

Weekly Contest

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See page 4

AutoMatters & More

Red Bull Air Race World Championship returns to San Diego.

See page 17

What's Happening

Check out our listings for what's going on around town this weekend.

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Navy Marine Corps Coast Guard Army Air Force

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FIFTY SEVENTH YEAR NO. 11
THURSDAY, SEPTEMBER 7, 2017

September Monthly Observances

(cont'd from last week)

- Nat'l Prime Beef Month
- Nat'l Prosper Where You Are Planted
- Nat'l Recovery Month
- Nat'l Rice Month
- Nat'l Save A Tiger Month
- Nat'l Sewing Month
- Nat'l Service Dog Month
- Nat'l Shake Month (Ice Cream)
- Nat'l Sickle Cell Month
- Nat'l Skin Care Awareness
- Nat'l Spinal Cord Injury Awareness Month
- Nat'l Suicide Prevention
- Nat'l Translators Month
- Nat'l Pediculosis (Head Lice) Prevention Month
- Nat'l Piano Month
- Nat'l Preparedness Month
- Nat'l Wilderness Month
- One-on-One Month
- Ovarian Cancer Awareness
- Pain Awareness Month
- Pediatric Cancer Awareness
- Pleasure Your Mate Month
- Polycystic Ovarian Syndrome Awareness Month
- Save The Koala Month
- Save Your Photos Month
- Sea Cadet Month
- Self Improvement Month
- Healthy Aging Month
- Shameless Promotion Mo.
- Sports and Home Eye Health & Safety Month
- Subliminal Communications
- Superior Relationships
- Thyroid Cancer Awareness
- Update Your Resume
- Whole Grains Month
- Wild Rice Month
- Women's Friendship Month
- World Alzheimer's Month
- World Animal Remembrance
- World Speak Out Month
- Nat'l Hispanic Heritage Mo.

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Navy observes September as Suicide Prevention Month

WASHINGTON - The Navy joins the nation in observing Suicide Prevention throughout September.

Since the launch of the "Every Sailor, Every Day" campaign and the "1 Small ACT" message, Navy's Suicide Prevention Branch, OPNAV N171, has seen outstanding participation across the Fleet in sharing the simple everyday actions that can save lives.

This year, the Navy continues to use "1 Small ACT" to enlist all members of the Navy

community in the fight against suicide.

"Navy Suicide Prevention Month is a time to refocus on the entire team," said Rear Adm. Karl Thomas, director of the 21st Century Sailor Office. "We are relentless in keeping psychological health in open conversation, eliminating mental health stigmas by encouraging those that need help to receive it, and educating our Sailors on suicide warning signs so they have the courage to recognize and seek help for their peers and themselves."

see **Prevention**, page 2

'Team Miramar' welcomes community to Miramar Air Show

MCAS MIRAMAR - The commanding officer of Marine Corps Air Station Miramar, Col. Jason Woodworth, and the commanding general of the 3rd Marine Aircraft Wing, Maj. Gen. Mark Wise, invite the San Diego community to the 2017 Miramar Air Show, Sept. 22-24.

The theme of this year's air show is "A Salute to Vietnam Veterans."

"The 2017 MCAS Miramar air show gives the public and current service members an opportunity to say thank you to the veterans of the Vietnam War," said Woodworth. "Our goal is to remind the veterans that the country cares about them and truly values the sacrifice they made for the American people, regardless of how they were treated when they originally returned from Vietnam."

The air show is free to the public; however, upgraded seating options are on sale now. For ticket information and up-to-date air show information, visit the Miramar Air Show website, <http://www.miramarairshow.com/>, or call 1-877-772-5425 for assistance or questions regarding air show preferred seating tickets.

Navy intends to heavy lift USS John S. McCain to Yokosuka

WASHINGTON - The Navy intends to issue a task order on an existing contract, for the salvage patching and transport via heavy lift of USS *John S. McCain* (DDG 56) from Changi Naval Base in Singapore to the Navy's Ship Repair Facility-Japan Regional Maintenance Center in Yokosuka, Japan.

The lift is notionally planned for late September.

The ship is being heavy lifted to Yokosuka so that further damage assessments may be conducted. Completion of the damage assessment is required to fully determine repair plans to include cost, schedule and location for the ship's repairs.

Guided-missile destroyer *John S. McCain* was involved in a collision with the merchant vessel *Alnic MC* while underway east of the Straits of Malacca and Singapore on Aug. 21.

The ship suffered significant damage to her port side aft resulting in flooding to nearby compartments, including berthing, machinery and communications rooms.

Are you prepared for a disaster?

WASHINGTON - September is National Emergency Preparedness Month. Commander, Navy Installations Command's (CNIC) Ready Navy Program educates Sailors and their families on how to be prepared when an emergency occurs. This year's overall theme is "Disasters Don't Plan Ahead. You Can."

Each week in September will have a focused theme: Make a Plan for Yourself, Family and Friends; Plan to Help Your Neighbor and Community; Practice and Build Out Your Plans; and Get Involved! Be a Part of Something Larger.

"National Preparedness Month educates us all to be informed, make a plan, build a kit, and stay informed, not just for a month, but every day," said Jeff Sanford, CNIC emergency management specialist. "Ready Navy provides a road map and creates a state of mind for Navy personnel and families to be and stay prepared for any potential hazard throughout the year - something leadership takes very seriously."

Ready Navy is a proactive Navy-wide emergency preparedness, public awareness program. It is designed for the Navy community, to increase the ability of every person and family on or near Navy installations to meet today's challenges head on and plan and prepare for all types of hazards, ranging from hurricanes and earthquakes to terrorist attacks.



Navy Working Uniform Type III: 5 things to know

The Navy announced the wear rules and Fleet distribution plan for the Navy Working Uniform (NWU) Type III in NAVADMIN 214/17, Aug. 31, along with a list of approved boots Sailors can wear with the uniform.

Here are five things to know about the NWU Type III uniform wear and distribution:

1. This is a phased roll-out plan with the Navy Working Uniform Type III (NWU Type III) replacing the NWU Type I. Type III is intended for wear ashore, in port and in environments that do not require special clothing, and when authorized as the uniform of the day.

2. The 24-month fleet fielding plan for the NWU Type III begins Oct. 1, 2017, and ends Sept. 30, 2019. Sailors can wear either the NWU Type I or NWU Type III until Sept. 30, 2019, at the discretion of the unit commander or commanding officer. The NWU Type III becomes the Navy's primary shore working uniform Oct. 1, 2019.

3. Enlisted Sailors' clothing replacement allowances will increase beginning Oct. 1, 2017, and continue to expand in fiscal years 2018 and 2019. By law, commissioned officers are entitled to a one-time uniform stipend (\$400) paid at the begin-



ning of their careers.

4. NAVADMIN 214/17 contains the list of Type III sea bag requirements, optional items and wear rules that apply starting Oct. 1, 2017. Manufacturing production rates could accelerate or delay uniform availability, and would mean some adjustment to

the implementation schedule.

The schedule during the 24-month implementation period is as follows:

- RTC Great Lakes/Officer Candidate School/Southwest Region - October 2017.
- Southeast Region - January 2018.

- Mid-Atlantic Region/Naval District Washington Region - July 2018.

- Navy Region Japan/Guam - January 2019.

- Northwest Region - March 2019.

- NEXCOM uniform website and call center - June 2019.

- Other Service Exchange stores (i.e., AAFES stores) - July 2019.

5. Navy also announced that 350 Sailors assigned to afloat units and shore installations are taking part in a three-month boot wear test to identify a replacement for the current NWU boot that is issued to Sailors. The completion of the boot study is expected by the end of this year.

For complete information on wear rules and rollout plan, see

NAVADMIN 214/17 at www.npc.navy.mil.

Prevention continued from page 1

Here is some useful information to get involved during the month of September.

* New tools: To help generate the conversation at your command, the "Every Sailor, Every Day" campaign promotes new tools that empower Sailors and their families to better recognize warning signs, start conversations, take the right actions to intervene, and practice ongoing safety. Posters, graphics and tips are available in the FY-18 1 Small ACT Toolkit to help identify warning signs, decrease risk during times of increased stress, and promote new resources to help Sailors recover from psychological or emotional crisis, like the Sailor Assistance and Intercept for Life program. These tools are designed not only to help others, but also to help yourself. You can access the toolkit at http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/spmonth/Pages/Get-Involved.aspx.

* 1 Small ACT photo gal-

lery: The 1 Small ACT photo gallery, hosted on the "Every Sailor, Every Day" campaign's Flickr page, remains open for submissions. To date, Sailors and their families have contributed over 600 "Small ACT Selfies," featuring the many ways they support their shipmates and themselves as individuals. These selfies will be featured on Facebook to spotlight installations, units and commands. *1 Small ACT signs and details are available at http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/spmonth/Pages/1-Small-ACT-.aspx.*

For more help in generating the conversation at your command, use the latest resources from the Suicide Prevention branch.

The Military Crisis Line offers confidential support for active duty and reserve service members and their families 24 hours a day, 7 days a week. Call 1-800-273-8255 and Press 1, chat online at www.militarycrisisline.net or send a text message to 838255.

U.S., Japanese defense leaders condemn North Korean nuke test

WASHINGTON - Defense Secretary Jim Mattis and Japanese Defense Minister Itsunori Onodera discussed North Korea's Sept. 2 test of a nuclear device in a telephone conversation Aug. 5, chief Pentagon spokesperson Dana White said.

Mattis and Onodera both condemned the test as a destabilizing provocation that threatens both regional and global secu-

rity, White said in a statement summarizing the call.

"Secretary Mattis underscored that the United States' commitment to defend Japan, including the U.S. extended deterrence commitment, remains ironclad," she said.

The secretary also underscored that the United States would work with Japan to en-

hance its ballistic missile defense capabilities, White said, and the defense leaders confirmed their intent to continue working trilaterally with South Korea to strengthen deterrence and to maintain the peace and security of Northeast Asia.

Mattis and Onodera also spoke by phone Aug. 30 after North Korea's Aug. 28 launch of a ballistic missile over Japan.

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Mattis, Dunford brief president on military options available to deal with North Korea

by Cheryl Pellerin

WASHINGTON - Defense Secretary Jim Mattis, standing in front of the White House Sept. 3 after the latest and largest nuclear test carried out by North Korea, said the United States has many military options for dealing with Kim Jong Un's provocations and that President Donald J. Trump wanted to be briefed on each one.

Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, joined Mattis for his announcement.

At about 11:30 p.m. EDT on Sept. 2, the U.S. Geological Survey's Earthquake Hazards Program detected a magnitude 6.3 explosion, about 13 miles east-northeast of Sungjibaegam, North Korea, located near the site where North Korea has detonated nuclear explosions in the past, according to a USGS statement.

Other institutions and organizations specializing in seismic detection also reported the explosion and resulting seismic signature.

The Korean Central News Agency announced that North Korean scientists had carried out a test in the country's northern nuclear test ground of a hydrogen bomb built to sit on top of an intercontinental ballistic missile, describing the device as a two-stage thermonuclear weapon.

Media reports say that the test was the most powerful of the six, but there is no official measurement yet of the force of the hydrogen weapon.

In his remarks, Mattis said they had made clear to the president that the United States has the ability to defend itself and its allies - South Korea and Japan - from any attack.

"Our commitments among the allies are ironclad," the secretary added. "Any threat to the United States or its territories, including [the U.S. territory of] Guam or our allies, will be met with

a massive military response, a response both effective and overwhelming."

This nuclear test was North Korea's sixth since 2006.

The weapon tested Sept. 2 was a fusion bomb, also called a hydrogen bomb or thermonuclear weapon. Fission weapons, such as those that fell on Hiroshima and Nagasaki in World War II, are sometimes called atomic bombs.

In a hydrogen bomb, according to a 2012 paper by Martin E. Hellman, a Stanford University professor, a primary element is an implosion fission weapon that is used to ignite the secondary fusion reaction.

The Air Force Technical Applications Center at Patrick Air Force Base in Florida, is the only federal organization whose mission is to detect and

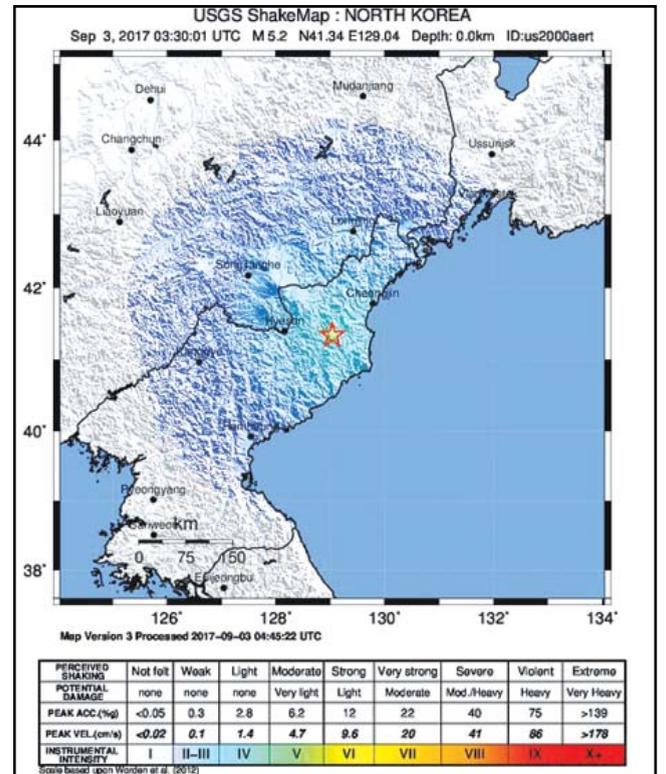
report technical data from foreign nuclear explosions. The center operates and maintains a 3,600-sensor global network of nuclear event detection equipment called the U.S. Atomic Energy Detection Systems, the largest sensor network in the Air Force.

Once a disturbance is detected underground, underwater, in the atmosphere or in space, the event is analyzed for nuclear identification, and the findings are reported to national command authorities.

On Sept. 3, Mattis said that Kim Jong Un should take heed of the United Nations Security Council's unified voice.

"All members unanimously agreed on the threat North Korea poses, and they remain unanimous in their commitment to the denuclearization of the Korean Peninsula," he said.

"We are not looking to the total annihilation of a country, namely North Korea. But as I said, we have many options to do so," Mattis added.



This graphic from the U.S. Geological Survey's Earthquake Hazards Program shows a shake map from the magnitude 6.3 explosion-generated earthquake that took place Sept. 3, 22 kilometers east-northeast of Sungjibaegam, North Korea. A shake map is a product of the USGS Earthquake Hazards Program in conjunction with the regional seismic networks. Shake maps provide near-real-time maps of ground motion and shaking intensity following significant earthquakes. U.S. Geological Survey graphic

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DoD backs McCain-Reed proposal to close military bases

by Joe Gould
WASHINGTON (Defense News) - The Pentagon supports a proposal to authorize a base closure round in 2019 from Sens. John McCain and Jack Reed, the top Pentagon official in charge of military installations said Aug. 5.



The Pentagon's new assistant defense secretary for energy, installations and environment, Lucian Niemeyer, said the Department of Defense backs their proposal to launch a base realignment and closure, or BRAC, process. That proposal would have the Government Accountability Office, and not an independent commission, validate the analysis before Congress makes the final call.

Speaking at a Heritage Foundation forum, Niemeyer said base closures could not only save money but help the military reorganize for the next generation of military technologies as it conducts a highly anticipated defense strategy review.

