San Diego Bay.

To date, the campaign has led to the completion of three hospice residences in the neighborhoods of La Mesa, Del Cerro and Bonita. Leading the effort as event chair for the 2017 regatta



is Tracy Lyon, business development manager for Coffman Engineers. Honorary Chairs are Steven and Dr. Marilyn Norton.

The Pre-Race Event on Friday, Aug. 25, will be at the Hotel del Coronado, 1500 Orange Avenue and begin at 6 p.m. The evening includes a full-course dinner,

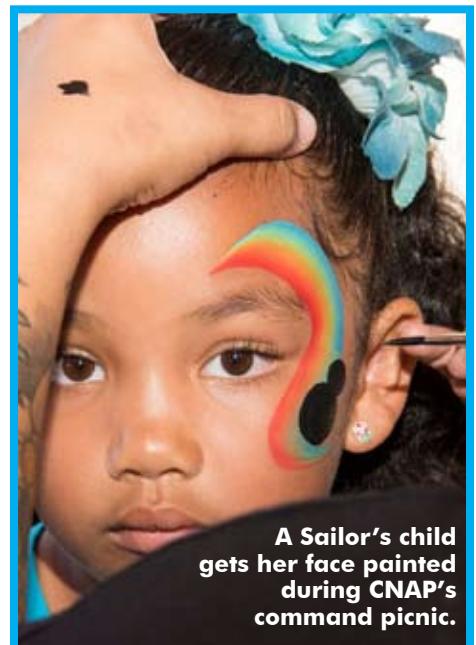
dancing and silent auction. Cost is \$195.

The Race and Spectator Yacht Seating on

Saturday, Aug. 26 will be at the Coronado Yacht Club, 1631 Strand Way and will begin at 11 a.m. Tickets are \$150 and includes yacht reservation, lunch, refreshments, beer, wine and post-race party dinner.

The race portion of the event starts on Saturday at 1 p.m. at the east end of Harbor Island, winding around San Diego Bay and finishing near the Coronado Yacht Club. Competitors will race for a chance to compete in the 2018 Hospice Regattas National Championship in Oswego, New York.

To purchase tickets or learn more about the regatta, visit give.sharp.com/regatta. To find out more about Sharp HospiceCare, please call 1-800-82-SHARP (1-800-827-4277) or visit sharp.com/services/hospice/. Racers can register sailboats to compete in the regatta by visiting cortezracing.com.



A Sailor's child gets her face painted during CNAP's command picnic.

PHO 7 COW
WWW.PHO7COW.COM
1025 Highland Ave.
National City, CA. 91950
619-512-1549

GRAND OPENING

Same great food & service as Pho Cow Cali in Mira Mesa now in National City

Military Family Discount 15% Off the total bill.

www.PHO7COW.COM

Filet Mignon \$8.95

BUY ONE GET ONE FREE BIG BUFORD

Rally's *CRAZY GOOD FOOD*

NOW OPEN

8667 Jamacha Rd. 1004 3rd Ave. 1545 Palm Ave. 931 S. 30th St.
Spring Valley, Ca. 91977 Chula Vista, Ca. 91911 San Diego, Ca. 92154 San Diego, Ca. 92113
619-464-3223 619-476-8780 619-429-3139 619-546-8595

©2017 Checkers Drive-In Restaurants, Inc. All Rights Reserved. Plus Tax. Offer not valid with any other coupons or offers. Cash value 1/100 of 1 cent. Coupon must be present at the time of purchase. Valid at participating locations only. Limit 1 coupon per person per visit. Offer expires on 8/12/17.

Port and City of Coronado celebrate completion of Glorieta Bay boat launch ramp and dock C replacement

The City of Coronado and the Port of San Diego held a joint ribbon cutting ceremony on July 17, 2017 to celebrate the completion of an important \$1.3 million public access project, the Glorieta Bay Boat Launch Ramp and Dock C Replacement.

Coronado Mayor Pro Tem Bill Sandke and City Manager Blair King joined Board of Port Commissioners Chairman Robert "Dukie" Valderrama, Port Commissioner Garry Bonelli, State of California Division of Boating & Waterways Commissioner Doug Metz and other officials to cut the ceremonial red ribbon.

"The City of Coronado is proud to present this public recreational project that has added

many new enhancements to the Glorieta Bay facilities," said Mayor Richard Bailey, City of Coronado. "Now our residents and visitors will be able to enjoy an expanded facility that is modern, functional and accessible for boaters, kayakers and paddle boarders, including people with disabilities."

The project entailed replacing the concrete apron of the boat launch ramp and reconstructing and expanding the uses of the adjoining boarding dock with a free public dock which complies with the Americans with Disabilities Act (ADA). It also created a non-motorized craft launch area on a new sandy beach. Additional improvements at the boat launch facility included resurfacing the parking lot, installing a

new boat wash-down area and repairing a small area of riprap and existing storm drain in the northern beach area of Glorieta Bay Park.

"The Port of San Diego understands the importance of public boat launches on San Diego Bay," said Commissioner Bonelli, Coronado's representative on the Port of San Diego Board of Port Commissioners. "Part of our mission is to promote recreation and we are happy to be a partner on this important improvement project to improve access to Glorieta Bay."

Improvements to Dock C consisted of redevelopment, reconfiguration and extension of the previous dock system in

order to meet current fire and electrical code requirements, as well as ADA and boating design standards.

The City of Coronado, the Port of San Diego and the Division of Boating & Waterways all contributed to the construction costs of the boat launch project. The Port's contribution was \$470,000 and a grant in the amount of \$670,000 was awarded by the California Division of Boating & Waterways. The City of Coronado paid for the design, re-design and construction support/inspection, estimated at \$150,000.

Bellingham Marine was the contractor on the project and construction began in late February 2017.

Stop unwanted phone calls

(StatePoint) Whether you use a landline, mobile phone or both, you've likely received those pesky robocalls -- phone calls that use a computerized auto-dialer to deliver a pre-recorded message. As a consumer, here is what to know about this common annoyance to your home or personal line.

- Robocalls are often illegal. However, keep in mind that some robocalls are permitted, such as companies you have done business with under certain circumstances, medical appointment confirmations and school closing calls. Political and charitable calls are among others that also may be allowed, along with banks and telephone companies, provided those companies make the calls themselves. Remember, many robocalls illegally disguise, or "spoof," their Caller ID information or violate other rules.

- Advocates are working to mitigate the problem. For example, NTCA The Rural Broadband Association and its members of more than 800 independent, community-based telecommunications companies are working to provide information to the Federal Communications Commission (FCC) Robocall Strike Force to further develop and implement solutions to detect, assess and stop unwanted calls from reaching customers.

- Never respond to a robocall. The Federal Trade Commission (FTC) recommends that if you receive a robocall, simply hang up.

They also warn consumers not to press any number to speak to a live operator or to unsubscribe from the list, as this will tell the robocaller that it's reached a live number.

- Don't give out personal information: If you receive an unsolicited call from any company, including one you do business with, tell them that you will not give them information until you verify the call is legitimate. Then, call the phone number you know or that you get from the company's website to confirm.

- Ask your phone company to block the number. Your carrier may be able to block certain numbers, although robocallers frequently change and disguise their numbers.

- You can use technology to block calls. Various companies offer products or services that help you control what calls ring on your phones. They range from mobile apps for wireless phones to devices you can plug into your home phone jacks in order to block robocalls to your wireless phone.

The FTC encourages consumers to report unwanted calls to www.donotcall.gov or 1-888-382-1222. Complaints may also be filed with the FCC online or 1-888-CALL-FCC (1-888-225-5322).

More information can be found at ntca.org/robocalls and fcc.gov/consumers/guides.

As a consumer, you have more power than you may realize to control who calls you and when. Thanks to new resources, you can take concrete steps to help put a stop to robocalls.

To place your ad in
The Dispatch
call (619) 280-2985

Dining Directory



**SLICES
2/\$5**

**WE
DELIVER**

**SUNNY'S
PIZZA**

**10%
Military
Discount**

**ORDER ONLINE
www.sdsunnypizza.com**

**3156 Main St, San Diego
Across the street from 32nd St Base (Dryside)**

HOURS: OPEN 7 DAYS • Mon-Fri 11am to 2am • Sat & Sun 5pm to 2am

PHILADELPHIA SANDWICH COMPANY

NEW LOCATION

**6904 Miramar Rd. • San Diego
858-693-0047 • (Behind Denny's)**



Est. 1979

PHO 7 COW
WWW.PHO7COW.COM
GRAND OPENING
1025 Plaza Blvd.
National City, CA. 91950
619-512-1549

**Same great food & service as Pho Cow Cali in Mira
Mesa now in National City**

**Military
Family
Discount
15% Off
the total bill.**

**www.PHO7COW.COM
Filet
Mignon
\$8.95**



**9170 Mira Mesa Blvd.
San Diego, Ca. 92126
858-271-8341**

El Indio
Mexican Restaurant & Catering
Family Owned & Operated Since 1940

"Best Mexican Food in San Diego"

3695 India Street • www.elindiosandiego.com • 619-299-0333

Free Parking! 10% Military Discount

KAABOO cultivates culinary-beverage experience plus live music and art fest

Southern California's premier live music and multi-sensory experience, KAABOO Del Mar, is pleased to announce its culinary and beverage programing, including PALATE, which will take place during the three-day extravaganza from September 15-17. PALATE represents the most upscale culinary environment at any music festival, where guests can sample local and regional delicacies and

small-batch specialties from a variety of carefully selected culinary artisans. Gourmet delectables will go hand-in-hand with dozens of limited production wines, craft beer, and cocktails.

