

Weekly Contest

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See page 4

AutoMatters & More

Hot Wheels & Microsoft, Kingsman: The Golden Circle, Muppets.

See page 25

Things to do this weekend

Viking Fest, Home/Garden Show, Pacific Islander Fest, Night Hike.

See page 30

Navy Marine Corps Coast Guard Army Air Force

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THURSDAY, SEPTEMBER 21, 2017

MCAS Miramar Air Show September 22-24



BLUE ANGELS PERFORM ALL THREE DAYS!

MCAS Miramar
Air Show

Gates open 8 a.m.

This year's theme:

**A SALUTE TO
VIETNAM VETERANS**



- Air Show Welcome & SchedulePage 2
- Air Show MapPage 3
- Blue Angels Trivia.....Pages 4 & 5
- Security & Memorial Wall InfoPage 20

Clear bags only. Must show ID. No coolers or ice chests.



NEXCOM announces early rollout of Type III Uniform in Navy Region Southwest

Rear Adm. Robert J. Bianchi (Ret), Chief Executive Officer, Navy Exchange Service Command (NEXCOM), announced that the rollout of the Type III uniform will begin ahead of schedule in Navy Region Southwest. The Type III uniform is available for purchase by all Sailors ashore and afloat in the region, as of Sept. 18.

"At NEXCOM we are proud to support our deserving Sailors and families," said Bianchi. "A key part of our mission is to provide the Navy's newest uniforms to Sailors, and so we're excited to roll out the Type III in Navy Region Southwest earlier than originally planned."

The entire region is fully stocked and ready with the Type III uniform, said Roland Santos, NEXCOM Western District Vice President. "NEX associates are prepared to answer Sailors' questions regarding sizing and manner of wear."

In accordance with NAVADMIN 214/17, individual commanding officers will determine certain items for wear at their commands, such as the color/type of boot and ballcap. Beginning Oct. 1, 2017 Recruit Training Command Great Lakes will be issuing the Type III uniform with black boots to all new recruits, and by Oct. 1, 2019 the Type III uniform will be a mandatory seabag item for all Navy Sailors.

As the NEX rolls out the Type III within each region, the legacy Type I "blue camouflage" uniforms will be removed from the NEX shelves to make room for the Type III NWUs. Sailors will still be able to purchase Type I components by calling the NEX Uniform Support Call Center.

Vets with disabilities continue adventure at San Diego Summer Sports Clinic

Veterans from across the country are participating in the 10th National Veterans Summer Sports Clinic in San Diego. Tomorrow is the final day of events.

The Department of Veterans Affairs - in collaboration with founding event sponsor the Veterans Canteen Service and host level sponsors Fisher House Foundation, Cisco and Wyndham by the Bay Hotel - are hosting more than 120 veterans with disabilities as they learn cycling, surfing, sailing, kayaking and archery at venues throughout San Diego during the rehabilitation sports and recreation clinic.

"Adaptive sports have a long history at VA, and our objective is to challenge Veterans to redefine their capabilities, set strong goals and live active, healthy lives," said VA Secretary Dr. David J. Shulkin.

The clinic kicked off with opening ceremonies Sept. 17. Sports activities began Sept. 18 and will conclude Friday (9/22). Participation is open to veterans with disabilities who are receiving care at any VA medical facility.

GTF 70 and DESRON 15 commanders relieved due to loss of confidence

YOKOSUKA, Japan - Vice Adm. Phil Sawyer, commander of U.S. 7th Fleet, Sept. 18, relieved the commander of Task Force 70 (CTF 70), Rear Adm. Charles Williams and the commander of Destroyer Squadron (DESRON) 15, Capt. Jeffrey Bennett. Both reliefs were due to a loss of confidence in their ability to command.

Rear Adm. Marc Dalton, commander of Task Force 76 (CTF 76), assumed duties as commander, CTF 70. Capt. Jonathan Duffy, deputy commander, DESRON-15, assumed duties as commander.



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2017 MCAS Miramar Air Show

Welcome to Marine Corps Air Station Miramar, home of the 3d Marine Aircraft Wing, and the largest military air show in the nation.

The theme for the 2017 MCAS Miramar Air Show is "A Salute to Vietnam Veterans." Our Air Show is not only an open door to the local community, but it also provides us an opportunity to recognize and honor the tremendous sacrifices made by our Vietnam veteran brothers and sisters. Their service was largely underappreciated during a time when support for the military was not as prevalent as it is now. Nevertheless, these brave men and women demonstrated their character and values by donning the uniform and serving the nation they love.

We hope you join us at the Miramar Air Show to recognize the service and sacrifice from our Vietnam War veterans. Despite overwhelming odds both forward deployed and at home, these men and women performed their duties with courage and demonstrated their commitment to the United States. We take time this year to reflect on their sacrifice and to salute their service.

We are also pleased to celebrate another year showcasing the U.S. Navy Blue Angels demonstration team and welcome back the Patriots Jet Team. Both jet teams are sure to impress in what will be thrilling performances of fast-paced, formation flying and choreographed aerobatic maneuvers. Additionally, MCAS Miramar is honored to host an amazing line up of civilian performers, including Sean Tucker's "Oracle Challenger," John Collver's "Wardog," the Shockwave Jet Truck and Steve Stavrakakis' "Tribute to Vets."

Guests will have the opportunity to enjoy performances from military parachute teams and aerial demonstrations by the F-35B Lightning II, the AV-8B Harrier, the MV-22B Osprey, and an intense Marine Air-Ground Task Force demonstration. The MCAS Miramar flight line will also feature static displays, including past and present aircraft and ground combat equipment, air show memorabilia and plenty of vendors and activities for families to enjoy. Stop by and explore our military aircraft, or just sit back and enjoy the show.

While you are here, talk to the Marines, Sailors, Soldiers, Airmen and Coast Guardsmen who are here to support the show. Many of the young men and women you will meet have deployed numerous times to secure peace throughout the world. Their enthusiasm for what they do, and their passion for protecting our way of life, will impress you. Take a moment to thank these men and women who give so much to preserve the freedoms we enjoy every day. They are true American heroes.

We are honored to share this incredible experience with you and truly hope you enjoy the 2017 MCAS Miramar Air Show.

Maj. Gen. Mark R. Wise
Commanding General
Third Marine Aircraft Wing

Col. Jason G. Woodworth
Commanding Officer
MCAS Miramar

Daily Performance Schedule 2017

8 a.m.: Gates Open to the Public
Remote Control Flyers and Paramotors (pre-show)

- 9-10:35 a.m.**
- Sean Tucker, "Oracle Challenger III"
 - Steve Stavrakakis "Romanian IAR-823"
 - Dan Buchanan, "Hang Glider"
 - John Collver, "Wardog AT-6 Texan"
 - Shockwave Jet Truck
 - Boyd Willat, "Sailplane Magic"
 - Garret Willat, "Tow Plane"

- 10:35 a.m.-12:15 p.m.**
- AV-8B Harrier Demo
 - Precision Exotics Car Race
 - Opening Ceremonies/Invocation/National Anthem/Flag Drop
 - Commanding Officer's Remarks
 - Sean Tucker, "Oracle Challenger III"
 - Golden Knights & U.S. Navy Leap Frogs Parachute Team

- 12:20-1:05 p.m.**
- Marine Air-Ground Task Force Demo (MAGTF)

- 1:10-1:20 p.m.**
- Sean D. Tucker, "Oracle Challenger III"

- 1:25-1:55 p.m.**
- Patriots Jet Team

- 2:05-3:05 p.m.**
- U.S. Navy Blue Angels

- 3:10-3:30 p.m.**
- Anthony Oshinuga (Pitts Special)
 - John Collver, "Wardog AT-6 Texan"
 - Shockwave Jet Truck

- 3:50-4 p.m.**
- MV-22 Demo

- 4:05-4:20 p.m.**
- F-35B Demo

'A Salute to Vietnam Veterans' air show activities

Vietnam Veteran lapel pins are available at all Commemoration Booths (located inside the Air Show Expo).

Daily lapel pin presentation at The Mobile Vietnam Memorial Wall

Living History Experience: Daily speaker at 10:30 a.m.

For details turn to page 20



**Blue Angels
trivia
on page 4**

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2017 MCAS Miramar Air Show



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Blue Angels FAQs

What is the mission of the Blue Angels?

The mission of the United States Navy Flight Demonstration Squadron is to showcase the pride and professionalism of the United States Navy and Marine Corps by inspiring a culture of excellence and service to country through flight demonstrations and community outreach.

What are the policies / requirements governing back seat flights in the number 7 jet?

The Blue Angels typically provide three back-seat flights at each show site for selected personnel. All three riders fly with the Number 7 pilot in the two-seat jet. Two of those riders are selected from the Key Influencer (KI) program and one rider is a credentialed media representative. The KI program selects individuals who shape attitudes and opinions of youth in their communities. KIs may be experts in their field, public figures, leaders of youth organizations, teachers, guidance counselors or school administrators. They are not always the person at the top of an organization, but rather individuals

that have an impact on recruiting youth and/or a specific target audience. Flying these candidates, in coordination with media presence, is intended to promote the Navy and Marine Corps as professional and exciting organizations in which to serve. To be selected as a Key Influencer, you must first be nominated by a commanding officer of a Navy or a Marine Corps recruiting district. For more information, contact your local recruiter or air show.



Who authorized establishment of the Blue Angels?

The Chief of Naval Operations, Admiral Chester W. Nimitz, ordered the establishment of the team on April 24, 1946.

Where did the name "Blue Angels" originate?

The name was picked by the original team when they were planning a show in New York in 1946. One of them came across the name of the city's famous Blue Angel nightclub in the New Yorker Magazine.

Where was the Blue Angels' first air show?

Craig Field, Jacksonville, Fla., on June 15, 1946.

Why don't the Navy Blue Angels and the Air Force Thunderbirds fly together?

Current Department of Defense policy states the use of military aviation demonstration teams is for recruiting purposes; therefore the teams usually do not fly within 150 miles of each other without special permission. Each demonstration team showcases U. S. military aviation capabilities to the public separately to maximize Navy or Air Force recruiting efforts. However, the Blue Angels or Thunderbirds often perform with the U. S. Army Parachute Team, the Golden Knights, or the U.S. Navy Parachute Team, the Leapfrogs.

On average, how many people view the Blue Angels each year?

An estimated 11 million spectators view the squadron during air shows each year. Additionally, the Blue Angels visit more than 50,000 people a show season (March through November) during school and hospital visits.

How do you determine where to hold an air show?

Each September, the Department of Defense receives hundreds of requests to hold air shows featuring the Navy Blue Angels. After the Department of Defense screens requests for basic eligibility, requests are forwarded to the Blue Angels' Commanding Officer. The squadron reviews each air show request, considering input from the Chief of Naval Information and Navy Recruiting Command. In December, the Blue Angels' Events Coordinator, along with Navy and Department of Defense officials, meet at a scheduling conference for final considerations and approval.

Pilots

What are the basic requirements for becoming a Blue Angel demonstration pilot?

Each applicant must be career-oriented, carrier-qualified, active-duty Navy or Marine Corps tactical jet pilot with a minimum of 1,250 flight hours.

How many Blue Angels demonstration pilots have there been?

Including the 2015 season, the Blue Angels have had 251 demonstration pilots, and 35 Flight Leaders/Commanding Officers.

Do the Blue Angels pilots go through the Navy Fighter Weapons School (TOPGUN)?

Some current and former Blue Angels pilots have gone through TOPGUN; however, it is not a prerequisite.

How does someone become a Blue Angel demonstration pilot?

Navy and Marine Corps pilots meeting the basic requirements submit an application directly to the team via the Applications Officer. Applicants visit the squadron at scheduled show sites early in the show season to observe the team firsthand. Finalists are selected mid-season and interviewed at the Blue Angels' squadron in Pensacola, Florida. The new demonstration pilots and support officers are selected by unanimous vote. The Chief of Naval Air Training selects the Flight Leader/Commanding Officer.

What happens if a Blue Angel demonstration pilot is ill or hurt?

Safety is paramount for every demonstration. Each pilot is responsible for good health and safety; however, the Blue Angels Flight Surgeon will medically disqualify a pilot if one should become ill or injured. Should the Flight Leader/Commanding Officer be grounded for medical purposes, the demonstration will be canceled.

Why don't the Blue Angels maintain a spare pilot?

With the number of practice hours required to safely fly a demonstration, a spare pilot could not



The Blue Angels fly in Delta formation.

be utilized effectively. Each pilot must complete 120 training flights during winter training in order to perform a public demonstration safely. The teamwork required for the high-speed, low-altitude flying in the tight Blue Angel formation takes hundreds of hours to develop. A substitute pilot would not have enough time in the formation to do this safely.

Why don't the pilots wear G-suits?

G-suits are designed with air bladders (pockets) that inflate and deflate to keep a pilot's blood from pooling in the pilots' legs while executing sharp, unpredicted combat maneuvers. Unlike combat flying, the Blue Angels demonstration pilots know the maneuvers they will fly prior to execution, so each pilot knows when one will be experiencing heavy gravitational forces. Anticipating the changes in gravitational forces allows the Blue Angels demonstration pilots to combat G-forces with muscle contractions. Additionally, G-suits would detrimentally impact flight safety. The Boeing F/A-18's control stick is mounted between the pilot's legs. The Blue Angels have a spring tensioned with 40 pounds of pressure installed on the control stick that gives the pilot a "false feel." This allows the pilot minimal room for un-commanded movement. The pilots rest their right arms on their thighs for support and stability while flying. Therefore, inflating and deflating air bladders in a G-suit would interrupt this support and stability, causing un-commanded aircraft movement.

What is the average age of a Blue Angel pilot?

The pilots' average age is 33 years old.

Team

How is the enlisted, support and maintenance team selected?

Each applicant is selected from a pool of applicants that can fill upcoming job vacancies. The team accepts applications from all aviation and support ratings. All applicants are interviewed and spend five days with the team either in

Pensacola or at a show site. Exceptions to the above are made for applicants who are on deployment or overseas. For more information, please see the application message under "How to Apply."

What is the average age of the enlisted, support and maintenance team?

The average varies slightly; however, it is approximately 26 years old.

Are the Blue Angels the "best of the best?"

The Blue Angels are representatives of the excellence and professionalism found throughout the fleet. Each Blue Angel team member is an ambassador and representative of their fleet counterparts.

How long is a Blue Angel tour of duty?

Officers on the team generally serve two to three years, while the enlisted personnel serve three to four years. Each member, both officers and enlisted, return to the fleet after completing a tour with the Blue Angels.

How many Marines serve in the squadron?

There are 13 Marines on the 2017 team. There are four enlisted aircrew and three C-130 pilots in Fat Albert Airlines. There are six enlisted on the jet maintenance team, and a jet fighter pilot serving.

How many females are in the squadron?

The number of females varies each year. The 2017 team has 14 enlisted women and 1 financial technician on the team.

How do team members deal with the time away from home?

Individuals are made aware that they will be away from home a lot before they volunteer for duty with the team, and are selected based on their ability to cope with not only family separation, but with a strenuous practice and show schedule. Additionally, the Navy, Blue Angels, and civilian communities at Pensacola, Fla., and El Centro, Calif., provide a family-type support network.

Do any of the Blue Angels

Continued on next page

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2017 MCAS Miramar Air Show

FAQs from previous page get extra pay?

No. Each member of the squadron volunteers for duty with the Blue Angels. Due to extreme competition at all levels, each individual feels especially honored to be associated with the team.

Show

What is considered minimum visibility for a Blue Angel performance?

To be able to perform, the Blue Angels must have at least three nautical miles of visibility horizontally from centerpoint, and a minimum cloud ceiling of 1,500 feet, which the FAA can waive to 1,000 feet. At these minimums, the Blue Angels can perform a limited number of maneuvers in what is called a "flat" show. When the ceiling is at least 4,500 feet and visibility at least three nautical miles, a "low" show can be performed, which includes some rolling maneuvers. With a minimum ceiling of 8,000 feet and visibility of three nautical miles, the Blue Angels can perform their "high" show, which includes all the maneuvers.

What is the closest distance that the jets fly to each other?

The closest the diamond will fly to each other is 18 inches during the Diamond 360 maneuver.

What are the lowest and highest maneuver heights performed during an air show?

This varies due to weather conditions. The highest is the vertical roll, performed by the Opposing Solo (up to 15,000 feet) and the lowest

is the Sneak Pass (as low as 50 feet) performed by the Lead Solo.

What is the most demanding maneuver performed?

All maneuvers are demanding, both mentally and physically, and reflect the daily challenges met by fleet Navy and Marine Corps aviators.

What are the fastest and slowest speeds flown during an air show?

The fastest speed is about 700 mph (just under Mach 1; Sneak Pass) and the slowest speed is about 120 mph (indicated speed; Section High Alpha), both flown by the solo pilots during the show.

Are there ever sonic booms at air shows?

Sonic booms occur when an aircraft surpasses the speed of sound. At a Blue Angels air show, there should never be a sonic boom.

Planes

How many and what types of aircraft have the Blue Angels flown?

Since 1946, there have been eight types of aircraft:

- 1) Grumman F6F Hellcat, June-August 1946
- 2) Grumman F8F Bearcat, August 1946-1949
- 3) Grumman F9F-2 Panther (first jet), 1949-June 1950 and Grumman F9F-5 Panther 1951-Winter 1954/55
- 4) Grumman F9F-8 Cougar, Winter 1954-55-mid-season 1957
- 5) Grumman F11F-1 Tiger (first supersonic jet), mid-season 1957-1969

6) McDonnell Douglas F-4J Phantom II, 1969-December 1974

7) McDonnell Douglas A-4F Skyhawk II, December 1974-November 1986

8) Boeing F/A-18 Hornet, November 1986-Present

* Additionally, in 1970 the Blue Angels integrated a Marine Corps C-130 Hercules aircraft, affectionately known as "Fat Albert", as the opener of the flight demonstration. The C-130 is a tactical transport aircraft built by Lockheed Martin.

How many jets are in the Squadron?

The Blue Angels currently have 11 jets: one 2-seat F/A-18B model, eight single seat F/A-18C models and two 2-seat F/A-18D models..

What are the major differences between the fleet model and the Blue Angel F/A-18?

The Blue Angel F/A-18s have the nose cannon removed, a smoke-oil tank installed and a spring installed on the stick which applies pressure for better formation and inverted flying. Otherwise, the aircraft that the squadron flies are the same as those in the fleet. Each Blue Angel aircraft is capable of being returned to combat duty aboard a carrier within 72 hours.

Are Blue Angels' aircraft carrier capable?

All of the Blue Angels' jets are carrier-capable and can be made combat ready in about 72 hours. The squadron's C-130 ("Fat Albert") is manned by an all-Marine Corps crew and was not designed for carrier operations.



Why is the C-130 called "Fat Albert?"

"Fat Albert" is a nickname given to the plane by Marine Corps Blue Angel pilots in the 1970s because of its size and shape. It is a reference to the popular children's cartoon of the same era.

What does "JATO" stand for?

"JATO" stands for Jet-Assisted Take-Off. JATO was used by the Lockheed-Martin C-130 to take off from short runways and gain high altitude in a short period of time, as required in combat situations. The first Blue Angels JATO performance took place at NAS Pensacola in November 1975. Eight solid fuel JATO rocket bottles, each producing 1,000 pounds of thrust, helped propel Fat Albert skyward and captivated millions of spectators each year.

Why doesn't Fat Albert use JATO anymore?

JATO bottles were produced in the Vietnam era. The last known stockpiles of JATO bottles were expended during the Blue Angels' 2009 show season. The last JATO performance for Fat Albert was at the NAS Pensacola Air Show in November 2009.

How much fuel does Fat Albert hold?

Fat Albert holds 46,000 pounds of fuel.

What is the normal cruising speed and shaft horsepower per motor of Fat Albert?

Fat Albert's cruising speed is 375 mph and shaft horsepower is about 4,500 per engine.

What is the maximum takeoff weight of Fat Albert?

