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**See page 4**

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**See page 17**

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AT EASE



FIFTY SEVENTH YEAR NO. 17  
THURSDAY, OCTOBER 19, 2017

## Marines add fourth phase to recruit training

by Sgt. David Staten

WASHINGTON - Recruits arriving at Marine Corps Recruit Depots in late November will be the first to go through an additional period of training, which will be known as fourth phase, designed to better prepare them for success as Marines.

The Marines have reorganized a portion of the current 13-week recruit training to afford drill instructors additional time to mentor and lead new Marines. Among the slight modifications, recruits will tackle the Crucible, the demanding 54-hour challenge, a week earlier and then spend the final two weeks of training as 'Marines'. The Crucible remains the culminating event for recruits as they earn the title 'Marine.'

"Making Marines is one of the most important things that we do," said Gen. Robert Neller, commandant of the Marine Corps. "Earning the title is, and will remain, difficult. Our standards and requirements have not changed but as recruit training evolves we want to ensure we are preparing Marines for success in their follow-on training and service to our great country."

Fourth phase will utilize the six F's of Marine Leader Development framework: Fidelity, Fighter, Fitness, Family, Finances and Future. Marines will be in small groups covering subjects that are critical to success and growth in all aspects of their personal and professional lives.

Neller added that the Corps is seeking more time for these new Marines to get used to the idea that earning the title 'Marine' is just the beginning.

"We thought it was important that the drill instructor, the key figure in the development of these new Marines, had a role to play in the transition," said Neller. "They were their drill instructors, but now they have to be their staff sergeant, their gunnery sergeant and we thought that was very powerful."

"This is a normal evolution of the recruit training experience," said Neller. "We're trying to keep the very best of what we do now [in recruit training] and add something to make it even better."

Recruits at both MCRD Parris Island, S.C., and San Diego will first tackle the fourth phase in early February 2018.

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Destroyer USS John S. McCain departs Singapore on the heavy lift transport MV Treasure Oct. 11. Treasure transported John S. McCain to Fleet Activities Yokosuka for repairs. Navy photo courtesy of the Singapore Ministry of Defense

## Navy completes USS John S McCain transport preparations

WASHINGTON - Navy ocean engineering specialists announced that they had completed preparations to transport USS John S. McCain (DDG 56) to Yokosuka, Japan, for repairs Oct. 11.

The specialists, assigned to Naval Sea Systems Command's Supervisor of Salvage and Diving (SUPSALV), led preparations for ship transport by way of the Merchant Vessel (MV) Treasure following the destroyer's at-sea collision Aug. 21.

"SUPSALV engineers led the design and installation of a temporary hull patch, developed the heavy lift technical plans/logistics and supervised removal of the ship's propeller blades by Navy divers before loading John S. McCain aboard the transport," said Capt. Keith W. Lehnhardt, SUPSALV director of ocean engineering.

Lehnhardt assigned a team of SUPSALV experts to prepare the ship for transport. An underwater ship husbandry operations specialist reviewed the removal of the ship's propeller blades prior to loading onboard MV Treasure. Removal of the propeller blades was necessary to load the destroyer on to the flat deck of the heavy lift ship. Also, a heavy lift/towing engineer, a salvage engineer/naval architect, heavy-lift officers from SUPSALV's naval reserve detachment and a naval architect from the U.K. Ministry of Defence, Salvage and Marine Operations Office led the technical, operational and logistical aspects of the effort. These specialists supervised the development of the complex engineering package and verified proper fabrication and installation of the blocking support structure required to properly load and secure USS John S. McCain aboard MV Treasure.

"Once the team verified USS John S. McCain was properly aligned over the blocking on MV Treasure, approximately eight hours were spent de-ballasting the merchant vessel to lift USS John S. McCain out of the water," added Lehnhardt.

MV Treasure is currently transporting McCain and is expected to arrive in Yokosuka later this month.

## OIR spokesman: ISIS faces devastating defeat on 3rd anniversary of operations

by Terri Moon Cronk

WASHINGTON - The Islamic State of Iraq and Syria is now on the verge of a devastating defeat in Raqqa, Syria, the Combined Joint Task Force Operation Inherent Resolve spokesman said Tuesday.

Speaking to Pentagon reporters via teleconference from Baghdad, Army Col. Ryan S. Dillon called the impending collapse of ISIS in the city it declared the seat of its so-called caliphate "momentous," noting that today is the third anniversary of coalition operations.

Three years ago, the global threat of ISIS was met with a U.S.-led coalition of 69 nations and four international organizations and

see ISIS, page 4

# Multinational mine warfare exercise begins off South Korean coast

BUSAN, South Korea - Maritime forces from the United States and South Korea, together with personnel from United Nations Command Sending State nations, began a multinational mine warfare exercise in waters off South Korea's eastern coast Oct. 15.

Mine countermeasures ship USS *Chief* left here after a short visit to join other participants. Integration procedures began to ensure all exercise participants can work together, officials said.

Over the next week, mine countermeasure ships, aircraft and explosive ordnance personnel will conduct a series of drills meant to practice procedures and tactics to detect and neutralize sea mines to create safe navigation routes. The evolutions are meant to provide increased mine countermeasure interoperability and readiness to respond to a contingency on the Korean Peninsula, officials explained.

"This exercise is an incredible opportunity for our [mine countermeasure] forces and our staff to conduct complex mine countermeasure operations with our much-valued allies and friends in support of the Republic of Korea navy and other nations committed to defending the Korean Peninsula," said Navy Capt.

Jim Miller, commodore of Mine Countermeasures Squadron 7, whose staff will participate in the exercise from Chinhae, South Korea.

Leading up to the exercise, U.S. Naval Forces Korea and the South Korean navy hosted their fourth annual Mine Countermeasures Symposium at the Republic of Korea Fleet Headquarters here Oct. 12-14. The three-day-long exchange was designed to enhance mine countermeasure coordination, training and cooperation and to improve capabilities in mine countermeasures operations.

The relationship between the U.S. and South Korean navies is stronger than it ever has been, said Navy Rear Adm. Brad Cooper, commander of Naval Forces Korea.

"Together, our navies work to strengthen the alliance and relationships we have with the UNC Sending States through engagements like the symposium

that highlight cooperation and interoperability, Cooper said."

In attendance at the symposium were representatives from nine UNC Sending States: Australia, Canada, Japan, New Zealand, the Philippines, South Africa, Thailand, Turkey and the United Kingdom. The UNC Sending States representatives also will observe portions of the exercise.

Participating nations contributing forces to exercise include Canada, the Philippines, South Korea and the United States.



Sailors aboard mine countermeasures ship USS *Warrior* prepare to launch a mine neutralization vehicle during Exercise Foal Eagle, March 23, 2017. Navy photo by Petty Officer 2nd Class Jermaine M. Ralliford

## Navy christens submarine USS South Dakota

WASHINGTON - The Navy christened the future USS South Dakota (SSN 790) Oct. 14, at General Dynamics Electric Boat Shipyard in Groton, Conn.

Governor of South Dakota Dennis Daugaard delivered the ceremony's principal address.

The submarine's sponsor is Deanie Dempsey, wife of the 18th Chairman of the Joint Chiefs of Staff, Gen. Martin Dempsey. The ceremony was highlighted by Deanie Dempsey breaking a bottle of sparkling wine across the bow to formally christen the ship, a time-honored Navy tradition.

"Today's christening of South Dakota brings this submarine one step closer to joining our strong fleet," said Secretary of the Navy Richard V. Spencer. "For decades to come, this boat and the Sailors who will serve on it will stand as a tribute to the patriotic people of South Dakota and a testament to the

value of the partnership between the Department of the Navy and our industry teammates."

South Dakota is the third ship to bear the state's name. The second ship was a battleship that stood as the lead ship of her class and earned 13 battle stars during her extensive service.

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## Mattis highlights working by, with, through allies

by Cheryl Pellerin

WASHINGTON - International military operations for U.S. forces have evolved to work by, with and through, allied nations who join the United States in a range of efforts, including the U.S.-led coalition formed to defeat the Islamic State of Iraq and Syria, Defense Secretary Jim Mattis said last week.

Mattis briefed reporters traveling with him en route to U.S. Central Command in Tampa, Fla. The secretary is on a trip to three military headquarters - Centcom, Special Operations Command and Southern Command - all in south Florida.

This is Mattis' first trip to the headquarters, he said, although he and the combatant commanders there talk every week during video teleconferences and he sees them when they visit the Pentagon.

"By doing this, I close the gap between myself and commanders who have the burden of carrying out policy," Mattis told the reporters. "I get [that information] unfiltered, because we have

more discussion than just weekly reports in video teleconferences. I think what you're going to see in all three of these commands is the way our military ... has evolved, specifically under President Trump, [in working] by, with and through allies."

The number of different country flags flying at each combatant command headquarters represents this evolution, the secretary said.

"You'll see a lot more than the American flag," he added. "For example, when I was in Tampa, I had 67 nations at the Central Command headquarters. Mattis was Centcom commander from August 2010 to March 2013.

"They give a little bit more



Defense Secretary Jim Mattis and the senior enlisted advisor to the chairman of the Joint Chiefs of Staff, Army Command Sgt. Maj. John Troxell, arrive at MacDill Air Force Base in Tampa, Fla.

flesh on the bone to the defeat-ISIS coalition right now," Mattis said, noting that the coalition today includes 69 nations and four international organizations - the Arab League, NATO, the European Union, and Interpol.

Interpol asked what more they could do about ISIS fighters trying to go home, he said. "Interpol is going to have the databases we all feed into so police departments around the world will know where somebody's showing up."

## Coalition monitors military movements near Kirkuk, Pentagon spokesman says

by Terri Moon Cronk

WASHINGTON - Coalition military officials are monitoring military movements near Kirkuk, Iraq, following reports of an incident, Pentagon Director of Press Operations Col. Rob Manning said Monday.

"The coalition is monitoring movements of military vehicles and personnel in the vicinity of Kirkuk, he said. "These movements of military vehicles so

far have been coordinated movements, not attacks."

Coalition forces and advisers are not supporting the activities of Iraqi government or Kurdistan Regional Government forces near Kirkuk, Manning said. "We are aware of reports of a limited exchange of fire during the predawn hours [today], and we believe this to have been an isolated incident," he said of media reports of fighting between Iraqi

and Kurdish fighters.

"We have not seen levels of violence suggested in some media reports," he said, adding that the coalition strongly urges all sides to avoid additional escalatory actions, opposes violence from any party, and urges against destabilizing actions that distract from the fight against ISIS and undermine Iraq's stability.

The U.S. continues to support a unified Iraq, Manning said. "Despite the Kurdistan Regional Government's unfortunate decision to pursue a unilateral referendum, dialogue remains the best option to diffuse ongoing tensions and long-standing issues," he noted.

DoD remains focused on the fight against ISIS, an organization that threatens the states in the region and the international community, Manning said. "We call on all actions in the region to focus on this common threat, and avoid stoking tensions among the Iraqi people. We remain focused on destroying ISIS," he said.

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# Army, Seabees demonstrate underway capabilities

NAVAL BASE VENTURA COUNTY - Naval Base Ventura County hosted its semi-annual Media Day on Oct. 14 with local media and the Ventura County Office of Education to highlight the capabilities of two little known tenants at the base.

Underwater Construction Team Two (UCT-2), a Seabee unit with deep-dive underwater construction capabilities and the Army's 481ST Transportation Company's (481st TC), an Army Reserve transportation unit provided live demonstrations while aboard the Army's Landing Craft Utility (LCU 2000) boat.

NBVC Commanding Officer Capt. Chris Janke welcomed the group and gave an overview of the naval base. UCT-2 commanding officer, Cmdr. Michael Dobling and 481st TC Commanding Officer Capt. Raymond Jorden discussed the roles, mission, and operations of the units then prepared the group to go underway aboard the Army LCU.

Navy divers, Construction Electrician 2nd Class, CE2 (SCW/DV) Gregory Lewis and Builder 2nd Class, BU2 (SCW/DV) Christian Makin, donned wetsuits and dive helmets before stepping off their new 36-foot boat into the port to demonstrate surface supplied dive



**Soldiers and Sailors in an Army landing craft. Official Navy photo**

capabilities. Using this system, construction dive teams can go as deep as 172 feet to conduct inspection, repair, maintenance, and demolition underwater.

UCT-2 maintains capability to support amphibious assault, subsequent combat service support ashore, and self-defense for their camp and facilities under construction. In times of emergency or disaster, UCT-2 conducts disaster control and recovery operations.

"We are constantly recruiting Seabee divers," said Chief Equipment Operator James McVicar. "Once they have completed their Seabee qualifications, they become certified divers. It takes a lot of training to do what we do."

After the divers were safely

back on board and UCT-2's boat had pulled away, 481st TC offloaded two heavy vehicles from their LCU, demonstrating challenges with tie-down and transportation of heavy machinery at sea. The ramp came up, media and education specialists cleared away from fast moving lines, and the LCU 2000 went underway, leaving the port behind. Then the emergency alarm sounded.

Crew members quickly donned fire gear and unfurled fire hoses. Fire suppression is a function frequently drilled while underway. Although surrounded by vast ocean, fire can spread quickly and civilian rescue teams could be hours away. Crew members must be prepared for a quick response to protect the ship, crew and cargo.

## ISIS

continued from page 1

partner forces on the ground, Dillon said. That coalition has beaten back ISIS on all fronts in Iraq and Syria.

"ISIS in Iraq and Syria are all but isolated in their quickly shrinking territory," he said, citing another hard-fought victory in Mosul, Iraq.

Raqqa is now more than 90 percent cleared of ISIS forces, he said.

"Over the past 96 hours, we have seen about 1,300 civilians assisted to safety by the [Syrian Democratic Forces], and just about 3,000 civilians rescued in the last week," he said.

And in the last few days, about 350 fighters surrendered to the SDF in Raqqa, with several confirmed foreign fighters taken into custody after SDF screening, Dillon added.

Clearance of the remaining portion of Raqqa's city center has accelerated after the SDF ensured the safety of civilians, he said, adding that the SDF have moved on the national hospital complex and the soccer stadium.

The SDF also fully cleared the Naim traffic circle, once a symbol of fear and terror



**Army Capt. Ryan Stanfield, a flight nurse, and Sgt. Jared Belisle, a crew chief, both assigned to, Task Force Dragon, pull German soldiers into a Black Hawk helicopter during a coalition medevac and hoist training exercise at Erbil, Iraq. Courtesy photo**

under ISIS, where the enemy organization conducted public executions.

strikes against ISIS military targets in the area, including command-and-control facilities, car-bomb factories, weapons caches and a training camp, he added.

Back-clearance operations are ongoing in areas recently liberated from ISIS.

"In the Tal Afar area, since the beginning of this month, the [Iraqi forces] have found [and] removed large caches of weapons and explosives left behind by ISIS," Dillon said. "These caches contain a total of 550 improvised explosive devices, 1,800 mortars, 25 land mines, 101 suicide vests, 16 tunnels and 11 factories for making IED's."

ity due to fore and aft propulsion. 481st TC conducts disaster control and recovery during times of emergency or disaster.

## Shanahan hosts Vietnam War commemoration

WASHINGTON - Deputy Defense Secretary Patrick Shanahan welcomed the directors of "The Vietnam War" documentary to the Pentagon Tuesday and spoke directly to Vietnam vets as the DoD continued its commemoration of the Vietnam War.

Shanahan thanked directors Ken Burns and Lynn Novick for capturing the stories and histories and sparking "a national conversation" on the war.