In addition to enjoying the culinary and craft beverage offerings, guests will be able to immerse themselves in a behind-the-scenes glimpse at some of the country's most esteemed

chef talent. While headliners Red Hot Chili Peppers, P!nk, Muse, and Tom Petty and The Heartbreakers play on the music stages, chef and cocktail talents leading the culinary stage include Jon Shook & Vinny Dotolo, Robert Irvine, Richard Blais, Michael Voltaggio, and Kelis. Additional demos on the main culinary stage will include Kevin Gillespie, Julio Cabrera, and Chris Adams. The finals of

the KAABOO Rock 'N Chef Competition, presented in partnership with Chef's Roll, will be returning to the PALATE stage following the satellite competitions held in Los Angeles and San Diego.

PALATE food vendors include: Bling Bling Dumplings; BuddhaRito; Crab Hut; Dang Brother Pizza; Davanti; La Pousserie Beignets + Coffee; Little Fatty; Mallow Mallow; Mariposa Ice Cream; Morton's The Steakhouse; Pinpoint Café; Poseidon Del Mar; Puesto; Searsucker; So Rich! Chocolates; STK; Sweetfin Poke; The Baked Bear; The Dirty Cookie; The Oceanaire Seafood Room; Voodoo Lounge; Wicked Maine Lobster.

PALATE beverage vendors include: Angel City Brewery; Arta Tequila; Ballast Point; Bluecoat Gin; Buzzbox; Charles Smith; Clos Du Bois; Crystal Head Vodka; Dark Horse; Do Good Distillery; Double Cross Vodka; FEW Bourbon; Gran Centenario; If You See Kay Wine; Josh Cellars; La Marca Prosecco; Latitude 33; Legacy Brewing; Magic Hat; Mark West; Moet; New Amsterdam; Nomadica; ONEHOPE; Prophecy; Ravage; RumChata; Saint Archer; San Agustin Vineyards; Sapporo; Small Town Brewery; Ste. Michelle Wine Estates; Tequila Fortaleza; Uinta Brewing Co.; Wyder's Hard Cider.

CAPRICORN (Dec. 22-Jan. 19): It is best to keep your mouth shut when the fur is flying. Unsettling frictions could put you on your guard in the week ahead. A whisper of doubt might make you suspect that someone is not completely on the up and up.

AQUARIUS (Jan. 20-Feb. 18): The New Moon in your opposite sign might illuminate relationship issues. The ability to communicate clearly is at its best during the next few days. Present your ideas and clear up ongoing issues as the week goes by.

PISCES (Feb. 19-March 20): It isn't necessary to compete on the job to command respect. In the week to come you may gradually grow to understand that the people you work with or meet in a group setting are all squares connected in the same quilt.

"Now in its 3rd year, KAABOO has truly found its niche in the festival world, offering the best in music, food and entertainment," said Bryan Gordon, Founder + CEO. "Our guests have grown to expect a refined experience at each of our multi-sensory activations, so we have hand-selected our culinary and

beverage partners to provide highly desirous food and beverage options, reflective of the KAABOO ethos."

AMPLIFY guests, (HANG FIVE and HANG TEN 3-day pass holders), will be able to get a preview of the PALATE / ARTWORK experiences at the Thursday Night AMPLIFY party featuring The Barenaked Ladies and The Dan Band. There is a limited number of 3-day HANG FIVE passes remaining.

About KAABOO Del Mar

In only its third year, KAABOO Del Mar is shifting the festival paradigm and has carved out its name among national and destination music festivals by offering curated live music, contemporary art, gourmet cuisine, comedy and personal indulgences. Conveniently located at the Del Mar Racetrack and celebrated as San Diego's

largest multi-day major music and entertainment festival, KAABOO Del Mar overlooks the Pacific Ocean and enjoys pristine weather and numerous lodging options. KAABOO Del Mar previously announced its 2017 music lineup, including nearly 100 acts and performances from the likes of Red Hot Chili Peppers, P!nk, Tom Petty and The Heartbreakers, and Muse.

At KAABOO, all guests receive a multifaceted experience with access to the HUMOR ME comedy club; an on-site Contemporary Arts Fair in the indoor ARTWORK area, plus a display of outdoor murals and installations; PALATE gourmet food tastings; spa and relaxation reservations at INDULGENCES; CLUB ELEVATE late night dance party (18+); and the ability to lounge poolside with a BASK upgrade.

Omarr's weekly Astrological forecast



ARIES (March 21-April 19): The competitive spirit is cranked up in the week ahead, but that doesn't mean you must be cranky. Remain objective and don't let your emotions rule your head as the week progresses. Focus on using your creative flair.

TAURUS (April 20-May 20): Put social outings and purchases on hold the first half of the week. You are always delighted to have someone else along for the ride, but might find that breaking the ice to make new friends is an uphill battle.

GEMINI (May 21-June 20): Polished manners and etiquette will conquer a lack of enthusiasm from others. An air of formality may permeate social activities this week, but you will shine in a crowd when you discuss new concepts and trendy ideas.

CANCER (June 21-July 22): Your heart is bigger than your wallet. As this New Moon unfolds a heartrending story may tug on your conscience but it isn't wise to be too generous. Don't be cornered into making a financial commitment this week.

LEO (July 23-Aug. 22): The

New Moon in your sign may motivate you to begin something new. You may feel more competitive than usual as this week unfolds. A partner may encourage you to lead the way, but others may resent your take charge attitude.

VIRGO (Aug. 23-Sept. 22): When you are upfront about wants and needs, you can strike a suitable compromise. In the week to come new horizons may appear that you can aim for with simple changes in the way you communicate with others.

LIBRA (Sept. 23-Oct. 22): You may have your head in the clouds, daydreaming of what could be. Today's New Moon could very easily mark the beginning of a month in which you are more determined to achieve your goals. Avoid extravagant spending.

SCORPIO (Oct. 23-Nov. 21): Today's New Moon could mark a new start in your pursuit of career objectives. In the week ahead you may sort through impressions and insights gathered from numerous personal contacts. It is who you know that counts.

Summer Camp Directory

FOX MOUNTAIN ADVENTURES
San Diego Overnight Camp
Ages 10-15
Active Duty and Retired Military
Enjoy 25% Off!
Using Code: Military25
2017 Overnight Adventure Camp Only
50+ Activities & Electives
855-FOX-CAMP
www.FoxMountainAdventures.com

SUMMER YOUTH THEATRE PROGRAMS
LA JOLLA PLAYHOUSE
(858) 550-1070

LOCAL ATTRACTIONS

BREWERY TOURS of SAN DIEGO
Visit & Sample a
Award-Winning Breweries
in "America's Craft City"
Public & Private Tours Available
• 2 Days a Week
• Day or Night
• For Any Size Group

California DRINKIN'!
619.961.7999 | brewerytoursofsd.com

The Veterans Museum at Balboa Park
Open Tues.-Sun.
10am-4pm
Honoring the memories &
contributions of the men
& women
who gallantly
served their country.

Events Venue: Exhibits, Artifacts, memorabilia, telling personal stories of war • Banquet & Meeting Rooms
2115 Park Blvd. • Balboa Park • 619.239.2300 • www.veteranmuseum.org

NOW OPEN
Ocean Explorer
ALL-NEW REALM



SeaWorld.

SAVE UP TO \$20
on Single-Day Admission
Plus 2nd Visit FREE

OR

**Pay for a Day, Play All 2017
Fun Card**

Visit Your Local Military Ticket
Office for Specially Priced Tickets

All prices and discounts are subject to change and subject to a ticket outlet surcharge. Offer not valid with any other offers, promotions, discounts or Membership purchase. Other restrictions apply. Single-Day valid for use through 12/31/17. Fun Card available for sale through 10/1/17 and valid for use from date of purchase until 12/30/17. Blockout dates apply on 5/29/17 and 12/31/17. © 2017 SeaWorld Parks & Entertainment, Inc. All rights reserved.

