

### Weekly Contest

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**See page 4**

### Movies on base

It, Moana, Zootopia, Leap!, The Glass Castle, Logan Lucky, Frozen.

**See page 21**

### Around Town

Oktoberfest, Mira Mesa Street Fair, Pacific Beach Fest, Poway Campout, Kids free in October at museums.

**See page 22**

Navy Marine Corps Coast Guard Army Air Force

# ARMED FORCES DISPATCH



AT EASE

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FIFTY SEVENTH YEAR NO. 15  
THURSDAY, OCTOBER 5, 2017

## October Monthly Observances

- continued from last week*
- Int'l Starman Month
  - Int'l Strategic Planning Month
  - Int'l Walk To School Month
  - Intergeneration Month
  - Learn To Bowl Month
  - LGBT History Month
  - Long Term Care Planning Mo
  - Month of Free Thought
  - Nat'l Aesthetics Month
  - Nat'l AIDS Awareness Month
  - Nat'l Animal Safety and Protection Month
  - Nat'l Arts & Humanities Mo
  - Nat'l Audiology/Protect Your Hearing Month
  - Nat'l Bake & Decorate Mo
  - Nat'l Bullying Prevention Mo
  - Nat'l Caramel Month
  - Nat'l Chili Month
  - Nat'l Chiropractic Health Mo
  - Nat'l Cookbook Month
  - Nat'l Crime Prevention Month
  - Nat'l Critical Illness Mo
  - Nat'l Cyber Security Mo
  - Nat'l Dental Hygiene Month
  - Nat'l Disability Employment Mo
  - Nat'l Depression Education Mo
  - Nat'l Domestic Violence Awareness Month
  - Nat'l Down Syndrome Month
  - Nat'l Ergonomics Month
  - Nat'l Family Sexuality Ed Month
  - Nat'l Field Trip Month
  - Nat'l "Gain The Inside Advantage" Month
  - Nat'l Go On A Field Trip Mo
  - Nat'l Kitchen & Bath Month
  - Nat'l Liver Awareness Month
  - Nat'l Medical Librarian Month
  - Nat'l Medicine Abuse Awareness
  - Nat'l Orthodontic Health Mo
  - Nat'l Physical Therapy Month
  - Nat'l Popcorn Poppin' Month
  - National Pork Month
  - Nat'l Protect Your Hearing Mo
  - Nat'l Pregnancy and Infant Loss Awareness Month



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**For detailed information on the San Diego Bay Wine & Food Festival, turn to page 15.**

## Theodore Roosevelt Carrier Strike Group scheduled to deploy

SAN DIEGO - USS *Theodore Roosevelt* (CVN 71) and guided-missile cruiser USS *Bunker Hill* (CG 52) are scheduled to depart San Diego for a regularly-scheduled deployment Oct. 6.

*Theodore Roosevelt*, the flagship of Carrier Strike Group (CSG) 9, and *Bunker Hill* will join USS *Halsey* (DDG 97), USS *Sampson* (DDG 102) and USS *Preble* (DDG 88) for a routine deployment. The *Theodore Roosevelt* Carrier Strike Group deployment is an example of the Navy's routine presence in waters around the globe displaying our commitment to stability, regional cooperation and economic prosperity for all nations.

"The U.S. Navy carrier strike group is the most versatile, capable force at sea," said Rear Adm. Steve Koehler, commander, CSG 9. "After nearly a year of training and integration exercises, the entire team is ready as a warfighting force and ready to carry out the nation's tasking."

"I have every confidence the Sailors aboard *Bunker Hill* will carry out their duty meritoriously," said Capt. Joe Cahill, *Bunker Hill's* commanding officer. "We have trained for this, and we are ready to go."

*Theodore Roosevelt* will embark aviation squadrons of Carrier Air Wing 17, including squadrons from NAS Lemoore, MCAS Beaufort, S.C., NAS Whidbey Island, Wash., NAS Point Mugu and NAS North Island.

*Theodore Roosevelt* will also embark the staff of Destroyer Squadron 23.

## San Diego ships participating in San Francisco Fleet Week

SAN FRANCISCO - Sailors and Marines aboard USS *Essex* (LHD 2), USS *Dewey* (DDG 105), USS *Champion* (MCM 4), Coast Guard cutter *Midgett* (WHEC 726), and Canadian frigate *Winnipeg* (FFH 338) are in San Francisco for San Francisco Fleet Week Oct. 1-10.

In addition, forces from 1st Marine Expeditionary Force (MEF), Naval Beach Group (NBG) 1, Explosive Ordnance Disposal (EOD) 1, Navy Region Southwest, and Coast Guard District 11 are also participating in Fleet Week.