The Burns and Novick documentary and the DoD commemoration share the emphasis on the human cost of Vietnam, Shanahan said. "As the years go by, we risk losing touch with the most important aspect of that time or any time: The people - the Americans who put on a uniform, answered the call and sacrificed for our country."

The commemoration event featured about 20 minutes of the Vietnam documentary - showing a battle of the 173rd Airborne Brigade in South Vietnam, bombing raids in North Vietnam and peace protesters marching on the Pentagon. The documentary tried to include all viewpoints and voices from all sides.

"One of the great strengths of our country ... is not just our ability to compromise, but our ability to look at ourselves and be critical of what we're doing," Burns said in a short question-and-answer period following the film. "All of us are the beneficiaries of ... that generation of Vietnam soldiers who came out of that. We learned one lesson from the war: We're not going to blame the warriors again, and that is a really good lesson."

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Rules: Fill out the entry form below and send it to us at: Dispatch Newspaper/Monster Bash, PO Box 600600, San Diego, CA 92160. Entries must be in our office by noon on Wed., Oct. 25, 2017. One entry per family. Must show ID upon pickup. Entries may also be submitted via e-mail to [contest@navydispatch.com](mailto:contest@navydispatch.com), Subj: Monster Bash. Include all information requested below in online entries. Winners notified by telephone.

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## Social Security Matters

by Russell Gloor

### Ask Rusty - Taxing Social Security benefits

*Dear Rusty: My wife started collecting Social Security at her full retirement age of 66. I am 60 and still working, and I think it is unfair that we must add her Social Security earnings to mine when we file taxes. She has also worked some this year. Do we need to add this amount she received to our wages when we file? Signed: Overtaxed*



Dear Overtaxed: We regularly hear from people who, like you, are upset to find that their Social Security benefits can contribute to their tax liability. After all, you paid into Social Security with your taxable earnings so benefits shouldn't be

taxable, right? Well they weren't when Social Security was first enacted in the late 1930's. But way back in 1983 Congress changed that to make up to 50 percent of benefits taxable if your income was over a certain limit, and then in 1993 another income threshold was added to make up to 85 percent of benefits taxable. And yes, since you're married and file jointly all of your combined income, including any earnings either of you have, affects the amount of your Social Security benefits that will be taxable. Without getting into the reasons or fairness, here's how taxing Social Security works:

Social Security uses what's called "provisional income" to determine if your benefits are taxable. Provisional income includes the Adjusted Gross Income (AGI) amount on your tax return, with certain deductions (i.e., tax-exempt interest) and any non-taxable income added back in, plus 50 percent of your total Social Security benefit - in other words your total gross income plus half of your total annual Social Security benefit. If your provisional income exceeds certain levels, a portion of your Social Security becomes taxable income; if it doesn't exceed those limits your benefits aren't taxable.

The income levels to determine tax liability are different depending upon whether your tax filing status is "single" or "married filing jointly". Single people with provisional income of \$25,000 or less and married couples filing jointly with provisional income of \$32,000 or less pay no income taxes on their benefits. For single people with provisional income between \$25,000 and \$34,000 and married people with provisional income between \$32,000 and \$44,000, up to 50 percent of their benefits are taxable. And for those over those income thresholds, up to 85 percent of benefits are taxable.

If there's any good news in this, it's that only your gross income in excess of those thresholds count when computing the amount of your Social Security that is taxable. Take, for example, a couple whose total provisional income is \$60,000, about \$15,000 of which is one half of their total combined

Social Security benefits. Zero percent of the first \$32,000 of provisional income is taxable; 50 percent of the income between \$32,000 and \$44,000 (\$12,000) is taxable; and 85 percent of the provisional income over \$44,000 is taxable. So to do the math for this example: 0 percent of the first \$32,000 is taxable Social Security income; 50 percent of the income between \$32,000-\$44,000 is taxable Social Security income (50 percent of \$12,000 equals \$6,000); 85 percent of the income amount over \$44,000 is taxable Social

see Matters, page 11

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## Defense Authorization Bill update

FLEET RESERVE ASSOCIATION - Recently the chairmen and ranking members of the House and Senate Armed Services Committees - known as the Big Four - recently met to discuss moving forward on the FY2018 Defense Authorization bill (H.R. 2810).

In addition, FRA is urging Congress to exclude Defense

from sequestration. Budget cuts mandated by the Budget Control Act of 2011 pose a threat to national security and will substantially impact member's pay and benefits. These automatic cuts, known as sequestration, require that 50 percent come from Defense even though Defense spending makes up only

16 percent of the total federal budget.

FRA members are strongly urged to use the FRA Action Center to urge their legislators to exclude Defense from sequestration and oppose onerous Senate provisions before it's too late.

### Modest cost of living adjustment increase



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## DoD announces policies affecting foreign nationals entering military

The Defense Department is releasing two policies that will affect foreign nationals entering the military or who are already in the military, Stephanie Miller, DoD's chief of accessions, said today.

The changes will affect the MAVNI pilot program -- the acronym stands for Military Accessions Vital to National Interest -- and green card holders seeking to enter the military. A green card is a permanent residency document for the United States.

The changes place "the highest emphasis on security and suitability screening with all current and prospective service members, as well as the value of military service, in receiving U.S. citizenship," Miller said.

One policy change is to the initial security and suitability screening for green card holders. "Effective immediately, all green card holders must complete a background investigation and receive a favorable military suitability determination prior to entering any component of the armed forces," Miller said in an interview.

Previously, green card holders could ship to basic military

training as long as background investigations were initiated. Green card holders go through the same check as American citizens.

The change will mean that green card holders entering the military may be in the delayed entry program longer than in the past, due to a backlog for security clearances at the Office of Personnel Management, OPM officials said.

The clearance procedure could take up to a year.

The second change affects those in the MAVNI program and green card holders. "We're establishing a qualifying service standard for the purposes of rendering honorable service determination for foreign nationals so they can pursue expedited U.S. citizenship," Miller said.

All service members receive a characterization of service after serving 180 days. "In order for foreign nationals to achieve expedited citizenship on the basis of their military service, they must receive an honorable service recommendation," Miller said. The practice of the department had been to grant

that determination after "as little a few days in boot camp," she added.

The new policy aligns the requirement of honorable service with that for U.S. citizens. "We will not grant a characterization of service until 180 days," Miller said. "It doesn't make a whole lot of sense for us to wait to give a characterization of service for everybody else at 180 days, but for non-U.S. citizens, we would be granting a characterization

well short of 180 days."

So, like U.S. citizens, foreign nationals must complete basic military training and serve to 180 days for a characterization of service determination.

Those in the reserve components must finish basic military training and have one satisfactory federal year. "The individual drilled successfully, he achieved all of his points, he did his two weeks of annual training and

achieved one good federal year," Miller explained. "At that time, the department would render that person's service as honorable, and then the department would sign the form that he would include in the information packet for U.S. Citizenship and Immigration Services."

This affects some personnel in the service now who received certification before their security screenings were completed. The department is nullifying those certifications, and will recertify once the investigations are successfully completed, Miller said.

## INTERPERSONAL EDGE: Become the goose that lays golden eggs

by Dr. Daneen Skube

Q. Why is life and work so hard? I've made extreme efforts to be smart and productive, and if anything the problems I face at work are more complex. I thought by the time I was in my 50s I'd be on easy street. Instead, I go to work each week feeling the mountain I am climbing is steeper. What am I doing wrong?

A. You aren't doing anything wrong. Life is simply a problem-generating machine. You can do two things that will help enormously: Stop framing the fact you have problems as proof of a fatal flaw, and work harder at

learning problem solving rather than thinking that avoiding problems is a sign of success.

New clients often come to me embarrassed about their problems. One of the first benefits I offer them is validation. To have problems is human; to solve them, well, feels divine.

Most of what I teach in both my corporate and therapy work is effective problem solving. There really is a set of skills, capacities and strategies that allow us to respond well to the increasingly complex problems we face.

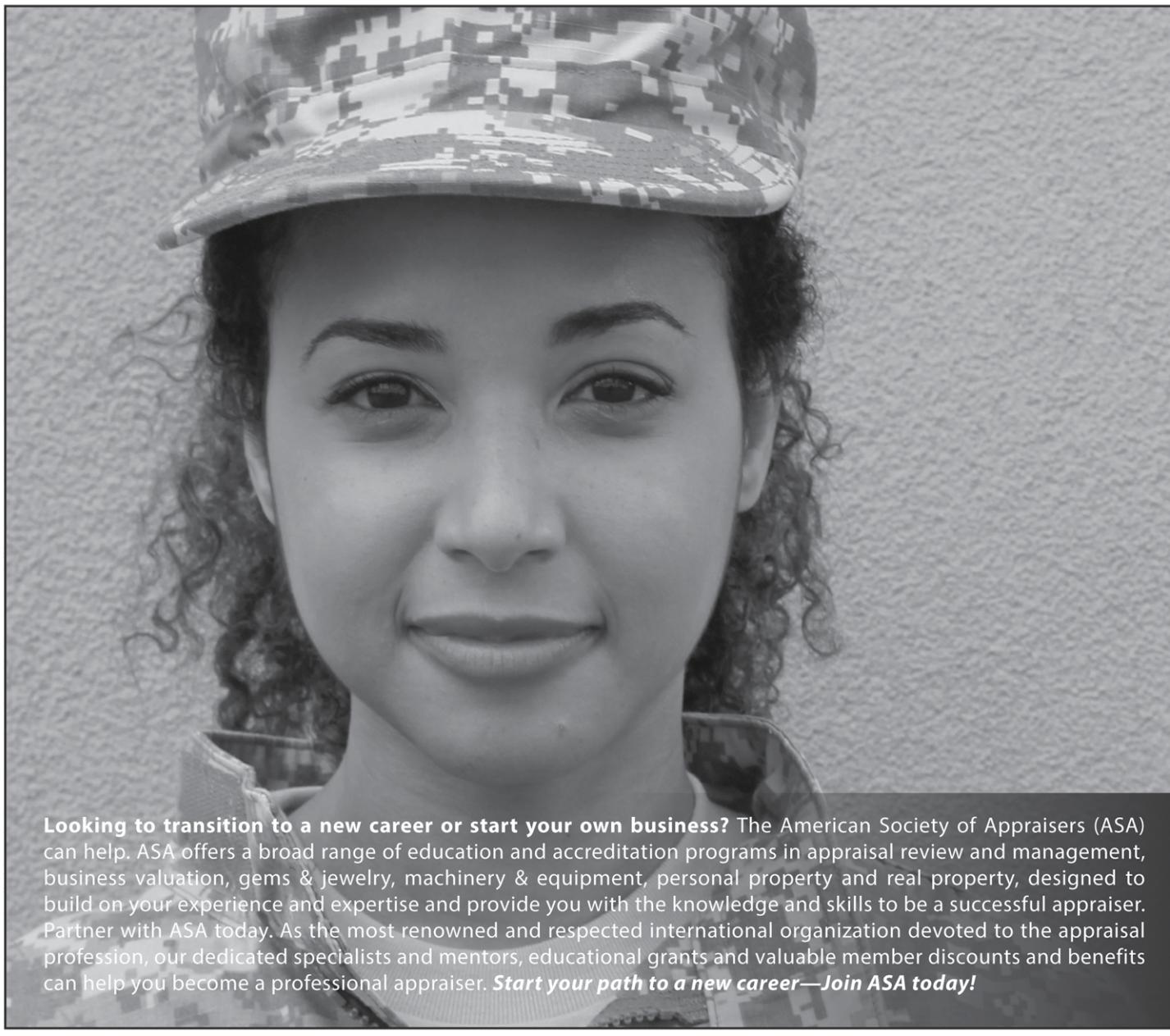
For readers in their 20s, the

problems you have now will be the simplest problems you'll ever have in your life. Rather than just struggling with the problem, focus instead on the process you are using to solve the problem.

Here's a partial outline of effective problem solving:

- Stop beating yourself up or judging yourself about problems.
- Notice the meaning you are making about the problem.
- Notice there is a difference between the meaning you are making and the actual problem.
- Tackle the problem by getting data and influencing out-

SEE Edge, page 8



**Looking to transition to a new career or start your own business?** The American Society of Appraisers (ASA) can help. ASA offers a broad range of education and accreditation programs in appraisal review and management, business valuation, gems & jewelry, machinery & equipment, personal property and real property, designed to build on your experience and expertise and provide you with the knowledge and skills to be a successful appraiser. Partner with ASA today. As the most renowned and respected international organization devoted to the appraisal profession, our dedicated specialists and mentors, educational grants and valuable member discounts and benefits can help you become a professional appraiser. **Start your path to a new career—Join ASA today!**

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# On Base & On Board

**San Diego Metro MWRUpcycle Night: Hanging Herb Garden** Thursday, Oct. 19, 6 pm, \$10 NBPL, Main Base, The Clubhouse, Bldg. 546 This class teaches you how to make your own hanging herb garden. You'll use and admire your creation for years to come! Cost includes supplies and instruction. Registration required: 619-553-9138

**Scotty's Scare Trail** Friday, Oct. 20, 6:30-9:30 pm, \$15 San Diego's newest "must see" scare trail in a real abandoned amusement park will leave you begging to go again! Pick up your ticket, directions to the trail and FREE glow necklace while supplies last. Registration required: NBC 619-437-3190, NBPL 619-553-9138, NBSD 619-556-9597

**Pink & Purple Kickball Tournament** Friday, Oct. 20, 10 am-1 pm, FREE NASNI, VADM Martin Fitness Center, Bldg. 1507 We have all the supplies needed to deck your team out in pink and purple so you can give breast cancer and domestic violence a kick! Trophies await the top two teams! Come out to show your support and leave a message on the Pink & Purple "Canvas for Life." Info: 619-545-2876 or 619-437-3190 Register online: [www.navylifesw.com](http://www.navylifesw.com)

**Naval base San Diego Trick or Treat Family Festival** Saturday, Oct. 21, 11 am-3pm NBSD, Admiral Prout Field Bring your family and friends! Come in costume and guide your children through the Trick or Treat Trail.

**Costume parade at 2 pm (ages 2-12)** Carnival rides Live entertainment One free pumpkin per child (while supplies last) Don't forget to register to show your car! All-Hands Car Show. For more information, call: 619-556-7444

**Temecula Valley Wine Tour** Saturday, Oct. 21, \$45 (21 yrs. +) Price includes transportation, three winery experiences, including an educational winery tour, plus snacks and beverages on the bus. Pick up locations: 9 am Silver Strand Youth Center/9:30 am Admiral Baker Picnic Area. Registration required: 619-437-3190 or 619-545-9576

**Home Depot DIY Class** Saturday, Oct. 21, 11 am, \$10 NBPL, Main Base, The Clubhouse, Bldg. 546 Join us and the amazing staff from Home Depot as we make a Pinterest inspired project! Cost includes instruction and supplies. Registration required: 619-553-9138

**Cake Pops** Thursday, Oct. 26, 6 pm, \$10 NBSD Waterfront Community Recreation Center Want to learn how to make yummy cake pops! We have you covered; plus everyone takes home their



own creation. Info: 619-556-9597 | Register online: [www.navylifesw.com](http://www.navylifesw.com)

## HAPPENINGS LISTED FROM PREVIOUS ISSUES.... GOLF

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

**Tee Time Golf Specials** Pre-book tee times Monday-Thursday 9:30 am-1 pm for two golfers with cart and save \$3 on each golfer. Book your tee time using Promo Code: WW2WC. Not valid with any other promotions. Book online at [www.navylifesw.com](http://www.navylifesw.com) or call Admiral Baker Golf Course at 619-487-0090 and Sea 'N Air Golf Course at 619-545-9659.