"For us, it's not just a matter finding efficiencies; it's a matter of improving military value and effectiveness and lethality of our forces," Niemeyer said. "That's why we continue to push hard and we support the Senate's

FOR US, IT'S NOT JUST A MATTER FINDING EFFICIENCIES; IT'S A MATTER OF IMPROVING MILITARY VALUE AND EFFECTIVENESS AND LETHALITY OF OUR FORCES. THAT'S WHY WE CONTINUE TO PUSH HARD AND WE SUPPORT THE SENATE'S ATTEMPT TO TRY TO GET A BRAC AUTHORIZATION STARTED IN 2019 [THROUGH] THE [NATIONAL] DEFENSE AUTHORIZATION ACT," SAID LUCIAN NIEMEYER, ASSISTANT DEFENSE SECRETARY.

attempt to try to get a BRAC authorization started in 2019 [through] the [National] Defense Authorization Act."

Yet the proposal faces headwinds in Congress, where BRACs are notoriously unpopular for hurting communities where bases are closed. Because McCain and Reed - the Senate Armed Services Committee chairman and ranking member respectively - are championing the BRAC round, "there is real hope this year" it will be approved, said Andrew Hunter, a former congressional staffer now with the Center for Strategic and International Studies.

McCain, R-Ariz., and Reed, D-R.I., proposed a new BRAC round as an amendment to the annual defense policy bill. Under the plan, the list of potential base closures and realignments would be compiled by the DoD and reviewed by the GAO before it is certified by the president and submitted to Congress by the fall of 2019. There would be a 60-day public comment period and, finally, an up or down vote by Congress.

Niemeyer hailed its provision, capping the cost of the closures and realignments at \$5 billion and nodded to a BRAC alternative from the House Armed Services Committee's ranking member, Rep. Adam Smith, D-Wash., that would require more detailed cost estimates to be submitted to Congress.

That may be a step toward winning over lawmakers like HASC Chairman Rep. Mac Thornberry, R-Texas, who is

among lawmakers who have attacked the upfront costs associated with the last BRAC round in 2005. He quashed a pro-BRAC amendment during a floor debate

on the House defense policy bill in July.

There has been pushback against the McCain-Reed pro-

SECNAV announces Strategic Readiness Review

WASHINGTON - On Sept. 1, Secretary of the Navy Richard V. Spencer announced the formation of an independent subject matter expert team to conduct a Strategic Readiness Review in response to the recent increase in surface fleet incidents.

"The Navy has had a tragic increase in the number of surface fleet incidents resulting in significant loss of life and injury," said Spencer. "These incidents are unacceptable and demand a thorough and comprehensive review, which is why I have formed an independent subject matter expert team to conduct a Strategic Readiness Review and

I look forward to receiving the proposed corrective actions. As we mourn the loss of our Sailors, we must improve upon the way we operate."

The Strategic Readiness Review will run concurrent with and complement the U.S. Fleet Forces-led Comprehensive Review. Results are expected 30 days after the Comprehensive Review. The findings of both reviews will result in policy recommendations built upon validated analytics and a full review of existing policies to determine what is being measured, what is being rewarded, and the intended and unintended consequences of those policies.

Syrian democratic forces clear Great Mosque of Raqqa

SOUTHWEST ASIA - Coalition officials offered congratulations Sept. 4 to the Syrian Democratic Forces on the successful Sept. 2 clearance of the Great Mosque of Raqqa.

The seizure of Raqqa's Old City district, and especially the Great Mosque, is a milestone in the ongoing battle to defeat the Islamic State of Iraq and Syria in Raqqa and all of Syria Combined Joint Task Force Operation Inherent Resolve officials said in a statement.

In addition, officials noted, the Syrian Democratic Forces and Syrian Arab Coalition evacuated thousands of civilians and went to great lengths to limit damage to infrastructure, including to the ancient mosque.

The Great Mosque is the oldest mosque in the city and has been under ISIS control since 2014, when the terrorist group captured the city. ISIS deliberately and consistently uses protected civilian infrastructure such as schools, hospitals and mosques as headquarters, weapons factories and finance hubs, officials said.

posal from at least one SASC member, Sen. Martin Heinrich, D-N.M. He told the Albuquerque Journal earlier this month it would invite more lobbying of the Pentagon by Congress, a development he says would not be productive.

"I understand that the Pentagon wants to divest of assets that aren't materially contributing to our national security, but I'm not sure what problems are addressed by a new version of BRAC that involves more lobbying," Heinrich told the newspaper.

Military leaders have pushed for another BRAC round since 2013, arguing that their current domestic footprint is too large given reductions in force size and equipment modernization in recent years. The DoD estimated under the last administration that it could close 22 percent excess capacity for a savings of \$2 billion or more annually by 2027.

In any case, almost none of that excess capacity is in the Navy, with most in the Army and Air Force, Hunter said. He suggested lawmakers with ties to naval facilities may as a result find it easier to vote for a BRAC round.

Still, the politics will likely be difficult to overcome.

"In the past, the theory has been: When you know whose bases you're targeting with your vote, and that may be your friend, that may be someone who's an ally to you on other issues, it makes it harder," Hunter said. "That'll be an interesting dynamic to see."

Destroyer John S. McCain Sailors posthumously advanced

WASHINGTON - The Navy announced Aug. 31 that the 10 Sailors who died aboard USS *John S. McCain* (DDG 56) were posthumously advanced to their next rank.

Electronics Technician 1st Class Charles Nathan Findley, 31, from Kansas City, Miss., was posthumously advanced to Chief

Electronics Technician.

Interior Communications Electrician 1st Class Abraham Lopez, 39, from El Paso, Texas, was posthumously advanced to Chief Interior Communications Electrician.

Electronics Technician 2nd Class Kevin Sayer Bushell, 26,

from Gaithersburg, Md., was posthumously advanced to Electronics Technician 1st Class.

Information Systems Technician 2nd Class Corey George Ingram, 28, from Poughkeepsie, N.Y., was posthumously advanced to Information Systems 1st Class.

Electronics Technician 2nd Class Jacob Daniel Drake, 21, from Cable, Ohio, was posthumously advanced to Electronics Technician 2nd Class. Drake had been selected for promotion and authorized to wear the rank of a second class petty officer, but had not yet been advanced.

Information Systems Technician 2nd Class Timothy Thomas Eckels Jr., 23, from Manchester, Md., was posthumously advanced to Information Systems Technician 2nd Class. Eckels had been selected for promotion and authorized to wear the rank of a second class petty officer, but had not yet been advanced.

Electronics Technician 3rd

Class Dustin Louis Doyon, 26, from Suffield, Conn., was posthumously advanced to Electronics Technician 2nd Class.

Electronics Technician 3rd Class John Henry Hoagland III, 20, from Killeen, Texas, was posthumously advanced to Electronics Technician 2nd Class.

Interior Communications Electrician 3rd Class Logan Stephen Palmer, 23, from Decatur, Ill., was posthumously advanced to Interior Communications Electrician 2nd Class.

Electronics Technician 3rd Class Kenneth Aaron Smith, 22, from Cherry Hill, N.J., was posthumously advanced to Electronics Technician 2nd Class.

The 10 Sailors were killed in a collision between Arleigh Burke-class guided-missile destroyer *John S. McCain* and the Liberian-flagged merchant vessel *Alnic MC* on Aug. 21. The incident is under investigation to determine the facts and circumstances of the collision.

4 www.armedforcesdispatch.com THURSDAY, SEPTEMBER 7, 2017

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Annual Cabrillo Festival returns to Pt. Loma for 54th year

In 1542, explorer Juan Rodriguez Cabrillo landed his three vessels and crew at "an enclosed harbor, which was very good," he said. Cabrillo named it San Miguel. We know it today as San Diego.

History comes to life Sept. 30 at the Cabrillo Festival, celebrating its 54th running.

The event celebrates and recreates the voyage of 16th century explorer Juan Rodriguez Ca-

This pivotal moment in history is remembered every year with a series of events hosted by the Cabrillo Festival, Inc., and the National Park Service.

The festival will be held at Ballast Point on Naval Base Point Loma on Saturday, Sept. 30 from 11 a.m. to 4 p.m. Admission is free. There will be music, dancing, children's activities and foods of Native Americans, Mexico, Portugal and Spain.

There will be Kumeyaay

at 1 p.m. Guests are advised to bring identification for entry onto the navy base.

On June 27, 1542, Cabrillo set sail from Navidad on Mexico's west coast with three vessels - San Salvador, La Victoria and San Miguel - in search of gold and a route to the Orient and the Spice Islands.

Sailing northwest into uncharted waters, they explored the west coast of Baja California. On Sept. 17 they anchored at San Mateo, known today as Todos Santos Bay, Ensenada. A few days later they departed. Sailing north they landed on September 28 at "an enclosed harbor, which was very good." Cabrillo named it San Miguel. We know it today as San Diego.

Cabrillo and his men remained for six days, trading with the native Kumeyaay people living around the bay, exploring and taking on supplies and fresh water.

On Oct. 3 they departed, continuing their voyage northward along the coast of Alta Califor-



Navy Color Guard, at the 2015 Cabrillo Festival. Courtesy photo

nia. Although Cabrillo died of an injury before completing his journey, he is one of the most recognized figures of the Age of Exploration.

The highlight of the Cabrillo Festival is the re-enactment of Cabrillo's landing on the shores of San Diego Bay. "Cabrillo," his soldiers and a priest sail into the bay on The San Salvador, and once again claim the land for Spain.



A parade of reenactors. Courtesy photo

brillo, who, sailing under the flag of Spain, landed on the shore of San Diego Bay on Sept. 28, 1542, discovering San Diego, and all of the West Coast. This makes San Diego the Plymouth Rock of the West.

basket making, knot tying and a 16th Century Spanish soldiers living history encampment. Re-enactment of Cabrillo's landing from San Diego's historically accurate replica of the San Salvador on Ballast Point begins

Advocates hope to restart debate over benefits for blue water Navy vets

by Leo Shane III
NAVY TIMES - As they left for summer recess, congressional lawmakers approved new legislation making it easier for WWII veterans exposed to mustard gas to receive medical and disability benefits.

Now, as those elected officials return from break, advocates are hoping they'll take up similar legislation for Vietnam veterans exposed to Agent Orange during their tours in the waters of southeast Asia.

"We're seeing guys coming in with liver diseases, cancer in their kidneys, really severe problems," said Mike Little, director of legislative affairs at the Association of the United States Navy. "It's all the same illnesses as guys who served on the ground. But these sailors aren't covered."

At issue is a change in VA policy 15 years ago that excluded vets serving on ships off the coast of Vietnam - known as "blue water Navy veterans" - from being included in a class of former service members presumed to be exposed to Agent Orange.

For troops who served on the ground or in inland rivers, exposure to the chemical defoliant is presumed, speeding the medical and disability benefits process for vets who later contract a host of illnesses related to contamination.

But the blue water veterans still must prove they were directly exposed to Agent Orange for their illnesses to be labeled as service-connected. The Association of the United States Navy estimates that nearly 90,000 veterans served in those areas, where the chemical sprays steadily worked into their drinking water and air.

"Now these guys are in their 60s, and many had to leave the workforce early because of their illnesses," said John Wells, executive director of Military-Veterans Advocacy and a long-time activist on the blue water veterans issue. "They don't have a nest egg, a lot of them are just hanging on by their fingernails. "It's heartbreaking."

In August, senators finalized legislation forcing VA officials to reconsider hundreds of cases

of veterans involved in testing the effects of mustard gas and the blister agent lewisite at the end of World War II. Previously, their health claims had been denied because of a lack of hard evidence, but the new rules assume exposure for veterans who served at sites where testing was known to have occurred.

Similarly, Little said the blue water veterans' claims are routinely denied by VA because most cannot prove a direct link to the chemical. In one case, veterans on a ship anchored between a small island and the Vietnam mainland have been denied because of uncertainty

involving exposure, even though ground troops on either side were awarded benefits.

Lawmakers have offered support for a legislative fix in recent years, and 299 are co-sponsoring a House bill to restore benefits for the group. But congressional leaders won't let the measure move ahead without a cost offset.

And that has been the stumbling block for advocates. While the change in the mustard gas benefits provision is expected to cost about \$9 million over the next decade, the Agent Orange measure is estimated at \$1.1 billion in the next ten years.

Learn the history of your ship

What's in a name? For many ships the answer may be found in the vessel that bore the name previously.

Find out about them as well as your ship's namesake, and thousands of other ships from our past, in the online Dictionary of American Naval Fighting Ships at www.history.navy.mil/research/histories/ship-histories/danfs.html.

For more NHHHC historical support available to the fleet, check out NAVADMIN 10/17.

Social Security matters

by Russell Gloor

Ask Rusty - High earners and the Family Maximum

Dear Rusty: My question is this: If both spouses are high earners with significant Social Security contributions in their own right, delaying their benefits to get a bigger Social Security amount could mean they will exceed the maximum "family" payment. Isn't it to their advantage for both spouses to take Social Security at 62 at the "reduced amount" if together they would still exceed the "family maximum"? Otherwise, aren't they leaving money on the table and getting no increase in payment by delaying collecting? Signed: Inquiring Mind



Dear Inquiring: What an excellent question. Let's lay out the pieces:

1) Regardless of how much these hypothetical "high earners" actually earned, they would have only paid payroll taxes up to the annual contribution limit for each year they worked. That limit - \$127,200 for 2017 - increases periodically if a formula used by the Social Security Administration calls for it. Once they reached the earnings contribution limit each year they would have no longer paid into Social Security for that year.

2) Let's assume that the earnings of both were greater than the annual contribution limit for their entire careers, and that they are both eligible for the maximum monthly benefit (\$2,687 for 2017) at their full retirement age. Their combined SS benefit based upon their own work records at their full retirement age (assumed as 66) would be \$5,374.

3) The Family Maximum applies to survivors, spouses, and children, etc. families who receive benefits based upon a primary wage earner's work record. Couples who collect only retirement benefits are not affected unless three or more family members receive benefits. So, in this hypothetical example of two high wage earners, the Family Maximum benefit does not apply.

So the answer to your question is: For these two high-earners, applying early for both of their benefits at age 62 will cause them both to receive benefits at a permanently reduced rate of about 75 percent (\$1,934) of their full amount. If they delay they can both receive their full benefit amount (\$2,687) at their full retirement age, and if they choose to defer beyond their full retirement age their benefits will continue to grow at about 8 per centy per year until they are age 70, when their monthly benefit amount would be about \$3,546 each, or \$7092 combined.