TV Listings

WEEKDAY MORNING/AFTERNOON																			
	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
KFMB 8	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM		Inside Edition	Bold/Beautiful	The Young and the Restless		The Talk		Dr. Phil		Judge Judy	Judge Judy
KFMB2 8.2	News 8 Morning Extra			The 700 Club		Dr. Phil		The Doctors		Judge Faith	Judge Faith	Maury		The Robert Irvine Show		Paternity Court	Paternity Court	Judge Mathis	
KGTV 10	Good Morning America			Live with Kelly and Ryan		The View		10News Midday		The Chew		General Hospital		T.D. Jakes		RightThis-Minute	RightThis-Minute	10News: The Now San Diego	
KPBS 15	Wild Kratts	Nature Cat	Curious George	Curious George	Daniel Tiger	Splash and Bubbles	Splash and Bubbles	Sesame Street	Super Why!	Peg Plus Cat	Dinosaur Train	Ready Jet Go!	Nature Cat	Nature Cat	Wild Kratts	Wild Kratts	Odd Squad		
KNSD 39	Today			Today's Take		Today		NBC 7 News Midday		Days of our Lives		Access Hollywood Live		Steve Harvey		The Ellen DeGeneres Show	NBC 7 News at 4		
DISN	PJ Masks	The Lion Guard	Roadster-Racers	Puppy Dog Pals	Elena of Avalor	Varied Programs		Stuck in the Middle		Andi Mack	Bizaardvark	Austin & Ally	Austin & Ally	K.C. Under-cover	Liv and Maddie	Liv and Maddie	Andi Mack	Bizaardvark	
ESPN	First Take			SportsCenter		Outside the Lines	NFL Live		NBA: The Jump		SportsNation		Questionable	Around the Horn	Pardon the Interruption	SportsCenter		Varied Programs	
ESPN2	SportsCenter	SportsCenter		First Take		Varied Programs	Jalen & Jacoby	Varied Programs	NFL Live		Intentional Talk		Coll. Football Live	Questionable	Around the Horn	Pardon the Interruption	Varied Programs		
TLC	Cake Boss	Cake Boss	Cake Boss	Varied Programs			Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Four Weddings		Four Weddings		My Big Fat American Gypsy Wedding	My Big Fat American Gypsy Wedding			
USA	Varied Programs													Law & Order: Special Victims Unit			Varied Programs		

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

8/4 SAVAGE DOG
8/4 WIND RIVER

Savage Dog



Martin Tilman is a championship boxer who's awaiting release from an Indochinese prison in 1959. When corrupt officials try to keep him locked down, Tilman utilizes his fighting skills to embark on a violent quest for revenge and justice.

Genre: Action

Cast: Scott Adkins, Marko Zaror, Juju Chan

Wind River

An FBI agent teams up with a veteran game tracker to investigate a murder that occurred on a Native American reservation.

Genre: Crime Drama, Thriller, R

Cast: Jeremy Renner, Elizabeth Olsen, Gil Birmingham

THURSDAY EVENING

JULY 27, 2017

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30	
KFMB 8	CBS News 8 at 5pm (N) (CC)	Evening News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Kevin Can Wait (N) (CC)	Big Brother (N) (Live)	Zoo A group is sterilizing humans. (N) (CC)			News	Late-Colbert			
KFMB2 8.2	Mike & Molly (N) (CC)	Judge Judy (N) (CC)	Judge Judy (N) (CC)	News 8 at 7 (N)	2 Broke Girls (N) (CC)	Penn & Teller: Fool Us (N) (CC)	Hooten & the Lady "Egypt" (N) (CC)	News 8 at 10 (N)	Ent. Tonight (N) (CC)	Seinfeld (N) (CC)	Seinfeld (N) (CC)				
KGTV 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Boy Band "Soundtrack Hits" (N) (CC)	Battle of the Network Stars (N) (CC)	The Gong Show (N) (CC)	10News at 11pm	Jimmy Kimmel					
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Ken Kramer's A Growing Passion	Crossing South	Crossing South		Midsomer Murders "King's Crystal" (N) (CC)	Midsomer Murders	Crossing South			
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Hollywood Game Night (N) (CC)	The Wall "Angela and Jodi" (N) (CC)	The Night Shift "Family Matters" (N) (CC)	NBC 7 News	Tonight Show					
DISN	Stuck/Middle (CC)	Bunk'd (N) (CC)	Raven's Home (N) (CC)	K.C. Under-cover	Bizaardvark (N) (CC)	Stuck/Middle (N) (CC)	Andi Mack (N) (CC)	Liv and Maddie (N) (CC)	K.C. Under-cover	Bunk'd (N) (CC)	Jessie (N) (CC)				
ESPN	2017 World Series of Poker Final Table. From Las Vegas.			Women's Soccer United States vs Australia. From CenturyLink Field in Seattle. (N) (CC)				SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)	(CC)				
ESPN2	NFL Live (CC)	CFL Football Montreal Alouettes at Winnipeg Blue Bombers. From Investors Group Field in Winnipeg, Manitoba. (N) (Live)						Nación ESPN (N)	Jalen & Jacoby (CC)	ISKA Karate: U.S. Open Highlight Show					
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My 600-Lb. Life "Teretha's Story" (CC)	My 600-Lb. Life "June's Story" (CC)	My 600-Lb. Life "Diana's Story" Diana is a prisoner to her body. (N) (CC)			My 600-Lb. Life "Teretha's Story" (CC)					
USA	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Queen of the South (N) (CC)		Law & Order: Special Victims Unit (N) (CC)					

FRIDAY EVENING

JULY 28, 2017

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30	
KFMB 8	CBS News 8 at 5pm (N) (CC)	Evening News	Ent. Tonight	Inside Edition (N)	MacGyver "Wrench" (N) (CC) (DVS)	Hawaii Five-0 "Puka 'Ana" (N) (CC)	Blue Bloods "Mob Rules" (N) (CC) (DVS)				News	Late-Colbert			
KFMB2 8.2	Mike & Molly (N) (CC)	Judge Judy (N) (CC)	Judge Judy (N) (CC)	News 8 at 7 (N)	2 Broke Girls (N) (CC)	Masters of Illusion	Penn & Teller: Fool Us (N) (CC)	News 8 at 10 (N)	Ent. Tonight (N) (CC)	Seinfeld (N) (CC)	Seinfeld (N) (CC)				
KGTV 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC) (DVS)	Shark Tank (N) (CC)	What Would You Do? (N) (CC)	20/20 (N) (CC)		10News at 11pm	Jimmy Kimmel				
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Washington Week	Roundtable	The Coroner "The Salcombe Selkie" (N) (CC)			The Coroner "Napoleon's Violin" (N) (CC)	Live at the Belly Up			
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	America's Got Talent "Judge Cuts 2" Contestants try to impress the judges. (N) (CC)		Dateline NBC (N) (CC)	NBC 7 News	Tonight Show					
DISN	Stuck/Middle (CC)	Raven's Home (N) (CC)	Disney's Descendants 2 (2017, Children's) Dove Cameron, Cameron Boyce. (N) (CC)	Raven's Home (N) (CC)	K.C. Under-cover	Bizaardvark (N) (CC)	Andi Mack (N) (CC)	Stuck/Middle (N) (CC)	Raven's Home (N) (CC)	K.C. Under-cover	Bizaardvark (N) (CC)				
ESPN	SportsCenter On the Road From Miami. (N) (CC)	Drone Racing	DRL Drone Racing Championship Finals.		SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)		SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)				
ESPN2	30 for 30 (CC)		CFL Football BC Lions at Edmonton Eskimos. From Commonwealth Stadium in Edmonton, Alberta. (N) (Live)									Jalen & Jacoby (CC)	E:60		
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	90 Day Fiancé "Family Secrets" Russ and Pao struggle to get on track. (N) (CC)	90 Day Fiancé "Lost in Translation" Chantel and Pedro's families meet. (N) (CC)	90 Day Fiancé "Family Secrets" (N) (CC)								
USA	Law & Order: Special Victims Unit (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)				

SATURDAY MORNING/AFTERNOON

JULY 29, 2017

	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
KFMB 8	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	Hidden Heroes	The Open Road	Paid Program	Major League Fishing (N) (CC)	PGA Tour Golf RBC Canadian Open, Third Round. From Glen Abbey Golf Club in Oakville, Ont. (N) (Live)			Best Solar	Inside Edition	Judge Judy (N) (CC)	Judge Judy (N) (CC)					
KFMB2 8.2	Calling Dr. Pol (N) (CC)	Dog Whisperer	Dog Whisperer	Dog Whisperer	Save Our Shelter (N) (CC)	Vacation Creation (N) (CC)	Save to Win (N) (CC)	Animal Friends	Paid Program	Fortunes in Flipping	RaceWeek	Sports Stars	Hiring America (N) (CC)	Military Make-over					
KGTV 10	Good Morning	10News This Morning at 8am Saturday (N) (CC)	Jack Hanna	Ocean Treks	Sea Rescue (N) (CC)	The Wildlife Docs (N) (CC)	Rock the Park (N) (CC)	Outback Adventures	Paid Program	Wall Street Secrets	World of X Games								