**Junior Golf Clinics** Every Saturday • 10-11 am • \$20 Kid's 6-17 years, learn fundamentals, etiquette and golf rules in a fun,

friendly environment. For more details contact the Naval Base Golf Performance Center at 619-556-7502 or Sea 'N Air Golf Course at 619-545-9659.

## BOWLING

**Oct. Demo Equipment Blowout** Get your best deals on slightly used demo metals and irons at Admiral Baker and Sea 'N Air During the month of Oct..

**Youth Bowling League**, NASNI Saturdays, Starting Oct 4, 10:30 am First day meeting Saturday, Oct 7 at 10 am

**Have-A-Ball League** Sundays, Starting Sep 24, 5:30 pm Bowl 16 weeks and receive a NEW bowling ball. Sea 'N Air Lanes, NASNI.

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

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

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

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

**2017 Third Thursday Oct MWR Golf Team Event** Happy Hour check-in at 3:30-4:30 pm, 4:30 pm shot gun start, \$35 per player Enjoy a 9-Hole team format playing South Course. Food and beverage follow the event with awards and prizes. Sign up: Call Admiral Baker Golf Shop at 619-487-0010

## LIBERTY

**Intro to Sailing** Friday, Oct. 20 • 12-4 pm • FREE Info: 619-545-3331

**Recycle Day** Friday, Oct. 20 • 1 pm • FREE Create something beautiful out of a water bottle. The most creative wins a dinner on us! Info: 619-532-8909

**Liberty Ice Cream Social** Friday, Oct. 20 • All Day • FREE Start your weekend off with a cool treat! Flavors and toppings to share. Info: 619-437-3190

**KNOTT'S SCARY FARM**  
Sept 21-Oct 31 | #SCARYFARM

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at your Military Ticket Office**

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THURSDAY, OCTOBER 19, 2017 [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com)

## Football parents guilty of excessive celebration



by Lisa Smith Molinari

Ever since our kids' peewee soccer days, my husband, Francis, and I have loved watching them play sports. Despite their average athletic skills, we planned our entire week around a Friday night football game, a Saturday morning cross country meet, or a Wednesday afternoon tennis match. We wore spirit wear, baked cookies, volunteered, and bellowed chants.

Some might label us as doting parents; others might say we need to get out more.

Regardless, I must admit, there have been times when our enthusiasm for our children's competitions has gotten us into trouble. Each sport has its own unwritten rules governing the behavior of spectators, and problems can arise when parents don't conform to the unique standards for each sport. For example, our son played high school football at three different high schools. By the time he went off to college, we had mastered football's spectator rules.

On Friday nights, we proudly wore our 100% nylon mesh replica jerseys, emblazoned with

our son's number. We never ate before the game, preferring to get dinner from the concession stand, where a balanced game night meal consisted of a hot dog (protein), chips with nacho cheese (dairy), and ketchup (vegetable). A blue raspberry Sno Kone rounded out the meal (fruit). Once seated in the bleachers, we tried to resist aerobic activity, other than arm flailing and strolling to the restroom at halftime.

sit on -- just hoards of leggy teenagers milling about on tarps in a grass field. We couldn't help but notice the absence of foam fingers and tacky nylon mesh. The other parents looked like runners too, wearing trendy, moisture-wicking spandex and micro-fleece sportswear. We heard no cowbells or air horns -- only two-finger golf clapping and the faint tweet of birds in the distance. We could smell no grilled pork products or locker

along.

The jog led us to our next observation point, where Francis and I breathlessly yelled, flailed and gestured, "Hey, that's our kid! C'mon Sweetie! Make 'em eat your dust!" The looks on the other parents' faces made it clear that our exuberance was not appreciated.

After two more sprints to observation points, the race was over, and we found ourselves two-finger golf clapping with everyone else. All that sprinting left Francis and I famished and in search of the nearest deep-fat fryer. But the only food available was granola bars, and unfortunately, they were for the team.

### the meat and potatoes of life

room odors -- only fresh air and a hint of cappuccino.

We never felt more lost and alone.

We heard the crack of a starting pistol, and suddenly, our daughter whizzed by us, among the pack. No sooner did the runners pass, than the crowd of parents started sprinting through a trail in the woods. We weren't sure if there was a grizzly bear attacking us, or a clearance sale at Pottery Barn, but we followed

On the way home, while waiting in the drive-thru for a #7-With-Bacon-Go-Large, I realized that we'd learned valuable lessons about becoming cross-country parents: First, spectating the sport requires either an all terrain vehicle with GPS navigation, or a personal defibrillator. Second, until someone starts deep-frying granola, one should keep a bag of Funions and a six-pack of Mountain Dew in the glove box to combat hunger.

### Edge

**continued from page 6**

When my clients engage in the latter behavior, I jokingly chide them saying, "Whose side are you on here?" In the workplace, if you wait for someone on a white horse to hand you your goals, you'll be waiting a long time. Instead, you must become the person on the white horse for yourself!

Imagine that by improving your problem-solving processes you might jump out of bed on a future Monday thinking, "Oh boy, today is another day I get to be challenged to solve complicated problems." If you start today to focus not just on a single problem but improving the process you use to solve all problems, there is no challenge you won't overcome.

Consider the fairy tale about the goose that laid golden eggs. Both the giant in the story and the hero of the story wanted to capture that golden goose. Why? Because the goose was the source of the eggs, and the owner of the goose got the eggs. By focusing on learning to solve problems effectively, you become the goose and the golden eggs you lay will be creative solutions, no matter how complicated the problem.

Q. In my workplace I've seen more immature behavior this last year than I can shake a stick at. Is there a reason so many people act like babies?

A. Yes, many people simply grow old but never do the work to grow up. Here's what you can influence: If there are many babies in the room, you can choose not to be one of them.

Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" (Hay House, 2006). You can contact Dr. Skube at [www.interpersonaledge.com](http://www.interpersonaledge.com) or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.

## Navy League seeks nominations for SD Sea Services Spouse of Year Award

The San Diego Navy League is now accepting applications for the 8th Annual San Diego Sea Services Spouse of the Year Awards 2017.

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.

The awards ceremony will take place on Nov. 30 at 11 a.m. on board Naval Air Station North Island at Quarters 'A' 5 Maxfield Boulevard, San Diego.

The awards program will recognize the exemplary performance

of active duty military spouses from the Navy, Marine Corps and Coast Guard residing in the San Diego County. Candidates will be judged on their commitment to patriotism and family life. Particular attention will be paid to each nominee's selflessness in the military community. Consideration in selecting the winner will include impact in the community, volunteerism, personal achievement, education, career pursuits and other spouse-related efforts.

For nomination procedures and application, please click on the link. For further information, please feel free to contact Lorraine Santirosa at (619) 248-5484 or email at [Lorraine@Santirosa.com](mailto:Lorraine@Santirosa.com).

## Places of Worship

### Bayview Baptist Church

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

### Canyon View Church of Christ

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

### Christ Community Church

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

### City of Faith Family Worship Center

6265 University Avenue, San Diego CA 92115, (619) 265-2921  
[www.cityoffaithFWC.org](http://www.cityoffaithFWC.org)  
Join us on Sunday for Christian Education 9am, Morning Worship at 10 am  
Wednesday - Bible Study 7pm - 8 pm

### City of Praise

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

### First Baptist Church

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

### First Church of Christ, Scientist, Chula Vista

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

### Lighthouse Baptist Church

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

### Lakeside Community Presbyterian Church

"Where the Word of God is Living and Active"  
Sunday Worship at 9:30 AM  
Sunday School for all ages at 11AM  
Enrollment in our Preschool currently available.  
9908 Channel Road (One Block North of Woodside)  
Lakeside, CA 92040 (619) 443-1021  
[www.lakesidepc.org](http://www.lakesidepc.org)

### Mesa View Baptist Church

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

### Mt. Moriah Christian Church

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

### S t. Luke's Lutheran Church

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

## About Your Health

# Will you be able to afford an unexpected health crisis?

**(StatePoint)** Young people may not give much thought to the cost of an unexpected crisis, particularly when it comes to serious accidents or illnesses. Should an emergency occur, you don't want to be caught off guard and have to cut back on other essentials or miss out on those special experiences that bring a smile to your face.

Here are three things from Aflac that everyone, but particularly young adults, should consider:

**1.** Know what your insurance covers. As the cost of health care continues to shift to employees, it's important for young adults to understand what their health coverage does and doesn't cover. Keep in mind that major medical may not cover everything, so read the terms of your policy to get a better understanding and help prevent surprises down the road.

**2.** Consider your expenses. Today, many Americans rely heavily on technology to manage and enjoy their day-to-day lives. This is especially true of younger generations that use



cellphones for everything from entertainment and navigation to maintaining their health and wellness with fitness and recipe apps.

Many people are caught by surprise after a serious accident or illness and end up using their "digital fund" to help pay

for bills that would otherwise set them back financially — meaning they may cancel TV subscriptions, smartphone data plans, cable, internet and music-streaming subscriptions. Being prepared for these situations can help you stay connected, no matter what comes your way. That said, it is helpful to know

### Consider your expenses

which of these services are most meaningful to you so that you will know where to cut the cord if need be.

**3.** Be extra protected. Even if you have standard health insurance, you may want to consider adding an additional level of

financial protection by opting for voluntary insurance. Such benefits options can help foot the bills associated with an illness or accident. For example, the supplemental insurance offered by Aflac can pay policyholders cash on eligible claims. Coverage for this insurance, available

nationwide, is underwritten by American Family Life Assurance Company of Columbus or New York. Having supplemental insurance can make it easier to stay on top of payments for subscription services, memberships and experiences that help you live life to the fullest.



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

Thursday, October 19  
5:00 pm Moana (G) 109 min.

Friday, October 20  
5:00 pm Spider-Man: Homecoming (PG-13) 134 min.

Saturday, October 21  
5:00 pm Wish Upon (PG-13) 90 min.

Sunday, October 22  
5:00 pm Big Hero 6 (PG) 108 min.

Thursday, October 26  
5:00 pm The Jungle Book (PG) 106 min.



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

Thursday, October 19  
1:00 am Paddington (PG) 95 min.  
5:00 pm Crimson Tide (R) 116 min.

Friday, October 20  
5:00 pm Girls Trip (R) 122 min.

Saturday, October 21  
2:00 pm Spider-Man: Homecoming (PG-13) 134 min.  
5:00 pm Valerian and the City of a Thousand Planets (PG-13) 129 min.

Sunday, October 22  
5:00 pm The Legend of Tarzan (PG-13) 110 min.

Monday, October 23  
5:00 pm The Hobbit: An Unexpected Journey (PG-13) 169 min.

Tuesday, October 24  
11:00 am Big Hero 6 (PG) 108 min.  
5:00 pm The Boy in the Striped Pajamas (PG-13) 94 min.

Wednesday, October 25  
5:00 pm Coneheads (PG) 88 min.

Thursday, October 26  
11:00 am Penguins of Madagascar (PG) 92 min.  
5:00 pm Incarnate (PG-13) 91 min.



**Rated: (R)**  
**Length: 2h 1 min**  
**Drama Horror Mystery**

**Director:**  
**Darren Aronofsky**

**Writer:**  
**Darren Aronofsky**

**Stars:**  
**Jennifer Lawrence, Javier Bardem, Ed Harris**

**Synopsis: A couple's relationship is tested when uninvited guests arrive at their home, disrupting their tranquil existence.**

## MOVIES at the Bases



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

Thursday, October 19  
5:40 pm It (R) 135 min.  
8:10 pm American Assassin (R) 111 min.

Friday, October 20  
5:50 pm Kingsman: The Golden Circle (R) 141 min.  
8:30 pm American Assassin (R) 111 min.

Saturday, October 21  
12:50 pm The LEGO Ninjago Movie (PG) 120 min.  
3:10 pm The LEGO Ninjago Movie – 3D (PG) 120 min.  
6:00 pm Kingsman: The Golden Circle (R) 141 min.  
8:50 pm Mother! (R) 121 min.

Sunday, October 22  
12:50 pm The LEGO Ninjago Movie (PG) 120 min.  
3:10 pm Home Again (PG-13) 97 min.  
5:50 pm The LEGO Ninjago Movie – 3D (PG) 120 min.  
8:10 pm Kingsman: The Golden Circle (R) 135 min.

Monday, October 23  
5:50 pm Home Again (PG-13) 97 min.  
7:50 pm Kingsman: The Golden Circle (R) 141 min.

Tuesday, October 24  
5:50 pm The LEGO Ninjago Movie (PG) 120 min.  
8:10 pm American Assassin (R) 111 min.

Wednesday, October 25  
5:50 pm Home Again (PG-13) 97 min.  
7:50 pm Kingsman: The Golden Circle (R) 141 min.

Thursday, October 26  
5:50 pm The LEGO Ninjago Movie (PG) 120 min.  
8:10 pm American Assassin (R) 111 min.

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

Thursday, October 19  
6:00 pm Leap! (PG) 89 min.\*  
8:00 pm It (R) 135 min.



Friday, October 20  
5:50 pm The LEGO Ninjago Movie (PG) 120 min.  
8:20 pm Kingsman: The Golden Circle (R) 141 min.

Saturday, October 21  
12:50 pm The LEGO Ninjago Movie (PG) 120 min.  
3:10 pm Kingsman: The Golden Circle (R) 141 min.  
6:00 pm The LEGO Ninjago Movie (PG) 120 min.  
8:20 pm It (R) 135 min.

Sunday, October 22  
1:00 pm The LEGO Ninjago Movie (PG) 120 min.  
3:20 pm Kingsman: The Golden Circle (R) 141 min.  
6:10 pm American Assassin (R) 111 min.  
8:20 pm Kingsman: The Golden Circle (R) 141 min.

Monday, October 23  
5:50 pm The LEGO Ninjago Movie (PG) 120 min.  
8:10 pm Kingsman: The Golden Circle (R) 141 min.

Tuesday, October 24  
5:50 pm Kingsman: The Golden Circle (R) 141 min.  
8:30 pm It (R) 135 min.

Wednesday, October 25  
5:50 pm The LEGO Ninjago Movie (PG) 120 min.  
8:20 pm Home Again (PG-13) 97 min.

Thursday, October 26  
6:00 pm Home Again (PG-13) 97 min.  
8:00 pm Kingsman: The Golden Circle (R) 141 min.

**Leap!** **Genre: Animation, Adventure, 89 min.**  
**Comedy Cast: Voices of Elle Fanning, Dane DeHaan, Carly Rae Jepsen, Maddie Ziegler and Joe Sheridan**

**Synopsis: An orphan girl dreams of becoming a ballerina and flees her rural Brittany for Paris, where she passes for someone else and accedes to the position of pupil at the Grand Opera house. Rated: "PG" for some impolite humor, and action.**

## Sweetwater High receives grant to implement STEM

by Kara McDermott

SAN DIEGO - In conjunction with the start of the Fleet Week San Diego, the Sweetwater Union High School District was presented with an \$8.5 million Department of Defense grant to begin implementation of the National Math and Science Initiative (NMSI) College Readiness Program in 10 high schools to support student's interest in science, technology, engineering and math, or STEM.

The presentation took place at the Broadway Pier on October 12 as part of Navy Week San Diego.

Rear Adm. Carl Chebi, the Navy's Program Executive Officer for command, control, communications, computers and intelligence (C4I) was on hand to provide remarks about the importance of a solid base of STEM education for the nation's youth.

Chebi spoke about his career, noting that at the center of all his experiences and opportunities was the STEM education

that he received in high school and college.