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



What's going on at The Veterans Museum at Balboa Park

- Sept. 12: 9/11 Exhibit
- Sept. 30: Jazz and Juice
- Oct. 1: Honor Flight San Diego Homecoming
- Oct. 18-22: GI Film Festival San Diego
- Oct. 28: Military Women's Luncheon
- Nov. 4: Operation Dress Code
- Nov. 9: San Diego County Veteran of the Year Luncheon
- Nov. 11: Veterans Day parade

San Diego County Veterans Service Offices		
Chula Vista (Bonita) M-F: 8 a.m. - 4 p.m. 180 Otay Lakes Rd. Phone: (877) 618-6534	La Mesa Adult Center Fri., 9 a.m. - 3 p.m. 8450 La Mesa Blvd. Phone: (858) 527-5822	Ramona 4th Wed. monthly, 9:30 a.m. - 3 p.m. County Library Phone: (760) 788-5270
Escondido M-F: 8 a.m. - 5 p.m. 649 W. Mission Ave. Phone: (760) 740-5572	Mission Valley Thurs. & Fri. appointments only 8898 Rio San Diego, Phone: (858) 694-3222	El Cajon 201 E. Douglas 2nd & 4th Mon. monthly Phone: (619) 588-3718
Fallbrook 2nd Fri. & 4th Wed. monthly 135 S Mission Road, Phone: (760) 723-7570	Oceanside VA Clinic M-F: 8 a.m. - 4 p.m. 1300 Rancho Del Oro Dr. Phone: (760) 643-2049	Julian County Library Thurs. (by appt. only) Phone: (760) 765-0370

For a complete list of SD County offices, go to <https://www.calvet.ca.gov/VetServices/Pages/CVSO-Locations.aspx>.

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Wanted: A new way to find pilots for U.S. Navy unmanned aircraft

by Warren Duffie Jr.

Georgia Tech and the Naval Aerospace Medical Institute, sponsored by the Office of Naval Research are sponsoring the development of a series of new specialized tests to assess cognitive abilities and personality traits, and identify potential Navy and Marine Corps unmanned aviation systems (UAS) operators. It's called the Selection for UAS Personnel, or SUPer.

Before acceptance to flight school, aspiring naval pilots must pass the Aviation Selection Test Battery (ASTB) - a rigorous intellectual exercise that evaluates aviation and nautical knowledge, math and engineering skills, and personality traits.

Since training a single pilot costs the U.S. Navy over \$1 million, the ASTB is a critical tool for finding the right candidates to fly manned aircraft, such as fighter jets. But the Navy doesn't have ASTB-style tests to qualify pilots of today's latest aircraft - remotely-operated, unmanned aviation systems, popularly called drones.

Since the wars in Afghanistan and Iraq began, UAS have played larger roles in intelligence gathering, surveillance and reconnaissance, and other missions. Consequently, there's an increasing need for well-trained UAS pilots.

"The temperament and personality of F-18 pilots won't necessarily be the same as those flying surveillance aircraft," said Cmdr. Brent Olde, a program officer in ONR's warfighter performance department. "Neither will the required skill set be identical, so it's important that we create a standardized way to assess the abilities of future UAS operators."

In recent years, the Air Force established its own formal screening process for UAS operators, and the Marine Corps designated a UAS career path for its ranks. The Navy, however, doesn't have an official selection and training pipeline specifically for UAS operators. Historically, the service took aviators who already earned their wings, gave them on-the-job, UAS-specific training, and placed them in temporary positions.

SUPer comprises both written and computerized tests covering skills like math knowledge, spatial orientation, reading cockpit dials and critical thinking. SUPer participants also study computer maps featuring prominent natural or manmade landmarks and then remember object locations on larger, less defined maps.

Tests are followed by training exercises on a flight simulator designed to mirror common UAS missions. Participants also

complete psychological and personality tests to ascertain if they would excel as UAS pilots - which often involves 12-hour shifts sitting in front of a control station, inside of an isolated command center.

"SUPer will be a valuable tool in helping the Navy pick the best people to become UAS operators, and determine who will be an optimal fit and find satisfac-

tion in the role," said Dr. Philip Ackerman, a Georgia Tech psychology professor overseeing SUPer's development.

Approximately 350 civilian and military volunteers are participating as SUPer research subjects at Ackerman's Georgia Tech laboratory and various Navy and Air Force training centers. The current version of the SUPer test battery takes

approximately four hours to complete.

At the end of September, Ackerman and his research team will review the results, design a standardized exam for validation by prospective Navy and Air Force UAS pilots, and, hopefully, have a product ready for fleet implementation in 2018.

"Training pilots for manned and unmanned systems is time-

intensive and expensive," said Lt. Cmdr. Tatana Olson, deputy director of the Naval Aerospace Medical Research Laboratory at the Naval Medical Research Unit, Dayton, and who serves as SUPer's government lead. "SUPer will define and assess the knowledge, skills and abilities required to be a successful UAS operator, and, ultimately, optimize naval use of human resources for unmanned aviation."

Study tips for busy college students

(StatePoint) With seemingly endless reading, lengthy term papers and make-or-break exams, the academic life of a college student can be nothing short of demanding. What's more, many students hold down part-time jobs and participate in extracurriculars during the semester.

While there are only so many hours in a day, students can make more of the time they do have by studying smarter, not harder. Here are a few tips to keep your head above water.

- Take smarter notes. Gone are the days of taking furious notes in class by hand. However, merely typing up class notes is also an antiquated notion for today's tech-savvy students. There are many note-taking apps on the market that can help you organize, sort and share multimedia notes. The good news is that some of these are free. While each app has its own set of features, all of this tech can make the lecture hall a friendlier place and make study time more convenient.
- Find your sweet spot. Wheth-

er it's a study carrel in the library, the student lounge of your dormitory or a shady spot in the quad, finding locations that inspire you to buckle down is crucial. Knowing your own study habits and needs can help you situate yourself wisely.

- Leverage campus assistance. Most colleges offer a wealth of student resources that can help you make the grade, from tutors to writing centers that offer helpful feedback on papers. At the very least, students should visit advisors and professors during their office hours, as well as be sure to visit the reference librarian's desk when lost or overwhelmed in the stacks.
- Use new resources. New resources are helping students succeed in their courses. For example, every student who takes out a Sallie Mae Smart Option Student Loan or Graduate Student Loan gets free, exclusive access to Study Starter, an online tutoring and studying portal from the experts at Chegg, a leading provider of textbooks and student services. Available 24/7, it can quickly provide

help to students when they need it most, whether it's 2 a.m. or 2 p.m.

Students can select between 120 minutes of free online access to tutors or four months of free online access to step-by-step solutions to problems and study questions and answers. There is also a combination option as well. The results are proven -- 88 percent of students who use Chegg Tutors say it helps them feel less stressed about schoolwork and 94 percent of Chegg Study users say it helped them get homework done with less stress.

"Making college affordable so students can enroll is only the first step. Up-front, in-school benefits can help them succeed in classes and graduate on time," says Martha Holler, senior vice president at Sallie Mae.

For more information, visit SallieMae.com/StudyStarter.

If academic performance weighs heavily on your mind, use all the available resources you have at your disposal, from on-campus advisors to online tutors and study aids, and add them to your own resolve to succeed.

My Navy Portal (MNP) now includes a low bandwidth version

The Navy announced Sept. 1 the update to My Navy Portal (MNP) includes a low bandwidth version that can be accessed afloat, or ashore in areas with limited bandwidth. This latest updated version gives users the option to choose the low bandwidth upon login, or from any page within the portal. By removing all photos, graphics, and formatting found on the standard version, the low bandwidth option is designed to load faster, perform smoother, and enables users to quickly complete Navy career tasks within the portal.

Launched earlier this year in beta, MNP is a Web portal designed to aggregate several personnel, training, and education websites for Sailors into one location. The goal of MNP is to provide Sailors a single portal with which

SEE MNP page 23

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Protecting children: Newborn screenings are important

by Yan Kennon

Newborn screenings identify conditions that can affect children's long-term health or survival. Each year, millions of babies in the U.S. are routinely screened for certain genetic, endocrine, and metabolic disorders, and are also tested for hearing loss and critical congenital heart defects, prior to discharge from a hospital or birthing center.

The screenings are a vital public health program that tests babies for congenital disorders that aren't outwardly visible.

After discharge from the hospital, parents should bring their child in for a check-up in the first month of life; at 2, 4, 6, 9, 12, 15, and 18 months of age; and at ages 2, 2 1/2, 3, 4, and 5 years. Check-ups track growth and development, prevent illness (with immunizations), and answer parents' question. Parents should talk with their child's primary care manager about checkups during the school-age years.

Go to the TRICARE Online Patient Portal at <http://www.TRICAREonline.com>. For 24/7 clinical advice, call the Nurse Advice Line at 800-TRICARE (800-874-2273).

For secure email messaging with the care team (for non-urgent issues), sign up for free at <http://mil.RelayHealth.com>. To view the care team's PCMs, visit the command's website at <http://www.med.navy.mil/sites/navalhospitaljax>, click on Medical Home Port, and click on each team (or download the command's app).

Facts and myths about germs at school

(StatePoint) Everybody seems to have an opinion about germs -- what causes them, where they're located, how to avoid them -- especially when it comes to children.

Experts say that American children miss 22 million days of school annually due to colds, flu and other infections.

"Avoiding germs at schools isn't as simple as just washing your hands in the bathroom or sneezing into your sleeve," says Charles Gerba, Ph.D., professor of microbiology and environmental sciences at the University of Arizona. "Germs are on everything kids touch in the classroom, as well as around the hallways, cafeteria and playground."

With this in mind, it is important to separate facts from myths about germs in schools.

Fact: Desks Are Among the Most Germ-Prone Items. It's true! Students spend most of the day at their desks -- sneezes, coughs and all -- and, in some schools, they often switch classrooms and share desks with others. At the end of the day, students bring home that cocktail of germs to their families.

Myth: Any Hand Sanitizer Will Do. According to research from the University of Colorado at Boulder, people carry an average of 3,200 bacteria on their hands. While most hand sanitizers are 99.9 percent effective at killing germs, some only last for a few minutes or until the application dries on the skin. Therefore, parents should consider applying hand sanitizers for their children that last throughout the day, such as Zoono's GermFree24, which is proven to last for 24 hours on skin and is available as both a foam and a spray.

Fact: Germs Can Affect Kids Outside the Classroom. Germs in schools aren't just isolated to classrooms. They are everywhere, including cafeteria trays, playground jungle gyms and sports equipment. In fact, the Clinical Journal of Sports Medicine found 63 percent of gym equipment is contaminated with rhinovirus, which causes the common cold. Reminding children to wash their hands before and after using these items (and wiping them down) will go a long way toward preventing sickness.

Myth: Sticking Things in Your Mouth is Child's Play.



Sure, curiosity might drive preschoolers to stick items in their mouths that don't belong. However, older students who nervously chew on pen caps, especially ones they borrow from classmates, or on their own fingernails during tough tests, are susceptible to picking up the germs that are traversing through school.

Fact: Backpacks Carry More Than Just Books. Backpacks go everywhere -- to classrooms, inside lockers, in the cafeteria, in locker rooms -- and collect various germs throughout the day.

Periodically clean backpacks inside and out. And make sure lunches and other food items, as well as gym clothes, are packed in separate bags to avoid cross-contamination of germs.

Myth: Sharing is Always Caring. Just about every school supply -- from pens and pencils to headphones to sport jerseys -- can be a vehicle for harmful bacteria. Make sure children are armed with their own items, including mechanical pencils to avoid using the classroom's pencil sharpener, and avoid sharing their supplies with classmates.

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The spin cycle of life



by Lisa Smith Molinari

With our three kids finishing up summer jobs or out with friends, the house was unusually silent this week, except for the whirr of the ceiling fan and the soft tap of Moby's dog nails on the tile kitchen floor.

One afternoon, I was going over the planner I'd been neglecting all summer. I threw out expired coupons and "To Do" lists I'd never gotten to, and ran a finger across the hole-punched calendar. The upcoming weekend squares read, "Take Anna and Hayden back to college."

Moby's stout yellow frame clunked down at my feet, seeking a cool spot to beat the afternoon heat. He stretched out his webbed toes as I scratched his belly. In a couple of days, Hayden and Anna would be back at college, Lilly would be in high school, and Moby would be my daytime compan-

ion again.

As a military spouse and work-from-home mom, I was used to being alone. As much as I missed my peaceful, organized solitude during the school year, I wanted to savor the crazy, cluttered, sticky, sandy, loud, fun inconvenience of having a house full of kids.

I remembered that the kids would need clean clothes for

mer days.

On my way upstairs, I nearly tripped over Anna's shoes — fringed denim mules this time. A fashion design major, Anna left clothing and accessories all over the house, each piece specifically chosen for her unique daily ensembles, then summarily discarded.

This summer, I had told Anna to pick up her things too

When he wasn't at his full-time summer internship, Hayden was usually in this room playing video games, talking to friends, or sleeping. Sounds would emanate — laughter, bling-bling, bloop-bloop, silence. He'd emerge for dinner, and on rare occasions, he'd plop down on the couch to watch TV with me. Despite his gruff nature, he never complained when I snuggled a little, holding his hand or letting my foot rest on his lap. As I pinched his smelly laundry between my thumb and forefinger, I giggled at the paradox that our sweet, accomplished, intelligent son was such a hopeless slob.

In the laundry room, I stuffed the clothes and a few sandy beach towels I found over the porch rail into the washing machine and punched the buttons. The water rose in the round door's glass window — preparing to wash away the remnants of summertime adventures, sticky ice cream cones, smokey fire pits, dusty bike rides, and saucy spaghetti dinners — and I felt the water in my eyes rising too.

Watching the socks and t-shirts slosh to and fro, I reminded myself that this is the cycle of life. After nine months of peace and quiet, the kids will come rushing back again, crowding our house with noise, sand, laughter, crumbs, laundry, and — as always — love.

the meat and potatoes of life

school, so I stepped over Moby in search of dirty laundry.

Passing through the foyer, I spied Lilly's tennis bag where she'd thrown it after working at the local recreation center. As I pulled her dirty uniform out of the bag, gritty clay sprinkled onto my hardwood floors.

All summer, I'd been trying to get Lilly to leave her equipment on the porch. But after working on the hot tennis courts, she'd burst into the house with so much enthusiasm for whatever was next — inviting friends over, snuggling with Moby, lunch — all she could do was drop her bag and bound into the kitchen seeking chocolate milk. I smiled thinking of how Lilly's optimistic nature had brightened my sum-

mer days. Despite her chronic disorganization, she had a uniquely creative mind. I grabbed her shoes, and her purple tasseled handbag draped over the banister, and continued to the bedrooms, thinking about how much I would miss Anna's quirky sense of style.

I paused at Hayden's room, instinctively inhaling before opening the door. Entering his lair was like embarking on a dangerous wilderness expedition. The air was thick the sharp aroma of stagnant soda, dirty socks and dead skin cells. The treacherous path around the furniture was tangled with electronics wires, discarded clothing, and pretzel bags. The bed was a jumble of twisted sheets and video game equipment.

FFSC workshops

Sign up now to hold your spot!