The maximum takeoff weight of Fat Albert is 155,000 pounds.

What is the distance under Fat Albert's propellers to the ground?

The distance under Fat Albert's propellers to the ground is approximately six feet.

How many crewmembers are assigned to fly Fat Albert, and what are their positions?

Eight Marines are assigned to operate Fat Albert Airlines: three pilots, two flight engineers, a navigator, a flight mechanic, and a loadmaster.

How long has the team had the C-130?

The team has been flying the C-130 since 1970.

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County Library expands online high school

by Tracy DeFore

In a significant expansion of the County Library's online high school program, the County Board of Supervisors approved a contract Tuesday that would offer 160 scholarships to residents interested in finishing high school. The scholarships would become available starting Sept. 15.

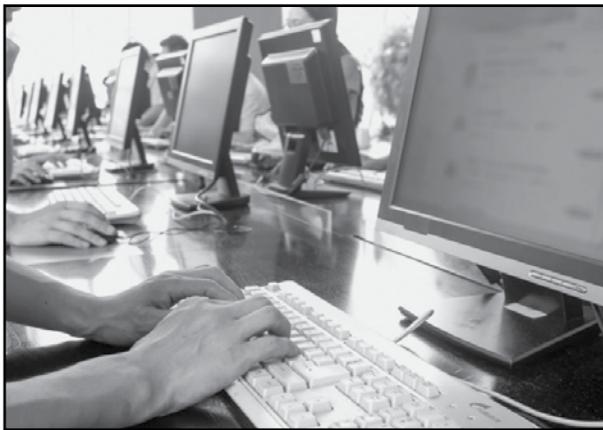
The Career Online High School scholarships allow any resident of San Diego County who is 19 years and older a chance to get their high school diploma. The program doesn't award general education diplomas, or GEDs, but an actual high school diploma which means graduates are more likely to qualify for higher education and job opportunities. Students can also work toward an entry-level career certificate in any of eight different fields.

"The San Diego County Library is hugely committed to promoting lifelong learning, from our Kindergarten Gear-Up Program to online high school

and beyond," said County Library Director Migell Acosta. "We want to cover the full spectrum on top of promoting reading and literacy skills, and offering access to the Internet."

Online high school allows students to take classes at times that are convenient to them. Acosta says if they don't have the necessary resources at home, students will get a "front of the line" pass for technology at the County library.

The Library works with Cengage Learning to offer the online high school. The new contract will allow the Library to offer the additional scholarships, the opportunity to rename the program and set up its own "front door" with a website dedicated to the County's online high school.



INTERPERSONAL EDGE: Stop kissing the office frog

by Dr. Daneen Skube

Q. There are a few people I work with whom I cannot seem to make happy, no matter what I do. They constantly seem to assume I think they are stupid, or that I don't care about them. What can you do to get through to someone who seems determined to be unhappy?

A. When you realize someone is never going to be happy with your work, no matter what you do, stop trying. An elegant withdrawal is the best reaction to a game you'll never win.

First, make sure to paraphrase what you hear from people who are unhappy to discover if there's anything you can change. But when constant change, and your persistent trying still leaves someone unhappy, you are climbing a glass mountain.

Many of my clients are what I would call over-functioners. They are kind, smart, highly responsible people who truly care about others and their own well-being. In any situation, they give it their all. They just can't believe some people are still determined to find fault.

Understand that we all live

inside our own snow globe, with a set of particular assumptions. Ironically, we often unconsciously behave in a way that gets others to fulfill our negative assumptions.

Imagine you're in a meeting with me and I tell you angrily that I know you are furious and you need to admit it. If I keep insisting, you will indeed become angry even though that wasn't your reaction to me initially. Then, at the end of the day, I will complain to my friends about all those angry people!

There's a brilliant psychologist and author, Arnold Mindell, who writes about what he labels "already listening." He explains that we carry unconscious ideas about others and that we listen believing we'll find these ideas confirmed by our experiences.

A second useful concept Mindell teaches is "dreaming people up." He points out that if we unconsciously act hostile, we can "dream" people up to be hostile. If we act kind, on the other hand, we may "dream" people up to behave generously. Mindell's breakthrough thinking is that we have a lot more influence over how people act than we usually

believe.

However, if you have seriously contemplated your contribution, tried everything, and a coworker is still chronically disappointed, just walk away. You are only pouring your effort into a human black hole, from which no gratitude will ever escape.

We don't go to work solely to get a paycheck. We also need to obtain emotional compensation. If we are not wise enough to exit when our best efforts are always judged inadequate, then we need to take a good look in the mirror.

There are people around you at work who believe they do not deserve anything good. They carry around a lot of self-hatred and don't care much about themselves or others. Unlike Beauty and the Beast, your love won't break through the spell of numbness or lack of worth.

In fairy tales, frogs and beasts become handsome princes. In the real world, you should be wise enough to play only with people who are not stuck in a trance that will never make anyone or anything good enough to appreciate!

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About Your Health

Do social ties affect our health? Exploring the biology of relationships

NIH—Cuddles, kisses, and caring conversations. These are key ingredients of our close relationships. Scientists are finding that our links to others can have powerful effects on our health. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.

Wide-ranging research suggests that strong social ties are linked to a longer life. In contrast, loneliness and social isolation are linked to poorer health, depression, and increased risk of early death.

Studies have found that having a variety of social relationships may help reduce stress and heart-related risks. Such connections might improve your ability to fight off germs or give you a more positive outlook on life. Physical contact—from hand-holding to sex—can trigger release of hormones and brain chemicals that not only make us feel great but also have other biological benefits.

Marriage is one of the most-studied social bonds. “For many people, marriage is their most important relationship. And the evidence is very strong that marriage is generally good for health,” says Dr. Janice Kiecolt-Glaser, an

expert on health and relationships at Ohio State University. “But if a relationship isn’t going well, it could have significant health-related consequences.”

Married couples tend to live longer and have better heart health than unmarried couples. Studies have found that when one spouse improves his or her health behaviors—such as by exercising, drinking or smoking less, or getting a flu shot—the other spouse is likely to do so, too.

When marriages are full of conflict, though, such health benefits may shrink. In NIH-funded studies, Kiecolt-Glaser and her colleagues found that how couples behave during conflict can affect wound healing and blood levels of stress hormones. In a study of more than 40 married couples, the researchers measured changes to body chemistry over a 24-hour period both before and after spouses discussed a conflict. The troublesome topics included money, in-laws, and communication.

“We found that the quality of the discussion really mattered,” Kiecolt-Glaser says. Couples who were more hostile to each other showed much larger negative changes, including big spikes in stress hormones and inflamma-

tion-related molecules. “In the more well-functioning marriages, couples might acknowledge that they disagree, or find humor in the situation, but they don’t get sarcastic or roll their eyes when the other is talking,” Kiecolt-Glaser says. In a related study, blister wounds healed substantially more slowly in couples who were nastier to each other than in those who were kinder and gentler during difficult discussions.

Couples with the “double-whammy” of hostile marriages and depression may also be at risk for weight problems. After eating a high-fat meal and discussing a difficult topic, these troubled couples tended to burn fewer calories than less hostile counterparts. “The metabolism in these couples was slower in ways that could account for weight gain across time,” Kiecolt-Glaser says. Compared to the kinder couples, the distressed spouses had signs of more fat storage and other risks for heart disease.

The quality of a marriage—whether supportive or hostile—may be especially important to the health of older couples. Dr. Hui Liu at Michigan State University studied data on the health and sexuality of more than 2,200 older people, ages 57 to 85. Good

marriage quality, she found, is linked to reduced risk of developing cardiovascular disease, while bad marriage quality is tied to increased risk, particularly in women. “The association between marriage quality and heart health becomes increasingly strong at older ages,” Liu says.

Liu and colleagues are also looking at the links between late-life sexuality and health, including whether sex among the very old is beneficial or risky to heart health. “Some people assume that sex isn’t important in older ages, so those ages are often overlooked in research studies related to sex,” Liu says. “But our studies suggest that for many older people, sex quality and sex life are important to overall quality of life.”

In one recent analysis, Liu and co-workers found that older women who reported having a satisfying sex life were at reduced risk for high blood pressure 5 years later. But the researchers also found that some older men, ages 57 to 85, were at increased risk for certain heart-related problems after 5 years if they reported having frequent (at least once a week) or extremely enjoyable sex. The reasons for these increased risks aren’t clear and are still under study. Experts suggest that older

men and women talk with their doctors about concerns related to sexual issues or potential health risks. Learn more about sexuality in later life at www.nia.nih.gov/health/publication/sexuality-later-life.

Other types of relationships are important, too. These can include friends, family, neighbors, co-workers, clubs, and religious groups. Studies have found that people who have larger and more diverse types of social ties tend to live longer. They also tend to have better physical and mental health than people with fewer such relationships. Social support may be especially protective during difficult times.

Dr. Sheldon Cohen, a psychologist at Carnegie Mellon University in Pittsburgh, has been exploring the links between relationships and health for more than 3 decades. In one study, his team exposed more than 200 healthy volunteers to the common cold virus and observed them for a week in a controlled setting. “We found that the more diverse people’s social networks—the more types of connections they had—the less likely they were to develop a cold after exposure to the virus,” Cohen says. He and his team have since found evidence that people

with more types of connections also tend to have better health behaviors (such as not smoking or drinking) and more positive emotions. The scientists have also been exploring whether simply believing you have strong social support may help protect against the harms of stress. “Long-term conflicts with others are a potent stressor that can affect health. But we’ve found that its effects are buffered by perceived social support,” Cohen says. “People who have high levels of conflict and low levels of social support are much more likely to get sick when exposed to a virus. But those with high conflict and high levels of social support seem protected.” In addition, hugging seemed to shield against stress. People who reported having more frequent hugs were less likely to develop an infection after viral exposure.

Social ties can have mixed effects on our health. But overall, research suggests that the benefits of interactions with others can outweigh any risks. “It’s generally healthy for people to try to belong to different groups, to volunteer in different ways, and be involved with a church or involved in their neighborhood,” Cohen says. “Involvement with other people across diverse situations clearly can have a very potent, very positive effect on health.”



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Mattis issues interim guidance on transgender personnel service

by Terri Moon Cronk
WASHINGTON - Defense Secretary Jim Mattis has issued interim guidance on military service by transgender individuals based on direction received from a presidential memorandum, Defense Department officials said Sept. 18.

The guidance takes effect immediately, Mattis directed.

In a memorandum to the services and DoD components, the secretary said the interim guidance will be in place until no later than Feb. 21, 2018, when he presents the president with a plan

to put in place the policy and directives of his memorandum.

“Consistent with military effectiveness and lethality, budgetary constraints and applicable law, the implementation plan will establish the policy, standards and procedures for transgender individuals serving in the military,” Mattis wrote in his memorandum.

And supported by a panel of experts, the deputy defense secretary and the vice chairman of the Joint Chiefs of Staff will propose recommendations supported by “appropriate evi-

dence and information,” for the secretary’s consideration, he said in his memo.

“To comply with the presidential memorandum, ensure the continued combat readiness of the force and [to] maximize flexibility in the development of the implementation plan, the ... interim guidance ... will remain in effect until I promulgate DoD’s final policy in this matter,” the secretary said in the memo.

The Coast Guard is included in the guidance, according to an agreement with the acting secretary of Homeland Security.

The interim guidance on accessions, medical care and treatment, in-service transition for transgender service members and retention of transgender service members are outlined in the interim guidance.

“First and foremost, we will continue to treat every service member with dignity and re-

spect,” the guidance says.

• Accessions: The procedures dated April 28, 2010, which



generally prohibit the accession of transgender individuals into the military services remain in effect, because existing or history of gender dysphoria - a state of unease or generalized dissatisfaction with life - or gender transition does not meet medical standards subject to the normal waiver process.

• Medical care and treatment: Service members who receive a gender dysphoria diagnosis from a military medical provider will be given treatment for the diagnosed medical condition. As directed by the memorandum, no new sex reassignment surgical procedures for military personnel will be permitted after March 22, 2018, except as necessary to protect the health of an indi-

vidual who has already begun a course of treatment to reassign his or her gender.

• In-service transition for transgender service members: The policies and procedures in DoDI I300.28 dated July 1, 2016, remain in effect until the defense secretary puts into effect DoD’s final guidance.

• Separation and retention of transgender service members: Service members who have completed their gender transition process, and whose gender marker has been changed in the Defense Enrollment Eligibility Reporting System will continue to serve in their preferred gender while the interim guidance is in effect.

An otherwise qualified transgender service member whose term of service expires while the interim guidance is in place may, at his or her request, be re-enlisted in service under existing procedures.

As directed by the memo, no action may be taken to involuntarily separate or discharge an otherwise qualified service member solely on the basis of a gender dysphoria diagnosis or transgender status. Transgender service members are subject to the same standards as any other service member of the same gender. They may be separated or discharged under existing bases and processes, but not on the basis of a gender dysphoria diagnosis or transgender status.

President, First Lady praise Air Force members, families

WASHINGTON - Celebrating the 70th birthday of the U.S. Air Force, President Donald J. Trump and First Lady Melania Trump saluted airmen and their families during their Sept. 15 visit to Joint Base Andrews in Maryland.

The official birthday of the Air Force is Sept. 18, 1947.

The First Lady opened the event by thanking “the brave men and women who wear the noble uniform of the U.S. Air Force for having us here today. I had the privilege to visit with some of your wonderful children at the youth center here on base.”

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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

Sharing a laugh



MEXICO CITY (Sept. 15, 2017) - Defense Secretary Jim Mattis shares a laugh with Mexican Secretary of National Defense Gen. Salvador Cienfuegos Zepeda during an armed forces parade. DoD photo by Air Force Staff Sgt. Jette Carr



PASCAGOULA, Miss. (Sept. 16, 2017) - Ship's sponsor Lynne Mabus smashes a bottle of sparkling wine against the bow of future amphibious assault ship USS Tripoli (LHA 7) during the ship's christening ceremony. Also pictured (left to right) Rep. Steven Palazzo, R-Miss.; Capt. Kevin Meyers, Tripoli's prospective CO; acting Under Secretary of the Navy Thomas Dee; Ingalls Shipbuilding President Brian Cuccias; and former Secretary of the Navy Ray Mabus. photo by Lance Davis

U.S., Japanese, South Korean aircraft conduct show of force flights

by Air Force Capt. Cassandra Gesecki

CAMP H.M. SMITH, Hawaii, - U.S. Air Force and Marine Corps aircraft joined Japanese and South Korean military aircraft in a sequenced show of force over the Korean Peninsula Sept. 17 in response to North Korea's Sept. 14 launch of an intermediate range ballistic missile over Japan.



A U.S. Air Force B-1B Lancer bomber, flanked by South Korean F-15K Slam Eagle fighters, drops a 2,000-pound live munition at Pilsung Training Range, South Korea, as a part of a show of force mission in response to North Korean unsanctioned intercontinental ballistic missile tests, Sept. 17. Air Force photo by Capt. Mike Karnes

Two B-1B Lancer bombers from Andersen Air Force Base, Guam; four U.S. Marine Corps F-35B Lightning II fifth-generation advanced fighters from Marine Corps Air Station Iwakuni, Japan; four South Korean F-15K fighters and four Japanese F-2 fighters executed this mission, U.S. Pacific Command officials said.

U.S. and South Korean aircraft flew across the Korean Peninsula and practiced their attack capabilities by releasing live weapons at the Pilsung Range training area.

The F-35B fighters, B-1B bombers and Japanese F-2s flew together over waters near Kyushu, Japan.

Pacific Command maintains

the ability to respond to any threat in the Indo-Asia-Pacific theater at a moment's notice, Pacom officials said in announcing the show of force flights.

Strikes continue in effort to defeat ISIS in Syria, Iraq

U.S. and coalition military forces continued to attack the Islamic State of Iraq and Syria yesterday, conducting 13 strikes consisting of 21 engagements, Combined Joint Task Force Operation Inherent Resolve officials reported Sept. 19.

Officials reported details of Sept. 18's strikes, noting that assessments of results are based on initial reports.

In Syria, coalition military forces conducted six strikes consisting of six engagements against ISIS targets near Raqqa. The strikes destroyed 25 ISIS vehicles, five fighting positions, a command-and-control node and a logistics node.

In Iraq, coalition military forces conducted seven strikes consisting of 15 engagements against ISIS targets:

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Join in the Silver Strand Veterans Day Half Marathon, 10 Miler, and 5K

Celebrate Veterans Day weekend and support veterans by participating in the 18th Annual Silver Strand Veterans Day Half Marathon, 10 Miler, and 5K brought to you by KOZ Events.

This event benefits the Challenged Athletes Foundation (CAF) - Operation Rebound, the premier sport and fitness program for American military personnel, veterans and first responders with physical challenges. Its program provides unparalleled opportunities to pursue active, athletic lifestyles by offering access to funding for equipment, training and competition expenses.

CAF believes that involvement in sports at any level increases self-esteem, encourages independence, and enhances quality of life. Operation Rebound is there to help get our injured veterans and first responders from the "Frontline to the Finish line."

The Silver Strand Veterans Day event features an oceanfront flat and fast half marathon and 10-mile course starting at Sunset Park in Coronado, near the world-famous Hotel del Coronado. The run continues down the scenic-strip of highway tra-

versing the San Diego Bay next to Silver Strand State Beach, and finishes with the ocean waves of the Imperial Beach Pier.

The 5K starts and finishes at the Imperial Beach Pier. This event will also feature live music along the course.

The Silver Strand event is unique in that it allows participants of various abilities to join in on the fun. Participants can run, walk, skate, ElliptiGO or use racing-wheelchairs to cover the 10-mile course, and run or walk the Half Marathon and 5K courses.

All courses end in a Veterans Day California beach party celebration with a live Beach Boys-style band, an expo and a Challenged Athletes Foundation beer garden, continental breakfast at the finish, a commemorative tech t-shirt, and an awesome surfboard finisher medal, complete with a bottle-opener.

In celebration of Veterans Day and in support of our charity - CAF Operation Rebound, this event offers veterans, American military personnel, their families, and all first responders a significant registration discount for the event.



Courtesy photo.

For those using this discount, special registration categories have been setup for the Half Marathon and 10 Miler. 5K participants may also use the discount code: military (valid ID verifying eligibility for these categories must be presented at packet pickup).

All participants are encouraged to make a donation to CAF Operation Rebound while registering. Participants are also given the opportunity to create their own fundraising page or to form a fundraising team.

For more information, to make a donation to CAF Operation Rebound, or register, visit www.silverstrandhalf.com. If you're not a military service member, a veteran, and/or a first responder, you can still save 10 percent off the Half Marathon, 10 Miler, and 5K using code: USA10.

Challenged Athletes Foundation - Operation Rebound Athlete - Michael Johnston, Navy

Michael Johnson is a Navy veteran, husband, student, and gifted below-the-knee amputee athlete. After high school, Mike joined the Navy and began his first deployment to the Middle East. Shortly after returning from deployment, he was involved in an accident and lost part of his leg. After months of rehab Mike chose to stay in the Navy. In 2008, after multiple deployments, Michael was stationed in San Diego, and it was there he was sought out by Nico Marcolongo, head of the CAF Operation Rebound. Nico, with his signature smile, brought Michael into the CAF family, a place where Michael could feel like he belonged. Michael met other amputees and challenged athletes of all kinds. He was surrounded by support, inspiration, and encouragement to follow his passions in sports. Michael had already been swimming, and running with a prosthetic running leg provided by the Navy's medical staff but, CAF asked how they could help him more. Michael said that he really wanted to ride a bicycle again. CAF provided Michael with a bicycle and worked with Peter Harsch at Naval Medical Center San Diego then offered him a chance to compete in the Solana Beach Triathlon and a new love was discovered. Through CAF, Michael competed in more triathlons, and eventually went on to Nationals, where his abilities brought sponsorship opportunities to fuel his career on an international stage. Michael found himself with a new career as a talented para-triathlete. Today, you can find Michael at Point Loma Nazarene College studying for a career in education. He is still rooted with the CAF family and now serves as a mentor to other amputees, civilians and vets. "CAF is my community of support and encouragement," said Michael. "They helped me adapt into sports and excel in triathlons. They still encourage me to keep going and stay fit through healthy lifestyle events like the Silver Strand Veterans Day Run. San Diego is such an amazing place with its great climate and events like this that help raise awareness and support providing opportunities for CAF athletes to compete."