San Francisco Fleet Week 2017 is an opportunity for the American public to meet their Navy, Marine Corps and Coast Guard team and experience America's sea services. More than 2,000 Sailors, Marines and Coast Guard members are scheduled to take part in San Francisco Fleet Week 2017 to celebrate the rich history of America's naval forces and the Bay Area. This engagement will highlight military personnel, equipment, technology and capabilities with an emphasis on humanitarian assistance and disaster response.

Throughout the week, service members will have an opportunity to engage with the local community in a series of service projects and enjoy premier events including the Blue Angels air show and parade of ships. The Navy Blue Angels are scheduled to perform at the air show on Oct. 6-8.



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# AMC commander seeks enhanced problem-solving with airlines

by Chief Master Sgt. Michael Hammond

SCOTT AIR FORCE BASE, Ill. - The commander of Air Mobility Command spoke with a group of more than 150 airline representatives, Sept. 26, 2017, to address pilot qualification and retention issues common to the Air Force and the airline industry.

Gen. Carlton D. Everhart II delivered the keynote address for the Regional Airlines Association Annual Convention at the Palm Beach County Convention Center in Florida. In addition, Everhart participated in smaller group discussion with the RAA Board of Directors during the event, which brought together executives from 15 separate regional airlines.

"There is great value in having a two-way, active discussion with industry representatives because getting after the pilot retention problem requires us to understand what the airlines are concerned about, just as we want them to see things from our perspective," Everhart said.

The general received feedback on the airlines' need for increased schedule predictability for pilots serving in the Air Reserve Component while highlighting the broad and continuing nature of Air Force and mobility operations

around the world. The group discussed leveraging technology and addressing policy related to building qualified pilots, and further crystallized ways to work together on solutions to the Air Force's pilot retention issues that also consider the industry's need for qualified professional aviators like those with military background.

"One airline received a request to make 45 of his pilots available for duty - which created an unmanageable business strain. This is why we are working to better set requirements and schedules working toward a goal of at least 60 days in advance and examining non-flying deployments through the lens of necessity," the general said. "I did emphasize that we will look to improve in this area, but the world always has a vote. The recent string of hurricanes and the earthquake in Mexico may require reaching out short-notice for support. It is important (that) this is also understood."

Developing a larger pool of qualified pilots was discussed as a foundational necessity to building a better future scenario that can sustain the airline industry and military's need for professional aviators.

The airline executives and the AMC commander talked about ways to enhance educational



Gen. Carlton D. Everhart II participated in smaller group discussion with the RAA Board of Directors during the event, which brought together executives from 15 separate regional airlines. Courtesy photo

quality and opportunities, particularly in schools near military installations. They collectively identified the need to partner in ways to reach students and inspire a passion for aviation and aviation maintenance as viable and exciting career choices.

Everhart spoke to the group about the developing concept of establishing a National Training Academy with military and civilian tracks for attendees. Such an institution would enhance the supply chain of pilots, addressing the shallow pool that currently contributes to competing for those resources between the Air Force and industry.

"Right now, we're starting

erating capability in late 2019, with full implementation around the end of 2021."

The aviation industry representatives expressed a primary area of concern in that currently, there is a government-mandated 1,500-hour flight requirement for commercial airline pilots that cannot account for simulator time as flight hours. The sizable expense associated with accumulating the 1,500 in-cockpit flight hours makes the military a recruiting hotbed for the airlines. Because Air Force pilot training includes full motion simulators to better challenge and prepare pilots for a wide variety of situations and developments too risky to replicate in the air, the Air Force's practices and use of this technology could serve as a beacon to demonstrate effectiveness.

Everhart said the ongoing dialogue represented by participating in this conference is essential

to addressing the ongoing challenges the Mobility Air Forces face in attracting, developing and retaining qualified pilots, while working with industry on solutions that will reduce the need to compete over the scarce resource of professional aviators that currently exists.

"Just as we have asked our Airmen for input on what we can do better for them and their families to convince them to stay with us in the service, we continue to talk with industry representatives to fully understand what keeps them up at night," Everhart said. "There is no one easy solution to addressing our pilot shortage. Getting this right is absolutely critical and means looking at all angles of the issue. What can we collectively do to retain our pilots and maintainers, expand the pool of eligibles and reduce the need to compete for talent with the airline industry? It's a shared problem. And it will require a shared solution."

## Wasp rescues airplane crash survivors

by MCC (SW/AW) Andrew McCord

CARIBBEAN SEA - A Navy MH-60S Sea Hawk helicopter from Helicopter Sea Combat Squadron 22 attached to USS *Wasp* rescued two civilians from French Guadelupe and Antigua whose private plane crashed several miles off the coast of

Dominica, Sept. 28.