"It is so important to ensure our military families have access to high-quality education such as STEM and Advanced Placement courses. My kids have been fortunate to be able to participate in both the STEM and Advanced placement programs throughout their school years, and for that, I am truly grateful," said Chebi.

The DoD and the Department of the Navy have a vested interest in mentoring the next generation of scientists and engineers. The Navy employs more than 100,000 civilian and military scientists, engineers and technicians in STEM-related fields and the technologies Sailors work with today and will work with in the future drives the need for a force well-founded in STEM education.

"In the Navy, we work from the depths of the ocean to the limits of space - and everywhere in between. Science, technology, engineering, and math are all vital components of the work we do and critical to our continued

success," said Chebi. "The Navy really cares about STEM, and more importantly, about growing the next generation of leaders."

NMSI works to expand access to challenging coursework and improve student achievement through programs and partnerships with schools and districts nationwide. They provide training and support for teachers and give students the resources they need to develop and demonstrate knowledge and skills that will propel them throughout their lives.

The College Readiness Program increases the number of students taking and excelling in college-level math, science and English classes, with an emphasis on increasing access and achievement among traditionally underrepresented students.

NMSI has been formally serving the schools educating the children of uniformed active-duty military personnel since 2010 and the College Readiness Program has been implemented in 217 military-connected high schools across 31 states, serving 93 installations and all four military services.

"Our nation's military leaders tell us quality education is a principal concern for all military families and the availability of that education often drives the

decision to accept new assignments or remain in the service. We owe these children the finest education opportunities we can possibly provide," said NMSI president, Gregg Fleisher.

Also a part of Fleet Week San Diego is the "Innovation Zone." This space will host a combination of STEM and high-tech focused displays geared to attract students, service members, their families, and the public. There will be numerous vendor booths and interactive displays focused on new and emerging technologies to encourage participation in STEM education programs.

Space and Naval Systems Warfare Systems Command (SPAWAR) Systems Center Pacific will be there to facilitate a number of activities and experiments focusing on foundational STEM concepts. They will also showcase their augmented and virtual reality technologies with hands on demonstrations.

"This is our third year participating in Fleet Week," said Ahn Nuzen, SSC Pacific STEM coordinator. "Fleet Week provides the perfect opportunity for us to interact with students from all over San Diego, especially those from military families. Our goal is to encourage the study of science, technology, engineering and math and show how those fields can be applied to future employment."



**A KC-130J Hercules with Marine Aerial Refueler Transport Squadron 352 arrives at Marine Corps Air Station Miramar, Calif., Oct. 7. For eight days, Marines with VMGR-352 participated in a humanitarian aid mission and helped victims of Hurricane Maria in Puerto Rico. Official Marine Corps photo**

## 3rd MAW supports Puerto Rico: 'Raiders' soar to the rescue

by Cpl. Jake McClung

MCAS MIRAMAR - In the wake of Hurricane Maria, the 3rd Marine Aircraft Wing sent 12 Marines and two KC-130J Super Hercules from Marine Aerial Refueler Transport Squadron (VMGR) 352 to deliver 60,000 pounds of food and supplies to the community of Puerto Rico, Sept. 29 to Oct. 7.

Maria made landfall Sept. 20 as a category four hurricane leaving over 3,000,000 residents without power or a way to evacuate, said Capt. Kellen Crawford, a KC-130J Super Hercules

pilot with VMGR-352.

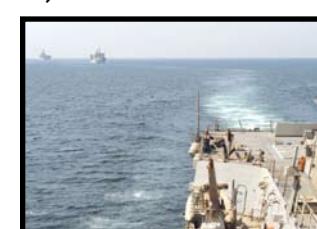
In times of crisis or disasters, it is important for every component of the Marine Corps to come together and assist with humanitarian relief efforts such as this, said Crawford.

"Working together is what the Marine Corps is all about," said Sgt. Randon Navarro, a crew master with VMGR-352. "The tip of the spear is not always with the infantry because our mission sets are all different, but whatever it is we will all come together to help drive it."

## Howard escorts America, UK's Fort Rosalie

by MC2 Tyler Preston

ARABIAN GULF - Destroyer USS *Howard* (DDG 83) escorted the amphibious assault ship USS *America* (LHA 6) and the British Royal Fleet Auxiliary fleet replenishment ship Fort Rosalie (A385) through the Bab-el-Mandeb Strait, Oct. 12.



**Destroyer USS Howard escorts ships through the Bab-el-Mandeb Strait. photo by MC2 Tyler Preston**

"The Bab el-Mandeb Straight is a significant trade route and our presence here helps promote the free flow of commerce in the region," said Cmdr. Ryan Billington, commanding officer aboard *Howard*. "This transit helps show our continued commitment to regional and partner nations here."

*Howard* and *America* are deployed in the 5th Fleet area of operations conducting maritime security operations to reassure allies and partners, preserving freedom of navigation and maintaining the free flow of commerce.

*Howard* is part of Carrier Strike Group 11 along with *Shoup* (DDG 86), *Pinckney* (DDG 91) and *Kidd* (DDG 100) and *Lake Erie* (CG 70) and *Princeton* (CG 59).

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**BAB EL MANDEB STRAIT**  
 (Oct. 2, 2017) - Operations Specialist 3rd Class Jasmine Chavis, assigned to USS America (LHA 6), mans a radar terminal in the combat information center. Navy photo by MCSN Vance Hand



**PACIFIC OCEAN** (Oct. 11, 2017) - Sailors move an F/A-18E Super Hornet assigned to the Stingers of Strike Fighter Attack Squadron (VFA) 113 onto an aircraft elevator aboard USS Theodore Roosevelt (CVN 71). Theodore Roosevelt departed San Diego for a scheduled deployment Oct. 6. Navy photo by MC3 Rachael Treon



**PACIFIC OCEAN** (Oct. 11, 2017) - Sailors participate in a small-arms gun qualification aboard USS Theodore Roosevelt (CVN 71). Navy photo by MC3 Rachael Treon

**BAB EL MANDEB STRAIT** (Oct. 1, 2017) - Quartermaster 2nd Class Taylor Nichols, assigned to USS America, uses a sexton on the weather deck to plot the ship's course during a transit through the Bab El Mandeb Strait. America is the flagship of its amphibious ready group, which is deployed to the 5th Fleet. Navy photo by MCSN Vance Hand



## Matters

continued from page 5

(85 percent of \$16,000 equals \$13,600)

These three segments are added together to compute your taxable Social Security income. In this example for a married couple with \$60,000 in provisional income, \$0+\$6000+\$13600 equals \$19,600 in taxable Social Security income. In other words, \$19,600 of their total \$30,000 Social Security benefit is taxable (about 65 percent in this example).

So yes, adding Social Security income to your wages

can have tax implications but it is the current law. Although there are active proposals in Congress to eliminate taxing of Social Security benefits, none have gained enough traction to predict success. For this reason, you should always consult with a Tax Advisor whenever any additional income might increase your tax liability.

Russell Gloor is a certified Social Security Advisor with the Association of Mature American Citizens. The information presented in this article is intended for general information purposes only. The opinions and interpretations expressed are the viewpoints of the AMAC Foundation's

Social Security Advisory staff, trained and accredited under the National Social Security Advisors program of the National Social Security Association, LLC (NSSA). NSSA, the AMAC Foundation, and the Foundation's Social Security Advisors are not affiliated with or endorsed by the United States Government, the Social Security Administration, or any other state government. Furthermore, the AMAC Foundation and its staff do not provide legal or accounting services. The Foundation welcomes questions from readers regarding Social Security issues. To submit a request, contact the Foundation at info@amac-foundation.org.



# 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](http://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](http://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](http://www.carforacause.com)

# USS San Diego arrives in Souda Bay, Greece

By MC3 Justin Schoenberger  
Souda Bay, Greece - Amphibious transport dock ship USS *San Diego* and embarked Marines with the 15th Marine Expeditionary Unit (MEU) arrived here Oct. 15, for a scheduled port visit.

The visit is part of San Diego's planned mid-deployment voyage repair maintenance stop, and serves as an opportunity for the ship's embarked Sailors and Marines to experience Souda Bay.

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"We have been underway for a while," said Capt. Pete Collins, commanding officer of *San Diego*. "Pulling in is a great way to relieve some stress and fatigue that some Sailors might be feeling at this point of our deployment."

*San Diego* arrived in Souda Bay after three-and-a-half months of its deployment. Mid-deployment voyage repairs are used to complete repairs and maintenance to ensure the ship continues to be

ready for the remainder of its deployment and its mission.

"It's very necessary for us to pull in and take care of our mid-deployment voyage repair," said Collins. "We want to make sure that we are making the most of where we are and maintaining our capabilities and operational impact."

Sailors and Marines aboard *San Diego* will also have the opportunity to participate in recreational activities in Souda Bay and surrounding areas to include: a tour to the famous Minoan Palace of Knossos, a shopping tour of the city's leather district, a tour inside the cellars of a 100-year-old traditional wine factory, and a hiking trip through many of the villages in the area.

"I think it's great that Morale, Welfare, and Recreation puts together all these different things to do when we pull into these foreign ports," said Aviation Boatswain's Mate (Handling) 3rd Class Esmerelda Hernandez. "Without the MWR trips, I feel like there would be a lot that I would be missing out on when we pull into port."

*San Diego* is deployed with the America Amphibious Ready Group and the 15th MEU to support maritime security and theater

security cooperation in efforts in the 6th Fleet area of operations.

Commissioned in 2012, *San Diego* is the sixth ship in the San Antonio-class of amphibious landing transport dock ships. Designed as a multi-mission amphibious warship,

these ships are able to support a broad range of expeditionary operations.

*America* ARG and 15th MEU provide senior U.S. military leadership and partners with a flexible force which can rapidly respond to contingencies and cri-

ses within a region. With ships, aircraft, troops, and logistical equipment, the ARG/MEU is a self-contained and self-sustained task force capable of conducting a wide range of military operations including humanitarian assistance and disaster relief.

## Public review begins for environmental impact of Navy's training, testing sites

The Navy welcomes public comments regarding the just-released draft environmental impact statement re-evaluate potential environmental impacts associated with ongoing military readiness activities.

Proposed training and research, development, testing, and evaluation activities is conducted within the Hawaii and Southern California training and testing study area.

The draft EIS is required by law to support the issuance of federal regulatory permits and authorizations under the Marine Mammal Protection Act and the Endangered Species Act. The Navy previously completed an EIS in December 2013 for training and testing activities occurring within the Study Area from 2013

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CFC 12025

Strike a pose for the Dispatch's weekly contest. see page 4



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# Entertainment

## 'African-Americans in Thoroughbred Racing' history lecture November 1

The Friends of the Del Mar Library will host a presentation by local educator, singer-songwriter and storyteller Ross Moore on African Americans in Thoroughbred Racing: Stories of America's First Star Athletes on Wednesday, Nov. 1, 1:30 pm at Del Mar Branch Library.

This program focuses on the largely unknown stories of America's first star athletes, African American jockeys, in what was the most popular sport in the United States, 200 years before Jackie Robinson broke the "color barrier." Tracing origins to West Africa, learn about the rise of slave grooms and trainers, and then slave jockeys in the time of George Washington. Hear about America's first true national sporting event, a match race that drew over 50,000 people, and the two slaves who competed that day. Meet Simon, a slave who defeated Andrew Jackson's horses in nine different races. Then discover the jockeys who dominated the early Kentucky Derbies, including Isaac Murphy, who many still believe was the greatest jockey of all, and Jimmy Winkfield, the "Forest Gump" of horse racing, who was a star in America and Europe but then had to escape the Russian Revolution, the Nazi Occupation of France, and finally the bigotry of Jim Crow.

Presenter Ross Moore, was the Museum Educator at the Kentucky Derby Museum for 12 years. The Museum did extensive research into the then unknown stories of early African American jockeys in the Kentucky Derby, and also worked closely with Ed Hotaling, author of the ground-breaking book, *The Great Black Jockeys*.

The Del Mar Branch Library is located at 1309 Camino Del Mar. For more information, call the library at (858) 755-1666. For information about San Diego County Library and other events, visit [www.sdcl.org](http://www.sdcl.org).



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# Halloween Happenings at Parks

by Michelle Mowad

It's frightening how much fun you can have at parks this month. The San Diego County Department of Parks and Recreation will host a dozen chilling and thrilling Halloween events including haunted hikes, pumpkin parties and a day of the dead. Don't be a scaredy cat. All events are family-friendly, for all ages and some are even in the daytime. Most are free, though some have parking fees. Inclement weather may cancel some of the outdoor events.

**Fall Festival** Oct. 21, noon to 2 p.m. \$3 parking fee. Fall in love with parks at the Fall Festival. Play autumn-inspired games, get your face painted, paint a pumpkin, and enjoy some cider or coffee at San Dieguito County Park. Plus, you'll be able to meet some of the creepy, crawly critters at an animal show. Costumes are encouraged! San Dieguito County Park, 1628 Lomas Santa Fe Dr., Del Mar, CA 92014. 858-755-2386

**Family Discovery Days: Not So Scary Estuary** Oct. 22, 10 a.m. to 3 p.m. Free. Learn about the animals that inhabit the lagoon and nearby coastal waters at a Halloween-themed bash at San Elijo Lagoon. Discover that these animals are not-so-scary after all. Take a hike along the trick-or-treat trail, enter a costume contest and dance along to a live music. San Elijo Lagoon Nature Center, 2710 Manchester Ave., Cardiff, CA 92007. 760-634-3026

**Dia de los Muertos** Oct. 28, 10 a.m. to 4 p.m. Free – ages 0-3, \$2 – ages 4-12, \$4 – ages 13 and older Dia de los Muertos—the Day of the Dead—is returning to Rancho Guajome Adobe in Vista. The 3,000-year-old tradition is a cultural holiday celebrated here, in Mexico and other parts of the world. Celebrants honor relatives who have passed away with small altars and gifts of their favorite foods, beverages, flowers and more. Altars will be set up throughout the 22-room adobe ranch house. Outside, there will be traditional dancing, vibrant live music and colorful crafts for kids. Rancho Guajome Adobe, 2210 N. Santa Fe Ave., Oceanside, CA 92083. 760-724-4082.