Navy veteran Michael Johnston. photo by Rich Cruise

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Social Security matters

by Russell Gloor

Dear Rusty: I'm 64 years old and started taking my Social Security at 62. I continued to work part time since I applied, until December of last year when I was disabled from a bad car accident. I haven't been able to work since the accident, and I'm wondering if I can switch from my regular benefit to disability benefits, because I think that will be higher. Can you tell me - is it possible for me to switch to disability benefits and get a higher payment than I'm now getting because I took Social Security at 62? Signed: Worker now Disabled

Dear Worker: Social Security disability insurance, or SSDI, is intended to sustain you financially if you become disabled while still working. Included in the FICA tax you contributed each payday was your insurance premium for disability coverage. If you were still working, became totally disabled and unable to continue working, and the total disability is expected to last a year or more, you can apply for disability benefits even though you are already collecting Social Security early retirement benefits. There are, however, some things you should be aware of.

If you qualify, your SSDI benefit would be higher than your reduced early retirement benefit, as you believe. You would still need to meet the fairly stringent requirements to qualify for SSDI benefits (which you can find at www.ssa.gov/disability) and among those requirements is that you must have worked and paid FICA taxes for at least 5 of the last 10 years. You can apply online at the website referenced above, by telephone at 1-800-772-1213, or by visiting your local Social Security office which you can find at www.ssa.gov/locator. Be aware that it could take 3 to 6 months for a decision on your case but, if approved, benefits will be paid retroactively. If your case is not approved, you have the right to appeal, but the appeal process is significantly backlogged and could take a year or more to adjudicate. Statistically, only about 1/3rd of applications are initially approved but the success rate for appeals is considerably better.

Disability benefits are based upon the benefit you're entitled to at your full retirement age. If you are approved for and start collecting SSDI disability benefits, the amount of that benefit will be reduced corresponding to the number of months you received retirement benefits prior to being awarded SSDI. From what you've told me, that reduction will be about 13.3 percent because you've collected retirement benefits for about 2 years. When you reach your full retirement age of 66, your SSDI benefit will automatically convert to retirement benefits, but the benefit amount will stay the same as your reduced SSDI amount. That will, however, be more than your current early retirement benefit which was reduced by about 25 percent because you applied at age 62. The switch is mostly an accounting transaction because retirement benefits are paid from a different Social Security trust fund than disability benefits.

Finally, you may want to consult with a law firm that specializes in SSDI disability claims. An SSDI attorney should not charge a retainer or upfront fees, and Federal law limits the amount they can charge in contingency fees to 25 percent of any past due benefits they get for you to a maximum of \$6,000. You should not have to pay anything unless you win, though some attorneys will charge a small fee for out-of-pocket expenses. As with anything you sign, be sure to review the legal agreement carefully.

Russell Gloor is a Social Security advisor with the Association of Mature American Citizens. The information presented in this article is intended for general information purposes only. To submit a request, contact the Foundation at info@amacfoundation.org.



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VA releases veteran suicide statistics by state

WASHINGTON - The Department of Veterans Affairs (VA) released findings last week from its analysis of Veteran suicide data for 50 states, Puerto Rico and the District of Columbia.

The release is part of VA's comprehensive examination of more than 55 million records, from 1979 to 2014, which will be used to develop and evaluate suicide prevention programs across every state.

The new data include Veteran suicide rates and overall suicide rates by state, age group, and gender and list the most common suicide methods. Analysis of this information will help VA's Office of Mental Health and Suicide Prevention gain insight into high-risk populations and share that information with community-based health care providers and partners, continuing to expand the network of support for Veterans.

Among VA findings:

- Findings show there is variability across the nation in the rates and numbers of deaths by suicide among Veterans. Overall, the Veteran rates mirror those of the general population in the geographic region, with the highest rates in Western states. While we see higher rates of suicide in some states with smaller populations, most Veteran suicides are still in the heaviest populated areas.

- The suicide rate among middle-age and older adult Veterans remains high. In 2014, approximately 65 percent of all Veterans who died by suicide were age 50 or older.

- After adjusting for differences in age and sex, risk for suicide was 22 percent higher among Veterans when compared to U.S. non-Veteran adults. After adjusting for differences in age, risk for suicide was 19 percent higher among male Veterans when compared to U.S. non-Veteran adult men. After adjusting for differences in age, risk for suicide was 2.5 times higher among female Veterans when compared to U.S. non-Veteran adult women.

"These findings are deeply concerning, which is why I made suicide prevention my top clinical priority," said VA Secretary Dr. David J. Shulkin. "I am committed to reducing Veteran suicides through support and education. We know

that of the 20 suicides a day that we reported last year, 14 are not under VA care. This is a national public health issue that requires a concerted, national approach."

Veterans who are in crisis or having thoughts of suicide, and

those who know a Veteran in crisis, can call the Veterans Crisis Line for confidential support 24 hours a day, seven days a week, 365 days a year. Call 800-273-8255 and press 1, chat online at VeteransCrisisLine.net/Chat, or text to 838255.

Grants awarded to help homeless and at-risk veterans and families

WASHINGTON - The VA has awarded \$343 million in grants to 288 nonprofit organizations to help low-income veterans and their families.

The grants were awarded under VA's Supportive Services for Veteran Families (SSVF) program.

"With these important grants, we are able to leverage the expertise of local experts to help our most economically vulnerable Veterans avoid or exit homelessness," said VA Secretary Dr. David J. Shulkin. "This is another VA program that moves at-risk Veterans toward housing and independence."

SSVF funding, which supports outreach, case management and other flexible assistance to rapidly re-house veterans who become homeless or to prevent veterans from becoming homeless, was awarded to organiza-

tions in all 50 states, the District of Columbia, Guam, Puerto Rico and the U.S. Virgin Islands.

SSVF served more than 148,800 participants, including approximately 95,300 veterans and 31,950 children in fiscal year 2016. As a result of these and other efforts, veteran homelessness is down significantly since 2010.

In addition, approximately 360,000 veterans and their fam-

ily members have been permanently housed, rapidly re-housed or prevented from falling into homelessness as a result of VA's homelessness programs and targeted housing vouchers through the Department of Housing and Urban Development.

Today's recipients competed successfully for grants under a Dec. 7, 2016, Notice of Fund Availability. The funding will support SSVF services in fiscal 2018.



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Assistant SECDEF, leaders from allied nations tour *Carl Vinson*

by MC2 Rebecca Sunderland

SAN DIEGO - Acting Assistant Secretary of Defense for Research and Engineering Mary J. Miller and leaders from four allied nations visited Nimitz-class aircraft carrier USS *Carl Vinson* (CVN 70), Sept. 15, to familiarize themselves with U.S. carrier operations.

Miller and her counterparts from Australia, Canada, New Zealand, and the United Kingdom toured the carrier and interacted with Sailors for one hour.

Leaders learned about hangar bay and flight deck operations before visiting the navigation bridge. Miller said the visit highlighted the intricate operations of America's 11 active carriers.

"The power that it projects and the stability that it brings to the world is something that has been important in the past and will be going forward into the future," said Miller.

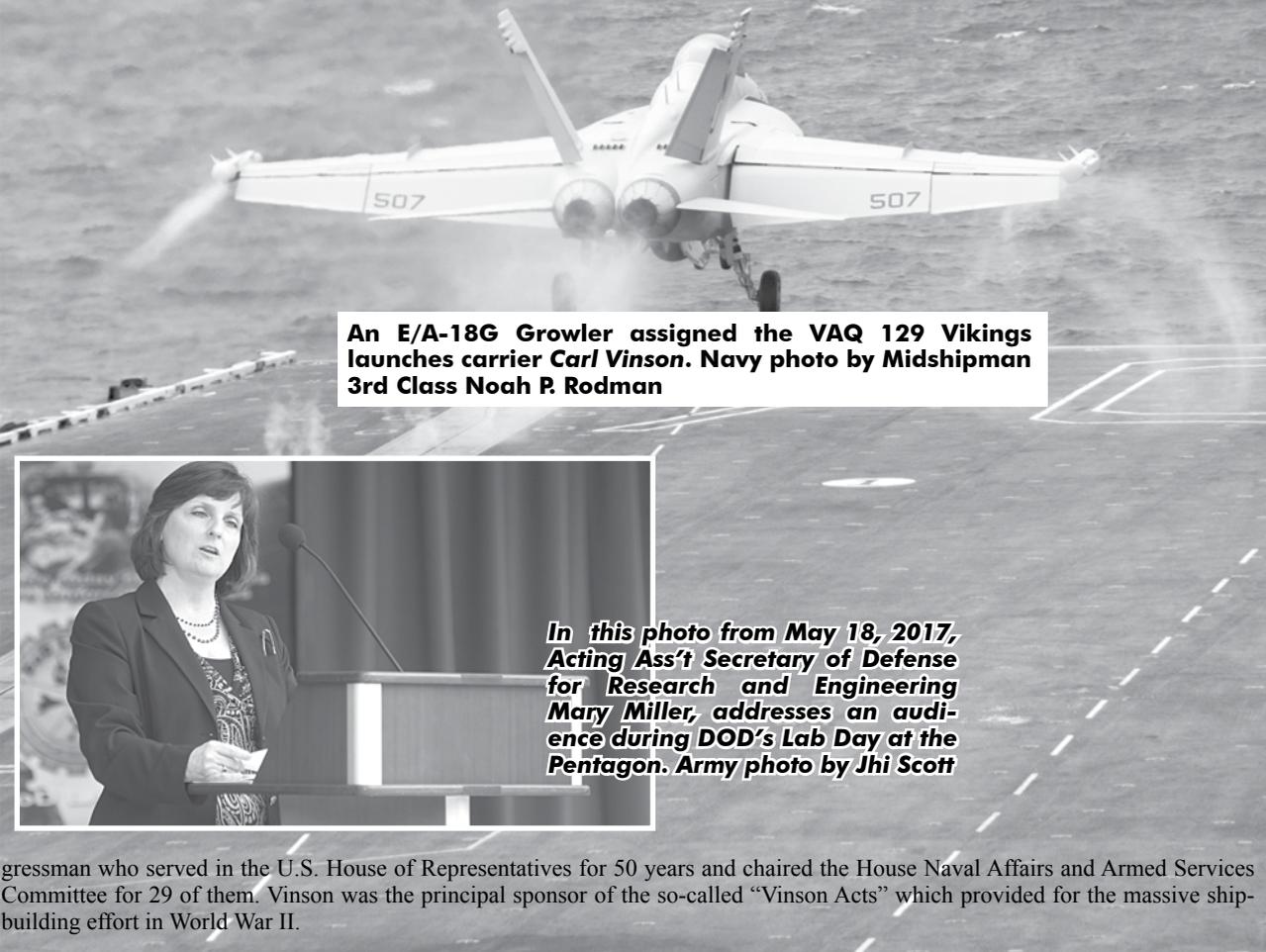
Like each of the Navy's aircraft carriers, *Carl Vinson* can deploy with more than 60 attack fighter jets, helicopters and other aircraft capable of landing and taking off from a 4.5-acre flight deck. A carrier

and its embarked air wing are an enduring asset to peace and security around the world.

"Aircraft carriers really do help to send not only that message of hope to those that need it, but a message of deterrence to those that might be thinking about doing something but don't have the capacity to go against something as awesome as this," said Miller. "It's a tribute not only to the great equipment that you have, but it's really all about the Sailors that are on this particular vessel."

Approximately 3,000 men and women aboard *Carl Vinson* make up the ship's crew and keep the aircraft carrier running. Another 2,000 Sailors comprise the air wing who fly and maintain aircraft.

Carl Vinson was commissioned in 1982 and bears the name of a former Georgia con-



An E/A-18G Growler assigned the VAQ 129 Vikings launches carrier *Carl Vinson*. Navy photo by Midshipman 3rd Class Noah P. Rodman

In this photo from May 18, 2017, Acting Ass't Secretary of Defense for Research and Engineering Mary Miller, addresses an audience during DOD's Lab Day at the Pentagon. Army photo by Jhi Scott

gressman who served in the U.S. House of Representatives for 50 years and chaired the House Naval Affairs and Armed Services Committee for 29 of them. *Vinson* was the principal sponsor of the so-called "Vinson Acts" which provided for the massive ship-building effort in World War II.

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Kudos: USS *Lake Erie* advances 5 new chief petty officers

By MC3 Lucas T. Hans

ARABIAN GULF - Five Sailors assigned to cruiser *Lake Erie* advanced to the rank of chief petty officer (CPO) during a promotion ceremony on the ship's flight deck, September 16.

Lake Erie's newest chief petty officers are: Chief Electronics Technician Randy Belknap, from Tulsa, Ok., Chief Quartermaster Angela Everett, from Brooklyn, N.Y., Chief Logistics Specialist Andres Matos, from Miami, Chief Operations Specialist Benjamin Oberkrom, from Indianapolis, and Chief Fire Controlman Ryan Williams, from Lawrence, Kansas.

"Today, USS *Lake Erie* welcomed five outstanding chief petty officers into the mess," said Command Master Chief Chris King, from Nashville, Tenn.. "We have enjoyed watching them develop over these last few weeks as they made the transition into their new

roles. We know they will work hard to fulfill their new responsibilities and they each have very bright futures ahead of them. We are proud to call them our brothers and sister."

The ceremony came after a six-week training period known as CPO 365 Phase II, which started the day the CPO advancement results were released. During the training, the chief petty officer selectees were instructed by senior enlisted leaders and encountered lessons and challenges both mental and physical designed to enhance their leadership abilities. They also learned what it means to be a chief including the history and traditions of the Chiefs Mess.

"This experience was extremely humbling," said Chief Logistics Specialist Andres Matos. "This is one of the happiest days of my life. I feel ready to move forward and lead because I know I am strengthened by the Chiefs Mess."

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CPF Swift meets with afloat training and assessment leaders

SAN DIEGO - Adm. Scott Swift, commander, U.S. Pacific Fleet, met with leaders at Afloat Training Group Pacific (ATGPAC), along with representatives from Afloat Training Group San Diego and Engineering Assessment Pacific, on Naval Base San Diego, Sept. 14.

Swift discussed opportunities to improve training and readiness across the Pacific Fleet and ATGPAC's role in accelerating improvements, in the wake of the collisions involving USS *Fitzgerald* (DDG 62) and USS *John S. McCain* (DDG 56).

"It was great to have face-to-face discussions on actions we can immediately take to improve the training and readiness of our forward-deployed crews and ships," said Swift. "ATGPAC is central in making meaningful and lasting changes to how we meet our operational commitments safely and successfully."

After visiting ATGPAC, Swift met with leadership from Carrier Strike Group (CSG) 15 to hear firsthand feedback from waterfront leaders, and to keep them informed about changes to their roles in certifying ships for operations including deployment.

"There is a real imperative to get at this. I'm counting on the collective and individual expertise this team provides. Putting the immediate measures in place now, while taking a deeper dive to get at the more systemic causes soon, will allow us to meet our critical missions more safely and effectively," Swift said. "We will be leveraging the extensive experience of ATGPAC's senior Sailors to help us improve unit-level readiness, and CSG 15 will help us ensure our forces are ready to integrate together for complex warfighting missions."

Swift is looking for improvements to be made where there are immediate opportunities, including a second phase of the operational pause to focus first on the readiness of ships forward deployed to Japan, followed by all Pacific Fleet ships. The second phase will review ships' readiness in a number of areas, including bridge resource management,

decision-making, team work, and maritime "rules of the road."

"I want to thank the admirals for coming down to the deckplates and letting us know we have their full support," said Chief Aviation Boatswain's Mate (Fuel) Sammy Larraquel from ATG San Diego. "I feel more empowered hearing they have our back and not to let anyone stop us from identifying issues during our assessments. It's our job to go out there and train the fleet and then give them a critical grading and analysis on how they perform. Since day one here at ATG, that has been the philosophy: stay professional and uphold the standards of training and assessment."

ATGPAC was heavily involved with the first operational pause which was directed by Chief of Naval Operations Adm. John Richardson Aug. 22. Afloat Training Group Western Pacific, part of ATGPAC, had their instructors lead

a review of bridge resource management, communications, radar fundamentals, and case studies of maritime incidents for commanding officers, officers, chiefs, and watch standers on ships forward deployed to Yokosuka, Japan, during the pause.

ATGPAC provides dynamic, quality afloat training to Sailors to ensure a combat-ready force capable of performing a broad spectrum of maritime missions. It is committed to providing dynamic, quality afloat training, and continues to adapt to new challenges, ensuring the fleet is better

prepared for any and all future operations.

ATGPAC, based in San Diego, provides assessment, training and certification in

18 mission areas to the ships of the Pacific Fleet, while providing oversight for subordinate ATG commands in Pearl Harbor, Everett, Wash.; and Yokosuka.

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Command of 3rd Fleet changes hands as Tyson retires

by MCSN Natalie Byers

SAN DIEGO - Vice Adm. John D. Alexander relieved Vice Adm. Nora W. Tyson as commander of U.S. 3rd Fleet during a change of command and retirement ceremony held aboard USS *Theodore Roosevelt* (CVN 71) at NAS North Island in San Diego Sept. 15.

During the ceremony, Tyson retired from active duty after 38 years of honorable naval service.

Commander of U.S. Pacific Fleet Adm. Scott H. Swift, who served as the ceremony's guest speaker, said that when Tyson was commissioned the opportunities available for women was much different.

"Women were not allowed to serve in combatant ships, and they'd only just been given the opportunity to serve on sea duty aboard support and auxiliary ships less than a year prior. But for those of us that know her well, Nora was never one to let apparent obstacles get in the way of success," said Swift.

In July 2010, Tyson became the first woman to command a

carrier strike group when she took control of the George H.W. Bush Strike Group, leading 13 ships, 80 combatant aircraft, and about 9,000 Sailors, as the commander of Carrier Strike Group Two. She led the strike group on its maiden deployment where they conducted combat operations in support of Operations Enduring Freedom and New Dawn. When she assumed command of 3rd Fleet in July 2015, Tyson became the first woman to command an operational numbered fleet.

"She would tell you that she was simply the beneficiary of fortunate timing, but any who have had the privilege to work with and for Nora know that she has earned her position through her tireless work ethic, her outstanding leadership, her unwavering pride in service, and her love for Sailors. Without a doubt, she was the best person for the job," Swift said.

Under Tyson's command, 3rd Fleet's role expanded in the Pacific under the U.S. Pacific Fleet initiative Third Fleet Forward. Third Fleet Forward is an operational concept where 3rd Fleet maintains command

and control of units throughout their deployment rather than transferring operational control to U.S. 7th Fleet once units cross the international date line. This provides the Pacific Fleet commander with additional flexibility and options by applying the full range of capabilities of both numbered fleets based on specific missions rather than geographic areas.

In her remarks, Tyson acknowledged the barriers she's broken and said that while she is proud to have been the first woman to command a carrier strike group and the first woman to command an operational numbered fleet, she is even more proud to be part of a Navy where those milestones are in the past. She also thanked her friends, family, and those who have supported her throughout her career.

"As leaders, we know we do not succeed on our own. We are here because of the people who put their faith in us - the officers who pushed us beyond our comfort zones, the chiefs who molded us into naval officers, and perhaps most importantly, we are here because of all those

incredible men and women we've been privileged to lead and mentor along the way - the Sailors and officers who placed their trust in us to make the right decisions," said Tyson.

"I'm proud to be handing this command over to a leader who I know will take 3rd Fleet to new heights. Sarge [Alexander], you are absolutely the right person for the job... I don't think, in fact I know, there's not a better job in the Navy, and I know you are ready for the challenges we're sure to face," said Tyson.