TV Listings

SUNDAY MORNING/AFTERNOON

	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
KFMB 8	CBS News Sunday Morning (N) (CC)	Face the Nation (N) (CC)	Paid Program	America's Toughest Mudder South (N) (CC)	Road to the PGA Championship (N) (CC)	Paid Program	Road to the PGA Championship (N) (CC)	Paid Program	Road to the PGA Canadian Open, Final Round. From Glen Abbey Golf Club in Oakville, Ont. (N) (Live) (CC)	Paid Program	Paid Program	Make: Television	HouseCalls	Designing Spaces	P. Allen	Best Solar	Laura McKenzie	Entertainment Tonight (N) (CC)	
KFMB2 8.2	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	30 for 30	Small Town Big Deal (CC)	Pacific Blues	Raw Travel (CC)	Raw Travel (CC)	
KGTV 10	Good Morning 10News This Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos (N)	Joel Osteen	Intrtn! Fellowship	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	30 for 30	Sports Shorts	Castle An actor is murdered. (CC)			
KPBS 15	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Washington Week (CC)	KPBS Round-table	Charlie Rose	Inside CA Education	Great Performances at the Met "Idomeneo" Matthew Polenzani stars in "Idomeneo." (CC)					Crossing South	Ken Kramer's S.D.'s Historic Places			
KNSD 55	NBC 7 News To	Meet the Press (N) (CC)	2017 Senior Open Championship Final Round. (N) (CC)	Action Sports From Long Beach, Calif. (N)	2017 FINA World Aquatics Championships Swimming: Day 8. From Budapest, Hungary. (CC)	Horse Race	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Access Hollywood (N) (CC)					
DISN	PJ Masks (CC)	The Lion Guard (CC)	Roadster-Racers	Puppy Dog Pals (CC)	Elena of Avalor	Raven's Home (CC)	Raven's Home (CC)	K.C. Undercover (CC)	Bizaardvark (CC)	Radio Rebel (2012, Children's) Debby Ryan, Sarena Parmar. (CC)	K.C. Undercover (CC)	Bizaardvark (CC)	Andi Mack (CC)	Andi Mack (CC)	Jessie (CC)	Jessie (CC)			
ESPN	SportsCenter (N) (Live) (CC)				E:60	MLS Soccer New York City FC at Toronto FC. From BMO Field in Toronto. (N) (Live)	International Champions Cup 2017 AS Roma vs Juventus FC. (N) (Live)								SportsCenter (N) (Live) (CC)	Baseball Tonight: Sunday Night Countdown			
ESPN2	E:60	30 for 30 (CC)	Battle of the Network Stars (CC)	Battle of the Network Stars (CC)	E:60	Drone Racing	DRL Drone Racing Championship Finals.			ATP Tennis BB&T Atlanta Open, Final. From Atlanta. (N)						SportsCenter (N) (Live) (CC)			
TLC	Say Yes: Bliss	Say Yes: Bliss	Say Yes: Bliss	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Outdaughtered Danielle plans a romantic dinner. (CC)	Outdaughtered (CC)			
USA	David Jeremiah	In Touch	Joel Osteen	Suits "Mudmare" Mike gains new business.	Law & Order: Special Victims Unit "Design"	Law & Order: Special Victims Unit "Hothouse"	Law & Order: Special Victims Unit "Sugar" (CC)	Law & Order: Special Victims Unit "Shadow" (CC)	Law & Order: Special Victims Unit "Shattered" (CC)	Law & Order: Special Victims Unit "Shattered" (CC)	Law & Order: Special Victims Unit "Sugar" (CC)	Law & Order: Special Victims Unit "Shattered" (CC)	Law & Order: Special Victims Unit "Sugar" (CC)	Law & Order: Special Victims Unit "Shattered" (CC)	Law & Order: Special Victims Unit "Sugar" (CC)	Law & Order: Special Victims Unit "Shattered" (CC)	Law & Order: Special Victims Unit "Sugar" (CC)	Law & Order: Special Victims Unit "Shattered" (CC)	Law & Order: Special Victims Unit "Sugar" (CC)

CROSSWORD PUZZLE



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

ACROSS

1. Voight or Lovitz
 4. Chitchats
 8. Newhart or Barker
 11. Role on "Alice"
 12. Auction lover's delight
 13. First name of an actress on "The Golden Girls"
 14. Series for Taylor Spreitler (3)
 17. Female animal
 18. Actor McBride
 19. Ward, for one
 21. Actress Faris
 24. Syllable for those searching for words
 25. Yoga mantra
 26. Initials for actor Mostel
 27. Comment from Fran Fine
 28. Jodie Foster's alma mater
 30. Heflin and Johnson
 32. "Joan of ___"; Ingrid Bergman movie
 34. "I'm with ___" (2003-04)
 35. Ukweli Roach's role on "Blindspot" (2)
 41. "___ You There, Chelsea?"
 42. Is in the red
 43. ___ Marie Saint
 44. Brooks or Blanc
 45. Bowler's target
 46. "Orange Is the ___ Black"
- DOWN**
1. 1991 Kevin Costner movie
 2. Vaudevillian Olsen
 3. "Little Women" or "Jane Eyre"
 4. Wilder, for one
 5. "20/20" broadcaster
 6. Cry from the flock



© Zap2it

SUNDAY EVENING

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (N) (CC)	Big Brother (N) (CC)	Candy Crush "Go Big or Go Home" (N) (CC)	NCIS: Los Angeles "Old Tricks" (CC)						News	Blue Bloods
KFMB2 8.2	The Middle (CC)	Engagement	The King of Queens (CC)	2 Broke Girls (CC)	2 Broke Girls (CC)	Forensic Files (CC)	Forensic Files (CC)	Forensic Files (CC)	Seinfeld (CC)	Just for Laughs			Just for Laughs	Forensic Files (CC)
KGTV 10	10News at 5pm (N)	World News	10News at 6pm	RightThis-Minute (N)	America's Funniest Home Videos (CC)	Celebrity Family Feud (CC) (DVS)	Steve Harvey's FUN-DERDOM (N) (CC)	The \$100,000 Pyramid (N) (CC)					10News at 11pm	Sports XTRA
KPBS 15	NewsHour Wk	SciTech Now (N)	The Great British Baking Show (CC)	A Place to Call Home (N) (CC)	Wild Alaska Live (N Taped) (CC)	Grantchester on Masterpiece (N) (CC)	Remember Me (Series Finale) (N) (CC)	The Widower (Part 3 of 3) (CC)						
KNSD 55	Heart of a Champion	Nightly News	NBC 7 News at 6	COMFORT	Sunday Night With Megyn Kelly (N) (CC)	The Wall "Chris and Paris" (CC)	American Ninja Warrior "Denver Qualifiers" New obstacles include Bouncing Spider. (CC)	NBC 7 News	Sportswrap					
DISN	Jessie (CC)	Bunk'd (CC)	**** Finding Nemo (2003, Children's) Voices of Albert Brooks, Ellen DeGeneres. (CC)	Transylvania	Tangled: The Se	Raven's Home (CC)	K.C. Undercover	Bizaardvark (CC)	Transylvania	Tangled: The Se				
ESPN	MLB Baseball San Francisco Giants at Los Angeles Dodgers. From Dodger Stadium in Los Angeles. (N) (Live)				SportsCenter (N) (Live) (CC)	SportsCenter (CC)							SportsCenter (CC)	
ESPN2	Women's Soccer United States vs Brazil. From Qualcomm Stadium in San Diego, Calif.	30 for 30 (CC)				ESPN FC (N)	SC Featured	MLB Baseball San Francisco Giants at Los Angeles Dodgers.						
TLC	Outdaughtered (CC)	90 Day Fiancé: More to Love Danielle and Mohamed prepare for court. (N) (CC)	90 Day Fiancé "Lies & Goodbyes" Alex and Loren struggle with a decision. (N) (CC)	The Spouse House (N) (CC)	90 Day Fiancé "Lies & Goodbyes" (CC)									
USA	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Modern Family (CC)	Modern Family (CC)	

MONDAY EVENING

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Kevin Can Wait (CC)	Superior Donuts (CC)	Mom (CC)	Life in Pieces (CC)	CBSN: On Assignment (CC)			News	Late-Colbert
KFMB2 8.2	Mike & Molly (CC)	2 Broke Girls (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	2 Broke Girls (CC)	Supergirl "We Can Be Heroes" (CC)	Whose Line Is It? (CC)	Whose Line Is It? (CC)	News 8 at 10 (N)	Ent. Tonight	Seinfeld (CC)	Seinfeld (CC)	Seinfeld (CC)
KGTV 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Bachelor "The Men Tell All" (N Same-day Tape) (CC)	The Bachelor "The Men Tell All" (N Same-day Tape) (CC)	To Tell the Truth (N) (CC)	To Tell the Truth (N) (CC)			10News at 11pm	Jimmy Kimmel	
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Antiques Roadshow "Vintage Charlotte"	Antiques Roadshow "Vintage Richmond"	Weekend in Havana (CC)	Weekend in Havana (CC)			POV "Memories of a Penitent Heart" (N) (CC)		
KNSD 55	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (CC)	American Ninja Warrior "San Antonio City Finals" Competitors face the Spinball Wizard.	American Ninja Warrior "San Antonio City Finals" Competitors face the Spinball Wizard.	Midnight, Texas "Bad Moon Rising" (N) (CC)	Midnight, Texas "Bad Moon Rising" (N) (CC)	NBC 7 News	Tonight Show			
DISN	Stuck/ Middle	Bunk'd (CC)	Jessie (CC)	K.C. Undercover	Bizaardvark (CC)	Stuck/ Middle	Andi Mack (CC)	Liv and Maddie (CC)	Liv and Maddie (CC)	K.C. Undercover		Bunk'd (CC)	Jessie (CC)	
ESPN	MLB Baseball Cleveland Indians at Boston Red Sox. From Fenway Park in Boston. (N)		SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)	
ESPN2	NFL Live (CC)	To Be Announced	E:60				Jalen & Jacoby (N) (CC)	NFL Live (CC)	E:60					
TLC	Say Yes, Dress	Say Yes, Dress	90 Day Fiancé: Extended "Lies & Goodbyes" Danielle and Mohamed prepare for trial. (N) (CC)	Princess Diana: Tragedy or Treason? The life and death of Princess Diana. (N) (CC)	Princess Diana: Tragedy or Treason? (CC)									
USA	NCIS "Shalom" Political assassination. (CC)	NCIS "Smoked" (CC) (DVS)	NCIS "A highly classified robotic vehicle."	WWE Monday Night RAW (N Same-day Tape) (CC)	WWE Monday Night RAW (N Same-day Tape) (CC)								Modern Family (CC)	Modern Family (CC)

TUESDAY 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 8	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS "Pay to Play" (CC) (DVS)	Bull A man is accused of manslaughter. (CC)	NCIS: New Orleans "The Last Stand" (CC)					News	Late-Colbert
KFMB2 8.2	Mike & Molly (CC)	2 Broke Girls (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	2 Broke Girls (CC)	The Flash "Attack on Central City" (CC)	DC's Legends of Tomorrow (CC)	DC's					

CLASSIFIEDS

ARMED FORCES DISPATCH CLASSIFIEDS

To place your ad, please call the Classified Advertising Department (619) 280-2985.