**Haunted Trails Hike at Morrison Pond** Oct. 28, 7 to 10 p.m. Free. Beware of the cobwebs and creatures that come out at night on a walk through the woods near Morrison Pond at Sweetwater Summit Regional Park. The hike is terrifyingly awesome. Bring a flashlight and be ready for an outdoor adventure! Sweetwater Summit Regional Park, 3218 Summit Meadow Road, Bonita, CA 91902. 619-472-7572

**Creatures of the Night (Hike)** Oct. 28, 7 to 8 p.m. \$3 parking fee/free for campers Join ranger Kory for a glimpse into the desert



darkness. Learn about the native wildlife inhabiting the park on a leisurely hike through the campground, keeping a keen eye out for bats, scorpions and other nocturnal creatures that go bump in the night. Agua Caliente County Park, 39555 Great Southern Overland Stage Route of 1849, Julian, CA 92036. 760-765-1188

**Haunted Trails Hike at Dos Picos** Oct. 28, 6:30 to 9 p.m. \$3 parking fee. Visit Dos Picos County Park after dark. Find out if the park come alive once the sun sets during a hike along the Haunted Trails. Hikes are under a mile but cover some challenging terrain. Wear warm clothes and sturdy shoes. Bring a flashlight and an adult. Trekkers should meet in the parking near the restrooms. Dos Picos County Park, 17953 Dos Picos Road, Ramona, CA 92065. 760-789-2220

**Lakeside Community Center Halloween Party** Oct. 28, 4 to 8 p.m. Free. Dress in costume and bring the whole family for an evening full of music, food, ghoulishly delightful games and spooktacular prizes at Lakeside Community Center. Then, venture outside for some trick-or-treating along Lindo Lake. Lakeside Community Center, 9841 Vine St., Lakeside, CA 92040. 619-443-9176

**Trick-Or-Treat Around Lindo Lake** Oct. 28, 4 to 8 p.m. Free. Celebrate Halloween at Lindo Lake County Park. Trick or treat around the peninsula with over 30 booths, a bounce house, face painting and more. Stay for the eerie and cheery movie in the park—"Hotel Transylvania." Lindo Lake County Park, 12660 Lindo Lake, Lakeside, CA 92040. 619-443-1666

**Waterfront Pumpkin Patch** Oct. 29, 11 a.m. to 2 p.m. Free. Waterfront Park will transform into a lively pumpkin patch with free pumpkins, crafts and entertainment just days before the big day—Halloween. Guests are encouraged to take public transportation. The County Center/Little Italy trolley stop is located one block east of the Waterfront Park. Every family will receive a pumpkin, while supplies last. Waterfront Park, 1600 Pacific Highway, San Diego, CA 92101. 619-232-7275

**Fallbrook Community Center Halloween Party** Oct. 31, 6 to 8 p.m. Free. Skip the tricks and come straight to Fallbrook Community Center for a Halloween treat. The center will host a fang-tastic Halloween bash with yummy snacks, crafts, games and activities to delight attendees. Don't forget to dress to impress in your best costume for a chance to win a prize. Fallbrook Community Center, 341 Heald Ave., Fallbrook, CA 92028. 760-728-1671

**Spring Valley Community Center Halloween Party** Oct. 31, 5:30 to 7 p.m. Free. Spring Valley-halloween-event-3 Scare up some fun this Halloween at Spring Valley Community Center, where Parks staff will host a ghoulish get-together for all ages with music, treats, activities and a costume contest. This will be the most fun and festive Halloween celebration you've ever attended! Spring Valley Community Center, 8735 Jamacha Blvd., Spring Valley, CA 91977. 619-479-1832

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**Local volunteers serve Headquarters and Support Battalion Marines, Sailors and their families food during the Spiritual Fitness Fair at Camp Pendleton's Paige Fieldhouse, Oct. 5, 2017. The Spiritual Fitness Fair was organized to promote spiritual and mental wellness with the end state being a safe, well attended event that enhances the morale and esprit de corps of the battalion.** (Official Marine Corps photo by Lance Cpl. Anabel Abreu Rodriguez)

## Countdown begins for spectacular Extreme Sailing Series debut in San Diego

The penultimate Act of the 2017 Extreme Sailing Series™ starts in San Diego in one week's time. The eight-strong fleet – including two US-flagged wildcard squads – will race on San Diego Bay, a new venue for the Series, with thousands expected to witness the action from the public Race Village on Harbor Island from October 19-22.

The Extreme Sailing Series delivers high-performance action close to shore and attracts some of the world's very best sailors racing GC32 hydro-foiling catamarans on short courses in venues around the globe.

The on-water action will be accompanied by numerous on-shore entertainment options in the free-to-enter Race Village, located at Harbor Island Park. With scheduled activities that include a dedicated kids' zone, a virtual reality GC32 experience and a variety of food and drink vendors, there is something for everyone.

Friday, Oct. 20 will be Military Appreciation Day, when

members of the armed forces are offered free admission for themselves and a guest to the VIP Foiling Club with a valid military ID. Saturday, Oct. 21 is Family Day, with multiple STEM and educational programs, as well as dedicated activities for children.

The on-water Stadium Racing program will be complemented by the inaugural Extreme San Diego Kiteboarding Invitational, featuring some of the sport's hottest talent battling for \$20,000 in prize money. The impressive line-up includes three-time world champion Johnny Heineken and US Sailing's 2017 Rolex Yachtswoman of the Year, Daniela Moroz.

"I'm really excited to come to San Diego to race alongside some of the best sailors in the world," Heineken said. "The last time I kited in San Diego Bay was on a race board during the America's Cup World Series, and now I'll be foil racing – we've come so far since then."

The kiteboarding champion-

ship will start daily at 12 p.m. PDT. GC32 Stadium Racing will begin at 1:30 p.m. on Media Day, Thursday, Oct. 19, and from 2 p.m. Friday, Oct. 20 through Sunday Oct. 22. The Race Village will be open daily at 10 a.m.

Fans can follow the action via the official Extreme Sailing Series social media accounts and the live blog on Thursday and Friday. Racing will be streamed live on Facebook and YouTube on Saturday and Sunday from 2-5 p.m. PDT. Cox Communications will provide a live stream of racing action on Saturday, Oct. 21 and Sunday, Oct. 22 through yurview.com and US Sailing will stream the event on its Facebook page Saturday and Sunday. For more event, ticket and parking information, visit sandiegoextremesailing.com.

The Series competition will pick up where it left off in Cardiff in August, with a podium tight on points and everything to play for. The first six Acts of the season have seen an intense

SEE Sailing, page 20

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THURSDAY, OCTOBER 19, 2017 [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 15

## 2017 Aztec Football Schedule

Aztecs 38, UC Davis 17

Aztecs 30, Arizona State 20

Aztecs 20, Stanford 17

Aztecs 28, Air Force 24

Aztecs 34, Northern Illinois 28

Aztecs 41, UNLV 10

Boise State 31, Aztecs 14

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

10/28/17 at Hawaii's

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

**The Seventh Annual USO San Diego Golf Classic** will be held on Monday, November 6, 2017 at the beautiful Fairbanks Ranch Country Club in Rancho Santa Fe with 27 picturesque, walkable holes into three different course layouts - The Valley, Lakes, and Ocean "Nines." The event will include a day of fabulous golf at the award winning course, along with great food, craft beer and opportunities to bid on outstanding auction items. We hope you will join us in support of USO San Diego and San Diego's military families and respectfully request that you join as a Sponsor for the tournament. For more information call (619) 235-6503 or visit [www.usosandiego.org](http://www.usosandiego.org)



## L.A. Rams 2017 Schedule



Rams 46, Colts 9

Redskins 27, Rams 20

Rams 41, 49ers 39

Rams 35, Cowboys 30

Seahawks 16, Rams 10

Rams 27, Jaguars 17  
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

Navy 42, Cincinnati 32

Navy 31, Tulsa 21

Navy 48, Air Force 45

Memphis 30, Navy 27



## 2017 L.A. Chargers Schedule

### Regular Season

Broncos 24, Chargers 21

Dolphins 19, Chargers 17

Chiefs 24, Chargers 10

Eagles 26, Chargers 24

Chargers 27, Giants 22



Chargers 17, Raiders 16

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

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

## PALA'S November free events

Pala Casino Spa & Resort will continue its FREE Events series in November featuring the 60+ Club at 1 p.m. on Tuesdays and 12:30 p.m. on Thursdays and the underground wine CAVE and Luis Rey's on weekends. Due to a schedule of private events and the Australia's Thunder From Down Under show at 7 p.m., Saturday, Nov. 25, no tribute concerts are scheduled in November in the Infinity Showroom.

1 p.m., Tuesday, November 14, One Fine Day, Tribute to the girl groups of the '50s and '60s

12:30 p.m., Thursday, November 16, BINGO, Win a share of \$1,200

1 p.m., Tuesday, November 21, Heartache Tonight, Tribute to The Eagles

12:30 p.m., Thursday, November 23, BINGO, Win a share of \$1,200

1 p.m., Tuesday, November 28, Creedence Relived, Tribute to Creedence Clearwater Revival

12:30 p.m. Thursday, November 30, BINGO, Win a share of

\$1,200

### CAVE

7 p.m., Saturday, November 4, Dove & Reno, Variety/Instrumental

5 p.m., Sunday, November 5, Dove & Reno, Variety/Instrumental

5 p.m., Sunday, November 12, Desert Rose, Spanish/Classical

7 p.m., Saturday, November 18, Warren La Plante, Nuevo Flamenco

5 p.m., Sunday, November 19, Warren La Plante, Nuevo Flamenco

7 p.m., Saturday, November 25, Doug MacDonald, Acoustic Rock/Pop

5 p.m., Sunday, November 26, Doug MacDonald, Acoustic Rock/Pop

### LUIS REY'S, Performances start at 7 p.m.

Friday, November 3, and Saturday, November 4, Chris James Trio

Friday, November 10, and Saturday, November 11, 3 Amigos

Friday, November 17, and Saturday, November 18, Crimson Crow

Friday, November 24, and Saturday, November 25, Fresh

### Additional Shows and Events Coming to Pala in November:

Comedy Hypnotist Marsha Starr, 8 p.m., each Friday, Underground Wine Cave. Tickets, \$15, at [www.startickets.com](http://www.startickets.com).

Australia's Thunder from Down Under, 7 p.m., Saturday, November 25, Infinity Showroom. Tickets, \$28, \$38, at [www.startickets.com](http://www.startickets.com). Followed by Club Infinity with DJ Sinn.

## Dining Directory



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## AutoMatters & More: Pioneer AVH-2330NEX — It's like getting a new car!

AutoMatters™ & More



by Jan Wagner

Pioneer's NEX line of receivers features a new, responsive and powerful user interface that is highly customizable and designed to integrate especially well with today's smartphones. The Pioneer AVH-2330NEX is a state-of-the-art, in-dash, AM/FM, CD and DVD, double-DIN receiver with a 7-inch, motorized, 16.7 million color touchscreen, wireless remote control, built-in HD Radio for crystal-clear reception and dual backup camera inputs.

Add to that Spotify and Pandora-capability (wired or wireless) for personalized internet radio; built-in Bluetooth for hands-free calling, wireless streaming audio and voice control through selected devices; 13-band graphic equalizer; steering wheel remote control input when used through a third-party adapter; and an optional SiriusXM Satellite Radio tuner.

As Pioneer demonstrated when they had their AVH-2330NEX installed in my 2011 Ford Mustang GT, this audio system really can make a car seem new again. Years ago, when I bought my car, I passed on the expensive factory touchscreen navigation option. That relegated my audio system to a thin, monochrome text display. The Pioneer system features a large, brilliant, colorful touchscreen.

Even though my car had the



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### Installation nearly complete – the backup camera works!

For iPhone users, the AVH-2330NEX features USB direct control and direct digital signal transfer, for clear sound and charging; and Apple CarPlay with Siri for easily and intuitively using voice or touch to make calls, use Maps, listen to music and access messages.

For Android users, the Pioneer AVH-2330NEX features Android Auto, which is purpose-built for driving. It automatically provides useful information organized into simple cards that appear when they are needed, to minimize distraction. Android Auto is compatible with Android phones running Android 5.0 (Lollipop) or later.

Pioneer's AppRadio offers compatibility with popular in-vehicle apps for compatible iPhone and Android smartphones.

Pioneer arranged to have my AVH-2330NEX installed at San Diego Car Stereo, where I photographed the installation process from start to finish. Included in the installation were a SiriusXM Satellite Radio module, Metra Turbo2 Automotive Install Kit (with a touch screen for climate control functions and personalization features) and an Axxess Integrate Steering Wheel Control Interface kit (so that I could retain the use of my Mustang's steering wheel audio controls).

Even though there is an installation manual, this is complicated process. Based on my observations I can tell you that this is a job best left to professionals. On my car I wanted its existing backup camera and steering wheel controls used. The existing climate control system knobs were replaced by visual representations of those on a second screen. Behind the car's interior panels there is a confusing rats' nest of wires – in a multitude of colors and locations. Good luck trying to get all of the connections right if you have not done this many times before. If you want to enjoy the best integration of your amazing new Pioneer AVH-2330NEX in your car, leave it to the professionals.

Once everything is installed, you're going to want to dive right in and start using it. There is a "Quick Start Guide" in the box, but I recommend that you visit

<http://www.pioneerelectronics.com/PUSA/Car>. Click on "SUPPORT," enter AVH-2330NEX in the window, click on "GO" and then click on "Product Information." There you will find descriptive overviews with photos of the many features, specifications, videos (What's in the Box, 2017 Pioneer NEX Lineup and How To's) and manuals. Here you can download the 140-page "Operation Manual." Do that and you will be well on your way to discovering the many things that your new AVH-2330NEX can do.

Join in the conversation. Send your comments and suggestions to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com).

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# TV Listings

## WEEKDAY MORNING/AFTERNOON

	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
KFMB 8	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM		Inside Edition	Bold/Beautiful	The Young and the Restless		The Talk		Dr. Phil		Judge Judy	Judge Judy
KFMB2 8.2	News 8 Morning Extra			The 700 Club		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		10News: The Now San Diego	
KPBS 13	Wild Kratts	Nature Cat	Curious George	Varied Programs	Daniel Tiger	Splash and Bubbles	Splash and Bubbles	Sesame Street	Super Why!	Peg Plus Cat	Dinosaur Train	Ready Jet Go!	Nature Cat	Arthur	Wild Kratts	Wild Kratts	Odd Squad		
KNSD 39	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 Lion Guard	Mickey Mouse		Varied Programs	Mission Force One	Roadster-Racers	Puppy Dog Pals	Vampirina	Puppy Dog Pals	Sofia the First	Varied Programs	PJ Masks	Varied Programs	Transylvania	Tangled: The Raven's Home	Bunk'd	Stuck in the Middle		
ESPN	First Take			SportsCenter	Outside the Lines	NFL Live	Varied Programs	NBA: The Jump	Varied Programs	Questionable	Around the Horn	Pardon the Interruption	SportsCenter With Michael and Jemele						
ESPN2	SportsCenter	SportsCenter		First Take		The Paul Finebaum Show		Varied Programs	Intentional Talk		The Fantasy Show	Coll. Football Live	Around the Horn	Pardon the Interruption	Baseball Tonight	Varied Programs			
TLC	Cake Boss	Cake Boss	Cake Boss	Varied Programs		Four Weddings		Four Weddings	Long Island Medium	Long Island Medium	Long Island Medium	Long Island Medium	The Little Couple		The Little Couple				
USA	Varied Programs					Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit	

**MOVETIME** Playing at theatres near you!  
Mark your calendars!

**10/27 AMITYVILLE: THE AWAKENING**

**10/27 ALL I SEE IS YOU**

### Amityville: The Awakening



woman who is working as a television news intern seizes the opportunity to advance her career and is soon leading a team of journalists, clergymen, and paranormal researchers into the house, but she may have unwittingly opened a door to the unreal that she will never be able to close.

When some footage dating back to 1976 is discovered, the case of the haunted house in Amityville is reopened. An ambitious

**Genre:** Horror, Thriller, PG-13  
**Cast:** Jennifer Jason Leigh, Bella Thorne, Cameron Monaghan

### All I See Is You

Gina is a beautiful young woman who's still haunted by the accident that took her sight years earlier. Living in Bangkok with her husband, James, she undergoes a cutting-edge operation that restores the vision to her right eye. Now that Gina can see again, she slowly starts to realize that her newfound independence makes James feel jealous, threatened and insecure.