They sustained minor injuries and were transported by helicopter to *Wasp* where they received immediate medical attention.

"We were fortunate to be in the right place at the right time," said *Wasp* Commanding Officer

Capt. Andrew Smith. "The teamwork demonstrated shows how everything on the ship comes together - from the engineers in the plant, to the medical staff, the watchstanders in the Combat Information Center, the air traffic control center, the bridge, the flight deck crews, to the helicopter crew."

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## The cyber threat is real

WASHINGTON - Throughout National Cybersecurity Awareness Month this October, and in subsequent articles, the Office of the Deputy Chief of Naval Operations for Information Warfare will describe the things you can do, at home and at work, to protect yourself and the Navy from cyber threats.

Few people today need to be convinced that our networks, computers and smart phones are at risk of compromise. We've grown accustomed to the news of computer hacks.

The confidential information of 143 million Americans was potentially compromised in the recent Equifax breach. In May 2017, the WannaCry ransomware attack infected 150,000-plus computers in over 150 countries within the first 24 hours.

If you keep up with the news, you know of Russia's election-focused data thefts and disclosures. More distant high profile attacks, such as the 2015 Office of Personnel Management hack that resulted in the theft of 21.5 million personnel records, are memorable because they affected many of us in the Navy.

From these example hacks, you can safely assume anything connected to the internet is at risk.

In fact, any electronic device for storing and processing data - a computer - is at risk, regardless of whether it's connected to the internet or whether it looks like the desktop or laptop computers we use at home and at work.

Disconnected systems are also vulnerable as attackers have employed innovative tactics to reach systems not connected to the internet. For example, thumb drives loaded with damaging software were picked up by unsuspecting technicians

and used to spread the Stuxnet virus to centrifuges in an underground Iranian nuclear research facility.

Although the compromise of Iran's nuclear facility was well publicized, less well known are other news reports that also demonstrate physical systems controlled by computers (control systems) are at risk.

In 2016, hackers who were thought to be from Russia com-

promised a Ukrainian power company, knocking out power to part of Kiev for over an hour. A 2015 breach of a Ukrainian energy company, which resulted in a power outage to 80,000 customers, may have been related to the 2016 attack. Closer to home, in 2016 "...the Justice Department claimed Iran had attacked U.S. infrastructure online, by infiltrating the computerized controls of a small dam 25 miles north of New York City."



environment, "The threats reach well beyond what you would consider a traditional computer or information technology network into the control systems and indeed almost every aspect of our lives and of our Navy mission."

These cyber threats can come from nations with highly sophisticated cyber programs, countries with lesser technical capabilities but possibly more disruptive intent, ideologically motivated hackers or extremists and/or insiders within our organizations, with a variety of motivations. Even cyber criminals threaten the Navy because they sell malicious software to state and non-state actors, thereby increasing the number of potential threat actors.

Vigilance and ensuring a robust defense-in-depth framework that incorporates people, processes and technology to assure our networks are safe is key.

Chief of Naval Operations Adm. John Richardson sums up the current cyber threat en-

vironment, "The threats reach well beyond what you would consider a traditional computer or information technology network into the control systems and indeed almost every aspect of our lives and of our Navy mission."

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The threat will continue to increase as adversaries look for potential vulnerabilities and increase their level of sophistication for cyber-attacks. In Congressional testimony, former Director of National Intelligence James Clapper described the threat saying, "Cyber threats to US national and economic security are increasing in frequency, scale, sophistication and severity of impact. The ranges of cyber threat actors, methods of attack, targeted systems and victims are also expanding."

But you can make a difference.

By adhering to cybersecurity policies, directives and best practices you can help keep the Navy secure and also protect yourself and your families while online, outside of work. It's an all hands effort, like damage control on a ship.

Knowing adversaries are actively seeking to penetrate our systems, steal our data and disrupt operations should help you understand the CNO's perspective: "Wherever you are, whatever system you're operating, every time you log in, you are in the cyber battlespace."

Be vigilant. Be safe.

## Bahrain Surface Force staffs merge, provides better support to 14 ships

by Lt. j.g. Spenser T. Smith

BAHRAIN - Rear Adm. Jesse A. Wilson, Jr., commander, Naval Surface Force Atlantic, participated in a ceremony to recognize the establishment of commander, Naval Surface Squadron 5 at Naval Support Activity Bahrain, Oct. 1.

Patrol Coastal Squadron 1 was renamed to reflect the expanded responsibilities and mission of the squadron. Since 2013, PCRON 1 has exercised administrative and operational control of 10 Cyclone-class coastal patrol ships forward-deployed to Bahrain.