Swift said one of those challenges is the evolution of 3rd Fleet that will continue to evolve under Alexander's leadership.

"It is really about the continuation of a cultural change here at 3rd Fleet, begun by Nora but carried through by Sarge. Cultural change is commander's work, and it takes time. But our culture, what has made us so successful in history will continue to make us successful in the future, is the culture of a Navy and a Fleet that demands excellence in operation, always based on the highest standards of readiness," said Swift. "I couldn't think of



Vice Adm. Nora W. Tyson is piped ashore after relinquishing command of U.S. 3rd Fleet to Vice Adm. John D. Alexander during a change of command and retirement ceremony held aboard carrier USS *Theodore Roosevelt*. Tyson is retiring after 38 years of honorable service. Navy photo by MC2 Curtis D. Spencer

a better individual to be flown behind Nora and taking over the helm of really a fleet of heritage in 3rd Fleet."

Alexander, whose most recent assignment was as director of Maritime Operations at U.S. Fleet Forces Command, said he was honored to take command and looks forward to carrying on the legacy of past 3rd Fleet commanders.

"Adm. Swift's vision of 3rd Fleet Forward as a second maneuver element in the Pacific is more relevant today than ever...

we must remember our roots. We are the ancestors of Bull Halsey and Duke Hernandez who were charged with transforming 3rd Fleet at a critical time in our history. It is our time to carry this operational vision forward. I pledge you my absolute best effort in continuing the transformation initiated by Nora. It is my promise to each and every one of you," said Alexander.

Alexander served as commander of Battle Force 7th Fleet (CTF 70/CSG 5), forwarded deployed aboard USS *Ronald Reagan* in Yokosuka, Japan.

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Navy accepts delivery of future USS Omaha

MOBILE, Ala. - The Navy accepted delivery of future littoral combat ship USS Omaha (LCS 12) during a ceremony here Sept. 15.

This delivery marks the official transfer of LCS 12 from the shipbuilder, an Austal USA-led team, to the Navy. It's the final milestone prior to commissioning, which is planned for early 2018 in San Diego.

"Today marks a significant milestone in the life of future USS Omaha, as transfer to the Navy occurs, and her in-service counter begins," said LCS Program Manager Capt. Mike Taylor. "I look forward to celebrating the commissioning of this fine ship after she departs from Austal and embarks upon her post-delivery test and trials period."

Omaha is the 10th littoral



combat ship to be delivered to the Navy and the sixth of the Independence variant to join the fleet. The Independence variant is noted for its unique trimaran hull, ability to operate at high speeds and its large flight deck size.

"We are excited to welcome the future USS Omaha into the LCS class," said Capt. Jordy Harrison, commander, LCS Squadron 1 (COMLCSRON 1). "LCS are in high demand around the globe, and after additional ship testing and crew training, Omaha will join the fleet, serving combatant commanders in a wide range of worldwide missions."

COMLCSRON 1 supports the operational commanders with warships ready for tasking by

manning, training, equipping and maintaining littoral combat ships on the west coast.

Following commissioning, Omaha will be homeported in San Diego with her fellow ships USS Freedom (LCS 1), USS Independence (LCS 2), USS Fort Worth (LCS 3), USS Coronado (LCS 4), USS Jackson (LCS 6), USS Montgomery (LCS 8) and USS Gabrielle Giffords (LCS 10).

The LCS class consists of two variants, the Freedom variant and the Independence variant, designed and built by two industry teams. The Freedom variant team is led by Lockheed Martin, with the Independence variant team led by Austal USA.

Each LCS will be outfitted with a mission package made up of mission modules containing warfighting systems and support equipment. A dedicated crew will combine with aviation assets to deploy manned and unmanned vehicles and sensors in support of mine countermeasures, anti-submarine warfare or surface warfare missions.

Fourteen Marines, one Sailor injured in training accident on Camp Pendleton

CAMP PENDLETON - An amphibious assault vehicle caught fire in a land-based training accident herw Sept. 13, injuring 14 Marines and a Navy Sailor from 1st Battalion, 1st Marine Regiment and 3rd Assault Amphibian Battalion. The units were conducting a combat readiness evaluation as part of scheduled battalion training at the time of the incident.

At this time, all service members are receiving the highest quality medical care at the appropriate facilities.

All next-of-kin of the injured service members have been notified.

The 1st Marine Division would like to thank the civilian and military emergency personnel who responded immediately to the situation, and we would also like to recognize the extraordinary efforts of all the medical personnel currently caring for our service members. Our thoughts and prayers are with the service members and their families affected by this accident.

Officials are investigating the circumstances surrounding the accident at this time.

Ships, 15th MEU conclude Alligator Dagger

5th FLEET AREA OF OPERATIONS - USS *San Diego* (LPD 22), USS *Pearl Harbor* (LSD 52) and USS *America* (LHA 6), with embarked 15th Marine Expeditionary Unit (MEU), concluded their participation in the combat rehearsal known as Alligator Dagger in the vicinity of the Republic of Djibouti.

Alligator Dagger 2017 was an amphibious combat rehearsal to increase proficiency and enable their forces to train for future operations within 5th Fleet area of operations.

From the beginning of the rehearsal, the amphib ships conducted well deck operations for amphibious assault vehicles and landing craft air cushions, as well as flight operations in support of the 15th MEU during Alligator Dagger.

Fourteen AAVs assigned to the 15th MEU departed the San Diego to participate in a series of sustainment and nighttime navigation events off the shore of Djibouti.

Milius participates in Citadel Protect Technology Demonstration

by Michael Davis Jr.

For the Navy, security and force protection are major factors when keeping Sailors, assets and the installation safe.

As a part of Commander, Navy Installations Command's mission to deliver effective and efficient readiness from the shore, CNIC partnered with the Physical Security Enterprise & Analysis Group (PSEAG) and Naval Sea Systems Command (NAVSEA) to conduct exercise Citadel Protect Technology Demonstration (CPTD), an anti-terrorism/force protection (AT/FP) exercise and technology demonstration, at Naval Base San Diego last week.

The exercise and technology demonstration were part of the U.S. Fleet Forces Command and Navy Warfare Development Command Fleet Experimentation Program. CPTD demonstrated an integrated set of candidate technologies selected to address identified AT/FP capability gaps and assisted in the initial evaluation of these new security technologies and concepts.

"We're committed to training and conducting exercises throughout the year to identify and mitigate or resolve any issues in our current force protection structure," said Bill Clark, CNIC's exercise program director. "This exercise is one of the methods that we use to take a holistic approach to assess AT/FP program readiness and provide realistic training to our Sailors."

Citadel Protect is a shore/afloat tactical training event designed to assess the Navy's ability to protect ships against various threats in Navy ports. The objective of the exercise is to identify any gaps or seams in our force protection at home and overseas.

The five-day exercise presented Sailors with different scenarios that required quick and effective responses. CPTD was conducted to integrate existing waterside security systems and equipment such as the electronic harbor security system, command and control, Harbor Security boats and Port Security barriers with new technologies and to assess the effectiveness of each technology.

"In our exercises, we strive to create a training environment that mirrors the operational environment," said Clark. "This exercise and technology demonstration incorporated the sights and sounds of actual waterborne improvised explosive devices and blank ammunition fire as part of the simulated attacks to enable our Sailors to demonstrate and validate pre-planned responses, tactics, techniques and procedures in a high-stress, realistic environment."

The San Diego-based ship USS *Milius* (DDG 69) participated in this year's exercise. The exercise provided an opportunity to conduct integrated shore/afloat training and to validate their directed in-port security plan and integrated pre-planned responses in order to collectively respond to multiple AT/FP scenarios within Naval Base San Diego's battle space.

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USS Coronado makes goodwill visit to Jakarta, lays wreath on USS Houston in Sunda Strait

by Lt. Clyde Shavers

JAKARTA - The crew of Littoral Combat Ship USS *Coronado* (LCS 4) made a goodwill visit to Jakarta, Indonesia Sept. 14-16 to engage with civic leaders, the diplomatic community, and Navy counterparts from the Indonesian Navy (TNI-AL).

During the visit the crew hosted a shipboard reception attended by U.S. Ambassador Joseph Donovan and senior members of the Indonesian government and military.

After departing Jakarta the crew of USS *Coronado* laid a wreath in remembrance to the fallen Sailors of the former USS Houston (CA 30) who perished in the World War II Battle of

the Sunda Strait 75 years ago in waters near West Java.

"It is an honor to visit Jakarta to engage with our U.S. Ambassador, our Navy counterparts and then have an opportunity to remember the sacrifices of the brave Sailors aboard USS Houston and HMAS Perth," said Cmdr. Douglas Meagher, commanding officer of *Coronado*. "We thank our Indonesian partners for helping us preserve this important site."

In the early morning of March 1, 1942, the cruisers USS Houston and HMAS Perth were sunk by the Japanese Imperial Navy in the Sunda Strait, about 60 nautical miles from Jakarta, Indonesia.

During the battle, in which both ships fought to the last of their fuel and ammunition, 696 U.S. Sailors and Marines aboard Houston and 375 Australian

sailors aboard Perth, including the captains of both ships, lost their lives. The wrecks remain their final resting places as war graves beneath the sea.

"The heroism exhibited by the Sailors aboard USS Houston and HMAS Perth is inspiring, and their ultimate sacrifice has not been forgotten," said Capt. Lex

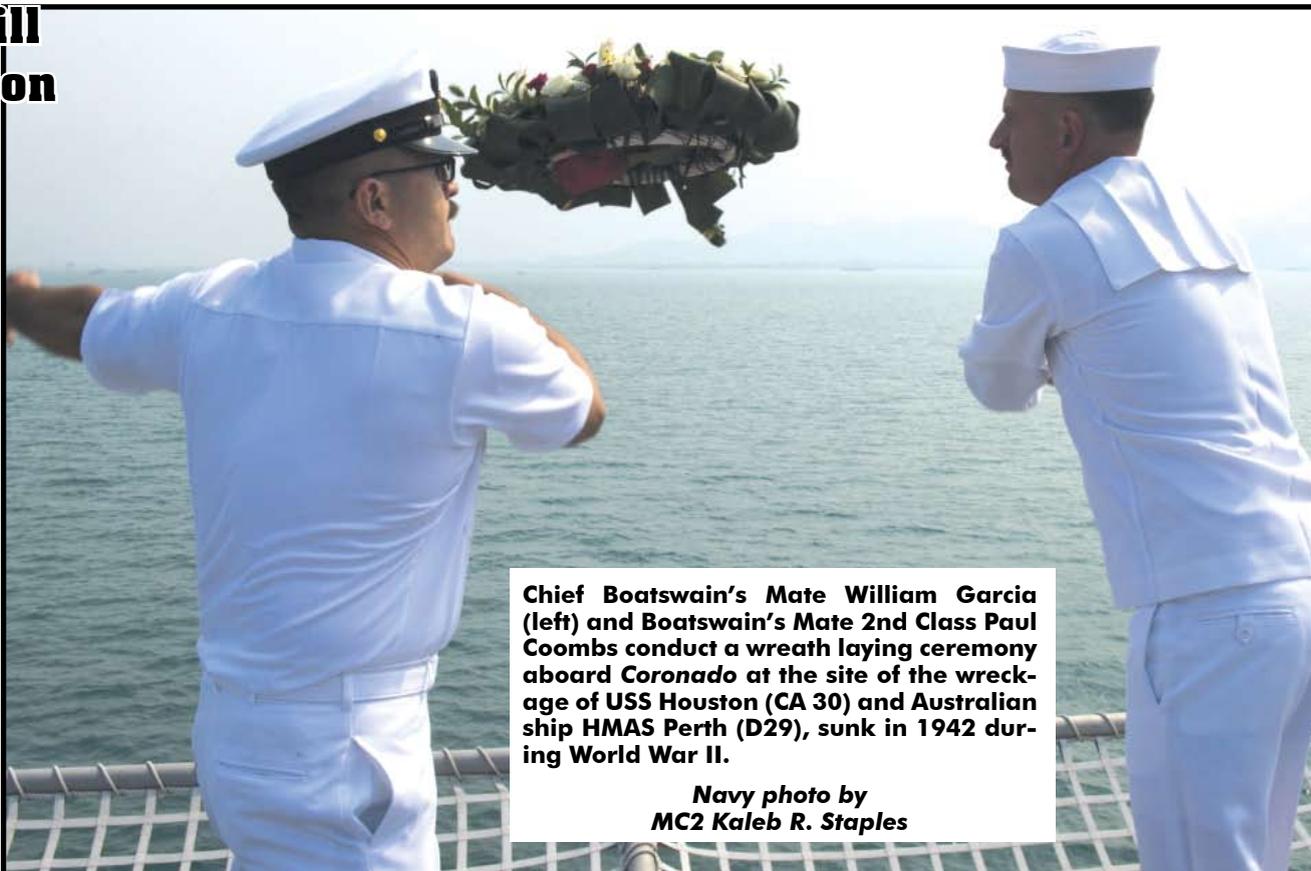
Walker, commodore of Destroyer Squadron (DESRON) 7. "As the U.S. Navy continues to operate and work with partner nations in the region, the site serves as an important symbol of remembrance and lasting tribute to those who served during World War II."

USS *Coronado* continues to operate in the Indo-Asia-Pacific

engaging with navies across the region in exercises such as Cooperation Afloat Readiness and Training (CARAT) with 9 partner nations, Exercise Pacific Griffin with Singapore, Maritime Training Activity (MTA) in Malaysia and the Philippines, and Naval Engagement Activity (NEA) in Vietnam.

Task Force 73 and DESRON

7 staff conduct advanced planning, organize resources and directly support the execution of maritime exercises such as Pacific Partnership, the bilateral CARAT series, NEA with Vietnam, and the multilateral Southeast Asia Cooperation and Training (SEACAT) with Bangladesh, Brunei, Sri Lanka, Indonesia, Malaysia, Singapore and Thailand.



Chief Boatswain's Mate William Garcia (left) and Boatswain's Mate 2nd Class Paul Coombs conduct a wreath laying ceremony aboard *Coronado* at the site of the wreckage of USS Houston (CA 30) and Australian ship HMAS Perth (D29), sunk in 1942 during World War II.
Navy photo by MC2 Kaleb R. Staples

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The Ghoul Bus is hijacked by the characters of "Trick 'r Treat", Annabelle and the Nun have possessed the Farm House, It's snowing!!! and Krampus and his Snowmen are terrorizing the trail, and visitors favorite; the Stranger Things house and upside down world, are back by popular demand.

Get up close and personal with horror icons; Penny-Wise, Leather Face, Freddy, and Michael Meyers.

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Featured on the Travel Channel; The Haunted Trail and Experiment Maze of Balboa Park change every year. In a recent article, *Haunt World Magazine* wrote about the Haunted Trail... "The outdoor setting makes it so unique and spectacular"

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Fri & Sat 6:30pm-11pm

Closed Mondays and Tuesday (Except 10/24, 10/30 & 10/31)

(Times may vary slightly, so check www.hauntedtrail.net for exact dates and times)

The Haunted Trail and Experiment Maze of Balboa Park is located at Marston Point, at the corner of Balboa Drive and Juniper Street in Balboa Park. Tickets are \$25.

Advance tickets available online at www.hauntedtrail.net.

The Haunted Trail and Experiment Maze of Balboa Park is not recommended for children under the age of 10. Pregnant women and people with heart conditions will not be admitted. For more information visit hauntedtrail.net or call 619-696-SCARE, that's 619-696-7227. Save time in line, buy advance tickets at hauntedtrail.net. That's dot NET, because they couldn't get dot com. Co-Sponsored by the City of San Diego Parks and Recreation Department; Enriching lives through parks and programs

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Register at <https://seaworld.com/san-diego/tickets/military-discount-veteran/>.

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

Halloween Spooktacular

San Diego's favorite Halloween family event returns



environment. Oh, and be on the lookout for singing pumpkins in the park. Spooktacular is included with

park admission, and takes place every Saturday and Sunday from Sept. 23 -Oct. 29.

Paula Deen book signing event Sept. 30

Celebrity chef and cooking show television host Paula Deen will in San Diego to meet all of her fans at the Naval Base San Diego Navy Exchange Home Store Saturday Sept. 30 from 1-3 p.m.

Deen will be signing copies of her new cookbook, "At The Southern Table with Paula Deen," and service members and their families will get the opportunity to meet the chef and take picture with her.



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San Diego Fleet Week is back in San Diego and will be bigger than ever in 2017

"Fleet Week in San Diego is as American as apple pie," quipped Fleet Week San Diego 2017 President Bryan Smylie. He continued, "We have done a complete makeover of Fleet Week this year. We have compressed the schedule, focused on our Sailors, Marines, Coast Guard personnel and their families and are really engaging the San Diego Community."

eight year gap will again be the signature event of this year's week long celebration. It will run from noon until 2pm on Saturday Oct. 14 and be viewable all along the Embarcadero and from the USS Midway Museum and the Broadway pier. This year's parade will not only include active Navy and Coast Guard ships, and Navy, Marine, and Coast Guard Aircraft, but also

ment and displays will be open 10am until 4pm for public visiting at the Broadway Pier from Friday through Sunday October 13-15.

Several new events, open to the public have been added to the schedule this year, including the Qualcomm Innovation Zone, and the USO Concert in the Park. The Qualcomm Innovation Zone

Tech Military and Civilian equipment. The USO Concert in the Park will be held on Friday Evening 13 October and feature the USO National Touring Troupe plus upcoming Country Star Tim Hurley.

For more information on the schedule, sponsorship opportunities, and how to get involved in the Fleet Week celebration please visit the Fleet Week website at <https://fleet-weeksandiego.org/> or contact the Fleet Week office at (619) 858 1545.



USS Champion

Fleet Week San Diego was created by community and business leaders who understood the great depth of public support for our Sailors, Marines and Coast Guardsmen. This group sought to provide a means for San Diego to express its support in a way that would establish San Diego as a patriotic, pro-military city. They shared a vision to recognize the contributions made by the naval services to the many communities of the greater San Diego region.

The Sea and Air Parade, brought back in 2016 after an



Party on the pier

feature a contingent of historic military aircraft.

Navy and Coast Guard ships along with other military equip-

will be open from Friday thru Sunday October 13-15 inside the Pavilion at the Broadway Pier and will feature interactive displays of the latest in High

Early bird passes for KAABOO Del Mar 2018 on-sale now

KAABOO Del Mar, conveniently located at the Del Mar Racetrack just north of San Diego, CA, attracted fans from all 50 states and over 30 different countries around the world. In addition to a top-tier lineup of world class musicians such as Red Hot Chili Peppers, P!nk, Tom Petty and the Heartbreakers, and Muse, guests were treated to live contemporary art installments in ARTWORK; Vegas style cabanas at BASK; culinary exhibits at PALATE; belly laughs at HUMOR ME; spa services at INDULGENCES; and late-night dance parties at CLUB ELEVATE. In only its third year, KAABOO Del Mar has shifted the festival paradigm and carved out its name among national and destination music festivals.

Highlights from this weekend include an aerial performance from P!nk who debuted songs

from her forthcoming album Beautiful Trauma; the first live performance of Kesha's brand new single, "Praying"; a DJ set from basketball great Shaquille O'Neal (DJ Diesel); and a much anticipated Tom Petty and the Heartbreaker's 40th anniversary set to close out the experience.

"It has been a joy to see the relaxed smiles on everyone's faces and hear the positive feedback and excitement from our guests," says KAABOO Del Mar founder and CEO Bryan Gordon. "It is heartwarming to hear that our guests appreciate what we have created, and for that, we thank you."

Early bird passes for KAABOO Del Mar 2018 are on-sale now. The event will take place September 14th - 16th, 2018. Early bird HANG LOOSE (general admission) three-day passes

can be purchased for \$209; HANG FIVE weekend passes are available for \$799; and HANG TEN weekend passes are on-sale for \$2799. HANG FIVE features include premium stage viewing areas and/or platforms at each stage; exclusive culinary options for purchase in dedicated AMPLIFY zones; private restrooms; priority access lane at event entrances; and access to the Thursday night sneak peak pre-party (which this year included performances by The Dan Band and Barenaked Ladies). HANG TEN passes include all of the features of HANG FIVE plus access to front row viewing and an on-stage viewing platform; personal concierge amenities; access to the KAABOO artist lounge; exclusive meet and greets; complimentary food and beverages prepared by exclusive chefs; golf cart access; and much more.