FINDING FEDERAL EMPLOYMENT Sept. 12, 1pm-3pm, FFSC NBSD, Bldg 263 Get the latest information and resources to navigate the federal employment process. Learn tips from the experts on how to create the perfect federal employment resume. To register, please call: 1-866-923-6478

CUTTING COSTS WITH COUPONS: COUPON EXCHANGE CLUB Sept. 13, 10am-12pm, FFSC VSM Learn to navigate the exciting world of couponing and maximize your budget. Share your secrets and learn new ones at this fun and interactive workshop. Don't forget to bring your coupons! To register, please call: 1-866-923-6478

WINNING INTERVIEW TECHNIQUES Sept. 13, 1pm-3pm, FFSC NBPL, Bldg 211 Make your dream job a reality! Gain information and resources to develop expert interviewing skills. To register, please call: 1-866-923-6478

RESUME WRITING Sept. 19, 2pm-4pm, FFSC Santee Make sure your resume stands out! Get the latest tips and techniques to wow employers with an organized, effective and winning resume. To register, please call: 1-866-923-6478

LOVE LONG DISTANCE: LONG DISTANCE COMMUNICATION WORKSHOP Sept. 22, 10am-11:30am, FFSC BVH This hands-on workshop for spouses and children has a great purpose: brightening the day of any deployed Service member! Learn the art of long distance communication through the use of digital venues and old fashioned snail mail. To register, please call: 1-866-923-6478

HOME BUYING WORKSHOP Sept. 26, 12pm-4pm, FFSC NBSD, Bldg 259 First-time home buyers: Get the latest information on purchasing a home. Or if you're more experienced, refresh your skills for the next home purchase. To register, please call: 1-866-923-6478

SAILORS AND FAMILIES ON THE MOVE Sept. 26, 9am-11:30am, NBSD Housing Office, Bldg 3544, Training Room Ease the stress of relocation! Learn the processes, policies and resources available for planning a Permanent Change of Station (PCS) move. Whether you're moving within the Continental United States (CONUS) or Overseas (OCONUS), arm yourself with the latest information on your next duty station. Workshop highlights include financial entitlements and secrets to reducing moving stress among others. To register, please call: 1-866-923-6478

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On Base & On Board

Kids Craft & Movie: Fidget Spinner Saturday, September 9, 10 am-1 pm, \$5 NAB Community Recreation Center, Bldg. 337 It's the hottest new trend! Now you can make your own fidget spinner to take home. Movie: Big Hero 6 (PG) Registration required: 619-437-3190

"Back to School" Harry Potter Movie Marathon Saturday, September 9, Free NBPL, Main Base, The Clubhouse Bldg. 546 11:30 am: Harry Potter and the Order of the Phoenix (PG-13) 138 min. 1:50 pm: Harry Potter and the Half-Blood Prince (PG) 153 min. 4:30 pm: Harry Potter and the Deathly Hallows Part 1 (PG-13) 146 min. 7:00 pm: Harry Potter and the Deathly Hallows Part 2 (PG-13) 130 min.

Beer Tasting Saturday, September 9, 2 pm, \$7, (21 yrs.+) Green Flash Brewery, 6550 Mira Mesa Blvd, San Diego Want to learn some of the secrets about brewing beer? Join us for a guided hour-long tour through the facility plus samples of FOUR of their craft brews! INFO: 619-556-9597

Bike the Skyline Sunday, September 10, 10 am, \$10 Depart from NBPL, Harbor Drive Annex, Liberty Hall This 8-mile, scenic ride takes us along the bay to view the beautiful skyline, while learning fun facts about San Diego from the locals. Registration is required. Join us as we bike San Diego's beautiful skyline. Cost includes guide and equipment. Registration required: 619-553-9138

San Diego By Land & By Sea Monday, September 11, 11 am, FREE NBSD Waterfront Community Recreation Center Tickets and Travel Office Most residents don't know the rich history and origins of San Diego. This month's class focuses on "America's Finest City" and explores the various narrated harbor and city tours offered through the MWR Ticket Offices. Info: 619-556-2174

Bowling 101 Wednesday, September 13, 4 pm, FREE NBSD Admiral Robinson Recreation Center (Bowling Center) Need some pointers on how to get more pin action and more strikes and spares? Let us show you how! Info: 619-556-9597

Mexican Fiesta Thursday, September 14, 11 am, Free NBPL Main Base, The Clubhouse Bldg. 546 Celebrate our neighbors' Independence Day with a salsa-making contest, music, and authentic Mexican food specials available for purchase. Registration required: 619-553-9138

Paint 'N Vineyard Night Thursday, September 14, 6-8:30 pm, \$25 (21 yrs.+) NAB Community Recreation Center, Bldg. 337 Continued by popular demand, our master artist is here teaching the painting Relax, It's Paradise. All supplies, snacks and non-alcoholic beverages included. You are welcome to bring your own adult beverages. Space is limited, call today! Registration required: 619-437-3190

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545-9659.

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

BOWLING

Winter Youth Bowling League Saturday's starting September 9, 9:30 am NBSD Info: 619-556-7486

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

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

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

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

LIBERTY

Giant Root Beer Pong Tournament Thursday, September 7 • 6 pm • FREE It's unlike anything you've ever played! Sink a 10 lb. medicine ball into a giant trash container from over 20 feet away. Great prizes to the winning team! Info: 619-556-5085

Phone Photography Friday, September 8 • 5-6:30 pm • FREE Learn how to take great photos with your phone from our in-house social media and technology gurus. They'll also tell you what apps to use for Insta-worthy photos. Liberty Hall: 619-524-0961

UFC Fight 216 Saturday, September 9 • 6 pm Info: 619-545-3331

Auto Skills Workshop Saturday, September 9, 9 am, FREE Learn to change oil, complete an under car inspection, plus how to use your owner's manual. Don't worry about breakfast! We're providing coffee, juice and bagels. Info: 619-532-8909

San Diego Appreciation Tour Sunday, September 10, 10 am-1 pm, \$2 Visit one of San Diego's most popular tide pools. Cost covers transportation. Info: 619-532-8909

Salsa Lessons Sunday, September 10 • 5:30-8:30 pm • \$10 We're taking you to a studio in Liberty Station to learn the basic moves followed by practice time on the dance floor. Fee paid at the door. Sign up by 9/9. Info: 619-524-0961

K1 Speed Sunday, September 10 • 1 pm • \$15 California's premier indoor go-kart racing! Info: 619-545-3331

Six Flags Trip Sunday, September 10, 8 am, \$45 Experience some of the tallest, fastest roller coasters in SoCal! Sign up today! Info: 619-437-3190

Bingo Monday, September 11 • 6-8 pm • FREE Come early to get a seat. We have great prizes each round! Info: 619-524-0961

Sunset Stand Up Paddleboard on Mission Bay Monday, September 11 • 5 pm • FREE Learn the basics from an experienced and friendly instructor, then venture out on the open water to enjoy a beautiful sunset! Trip open to single enlisted Sailors, unaccompanied Service Members and one guest, 18 years+. Q-Zone Liberty: 619-437-3190, VADM Martin Liberty Center: 619-545-3331

Archery Tag Wednesday, September 13 • 6 pm • FREE It's dodgeball meets paintball and archery in a fast-paced game designed to get you moving and your adrenaline flowing. Are you game? Info: 619-545-3331

FFSC Live Thursday, September 14 • 11:30 am-1 pm • FREE FREE workshop designed with YOU in mind: Sailors on the Move & Space-A Travel Info: 619-437-3190

Mesa Rim Boulder Climbing Thursday, September 14 • 6 pm, \$30 Learn new skills or perfect ones you already have at Mesa Rim indoor rock climbing. Info: 619-545-3331

4-Way Air Hokey Tournament Thursday, September 14, 7 pm, FREE Ready to compete against not 1, not 2, but 3 opposing players at the same time? Prizes to the winner! Info: 619-556-5085

Smash Brothers Tuesday, September 12, 4 pm, FREE Winning team receives a prize! Info: 619-532-8909

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Business & Service Directory

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

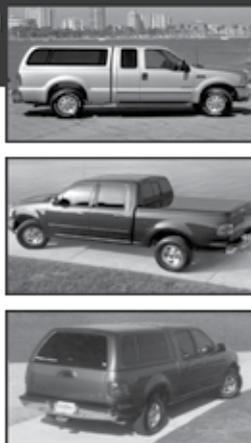
Tee Time Golf Specials Pre-book tee times Monday-Thursday 9:30 am-1 pm for two golfers with cart and save \$3 on each golfer. Book your tee time using Promo Code: WW2WC. Not valid with any other promotions. Book online at www.navylifewv.com or call Admiral Baker Golf Course at 619-487-0090 and Sea 'N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

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U.S., Singapore navies enhance maritime partnership with training in Guam

USS *Coronado* participates in Pacific Griffin

by Lt. Clyde Shavers

GUAM- The U.S. Navy and Republic of Singapore navies concluded Exercise Pacific Griffin 2017 at U.S. Naval Base Guam, Sept 2.

Pacific Griffin 17 served as this year's U.S.-Singapore annual maritime exercise and ran from Aug 19 through Sept 2 in waters near Guam. The exercise was coordinated months in advance by planners from both navies.

Pacific Griffin highlights the longstanding maritime partnership between the U.S. and the Republic of Singapore navies through 23 years of annual-bilateral exercises.

"The U.S. Navy deeply values our close partnership with the Republic of Singapore Navy," said Capt. Lex Walker. "Pacific Griffin 2017 provided a unique opportunity for both navies to interact and engage in a broader and more complex range of maritime scenarios and operations."

As the first bilateral exercise

between the two navies taking place outside the vicinity of Singapore, the exercise featured a full-spectrum of naval operations ranging from anti-subma-

rine and anti-surface warfare to air defense, live fire drills, and tactical ship maneuvers.

Republic of Singapore Navy

Commander First Flotilla and Commanding Officer of 185 Squadron Colonel Saw Shi Tat highlighted the value of the exercise in enhancing profes-

sionalism and interoperability among the two navies.

ing bonds between the two navies.

"The operating environment in Guam gave us the opportunity to hone our edge and push our operational envelopes," said Colonel Saw. "It also allowed us to operate with our friends and partners from around the world, including the U.S. Navy."

Participating naval assets included littoral combat ship USS *Coronado* (LCS 4), Arleigh Burke-class destroyer USS *Benfold* (DDG 65), replenishment oiler USNS *Matthew Pecos* (T-AO-197), and the Republic of Singapore multi-role stealth frigates RSS Supreme (FFS 73) and RSS Stalwart (FFS 72) and landing platform dock ship RSS Endurance (LST 207).

"The complexity and sophistication of Pacific Griffin is a direct result of the many accomplishments and lessons we've learned from working together with the Republic of Singapore Navy for many years," said Walker.

Beyond the exercise, Sailors from both navies developed professional and personal relationships that build last-

"It was an honor for the Sailors of USS *Coronado* to participate in Pacific Griffin with a respected and capable maritime partner like the Republic of Singapore Navy. This was a tremendous opportunity to build upon previous engagements," said Cmdr. Douglas Meagher, commanding officer of the San Diego-based *Coronado*.

"We look forward to continue strengthening our cooperation with Singapore through our quality interaction and work together at sea."

COMLOGWESTPAC and Maritime Staff Element staff conduct advanced planning, organize resources and directly support the execution of maritime exercises such Pacific Partnership, the bilateral Cooperation Afloat Readiness and Training (CARAT) series, Naval Engagement Activity (NEA) with Vietnam, and the multilateral Southeast Asia Cooperation and Training (SEACAT) with Bangladesh, Brunei, Indonesia, Malaysia, Myanmar, the Philippines, Singapore, Sri Lanka, Thailand, and Vietnam.

USS *Boxer* hosts mental wellness expo

by MC3 Justin Whitley

SAN DIEGO - USS *Boxer* hosted a stress-management and mental wellness exposition Aug. 29.

Facilitators provided health and wellness information and presentations on common issues [related to military service] and new techniques for *Boxer* Sailors to maintain operational readiness.

Boxer's Chaplain Department and Deployed Resiliency Counselor, Andrew Mauldin, licensed marriage and family therapist, organized the event that included speakers and presenters from Naval Medical Center San Diego and Naval Center Combat & Operational Stress Control (NCCOSC).

"In the highest possible stress environments, Navy SEALs and Marine Corps snipers, learn to regulate the energy in their body for maximum readiness and performance. In the same way, *Boxer* Sailors can focus their attention to restore themselves," said Ran Wittry, a facilitator for NMCS. "Our purpose was to help the crew to focus as they do on missions and combat readiness and then translate those same mental focus skills into resiliency training."

This was *Boxer's* first time hosting the expo. Approximately 140 Sailors attended the event and completed a survey to gauge the effectiveness of mindfulness training for the crew of

approximately 1,000 Sailors.

"I don't expect this to be some kind of earth shattering thing where the heavens open up and out comes all this knowledge, light and wisdom," said Cmdr. Wayne Haddad, *Boxer's* chaplain. "This is just an idea, not to train, but to expose the crew to something a little bit different."

Sailors aboard *Boxer* were exposed to techniques such as: heart-focused breathing exercises, guided imagery, mantra repetition and yoga.

"What I took away from this training is that, pausing and doing the breathing exercises is a good tool to calm yourself before you wreck yourself," said Ship's Serviceman Seaman Ayana Murray. "Being tense is common for me, and they had strategies like yoga that may help relieve tension in your body, that ultimately leads to relieving stress from other parts of your life."

"Based on the feedback from *Boxer* Sailors, it sounds like the need is there," said Mauldin. "So I requested that we do more events like this aboard."

Mauldin said mindfulness is a well-documented tool for managing stress and mental wellness, so *Boxer* is partnering with the Mind, Body Medicine program from NMCS and NCCOSC to potentially develop a curriculum tailored to *Boxer's* needs.



CAR FOR A CAUSE

San Diego Auto Repair Care Supports a Military Family with a vehicle giveaway!

Between September 1 and October 31, 2017 you can nominate a deserving military family or individual to win a vehicle by submitting an official entry online at

WWW.SANDIEGOAUTOREPAIRCARE.COM

You may also print an official entry form from the website or complete one at any participating San Diego Auto Repair Care shop explaining why the family/individual deserves a vehicle. Participating locations can be found on www.sandiegoautorepaircare.com

Qualifications to be entered:

- ✓ Nominee must be a current or former member of the military or their spouse
- ✓ Proof of service will be required before delivery of the vehicle
- ✓ NO self nominations will be accepted
- ✓ The "Car for a Cause" 2017 contest is open to California military residents only living in the San Diego area and surrounding cities



Cars for a Cause is absolutely free / no purchase necessary / no gimmick. Two deserving military families/individual will be selected on or about November 10, 2017. Winners will be selected by a panel of scorers. Vehicle transfer will occur at an event on or around November 19, 2017. Vehicles not claimed per contest rules after 30 days will be awarded to a runner up contestant. Detailed Car for a Cause rules can be found online at www.carforacause.com



PACIFIC OCEAN (Aug. 30, 2017) - Lt. Cmdrs. Charles Waltman, left, and Christopher Longabaugh, assigned to the Redcocks of VF 22, greet each other on the flight deck of the aircraft carrier *USS Theodore Roosevelt (CVN 71)*. photo by MC3 Alex Corona



GULF OF ADEN (Sept. 4, 2017) - A Landing Craft Air Cushion approaches *USS San Diego (LPD 22)* during exercise Alligator Dagger 2017. The MEU-ARG team is deployed as a crisis response and contingency force prepared to conduct operations and partner nation training. Alligator Dagger is a dedicated, unilateral combat rehearsal led by Naval Amphibious Force, Task Force 51/5th Marine Expeditionary Brigade, in which combined Navy and Marine Corps units of the America ARG and embarked 15th MEU. Marine Corps photo by Lance Cpl. Jeremy Laboy

LOS ANGELES (Sept. 2, 2017) - A Sailor performs a layup at a basketball tournament during Los Angeles Fleet Week 2017. The Sailor is assigned to *USS Anchorage*. The weeklong event enables residents to meet sailors, Marines and Coast Guardsmen, and experience America's sea services. photo by Cpl. Devan K. Gowans



Layup look



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Face of Defense: Officer returns to Port Hueneme to engineer new future

by Brian Melanephy,
PORT HUENEME - In the early 1980s, a young, smart and motivated teen from New England was looking down the road to his future. College was his next step.