In an initiative to execute administrative control over forces assigned to oversee the Title 10 "man, train, equip, and maintain" functions for the PC and mine countermeasure (MCM) ships in Bahrain, PCRON 1 was merged with Mine Countermeasures Squadron 3 Maintenance Detachment and officially renamed. As CNSS 5, the organization will have administrative control of not only the 10 PC ships, but four Avenger-class MCM ships operating out of Bahrain. Additionally, CNSS 5 will provide support to Littoral Combat Ship Squadron ships when they arrive in Bahrain.

Wilson said the importance of today's ceremony and its impact in the region.

"We welcome Naval Surface Squadron Five into the force and expand our responsibilities to better support our Sailors, our ships and our enduring mission here in Bahrain. Naval Surface Squadron 5 will increase efficiency and safety, and better align Bahrain-based ships with commander, U.S. 5th Fleet/U.S. Naval Forces Central Command," said Wilson. "Your dedication and leadership will ensure our Bahrain-based Surface Forces are manned, trained and equipped and that our Navy is able to assure, deter and win."

Commanded by Cmdr. Kendall Bridgewater, CNSS 5 will serve as the surface type commander's executive agent in Manama, Bahrain.

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CNV 4246	C40	09:30	LEMOORE(121), WHIDBEY(76)
FRIDAY, OCTOBER 06, 2017			
Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4422	C40	09:00	MC GUIRE(49), ST JOHN(35), STUTTGART(35), SOUDA(35)
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SUNDAY, OCTOBER 08, 2017			
Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4222	C40	09:00	SAN FRANCISCO(121), OAKLAND(49), PENSACOLA(49)
CNV 4529	C40	10:15	LEMOORE(121)



# Hyten: U.S. Strategic Command is reorganizing for 21st Century warfighting

by Cheryl Pellerin

WASHINGTON, Oct. 2, 2017 — The commander of U.S. Strategic Command is reorganizing to improve its warfighting structure.

Air Force Gen. John E. Hyten told the Air Force Association's Air, Space and Cyber Conference recently that he recognized there was an organizational mismatch on Nov. 3, the day he took command.

He signed out the implementation order in June, and the new air component went live yesterday.

"Even though we're listed as a functional combatant command in the Unified Command Plan," Hyten told the audience, "Stratcom is the ultimate warfighting command. It is our nation's ultimate power. And it is a warfighting command from beginning to end."

The first time he sat down in the Dougherty Conference Center at Offutt Air Force Base, Neb., to meet with his commanders, Hyten said, he saw that the two- and three-star commanders had a speaking role, but not the four-star commanders at the table.

That, Hyten said, was because

the four-stars were not operational components to Stratcom. Instead, the two- and three-stars were commanders of operational Stratcom components, and they all also worked for the four-stars.

"So I just asked myself, why aren't they [the four stars] the components, and I'll just ask them and they can reach out to the guys that already work for them and fix the problem?" Hyten said he thought at the time. "... How come we aren't organized as a warfighting command?"

Hyten said the only integration happening at Stratcom at the time was in his office.

"Our mission is to provide tailored nuclear, space, cyber,

its own stovepipe. Even nuclear and global strike, in many cases, are stovepiped off each other," the general said. "So the vision of my command is one team, one warfighting team, innovative and joint, providing the integrated multidomain combat capabilities that we need as a nation."

On June 16, Hyten signed an implementation plan to restructure Stratcom's component commands, Air Force Maj. Brian L. Maguire, Stratcom's chief of media operations, said this week. The restructure plan identified four operational components, he said: • A Joint Force Air Component Commander, or JFACC; • A Joint Force Space Component Commander, or JFSCC; • A Joint Force Maritime Component Commander, or JFMCC; and • A Joint Functional Component

Maguire also said JFCC IMD, one of the legacy structures from the previous organization of Stratcom, will remain until the conclusion of the Ballistic Missile Defense Review. Upon conclusion of the review, JFCC IMD will be restructured if and as directed. U.S. Army Space and Missile Defense Command/Army Forces Strategic Command commander will retain command JFCC IMD.

Standup of the JFACC, JFSCC and JFMCC, and their assumption of the Nuclear Task Force/Joint Functional Component Command roles and responsibilities is a phased process, Maguire said, to make sure Stratcom has identified and can work through issues while maintaining command and control of the nation's strategic forces.

As the JFACC reached initial operating capability Sept. 30, Maguire said, Gen. Robin Rand, as AFGSC commander, will be responsible to Hyten for recommending proper use of assigned and joint attached air forces, and will make those forces available for tasking. He will also plan and coordinate air operations, Maguire said.