**Genre:** Drama, Thriller R  
**Cast:** Blake Lively, Jason Clarke, Ahna O'Reilly

## 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 8	NFL Kickoff	NFL Football Kansas City Chiefs at Oakland Raiders. (N) (Live)					CBS News 8 Special Edition (N)		James Brown		Ent. Tonight	Inside Edition (N)	News	Late-Colbert
KFMB2 8.2	The Dr. Oz Show (N) (CC)	Judge Judy	Judge Judy	News 8 at 7 (N)	2 Broke Girls	Supernatural "The Rising Son" (N) (CC)	Arrow Oliver tries to balance his life. (N) (CC)			News 8 at 10 (N)	Ent. Tonight	Seinfeld (CC)		
KGTV 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Great Pumpkin	Toy-TER-ROR!	Scandal Fitz stays out of the limelight. (N) (CC)			How to Get Away With Murder (N) (CC)	10News at 11pm	Jimmy Kimmel	
KPBS 13	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Ken Kramer's	A Growing Passion	Historic Places	Crossing South	Midsomer Murders "Left for Dead" (N) (CC)		Midsomer Murders	Today's Wild West	
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Superstore (N)	The Good Place (N)	Will & Grace (N)	Great News	Chicago Fire "A Breaking Point" (N) (CC)	NBC 7 News	Tonight Show		
DISN	Andi Mack	Bizarr-vark	Jessie	Jessie	Bunk'd	Bunk'd	Andi Mack	Stuck/Middle	Bizarr-vark	Raven's Home	K.C. Under-cover	Liv and Maddie	Bizarr-vark	Raven's Home
ESPN	College Football Memphis at Houston. From TDECU Stadium in Houston. (N) (Live)						SportsCenter (N) (Live)		SportsCenter With Scott Van Pelt (N)	SportsCenter (N) (Live)		SportsCenter (N) (Live)		
ESPN2	High School Football Dalton (Ga.) at Harrison (Ga.). (N) (Live)						Boxing Gabriel Rosado vs. Glen Tapia. From Park Theater in Las Vegas. (N) (Live)			Nación ESPN (N)		Jalen & Jacoby	SC Featured	
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My 600-Lb. Life "Amber's Story" (CC)	My 600-Lb. Life "Bettie Jo's Story" (CC)	My 600-Lb. Life "Nikki's Story" (CC)	My 600-Lb. Life "June's Story" (CC)	My 600-Lb. Life "Amber's Story" (CC)					
USA	Law & Order: Special Victims Unit "Pure"				Law & Order: Special Victims Unit	Law & Order: Special Victims Unit "Blood"	★★ Diary of a Mad Black Woman (2005) Kimberly Elise, A woman starts over after her husband leaves her.	★★ Diary of a Mad Black Woman (2005) Kimberly Elise						

## 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 8	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	MacGyver "X-Ray & Penny" (N) (CC)	Hawaii Five-0 (N) (CC)	Blue Bloods "Out of the Blue" (N) (CC)			News	Late-Colbert			
KFMB2 8.2	The Dr. Oz Show (N) (CC)	Judge Judy	Judge Judy	News 8 at 7 (N)	2 Broke Girls	Crazy Ex-Girlfriend "To Josh, With Love"	Jane the Virgin "Chapter Sixty-Six"	News 8 at 10 (N)	Ent. Tonight	Seinfeld (CC)		Seinfeld (CC)			
KGTV 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC) (DVS)	Once Upon a Time (N) (CC) (DVS)	Marvel's Inhumans (N) (CC)	20/20 (CC)			10News at 11pm	Jimmy Kimmel			
KPBS 13	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Washington Roundtable Week	Doc Martin "The Apple Doesn't Fall" (CC)	Doc Martin "Movement" (CC)				Live at the Belly Up "Johnny Clegg"			
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Law & Order True Crime: Menendez	Dateline NBC (N) (CC)				NBC 7 News	Tonight Show			
DISN	Andi Mack	Bizarr-vark	Raven's Home	Stuck/Middle	Bizarr-vark	Raven's Home	Raven's Home (N)	Stuck/Middle	Bizarr-vark	Bizarr-vark	K.C. Under-cover	Liv and Maddie	Raven's Home	Stuck/Middle	
ESPN	NBA Basketball Cleveland Cavaliers at Milwaukee Bucks. (N)						SportsCenter With Scott Van Pelt (N)	SportsCenter (N) (Live)			SportsCenter (N) (Live)		SportsCenter (N) (Live)		
ESPN2	College Football Marshall at Middle Tennessee State. (N) (Live)						College Football Colorado at New Mexico. From University Stadium in Albuquerque, N.M. (N) (Live)				SportsCenter (N) (Live)		The Fantasy Show	Jalen & Jacoby	
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Kindred Spirits (CC)	Kindred Spirits "Uninvited Guests" (CC)	Kindred Spirits "The Neighbor" (N) (CC)	Kindred Spirits "The Neighborhood" (N) (CC)	Evil Things "The Ring & Time Capsule" (N) (CC)			Kindred Spirits "The Neighborhood" (N) (CC)			
USA	Law & Order: Special Victims Unit "Care"				Law & Order: Special Victims Unit	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	

## 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 8	Dr. Chris: Pet Vet (N)	Innovation Nation	The Inspectors	Lucky Dog	The Open Road	Jump, Jive and Thrive (N)	Lucas Oil Off Road Racing Series Pro 4 & Pro 2.	College Football	(CC)	College Football Tennessee at Alabama. From Bryant-Denny Stadium in Tuscaloosa, Ala. (N) (Live)			Judge Judy (CC)	Judge Judy (CC)					
KFMB2 8.2	Dog Whisperer	Dog Whisperer	Dog Whisperer			College Football Pittsburgh at Duke. From Wallace Wade Stadium in Durham, N.C. (N) (Live)		Paid Program	James Brown	Wall Street Secrets	Impractical Jokers	Impractical Jokers	RaceWeek	Sports Stars	Hiring America (N)	Military Make-over			
KGTV 10	Good Morning	10News This Morning at 8am Saturday (N) (CC)		College Football Oklahoma State at Texas. From Darrell K. Royal - Texas Memorial Stadium in Austin, Texas. (N) (Live)		College Football Scoreboard		College Football Indiana at Michigan State. From Spartan Stadium in East Lansing, Mich. (N) (Live)							To Be Announced	College Football			
KPBS 13	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat	On the Psychiatrist's Couch With Daniel Amen, MD (CC)	R. Steves' Europe	This Old House	Ask This Old House	Simply Ming	Test Kitchen	Martha Bakes	Pati's Mexican Table		R. Steves' Europe	Crossing South			
KNSD 39	NBC 7 News To	The Voyager	Wilderness Vet (N)	Journey-Dreyer	Premier League Soccer Southampton FC vs West Bromwich Albion FC. (N) (Live) (CC)	Prem Goal Zone	NASCAR Racing XFINITY Series: Kansas Lottery 300. From Kansas Speedway in Kansas City, Kan. (N) (Live) (CC)						Open House (N)	Naturally, Danny Seo	Nightly News	College Football			
DISN	Roadster-Racers	Doc McStuffins	Vampirina	Elena of Avalor	Pat the Dog	Transylvania Friends-Heart.													

# **TV Listings**

## **SUNDAY MORNING/AFTERNOON**

# 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.

scratches  
ACROSS

- | Clue Boxes  |  | Solutions        |               |
|-------------|--|------------------|---------------|
| 1.          | Pesci or Penny                                     | L                | Y             |
| 4.          | "My Two ___" (1987-90)                             | I                | O S I L O     |
| 8.          | ___ Men"; popular 2007-15<br>AMC series            | T                | H E R         |
| 11.         | "___ Fly Away"                                     | E                | A N D         |
| 12.         | ___ Granger; "NCIS: Los<br>Angeles" role           | N                | C O M I N G   |
| 13.         | "___ walked out in the<br>streets of Laredo..."    | S                | A V E         |
| 14.         | "___ Middle"<br>(2000-06)                          | D                | M A D         |
| 17.         | Slip up  | R                | E T T         |
| 18.         | "Ace Ventura: ___ Detective";<br>Jim Carrey film   | B                | E R O W N     |
| 19.         | Singer Mitchell                                    | G                | A R Q         |
| 21.         | "___ She Great"; 2000 Bette<br>Midler movie        | O                | O N E         |
| 24.         | Prefix for spoken or<br>stoppable                  | M                | B R A D       |
| 25.         | Setting for "Evening Shade":<br>abbr.              | I                | A N D         |
| 26.         | "___ Cab"; 1983 film for<br>Adam Baldwin and Mr. T | T                | H E R         |
| 27.         | Word in the title of Howie<br>Mandel's game show   | C                | A R Q         |
| 28.         | ___ Moore  | N                | S U T         |
| 30.         | Actor Pitt   | S                | I S N T       |
| 32.         | "___ Life to Live"                                 | O                | E R R         |
| 34.         | "Tic Tac Dough" win                                | E                | L C O M I N G |
| 35.         | Judge on "America's Got<br>Talent" (2)             | L                | O W E N       |
| 41.         | "___ My Children"                                  | D                | M A D         |
| 42.         | Capital city in Europe                             | A                | E R R         |
| 43.         | "___ O.C."   | V                | L C O M I N G |
| 44.         | Stallone, to friends                               | U                | M A T H       |
| 45.         | "Oh, for Pete's ___!"                              | E                | A S T I       |
| 46.         | Lead role on "Providence"                          | A                | L             |
| <b>DOWN</b> |  | <b>Solutions</b> |               |
| 1.          | ___ Halpert; role on "The<br>Office"               | L                | Y             |
| 2.          | Ending for pay or Motor                            | I                | O S I L O     |
| 3.          | Mary ___; one of John-Boy's<br>sisters             | T                | H E R         |
| 4.          | Let's Make a Deal<br>player's choice               | E                | A N D         |
| 5.          | Pointed tool                                       | N                | C O M I N G   |
| 6.          | Carter or Clinton: abbr.                           | S                | A V E         |
| 7.          | Make a tiny cut                                    | D                | M A D         |
| 8.          | Damon and Dillon                                   | R                | E T T         |
| 9.          | Bit of sooty residue                               | G                | A R Q         |
| 10.         | "___ Another Day"; 2007<br>movie                   | O                | O N E         |
| 15.         | ___ Yang; role on "Grey's<br>Anatomy"              | M                | B R A D       |
| 16.         | "The Good ___"; 2016<br>James Caan film            | I                | A N D         |
| 19.         | Naomi or Wynonna                                   | T                | H E R         |
| 20.         | "___ Upon a Time"                                  | C                | A R Q         |
| 22.         | Dog in "Peter Pan"                                 | N                | S U T         |
| 23.         | ___ on; trampled                                   | S                | I S N T       |
| 29.         | Melissa McCarthy's role,<br>recently               | O                | E R R         |
| 31.         | 1977 miniseries for LeVar<br>Burton                | E                | L C O M I N G |
| 33.         | Baseball's Slaughter                               | L                | Y             |
| 34.         | Woodwind instrument                                | I                | O S I L O     |
| 35.         | Bell and Barker                                    | T                | H E R         |
| 36.         | Building annex, often                              | C                | A R Q         |
| 37.         | "Love ___<br>Many-Splendored Thing"                | N                | S U T         |
| 38.         | Antlered animal                                    | S                | I S N T       |
| 39.         | "___ Did I Get Married?",<br>Janet Jackson film    | O                | E R R         |
| 40.         | "___ and Stacey"                                   | E                | L C O M I N G |

10. 200

1. \_\_\_ Halpert; role on "The Office"
  2. Ending for pay or Motor
  3. Mary \_\_\_; one of John-Boy's sisters

**SUNDAY EVENING**

	<b>▼5 pm</b>	<b>▼5:30</b>	<b>▼6 pm</b>	<b>▼6:30</b>	<b>▼7 pm</b>	<b>▼7:30</b>	<b>▼8 pm</b>	<b>▼8:30</b>	<b>▼9 pm</b>	<b>▼9:30</b>	<b>▼10 pm</b>	<b>▼10:30</b>	<b>▼11 pm</b>	<b>▼11:30</b>
<b>KFMB 8</b>	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (N) (CC)	Wisdom of the Crowd "User Bias" (N) (CC)	N	NCIS: Los Angeles "Plain Sight" (N) (CC)	N	Madam Secretary "The Essentials" (N)	N	News	N	Blue Bloods	N
<b>KFMB2 82</b>	Don't Blink	Engage-ment	The King of Queens	Mike & Molly (CC)	2 Broke Girls (CC)	2 Broke Girls (CC)	Forensic Files (CC)	Forensic Files (CC)	Forensic Files (CC)	Forensic Files (CC)	Seinfeld (CC)	Just for Laughs	Impractical Jokers	Impractical Jokers
<b>KGTV 10</b>	10News at 5pm	World News	10News at 6pm	RightThis-Minute (N)	The Toy Box Exercise	card game and more.	America's Funniest Home Videos (CC)	N	Shark Tank (N) (CC) (DVS)	N	Ten Days in the Valley (N) (CC) (DVS)	N	10News at 11pm	Sports XTRA
<b>KPBS 15</b>	NewsHour Wk	Third Rail With Ozzy	Father Brown "The Curse of Amenhotep"	A Place to Call Home "I Do, I Do" (CC)	The Durrells in Corfu on Masterpiece (N)	N	Poldark on Masterpiece (N) (CC)	N	The Collection on Masterpiece (N) (CC)	N	The Tunnel: Sabotage (CC)	N	The Tunnel: Sabotage (CC)	N
<b>KNSD 39</b>	Football Night	NFL Football Atlanta Falcons at New England Patriots. (N) (Live) (CC)	N	N	N	N	Football Night in San Diego	N	Graham Bensinger	N	Dateline NBC (CC)	N	NBC 7 News	Sportswrap
<b>DISN</b>	★½ Strange Magic (2015) Voices of Alan Cumming, Evan Rachel Wood. (CC)	Transyl-vania	Tangled: The Se	Toy-TER-ROR!	Mickey Mouse (CC)	Stuck/ Middle	Bizaard-vark (CC)	Raven's Home (CC)	Stuck/ Middle	Transyl-vania	Tangled: The Se	N	N	N
<b>ESPN</b>	SportsCenter (N)	Who's In?	2017 World Series of Poker Main Event.	2017 World Series of Poker Main Event.	N	SportsCenter (N) (Live) (CC)	N	SportsCenter With Scott Van Pelt (N)	N	SportsCenter (N) (Live) (CC)	N	N	N	SportsCenter (N)
<b>ESPN2</b>	Boxing (CC)	Boxing From Feb. 16, 1970.	Boxing (CC)	Boxing	Boxing (CC)	Boxing (CC)	N	Baseball Tonight (N) (Live) (CC)	N	ESPN FC (N)	N	30 for 30 (CC)	N	N
<b>TLC</b>	90 Day Fiancé (CC)	90 Day Fiancé "Parental Approval" (CC)	N	90 Day Fiancé: Before	90 Day Fiancé: Before the 90 Days (N)	N	90 Day Fiancé "Bring on the 90 Days" (N)	N	My Giant Life (N) (CC)	N	90 Day Fiancé: Before the 90 Days (CC)	N	N	N
<b>USA</b>	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	N	Law & Order: Special Victims Unit (CC)	N	Law & Order: Special Victims Unit (CC)	N	Law & Order: Special Victims Unit (CC)	N	Modern Family (CC)	N	Modern Family (CC)	N	N