Deadline to place an ad is Tuesday at noon. See your ads in print, and on the web, on Thursday!

ATTORNEYS

LOW COST BANKRUPTCY

Recordon & Recordon, Attorneys

**STOP
Creditor Calls
Home Foreclosure
Repossessions**

PAYMENT PLANS

**Free Consultation
(619) 232-1717**

Mission Valley ... 283-7777
El Cajon 442-6999
Chula Vista 427-3404

LOW COST DIVORCE

Recordon & Recordon, Attorneys

- SUPPORT •
- CUSTODY •
- VISITATION •
- MEDIATION •
- ADOPTION •

PAYMENT PLANS

**Free Consultation
(619) 232-1717**

Mission Valley ... 283-7777
El Cajon 442-6999
Chula Vista 427-3404

MILITARY DIVORCE CUSTODY/SUPPORT SECURITY CLEARANCE APPEAL

Former Judge Pro Tem
Payment Plans

800-481-2526

The Edmunds Law Firm
Alan Edmunds.com
40 Years Exp.
Retired military on staff

ATTORNEYS

DUI
DOMESTIC VIOLENCE
619-258-8888
AFFORDABLE PAYMENT PLANS
Civilian Court • NJP • State Court
Lawyers Smith & Pettis
SAN DIEGO CRIMINAL DEFENSE LAW FIRM
DEFENDERS
WE SAVE CAREERS. CALL NOW!
WWW.SANDIEGODEFENDERS.COM

AUTO FOR SALE



Need a car or truck? Special financing for the Military! FREE 3 MONTHS/3,000 MILES WARRANTY CALL FOR INFO **619-274-0507**

AUTO MECHANIC

LEX-TEK
27 years specializing in quality Lexus service
SAVE 25% & More than any dealership cost
FREE CORONADO PICKUP & DELIVERY
2704 Transportation Ave., Suite G
National City
LextekSandiego.com
619-708-7700

EYE EXAM

ParkOptometry.com
858-272-2211
Eye exams, contacts, glasses Emergency glasses

ELECTRONICS WANTED

OLD ELECTRONICS, Radio tubes, military tubes, tube testers, transformer parts, RCA, Western Electric, Altec, McIntosh, JBL, Marantz, Ampex, EV, Dyna, amplifiers, speakers, microphones, mixers. 1-713-444-3909

FOR SALE

2000 Hunter 46' SAILBOAT
Owner has orders & must sell. See our ad www.yachtworld.com; www.livefree2sailfast.com. Boat is in great condition with lots of cruising gear & is professional maintained.

HELP WANTED

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

TFN

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

TFN

MEMORIAL SERVICES

BURIALS AT SEA/MEMORIALS on board the last operational World War II Vessel in San Diego. 619-234-9153 ext 102.

10/12/17

MOTORCYCLES

WE BUY BIKES

Top Price Paid - All Models
Honda, Yamaha, Kawasaki, Suzuki
100 used bikes to choose from
SOUTH BAY MOTOSPORTS
619-224-2300

TFN



RENTALS APARTMENTS



Your Home Among The Hills.

Are you a morning jogger? Like to lounge by the pool with a book? Or enjoy hosting get-togethers with family/friends? If so, you'll find that Lantana Hills amenities offer you everything you could possibly need nestled among sloping hills, lush landscaping and winding trails.

- Wood plank flooring
- Stainless steel appliances
- Deep stainless kitchen sink
- Mirrored closet doors
- Quartz kitchen counter tops
- Brushed nickel hardware
- Custom bath vanity with quartz sink
- Modern lighting fixtures
- Plush carpet (in upstairs units bedrooms only)

**5802 University Ave.
San Diego, Ca. 92115**
email: lantanahills1@trilar.com

619.582.8588

CORONADO VILLAGE

Luxury Condo Close to shops & beach
2 Bdrm, granite countertops, stainless steel appliances, air conditioned, washer & dryer, dishwasher, glass showers, quiet & private, first floor with yard. 924 Tenth Street
\$2,600/mo. manager@bay-beachrentals.com
619-649-0711
<http://sandiego.craigslist.org/csd/apa/61938992812.html>



AVAILABLE NOW

1, 2 or 3 BR's Apartments,

Townhouse & Houses

MOVE-IN SPECIAL!

LEADINGHAM

REALTY

1062 Palm Ave., Imp. Beach

619-424-8600

RENTALS APARTMENTS

"Military Friendly"

PACIFIC LEGACY PROPERTIES

1, 2 & 3 Bedrooms available throughout San Diego County.

Online Rental Hotsheet

www.pacleg.com

619-423-7500

RENTALS TOWNHOUSES

3166 #2 BANCROFT DRIVE, SPRING VALLEY- 3BD/2.5BA New luxurious town homes w/ gated community. Double car garages, patios w/gas bbq hook-up, granite counters, stainless steel appliances, FA/AC, fenced yards, near Lamar County Park, close to schools, shopping, & great restaurants. \$2,300 mo/ \$2,300 dep. \$200 MOVE IN SPECIAL CALL Oliver 619-715-5459

7/27

ROOM FOR RENT

ALLIED GARDENS - 2 furnished rooms. Clean, quiet, private home. NO LEASE. All utilities paid + house cleaning paid. No smokers, drama, or drugs. Call 619-861-7600

8/10

CITY HEIGHTS-ROOM FOR RENT-Very large quite home, military retired man owned military active & retired living in home. All Utilities + WIFI, cable TV w/ all channels are included. \$800 mo CALL 619 488 4560

8/02

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

8/02

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

8/10

ROOM FOR RENT-1BD/1BA, garage, off St. prkg, W/D, NO drugs/pets/smkg **CLOSE TO NAVAL BASE HOSPITAL** \$750 mo. CALL 619-753-8098

7/27

VA LOANS

VA LOANS

\$500/mo. working male. Furnished room. No drugs, smoking, or pets. No kitchen or laundry. Avail now. Near bus & trolley. 619-808-1068

**2-5BR Homes, Condos, Units
BAD CREDIT, BK, FORECLOSURE,
SHORT SALE, COLLECTIONS, NO CREDIT OK
Agent Nash 562-598-7959
#01034450**

8/02

**Do you suffer from:
stress, tension, anxiety, panic,
mood disorders, fatigue,
sleeplessness, worry, anger, fears,
helplessness, hopelessness?**

Let Recovery International help you.

We do not take the place of the professional, we work in conjunction with.

(\$1-\$5 donation) with daily meetings

through out San Diego County.

(619) 275-0364.

www.recoveryinternational.org

In Memoriam Larry Ladrido

We announce the passing of our father, Larry Ladrido, of Oceanside, CA on 19 July 2017. Born in the Philippines, he was a proud member of the U.S. Navy for 22 years and a civil servant for 20 years. He is survived by his son Steven (Luika) and daughter Santina (Monty); his grandsons Mark (Susan), Steven (Natasha), Matthew (Rhona) and Adam; granddaughters Ianeke (Rio) and Rikki (Frank); seven great-grandchildren and two great-great grandchildren. "GONE FISHING."

History of the World

by Mark Andrews

July 31: ON THIS DATE in 1964, the American space probe Ranger 7 transmitted more than 4,300 close-up pictures of the moon's surface before crashing into it. In 1970, television news anchor Chet Huntley retired from NBC News, ending broadcast of "The Huntley-Brinkley Report" after almost 14 years.

Aug. 1: ON THIS DATE in 1790, the first U.S. Census was completed, showing a population of nearly 4 million. In 1966, Charles Joseph Whitman shot and killed 15 people at the University of Texas in Austin before he was gunned down by police.

Aug. 2: ON THIS DATE in 1876, frontiersman James Butler "Wild Bill" Hickok was shot from behind and killed in a saloon in present-day South Dakota. In 1961, the Beatles got their first regular gig as the house band of Liverpool's Cavern Club.

Aug. 3: ON THIS DATE in 1492, Christopher Columbus set sail from Palos, Spain, on his first voyage to the present-day Americas. In 1958, the nuclear-powered U.S. Navy submarine Nautilus became the first vessel to cross the North Pole under water.