Forces available to Rand previously fell under Task Force 204, strategic bomber and reconnaissance aircraft; Task Force 214, land-based intercontinental ballistic missiles; and Task Force 294, aerial refueling tankers, Maguire added.

**Stratcom is the ultimate warfighting command. It is our nation's ultimate power. And it is a warfighting command from beginning to end.**

Gen. John E. Hyten

Command for Integrated Missile Defense, or JFCC IMD.

Maguire said the plan identifies Air Force Global Strike Command's commander as the JFACC, Air Force Space Command's commander as the JFSCC, and the commander of U.S. Fleet Forces Command as the JFMCC.

global strike, electronic warfare, missile defense and intelligence capabilities. That's what the UCP tells us to do, and we do that. But today we do every one of those in

## Unified coordination group addressing Puerto Rico recovery, governor says

by Jim Garamone

WASHINGTON - Puerto Rican and federal officials are working as a unified coordination group and progress is being made in all lines of effort on the island, but Hurricane Maria's devastation was so extreme and widespread that the island remains in emergency mode, Gov. Ricardo Rossello said in San Juan Oct 2..



**Army Reservists transfer water to emergency disaster responders in Juana Diaz, Puerto Rico. photo by Staff Sgt. Elvis Umanzor**

Government and nongovernmental agencies are working together to deliver food, water and fuel to people throughout the island commonwealth, he said.

Progress is being made in all lines of effort, the governor stressed, but he acknowledged that much more needs to happen. His government is working "effectively with [the Federal Emergency Management Agency] and the Department of Defense, who are helping extensively with all of the logistics and the efforts we have on the ground," he said.

About 7,200 service members of all services and components are on the ground in P.R., the governor said, employed in areas such as transportation, security, fuel units and medical efforts.

Army Lt. Gen. Jeffrey Buchanan, the U.S. Northern Command representative on the island and DoD's liaison to the FEMA-led effort, told National Public Radio that Puerto Rico has received everything he has asked for from Northcom and DoD.

USS *Wasp*, with three embarked helicopters and 10 additional aircraft, will arrive tomorrow. Eight Marine Corps Ospreys and two Hercules transport planes also will deploy to the island.

Hospital ship USNS *Comfort* is in Puerto Rico. The Military Sealift Command ship is crewed with 800 medical personnel and support staff to support 250 patient beds. The ship will fall in on a medical system that is recovering from the storm. The governor said that assessments of the hospital system are complete and that 10 hospitals are back on the electrical grid, with others operating via generators. FEMA officials have worked up a fuel distribution system to ensure uninterrupted electricity at those facilities, Rossello said.

Fuel is a major and necessary commodity. More than 759 of 1,120 retail gas stations have reopened, and waiting times for gas and diesel fuel have dropped drastically, he added, and about 65 percent of large grocery and big-box stores have reopened.

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Guerrero, Kevin	D13-T1	Collins, Al	25-B1

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Lievre, Joseph	43-B2
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#### CORONADO

Joyner, Gabrielle	A5-T3
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## Social Security Matters

by Russell Gloor

### Bend points & means testing

Dear Rusty: I was having coffee with several of my neighbors, and the long-term financial health of Social Security came up. With all of the media coverage of the program running out of reserves in a few years, the issue of "means testing" for benefits came up as a partial solution to the forecasted shortfall. This sounds to me like something that should be considered, but then somebody mentioned that Social Security is already means tested, and he mentioned taxation and something called "bend points." I'm really confused. Can you explain? Signed: Mixed up



Dear Mixed: Wow, you and your neighbors get into some pretty deep topics over coffee, but let me try to clarify. At its most basic level, a means test is "a determination of whether an individual or family is eligible for government assistance, based upon whether the individual or family possesses the means to do without that help" (Wikipedia definition). With this basic definition, it can't really be said that Social Security is "means tested" in a formal sense. Individuals and families with levels of wealth and income far above average levels can - and do - qualify and receive Social Security benefits based on their contributions to the program during their working years.

But realistically, the calculation of actual benefits does take into account wealth and earnings, at least indirectly. This is where the "bend points" your friend mentioned come into play. The determination of an eligible recipient's Social Security monthly benefit (referred to as the "Primary Insurance Amount" or PIA) involves a three step process:

1. The indexing of recorded earnings for a 35-year period. Using the highest recorded earnings, each annual figure is indexed to bring the amount up to current values. This is done using a set of annual percentages developed by the Social Security Administration to reflect present values of those earnings.

2. A monthly average for the 35-year period is then calculated. After indexing, the average monthly earnings amount for the 35-year period is separated into three levels, called bend points, this way (dollar values for 2017): a. the first \$885 is multiplied by 90 percent; b. earnings between \$885 and \$3,556 are multiplied by 32 percent; and c. earnings above \$3,556 are multiplied by 15 percent.