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Be 'clear' on what's allowed at air show

Security is front and center at this year's Miramar Air Show. Know before you go what is allowed and what is not!

PERMITTED ITEMS

- Be prepared to show a Photo ID to expedite your access into the Air Show
- You can carry keys, makeup, feminine products, comb, phone, wallet, credit cards, etc. in your pockets if you choose not to put them in a clear bag or clutch.
- You can bring binoculars and/or cameras.
- One large clear bag per person is allowed.
- Either a one-gallon Ziploc

style bag, or commercially purchased clear bag – plus a small clutch for personal items.

- The larger clear bag must be made of clear PVC vinyl and is easily searched.
- Large traditional seat cushions that have pockets, zippers, compartments, or covers are not permitted. Clear seat cushions and seat pads without pockets, zippers, compartments, or covers are permitted
- While coolers/ice chests are NOT permitted, an exception will be made for medically necessary items after proper inspection at a specified lane at each gate.

PROHIBITED ITEMS

- Bags, purses, totes, backpacks & other types of baggage other than bags conforming to the new Clear Bag Policy will not be permitted.
- Weapons of any kind (regardless of permit) to include but not limited to: firearms, knives (including pocket knives and multi-tools), replica or toy weapons, pepper spray, mace, stun guns, and martial arts weapons.
- Outside alcoholic beverages.
- Ice chests or coolers that are not medically required.
- Pets, other than service animals.
- Glass containers.
- Bicycles, roller skates, roller blades, (kick and electric) scooters, skateboards, or hover boards.
- No personal drones (i.e. quad or hex copters) are allowed to operate on Federal Property or airspace.
- Lasers or laser pointers.
- Federally banned substances such as illicit narcotics.

Mobile Vietnam Memorial Wall on display in 'Expo' hangar at Miramar Air Show

Located inside of the Air Show Expo, the AV Wall is an exact half-scale replica of the Vietnam Memorial in Washington, D.C. listing 58,318 names. On display daily 8am - 5pm.

The Mobile Vietnam Memorial Wall – AV Wall is a grassroots effort conceived, funded, and built by citizens of the Antelope Valley and was dedicated in 2009. The AV Wall is maintained and traveled by an all-volunteer organization. It is one of only five traveling walls in the United States and the only one based on the West Coast.

The AV Wall is an exact half-scale replica of the Vietnam Veterans Memorial in Washington, D.C. which is commemorating the 35-year anniversary of its dedication on November 13, 2017. The AV Wall is an engraved wall listing the names of the 58,318 military members who were killed in action or declared missing in action during the Vietnam War.

Sunday, September 24, 2017 is National Gold Star Mother's Day. It was created to recognize and honor those that have lost their son or daughter while serving our country and United States Armed Forces. We express our condolences to those mothers who have lost their child in military service to our country.

The next display will be November 8-13, 2017 at The Palmdale Amphitheater at Marie Kerr

Official U.S. Vietnam War Commemorative Pins to will be presented to Vietnam veterans

- Daily lapel pin presentations at 10:15am and 1:55pm
- Veterans to meet at Wall 15 minutes prior to presentation

Park. For further information and upcoming display schedule, please visit www.avwall.org.

The Mobile Vietnam Memorial Wall is a 501 (c) (3) non-profit organization. We appreciate the generosity of our donors which allows us to continue to educate, inspire, and heal everyone who visits this memorial.

Contributions are gratefully

appreciated via: <http://www.avwall.org/donate-to-the-wall>, or mail check to:

Point Man Antelope Valley P.O. Box 4874, Lancaster, CA 93539-4874

We are a proud Commemorative Partner of the 50th Vietnam War Commemoration.

The AV Wall is not a part of, or endorsed by, the Department of Defense.

Vietnam veteran activities featured at Miramar Air Show

United States of America Vietnam War Commemoration Office

Authorized by Congressional law and run by the Department of Defense, the Nation's effort to thank and honor Vietnam veterans and their families. Vietnam veteran lapel pins available to United States veterans who served on active duty in the U.S. Armed Forces at any time between November 1, 1955 to May 15, 1975. Lapel pins are available at all Commemoration Booths (located inside the Air Show Expo, and near the Silver and Gold Gate Entrances).

Daily lapel pin presentation at The Mobile Vietnam Memorial Wall

Vietnam veterans are invited to participate in a daily Lapel Pin Presentation in front of the Mobile Vietnam Memorial Wall.

Presentations daily at: 10:15 a.m. and 1:55 p.m.

Veterans who would like to participate are encouraged to meet at the Wall approximately 10-15 minutes before the presentation.

Living History Experience featuring daily speaker

Powered by ABC 10 News, the Living History Experience will feature a daily speaker, opportunities for Vietnam veterans to tell their stories on film, and opportunities for the public to film personalized messages of thanks to those who have served.

Daily Speakers at 10:30am: Friday, Sept. 22 and Saturday, Sept. 23 – Clebe McClary, former U.S. Marine and Vietnam Veteran.

Sunday, Sept. 24 – Mr. Larry Brom, Deputy Director and Assistant Director for Plans and Operations for the United States of America Vietnam War 50th Commemoration

The Mobile Vietnam Memorial Wall

Located inside of the Air Show Expo, the AV Wall is an exact half-scale replica of the Vietnam Memorial in Washington, D.C. listing 58,318 names. On display daily 8am - 5pm.

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'Laughs for Leathernecks' comedy show to benefit 5th Marines

A star-studded line-up of national touring comedians are coming together on Monday, Oct. 2 at the Irvine Improv to host the Fifth Annual Laughs for Leathernecks, a benefit "fun-d raiser" for the Dana Point 5th Marines Regiment Support Group (DPMRSG). Several hundred warriors from the "Fighting Fifth" are currently preparing for another deployment to the Middle East and will be leaving family and loved ones behind once again to defend our freedoms.

The public is invited to attend and/or sponsor a Marine for an evening out by visiting the DPMRSG website (<http://www.danapoint5thmarines.com/laughs-for-leathernecks>) and purchasing tickets. The DPMRSG goal is to treat 125 Marines and their guests to a night of camaraderie and comedy and are asking members of the community to "Sponsor a Marine" as there are still Marines waiting who would like to attend.

Hosted by Orange County's own Tom Riehl, host of Riehl Food and winner of both America's Funniest People and the Eagle Rock Comedy Festival, the show will be headlined by PJ Walsh, himself a Navy Veteran who lists among his achievements the fact that he took care of Bill Clinton's teeth and once lied to Mother (now Saint) Teresa. His boundless energy and the strength of his physical comedy have carried him around

the globe including over 20 overseas tours for U.S. troops in several countries including Iraq & Afghanistan. PJ's years touring with the stars of the Blue Collar Comedy Tour found him performing on celebrated stages including Radio City Music Hall and the Universal Amphitheater.

Adding to the laugh barometer that night will be special guest James P. Connolly, a Las Vegas headliner who is well-known on Comedy Central and Sirius Radio. James himself was a member of the Fighting Fifth and served in Operation Desert Storm.

Also on the bill that night is Stephanie Blum who brings audiences into hysterics with her take-no-prisoners approach to stand up. She was crowned New York's Funniest Female, chosen for HBO's U.S. Comedy Arts Festival and has appeared on many TV shows including Comics Unleashed.

Rounding out the line-up is Jonny Loquasto who has also performed on Comics Unleashed, Gotham Comedy Live and Standup & Deliver. Jonny has also entertained our troops multiple times in the Middle East and Africa with Armed Forces Entertainment.

The evening will also include a Silent Auction and raffle. The Silent Auction includes an overnight stay with breakfast at the beautiful

Laguna Cliffs Marriott Resort and Spa, a five-course chef's dinner for four at the Brio Tuscany Grille, an original painting by Tom Swimm, a private wine class for 20 from Total Wine, VIP tickets to The Magic Castle and the very popular "Dinner and Laughs" at your home for up to eight people prepared by Tom Riehl. The list was growing at press time.

The DPMRSG is a non-profit organization. The specific charitable purpose of the group is to provide support and assistance to the children, dependents and spouses and our Marines and Sailors who comprise the 5th MAR, whether deployed in combat or stationed at Camp Pendleton. In accordance with this trust, the group strives to maintain the level of morale of our troops and families at as high a threshold as possible.

Doors open at 5:30 pm with the show beginning at 7:00 p.m. The \$35. price includes dinner provided by Umami Burger chefs, the show and a donation to DPMRSG; there is a no-host bar. Tickets may be at the DPMRSG website (<http://danapoint5thmarines.com/>). Again, at the DPMRSG site, individuals also have the opportunity to sponsor a Marine (and his wife or S/O) by purchasing a ticket for them to attend. Say "thank you" to those who keep us free by making so many personal sacrifices!

Fall 2017 used oil recycling event Sept. 23

The City of San Diego's Environmental Services Department (ESD) Household Hazardous Waste Program is hosting the first of three recycling events this fall on Saturday, Sept. 23 in Balboa Park (Park Blvd. and Presidents Way) from 9 a.m. to 1 p.m. The purpose is to remove used oil, oil filters, batteries, antifreeze, household batteries, and fluorescent bulbs/tubes from streets, out of storm drains, and keeping these hazardous materials out of the Miramar Landfill.

"These events were created to give residents an opportunity to conveniently recycle their common wastes and help keep our environment clean," said Household Hazardous Waste Program Manager Joy Newman. "We encourage do-it-yourselfers and home mechanics to help keep San Diego's streets and beaches clean by dropping off your used materials at these events. No commercial or business waste is accepted. Local automotive retailers like AutoZone, Pep

Boys, and O'Reilly also accept used oil and oil filters."

Used motor oil, oil filters, contaminated oil and antifreeze will be accepted. The City also accepts fluorescent light bulbs, car batteries and household batteries. The service is free to City of San Diego residents only.

No commercial or business waste will be accepted and maximum limit: 10 gallons or 100 pounds.

Omarr's weekly Astrological forecast

ARIES (March 21-April 19): The cosmic seas can change swiftly in the week ahead. Dealing with unpredictable people and situations might make even you seasick. Avoid taking shortcuts that might be deemed less than ethical.

TAURUS (April 20-May 20): Some people merely muddle through on good looks and mere luck. Contracts and agreements could contain numerous errors so postpone signing important documents. In the week ahead focus on being creative.

GEMINI (May 21-June 20): You could be brave when caution is a better tactic. It is best to avoid making key changes or crucial decisions until the end of the week when your judgment is better. Remain patient until conditions improve.

CANCER (June 21-July 22): Step nimbly around nagging doubts. You may find yourself swimming against the currents if you pursue a fantasy in the week ahead. It is best to tread water and not choose a definite direction until late in the week.

LEO (July 23-Aug. 22): Don't jump the gun. Emotional upsets could provoke you or cause you to take an action that will be regretted later. In the week ahead relationship problems need to be handled with care to avoid a break or rupture.

VIRGO (Aug. 23-Sept. 22): Guard against saying things that will alienate others in the week ahead. Push star 67 to block your number when you feel an uncontrollable urge to speak your mind. Avoid melodrama and stick to a logical script.

LIBRA (Sept. 23-Oct. 22): Teamwork may work well until team members are replaced. If there is a problem at work or on the job ask for advice from a partner or loved one. In the week to come be sure to appear well-groomed in public venues.

SCORPIO (Oct. 23-Nov. 21): Plan out a reasonable schedule as your sense of purpose may waver or energy could falter as this week unfolds. Your work may be held up to scrutiny or you could be called on the carpet to defend it.

SAGITTARIUS (Nov. 22-Dec. 21): You may need to fend off unnecessary accusations if you engage in speculation. In the week to come it will be wise to maintain a low profile and avoid giving offense. Focus on honoring obligations.

CAPRICORN (Dec. 22-Jan. 19): The more you do the more is expected. A quota may need to be filled or a high water mark reached, but you have the grit to meet the requirements. Don't be distracted by romantic urges until the end of the week.

AQUARIUS (Jan. 20-Feb. 18): Anticipate the need to handle upcoming bills and obligations this week. You may need to restrain a partner from spending too freely. Financial incentives may act as carrots that drive you to do your best.

PISCES (Feb. 19-March 20): Hold your horses. Avoid giving in to your impulses as you may find yourself in a runaway situation. In the upcoming week your best bet is to demonstrate your trustworthiness and to be a true blue and loyal friend.

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The skin and bones of contention



by Lisa Smith Molinari

At some point in a marriage, a military spouse faces a delicate dilemma: How to incorporate her partner's military awards, sword, deer head, bowling trophy, stereo speakers, bar lamp or autographed sporting equipment into the home décor.

In nearly 24 years of marriage to my husband, Francis, I've learned that solving this domestic quandary involves compromise, diplomacy, and sometimes, trickery.

After each of our eleven moves, I set about making each new house our home. The vast majority of the unpacking and home decorating was left to my discretion as the work-from-home spouse, and I always made a sincere effort to find spots for the treasured belongings that would make each member of our family feel comfortable.

Sometimes, however, I had

to prioritize. After our move from Germany to Florida a few years ago, I was unpacking a box labeled "master bedroom" and came upon an interesting item.

Despite the fact that Francis is squeamish about blood, has never hunted, and is afraid of my kitchen cutlery; he bought himself a full-sized reindeer pelt one night at a German Christmas festival. He was not quite sure why he made the purchase, and admitted that it may have been motivated by the half-dozen mugs of mulled wine he consumed that winter evening.

the meat and potatoes of life

But, he insisted, he must've had a perfectly good reason at the time.

After finding the pelt in the moving box along with our prissy floral bed linens, I wondered how it would fit into our new bedroom's décor.

On one hand, I thought displaying the enormous hide might add the Nordic charm of an igloo – all we would need was an ice machine and a dog sled to give our bedroom a real Tundra vibe. On the other hand, I knew Francis might take the Eskimo theme a bit too far – turning the thermostat below 50, sleeping in a parka, and offering to massage

me with whale blubber oil.

I shuddered at the thought, and stuffed the reindeer pelt under our bed.

A few days later, I found the hide spread out in the middle of our bedroom floor like a fresh kill. The dog took a few sniffs and stayed away from the strange flat beast in case it might suddenly attack.

Several times, I hid the pelt from Francis in hopes that he wouldn't notice, but he always did, and put the wild animal skin

right back in the middle of our bedroom floor. If I tried to reason with him, he declared quite simply, "I like it," and wouldn't discuss the matter further.

While there have been many battles worth fighting in our marriage, I knew that this was not one of them. In his 28 years with the Navy, he brought home countless souvenirs and memorabilia. Some items were special enough to become a permanent part of our décor. Others had a short time on display, before being relegated to a cardboard box in the garage.

There was the airplane propeller, the English cricket bat, the

Yemeni sword, the German beer stein, the Middle Eastern vase, the Korean chess set, dozens of Navy plaques and framed certificates, and scores of African items from his yearlong deployment to Djibouti – wildebeest horns, warthog tusks, woven baskets, tribal warrior figures, Masai clubs, fertility masks, bongos, and carved wooden animals.

For husbands like mine, these items were more than just clunky, dust-gathering souvenirs. The items represented experience, virility, and adventure. Despite the fact that Francis had no sober memory of its purchase, I knew the reindeer pelt was his manhood splayed out on our bedroom floor for the whole world to see.

The hide stayed put for a few months before Francis conceded that it clashed with our décor and agreed to store it for a future man cave. Three moves later, the pelt is still in a box.

In the meantime, I won't sneak the hide into the trash or slip it into a Goodwill donation. I'd never throw away Francis' manhood just because it doesn't match the bedspread.

Besides, the reindeer pelt is a little reminder of my husband – it doesn't say much, it lays around a lot, and it sheds.

www.themeatandpotatoesoflife.com

Spouse of the Year nominations now open

The San Diego Council of the Navy League of the U.S. announces a special awards program to recognize the exemplary performance of active duty military spouses from the Navy, Marine Corps, and Coast Guard residing within San Diego County.

To top-off this program, the Council will host a presentation on Nov. 30 on board Naval Air Station North Island at Quarters 'A', 5 Maxfield Boulevard, 11 a.m. to 1:30 p.m.

"San Diego has an extraordinary military community," said Jon Berg-Johnsen, president of the San Diego Council of the Navy League. "Our military spouses handle the challenges of life with equal parts tenacity and grace."

All commands having a commanding officer and are based within a 200-mile radius of San Diego are invited to nominate one outstanding military spouse to be honored at the luncheon.

"Candidates will be judged on their commitment to patriotism and family life, with particular attention being paid to each nominee's selflessness in the military spouse community" said Berg-Johnsen. "Considerations in selecting the winner will include their impact in the community; volunteerism; personal achievement; education and career pursuits; and other spouse-related efforts."

All nominations must be received by close of business, Nov. 14, to allow time to give careful review of each submission. Submit all nominations to Navy League, 2115 Park Blvd., San Diego, CA 92101, or e-mail them to jay@navyleague-sd.com in pdf form. For more information, contact Jay Lott at (619) 230-0301 or e-mail at jay@navyleague-sd.com.

All nominations must be received by close of business, Nov. 14.

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How to set up back-to-school bedtime routines

by Sue Hubbard, M.D.
www.kidsdr.com

Now that kids are having to get up early (often before the sun comes up), going to bed on time makes everyone in the house wake up in a better frame of mind and mood for the day ahead.

Bedtime battles are typical for a toddler who has learned to ask for "one more book," or for the elementary school child

who swears "they are not tired" but who falls asleep during bath time. But who knew there would be even more battles with teens and their electronics?

Numerous studies have shown that electronics disrupt sleep. But, trying to convince your adolescent son or daughter that they need more sleep is a daily struggle. While the studies on sleep recommend that teens get between eight to nine hours of



off the screen.

Start the school year with the family rule, parents included, that all screens (phones, tablets and computers) will be off and docked outside of the bedroom at least 30-60 minutes prior to bedtime. While your teen may insist that they won't use the phone, it is often too tempting for them to not "cheat" once you, the parent, are in your own room and asleep.

While this may initially be hard to enforce, once it is the family routine it becomes less of a battle. Everyone will have an easier time falling asleep and staying asleep, and maybe get a few more hours of "shut eye."

(Dr. Sue Hubbard is an award-winning pediatrician, medical editor and media host. "The Kid's Doctor" TV feature can be seen on more than 90 stations across the U.S. Submit questions at <http://www.kidsdr.com>. The Kid's Doctor e-book, "Tattoos to Texting: Parenting Today's Teen," is now available from Amazon and other e-book vendors.)

What are 'STEAM' subjects and why do they matter?

(StatePoint) If you've heard your child's educators talking about "STEAM" subjects, they are referring to Science, Technology, Engineering, Arts and Math. And these subjects are growing in importance, as more industries require a strong mastery of the concepts and skills involved.

ting-edge instruments, such as Casio's Compact Grand Piano CGP-700, which features a touch display that gives them the option to choose tones, select rhythms and split and layer sounds, as well as the ability to record and playback music. This digital piano has been

sleep, most teens are not even close to that! Ninety percent report less than nine hours.

Teens keep all sorts of crazy hours during the summer, and many get the majority of their sleep during what we would consider to be "daytime" hours; they go to bed at 2-3 a.m. and sleep past noon. So, the minute that school resumes after summer vacation they already have sleep issues trying to "readjust" their biological clocks. Throw in the use of electronics right before bed, and you have the perfect storm for sleep deprivation and daytime fatigue.

The American Academy of Sleep Medicine found that "adequate sleep duration on a regular basis leads to improved attention, behavior, learning, memory, emotional regulation, quality of life and mental and physical health." There isn't a parent around who doesn't want happy, rested, studious and healthy kids of all ages. If you throw in less moodiness for teens who get more sleep, most parents would sign their teens up on the spot.