Aug. 4: ON THIS DATE in 1735, a jury acquitted John Peter Zenger of the New York Weekly Journal of seditious libel. In 1892, Andrew and Abby Borden were axed to death in their home in Fall River, Mass. Lizzie Borden, Andrew Borden's daughter from a previous marriage, was tried but acquitted of the crime.



A failure is only a step on the way to your success
-Yogi Bhajan

PET of the week

Sammy is a four year old neutered Chihuahua who weighs 12 lbs. His previous owners could no longer care for this sweet little guy, so he's looking for a great new home. Sammy will put a smile on anyone's face with his goofy disposition, so if you are looking for a pup with loads of personality in a tiny package, then Sammy is the companion for you. He wants nothing more than to become part of your wonderful loving family. Meet him by asking for ID#A1659053 Tag#C684. Sammy can be adopted for \$69.



pies can be adopted for just \$69. Adult dogs and cats over 5 years old can become a member of your family for just \$35. If you're a senior yourself, or disabled, you can make any pet your forever companion for just \$35. Rabbits can be adopted for just \$25, so be sure to visit our bunny room too! All adoption fees should be confirmed once you get to the shelter, and include spaying or neutering, basic vaccinations, and a 1 year license for dogs. You can visit these animals and their many other friends at our Central County Shelter, 5480 Gaines Street, San Diego between the hours of 9:30am to 5:30pm, Tuesday through Saturday.

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

Thursday, July 27

- 5:00 PM Wonder Woman (3D) (PG-13)
- 7:50 PM Transformers: The Last Knight (3D) (PG-13)

Friday, July 28

- 6:00 PM Despicable Me 3 (PG)
- 8:00 PM Baby Driver (R)

Saturday, July 29

- 1:00 PM Despicable Me 3 (PG)
- 3:00 PM Cars 3 (G)
- 5:30 PM Transformers: The Last Knight (PG-13)
- 8:20 PM Baby Driver (R)

Sunday, July 30

- 1:00 PM Cars 3 (G)
- 3:20 PM Despicable Me 3 (PG)
- 5:50 PM Megan Leavey (PG-13)
- 8:10 PM The House (R)

Monday, July 31

- 6:00 PM Despicable Me 3 (PG)
- 8:00 PM Baby Driver (R)

Tuesday, August 1

- 5:50 PM Megan Leavey (PG-13)
- 8:10 PM Baby Driver (R)

Wednesday, August 2

- 6:00 PM Despicable Me 3 (PG)
- 8:00 PM Cars 3 (G)

Thursday, August 3

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

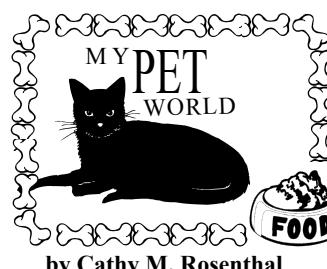
Transformers: The Last Knight [2D / 3D]

Action, Adventure, Sci-Fi

Autobots and Decepticons are at war, with humans on the sidelines. Optimus Prime is gone. The key to saving our future lies buried in the secrets of the past, in the hidden history of Transformers on Earth

"PG-13" for violence and intense sequences of sci-fi action, language, and some innuendo -149 minutes

Love is a four legged word



by Cathy M. Rosenthal

When dogs stick their noses where they don't belong

Dear Cathy,

Our grand dog is one-year-old and not yet neutered. He has a habit of sticking his nose in people's behinds. We've had success with eliminating his jumping up on people by using a spray bottle. But for this behavior, it is very difficult to spray when it could be effective. Do you have ideas for what we can do to eliminate this very annoying behavior before it becomes his habit? Will neutering help? (Breeder said it is best for the dog to not be neutered before he is 2.) - Please sign me anonymous, Chicago

Dear Anonymous,

It's embarrassing when a dog checks out the posterior of our human friends, but it's a common behavior dogs use to gather information about their canine friends. Because dogs

consider us part of their pack, it's a compliment that they are interested in meeting us, even if it's an invasion of our nether regions.

Don't discourage your dog from canine to canine sniffing. When it comes to humans, however, set some boundaries. If telling him "no" doesn't work, then shake a can of coins or use something called a Pet Corrector (available online), a product that issues a little "shhh" of air to get your dog's attention. Then call him to you and ask him to sit. Dogs generally can't sniff humans from the sitting position.

As for your breeder's suggestion, please don't wait to get your dog fixed. Neutering can prevent other bad habits from forming, like spraying in the house.

Dear Cathy,

We have a Border Collie/Aussie shepherd mix. She's a wonderful dog, and will be 8 years old this September. We adopted her when she was 2. We love her, but her constant barking when we take her for her daily walk is really getting on our nerves! It starts as soon as we put her leash on, and lasts for about a block of walking. Almost everyone in the neighborhood has a dog, so when our dog barks, it gets the

other dogs doing.

There is no word in the English language that will shut her up. We've tried talking to her in a quiet voice, and also yelling at her, and nothing works. A friend suggested we muzzle her, but I think that may be extreme. I would hate to do that, but if nothing else works, then we may have to go that route. If you have any suggestions, I would sure appreciate it! - Janie Apodaca, New York

Dear Janie,

Dogs bark for all sorts of reasons. She could simply be excited that she is going for a walk or eager to alert her canine friends that she's got great parents who walk her daily. Thankfully, it doesn't last the entire walk.

I am a big believer that most dogs can't "chew gum and walk at the same time," so I recommend distraction and training when you walk her. Start with the leash since that is the trigger for barking. Put the leash on her. If she starts barking, take it off. As soon as she stops barking, "click" with a clicker (available at pet stores) and give her a treat. Dogs quickly learn that the "click" is the acknowledgement of the good behavior and the promise of a reward to follow and adjust their behavior to earn

a "click" from you.

If she doesn't stop barking or barks at you to put the leash back on, call her to you and ask her to "sit" or "down." Assuming she knows these commands well, she will likely stop barking long enough to comply, so "click" and treat her. Do this routine over and over throughout the day or next few days until she no longer barks when the leash is put on.

Now that she knows what a click is, she will be easier to train on her walk. If she barks on the walk, shake a can of coins or use a Pet Corrector (a product that emits a "shhh" sound that interrupts the behavior.) She will likely stop for a second, and that's when you "click" and "treat." Do this throughout the walk. If she can't seem to get the hang of this, then practice closer to home, so you can go back into the house if she doesn't stop barking. She sounds smart, so I think she will understand after a few sessions.

I don't recommend muzzling her. Most muzzles close the mouth and keep dogs from panting, which is needed to stay cool while walking.

Cathy M. Rosenthal is a long-time animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field.

MOVIES at the Bases

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

Thursday, July 27
5:50 PM The Mummy (PG-13)
8:00 PM Transformers: The Last Knight (PG-13)

Friday, July 28
5:50 PM Despicable Me 3 (PG)
8:00 PM Baby Driver (R)

Saturday, July 29
12:50 PM Despicable Me 3 (PG)
2:50 PM Despicable Me 3 (3D) (PG)
5:50 PM Baby Driver (R)
8:10 PM Transformers: The Last Knight (PG-13)

Sunday, July 30
12:50 PM Despicable Me 3 (PG)
2:50 PM Cars 3 (G)
5:40 PM Transformers: The Last Knight (PG-13)
8:30 PM The House (R)

Monday, July 31
5:50 PM Baby Driver (R)
8:00 PM Megan Leavey (PG-13)

Tuesday, August 1
5:50 PM Despicable Me 3 (PG)
7:50 PM Transformers: The Last Knight (PG-13)

Wednesday, August 2
5:50 PM The House (R)
7:40 PM All Eyez On Me (R)

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

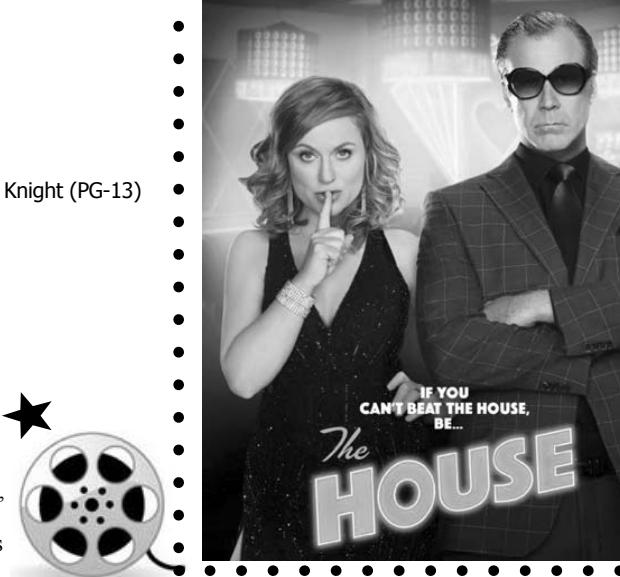
The Mummy (3D) -110 minutes
An ancient princess is awakened from her crypt beneath the desert, bringing with her malevolence grown over millennia, and terrors that defy human comprehension.