The three amounts calculated in the preceding step are added together to determine the PIA.

3. Here's an example, assuming a 35-year monthly earnings average of \$5,000: Bend point 1 = \$ 796.50 (\$885 X 90 percent); Bend point 2 = 854.72 (\$3556 - 885 = \$2671. \$2671 X 32 percent = \$854.72); Bend point 3 = 216.60 (\$5000 - 3556 = \$1444. \$1444 X 15 percent = \$216.60)

The Primary Insurance Amount, or PIA, comes to \$1,867 (Monthly amount is always rounded down to the nearest dollar)

I know these computations can be mind-numbing, but the example above illustrates that higher earnings get a lower weighting in determining PIA ... not necessarily a "means test," but a way of ensuring that low wage earners receive a higher return on their Social Security investment. So although true means testing isn't currently a factor in deciding a person's benefit, weighting the bend point percentages higher for the lower dollar portions in the calculation does, in fact, have the effect of being somewhat less favorable to those with a higher average monthly earnings. By the same token, the fact that people with higher adjusted gross incomes can find up to 85 percent of their Social Security subject to taxation also serves to balance the scales more toward lower income earners. I'll take my coffee with cream, and no sugar, please.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens

## Family, Caregiver, and Survivor Advisory Committee formed

WASHINGTON - The Department of Veterans Affairs (VA) announced the formation of the Veterans' Family, Caregiver, and Survivor Federal Advisory Committee as part of VA Secretary David Shulkin's commitment to supporting the nation's veterans and those who care for them.

The new Committee will be chaired by former Senator Elizabeth Dole, a noted advocate for military caregivers, and the founder of the Elizabeth Dole Foundation and the Hidden Heroes Campaign, both of which they regularly collaborate with the VA on issues related to military caregiving.

"The VA is committed to the delivery of highest quality care and support to our veterans, and recognizes the essential role their families, caregivers, and survivors have every day," said Shulkin. "Senator Dole is an accomplished and experienced advocate for veterans' caregivers I'm honored that she will chair this landmark Committee."

The committee will advise the Secretary, through the Chief Veterans Experience Officer, on matters related to veterans' families, caregivers, and survivors across all generations, relationships, and veteran status, with a focus on gaining a better understanding of the use of VA care and benefits services, and factors that influence access,

### Commemorating the Navy

Are you planning to commemorate Navy History? The Navy History and Heritage Command HHC can help.

Toolkits already exist for major Navy events, like the Navy's birthday and the Battle of Midway. Go to <https://www.history.navy.mil/browse-by-topic/commemorations-toolkits.html>. NHHC also has plenty of resources online that can help you craft your own event.

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

quality, and accountability for those services.

A key element of the committee's work will be to engage veteran family members, research experts, and family service providers as a way to better understand their needs and identify ways VA can continue to support them in the best possible way.

"Military families, caregivers, and survivors are truly our nation's hidden heroes, and make great sacrifices each and every day on behalf of their loved ones, so we must do more to support them on their journey. VA, under Secretary Shulkin's leadership, is stepping up at a time of tremendous need and opportunity," said Dole, herself a caregiver to her husband, former Senate Majority Leader Robert J. Dole, a World War II veteran injured in combat.

"I'm proud to serve as chair of such a critical committee, alongside some of the nation's top voices on the issues that affect veterans and their families."

Serving alongside Dole on the committee will be Sherman Gilmums (Vice Chair), Mary Buckler, Bonnie Carroll, Melissa Comeau, Harriet Dominique, Jennifer Dorn, Elyn Dunford, Dr. Robert Koffman, Lt. Gen. (Ret.) Mike Linnington, to name a few.



Photo by Paragon Media

## Old Glory Relay travels through San Diego to celebrate unity

Hundreds of veterans and their civilian supporters participated in Team Red, White & Blue (Team RWB) Old Glory Relay. The San Diego course was part of the 4,600-mile cross-country mission to bring a single American flag from Seattle to Tampa that ends on Veterans Day.

In total, over 70 teams are taking part in the journey by running, walking, or cycling the flag to its final destination at Team RWB's National Headquarters in Florida.

Onlookers were invited to participate in the 4th annual relay throughout the course. The participatory nature of the relay demonstrates this year's theme of UNITY, and sends an important message of solidarity in these divided times.

• Turn to page 13 for a photo gallery of this event.

### San Diego County Veterans Service Offices

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

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

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# Career & Education

## INTERPERSONAL EDGE: The engine that drives success

by Dr. Daneen Skube

Q. Is there one critical factor that differentiates those who reach their goals from those who don't? I read a lot of books on success, but I find most of the advice doesn't work for me. Maybe I am just doing these techniques wrong. What is the real engine that drives success?