Why do we all need to disconnect from electronics in order to have better sleep? That blue

light from the electronic screen works against sleep. It signals the brain to suppress melatonin secretion, which is the hormone that makes us get sleepy at the end of the day. The light from the screen also confuses the brain of it being daytime and increases alertness, which may delay sleep even after turning

What's more, a growing body of research shows that exposure to the arts can have a positive impact on one's performance in science and math-oriented subjects. As your children prepares to succeed in all their classes, keep these things in mind:



The Right Classes

Talk to your children about ensuring they stack their class schedules with courses that challenge but don't overwhelm them. It's easy to overload a schedule with far too many advanced science courses in one semester that can make success unattainable. By the same token, it's important to ensure that your student is taking enough of the right classes to build a strong foundation for future endeavors. A guidance counselor can help your child strike the right balance.

engineered to have an authentic piano feel and concert grand piano sound.

The Right Programming

After school programming can be an ideal opportunity to reinforce STEAM learning in a way that is fun, creative and social. From the robotics club to the orchestra, find out what your school and larger community offer, and encourage your child to get involved. This programming will likely improve grades and test scores, as well as help your child draw connections between disciplines.

The Right Tools

STEAM success is built on having the right tools, so be sure students are well-equipped. New models of calculators are taking into account the demands on today's students and offer expanded features that give students the ability to easily draw three dimensional graphs and view them from various angles to better analyze their shapes. For example, the fx-CG50, the newest model in Casio's calculator portfolio, features a picture plot function and color LCD with a full textbook-style display.

Likewise, students can build a strong arts foundation by learning to play an instrument. Modern music students may prefer using the most cut-



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Nationally ranked Aztecs football travels to Air Force

The No. 22/25 Aztecs kick off Mountain West play at Air Force on Saturday.

San Diego State begins its quest to tie a Mountain West record by winning a third consecutive football conference championship when the two-time defending champions travel to Colorado Springs, Colo., to face Air Force on Saturday.

The Aztecs made their top 25 debut this week, coming in at No. 22 in the AP poll and No. 25 in the coaches poll. SDSU spent four weeks in the AP poll last season and finished the 2016 campaign ranked No. 25 in both national polls. This is the 19th week in school history San Diego State has been nationally ranked as a Division I program.

The Aztecs are one of 37 undefeated FBS teams in the nation and owns a five-game winning streak dating back to last season. The win streak is tied for the sixth-longest active streak in the nation.

SDSU and Clemson are the only teams in the nation this season to defeat a nationally ranked AP team, defeat at least two teams from a Power 5 conference and win a road game at a Power 5 program.

Since Oct. 10, 2015, San Diego State is 10-2 in road games.



The 10 road wins in that span are tied with Clemson for the most in the nation. Meanwhile, Air Force is 18-1 in its last 19 home games (start of the 2014 season) with two victories over nationally-ranked opponents during that span.

Senior running back/kickoff returner Rashaad Penny continues to explode nationally. He leads the nation in rushing yards per game (196.0), rushing yards (588), all-purpose yards per game (258.0) and all-purpose yards (774), and is tied for second in touchdowns (6).

Sophomore cornerback Ron Smith has two interceptions this season (tied for third nationally) and has five

career picks, all of which have come in his last nine games. Since Nov. 5, 2016, Smith is tied for the nationally lead in interceptions with five.

Junior quarterback Christian Chapman, who is 16-3 as a starter, has 26 career touchdowns and eight interceptions. His TD-to-INT ratio of 3.25 is 10th among active FBS players with at least 25 touchdown passes.

San Diego State owned +3 turnover margin against Stanford on Saturday (the Cardinal had not turned the ball over in its previous six games). The Aztecs are seventh nationally in turnover margin this season (+1.67).

Since the beginning of the 2015 season, SDSU has forced 70 turnovers (second nationally to Utah's 74), while only committing 29 (fifth lowest nationally).

SDSU has won 21 straight games when owning an edge in time of possession and 21 consecutive when committing fewer TOs.

2017 Aztec Football Schedule

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

09/23/17 at Air Force 4 p.m.

09/30/17 vs. Northern Illinois at Qualcomm Stadium 7:30 p.m.

10/7/17 at UNLV

10/14/17 vs. Boise State at Qualcomm Stadium 7:30 p.m.

10/21/17 vs. Fresno State at Qualcomm Stadium 7:30 p.m.

10/28/17 at Hawai'i

11/4/17 at San Jose State

11/18/17 vs. Nevada at Qualcomm Stadium 7:30 p.m.

11/24/17 vs. New Mexico



2017 L.A. Chargers Schedule

Regular Season
Broncos 24, Chargers 21
Dolphins 19, Chargers 17

Sun, Sep 24 vs. Kansas City
Sun, Oct 1 vs. Philadelphia
Sun, Oct 8 @ New York Giants
Sun, Oct 15 @ Oakland
Sun, Oct 22 vs. Denver
Sun, Oct 29 @ New England
Sun, Nov 12 @ Jacksonville
Sun, Nov 19 vs. Buffalo
Thu, Nov 23 @ Dallas
Sun, Dec 3 vs. Cleveland
Sun, Dec 10 vs. Washington
Sat, Dec 16 @ Kansas City
Sun, Dec 24 @ New York Jets
Sun, Dec 31 vs. Oakland

L.A. Rams 2017 Schedule

Rams 46, Colts 9
Redskins 27, Rams 20
Thu, Sep 21 @ San Francisco
Sun, Oct 1 @ Dallas
Sun, Oct 8 vs. Seattle
Sun, Oct 15 @ Jacksonville
Sun, Oct 22 vs. Arizona
Sun, Nov 5 @ New York Giants
Sun, Nov 12 vs. Houston
Sun, Nov 19 @ Minnesota
Sun, Nov 26 vs. New Orleans
Sun, Dec 3 @ Arizona
Sun, Dec 10 vs. Philadelphia
Sun, Dec 17 @ Seattle
Sun, Dec 24 @ Tennessee
Sun, Dec 31 vs. San Francisco

Navy Midshipmen 2017-2018 Football Schedule

Navy 42, Florida Atlantic 19
Navy 23, Tulane 21
09/23/17 vs. Cincinnati at Annapolis, Md.
09/30/17 at Tulsa
10/7/17 vs. Air Force at Annapolis, Md.
10/14/17 at Memphis
10/21/17 vs. UCF at Annapolis, Md.
11/2/17 at Temple
11/11/17 vs. SMU at Annapolis, Md.
11/18/17 at Notre Dame
11/24/17 at Houston
12/2/17 AAC Championship Game
12/9/17 vs. Army at West Point Lincoln Financial Field



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AutoMatters & More: Hot Wheels & Microsoft, 'Kingsman: The Golden Circle' & 'The Muppets Take the Bowl'

AutoMatters™ & More



by Jan Wagner

STEM Saturday September workshops: "Hot Wheels Speedometry" at The Microsoft Store

STEM Saturdays at the Microsoft Store (at Fashion Valley Mall in San Diego) provide learning experiences designed for young students. They appeal to parents and caregivers who want their children to start building 21st century skills. This particular STEM activity uses Mattel Hot Wheels.

To begin, each child selects a Hot Wheels car. A spoiler "switch" (made from a bent paper clip) is attached, using a glue gun, to the upper rear surface of the car. That "switch," in turn, makes contact with sensors above the familiar orange Hot

Wheels track as the cars race along it. it is a jarring, inconsistent, uncomfortable, special effects-filled mess. It seems as if the filmmakers could not decide if they wanted it to be super silly or taken seriously, so they opted for both – which does not work.

SPOILER ALERT: Early on there is a car chase scene that is so speeded up that it looks like a comical play on a hodgepodge of James Bond-like car chase scenes – complete with high tech spy and bad guy gadgets. This might as well have been done with animation, cartoon style. That's how ridiculous and utterly unbelievable it is.

Throughout the film, characters are disposed of too easily, too casually and illogically – especially some of those who we are supposed to care about. **SPOILER ALERT:** In one such instance, a certain key character sacrifices his life in exchange for something of very little relative benefit to his associates. What ever motivated him to do that defies belief.

Most, if not all of the antagonists lack sufficient depth of character to be taken seriously.

SPOILER ALERT: The many fights (in which villains mostly outnumbered the protagonists by a huge margin) and an out-of-control mountain gondola were so speeded up that they too come across as being absurd and absolutely unbelievable. Perhaps in an attempt to counterbalance all of that silliness, there is

son's beloved Muppets long for a return of "The Muppet Show" – a family-friendly, slapstick comedy, TV variety series which first aired in the mid-1970s. Since then the Muppets have returned in several feature films and a short-lived 2015 TV series.

Our prayers were answered, if only for one long weekend in Southern California. "The Muppets Take the Bowl" was an exceptional, true-to-the-original recreation of that TV series, performed live at the iconic Hollywood Bowl. In addition to the Muppets, it featured the Hollywood Bowl Orchestra conducted by Thomas Wilkins, host Bobby Moynihan (former cast member of "Saturday Night Live") and guest stars that included Jimmy Kimmel and Paul Williams. The finale was a spectacular fireworks extravaganza the emerged from behind the convex arc of the roof of the Hollywood Bowl.

Being in the audience was like watching an extended episode of the original TV show, full of many memorable, recurring scenarios from that series: the original opening theme with Muppets under a multitude of arches like on the TV show, the Swedish chef, Dr. Teeth and the Electric Mayhem, Pigs in Space, Kermit sitting on a log amongst lily pads – banjo in hand – singing "Rainbow Connection," Fozzie Bear cracking joke after joke, Statler and Waldorf making their usual irreverent comments, a big production number starring Miss Piggy (who was too busy to rehearse and paid the price), pompous Sam the Eagle pontificating and much, much more.

Hopefully this was recorded for later broadcast as a TV special, or perhaps as a standalone theatrical movie or home video. Fans of the Muppets would surely want to add that to their



Getting ready to race down the track

Wheels track as the cars race along it.

The sensors feed signals to a computer, which uses software to calculate and display a variety of relevant information that teaches the students about the relationship between an object's mass and its potential (PE) and kinetic (KE) energy. Then the students may choose to have a weight added to the car to see what difference that makes.

Afterwards the children get to keep their car.

"Kingsman: The Golden Circle"

"Kingsman: The Secret Service" was a suspenseful, entertaining and clever secret agent thriller. Expectations were high for its sequel.

Unfortunately "Kingsman: The Golden Circle" is a huge disappointment. To put it bluntly,



Adding a spoiler switch to a Hot Wheels car

an excess of gory, gratuitous violence throughout.

Do yourself and favor and skip this film.

"The Muppets Take the Bowl"

Longtime fans of Jim Hen-

collection.

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

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PET of the week



Acorn is a five year old neutered Australian Cattle Dog/Blue Heeler mix who weighs 45 lbs. He is fun, active guy who would love a family to go on adventures with. Hiking, camping, and plenty of neighborhood walks are all on his list of favorites. Acorn is the perfect sized dog - he can do big dog tasks, but as a smaller sized package! Meet this handsome guy by asking for ID#1801329 Tag#C445. Acorn can be adopted for \$35.

Bring some love into your life by adopting a forever friend to share your home! Dogs and puppies can be adopted for just \$69. Adult dogs and cats over 5 years old can become a member of your family for just \$35. If you're a senior yourself, or disabled, you can make any pet your forever companion for just \$35. Rabbits can be adopted for just \$25, so be sure to visit our bunny room too! All adoption fees should be confirmed once you get to the shelter, and include spaying or neutering, basic vaccinations, and a 1 year license for dogs.

You can visit these animals and their many other friends at our Central

County Shelter, 5480 Gaines Street, San Diego between the hours of 9:30AM to 5:30PM, Tue through Sat Visit <http://www.sddac.com> for more information and contact the shelter with questions and for holiday hours.

MY PET WORLD:

Separating bonded pair of cats easier while still young

by Cathy M. Rosenthal

Dear Cathy,

My son, a second-year veterinary student, and I adopted two cats. They are brothers about 13 weeks now. We adopted them three weeks ago. My son is returning to school with one of the cats. I work full time. Will the cats be OK once separated? Is there anything we can do to make the separation easier? - Donna G., Oceanside, NY

Dear Donna,

It's great you are thinking about how your cats might react to this life change and trying to prepare them for it.

If your two cats were older, I would have concerns about separating them. Cats can form very tight feline friendships, and a bonded pair can be difficult to separate. Bonded cats that have been together for many years may suffer depression or behavior issues when separated. That's why animal shelters that receive a pair of bonded cats work hard to place them together. People often think cats enjoy solitude, but they often enjoy being part of a pride and can develop very deep friendships with other feline companions.

As for your cats, however, I don't think you will see depression or behavior issues; they are still very young and should adapt more easily to their new living conditions. Cats this age are often adopted separately at shelters.

There is nothing you can do to prepare them, but just know they may look a little lost without the other at first. You may also hear more meowing during this transition, which is how cats communicate with humans, not other cats. The increased meowing may be them questioning their new situation or them merely looking to you for comfort.

If you do see behavior changes, the best thing you and your son can do is provide them with plenty

of love and attention until they adapt to their new living situation.

I am assuming your son is taking a cat to college for companionship, so the cats will be reunited on holidays and breaks. Cats who love each other can be a little testy initially during reunions. Even taking a cat to the vet can result in a little hissing between friendly cats since the returning cat will suddenly smell different to the other cat. So, be sure to also give them time to adjust when they are brought back together.

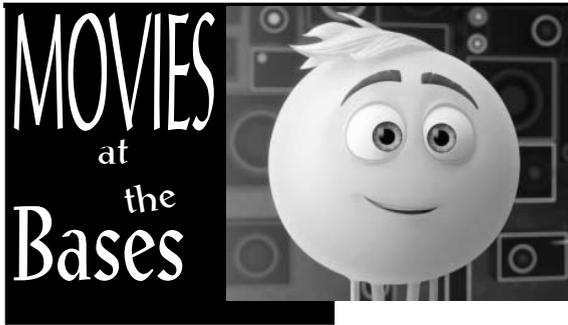
Dear Cathy,

It made me sad to read Robert N.'s letter about euthanizing his pets. My heart goes out to him. When we lost our last kitty, I was so thankful God took her in his timeline. For me, the guilt feelings of deciding when the "right" time to euthanize her were overwhelming. I pray I never need to make that decision again. - Donna B. Tampa, FL

Dear Donna,

If you have pets, then you will likely have to make the euthanasia-decision at some point during their lives. It is part of the grand bargain we make when we agree to share our homes with animals that we outlive by decades. The best we can hope for is that our pets either die of natural causes, as with your kitty, or live to a ripe old age and don't develop health problems that force us to make a euthanasia decision earlier in their lives.

You are not alone in this feeling. Regardless of when this decision is made, it's always a difficult one for pet parents to make. Sadly, some people swear off adopting future pets as a result, saying it's just too painful to think about. Eventually, most people adopt again when memories of the happy times spent with their pet eclipses the grief, and they suddenly long for that friendship again. Anyone who has ever had a companion animal can relate to your feelings.



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

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

Friday, September 22
6:00 pm Leap! (PG) 89 min.
8:00 pm Wind River (R) 107 min.

Saturday, September 23
1:00 pm The Nut Job 2: Nutty By Nature (PG) 91 min.
3:00 pm Leap! (PG) 89 min.
5:50 pm The Hitman's Bodyguard (PG-13) 95 min.
8:10 pm Wind River (R) 107 min.

Sunday, September 24
1:00 pm Leap! (PG) 89 min.
3:00 pm The Dark Tower (PG-13) 95 min.
5:50 pm Wind River (R) 107 min.
8:00 pm Annabelle: Creation (R) 109 min.

Monday, September 25
6:00 pm Leap! (PG) 89 min.
8:00 pm Wind River (R) 107 min.

Tuesday, September 26
6:00 pm The Dark Tower (PG-13) 95 min.*
8:00 pm Logan Lucky (PG-13) 119 min.

Wednesday, September 27
5:50 pm The Hitman's Bodyguard (PG-13) 95 min.
8:10 pm Wind River (R) 107 min.*

Thursday, September 28
5:50 pm The Glass Castle (PG-13) 127 min.
8:20 pm Annabelle: Creation (R) 109 min.*

Annabelle: Creation ★
Genre: Horror, Mystery, Thriller
Cast: Anthony LaPaglia, Samara Lee, Miranda Otto, Brad Greenquist and Lulu Wilson
Synopsis: Twelve years after the tragic death of their little girl, a dollmaker and his wife welcome a nun and several girls from a shuttered orphanage into their home, soon becoming the target of the dollmaker's possessed creation, Annabelle.
Rated: "R" for horror violence and terror.
Length: 109 minutesA

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

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

Friday, September 22
5:00 pm Baby Driver (R) 113 min.

Saturday, September 23
11:15 am Charlotte's Web (G) 97 min.
2:00 pm The Mummy (PG-13) 110 min.
5:00 pm The House (R) 88 min.

Sunday, September 24
5:00 pm The Longest Ride (PG-13) 139 min.

Monday, September 25
5:00 pm Maleficent (PG) 98 min.

Tuesday, September 26
11:00 am Antz (PG) 83 min.
5:00 pm Joe Dirt (PG-13) 91 min.

Wednesday, September 27
5:00 pm Bad Boys (R) 119 min.

Thursday, September 28
11:00 am Lilo & Stitch (PG) 85 min.
5:00 pm Bad Boys II (R) 147 min.



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

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

Friday, September 22
5:50 pm Leap! (PG) 89 min.
7:50 pm Wind River (R) 107 min.

Saturday, September 23
12:50 pm The Nut Job 2: Nutty By Nature (PG) 91 min.
2:40 pm Leap! (PG) 89 min.
5:50 pm Leap! (PG) 89 min.
7:50 pm Logan Lucky (PG-13) 119 min.

Sunday, September 24
12:50 pm Logan Lucky (PG-13) 119 min.
2:40 pm The Nut Job 2: Nutty By Nature (PG) 91 min.
5:40 pm The Hitman's Bodyguard (PG-13) 95 min.
8:00 pm Wind River (R) 107 min.

Monday, September 25
5:40 pm The Hitman's Bodyguard (PG-13) 95 min.
7:50 pm Wind River (R) 107 min.

Tuesday, September 26
5:50 pm The Dark Tower (PG-13) 95 min.*
7:40 pm Annabelle: Creation (R) 109 min.*

Wednesday, September 27
5:50 pm The Nut Job 2: Nutty By Nature (PG) 91 min.
7:40 pm The Glass Castle (PG-13) 127 min.

Thursday, September 28
5:50 pm Leap! (PG) 89 min.
7:50 pm Wind River (R) 107 min.



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

Thursday, September 21
5:00 pm The Emoji Movie (PG) 86 min.
Friday, September 22
5:00 pm Transformers: The Last Knight (PG-13) 149 min.
Saturday, September 23
5:00 pm Spider-Man: Homecoming (PG-13) 134 min.
Sunday, September 24
5:00 pm Despicable Me 3 (PG) 90 min.
Thursday, September 28
5:00 pm Beauty and the Beast (PG) 124 min.



TV Listings

WEEKDAY MORNING/AFTERNOON

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

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

9/29 MARK FELT: THE MAN WHO BROUGHT DOWN THE WHITE HOUSE

9/29 DIFFERENT FLOWERS



Mark Felt: The Man Who Brought Down the White House

Lifelong G-Man Mark Felt, aka "Deep Throat," leaks information to the press that helps to uncover the Watergate scandal of 1974.

Genre: Biography, Historical Drama PG-13
Cast: Liam Neeson, Diane Lane, Marton Csokas

Different Flowers

A young woman embarks on an adventure with her free-spirited sister after leaving her fiancé at the altar.