Michael Ladner was looking for the best. At first, he had the Massachusetts Institute of Technology in his sights. However, he quickly realized that the cost of an education at the prestigious university was out of his reach.

Summers in Massachusetts as a child often involved going to the coast, and the ocean had an allure. Looking close to home and close to the water, Ladner found the perfect match: the U.S. Naval Academy in Annapolis, Maryland.

He was selected and entered the academy, becoming part of a group of young patriots who would become the Class of 1989. Their unofficial motto quickly became "Out the door in '94" -- give five years of service to Uncle Sam upon graduation, and then move on to other things.

The early years of his career went quickly, and suddenly it was 1993. Ladner was thinking about getting out until he received an offer he couldn't refuse. He remembers the phone call vividly.

"[I] called the detailer and they said, 'We can send you to Monterey, California, to go get a master's degree from the Navy,'" Ladner, who's now a Navy captain, recalled. "I said, 'Wow, how do I turn that down?'"

Toward the end of his two-plus years in Monterey, a Master of Science in Physics degree in hand, Ladner received a lateral transfer to the engineering duty officer community and found himself at Naval Surface Warfare Center, Port Hueneme Division here. It was his first shore assignment where he served as the combat systems ship qualifications trials officer.

Ironically, Ladner would spend more time underway during this shore tour than he did aboard his first three ships. For the three years he was here, he

estimates he was at sea for close to 2.5 years.

From here, Ladner moved on to become the first standard missile program manager's representative at the Raytheon Missile Systems plant in Tucson, Arizona. Moving from the sea to the sand, he served what he didn't yet know would not be his last assignment in the desert. From there, he moved on to Program Executive Office Integrated Warfare Systems 3.0, where he served as the Standard Missile 6 project engineer.

After his next assignment as executive assistant to the Navy's director of surface warfare, he volunteered to go to Iraq for nine months as an individual augmentee at Joint Crew Composite Squadron 1. There, he touched all facets of the fielding and testing of countermeasures to disrupt and disable remote-controlled improvised explosive devices. His efforts were highly successful, resulting in safer travels for service members outside the wire.

His deployment did not go unnoticed. At the end of his tour, Ladner was hand-picked by the commander of Naval Sea Systems Command to be his executive assistant. After this eye-opening experience, he moved on to become the major program manager for Program Executive Office Integrated Warfare Systems 10.0, which evolved into the Ship Self-Defense System, Integrated Combat Systems Program Office.

Ladner then served in consecutive major program manager assignments at Program Executive Office Integrated

Warfare Systems 3.0 (Surface Ship Weapons). At the end of these back-to-back tours, he got word he was returning here as the department officer for the chief engineer and land and sea test department.

Happy to be back at the division, Ladner beams with pride when he looks at the wheel-shaped plaque hanging in his office.

"I am looking at the wheel on the wall, which has all of the chief engineers that have been here at Port Hueneme," Ladner said. "It's inspiring for me to think that I am sitting in the same room where I did my engineering duty qualification board."

Roosevelt carrier group completes COMPTUEX

PACIFIC OCEAN - The *Theodore Roosevelt* Carrier Strike Group completed composite training unit exercise, the final work-up phase and certification event prior to deployment scheduled later this year.

COMPTUEX evaluated the strike group's deployment readiness by testing command and control functions, crew safety evolutions, search and rescue operations, damage control testing and operational capabilities of a carrier strike group, ultimately certifying the TRCSG for deployment.

"I'm very pleased with how *Theodore Roosevelt* and the Air Wing performed this past month," said Capt. Carlos Sardiello, commanding officer of aircraft carrier *Theodore Roosevelt*. "Each department poured their heart and soul into doing their best, resulting in a successful completion of COMPTUEX."



Navy Capt. Michael Ladner, chief engineer for Naval Surface Warfare Center, Port Hueneme Division in California, stands next to the wheel-shaped plaque that bears the names of all warfare center division chief engineers who served before him, July 20, 2017. Navy photo by Brian Melanephy

Ladner cut his teeth here 20 years ago, and now has an opportunity to shape and mold its future from a place at the top.

"It's now my time to give back to the community, the station [and Naval Sea Systems Command] for all of the great things they have done for me," he said.

Teamwork and communication were graded elements of the exercise. These elements tested the viability of the strike group, evaluating their ability to react and adapt to an environment of unpredictability.

"It was with everybody here on this ship and across the strike group that we were able to take the fight to the enemy in this exercise," said Rear Adm. Steve Koehler, commander of Carrier Strike Group Nine. "Everyone has a portion to play and the phenomenal work over the past month couldn't have been done without everyone doing their part. I'm extremely proud of what everybody has done in a very high-stress, high-tempo environment."

COMPTUEX provided commanding officers and higher-echelon staff with opportunities to demonstrate operational capabilities and supported the many

types of missions which could take place during a regularly-scheduled deployment.

"COMPTUEX has evolved in complexity through ever changing, realistic and dynamic scenarios," said Koehler. "This is about the high end fight and the capability a combat ready carrier strike group brings to that fight. That combat readiness is based on teamwork and synergy of all mission sets across the strike group and the fact that everybody individually performed their skillset when they needed to do it enabled the team to succeed in this complicated exercise."

Over the course of a month, the TRCSG sailed an upwards of 7,500 nautical miles, launched over 1,700 fixed wing aircraft, conducted nine replenishments-at-sea, exchanged 4,756,000 gallons of fuel and transferred 1,808 pallets of cargo.

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Hunter Renfroe one of 30 nominated for Clemente Award

by Mark Newman

It was 45 years ago this month when Roberto Clemente doubled to the wall for his 3,000th and final career hit -- three months before the plane crash that took his life as he tried to deliver relief supplies to earthquake victims in Nicaragua.

"I want to be remembered as a ballplayer who gave all he had to give," Clemente once said.

Today the legend of Puerto Rico's favorite son is stronger than ever, and the annual Roberto Clemente Award has become "baseball's most prestigious award," according to Commissioner Rob Manfred.

On Tuesday, Major League Baseball revealed the 30 club nominees for the 2017 honor, which goes to a player from each club who best represents the game of baseball through extraordinary character, community involvement, philanthropy and positive contributions, both on and off the field.

American League nominees are Chris Davis of Baltimore, Rick Porcello of Boston, Jose Abreu of the Chicago White Sox, Carlos Carrasco of Cleveland, Miguel Cabrera of Detroit, Jose Altuve of Houston, Drew Butera of Kansas City, Cameron Maybin of the Los Angeles Angels (since acquired by Houston), Joe Mauer of Min-

nesota, Brett Gardner of the New York Yankees, Liam Hendriks of Oakland, Robinson Cano of Seattle, Evan Longoria of Tampa Bay, Cole Hamels of Texas, and Marcus Stroman of Toronto.

National League nominees are Paul Goldschmidt of Arizona, Jason Motte of Atlanta, Anthony Rizzo of the Chicago Cubs, Scooter Gennett of Cincinnati, Ian Desmond of Colorado, Justin Turner of the Los Angeles Dodgers, Dee Gordon of Miami, Matt Garza of Milwaukee, T.J. Rivera of the New York Mets, Cameron Rupp of Philadelphia, Josh Harrison of Pittsburgh, Adam Wainwright of St. Louis, **Hunter Renfroe of San Diego**, Buster Posey of San Francisco and Ryan Zimmerman of Washington.

The list of nominees features Major Leaguers whose work in the community focuses on important issues ranging from awareness and fundraising of childhood cancer and other illnesses, education, outreach to underserved children and communities in the U.S. and abroad, care for veterans and more.

"This award represents everything Roberto stood for as a 'good Samaritan,'" said MLB goodwill ambassador Vera Clemente, Roberto's wife. "Through the Roberto Clemente Award, today's players are recognized for these same qualities."

Each club nominates one current player to be considered for the Roberto Clemente Award in tribute to Clemente's achievements and character. Wednesday marks the 16th annual Roberto Clemente Day, which was established by MLB to honor Clemente's legacy and to officially acknowledge local club nominees of the award in his honor.

Clubs playing at home on Wednesday will recognize their local nominees as part of Roberto Clemente Day ceremonies. Visiting clubs will honor their nominees on a subsequent homestand. As part of the league-wide celebration, the Roberto Clemente Day logo will appear on the bases and official dugout lineup cards and a special tribute video will be played in ballparks.

There are seven 2017 All-Stars among the nominees: Goldschmidt, Altuve, Turner, Harrison, Posey, Cano and Zimmerman.

The Roberto Clemente Award winner will be selected among the group of nominees via a blue-ribbon panel that includes individuals connected to the game, including Manfred, representatives from MLB-affili-

ated networks (MLB Network, FOX Sports, ESPN and TBS) and MLB Advanced Media, as well as Vera Clemente.

Fans will be able to vote from Oct. 2-6 for the overall Roberto Clemente Award winner. The voting page will feature bios of each of the nominees and will allow fans to easily vote by clicking on the respective nominee's name. The winner of the fan balloting will count as one vote among those cast by the blue-ribbon panel. Additional information about fan voting will be shared via MLB.com and MLB social media channels.

Maybin remains the Angels' nominee despite changing teams via waivers on Aug. 31. The Angels notified MLB after the transaction that they wanted him to retain the honor. In fact, Maybin will be returning as an Astro to Anaheim in mid-September, when the Angels were already planning to honor him.

Last year's recipient was Dodgers outfielder Curtis Granderson. He was like other recipients who say at each presentation that it is the most important honor of their careers, on or off the field.

"This is all part of just trying

to do the legacy, like Ms. Clemente said, trying to do better each day, making it better for the next group to come up behind you," Granderson said.

Willie Mays won the first of these honors in 1971 when it was known as the Commissioner's Award, to recognize players for their philanthropic work, and he is among 16 Hall of Famers who have been recipients of the honor. After

1972, the award was dedicated in Clemente's name.

More information can be found at MLB.com/clemente.

Mark Newman is enterprise editor of MLB.com and a baseball writer since 1990. Follow him @Marathoner and read and join other baseball fans on his MLB.com/blogs hub. This story was not subject to the approval of MLB or its clubs.

SAN DIEGO PADRES SCHEDULE

SEPTEMBER/OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT
					LAD 7:10	LAD 5:40
LAD 1:40	STL 1:40	STL 7:10	STL 7:10	STL 6:10	ARI 6:40	ARI 5:10
ARI 1:10		MIN 5:10	MIN 5:10		COL 5:40	COL 5:10
COL 12:10	ARI 7:10	ARI 7:10	ARI 6:10	COL 7:10	COL 7:10	COL 5:40
COL 1:00 SF 10:01	LAD 7:10	LAD 7:10	LAD 7:10		SF 7:15	SF 1:05

Travis Wood brings lumber, struggles on mound

by Nathan Ruiz and Jenifer Langosch / MLB.com

SAN DIEGO - Behind two home runs from Jose Martinez, the Cardinals continued their playoff push Tuesday, downing the Padres, 8-4, at Petco Park.

Martinez put St. Louis ahead with a two-run blast off Travis Wood in the first inning, extending his hitting streak to seven games. After a third-inning double, Martinez hit his second homer in the seventh off Buddy Baumann, punctuating the Cardinals' victory as they improved to four games back of the Cubs in the National League Central and remained three games behind Colorado in the NL Wild Card standings.



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Military Film Track featured at San Diego International Film Festival

The San Diego International Film Festival (Oct 4-8, 2017), produced each year by the San Diego Film Foundation, will continue its focus on the importance of San Diego as a military town with their Military Film Track in the 2017 San Diego

International Film Festival.

Some of the military features include:

APACHE WARRIOR

Sat., Oct. 7 at 2 p.m. at Regal UA Horton

Apache Warrior is an eye-opening, feature-length documentary that puts the viewer in the cockpit of an Apache helicopter during some of the most intense moments in aviation history.

LEGION OF BROTHERS

Sat., Oct. 7 at 6:30 p.m. at ArcLight UTC

Immediately after the 9/11 attacks, less than 100 US Troops were sent on a secret mission to overthrow the Taliban. What happens next is equal parts war origin story & cautionary tale, illuminating the impact of 15 years of constant combat.

HEART OF A SOLDIER

Sat., Oct. 8 at 11 a.m. at Regal UA Horton

Short stories. Travel deeply into the complexity of war and the nuances of the human bonds that connect us. From family to fellow soldiers to the enemy, these films explore what it means to be a soldier.

9/11 exhibit shares sorrow, strength of a nation on Free Tuesday-Sept 12

This year marks the 16th anniversary of the date America was attacked on its own soil in a complex terror attack.

For this anniversary, The Veterans Museum at Balboa Park will feature a special 9/11 art exhibit made from actual pieces of Ground Zero on Free Tuesday, Sept. 12.

This exhibit is donated by Mitch Mendler, E.M.T firefighter/paramedic and president of World Memorial.

The terror, sorrow and strength of the nation in the face of the 9/11 attacks will be forever burned into our minds. We watched in horror as the scenes of the attacks unfolded on our TV screens. We watched the citizens of New York City shoulder the worst of the attacks and reel as their city tried to recover from losing thousands of innocent people.

Join The Veterans Museum at Balboa Park in commemorating the anniversary of one of America's most troubling events.

We honor 9/11's heroes and commemorate the community strength, perseverance and pride that helped our nation heal from the attacks.

San Diego Botanic Garden events, classes and docent training schedule for September

DOCENT TRAINING CLASSES

Thursday, Sept 14 – Thursday Nov 30, 9:30 am – 1 pm. San Diego Botanic Garden. 230 Quail Gardens Drive. \$60 Fee for 8 Classes. MUST complete pre-requisites prior to training.

Docent Training Classes. Gain in-depth knowledge about the unique collection of plants at SD Botanic Garden, Encinitas' 37-acre botanic wonderland! Docent activities include planning and working on special events, volunteering in Garden beautification, and helping the Garden run smoothly. Contact Volunteer Manager Jill Gardner

at jgardner@sdbgarden.org or 760/436-3036 x213 for information on pre-requisites and to register. Info: <http://www.sdbgarden.org/docent.htm>

EVENTS

Daily, NOW – April 2018, 9 am–5 pm. San Diego Botanic Garden. 230 Quail Gardens Drive. Free with paid admission or membership.

Sculpture in the Garden. This unique exhibition showcases more than 50 sculptures from over 30 talented local artists set against the beautiful backdrop of the San Diego Botanic Garden. Take a self-guided tour with the

Garden's Sculpture Map. All sculptures are for sale and a portion goes to benefit the Garden. Info: <http://www.sdbgarden.org/sculpture.htm>

Saturday, Sept. 9, 5–10 pm. San Diego Botanic Garden. 230 Quail Gardens Drive. \$225 per person.

Gala in the Garden: A Night In Nature. The San Diego Botanic Garden's annual fund-raiser honoring Ann & David Welborn. Guests have the opportunity to explore the Garden's trails, enjoy fine wine, craft beer and the best dishes from local restaurants.

SEE Garden, page 20

Free military, veteran tickets to Fall Bridal Show & Wedding event

The San Diego Bridal Show will be hosting their 40th Bridal Show & Wedding Event on Saturday, Sept. 30, from 10am - 2pm at The Holiday Inn Carlsbad / 42725 Palomar Airport Rd, Carlsbad, CA 92009. Purchase 2 for 1 tickets and VIP Experience online at www.thesandiegobridalshow.com.

Military and Veterans received 2 free General Admission tickets!

We proudly support our local military and Veterans! Many of our exhibitors offer exclusive specials and military options to help create the weddings of their dreams.