A. The real engine that drives success is when a person's emotional unconscious and intellect are aligned. This is much harder than it sounds!

Native American elders usually ran the decision-making in many tribes. The interesting part of their management philosophy is that everyone in the group had to agree with a decision or the debate continued. Could you imagine the frozen nature of our government if we had the same rule?

The wisdom in this philosophy is that, in a group of wise people, one dissenting voice has an important point to understand before making the decision. Notice I said a group of wise people. In a group of foolish people, a dissenting voice is probably useless. The extensive conversation between elders allowed valuable information to come to light; thus decision making improved.

You might be surprised to learn that you also contain a mul-

tiplicity of wise selves within your single body. Just listen to yourself during the day and hear how often you have dissenting opinions. There is the one that wants to lose weight and the one that wants the donut. There's the one that wants who wants to take a risk and the one that wants to play it safe.

If you pay attention to yourself you'll notice you spend much of your day simply arguing with yourself. The reason we argue much of ourselves is our conscious intellect runs our life and throws the rest of us into the back seat ignoring their input.

The trouble is these ignored selves don't simply go away. Unconscious emotional selves operate outside of our awareness sabotaging our success. The idea that the road to hell is paved with good intentions is because of these selves. They will only be silent for so long and then they jump up and we drink too much, flirt with the wrong people or yell at our boss. Note that this isn't a "will power" issue!

I wrote the first third of my book dealing with the relationship with ourselves because highly successful people realize this is the first relationship that needs to be addressed. Your effectiveness in all other relationships requires you to

be aware of everything unconscious and conscious going on inside of yourself. From my Sunday school days I remember the bible quote, "If a house is divided against itself, that house cannot stand." Neither can a divided self.

Next time you are arguing with yourself, listen or write down all sides of the argument. Stop siding only with the voices that make you comfortable. Stop judging the voices you don't like.

If you are angry, be angry. Consider that this voice is trying to get you to take a risk. If you are sad, be sad. Consider that this voice is trying to get you to let go of old ways of operating. If you are scared, be scared, and consider that this voice is trying to get you to be proactive.

Each voice inside you has a point. They all need a seat at your tribal table. I find that the voices that make us most uncomfortable are often the voices we most need to hear from. Don't confuse listening to these voices with opening your mouth and saying everything you feel. You'll just blow up your effectiveness. Instead listen to what you deeply need and put together a strategy to get that goal.

Emotions are truly the engine

that drives success. Don't think all those techniques that rely on the intellect alone will get you anywhere. You aren't doing those techniques wrong, but nothing works that doesn't address the heart first. Once you develop an awareness of those voices you previously ignored, your goals will be clear and your intellect can backfill with a strategy that will work!

And the very best part is you will no longer be a house divided but a house unified. The peace, effectiveness and power of internal unity is a pearl of great value in and out of your workplace. And the only cost is to completely get to know the one person you'll never escape - yourself!

Q. I'm an avid reader of your column but find it is truly hard to apply what you are teaching all day long. I know you talk about self-hatred and self-criticism not being useful. Is there a way you advise to cope with being so much more aware of better options even when a person continues to default to bad habits?

A. Yes, if you simply spend a few more moments each day being more conscious and doing anything better, you're moving in the right direction. Change is simply not a microwave process.

## San Diego Navy College Office among final four to close

Naval Education and Training Command (NETC) announced that the remaining four Navy College Offices (NCO) in the continental United States will close as scheduled on Oct. 1.

Sixteen NCOs closed a year ago, with the modernization of the Navy College Virtual Education Center (NCVEC), which now serves as the Navy College Program's (NCP) central location for tuition assistance processing and education services. The initiative is part of an ongoing effort to increase virtual and self-service options for Sailors.

The four NCOs closing at fleet concentration areas in Norfolk; San Diego; Jacksonville, Florida; and Kitsap, Washington operated for the past year during the transition. Eleven overseas NCOs will continue to remain open in Atsugi, Japan; Guam; Misawa, Japan; Sasebo, Japan; Yokosuka, Japan; Bahrain; Guantanamo Bay, Cuba; Rota, Spain; Sigonella, Sicily; Naples, Italy; and Pearl Harbor.

"Many of today's Sailors have grown up with online tools and are very tech savvy," said Rear Adm. Kyle Cozad, commander, NETC. "This initiative is an example of how we're striving to better provide education services to our Sailors when they choose, wherever they are and with the resources they need at their fingertips, instead of requiring folks to schedule appointments, get off work, jump in the car to accomplish everything that we've demonstrated Sailors can do on a personal device today."