Genre: Comedy Drama PG-13
Cast: Emma Bell, Hope Lauren, Shelley Long

THURSDAY EVENING

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB (3)	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Mom (CC)	Big Bang Theory	Mom (CC)	Zoo "The Barrier" (Season Finale) (N) (CC)	News	News	Late-Colbert
KFMB2 (8.2)	The Dr. Oz Show (N) (CC)		Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Penn & Teller: Fool Us (N) (CC)	Whose Line Is It? (N)	Whose Line Is It? (N)	News 8 at 10 (N)	Ent. Tonight	Page Six TV (N) (CC)	Seinfeld (CC)	
KGTV (10)	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Grey's Anatomy "Ring of Fire" (CC)	Scandal Fitz makes unexpected changes.		How to Get Away With Murder "Wes"		10News at 11pm	Jimmy Kimmel	
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N)	The Vietnam War American soldiers face ambushes. (N) (CC)		The Vietnam War American soldiers face ambushes. (N) (CC)		Distinguished Wings Over Vietnam				
KNSD (6)	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)	Chicago Fire "My Miracle" (CC) (DVS)		NBC 7 News		Tonight Show			
DISN	Bizaardvark (N)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover	K.C. Undercover	Raven's Home (N)	Stuck in the Middle	Bizaardvark (N)	Bizaardvark (N)	Liv and Maddie	K.C. Undercover	Bizaardvark (N)	Raven's Home (N)
ESPN	College Football Temple at South Florida. From Raymond James Stadium in Tampa, Fla. (N) (Live)					SportsCenter (N) (Live) (CC)					SportsCenter With Scott Van Pelt (N)			
ESPN2	To Be Announced		To Be Announced		E:60		Nación ESPN (N)		Jalen & Jacoby		Baltimore Boys			
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My 600-Lb. Life "Lupe's Story" Lupe makes a potential lifesaving move. (N) (CC)	My 600-Lb. Life "Tanisha's Story" Tanisha wants to survive for her kids. (N) (CC)		My 600-Lb. Life "Lupe's Story" Lupe makes a potential lifesaving move. (N) (CC)		My 600-Lb. Life "Tanisha's Story" Tanisha wants to survive for her kids. (N) (CC)		My 600-Lb. Life "Lupe's Story" Lupe makes a potential lifesaving move. (N) (CC)		
USA	NCIS "Endgame" (N) (CC) (DVS)		NCIS "Power Down" Citywide blackout. (N)		NCIS A Navy pilot is found dead. (N)		NCIS "Pay to Play" (N) (CC) (DVS)		NCIS "Willoughby" (N) (CC) (DVS)		NCIS "Off the Grid" (N) (CC) (DVS)		The Sinner Cora's fate is determined.	

FRIDAY EVENING

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB (3)	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	MacGyver "Cigar Cutter" (N) (CC)	Hawaii Five-0 (N) (CC)		Blue Bloods "The Thin Blue Line" (N)		News	Late-Colbert	
KFMB2 (8.2)	The Dr. Oz Show (N) (CC)		Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Masters of Illusion	Masters of Illusion	Penn & Teller: Fool Us (N) (CC)	News 8 at 10 (N)	Ent. Tonight	Page Six TV (N) (CC)	Seinfeld (CC)	
KGTV (10)	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Shark Tank (N) (DVS)	What Would You Do? (Season Finale) (N) (CC)	20/20 (N) (CC)		10News at 11pm		Jimmy Kimmel	
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N)	Washington Roundtable	Doc Martin "Blood Is Thicker" (N) (CC)	Doc Martin "Blood Is Thicker" (N) (CC)		Live at the Belly Up "Mick Fleetwood" (N) (CC)				
KNSD (6)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	America's Got Talent "Live Results Finale" Tyra Banks reveals the winner. (N) (CC)	Dateline NBC (N) (CC) (CC)		NBC 7 News		Tonight Show			
DISN	Bizaardvark (N)	Jessie (N) (CC)	Raven's Home (N)	Stuck in the Middle	Bizaardvark (N)	Raven's Home (N)	Stuck in the Middle	Bizaardvark (N)	Bizaardvark (N)	Liv and Maddie	K.C. Undercover	Raven's Home (N)	Stuck in the Middle	
ESPN	MLB Baseball Chicago Cubs at Milwaukee Brewers. From Miller Park in Milwaukee. (N) (Live)					Boxing Oscar Valdez vs. Genesis Servania. (N) (Live)					SportsCenter (N) (Live) (CC)			
ESPN2	College Football Virginia at Boise State. From Albertsons Stadium in Boise, Idaho. (N) (Live)					CFL Football Hamilton Tiger-Cats at BC Lions. From BC Place Stadium in Vancouver, British Columbia. (N) (Live)					Boxing Oscar Valdez vs. Genesis Servania.			
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Kindred Spirits "Buried Alive" (N) (CC)	Kindred Spirits "The Basement" (N) (CC)		Kindred Spirits "The Executioner" (N) (CC)		Evil Things "The Room & The Nanny"		Kindred Spirits "The Executioner" (N) (CC)		
USA	Law & Order: Special Victims Unit (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)	

SATURDAY MORNING/AFTERNOON

	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
KFMB (3)	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	Hidden Heroes	The Open Road	Prostate Health	To Be Announced		The Drive to Atlanta	College Football	College Football Alabama at Vanderbilt. From Vanderbilt Stadium in Nashville, Tenn. (N) (Live) (CC)		Judge Judy (N) (CC)	Judge Judy (N) (CC)					
KFMB2 (8.2)	Calling Dr. Pol (CC)	Dog Whisperer	Dog Whisperer	Dog Whisperer	Dog Whisperer	Save Our Shelter (N)	Vacation Creation (N)	Save to Win (CC)	Animal Friends	Paid Program	Balding Solutions	Wall Street Secrets	Paid Program	Wall Street Secrets	Wall Street Secrets	RaceWeek	Sports Stars	Hiring America (N)	Military Make-over
KGTV (10)	Good Morning	10News This Morning at 8am Saturday (N) (CC)	College Football Teams TBA. (N) (Live)		College Football Teams TBA. (N) (Live)		College Football Teams TBA. (N) (Live)		Football Scoreboard	College Football Teams TBA. (N) (Live) (CC)	College Football Teams TBA. (N) (Live) (CC)		Football Scoreboard	Football Scoreboard	Football Scoreboard	Football Scoreboard	Football Scoreboard	Football Scoreboard	College Football
KPBS (15)	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Eat to Live With Joel Fuhrman, MD (N) (CC)	R. Steves' Europe	This Old House (N)	Ask This Old House	Steven Raichlen's	Simply Ming (N) (CC)	Test Kitchen	Cooking School	Julie Taboulie's	Pat's Mexican Table	R. Steves' Europe	Crossing South		
KNSD (6)	NBC 7 News	The Voyager	Wilderness Vet (N) (EL)	Journey-Dreyer	Premier League Soccer Leicester City FC vs Liverpool FC. (N) (Live) (CC)	2017 TOUR Championship Third Round. From East Lake Golf Club in Atlanta. (N) (Live) (CC)		2017 TOUR Championship Third Round. From East Lake Golf Club in Atlanta. (N) (Live) (CC)		2017 TOUR Championship Third Round. From East Lake Golf Club in Atlanta. (N) (Live) (CC)		2017 TOUR Championship Third Round. From East Lake Golf Club in Atlanta. (N) (Live) (CC)		2017 TOUR Championship Third Round. From East Lake Golf Club in Atlanta. (N) (Live) (CC)		2017 TOUR Championship Third Round. From East Lake Golf Club in Atlanta. (N) (Live) (CC)		2017 TOUR Championship Third Round. From East Lake Golf Club in Atlanta. (N) (Live) (CC)	
DISN	The Lion Guard (N)	Doc McStuffins: Toy Hospital (N) (CC)	Elena of Avalor (N) (CC)	Pat the Dog (N) (CC)	Transylvania	Tangled: The Series	** High School Musical (2006) Zac Efron. Students conspire against two teenage singers. (N)		Raven's Home (N)	Bizaardvark (N)	Raven's Home (N)	Stuck in the Middle	Bizaardvark (N) (CC)	Jessie (N) (CC)	Bunk'd "Bad Dog!" (N) (CC)	Stuck in the Middle			
ESPN	College GameDay From New York. (N) (Live) (CC)					College Football Texas A&M vs Arkansas. From AT&T Stadium in Arlington, Texas. (N) (Live)					College Football Teams TBA. (N) (Live)								
ESPN2	SportsCenter (N) (Live) (CC)					College Football Teams TBA. (N) (Live)					College Football Teams TBA. (N) (Live)								
TLC	Extreme Chea.	Extreme Chea.	Extreme Chea.	Meet the Putmans "Under One Roof" (N) (CC)	Meet the Putmans (N) (CC)	Meet the Putmans (N) (CC)	Meet the Putmans "...And Baby Makes 26"	The Little Couple (N) (CC)	7 Little Johnstons "A Little Teen Romance" (N)	My Giant Life "My Giant Baby" (N) (CC)	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress			
USA	PiYo Workout! (CC)	PiYo Workout! (CC)	Paid Program (CC)	NCIS (N) (CC) (DVS)	NCIS (N) (CC) (DVS)	NCIS (N) (CC) (DVS)	NCIS (N) (CC) (DVS)	NCIS (N) (CC) (DVS)	NCIS (N) (CC) (DVS)	NCIS (N) (CC) (DVS)	NCIS The team investigates a car explosion.	NCIS A murder probe uncovers a theft ring. (N)	NCIS A Marine falls to her death. (N)						

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

SATURDAY EVENING

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB (3)	CBS News 8 at 5pm (N) (CC)		Weekend News	News	Entertainment Tonight (N) (CC)	NCIS: New Orleans "One Good Man" (N)	Criminal Minds "Mirror Image" (N)		48 Hours (N) (CC)		News	Blue Bloods		
KFMB2 (8.2)	To Be Announced		Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	American Ninja Warrior "Vegas Finals"	American Ninja Warrior "Vegas Finals"	Seinfeld (N) (CC)	Just for Laughs	Impractical Jokers	Just for Laughs	
KGTV (10)	College Football Teams TBA. (N) (Live)					News	Home Pro Show	RightThis Minute (N) (CC)	The List (N) (CC)	20/20 (N) (CC)	10News at 11pm	Sports XTRA		
KPBS (15)	NewsHour Wk	KPBS Spectrum	The Lawrence Walk Show (CC)	Antiques Roadshow	Antiques Roadshow	The Doctor Blake Mysteries (N) (CC)		Rock, Rhythm and Doo Wop Little Richard and others perform. (N) (CC)		Globe Trekker Exploring Bolivia. (N) (CC)				
KNSD (6)	Heart of a Champion	Nightly News	NBC 7 News at 6	Paid Program	Wheel of Fortune	Jeopardy! (N) (CC)	Dateline NBC (N) (CC)		Saturday Night Live (N) (CC)		NBC 7 News	Saturday Night Live		
DISN	Raven's Home (N)	Bizaardvark (N)	Jessie (N) (CC)	Bunk'd (N) (CC)	Stuck in the Middle	Raven's Home (N)	** Ramona and Beezus (2010, Children's) Joey King, Selena Gomez, John Corbett. (N)		Raven's Home (N)	Stuck in the Middle	Raven's Home (N)	K.C. Undercover		
ESPN	College Football Mississippi State at Georgia. From Sanford Stadium in Athens, Ga. (N)					Scoreboard	College Football UCLA at Stanford. From Stanford Stadium in Stanford, Calif. (N) (Live)	SportsCenter (N) (Live) (CC)						
ESPN2	College Football Teams TBA. (N) (Live)					Scoreboard	College Football Teams TBA. (N) (Live)							
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	The Little Couple (N) (CC)	The Little Couple "All Aboard" (N) (CC)	The Little Couple Bill heads to Houston to help. (N) (CC)		The Little Couple (N) (CC)		The Little Couple (N) (CC)			
USA	NCIS A man's body is found on a destroyer.		NCIS The team investigates an abduction.		NCIS "Enemy Combatant" (N)	NCIS The team investigates a hit-and-run.		NCIS A petty officer is murdered. (N)	NCIS "A Many Splendored Thing" (N)	NCIS "M.I.A." (N) (CC) (DVS)				

TV Listings

SUNDAY MORNING/AFTERNOON

SEPTEMBER 24, 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	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30	
KFMB (8)	CBS News Sunday Morning (N) (CC)	Face the Nation (N)	The NFL Today (N) (Live) (CC)	The NFL Today (N) (Live) (CC)	NFL Football Denver Broncos at Buffalo Bills. The Bills put their 1-0 home record on the line as they host the Broncos at New Era Field. (N) (Live) (CC)	NFL Football Kansas City Chiefs at Los Angeles Chargers. AFC West rivals meet as the Chargers host the Chiefs at the StubHub Center in Week 3. (N)	CBS News 8												
KFMB2 (8.2)	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	San Diego Luxury	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)	This Week With George Stephanopoulos (N)	Joel Osteen (CC)	Jack Hanna	Ocean Treks	World of X Games (N) (CC)	World of X Games (N) (CC)	WNBA Basketball Los Angeles Sparks at Minnesota Lynx. Finals, Game 1. (N) (Live) (CC)	Sea Rescue (N) (EI)	The Wildlife Docs	Rock the Park (N) (EI)	Outback Adventures					
KPBS (15)	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Washington Week (N)	KPBS Roundtable	Charlie Rose	The David Rubenstein	American Masters "Richard Linklater" Director Richard Linklater. (CC)	American Masters Chinese-American painter Tyrus Wong. (N) (CC)	Sinking of an Aircraft Carrier (N) (CC)	Ken Kramer's S.D.	Historic Places					
KNSD (35)	NBC 7 News To	Meet the Press (N) (CC)	Politically Speaking	Road to the Presidents Cup (N) (CC)	2017 TOUR Championship Final Round. From East Lake Golf Club in Atlanta. (N) (Live) (CC)	Talk Stoop (N) (CC)	Nightly News	Football Night in America (N) (Live) (CC)											
DISN	Puppy Dog Pals (CC)	Roadster-Racers	Puppy Dog Pals (CC)	Raven's Home (N)	Stuck in the Middle	Bizaardvark (N) (CC)	K.C. Undercover (N)	*** Ramona and Beezus (2010, Children's) Selena Gomez, John Corbett. (N)	Stuck in the Middle	Bizaardvark (N) (CC)	Stuck in the Middle	Bizaardvark (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Stuck in the Middle	Raven's Home (N)			
ESPN	Sunday NFL Countdown (N) (Live) (CC)					Women's College Volleyball Michigan State at Minnesota. From Sports Pavilion in Minneapolis. (N)	Women's College Volleyball Michigan at Wisconsin. (Live)	2017 World Series of Poker (Taped)	CFL Football Calgary Stampeders at Saskatchewan Roughriders. From Mosaic Stadium in Regina, Saskatchewan. (N) (Live)						SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)			
ESPN2	Fantasy Football Now (N) (Live)					Women's College Volleyball Teams TBA. (N) (Live)													
TLC	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	90 Day Fiancé: Before the 90 Days (N) (CC)	
USA	David Jeremiah (N)	In Touch	Joel Osteen (CC)	Chrisley Knows	Chrisley Knows	The Sinner Cora's fate is determined.	Law & Order: Special Victims Unit "Sacrifice"	Law & Order: Special Victims Unit "Futility"	Law & Order: Special Victims Unit "Futility"	Law & Order: Special Victims Unit "Futility"	Law & Order: Special Victims Unit "Futility"	Law & Order: Special Victims Unit "Futility"	Law & Order: Special Victims Unit "Futility"	Law & Order: Special Victims Unit "Futility"	Law & Order: Special Victims Unit "Futility"	Law & Order: Special Victims Unit "Futility"	Law & Order: Special Victims Unit "Futility"	Law & Order: Special Victims Unit "Futility"	

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 "Chicago P.D." (2)
- Late Sonny
- Bathroom feature
- Presidential monogram
- "___ the Beautiful"
- "___ King Cole"
- "___ Dalmatians"
- Sharif or Epps
- Former talk show host
- "___ shucks!"
- Actress Kelly
- One of the Seven Dwarfs
- Actor Kilmer
- "Night ___ Thousand Eyes"; Edward G. Robinson film
- "___ City" (1996-2002)
- O'Hara plantation
- Scalp problem
- Lend a hand to
- 2002-03 medical series
- "CSI: ___"
- Breakfast drink, for short

DOWN

- "___ Yes to the Dress"
- City near Provo
- "In the ___ of the Night"
- Setting for "Roseanne": abbr.



SUNDAY EVENING

SEPTEMBER 24, 2017

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB (8)	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (Season Premiere) (N) (CC)	Star Trek: Discovery (Series Premiere) (N)	NCIS: Los Angeles "Unleashed" (N)	Madam Secretary "Revolution" (CC)	News	Blue Bloods					
KFMB2 (8.2)	To Be Announced	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	Forensic Files (N)	Forensic Files (N)	Forensic Files (N)	Forensic Files (N)	Family Guy (N)	Just for Laughs	Just for Laughs	Forensic Files (N)
KGTV (10)	10News at 5pm	World News	10News at 6pm	Sharp HealthC	America's Funniest Home Videos (CC)	Celebrity Family Feud (N) (DVS)	Steve Harvey's FUNDERDOME (N)	The \$100,000 Pyramid (N) (CC)	10News at 11pm	Sports XTRA				
KPBS (15)	NewsHour Wk	Third Rail With Ozy	Father Brown "The Tanganyika Green"	A Place to Call Home (N) (CC)	The Vietnam War Violence and unrest shake Americans. (N) (N)	The Vietnam War Violence and unrest shake Americans. (CC)	The Tunnel: Sabotage A couple disappear.							
KNSD (35)	Football Night	NFL Football Oakland Raiders at Washington Redskins. (N) (Live) (CC)	Football Night in San Diego	The 2017 NBC Dateline NBC (N) (CC)	NBC 7 News	Sportswrap								
DISN	**** Toy Story (1995) Voices of Tom Hanks, Tim Allen. (N)	**** Toy Story 2 (1999, Children's) Voices of Tom Hanks. (N)	Transylvania	Tangled: The Se	Raven's Home (N)	Stuck/Middle	Bizaardvark (N) (CC)	Stuck/Middle	Bizaardvark (N) (CC)	Stuck/Middle	Bizaardvark (N) (CC)	Stuck/Middle	Andi Mack	
ESPN	MLB Baseball Los Angeles Angels of Anaheim at Houston Astros. From Minute Maid Park in Houston. (N) (Live)				SportsCenter (N) (Live) (CC)	SportsCenter With Scott Van Pelt (N)								
ESPN2	SportsCenter (N)	Sports Shorts	2017 World Series of Poker (Taped)	2017 World Series of Poker	Sports Shorts (CC)	ESPN FC (N)								
TLC	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	
USA	Law & Order: Special Victims Unit "Trials"	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	

MONDAY EVENING

SEPTEMBER 25, 2017

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB (8)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Young Sheldon	Kevin Can Wait (N)	Me, Myself & I	Scorpion "Extinction" (Season Premiere) (N)	News	Late Colbert		
KFMB2 (8.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Supergirl "Resist" (N) (CC)	Penn & Teller: Fool Us (N) (CC)	News 8 at 10 (N)	Ent. Tonight TV (N) (CC)	Page Six TV (N) (CC)	Seinfeld (N) (CC)			
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Dancing With the Stars (N Same-day Tape) (N) (CC)	The Good Doctor "Pilot -- Burnt Food" (N)	10News at 11pm	Jimmy Kimmel					
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	The Vietnam War "The Veneer of Civilization" Nixon wins the presidency. (N) (CC)	The Vietnam War "The Veneer of Civilization" Nixon wins the presidency. (N) (CC)							
KNSD (35)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "The Blind Auditions Premiere, Part 1" Vocalists compete to be selected. (N)	The Brave "Pilot" (Series Premiere) (N)	NBC 7 News	Tonight Show					
DISN	Transylvania	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover	K.C. Undercover	Raven's Home (N)	Stuck/Middle	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Live and Maddie	K.C. Undercover	Bizaardvark (N) (CC)	Raven's Home (N)
ESPN	NFL Football Dallas Cowboys at Arizona Cardinals. From University of Phoenix Stadium in Glendale, Ariz. (N) (Live)				SportsCenter With Scott Van Pelt (N) (Live) (CC)	NFL PrimeTime (CC)	SportsCenter With Scott Van Pelt (N) (Live) (CC)							
ESPN2	Fútbol Americano de la NFL Dallas Cowboys en Arizona Cardinals. Desde el University of Phoenix Stadium, Glendale. (N) (Live)				SportsCenter (N)	Sports Shorts (CC)	SportsCenter With Scott Van Pelt (N) (Live) (CC)							
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	90 Day Fiancé: Extended (N)	90 Day Fiancé: Before the 90 Days (N)	Counting On "Finding Joy's Dress" (N) (N)	Meet the Putmans (N) (N)	Behind Closed Doors: The American Family					
USA	Law & Order: Special Victims Unit "Locum"	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	WWE Monday Night RAW (N Same-day Tape) (N) (CC)	Total Bellas "A Desert Dilemma" (CC)						