## **MONDAY EVENING**

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	9JKL (N) (CC)	Kevin Can Wait (N)	Me, Myself & I	Scorpion Team Scorpion is taken hostage.	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 "Far From the Tree" (N) (CC)	Valor Gallo keeps Nora at a distance. (N)	News 8 at 10 (N)	Ent. Tonight	Seinfeld (N) (CC)	Seinfeld (N) (CC)			
KGTV 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Dancing With the Stars (N Same-day Tape) (N) (CC)	The Good Doctor "Point Three Percent"	10News at 11pm	Jimmy Kimmel					
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Antiques Roadshow "Baton Rouge" (CC)	Antiques Roadshow "Kansas City" (CC)	The Mekong River With Sue Perkins (N)	POV Cinematographer Kirsten Johnson. (N)					
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "The Battles, Part 3" Rascal Flatts; Billy Ray Cyrus. (N) (CC)	The Brave "Enhanced Protection" (N) (N)	NBC 7 News	Tonight Show					
DISN	Andi Mack	Bizaard-vark (N)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Andi Mack	Stuck/Middle	Bizaard-vark (N) (CC)	K.C. Under-cover	Liv and Maddie	Bizaard-vark (N)	Raven's Home (N)	
ESPN	NFL Football Washington Redskins at Philadelphia Eagles. The Monday nighter features an 87-year-old rivalry as Philadelphia and Washington meet. (N)							SportsCenter With Scott Van Pelt (N) (Live) (CC)	NFL PrimeTime (CC)	SportsCenter With Scott Van Pelt (CC)				
ESPN2	Fútbol Americano de la NFL Washington Redskins en Philadelphia Eagles. Desde el Lincoln Financial Field, Philadelphia. (N) (Live)							SportsCenter (N)	E:60	SportsCenter With Scott Van Pelt (CC)				Jalen & Jacoby SC Featured
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	90 Day Fiancé: Before the 90 Days (N)	Counting On Joe and Kendra get married.	90 Day Fiancé: Extended (N) (N)	Counting On Joe and Kendra get married.				
USA	Law & Order: Special Victims Unit (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	WWE Monday Night RAW (N Same-day Tape) (N) (CC)				Modern Family (N)	Modern Family (N)			

**SOLITION  
Claire Dames**



**WEDNESDAY EVENING**

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30	
<b>KFMB 8</b>	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Survivor "The Past Will Eat You Alive" (N)	SEAL Team "Collapse" (N) (CC)	Criminal Minds "Lucky Strikes" (N)	News	Late-Colbert					
<b>KFMB2 8.2</b>	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Riverdale (N) (CC)	Dynasty "Guilt Is for Insecure People" (N)	News 8 at 10 (N)	Ent. Tonight (CC)	Seinfeld (N) (CC)	Seinfeld (N) (CC)				
<b>KGTV 10</b>	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 "Suckers" (N) (CC)	10News at 11pm	Jimmy Kimmel					
<b>KPBS 15</b>	KPBS Evening	Nightly Business	World News	KPBS Evening (N) (CC)	PBS NewsHour (N) (CC)	Nature "Charlie and the Curious Otters"	NOVA Volcanic mega-eruption (N) (CC)	Frontline "Putin's Revenge (Part 1)" (N)	How We Got to Now With Steven Johnson						
<b>KNSD 69</b>	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Blacklist "Ilyas Surkov" (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Chicago P.D. "Home" (N) (CC) (DVS)	NBC 7 News	Tonight Show					
<b>DISN</b>	Andi Mack	Bizaardvark (N)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Andi Mack   Stuck/Middle	Stuck/Middle   Raven's Home (N)	K.C. Undercover   Liv and Maddie	Mickey Mouse (N)	Toy-TERROR!				
<b>ESPN</b>	NBA Basketball San Antonio Spurs at Miami Heat. From the AmericanAirlines Arena in Miami. (N) (Live)				NBA Basketball Washington Wizards at Los Angeles Lakers. From Staples Center in Los Angeles. (N) (Live)				SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)					
<b>ESPN2</b>	NFL Live (CC)		The Fantasy Show	Coll. Foot-ball Live	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	Golf Asia-Pacific Amateur Championship, First Round. (N Same-day Tape)							
<b>TLC</b>	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	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)							
<b>USA</b>	NCIS "Off the Grid" (N) (CC) (DVS)		NCIS The team investigates a hit-and-run.		NCIS A petty officer is murdered. (N)	NCIS "Something Blue" (N) (CC) (DVS)	NCIS "Rendezvous" (N) (CC) (DVS)	Mr. Robot "Eps3.2legacy, so" (N)	Law & Order: Special Victims Unit (N)						

OCTOBER 25, 2017

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

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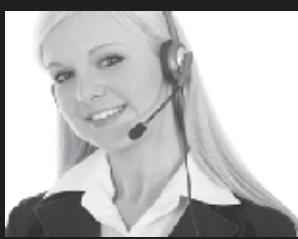
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11/9



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10/19

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10/19

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10/19

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11/2

**SAN DIEGO-2BR/2BA**, W/D in unit, 2 car garage, new stainless steel appls in kitchen, all Samsung energy efficient; French door refrigerator, dishwasher, microwave & gas oven/stove. Quick access to 163, I-8, I-805, 1-5, walking distance to restaurants, shopping, Balboa Park, coffee shops, breweries. \$2,500 mo. 513-497-7459

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**VIA PORTOFINO-2BR/1.5BA**, single story, AC, remodeled, new dishwasher & paint, covered carpet w/ storage. Close to rec. area & pool \$2,120 mo. Avail 12/1. 619-701-9407 or 858-486-2344 or [lss323@gmail.com](mailto:lss323@gmail.com)

11/9

## ROOM FOR RENT

**PARADISE VALLEY ROOM FOR RENT**- \$485 includes utilities no pets/drugs/smkg/alcohol. Nice & peaceful neighborhood. 619-475-9831

11/2

**OCEANSIDE-2 rooms avail**, priv. BA, 1 blk to camp Pend back gate \$800mo/\$400dep., W/D, utilities paid; internet incld. 760-805-9428

11/9

**OTAY RANCH-1BR**, full BA, plantation shutters, 2 closets, 1 walk-in, W/D, access to all common areas, hardwood floors, granite counter-tops., patio view of mountains. Walking distance w/ restaurants, parks/trails & recreational center. \$1000 mo., 619-379-8718

11/2

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10/19

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11/2

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You have to know what sparks the light in you so that you, in your own way, can illuminate the world.  
-Oprah Winfrey

**VIDEVIEW** by Jay Bobbin COMING SOON:  
"THE DARK TOWER" (Oct. 31): Two men (Idris Elba, Matthew McConaughey) clash over the force that keeps the universe in one piece in the Stephen King story. (PG-13; P, V)

"KIDNAP" (Oct. 31): A woman (Halle Berry) takes matters into her own hands to save her abducted son; Jason George co-stars. (R; P, V)

"ORPHAN BLACK: THE COMPLETE SERIES" (Oct. 31): Tatiana Maslany wraps up her much-praised performance - actually, make that "performances" - as mutually protective clones. (Not rated; AS, P, V)

"WESTWORLD: SEASON ONE" (Nov. 7): The HBO-series reimagining of the fantasy about a resort populated by lifelike robots stars Anthony Hopkins, Evan Rachel Wood and Thandie Newton. (Not rated; AS, N, P, V)

"ATOMIC BLONDE" (Nov. 14): Charlize Theron stars as a Cold War-era MI6 operative who gets very physical and lethal toward her enemies. (R; AS, N, P, V)

**FAMILY-VIEWING GUIDE KEY:** AS, adult situations; N, nudity; P, profanity; V, violence; GV, particularly graphic violence.

## Sailing continued from page 15

three-way battle between SAP Extreme Sailing Team, Oman Air and Alinghi, with each boasting a stint in pole position.

Current leader SAP Extreme Sailing Team is excited about the challenge of racing in San Diego, the second of three new venues this season alongside Barcelona, Spain and Los Cabos, Mexico.

"We're looking forward to going to the U.S. and Mexico to mix it up a bit," said co-skipper Rasmus Kostner. "When you go to a venue you have been to many times before it is like coming home, but with new venues you are more alert and observant and focused on trying to figure everything out as quickly as you can."

Currently just two points shy of the Danes, Oman Air's skipper Phil Robertson is also looking forward to racing in California and remains characteristically calm and collected about the competition ahead.

"I am very excited about racing in San Diego Bay," he said. "It is big enough to get the boats rippling along but close enough to the shore to give spectators a great show. We are feeling good at Team Oman Air. The pressure isn't mounting at all; if anything, it is easing up as we settle into our groove. We have worked hard on improving every event and now it feels like it's all falling into place."

Defending champion Alinghi, whose crew currently have a

five-point deficit on the leader, have been putting in the ground-work since the last Act – including claiming victory in the D35 Trophy on Lake Geneva for the sixth time.

"The team has been sailing a lot since Cardiff. We've also been trying to improve our sailing for San Diego by watching back some of our video footage from previous events and making plans," said co-skipper Arnaud Psarofaghis. "We're feeling very laid back and quite happy to go into the final couple of Acts."

U.S. wildcard Lupe Tortilla Demetrio will make its debut in the Series in San Diego, having competed at the previous four Acts as part of the Flying Phantom Series. The crew will also race in Act 8, Los Cabos. Find out more about the new challenger here. Details of the second wildcard entry, which will feature several local sailors, will be released in the coming days.

**About the Extreme Sailing Serie:** Established in 2007, the Extreme Sailing Series is the original Stadium Racing sailing circuit designed for spectators, delivering high-performance action close to shore and putting guests at the heart of the battle. Attracting some of the world's top sailors, racing the hydro-foiling GC32 catamarans on short courses, the global circuit spans the Middle East, Asia, Europe and the Americas. The Extreme Sailing Series also delivers a unique and bespoke VIP experience, giving guests the opportunity to race on board the high-speed boats in the Guest Sailor spot.

# PET of the Week



**Lucky** is an eight year old neutered Border Collie Mix who weighs 40lbs. Tired of playing fetch by yourself? Lucky is here to help! He loves to play fetch and when he's tired, he simply enjoys relaxing with his humans. Lucky gets along with most dogs, however can be intimidated by those larger than him. He'll make a wonderful companion and will prove you can teach an old dog new tricks. Meet him by asking for ID#A1771241 Tag#C499. Lucky can be adopted for \$35.

**Heather** is a two year old spayed Tortie cat who weighs 10lbs. Spunky and sassy, this beautiful gal will make herself

the queen of your castle in no time. Heather arrived to the shelter as a stray and hopes to leave as a permanent member of a loving family. Meet this diva by asking for ID#A1808755 Tag#C875. Heather can be adopted for \$58.

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

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

## October events & classes at San Diego Botanic Garden

Daily, NOW – April 2018, 9am–5pm. San Diego Botanic Garden, 230 Quail Gardens Drive, Encinitas, CA 92024. Free with paid admission or membership. **Sculpture in the Garden.** This unique exhibition showcases 49 sculptures from 31 talented artists (mostly local!) set against the beautiful backdrop of the San Diego Botanic Garden. Take a self-guided tour with the Garden's Sculpture Map. All sculptures are for sale and a portion goes to benefit the Garden. Info: <http://www.sdbgarden.org/sculpture.htm>

- Saturday & Sunday, October 21 & 22, 10am – 4 pm, San Diego Botanic Garden, 230 Quail Gardens Drive. Free with paid admission or membership. Admission only \$5 on Sunday, October 22 & Monday, October 23 (until 12 noon).

**Fall Plant Sale.** Plant donations from over 100 local growers, wholesalers, retail nurseries and individuals make this one of the most interesting and diverse plant sales in San Diego County! Visit our Botanic Attic for garden-related items and stop by for a homemade goodie at The Bakery Shoppe. Info: <http://www.sdbgarden.org/plantsales.htm>

- Saturday & Sunday, October 28 & 29, 9 am – 5 pm & Sunday, October 23, 10am – 3 pm, San Diego Botanic Garden, 230 Quail Gardens Drive. Free with paid admission or membership.

**Cactus and Succulent Show & Sale.** The Palomar Cactus and Succulent Society bring cacti and succulents from all over the world for show and sale to San Diego Botanic Garden. Pottery and additional plant vendors will also be on hand selling a wide variety of items. Judging will take place on Saturday from 11 am – 12:30 pm. Info: <http://www.sdbgarden.org/cactus.htm>

- Saturday, October 28, 10 am – 2 pm, San Diego Botanic Garden, 230 Quail Gardens Drive. Free with paid admission or membership.

**Family Fall Festival.** Come to the Garden and celebrate the season with fall-themed activities like pony rides, Halloween crafts and a petting zoo. The O-Truck will offer a selection of delicious farm-to-table entrees. Come and take a picture with the Big Pumpkin! Info: <http://www.sdbgarden.org/family-fall.htm>

## Love is a four legged word



by Cathy M. Rosenthal

### When a cat won't poop in the litterbox anymore

Dear Cathy,

Our six-year-old housecat stopped pooping in the litterbox, but she still urinates in it. We find poop all over the house, but never urine. She doesn't have a favorite place to evacuate; it's on rugs, hardwood floors - she isn't hiding it. We find it out in the open and it trails off. It seems like she continues to evacuate while she walks away. We've been to our vet and there is nothing physically wrong.

Nothing in the house has changed; no one new and no renovations. It's the same litter

box, same room and same litter. Her litterbox is in a room we spend a lot of time in and she often is in there with us. Her food is in another room. We do have another cat, her sister. We've had both since they were kittens and have never had any problems until recently. They get along great, playing and grooming each other.

So far, we have tried a new litter box, removed the top from the litterbox and did bloodwork at the vet. We're out of ideas. Can you help us? - Steve N., Massapequa, NY

Dear Steve,

Cats don't generally poop while they're walking. I am not a veterinarian, but it sounds a little like fecal incontinence. Your veterinarian probably ruled that out, but if you are not sure if he or she did, please discuss this with your veterinarian. Cats should not poop while they're walking.

If she's healthy and squatting to poop, then we need to dig a little deeper to figure out why she suddenly won't use the litter box. I know you went through a list of things that could cause that to happen, but let me offer a few more possibilities.

Cats are extremely sensitive to scents. Were any new scents sprayed into the air or a new air freshener located or plugged near the litter box? Did you use ammonia or citrus-smelling cleaners to clean the litter box? These scents are off putting to cats.

Sometimes, if a cat is startled near the litter box or experienced an especially difficult bowel movement (something you wouldn't know happened), he or she will associate the litter box with that experience and will poop someplace else. My suggestion is to add a second litterbox to your home, perhaps in a more private space. Use a fine

grain, unscented litter product, and fill two to three inches high. Cats like to paw and scratch to cover up their waste and often prefer a little depth to their litter. If she starts to use this second box, then you know she might have had a bad experience at the other box.

Let me know if this suggestion helps her.

Dear Cathy,

Do you have any information on area shelters where you can adopt pets? Originally, I was looking for a sheltie dog, but I am expanding my preference, and just looking for other shelters where I can adopt. - Char F., Franklin Park, IL

Dear Char,

You can search several animal shelters and rescue groups all at one time on Petfinder.com. Enter your ZIP code and the type of dog you want based on size of dog, age, and even whether they are house-trained or not. You can indicate how far you are willing to travel to adopt a dog - within 10 miles or anywhere in the country. Once you provide the search criteria, scroll through the online gallery of pets available for adoption. It might be an easier way to find your next canine companion.

Dear Cathy,

I have an 11-year-old Maltese. He'll be 12 in February. For the last two years, we've noticed that whenever people come over, he gets extremely anxious and whines throughout their entire visit. He humps his toys. He licks his privates. I've read that as dogs get older they become more anxious. I've tried an anxiety shirt. It doesn't work. - Monica K., Deer Park, NY

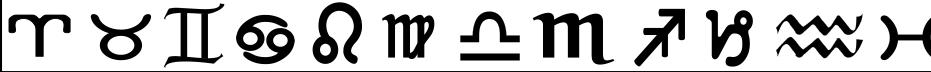
Dear Monica,

Some dogs do get more anxious as they get older, which is why there are so many "behavioral health products" on the market now. Some of these products are available as daily supplements through veterinarians; some are available in treat form over the counter and online.