The HOUSE



Stars:
Will Ferrell,
Amy Poehler,
Ryan Simpkins
R | 1h 28min | Comedy |

After the town takes away their daughter's college scholarship a mum and dad start an illegal casino in their friend's house to make back the money



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

Thursday, July 27
5:00 PM The Smurfs 2 (PG)

Friday, July 28
5:00 PM Going In Style (PG-13)

Saturday, July 29
5:00 PM The Circle (PG-13)

Sunday, July 30
5:00 PM The Fate of The Furious (PG-13)

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



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

Thursday, July 27
11:00 AM Walking with Dinosaurs (PG)
5:00 PM The Fate of The Furious (PG-13)

Friday, July 28
5:00 PM The Circle (PG-13)

Saturday, July 29
2:00 PM Gifted (PG-13)
5:00 PM How To Be A Latin Lover (PG-13)

Sunday, July 30
5:00 PM Alice in Wonderland (PG)

Monday, July 31
5:00 PM Max (PG)

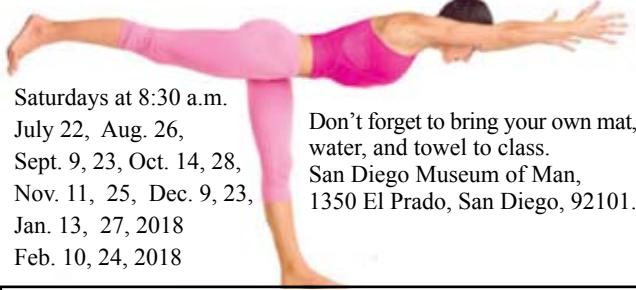
Tuesday, August 1
11:00 AM Muppets Most Wanted (PG)
5:00 PM The Zookeeper's Wife (PG-13)

Wednesday, August 2
5:00 PM Life (R)

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

Around Town

Yoga in the Rotunda Cost: \$5 - \$10



Join us for quiet teacher-led morning yoga under our dome before the doors open. Enjoy an all-levels flow class with modifications so that each individual can go at their own pace and work to their level of experience (suitable for both beginners and continuing students). Yoga One's knowledgeable and professional teachers offer optimal alignment principles paired with breath and present moment awareness. Classes are designed to foster a positive, non-competitive environment, encouraging well-being, mindfulness, and community.

Guys & Dolls at The Old Globe Theatre. Thru Aug 13 www.theoldglobe.org

La Jolla Playhouse presents 'At the Old Place' at Mandell Weiss Theatre. Thru Aug. 30 www.lajollaplayhouse.org

Festival of Arts & Pageant of the Masters thru Aug 31 in Laguna Beach. www foapom.com

Del Mar Thoroughbred Club Horse Racing Season runs thru Sept. 4 www.dmtc.com

The Little Mermaid at Moonlight Amphitheatre. now -Aug 5 www.moonlightstage.com

Del Mar Concert Series: Concert at Del Mar Racetrack. Every Friday after the last race. www.dmtc.com

West Side Story at Star Theatre Oceanside. now- July 30 www.startheatreco.com

Open Cockpit Days Cost: Free • Aug. 12-13, 9am-3pm • Aug. 26-27, 9am-3pm • Sept. 9-10, 9am-3pm Come sit in a war bird! Cockpits of select aircraft will be open for visitors of all ages to experience Ma-

rine aviation from a pilot's perspective. The Flying Leatherneck Aviation Museum has 27 vintage aircraft on display as well as hundreds of artifacts from World War I to present day. New this year is an exhibit on the Navajo Code Talkers. The sentry-free museum entrance is on Miramar Road, 3.9 miles east of I-805 and 1.3 miles west of I-15. (Look for the Marine Corps and American flags at the entrance.) Free admission and parking. Flying Leatherneck Aviation Museum, 4203 Anderson Avenue, San Diego, 92145.

Robin Hood at The Old Globe Theatre. now-Aug 27. www.theoldglobe.org

Paul Mitchell Supergirl Pro surf competition & festival along the Strand in Oceanside. July 28-30 www.supergirlpro.com

San Diego Padres vs. Pittsburgh Pirates at Petco Park. July 28 www.mlb.com/padres

TGIF Concerts in the Parks series: TBD at Calavera Hills Community Park. July 28, Aug. 4, 6-8pm. www.carlsbadca.gov

San Diego Musical Theatre presents Pump Up the Volume: A '90s Palooza at Horton Grand Theatre. July 28-Sept. 10 www.sdmmt.org

Summer Movies in the Park series: The Wizard of Oz at Old Poway Park. July 29, 6:30-9:30pm. www.poway.org

Annual Joggin' For Frogmen 5K & Tadpole Trot July 29, 8am -noon Join 5K run/walk at Liberty Station in honor of Navy SEALS (Frogmen) and all military heroes who have sacrificed their lives while protecting our country; including the 31 heroes who were killed in a helicopter crash in Afghanistan. Tadpole Trot for kids. Liberty Station (NTC Park & surrounding area). www.jogginforfrogmen.com.

Texas Hold'Em Poker Tournament. Fundraiser for Santee VFW Post 9327. Sat., July 29. Registration & buffet start 5pm. Cards dealt 6pm. \$40 donation (initial chip stack \$3000). Professional tables & dealers. Raffles, 50/50 drawing, prizes for top 3 players. Side tables include BlackJack. Info: Sherry 619-218-0551 or vfwpost9327@gmail.com. Santee VFW Post 9327, 8156 N. Magnolia Ave., Ste 203, Santee.

Harry Potter & The Chamber of Secrets at Embarcadero Marina Park South. July 29-30, 7:30pm. www.sandiegosymphony.org

San Diego Surf Cup Invitational at SoCal Sports Complex. July 29-31 www.surfcup.com

Solana Beach Triathlon & Duathlon at Fletcher Cove. July 30, 6:50am. www.kozevents.com

Antique & Collectible Consignment Auction at Antique Gas & Steam Engine Museum. July 30, 9am. www.agsem.com

Summer concert series: The Blackwaterside Trio at Old Poway Park. July 30, 5:30-7pm. www.poway.org

30th International Summer Organ Festival: Ken Cowan at Spreckels Organ Pavilion. July 31 www.spreckelsorgan.org

Impossible Science Festival Sunday July 30, 11am -5pm The Impossible Science Festival is a unique, interactive event that explores the science behind the seemingly impossible. Come learn how to turn objects invisible, explore levitation, play with the science of mind control, and

Ongoing until Saturday, Aug. 26, 12pm-4pm Free. Old Town San Diego State Historic Park is celebrating travel and transportation from the era of real horsepower during Stagecoach Days. These free events feature a different theme each Saturday such as: Days of the Vaqueros, Women of the West, Soldiers and Citizens, TwainFest, and Taste of the Past. Attendees will enjoy afternoons filled with activities that reflect life in early San Diego and celebrate the West on the move. Through living history activities and demonstrations, stories, and songs, visitors will gain an appreciation for early modes of transportation and daily life. All activities are geared toward children and adults of all ages.

Stagecoach Days



Old Town State Historic Park, 4002 Wallace Street, San Diego, 92110



July 29: "Soldiers and Citizens." The military has been part of San Diego since its inception. Following the Mexican-American War, the soldiers of many cultures had a large impact on life in San Diego. See historic uniforms, weapons, and hear the stories of these soldiers.

Aug. 5: "Trades That Shaped Westward Expansion." As towns developed in the West, so did the need for specialized trades and artisans. Old Town San Diego will present pivotal 19th century trades that helped shape the community of San Diego.

Aug. 12: "Days of the Vaquero." Vaqueros were the first cowboys in California. They were highly skilled equestrians and cattle herders who were an integral part of the early cattle trade in California. This day will celebrate their horsemanship techniques and other aspects of Californio culture.

Aug. 19: "TwainFest." This popular festival celebrates literacy and the literary works of Mark Twain and other 19th-century authors. Excerpts from famous works will be depicted by costumed San Diego actors at a variety of park venues throughout the day.

Aug. 26: "West on the Move." The California Gold Rush brought thousands of people to San Diego. While some stayed, many more passed through seeking their fortunes further north. On this Saturday, there will be demonstrations and activities that interpret how transportation affected the lives of these people on the move.