TUESDAY EVENING

SEPTEMBER 26, 2017

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB (8)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS "House Divided" (CC) (DVS)	Bull "School for Scandal" (N) (CC)	NCIS: New Orleans "Rogue Nation" (N)	News	Late Colbert				
KFMB2 (8.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	The Flash Barry struggles to save Iris.	DC's Legends of Tomorrow "Aruba" (N)	News 8 at 10 (N)	Ent. Tonight TV (N) (CC)	Page Six TV (N) (CC)	Seinfeld (N) (CC)			
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Celebrity Family Feud (Season Finale) (N) (N)	Dancing With the Stars "The Results" (N Same-day Tape) (N) (CC)	10News at 11pm	Jimmy Kimmel					
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	The Vietnam War "The History of the World" American troops withdraw from Vietnam. (N)	The Vietnam War "The History of the World" American troops withdraw from Vietnam. (N)							
KNSD (35)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice (N) (CC)	This Is Us "A Father's Advice" (CC)	Law & Order True Crime: Menendez	NBC 7 News	Tonight Show				
DISN	Bizaardvark (N)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover	K.C. Undercover	Raven's Home (N)	Stuck/Middle	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Live and Maddie	K.C. Undercover	Bizaardvark (N) (CC)	Raven's Home (N)
ESPN	MLB Baseball Teams TBA. (N) (Live)				SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter With Scott Van Pelt (N)							
ESPN2	WNBA Basketball Los Angeles Sparks at Minnesota Lynx. Finals, Game 2. (N) (CC)				2017 World Series of Poker Main Event.	2017 World Series of Poker Main Event.	E:60	NFL Live (CC)	The Fantasy Show	Jalen & Jacoby				
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	The Little Couple: Big Updates The family in Scotland; bonus scenes. (N) (CC)	The Little Couple "Hold on Everybody"	7 Little Johnstons (N) (N)	The Little Couple "Hold on Everybody"						
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 27, 2017

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB (8)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Survivor The castaways compete. (CC)	SEAL Team "Tip of the Spear" (N) (CC)	Criminal Minds "Wheels Up" (N)	News	Late Colbert				
KFMB2 (8.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Arrow "Lian Yu" (N) (CC)	Supernatural (N) (CC)	News 8 at 10 (N)	Ent. Tonight TV (N) (CC)	Page Six TV (N) (CC)	Seinfeld (N) (CC)			
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Goldbergs (N)	Speechless (N)	Modern Family (N)	American Housewife	Designated Survivor "One Year In" (CC)	10News at 11pm	Jimmy Kimmel		
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	The Vietnam War "A Disrespectful Loyalty" The South Vietnamese fight on their own. (N)	The Vietnam War "A Disrespectful Loyalty" The South Vietnamese fight on their own. (N)							
KNSD (35)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Blacklist "Smokey Putnum" (N)	Law & Order: Special Victims Unit (N)	Chicago P.D. "Reform" (CC) (DVS)	NBC 7 News	Tonight Show				
DISN	Bizaardvark (N)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover	K.C. Undercover	Raven's Home (N)	Stuck/Middle	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Live and Maddie	K.C. Undercover	Bizaardvark (N) (CC)	Raven's Home (N)
ESPN	MLB Baseball Chicago Cubs at St. Louis Cardinals. From Busch Stadium in St. Louis. (N)				MLB Baseball San Diego Padres at Los Angeles Dodgers. From Dodger Stadium in Los Angeles. (N) (Live)									
ESPN2	30 for 30 (N) (CC)				Sports Shorts	NFL's Greatest Games (N) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	NFL Live (CC)	MLB Baseball Teams TBA.				
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	NY ER (N) (CC)	NY ER (N) (CC)	NY ER (N) (CC)	NY ER (N) (CC)	NY ER (N) (CC)	NY ER (N) (CC)	NY ER (N) (CC)	NY ER (N) (CC)	NY ER (N) (CC)	
USA	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	

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

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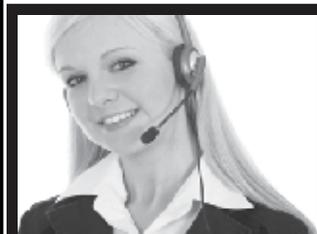
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Videoview

by Jay Bobbin

STARTING THIS WEEK: "TRANSFORMERS: THE LAST KNIGHT": If you didn't think a story in this series inspired by the enduringly popular toy line would have anything to do with the days of King Arthur, this one goes there. Mark Wahlberg's scruffy character is back, this time teamed up with an Oxford professor (Laura Haddock) who has a keen interest in the magician Merlin ... which evidently has something to do with the converting robots. If that's not enough to try to transform "Transformers" into something grander, Anthony Hopkins also is on hand, but let there be no mistake: Returning director Michael Bay's ultimate modus operandi remains the same, to make things blow up real good and real loud. And that, he certainly does here. Josh Duhamel and John Turturro also are back from earlier editions, and the character Bumblebee is slated to get his (its?) own spinoff. *** (PG-13: AS, P, V) (Also on Blu-ray and On Demand)

"47 METERS DOWN": Though her series "This Is Us" hadn't premiered yet, the buzz on it was strong enough to prompt (along with the film's sale to another studio) a holdback of this Mandy Moore-starring undersea thriller, which delayed its then-scheduled home-video debut to go for a theatrical run ... and one that yielded respectable profits. Moore and Claire Holt spend a lot of screen time way below the surface as vacationing sisters who plunge to the bottom of the ocean when the cable attaching their protective cage to a boat comes loose, making them easy prey for sharks. The intense thriller also stars Matthew Modine as the boat's captain. *** (PG-13: P, V) (Also on Blu-ray and On Demand)

"LONGMIRE: THE COMPLETE FIFTH SEASON": If you don't have Netflix - or maybe even if you do - these episodes of the modern Western formerly seen on A&E Network will be new to you. Based on novels by Craig Johnson, the show had its second round on the streaming service with these tales, which begin with a wounded Sheriff Walt Longmire (played by Robert Taylor) recuperating and trying to determine who attempted to kill him. Matters get even more complicated for him with some of his once-closest allies now working for his rival (A Martinez), and with his relationship with his deputy Vic (Katee Sackhoff) turning more than professional. Cassidy Freeman and Lou Diamond Phillips also star; the show's next Netflix season will be its last. *** (Not rated: AS, P, V) (Also on Blu-ray)

"2:22": The title time has definite significance in this supernatural drama, as Michiel Huisman ("Game of Thrones") plays an air-traffic controller rendered helpless by a sudden flash of light ... and almost causing two passenger planes to collide. While on a forced leave from his job, he realizes that certain things are happening in his life at the same time every day, but his developing relationship with an art-gallery worker (Teresa Palmer, "Hacksaw Ridge") may prompt him to find a way to break that pattern. Sam Reid ("Prime Suspect: Tension"), Simone Kessell and Kerry Armstrong also star. *** (PG-13: AS, P, V) (Also on Blu-ray)

"TAKEN: SEASON ONE": The hugely successful Liam Neeson action-movie franchise has gotten a television-series variation with this drama, also from filmmaker Luc Besson and casting Clive Standen ("Vikings") as central character Bryan Mills in his younger years. After serving as a Green Beret, Mills tries to exorcise his hunger for personal revenge by going to work for the CIA and using his very special - and very lethal - set of skills. Jennifer Beals also stars, but virtually all of the rest of the regular cast seen here (including Michael Irby and Gaius Charles) has been dismissed from the forthcoming Season 2 of the show. DVD extra: "making-of" documentary. *** (Not rated: AS, P, V) (Also on Blu-ray)

"NED AND STACEY: THE COMPLETE SERIES": Before Debra Messing became part of another sitcom title duo (and one that lasted a lot longer) in the now-being-revived "Will & Grace," she teamed with Thomas Haden Church in this Fox sitcom. Each character has a need for the other, since Ned's rise in the advertising world may be limited unless he has a spouse to show, and free-lance writer Stacey needs a place to live. Despite the mutual convenience their in-name-only marriage provides, the two frequently argue - and where that leads will be new even for those who watched the show, since its run was terminated before all the episodes could be shown. Greg Germann ("Ally McBeal") and Nadia Dajani also are cast regulars. DVD extras: "making-of" documentary; audio commentary on pilot episode. *** (Not rated: AS, P)

Around Town

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

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

First day of autumn Sept. 22

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

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

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

iHeart Radio Music Festival in Las Vegas Village. Sept. 22-23 www.news.iheart.com

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

Fall Home Garden Show. Fri-Sun, Sept 22-24, 10am-5pm. Features interior design and garden displays, remodeling inspiration, hands-on demos, educational seminars, and one-stop shopping for everything pertaining to the home and garden. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard, Del Mar.

Murder by the Book at Village Church Community Theatre. Sept. 22-24 www.villagechurchcommunitytheater.org

The Addams Family at Star Theatre. Sept. 22-10/1 www.startheatreco.com

Semper Tri and Devil Dog Duathlon, Sat, Sept 23, 7:30-11:30am. \$55-\$85. The triathlon consists of a 500M swim (with an anticipated water temperature of 71 degrees), a 30K bike ride on a closed course that follows Stuart Mesa Road north and continues east to a turn-around point on Las Pulgas Road, and a 5K run through Camp Pendleton. The duathlon begins with a 2K out-and-back beach run; the bike course and run course follow the same route as the triathlon. Event includes a 7K non-timed run, "just for fun." Proceeds benefit the Marines, sailors, and their families on Camp Pendleton. Open to anyone age 13 and up. Camp Pendleton, Harbor Drive at I-5, Oceanside. www.mccscp.com

The Grand Woofstock Pet Festival at Grape Day Park. Sept. 23 10 am – 3 pm. www.thegrandwoofstock.com

100 Wave Challenge, Sat, Sept 23, 6am-4pm. Free. Surf legend Shaun Tomson, pro surfer Damien Hobgood, and hundreds of surfers will attempt to catch 100 waves in one day to raise money for Boys to Men Mentoring Network - community group mentoring for high-risk, fatherless young men in San Diego County. Mission Beach

Wildlife Night Hike in Peñasquitos Canyon, Sat, Sept 23, 7-9:30pm. Free. Join naturalist Mike Kelly for a moderately paced on flat ground. Bring insect repellent and a flashlight. Enjoy the preserve at night. On past walks we've seen mule deer, bats, tarantulas, owls, and more. Visit the old immigrant trail, the route of the very first transcontinental mail, and the Kit Carson Crossing. Peñasquitos Creek Park, 11939

Camino Del Sur, Rancho Penasquitos.

Star Party Luminaries, Sat, Sept 23, 7-10pm. Free. Under waxing thin moon in western skies with Mars and Saturn setting in southwest see real star power as Mission Trails Regional Park resident star gazer George Varga scopes Double Star Albireo, Lyra's Ring Nebula (M57), Globular Cluster M22 and Pegasus' M15, and more. Clouding/rain cancels. Meet at far end of campground day use parking lot. Kumeyaay Lake Campground, Two Father Junípero Serra Trail, Santee.

San Diego Zoo Food, Wine & Brew Celebration. Sept. 23, 6:30 – 11 pm. www.zoofoodandwine.com

Taste of San Marcos Sat., Sept. 23, 12-4 pm One of San Marcos' largest outdoor food festivals of the year, held at the new North City development located just across from CSUSM campus. 25 restaurants and local beverage establishments. Beer garden of San Marcos' top brewers with prize-winning craft beers, mouth-watering desserts, and live music. Presale tickets are just \$25 in advance or \$30 the day of the event. (760) 744-1270 or sanmarcoschamber.com.

SaltDog Classic Beach Day Festival, Sat, Sept 23, 11am-6pm. \$10. Live bands, water sports, and a beer garden. Proceeds go to non-profit Rollin' from the Heart, providing at-risk and challenged youth opportunities to skateboard, surf, and be outside in nature. Seaside State Beach, 2526 S. Coast Highway 101, Solana Beach

Moon Festival at Balboa Park, Sat, Sept 23, 2-8pm. Free. The sights and sounds of Chinese Moon Festival come alive. Starting at noon: food booth with Moon Cakes, Chinese street food crepes called jianbing, and dumplings. Chinese calligraphy name writing, and information is located on the lawn west of the Organ Pavilion. Evening free show: marching Korean drummers, Chinese acrobatic feasts, dance, and music, lion dancer prancing through the audience. Spreckels Organ Pavilion, 1549 El Prado, Balboa Park.

Bonfire and Music Meetup. Saturdays: Sept 23, Oct 14, Oct 28, Nov 11, Nov 25, Dec 9, Dec 23. 7-11pm. Free. Bonfire and Jammin' on the beach. Sing or play an instrument? Bring it along. Don't play an instrument or sing you can always bring firewood, wine, beer or snacks (alcohol not technically permitted but just use cups and common sense). Otherwise just have a blast jamming on Coronado City Beach. Coronado City Beach, Ocean Boulevard and Marina Ave., Coronado.

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

Vista Viking Festival. Sat-Sun, Sept 23-24. Sat 10-8, Sun 10-6. \$3-\$10. California's premiere Viking Festival and Norse Culture event. Step back a thousand years into the Viking Village and Marketplace. Meet Odin, the Norse Gods, and Vikings and Valkyries of all kinds. Food, live music, from some of the finest celtic/folk/rock bands around Viking combat, merchants, living history village. Local beer and mead

and the Meet the Brewmasters event. Norway Hall, 2006 East Vista Way, Vista, 92084

Pacific Islander Festival. Sat-Sun, Sept 23-24, Sat 8:45am; Sun, 8am. Free. 23rd annual Pacific Islander Festival with over 100 booths from craft and cultural villages to retail, information, and food. Welcome people of all cultures and all areas who have a drive to help preserve the Pacific Islander cultures of the indigenous people of Melanesia, Micronesia, and Polynesia. Ski Beach, Ingraham Street and Vacation Island Road, San Diego, 92109

San Diego Bonsai Club Show. Sat-Sun, Sept 23-24, 10-5. Free. Annual Fall Exhibition and Sale. Demos Sat-Sun 11 a.m. and 1 p.m. Bonsai- and related items will be for sale. Casa del Prado, 1800 El Prado, San Diego

American Hero at New Village Arts Theatre. Sept. 23-10/15 www.newvillagearts.org

Halloween Spooktacular at SeaWorld San Diego. Sept. 23-10/29 www.seaworld.com/san-diego

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

San Diego Restaurant Week. Sept. 24-10/1 www.sandiegorestaurantweek.com

The Voice Season 13 premier on NBC. Sept. 25

Oktoberfest In El Cajon Sept 29-Oct 1 & Oct 6-8. Fridays 4-10, Sat noon-10, Sunday noon-9. Biergarten, live oom-pah band, German food, kids zone. 1017 S. Mollison Ave, El Cajon. www.OktoberfestElCajon.com

Pumpkin Patch at Bates Nut Farm. Sept. 27-10/31 www.batesnutfarm.biz

Art Mart on the Terrace at Oceanside Museum of Art. Sept. 28, 5 – 8 pm. www.oma-online.org/art-mart

San Diego Quilt Show at San Diego Convention Center. Sept. 28-30 www.visitsandiego.com

Sunrise Surprise Stroll at San Diego Zoo. Sept. 30 www.sandiegozoo.org

Boys & Girls Clubs of Carlsbad 36th Annual Gala at Omni La Costa Resort & Spa. Sept. 30, 6 pm. www.bgccarlsbad.org

The Santee VFW Post #9327 & American Legion Post#364 will be open this weekend: Fireball Party Friday Sept. 22, with drink specials & a fire ball basket raffle by American Legion. They will be serving hamburgers and hotdogs with all the fixings from 6-7:30 for a \$6 donation, also karaoke with Steve & Marlene from 7-11. Doors open up at 5pm for cocktails. Saturday Sept. 23 from 5 - ? Our tv's, juke box & lotto machine are all up and running. Sunday Sept 24, 10 am to ? for all day football games and munchies. We are located at 8516 North Magnolia Avenue, Santee 92071. 619-562-4022. Come on by, watch a game or just to see our new home!

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Concerts

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

September

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

Beatriz Adriana. Fri, Sept 22, 7:30pm. Pop. Sycuan Casino Showcase Theatre, 5469 Casino Way, El Cajon. (619) 445-6002.

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

The Beach Boys. Sat, Sept 23, 5:30 & 8:30pm. Pop. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

Janet Jackson. Sat, Sept 23, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.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.

George Thorogood & the Destroyers. Sun, Sept 24, 7pm. Blues/Rock. Viejas Casino Concerts in the Park, 5005 Willows Rd., Alpine. (619) 445-5400.

The Beach Boys. Sun, Sept 24, 7pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345

Gov't Mule. Mon, Sept 25, 7pm. Rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

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

Kim Walker-Smith. Wed, Sept 27, 8pm. Worship. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. www.grove-of-anaheim.com

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

Lee Brice. Thurs, Sept 28, 8pm. Country. Viejas Casino Concerts in the Park, 5005 Willows Rd., Alpine. (619) 445-5400.

Tower of Power and Average White Band. Fri, Sept 29, 7pm. Funk. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497.

Los Tererarios. Fri, Sept 29, 7pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

Eddie Money & Starship. Fri, Sept 29, 8pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345

Hop Heads & Dreads Craft Beer & Reggae Festival. Sat, Sept 30, 2pm. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

Steve Tyrell. Sat, Sept 30, 8pm. Jazz. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345

October

The Shins and Spoon. Sun, Oct 1, 6pm. Alt/Rock. Open Air The-

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

Benise: Spanish Nights. Sun, Oct 1, 7pm. Spanish Guitar. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345

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.

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

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

Dokken. Thurs, Oct 5, 7:30pm. Rock. Sycuan Casino Showcase Theatre, 5469 Casino Way, El Cajon, CA. 92019. (619) 445-6002.

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

Kris Kristofferson. Fri, Oct 6, 8pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345

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

Association & Buckingham. Sat, Oct 7, 8pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345

Olivia Newton-John. Sat, Oct 7, 7:30pm. Starlight Theater, Pala Casino, 11154 Hwy 76, Pala, Ca



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

92059. (877) 946-7252

Roger McGuinn. Sat, Oct 7, 8pm. Folk/Rock. Frontman for the Byrds. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

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.

The Weeknd. Fri, Oct 13, 7:30pm. Honda Center, 2695 E.

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

Bob Dylan. Fri, Oct 13, 9pm. Rock. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

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

Neil Sedaka. Sat, Oct 14, 8pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345

Peter Dinklage. Sun, Oct 15, 7pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345

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

Little Steven and the Disciples

of Soul. Wed, Oct 18, 7:30pm. (Stevie Van Zandt) Blues/Rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

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.

Home Free. Thurs, Oct 19, 8pm. Country. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. www.grove-of-anaheim.com

Lindsey Buckingham & Christine McVie. Thurs, Oct 19, 7:30pm. Pop/Rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497.

Positive Hits Tour. Thurs, Oct 19, 7pm. Pop. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

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. (619) 445-6002.

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

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

Enrique Iglesias & Pitbull. Sat, Oct 21, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714)704-2400 www.hondacenter.com

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