Plan your dream wedding at the Fall Bridal Show & Wedding Event in San Diego on September 30th! Meet with top wedding professionals, sample delicious food, view the hottest trends on the fashion show

runway, dozens of prizes given away, top wedding professionals and so much more!

For more information, call (760) 735-2171 or email info@thesandiegobridalshow.com

The San Diego Bridal Show has been providing San Diego and Southern California brides and grooms with the most expansive tools to plan their San Diego and Southern California weddings and parties since 2001.

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

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Art Glass Guild annual Fall Show and Sale

The Art Glass Guild will be hosting their 2017 Fall Patio Show and Sale. This is a wonderful event to view beautiful art glass created by local artists and to enjoy a day out with family and friends. You will see more than thirty juried Artists exhibiting their creations as you stroll the patio in Spanish Village. There will be entertainment for all including: live music, demonstrations featuring torch-work, and glass cutting as well as an area for children & adults alike to create their own unique mosaic art piece to take home.

The event is free to the public and pet friendly. Additional event details are as follows: Saturday, Oct. 14, and Sunday Oct. 15, 10am to 5pm, both days.

Location: 1770 Village Place, Spanish Village Art Center in Balboa Park, San Diego, CA

The Art Glass Guild is a non-profit art education center, focused on supporting local glass artists as well as other San Diego non-profits with art related programs benefiting our community. This show is the largest Art Glass show in Southern California and is all about your local Art. You will see beautiful art representing many techniques, including blown, fused, torch, stained, cast, etched and mosaic art glass, all available and created by San Diego Glass Artists.

The Art Glass Guild was formed in 1998, and is the



sister organization of the oldest art glass group in America, the "Art Glass Association of Southern California". Our primary purpose is to educate the public about art glass. The Guild operates a retail sales gallery in Studio 25 at the Spanish Village Art center in Balboa Park and provides demonstrations and classes for many of the glass techniques shown in the studio.

To learn more visit www.artglassguild.com, or call us at (619) 702-8006

Omarr's weekly Astrological forecast



ARIES (March 21-April 19): You may land in the limelight if you linger in public places. The week ahead is a good time for networking. If you are single your growing popularity could make it hard to pick and choose between possible hookups.

TAURUS (April 20-May 20): You may be more creative than you think. A romantic partner might inspire you to try something new. Wait a few days before spending your money on baubles and bling as your taste will improve as the week unfolds.

GEMINI (May 21-June 20): Awkward is as awkward does. As this week begins you may not be at your best in social situations or when dealing with relationship issues. Focus on reading everything you can about the latest techniques and methods.

CANCER (June 21-July 22): A powerful relationship may grow and thrive as this week unfolds. A small difference of opinion may lead to hurt feelings. Sidestep squabbles over minor issues and focus

on building strong and lasting relationships.

LEO (July 23-Aug. 22): Consider every stumbling block as an opportunity to show off your problem-solving ingenuity. Present worries and fears will dissipate quickly as the week unfolds. Focus on crucial financial matters late in the week.

VIRGO (Aug. 23-Sept. 22): Carry on if you are caught in the crosshairs of a miscommunication. By the middle of the week some confusing issues will clear up. Focus on achieving contentment and you see a way to make your dreams a reality.

LIBRA (Sept. 23-Oct. 22): Originality will trump the conventional approach. As this week moves forward you may be exposed to the latest technologies and cutting edge ideas. Make apologies and ask for factors in the middle of the week.

SCORPIO (Oct. 23-Nov. 21): It does not need to be midnight to unmask the masqueraders. Flattery could be the sign of a spin doctor trying to influence your opinion. Think before you act and remain skeptical of appear-

ances in the week ahead.

SAGITTARIUS (Nov. 22-Dec. 21): A miscommunication can cause misunderstandings. Focus on being diplomatic and tolerant in the week ahead. Wait until late in the week to make key decisions that affect your financial security.

CAPRICORN (Dec. 22-Jan. 19): Your true grit gets lit. In the week ahead you may be given plenty of opportunities to display your stamina and determination. Wait until the middle of the week to put your business and financial ideas into play.

AQUARIUS (Jan. 20-Feb. 18): You might be a premise short of a valid argument. Someone will meet you halfway and compromise if you choose your timing. In the week to come learn all you can about everything that attracts your interest.

PISCES (Feb. 19-March 20): You might be made to feel helpless when faced by a confusing situation in the week ahead. Rather than let a misunderstanding upset a relationship you can turn on the charm and put your communication skills to work.

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It's a numbers game for Aztec running backs

by Mick McGrane

It is a program that has produced five 1,000-yard rushers in the past six seasons, a list that includes the leading rusher in NCAA history.

It is a team that collects running backs like rivers do rain, with backups stacked upon backups until the roster fairly weakens from the weight.

And still they come, running backs with high school resumes that scream of stardom and trumpet triumph. Running backs who've already staked their claim on the Mesa and running backs yet to arrive.

At last week's annual Fan Fest, an event where many players hope to swap anonymity for the fortune

that accompanies fame, three Aztec running backs combined for nearly 200 yards, standard fare for a team whose approach to football is about as subtle as a sledgehammer and only slightly less savage.

But for the foreseeable future, Keagun Williams, Chase Jasmin and Chance Bell, who rushed for 100, 60 and 33 yards, respectively, will spend time chasing the likes of Rashaad Penny and Juwan Washington, a feat demanding not only exceptional speed, but patience that would test the tolerance of Job.

Consider: Penny, whose average of 7.08 yards per carry ranks first in school history among those with at least 1,100 yards, will spend but one season as the Aztecs' starting

tailback. This despite needing just 24 yards in the season opener against UC Davis to crack the list of the top 20 rushers in SDSU history.

Yet as with Williams, Jasmin and Bell, Penny also encountered heavy traffic upon his arrival in 2014. There was Donnell Pumphrey, who exited SDSU last season as the leading rusher in NCAA history. There was Chase Price, who would rush for 1,700 yards in his final two seasons as Pumphrey's sidekick and in 2015 give the Aztecs two 1,000-yard rushers in the same season for the first time in school history. Despite his career average of 5.0 yards per carry, Price never did become the starting tailback, first deferring to Adam Muema (2,852 career

yards) and Walter Kazee before ultimately encountering the legend of Pumphrey.

And still they come. Depending on who inks with the Aztecs on Signing Day, they would be joining a running back corps that would include Washington, currently a sophomore, as well as Williams, Jasmin and Bell. Williams and Bell, who rushed for 2,070 and 4,525 yards, respectively, as prep players at Cedar Hill (Texas) and Burbank's John Burroughs high schools, are true freshman. Jasmin, meanwhile, who concluded his career at Westlake High in Agoura Hills having rushed for 2,808 yards and 24 touchdowns, is a redshirt freshman.

Take a number.

"When they look at the past history here, my word to them is that if you work hard and do what you're supposed to do, then I'll find some way to get you involved in the offense," said associate head coach Jeff Horton, who also serves as offensive coordinator and the team's running backs coach. "My goal as a coach, no matter who I have in there, is to make sure they give us a chance to win, whether you're the so-called first back or the fourth back. But they need to understand what to do and be able to play the way we want them to play.

"In my seven years here, I've never heard one back say that he wanted the ball more or that he wanted to be the back. They've always embraced the way we play two or three guys. The young guys see that. They know that Pump wasn't always the No. 1 guy and they know that it's been the same for Rashaad and Juwan (Washington). They know how it's going to operate. We've had very unselfish guys."

Guys who have produced rushing numbers that stretch the senses. Guys who have arrived at SDSU with four stars and three stars and stars in their eyes. Guys who have taken advantage of a system that may be old school but whose graduates will be fully familiar with the demands of the NFL when they're done.

San Diego State was once a quarterback factory, producing passers such as former Aztecs' assistant Brian Sipe and Dennis Shaw, players who in the late 1960s and early '70s thrived under the high-flying offense orchestrated by Don Coryell, the winningest coach in school history. It was a trend that continued into the '80s with the likes of Todd Santos, SDSU's all-time second-leading passer, and stretched into the '90s when Billy Blanton (No. 3 on the school's career list) threw for a career 8,165 yards. As recently as 2011, the Aztecs were still pinning their hopes on quarterback play, when

Ryan Lindley capped a four-year run that saw him become the leading passer in SDSU history (12,690 yards).

Enter Rocky Long, whose idea of fancy is a flair pass.

Not once since Long became the 15th head coach in SDSU history in 2011 have the Aztecs failed to produce a 1,000-yard rusher. They've had two backs surpass the 1,000-yard mark in each of the past two seasons, with Pumphrey and Penny giving SDSU the distinction last season of becoming the first team in FBS history with both a 2,000- and 1,000-yard rusher. Only a season before, Pumphrey and Price became the first two players in SDSU history to surpass 1,000 yards in the same season.

Indeed, since Ronnie Hillman ascended the national stage in 2011 with a season that saw him rush for 1,711 yards and 19 touchdowns, Aztec players posting 1,000-yard seasons have combined for 12,092 yards and 121 touchdowns. They have averaged a collective 5.9 yards per carry.

While SDSU may not nationally be recognized as Tailback U, its coming fast in the final turn.

"When I talk to recruits, number one I tell them they're going to a school where they're going to run the ball," Horton said. "There aren't many schools like us out there now unless you go to an option team. Number two, we run a pro-style offense, so they're going to get developed that way for the next level. You're going to be running downhill plays and not going sideways like they do in spread offenses. Three, there's a tradition here now that if you come in and work hard we'll develop you and give you the opportunity to become the best you can be. If you're afraid of competition, then we're probably not the school for you."

It's also probably not the school for you if you fear long lines. Heading into the final week of fall camp, the Aztecs have no fewer than seven running backs on the roster. Penny tops the latest depth chart, followed by Washington, Jasmin, senior Tyler Wormhoudt, junior Chad Woolsey, Bell and Williams. Of the final five players, Wormhoudt is the only one with game experience at running back (Woolsey logged two games on special teams last year before an injury sidelined him for the season). He has two career carries.

And despite the gaudy accomplishments of the newcomers hoping to begin pursuit of Pumphrey's decorated deeds, only two players — Hillman and Lynell Hamilton — have

become starters as true freshmen in the past 14 years.

"Even with (Pumphrey), when he was a freshman, I told him a couple days before our last scrimmage (of fall camp) that he was probably going to redshirt unless there was an injury," Horton said. "Then, in the scrimmage, he busted out and started making plays. I kind of thought to myself, 'Whoa, not so fast here.'

"But I think (starting a freshman) is a reach, just because of what we expect from them. It doesn't mean it can't happen. Ronnie Hillman obviously played a lot as a freshman. (Pumphrey) needed about four games to kind of get into the flow. He didn't really start, but in our system, because we (alternate backs), he was really 1A (behind Adam Muema). Rashaad did a little bit during his freshman year, but I think it's a tall order to come in and learn what we want them to do and how we want them to do it. And there's also the physicality involved for somebody who's just coming out of high school."

"You always want the tough and physical guy," Horton continued. "They have to have (those qualities) because of what we do. We're also looking for guys who can make people miss, because you can't block all of 'em. We want guys who can turn a bad play into a good play.

"But then there's the character part of it. I'm still a firm believer that character will get you through the tough times. It's not always going to be like a hot knife going slicing through butter. There are always going to be times when you get knocked around a little bit or have a few bad plays. The character part of it comes in when you show you're able to come back from that and keep pounding it in there."

SDSU pounded its way to its best rushing total in school history last season, finishing seventh in the nation with 3,680 yards. Only once since Long began his tenure as head coach have the Aztecs not ranked among the country's top 30 teams in rushing offense, jumping seven spots in 2016 after finishing 14th in 2015.

"I think (recruits) are very aware (of what we've done in the run game)," Horton said. "Their coaches have talked to them, they've seen us on TV and we have that reputation. It doesn't mean we're necessarily going to (sign) them, but it makes it easier to talk to them. We try to sell them on how they'll be developed, and the opportunities they'll get to run the ball as opposed to (playing in) other offenses. It's something our guys take great pride in."

And, in the end, the reason they still come.

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AutoMatters & More: Red Bull Air Race World Championship returns to San Diego

AutoMatters™ & More



by Jan Wagner

After an absence of eight years, the globe-spanning Red Bull Air Race series returned to picturesque San Diego in 2017.

In Red Bull Air Race competition, pilots maneuver their purpose-built, single seater, prop driven aircraft through the high G-force course one-at-a-time. Their goal is to set the quickest time within the rules, which demand incredibly precise and high-speed flying.

The racecourse is defined by a series of Air Gates – towering, inflatable pylons that are placed individually and in pairs. In the case of the San Diego event, these pylons sit atop floating bases in San Diego Bay.

The electronic timing is activated when a plane crosses the start line, and ends when the raceplane crosses the checkered Air Gate at the finish line. In between, the pilots must fly the course horizontally except for in the Chicane, where they must negotiate a challenging line of single pylons – quickly turning in and out between them, slalom style.

Any way you look at it, the visual backdrop for the San Diego round is absolutely spectacular. From the San Diego side of San Diego Bay you would have seen the peninsula of Coronado and



Clipping an inflatable pylon earns a 3-second penalty

the picture-postcard-perfect, long and curving, iconic Coronado Bridge. Alternatively, from the Coronado side, the view is of San Diego – renowned as “America’s Finest City” and “the birthplace of naval aviation.”

This year, marking a first for San Diego, there were two classes of competition: the Master Class and the Challenger Class.

The Challenger Class was created to help prepare the next generation of Red Bull Air Race pilots to obtain their competition license for the Master Class, which is at the pinnacle of the competition. To qualify for the Challenger Cup, the Challenger Class pilots must fly in a minimum of three of the opening seven races of the season, and only the top three results of each pilot will count in the overall standings, so fans may not necessarily see some of the Challenger Class pilots competing at any particular event. After the seventh race the top six pilots will be qualified to

compete in the final.

This year’s Challenger Class includes Mélanie Astles, a five-time French Aerobatic Champion who in 2016 became the first female pilot in the Red Bull Air Race. She did not compete in San Diego. Following the September event in Portugal, Florian Bergér of Germany – who won in San Diego – is comfortably in first place in the Challenger Class Championship, followed by Kevin Coleman of the USA.

In San Diego’s Master Class, 14 pilots competed. Matthias Dolderer of Germany emerged from the Saturday qualification rounds on top of the standings. The three top qualifiers (Dolderer, Michael Goulian of the USA and Martin Sonka of Czechoslovakia) were separated by less than a second. Dolderer “once compared the precision flying of the Red Bull Air Race to trying to park a car in a garage while travelling at nearly 400kmh” (that’s VERY fast).



Yoshihide “Yoshi” Muroya – 2017 San Diego Red Bull Air Race winner

Peter Podlunsek of Slovenia – a past graduate of the Challenger Class – shone in the Master Class competition’s “Round of 14,” taking a convincing early lead, but he lost that lead in the “Round of 8” to Japan’s Yoshihide “Yoshi” Muroya. The stage was set for a shoot-out with the quickest four pilots, who would soon determine the San Diego champion.

Podlunsek posted a solid time to beat. Dolderer accepted that challenge but, in doing so, earned himself a three-second penalty for clipping a pylon. He finished in third place. American Kirby Chamblis also received a time penalty for “Incorrect Passing of an Air Gate: Flying Too High.” That left “Yoshi” Muroya on top, with a clean best run and maximum points (15). Ever the optimist, “Yoshi”

is known for having brought pre-race meditation to the sport, which certainly seems to be working for him. His path to the Red Bull Air Race began with flying gliders at his university glider club in 1991. He transitioned to aerobatic flying in 1996.