Many of these products contain "theanine," an amino acid that has been shown to impact mood and reduce anxiety in dogs. Try an over the counter product, and if it doesn't reduce your dog's anxiety, talk to your veterinarian about one of the daily behavioral health products they carry.

Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to [cathy@petpundit.com](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her at [@cathymrosenthal](http://cathymrosenthal).

## Omarr's weekly Astrological forecast



**ARIES** (March 21-April 19): If you shoot from the hip in the week ahead be sure you don't shoot yourself in the foot. Ingenious ideas will help you make your mark in the workplace, but won't help to stabilize relationships.

**TAURUS** (April 20-May 20): You may be filled with imaginative ideas as this week unfolds. It may not be possible to translate your ideas into moneymaking enterprises, but sharing ideas may bring some people closer.

**GEMINI** (May 21-June 20): Spread the word. You may learn many new things that enrich your life and enhance your creativity. You will forget your doubts and fears as this week goes by and you share your ideas.

**CANCER** (June 21-July 22): If you care you will share. A partner may inspire you to be more businesslike in your approach to possessions and assets in the week ahead. Others might inadvertently block your plans.

**LEO** (July 23-Aug. 22): The tighter the knot, the better the bond. You enjoy ties of affection, but it is difficult to sustain relationships that hang by a slender thread. Concentrate on being loyal and trustworthy this week.

**VIRGO** (Aug. 23-Sept. 22): New technology can help you achieve your aims. Find ways to shave a few pennies off the bills by becoming more energy efficient in the week ahead. Stay abreast of the latest trends.

**LIBRA** (Sept. 23-Oct. 22): The unexpected or unpredictable might work out in your favor. Welcome sudden breaks in routine or unanticipated visitors in the week ahead. You may learn something of great value.

**SCORPIO** (Oct. 23-Nov. 21): You can't command respect until you have earned it. Don't rest on your laurels or hide away in a dream world. Be seen as trustworthy and act as a model of industry in the week ahead.

**SAGITTARIUS** (Nov. 22-Dec. 21): Although you may want to correct someone's mistakes, be understanding and forgiving in the week ahead. People may forget what you say but will never forget how you make them feel.

**CAPRICORN** (Dec. 22-Jan. 19): You have ambitious dreams but sometimes don't have the money or time to pursue them. By applying logic it may be easy to achieve your goals as this week unfolds.

**AQUARIUS** (Jan. 20-Feb. 18): You've got all the right moves. You feel more glamorous or talented than usual this week, but must fight an urge to act on impulse or switch direction. Don't abandon an ongoing project.

**PISCES** (Feb. 19-March 20): The tides may turn quickly where your finances are concerned. Enjoy unique experiences but don't put your money on the line this week. Someone's expectations might be unrealistic.



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# Around Town

**GI Film Festival** San Diego at venues across the county. Oct. 18-22 www.gifilmfestivalsd.org  
**Del Mar International Horse Show World Cup** Week at Del Mar Horse Park. Oct. 18-22 www.westpalmsevents.com  
**Of Mice & Men** at North Coast Repertory Theatre. Oct. 18-Nov. 12 www.northcoastrep.org  
**Michael Carbonaro** at Balboa Theatre, Oct. 19, 7:30pm. www.sandiegotheatres.org  
**Los Angeles Lakers vs. Los Angeles Clippers** at Staples Center, Oct. 19, 7:30pm. Watch on TNT. www.nba.com/lakers/schedule  
**San Diego International Cuban Dance** Congress at Town & Country Resort. Oct. 19-22 www.cubandancecongress.com  
**La Jolla Playhouse** presents Without Walls (Wow) Festival at various sites in downtown San Diego. Oct. 19-22 www.lajollaplayhouse.org  
**San Diego Repertory Theatre** presents Hand to God at Lyceum Theatre. Oct. 19-Nov. 12 www.sdrep.org  
**Foreign Film Fridays:** Truman at Ruby G. Schulman Auditorium Oct. 20 www.carlsbadca.gov  
**Fall Camping Series** at Lake Poway, Oct. 20-21, 5pm-10am. www.poway.org  
**Los Angeles Lakers @ Phoenix Suns**, Oct. 20, 7pm. Watch on SPECN/SPEC'D. www.nba.com/lakers/schedule  
**Tegan & Sara** at Balboa Theatre, Oct. 20, 9pm. www.sandiegotheatres.org  
**52nd Annual Borrego Days Desert Festival**. Oct. 20-22 (760) 767-5555 www.borregodays.com  
**Princess Diana the Musical** at Patio Playhouse Theatre. Oct. 20-29 www.patioplayhouse.com  
**Scholastic Surf Series:** San Diego High School Divisions 3 & 4 at Avalanche Beach in Ocean Beach. Oct. 21 www.surfsss.org  
**DogFest Walk 'n Roll** San Diego at NTC Park at Liberty Station. Oct. 21 www.cci.org/DogFestSanDiego  
**Roots Series:** Mexico at San Diego Children's Discovery Museum, Oct. 21, 2-4pm. www.scdcm.org/scdcm-roots  
**Teen Glow-in-the-Dark** Dodgeball at Meadowbrook Gymnasium in Poway, Oct. 21, 5-9pm. www.poway.org  
**Hoot, Howl & Prowl** at Blue Sky Ecological Reserve, Oct. 21, 5:30pm. www.poway.org  
**Fresh Start's 26th Annual Butterfly Ball:** Summer of Love at Hyatt Regency in La Jolla. Oct. 21 www.freshstart.org/events  
**The Bulls of Sant'agata Charge** Little Italy Lamborghini Car Show on West Fir Street, Oct. 21, 6-11pm. www.littleitalysd.com  
**Shaping Sound**, Las Amigas & Flamenco Arana at California Center for the Arts, Escondido, Oct. 21, 7:30pm. www.artcenter.org  
**Home Free** at Balboa Theatre, Oct. 21, 8pm. www.sandiegothe-

tres.org  
**Return to the Reef** 23rd Invitational Surf Contest at Cardiff Reef. Oct. 21-22 www.swamisurfingassoc.org  
**Bike MS Bay to Bay Tour** from Irvine to San Diego. Oct. 21-22 www.nationalmssociety.org  
**SoCal Open tabletop gaming tournament** at Del Mar Fairgrounds, Oct. 21-22, 8am-7pm. www.frontlinegaming.org  
**Haunted Aquarium:** Sea Monster Mash at Birch Aquarium, Oct. 21-22, 6-9pm. www.aquarium.ucsd.edu  
**Annual Fall Plant Sale** at San Diego Botanic Garden. Oct. 21-23 www.sdbgarden.org  
**San Diego Kids Expo & Fair** Oct. 21-22 at Del Mar Fairgrounds.  
**Antique Engine & Tractor Show** at Antique Gas & Steam Engine Musuem. Oct. 21-22 www.agsem.com  
**Scholastic Surf Series:** San Diego High School Division 5 at Avalanche Beach in Ocean Beach. Oct. 22 www.surfsss.org  
**Spooktacular 15K, 10K & 5K Run/Walk** at Hospitality Park Oct. 22 www.spooktacular10k.com  
**San Diego Triathlon** at La Jolla Cove Oct. 22 www.challengedathletes.org/events  
**Stone Craft Beer & Cheese:** The Ultimate Pairing Festival at Stone Brewing World Bistro & Gardens at Liberty Station, Oct. 22, 12-4pm. www.stonebrewing.com  
**Los Angeles Chargers vs. Denver Broncos** at StubHub Center, 1:25pm. Watch on CBS. www.chargers.com  
**Simply Three** at California Center for the Arts, Escondido, Oct. 22, 4pm. www.artcenter.org  
**Los Angeles Lakers vs. New Orleans Pelicans** at Staples Center, Oct. 22, 6:30pm.  
**The Santee VFW Post #9327 & American Legion Post #364 will be open this weekend:** Friday Oct. 20th: We will be serving Patty Melts with Fries & dessert for dinner from 6-7:30 PM for a \$8 donation, also karaoke with Steve & Marlene from 7-11. Doors open at 5PM for cocktails. Saturday Oct. 21st: 5-9 PM Our tv's, juke box & lotto machine are all up and running. Sunday Oct. 22nd: 9 AM - 5PM Breakfast served from 9-11AM. Football games on all day long with munchies in the afternoon. We are located at 8516 North Magnolia Avenue, Santee 92071. 619-562-4022. Come on by, have a cold brew or just to see our new home!  
**San Diego Botanic Garden Fall Plant Sale** Saturday & Sunday, Oct. 21 & 22, 10am-4pm Monday, Oct. 23, 9am-12pm All remaining plant stock goes on sale for 1/2 price. For 35 Years, the largest plant and garden-related items sale in San Diego! Featuring a wide variety of unique, exotic and unusual plants you won't find anywhere else! Including beautiful water-wise plants to enhance your garden and save on your water bill.

**Wings, Wheels, and Rotors 2017** Los Alamitos. An exhibition with military aircraft, a car show, helicopters, music and food. Joint Forces Training Base. (562) 598-6659 www.rexpo.org  
**Massing of the Colors and Service of Remembrance**, San Diego a patriotic tribute to honor those who served the country with a parade of color guards. Spreckels Organ pavilion, Balboa Park (760) 579-8720 sandiego-moww.org

**Rancho Bernardo Festival**, Rancho Bernardo. More than 50 IPAs other beers, spirits and regional wine selections Webb Park. ranchobernardofestival.com

**17th Annual Dia de los Muertos** at Old Mission San Luis Rey Oct. 29, 10am-4pm 10am to 4pm. Dia de los Muertos is a special occasion with diverse cultural traditions, remembering and honoring deceased loved ones. Free, family-friendly celebration, entertainment, altar displays, 100+ diverse vendors and traditional food selections. Old Mission San Luis Rey, 050 Mission Ave, Oceanside. www.mslrdia-de-los-muertos.com



**22nd Annual Día de los Muertos Festival** Nov. 1, 6pm Celebrate el Día de los Muertos with music, art and ballet folklórico. Create altars to remember and honor lost loved ones. Event also features face painting, arts & crafts activities for children. Food, handmade goods available for purchase. Live performance by Selena Tribute Band, 7pm. California Center for the Arts, 340 N. Escondido Blvd, Escondido. (800) 988-4253 or visit www.artcenter.org.

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# Concerts

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

## October

**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](http://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](http://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](http://www.hondacenter.com)

**Duet: Vietnamese Concert**. Sat, Oct 21, 7:30pm. Pala Events Center, 11154 Hwy 76 Pala CA 92059 • 877-WIN-PALA (877-946-7252)

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

**Home Free Vocal Band**. Sat, Oct 21, 8pm. Acoustic/Standards. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

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

**Carla Morrison**. Sun, Oct 22, 8pm. Folk/Latin. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

**JAY-Z**. Fri, Oct 27, 8pm. Honda Center, 2695 E. Katella Ave., Ana-

heim. (714) 704-2400. [www.hondacenter.com](http://www.hondacenter.com)

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

**Musiq Soulchild**. Sat, Oct 28, 8pm. R&B/Soul. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. [www.grove-of-anaheim.com](http://www.grove-of-anaheim.com)

**Keali'i Reichel**. Sun, Oct 29, 7:30pm. Folk/World. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 220-8497 or Ticketmaster (619) 220-TIXS.

## November

**Ana Gasteyer**. Sat, Nov 4, 8pm. Covers/Standards. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

**Halsey**. Sat, Nov 4, 7:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. [www.hondacenter.com](http://www.hondacenter.com)

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

**Katy Perry Nov 7, 8** at 7pm,

**Nov 10** at 7:30pm. StaplesCenter, 1111 S. Figueroa Str, LosAngeles, CA 90015. [www.staplescenter.com](http://www.staplescenter.com)

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

**Mayday**. Sat, Nov 11, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. [www.hondacenter.com](http://www.hondacenter.com)

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

**Imagine Dragons**. Thurs, Nov 16, 7:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. [www.hondacenter.com](http://www.hondacenter.com)

**RL Grime and Graves**. Wed, Nov 22, 8pm. Electronic/Pop. Valley View Casino, 16300 Nyemii Pass Rd. Valley Center. (866) 843-9946.

**Guns N' Roses**. Fri, Nov 24, 7:30pm. Staples Center, 1111 S. Figueroa Str, Los Angeles, CA 90015. [www.staplescenter.com](http://www.staplescenter.com)

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

**Dwight Yoakam**. Thurs, Nov 30, 8pm. Country. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750.

[www.grove-of-anaheim.com](http://www.grove-of-anaheim.com)

## December

**Aaron Neville**. Sat, Dec 2, 8pm. Blues/Jazz/Pop. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.



March 14, 7pm

Casino Center, San Diego Sports Arena, 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

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

**98 Degrees at Christmas**. Wed, Dec 20, 8pm. Quartet. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. [www.grove-of-anaheim.com](http://www.grove-of-anaheim.com)

## January

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

## February

**The Killers**. Feb 1-2, 8pm. Rock. Staples Center, 1111 S. Figueroa Str, Los Angeles, CA 90015. [www.staplescenter.com](http://www.staplescenter.com)

**Shakira**. Tue, Feb 6, 7:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. [www.hondacenter.com](http://www.hondacenter.com)

**Shakira**. Fri, Feb 9, 7:30pm. Latin/pop. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

**Cameron Carpenter**. Sat, Feb 17, 8pm. Classical/Pop. Organist. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

**Kamelot**. Sat, May 5, 8pm. Hard Rock. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. [www.grove-of-anaheim.com](http://www.grove-of-anaheim.com)

**Nightwish**. Sat, April 14, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. [www.grove-of-anaheim.com](http://www.grove-of-anaheim.com)

**Tao: Drum Hart**. Fri, April 27, 8pm. Acoustic/World. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

**Six String Society: Sounds of the Big Easy**. Sat, Feb 24, 8pm. Jazz/World. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

**Hammerfall**. Fri, June 15, 8pm. Metal. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. [www.grove-of-anaheim.com](http://www.grove-of-anaheim.com)

**New Breed Brass Band**. Wed, Feb 28, 2018. 8-11pm. Hip-hop/

Rap/Jazz/World. UCSD Price Center, 9500 Gilman Dr, San Diego 92023. (858) 534-6467

## March

**Lorde**. Wed, March 14, 7pm. Staples Center, 1111 S. Figueroa Str, Los Angeles, CA 90015. [www.staplescenter.com](http://www.staplescenter.com)

**Los Lobos**. Fri, March 16, 8pm. Latin/Rock. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

**Michael Schenker Fest**. Sun, March 25, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. [www.grove-of-anaheim.com](http://www.grove-of-anaheim.com)

## Future

**Berkley Hart: Wreck 'N' Sow**. Sat, April 14, 8pm. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

**Nightwish**. Sat, April 14, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. [www.grove-of-anaheim.com](http://www.grove-of-anaheim.com)

**Tao: Drum Hart**. Fri, April 27, 8pm. Acoustic/World. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

**Six String Society: Sounds of the Big Easy**. Sat, Feb 24, 8pm. Jazz/World. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

**Hammerfall**. Fri, June 15, 8pm. Metal. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. [www.grove-of-anaheim.com](http://www.grove-of-anaheim.com)

**New Breed Brass Band**. Wed, Feb 28, 2018. 8-11pm. Hip-hop/

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