VALIANT
VANS
WARPED TOUR '17
PRESENTED BY **JOURNEY'S**

THE ACACIA STRAIN • THE ADOLESCENTS • AFTER THE BURIAL • THE ALARM • ALESTORM
AMERICAN AUTHORS • ANDY BLACK • ATTILA • BAD COP / BAD COP • BARB WIRE DOLLS • BEARTOOTH
BEING AS AN OCEAN • BLESSTHEFALL • BOSTON MANOR • CANDIRIA • CARNIFEX • CKY • COUNTERPARTS
COURAGE MY LOVE • CREEPER • DANCE GAVIN DANCE • EMMURE • FAREWELL WINTERS • FEKKI
FIRE FROM THE GODS • FIT FOR A KING • FUTURISTIC • GOLDFINGER • THE GOSPEL YOUTH • GWAR
HANDS LIKE HOUSES • HATEBREED • HAWTHORNE HEIGHTS • HUNDREDTH • I PREVAIL • JULE VERA
KNOCKED LOOSE • MEMPHIS MAY FIRE • MICROWAVE • MOVEMENTS • MUNICIPAL WASTE • NECK DEEP
NEW YEARS DAY • OUR LAST NIGHT • SAMMY ADAMS • SAVE FERRIS • SHATTERED SUN • SICK OF IT ALL
SILENT PLANET • SILVERSTEIN • SONIC BOOM SIX • STACKED LIKE PANCAKES • STICK TO YOUR GUNS
STRUNG OUT • SWORN IN • SYLAR • T.S.O.L. • TILLIE • TOO CLOSE TO TOUCH • TROPHY EYES • TWILIGHT CREEPS
VALIENT THORR • WAR ON WOMEN • WATSKY • THE WHITE NOISE • WILLIAM CONTROL

NOW FEATURING: MUTANT PARTY ZONE
SATURDAY, AUGUST 5 • QUALCOMM STADIUM PARKING LOT
TICKETS AT LIVENATION.COM
WWW.VANSWARPEDTOUR.COM

VANS OFF THE WALL • MUNIZ • MUTANT • SKULLCANDY • HARD ROCK FULL SAIL UNIVERSITY • TEUTH • PETE2 • TOPGOLF • PAPER CHAIN • ORANGE

WESELOHCHEVROLET.COM
CAR COUNTRY CARLSBAD
GIVE US A CALL (760) 317-4995

CHEVROLET

FIND NEW ROADS

EXTRA \$250 OFF OUR BEST DEAL ON ANY NEW WESELOH CHEVY

AD MUST BE PRESENTED PRIOR TO SALE

even learn how to walk on water. Location: R. H. Fleet Science Center at 1875 El Prado.

Fundraising poker event Santee VFW Post 9327 fundraising poker event, July 29, buffet begins at 5 p.m./Cards dealt at 6 p.m. \$40 donation or event options. 8516 N. Magnolia in Santee. POC: Sherry, (619) 218-0551, or Babs at (619) 540-3649.

Tennis 1 Beginners Saturday Morning Ongoing until Saturday, July 29, 2017 Saturdays, 8am-9:30am Cost: Free Learn forehand, backhand, ground strokes, volleys, lobs, overheads, and serves as well as rules, scoring, and etiquette. Info: andrew@cretella.com. Westview High School, 13500 Camino del Sur, San Diego, 92129.

Make It Yourself: Community Art Class For Kids Free Ongoing until Saturday, Sept. 30, 2017 Saturdays, 2pm-4pm Workshops led by professional artists and educators. All media: sculpture, painting, drawing, weaving, clay. In the Art Produce Community Room & Garden. All ages welcome! Under eight years, please bring an adult-type person. Pay what you can. Art Produce Gallery, 3139 University Avenue, San Diego, 92104.

Concerts

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

July

UB 40. Thurs, July 27, 7:30pm. Reggae. Palomar Starlight Theater at Pala Casino, 11154 Highway 76, Pala. (877) 946-7252.

Lionel Richie and Mariah Carey. Thurs, July 27, 7:30pm. Pop. Viejas Arena at Aztec Bowl San Diego State University. 5500 Canyon Crest Dr, San Diego

Justin Moore/Tyler Rich. Thurs, July 27, 7:45pm. Pacific Amphitheatre, Orange County Fair & Event Center, 88 Fair Dr, Costa Mesa, 92626. (714) 708-1500. ocfair.com

Matchbox Twenty & Counting Crows - A Brief History of Everything Tour with Rivers and Rust. Fri, Jul 28, 6:45pm. Matress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

Hall & Oates and Tears For Fears. Fri, July 28, 7pm. STAPLES Center, 1111 S. Figueroa St, Los Angeles. www.staplescenter.com

Echo & The Bunnymen/Violent Femmes. Sat, July 29, 7:15pm. Pacific Amphitheatre, Orange County Fair & Event Center, 88 Fair Dr, Costa Mesa, 92626. (714) 708-1500. ocfair.com

Kenny Rogers-Final World Tour with Linda Davis. Sun, July 30, 8:15pm. Pacific Amphitheatre, Orange County Fair & Event Center, 88 Fair Dr, Costa Mesa, 92626. (714) 708-1500. ocfair.com

Lionel Richie and Mariah Carey. Sun, July 30 7pm. Honda

Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

Marshall Tucker Band. Sun, July 30, 8:30pm. The Hangar at the Orange County Fair, 88 Fair Dr, Costa Mesa, 92626. (714) 708-1500. ocfair.com

August

Huey Lewis & the News. Tues, Aug 1, 7:30pm. Rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 224-3577 or Ticketmaster (619) 220-TIXS. humphreysbythebay.com

AFI and Circa Survive. Tues, Aug 1, 7:30pm. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

The Band Perry. Wed, Aug 2, 7:45pm. Pacific Amphitheatre, Orange County Fair, 100 Fair Dr, Costa Mesa. Ticketmaster.

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

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

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

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

The Isley Brothers/The Commodores. Thurs, Aug 10, 7pm. Michael McDonald/Boz

Scaggs. Sun, Aug 6, 7pm. Pacific Amphitheatre, Orange County Fair & Event Center, 88 Fair Dr, Costa Mesa, 92626. (714) 708-1500. ocfair.com

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

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

The Gipsy Kings. Sun, Aug 27, 7:30pm. Folk/world. Humphrey's

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

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

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

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

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

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

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

Green Day. Wed, Sept 13, 7pm. Punk/Rock. Sleep Train Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

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

www.kaaboodelmar.com/

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

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

**Sun, Aug 20, 7:30pm.
Open Air Theatre at SDSU,
5500 Campanile Dr., San Diego.
(619) 594-6947**



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

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

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

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

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

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

Postmodern Jukebox and Straight No Chaser. Sun, Aug, 13, 6:30pm. Acoustic/Classical/Pop. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

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

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

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

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

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

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

Dierks Bentley. Friday, Aug 25, 7:30ppm. Matress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

by the Bay, box office 2241 Shelter Island Dr., (619) 224-3577 or Ticketmaster (619) 220-TIXS. humphreysbythebay.com

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

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

One Republic. Sat, Sept. 2,

September

One Republic. Fri, Sept 1,

7:30pm. Pop/Rock. Matress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

One Republic. Sat, Sept. 2,

Wylde Sydes Tattoo & Piercing

**10% OFF
TATTOOS
and/or
\$5 OFF
PIERCING**



1515 Palm Ave. #K1
San Diego, CA 92154
619.575.6792
www.wyldesydestattoo.com

**OPEN
7 DAYS A
WEEK**

We accept
United Concordia
& Delta Dental
Military Retiree

Call for a FREE
personalized smile analysis
(858) 277-6080



Tierra Town Dental Center
FAMILY AND COSMETIC DENTISTRY
Tierra Town Dental Center
10645 Tierrssanta Blvd., Suite B
San Diego, Ca. 92124
(Next to AutoZone)



COUNTDOWN TO THE GOWN

FRIDAY, AUGUST 18
6PM • OFFICERS' CLUB

BALL & BRIDAL GOWN GIVEAWAY

HAIR & MAKE-UP DEMOS
EXPO • DJ + MORE

REGISTER TODAY AT
BALLGOWN2017.EVENTBRITE.COM

HYUNDAI
Assurance

FRANK HYUNDAI

America's Best Warranty™
10-Year/100,000-Mile
Powertrain Limited Warranty

New 2016 Hyundai Accent



\$6,003
Savings
from MSRP
Last One!
#161832

Frank's Price.....\$10,277
Military Rebate.....-\$500

NET PRICE
\$9,777

All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Rebate, must be active duty or veteran to qualify. Vin # 327091. Offer Expires 7/31/17.

New 2017 Hyundai Elantra SE

AUTOMATIC
TRANSMISSION



Frank's Price.....\$15,527
Retail Bonus Cash.....-\$2,000
Sales Event Cash.....-\$500
HMF Bonus Cash.....-\$750
Military Rebate.....-\$500

NET PRICE
\$11,777

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. \$750 HMF Bonus Cash must finance through Hyundai Motor Finance. \$500 Military Rebate, must be active duty or veteran to qualify. 1 at this price #377887. Offer Expires 7/31/17.

New 2017 Hyundai Sonata SE



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

Total
Savings
OFF
MSRP
\$14,777 NET SAVINGS
2 at this
#595911
#585232

Must be active duty or veteran to qualify. Offer Expires 7/31/17.

New 2017 Hyundai Tucson SE

\$6,433
Savings
from MSRP



Frank's Price.....\$20,527
Retail Bonus Cash.....-\$2,000
Hyundai Event Cash.....-\$750
HMF Bonus Cash.....-\$500
Military Rebate.....-\$500

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. \$750 HMF Bonus Cash must finance through Hyundai Motor Finance. \$500 Military Rebate, must be active duty or veteran to qualify. 6 at this price. Offer Expires 7/31/17.

New 2017 Hyundai Santa Fe Sport

7
Passenger



Frank's Price.....\$27,277
Retail Bonus Cash.....-\$2,000
Military Rebate.....-\$500

NET PRICE
\$24,777

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. \$750 HMF Bonus Cash must finance through Hyundai Motor Finance. \$500 Military Rebate, must be active duty or veteran to qualify. 2 at this price #245492, 245408. Offer Expires 7/31/17.

3150 NATIONAL CITY BLVD.
619-434-0592
www.frankhyundai.com



Like us on Facebook
facebook.com/frankhyundai

Follow us on Twitter
twitter.com/frankhyundai.sd