With just two events remaining, including the final in Indianapolis (the second of the two US events), the series championship is far from decided. Just ten points separate the top four pilots: Martin Sonka (Czechoslovakia), Pete McLeod (Canada), Kirby Chamblis (USA) and “Yoshi” Muroya (Japan). The next round, sure to be exciting, will be the weekend of Sept. 16-17 in Lausitz, Germany. For more information, visit airrace.redbull.com.

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

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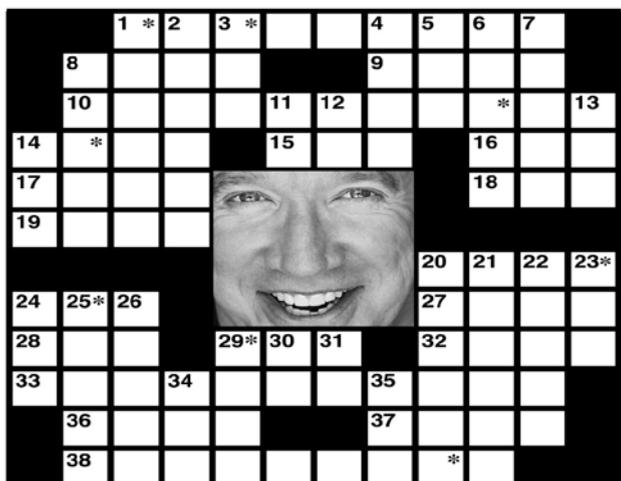
TV Listings

SUNDAY MORNING/AFTERNOON

SEPTEMBER 10, 2017

	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30	
KFMB (3)	CBS News Sunday Morning (N) (CC)	Face the Nation (N)	The NFL Today (N) (Live) (CC)	Bull Riding	To Be Announced	NFL Football Indianapolis Colts at Los Angeles Rams. From Los Angeles Memorial Coliseum in Los Angeles. (N) (Live) (CC)	NFL Post-game (N)	Judge Judy (CC)												
KFMB2 (3.2)	Dog Whisperer	Save Our Shelter (N)	Vacation Creation (N)	Save to Win (CC)	Animal Friends	San Diego Luxury	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Make: Television	HouseCalls	Designing Spaces	P. Allen	Small Town Big Deal (N)	Pacific Blues	Raw Travel (N) (CC)	Raw Travel (N) (CC)	
KGTV (10)	Good Morning	10News This Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos (N)	Joel Osteen (CC)	Intrnt'l Fellowship	Jack Hanna	Ocean Treks	Sea Rescue (N) (EI)	The Wildlife Docs	Rock the Park (N) (EI)	Outback Adventures	Paid Program	Home Pro Show	World of X Games (N)	Castle An air marshal is murdered. (N) (CC)					
KPBS (13)	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Washington Week (N)	KPBS Roundtable	Charlie Rose	The David Rubenstein	Billy Connolly's Tracks Across America (CC)	Billy Connolly's Tracks Across America (CC)	Billy Connolly's Tracks Across America (CC)	Earth's Natural Wonders (Part 2 of 3) (CC)	Ken Kramer's S.D.	Historic Places					
KNSD (39)	NBC 7 News To	Meet the Press (N) (CC)	Politically Speaking	Give (CC) (DVS)	Heart of a Champion	Running	President's	PGA Playoffs Special	Action Sports From Porto, Portugal. (N)	Auto Racing Global RallyCross Series. From Seattle. (N) (Live) (CC)	Talk Stoop	Nightly News	Football Night in America (N) (Live) (CC)							
DISN	Puppy Dog Pals (CC)	Roadster Racers	Puppy Dog Pals (N) (CC)	Raven's Home (N)	Bizaardvark (N) (CC)	K.C. Undercover (N) (CC)	Bunk'd (N) (CC)	*** Diary of a Wimpy Kid (2010) Zachary Gordon, Robert Capron. (N) (Live)	Raven's Home (N) (CC)	Bizaardvark (N) (CC)	K.C. Undercover (N) (CC)	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	Austin & Ally (CC)	Bunk'd "Bad Dog!" (N) (Live) (CC)			
ESPN	Sunday NFL Countdown (N) (Live) (CC)					MLS Soccer Teams TBA. (N) (Live)			2017 U.S. Open Men's Championship Preview	2017 U.S. Open Tennis Men's Final. From the USTA Billie Jean King National Tennis Center in Flushing, N.Y. (N) (Live)										
ESPN2	Fantasy Football Now (N) (Live)					2017 U.S. Open Tennis Women's Doubles, Final. (N) (Live)			WNBA Basketball Second Round: Teams TBA. (N) (Live) (CC)	WNBA Basketball Second Round: Teams TBA. (N) (Live) (CC)										
TLC	90 Day Fiancé "We Got Bad Blood" Anifsa kicks Jorge out. (N) (CC)			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 "Lies & Goodbyes" Alex and Loren struggle with a decision. (N) (CC)			90 Day Fiancé "Models, Moms & Meltdowns" (N) (CC)				90 Day Fiancé "I Do's and I Don'ts" (N) (CC)		
USA	David Jeremiah (N)	In Touch	Joel Osteen (CC)	Shooter Bob Lee tries to draw out Solotov.	The Sinner Ambrose begins to waver.	Law & Order: Special Victims Unit "Secrets"	Law & Order: Special Victims Unit "Folly" (N)	Law & Order: Special Victims Unit "Shaken"	Law & Order: Special Victims Unit "Infected"	Law & Order: Special Victims Unit "Crush" (N)	Law & Order: Special Victims Unit "Spooked"									

CROSSWORD PUZZLE



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

ACROSS

- Actress on "Mom" (2)
- Woodwind instrument
- "___ Society"; 2016 Jesse Eisenberg movie
- "___ America"
- "Kate ___ 8"
- Bread for a Reuben
- Monogram for poet Eliot
- ___ Wilder
- "Eye ___ You"; 2002 film for Stallone
- Puts two and two together
- Birthday party dessert
- K-O center
- Crematory shelf supplies
- "...had a farm, ___"
- ___ Scavo; "Desperate Housewives" role
- "The ___"; 2014 Tom Hardy crime drama movie
- "___ Talent"
- "American ___"
- Alexandro of "The Flying Nun" and his family
- Role on "Scorpion" (2)

DOWN

- Be plentiful
- Lasso loops
- "___ and Stacey"
- 43,560 square feet
- "When Time ___ Out..."; 1980 Paul Newman movie
- "___ Tuesday, This Must Be Belgium"; 1969 film



SUNDAY EVENING

SEPTEMBER 10, 2017

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB (3)	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (N) (CC)	Big Brother (N) (CC)	NCIS: Los Angeles "Sirens" (N) (CC)	Hawaii Five-0 (N) (CC)	News	Blue Bloods					
KFMB2 (3.2)	Don't Blink	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls	2 Broke Girls	Forensic Files (N)	Forensic Files (N)	Forensic Files (N)	Forensic Files (N)	Seinfeld (N) (CC)	Just for Laughs	Just for Laughs	Forensic Files (N)
KGTV (10)	10News at 5pm	World News	10News at 6pm	RightThisMinute (N)	America's Funniest Home Videos (CC)	Celebrity Family Feud (N) (CC) (DVS)	The 2018 Miss America Competition Women vie for the crown. (N Same-day Tape) (CC)	10News at 11pm	Sports XTRA					
KPBS (13)	NewsHour Wk	Third Rail With Ozy	Father Brown Sid vows vengeance. (N)	A Place to Call Home (N) (CC)	Secrets of the Six Wives (CC)	Endeavour on Masterpiece New lead in a missing persons case.	Masterpiece Mystery! Foyle protects an MI5 informant. (N)							
KNSD (39)	Football Night	NFL Football New York Giants at Dallas Cowboys. From AT&T Stadium in Arlington, Texas. (N) (Live) (CC)				Football Night in San Diego	The 2017 NBC	Dateline NBC (N) (CC)	NBC 7 News	Sportswrap				
DISN	Jessie (N) (CC)	Austin & Ally (CC)	*** The Princess and the Frog (2009, Children's) Voices of Anika Noni Rose. (N)	Transylvania	Tangled: The Series	Raven's Home (N) (CC)	K.C. Undercover (N) (CC)	Raven's Home (N) (CC)	Bizaardvark (N) (CC)	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	
ESPN	MLB Baseball Baltimore Orioles at Cleveland Indians. From Progressive Field in Cleveland. (N) (Live)				SportsCenter (N) (Live) (CC)	SportsCenter With Scott Van Pelt (N)								
ESPN2	SportsCenter (N)	2017 U.S. Open Tennis Men's Final. From the USTA Billie Jean King National Tennis Center in Flushing, N.Y. (N Same-day Tape)			30 for 30 Shorts	ESPN FC (N)								
TLC	90 Day Fiancé (N) (CC)	90 Day Fiancé "Tell All: Part 1" (CC)	90 Day Fiancé: More to Love	90 Day Fiancé "Tell All: Part 3"	90 Day Fiancé: Before the 90 Days (N)	The Spouse House "Tell All: Part 3"	90 Day Fiancé "Tell All: Part 3"							
USA	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Modern Family (N)	Modern Family (N)					

MONDAY EVENING

SEPTEMBER 11, 2017

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Kevin Can Wait	Mom (N) (CC)	Life in Pieces (N)	Scorpion "Maroon 8" (N) (CC)	News	Late-Colbert		
KFMB2 (3.2)	The Dr. Oz Show Getting out of debt. (N)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls	Supergirl A kidnapper abducts Alex. (CC)	Hooten & the Lady "The Caribbean" (N)	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)	Bachelor in Paradise (Season Finale) (N) (CC)	To Tell the Truth (N) (CC)	10News at 11pm	Jimmy Kimmel					
KPBS (13)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N)	Antiques Roadshow "Seattle" (CC)	Antiques Roadshow "Seattle" (CC)	Reformation-Changed Everything	POV A couple face their aging romance.					
KNSD (39)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	American Ninja Warrior National finals continue in Las Vegas. (N) (CC) (DVS)	Midnight, Texas (N) (CC) (DVS)	NBC 7 News	Tonight Show					
DISN	Bizaardvark (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover	K.C. Undercover	Raven's Home (N) (CC)	Stuck/Middle	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Live and Maddie	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	Raven's Home (N) (CC)
ESPN	NFL Football New Orleans Saints at Minnesota Vikings. (N) (Live)				NFL Football Los Angeles Chargers at Denver Broncos. From Sports Authority Field at Mile High in Denver. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	College Football	To Be Announced				
ESPN2	30 for 30 (CC)													
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	90 Day Fiancé: Extended	90 Day Fiancé: Before the 90 Days (N)	Counting On "A New Courtship" (N)	Meet the Putmans (Series Premiere) (N)	Counting On "A New Courtship" (N)					
USA	NCIS "Designated Target" (N)	NCIS A survivalist is wanted. (N)	NCIS "Corporal Punishment" (N)	WWE Monday Night RAW (N Same-day Tape) (N) (CC)										

TUESDAY EVENING

SEPTEMBER 12, 2017

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS "Something Blue" (N) (CC) (DVS)	Bull Bull clashes with J.P. Nunnally. (CC)	NCIS: New Orleans (CC) (DVS)	News	Late-Colbert				
KFMB2 (3.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls	The Flash "I Know Who You Are" (CC)	DC's Legends of Tomorrow (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)	Sharp HealthC	The Middle	Fresh Off the Boat	blackish (N)	blackish (N)	Somewhere Between "Ghost" (N) (N)	10News at 11pm	Jimmy Kimmel		
KPBS (13)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N)	Martin Luther: The Idea That Changed the World (2017, Historical Drama) Premiere. (N)	Frontline (Season Finale) A family is accused of mortgage fraud. (N)							
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 "Live Show 5" Semifinalists perform for the judges. (N) (CC)	Midnight, Texas Creek helps Manfred. (N)	NBC 7 News	Tonight Show					
DISN	Bizaardvark (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover	K.C. Undercover	Raven's Home (N) (CC)	Stuck/Middle	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Live and Maddie	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	Raven's Home (N) (CC)
ESPN	30 for 30 (N)				Sports Shorts (N)	To Be Announced	Sports Shorts (N) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter With Scott Van Pelt (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	
ESPN2	WNBA Basketball				WNBA Basketball Conference Semifinal, Game 1: Teams TBA. (N) (Live) (CC)	NFL Live (CC)	E:60	Jalen & Jacoby	The Fantasy Show	30 for 30				
TLC	Outdaughters (N) (CC)	Outdaughters (N) (CC)	Outdaughters (N) (CC)	Outdaughters (N) (CC)	Outdaughters: Life With Quints (N) (CC)	Outdaughters (Season Finale) (N) (CC)	Rattled Two parents get surprises. (N)	Outdaughters (N) (CC)						
USA	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	WWE SmackDown! (N Same-day Tape) (N) (CC)	Chrisley Knows	Acc. Chrisley	Modern Family (N)	Modern Family (N)			

WEDNESDAY EVENING

SEPTEMBER 13, 2017

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Brother (N) (CC)	Salvation "Red, White and Blood" (N) (CC)	Criminal Minds "Red Light" (CC) (DVS)	News	Late-Colbert				
KFMB2 (3.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls	Arrow A corpse is sent to Oliver's office.	Supernatural (N) (CC)	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)	The Goldbergs (N)	Speechless (N)	Modern Family (N)	American Housewife	20/20 (N) (CC)	10News at 11pm	Jimmy Kimmel		
KPBS (13)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Earth's Natural Wonders (CC)	NOVA The Cassini space probe. (N)	The Farthest -- Voyager in Space NASA's Voyager missions. (N) (CC)						
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 "Live Results 5" (N)	Marlon (N) (CC)	Marlon (N) (CC)	Law & Order: Special Victims Unit	NBC 7 News	Tonight Show			
DISN	Bizaardvark (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd "Fog'd In" (N) (CC)	K.C. Undercover	K.C. Undercover	Raven's Home (N) (CC)	Stuck/Middle	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Live and Maddie	K.C. Undercover (N) (CC)	Bizaardvark (N) (CC)	Raven's Home (N) (CC)
ESPN	MLB Baseball Teams TBA. (N) (Live) (CC)								SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)				
ESPN2	Battle of the Network Stars (N) (CC)	Battle of the Network Stars (N) (CC)	NFL's Greatest	NFL's Greatest	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	Jalen & Jacoby	The Fantasy Show	E:60					
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	The Little Couple "Back to School" (N)	The Little Couple "Safety First!" (CC)	The Little Couple "Zoey's 4th Birthday"	The Little Couple "Big Family Changes"	The Little Couple "Back to School" (N)					
USA	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Suits "Donna" (N) (CC) (DVS)	The Sinner "Part VII" (N) (CC) (DVS)	Law & Order: Special Victims Unit (N)						

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

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SANTEE-2BR/2BA mobile home, W/D IN UNIT, 55+ at New Frontier, oversized garage, ALL COMMUNITY AMENITIES; all gated entrance, 2 diff pools, 2 Jacuzzis, 2 pool tables, TV room, tennis court, library, ETC. CALL 619-562-2811

History of the World by Mark Andrews

Sept. 7: ON THIS DATE in 1892, the first major title fight under the Marquis of Queensberry rules was won by heavy-weight James J. Corbett, who knocked out John L. Sullivan in New Orleans. In 1940, Nazi Germany began its aerial blitz on London during World War II.

Sept. 8: ON THIS DATE in 1900, Galveston, Texas, was struck by a hurricane that killed about 6,000 people. In 1974, President Ford granted an unconditional pardon to former President Nixon, who had resigned a month earlier.



"I am not what happened to me. I am what I choose to become."
-Carl Jung

Garden

continued from page 14

Live entertainment and exquisite floral designs are also part of the outdoor festivities, with proceeds going to benefit Encinitas' Garden jewel. Info: <http://www.sdbgarden.org/gala.htm>

CLASSES

Saturday, Sept. 23, 2-4 pm, San Diego Botanic Garden. 230 Quail Gardens Drive. Members \$40; Non-Members \$48. Plus a \$10 materials fee on day of class.

Introduction to Zentangle. If you've been intimidated by art in the past... then this is your class! Let Certified Zentangle Teacher, Janet Masey, introduce you to the concept of Zentangle Art Method. If you can draw a circle and a straight line, then you can 'tangle.' Info: <http://www.sdbgarden.org/classes.htm>

Thursday, Sept. 28, 10 am - 2 pm and Friday, September 29, 10 am - 11 pm. San Diego Botanic Garden. 230 Quail Gardens Drive. SDB Garden Members: \$30/Non-members: \$36 per class. A \$30 materials fee is paid directly to the instructor on the first day of class. Please register by September 16.

Mosaic Rock. During this 2-day class, create a beautiful mo-

ROOM FOR RENT

PARADISE VALLEY-ROOM FOR RENT- \$480 includes utilities no pets/drugs/smkg/alcohol. Nice & peaceful neighborhood. CALL 619-475-9831

RENTALS STUDIOS

UCSD/LA JOLLA AREA-Master Studio w/ BA & kitchenette, comes furnished incl king bed, lots of st prkg, 5-7 min to base, easy access to 805, 52, & 5, close by parks & shopping malls. Rent includes gas, water, purified drinking dispenser. No drugs/party, female preferred. Avail Sept 5. \$1500 mo \$1450 dep. CALL 951-329-2033 or mario-gleon@gmail.com.

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 throughout San Diego County. (619) 275-0364.

www.recoveryinternational.org

Saturday, September 30, 9 am - 12 pm. San Diego Botanic Garden. 230 Quail Gardens Drive. Members \$30; Non-Members \$36. Plus a \$80 materials fee paid to instructor at class.

Living Wall/Vertical Garden. REGISTER TODAY! THIS CLASS WILL SELL OUT! Learn the basics of planting a living wall in just 3 hours! Students will be planting a 10" x 20" wall of succulent varieties. Living walls can be used to adorn exterior or interior spaces. Use your imagination to come up with striking patterns and unique designs with a multitude of colors/textures/sizes of succulents. Instructor: Mary Lou Morgan. SORRY... NO STUDENTS ACCEPTED ON THE DAY OF CLASS. Info: <http://www.sdbgarden.org/classes.htm>

The San Diego Botanic Garden is a beautiful urban retreat nestled on 37-acres in the midst of Encinitas. San Diego Botanic Garden is located at:230 Quail Gardens Drive, Encinitas, CA 92024, www.SDBGarden.org

PET of the week



Apple is a five year old female Pit Bull mix who weighs 55 lbs. When she goes out into the yard to play, she runs around bursiting with joy like a little piglet. After she gets her initial burst of energy out, Apple loves getting attention from her human pals and turns into quite the cuddle monster. Apple knows "sit," takes treats gently, and is food - to learn more. Meet this beautiful gal by asking for ID#A1790925 Tag#C409. Apple can be adopted for \$35.



Kittie is a thirteen years young neutered black and white cat who weighs 13 lbs. This handsome guy arrived to the shelter as a stray and is looking for a forever home where he can happily enjoy his golden years. Senior pets make wonderful companions, and tend to be calmer, less likely to instigate trouble, and make wonderful napping buddies. Meet Kittie by asking for ID#A0992451 Tag#C126. He can be adopted for the Senior Fee of just \$35.

You can visit these animals and their many other friends at our Central County Shelter, 5480 Gaines Street, San Diego between the hours of 9:30AM to 5:30PM, Tuesday through Saturday. Visit <http://www.sddac.com> for more information and contact the shelter with questions and for holiday hours.

Love is a four legged word

Members from the San Diego Humane Society recently sent a group of responders to help rescue relief for Hurricane Harvey

On Aug. 29, three vehicles, a technical rescue trailer and a seven-person special response team rolled out of the parking lot of Humane Society's San Diego campus destined for the greater Houston area to help rescue and shelter animals stranded by Hurricane Harvey and reunite them safely with their families.

As first-responders for animals in distress, Humane Law Enforcement Officers, Animal Rescue Reserve volunteers and

trained staff provided much-needed relief to Houston SPCA staff who have been working around-the-clock Harvey made landfall a week ago.

"They are working with local law enforcement and emergency command officials to rescue animals and livestock trapped by this devastating storm," said Gary Weitzman, president and CEO of the San Diego Humane Society. "We all knew this storm was coming.

When it hit, we didn't even wait for Houston SPCA to call us. We made plans to get on the road. We're fortunate that the community of animal lovers and those whose professional lives support them are all one when it comes to helping people and animals in need."

SDHS is also doing its part in San Diego. On Aug. 28, in 111 degree heat at Gillespie Field, they brought in 49 dogs

and cats from Louisiana. These pets, already available for adoption, were from shelters around Southeast Texas. The plan was to make room for evacuees and lost animals. They were flown to us along with Rancho Coastal Humane Society and Labradors and Friends by Wings of Rescue.

It was hotter than the sun at Gillespie Field where we picked them up but it was worth it to get these babies to safety," said Weitzman.

How to curb Back-to-School blues for your pets

"Back to School" may be music to a parent's ears, but it can mean a tough adjustment for our pets who have become used to long summer days of constant entertainment while the kids are home. When pets get bored they can exhibit destructive, anti-social or anxious behaviors. Here are a few tips from our Community Training Coordinator Shauna Romero, CPDT-KA, on creating a stimulating environment. Though toys can't replace human contact and socialization, there are many things you can do to help keep your pets happy while the kids

go back to school:

Enrichment Items for Dogs

- **Stuffed Toys:** Fill toys with high-value treats, small amounts of cheese, dog food, etc. These can be made up ahead of time and put in the freezer until you're ready to use them.
- **Hiding Food/Treats/Toys:** You can hide treats and toys around the pet's environment for them to find.
- **Positive-Reinforcement Training:** Encouraging your dog to work and think for their treats is a fun activity for both you and your pet!

Enrichment Items for Cats

- **Window Perches:** Allow your cat access to a perch in front of a window so they can watch the outside world.
- **Bags/Decorated Boxes:** Cats are curious creatures and love exploring paper bags and boxes. You can make boxes more interesting by attaching, pipe cleaners, cat toys, etc. Just be sure to cut off handles on bags to ensure your cats don't get caught.
- **Streamers/Ribbons:** Attach or hang strips to fans/vents. They can provide loads of entertainment for our feline friends. (Supervise cats when playing with

streamers or ribbons to ensure they do not choke, swallow or get tangled in them.)

• **Hiding/Quiet Napping Areas:** Cats also enjoy quiet time and need a place to hide and recharge. Cat trees and places for them to hide and relax are essential to a cat's well-being.

San Diego Humane Society's certified trainers are always available! Call our Behavior Helpline for any behavior-related questions regarding your pet(s).

Behavior Training Helpline: (619) 299-7012, ext. 2244.

MOVIES at the Bases



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

Thursday - September 07, 2017

5:50 PM Annabelle: Creation r 109 min
8:00 PM Dunkirk pg13 107 min

Friday - September 08, 2017

5:50 PM The Nut Job 2: Nutty By Nature pg 91 min
7:50 PM The Glass Castle pg13 127 min

Saturday - September 09, 2017

12:30 PM The Emoji Movie pg 86 min
2:10 PM The Nut Job 2: Nutty By Nature pg 91 min
6:00 PM **Sneak Preview!**

Michael Keaton's, "American Assassin"! Come join us.

Black ops recruit Mitch Rapp is reeling from the death of his fiancée in a Terrorist attack when he is assigned to shadowy CIA figure Stan Hurley to receive special training in tracking terrorists. The two join a Turkish agent on a mission to stop a mysterious operative from unleashing chaos of international proportions.

6:00 PM American Assassin (ADVANCE SCREENING) 111 min
8:10 PM The Glass Castle pg13 127 min

Sunday - September 10, 2017

12:50 PM The Emoji Movie (3D) pg 86 min
2:50 PM The Nut Job 2: Nutty By Nature (3D) pg 91 min
5:40 PM The Dark Tower pg13 95 min
7:40 PM The Glass Castle pg13 127 min

Monday - September 11, 2017

5:50 PM Atomic Blonde r 115 min
8:00 PM The Glass Castle pg13 127 min
Tuesday - September 12, 2017
5:50 PM The Emoji Movie pg 86 min
7:40 PM Annabelle: Creation r 109 min

Wednesday - September 13, 2017

5:50 PM The Dark Tower pg13 95 min
7:50 PM Dunkirk pg13 107 min

Thursday - September 14, 2017

5:50 PM The Nut Job 2: Nutty By Nature pg 91 min
7:50 PM The Glass Castle pg13 127 min



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

Thursday - September 07, 2017

5:00 PM Toy Story (NDVD - Free Admission) g 81 min

Friday - September 08, 2017

5:00 PM Baby Driver (NDVD - Free Admission) r 113 min

Saturday - September 09, 2017

11:30 AM Harry Potter and the Order of the Phoenix (NDVD - Free Admission) pg13 138 min
1:50 PM Harry Potter and the Half-Blood Prince (NDVD - Free Admission) pg 153 min
4:30 PM Harry Potter and the Deathly Hallows Part 1 (NDVD - Free Admission) pg13 146 min
7:00 PM Harry Potter and the Deathly Hallows Part 2 (NDVD - Free Admission) pg13 130 min

Sunday - September 10, 2017

5:00 PM Rough Night (NDVD - Free Admission) r 100 min

Thursday - September 14, 2017

5:00 PM Moana (NDVD - Free Admission) pg 96 min

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

Thursday - September 07, 2017

11:00 AM Despicable Me 2 (NDVD - Free Admission) pg 98 min
5:00 PM Sleight (NDVD - Free Admission) r 90 min

Friday - September 08, 2017

5:00 PM Baby Driver (NDVD - Free Admission) r 113 min

Saturday - September 09, 2017

11:15 AM Big Hero 6 Rated (PG) 108 min.
2:00 PM The Mummy (NDVD - Free Admission) pg13 110 min
5:00 PM The House (NDVD - Free Admission) r 88 min

Sunday - September 10, 2017

5:00 PM Back To The Future (NDVD - Free Admission) pg 106 min

Monday - September 11, 2017

5:00 PM Cinderella (NDVD - Free Admission) pg 113 min

Tuesday - September 12, 2017

11:00 AM The Book of Life (NDVD - Free Admission) pg 85 min
5:00 PM King Arthur: Legend of the Sword (NDVD - Free Admission) pg13 126 min

Wednesday - September 13, 2017

5:00 PM Lowriders (NDVD - Free Admission) pg13 99 min

Thursday - September 14, 2017

11:00 AM Chicken Run (NDVD - Free Admission) g 84 min
5:00 PM Snatched (NDVD - Free Admission) r 91 min



Action, Drama, History

Allied soldiers from Belgium, the British Empire and France are surrounded by the German army and evacuated during a fierce battle in World War II.

"PG-13" for intense war experience and some language

106 minutes

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

Thursday - September 07, 2017

8:00 PM War for the Planet of the Apes pg13 140 min

Friday - September 08, 2017

6:00 PM The Nut Job 2: Nutty By Nature pg 91 min
8:00 PM The Glass Castle pg13 127 min

Saturday - September 09, 2017

1:00 PM The Dark Tower pg13 95 min
3:00 PM Dunkirk pg13 107 min
5:50 PM Atomic Blonde r 115 min
8:10 PM The Glass Castle pg13 127 min

Sunday - September 10, 2017

1:00 PM The Nut Job 2: Nutty By Nature pg 91 min
3:00 PM Valerian and the City of a Thousand Planets pg13 129 min
5:50 PM Atomic Blonde r 115 min
8:10 PM Girls Trip r 122 min

Monday - September 11, 2017

6:00 PM The Nut Job 2: Nutty By Nature pg 91 min
8:00 PM The Glass Castle pg13 127 min

Tuesday - September 12, 2017

5:50 PM Dunkirk pg13 107 min
8:10 PM Atomic Blonde r 115 min

Wednesday - September 13, 2017

6:00 PM The Emoji Movie pg 86 min
8:00 PM Valerian and the City of a Thousand Planets pg13 129 min

Thursday - September 14, 2017

5:50 PM Atomic Blonde r 115 min
8:10 PM Girls Trip r 122 min

Concerts

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

September

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

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

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

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

Green Day. Wed, Sept 13, 7:30pm. Punk/Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir. Chula Vista. (619) 671-3600.

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

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

Aaron Lewis. Sat, Sept 16, 7pm. Rock. Pechanga Resort & Casino, 45000 Pechanga Pkwy, Temecula. (951) 693-1819.

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

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

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

Thomas Rhett and Old Dominion. Sun, Sept 24, 7:30pm. Country. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

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

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

October

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

Lauryn Hill and Nas. Tues, Oct

3, 7:30pm. Funk/Hip-hop/Rap. SDSU Open Air Theatre, 5500 Campanile Dr., San Diego. (619) 594-6947.

Ramsey Lewis. Thurs, Oct 5, 7:30pm. Jazz. Balboa Theatre, 868 Fourth Ave, San Diego. 619-570-1100.

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

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

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

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

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

The National. Thurs, Oct 12, 7:30pm. Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

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

Damian "Jr. Gong" Marley. Sat, Oct 14, 8pm. Reggae/

Ska. Harrah's Resort Southern California, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

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

Odesza and Sofi Tukker. Thurs, Oct 19, 6:30pm. Electronic/pop/rock. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

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

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

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

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

Andre Rieu & his Johann Strauss Orchestra. Sat, Oct 21, 8pm. Classical/pop. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

Home Free Vocal Band. Sat, Oct 21, 8pm. Acoustic/Standards. Balboa Theatre, 868 Fourth Ave.

(619) 570-1100.

Enrique Iglesias and Pitbull. Sun, Oct 22, 8pm. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd. Point Loma. 619-224-4171.

Luke Bryan and Brett Eldredge. Fri, Oct 27, 7:30pm. Country. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

November

Halsey and Charli XCX. Sun, Nov 5, 7:30pm. Rock. Viejas Arena, SDSU, 5500 Canyon Crest Dr, SD, 92182.

Bruno Mars. Sat, Nov 11, 8pm. R&B/Funk. The Forum, 3900 W. Manchester Blvd, Inglewood. (310) 330-7300

Fall Out Boy. Wed, Nov 15, 7pm. Alt/pop/rock. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

Guns N' Roses. Tues, Nov 28, 7pm. Rock. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

Future

Jay-Z. Tues, Dec 19, 7:30pm. Hip-hop/rap. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

The Killers. Tues, Jan 30, 7:30pm. Rock. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

MNP continued from page 6

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