Since Oct. 1, 2016, the NCVEC has fielded more than 300,000 phone calls, help requests, e-tickets, web chats, tuition assistance requests and more.

Part of the NCVEC's new service delivery model has improved the Web Tuition As-

sistance (TA) approval process. The new process automatically checks/validates:

- \*the academic institution's course/tuition information,
- \*validates a Sailor's status, including degree plan,
- \*counseling,
- \*no missing grades,
- \*expiration of active obligated service (EAOS) status,
- \*TA annual usage, etc.

Through the NCVEC, education counselors are available to answer questions about all Navy College voluntary education programs and provide counseling services to Navy service members stationed throughout the world. The hours of operation are Monday-Friday, 7a.m. to 7 p.m. in the Eastern time zone.

Options for Sailors through the Assistance Center online at [www.navycollege.navy.mil](http://www.navycollege.navy.mil) include:

- \*submitting a help request,
- \*scheduling an appointment using the NCP Counselors Appointment Scheduler,
- \*chatting with a counselor through the Assistance Center by clicking the "Chat Now" button and
- \*searching frequently asked questions and topics.

Sailors may call the NCVEC at 877-838-1659 during hours of operation. NCVEC tools can also be accessed through the NCP app, available to download for free through the Google Play and iTunes stores.

NCP is managed through the Naval Education and Training Professional Development Center.

Follow us on Facebook at <http://www.facebook.com/NavyVoluntaryEducation/>.

For more information on the Naval Education and Training Command, visit <http://www.netc.navy.mil>.



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

Call Jay Lott at 619-230-0301 or email him at [jay@navyleague-sd.com](mailto:jay@navyleague-sd.com) for more information.

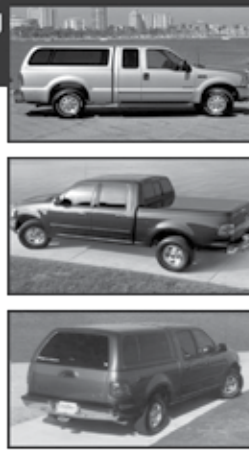
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# On Base & On Board

**Crochet For a Cause** Thursday, October 5, 6 pm, \$10 NBPL, Main Base The Clubhouse, Bldg. 546 In support of National Breast Cancer Awareness month, this intermediate class will teach you how to make a beanie. Upon completion, we will donate these creations to those battling cancer. Cost includes instruction, supplies, and light refreshments. Registration required: 619-553-9138

**NASNI Bird Walks** Friday, October 6 & 20 • 9-8 am, FREE Walk begins from the Navy Lodge Lobby Enjoy a fun, guided, beach walk listening to the ocean sounds and indigenous birds chirping. Info: 619-437-3190

**Oktober Stein Decorating & Beer Tasting** Friday, October 6, 6 pm, \$15 (21yrs +) NBPL, Main Base The Clubhouse, Bldg. 546 In celebration of local Oktober festivities, let's decorate a beer stein you'll use for years to come! We'll also sample a variety of delicious, craft brews. Cost includes supplies and tasting. Registration required: 619-553-9138

**Runway Family 5K & Fall Festival** Saturday, October 7, 9 am-Noon (race check in 8 am), FREE Heritage Park, NASNI The whole family is invited for 5K run or 1-mile family fun run/walk! T-shirt awaits all participants. Plus, prepare you family for any life event with great Navy Ready Resource found throughout the Fall Festival. Event is open to MWR patrons of all ages with base access. Info: 619-435-5056 | Registration required: www.navylifsw.com

**El Cajon Oktoberfest** Saturday, October 7, 10 am, \$10 Grab your lederhosen and dirndl! Join us for the German American Society of San Diego's event — the most authentic Oktoberfest in town! Enjoy live music, classic cuisine, and German beers. Plus, leave the driving to us! Cost includes transportation only. Registration required: 619-553-9138

**OMA's Pumpkin Patch** Saturday, October 7, 1-3 pm, \$5 adults/\$10 kids (3-12 yrs.) 14950 El Monte Rd, Lakeside, CA Hop on a hayride around the farm or experience other activities including a hay bale maze, petting corral, cottonseed mountain slide and playground. Check in with the Community Recreation table just next to the entrance. Child admission includes a water bottle and jack patch pumpkin. Info: 619-556-9597 | Registration required: www.navylifsw.com

**Halloween Costume Glow Run** Saturday, October 7, 5 pm, FREE NBSD Admiral Prout Field House Track Come in costume and enjoy a family run complete with a DJ, glow sticks and prizes for best costumes! First 150 to register receive a free glow-in-the-dark T-shirt.

Info: 619-556-7444 | Registration required: www.navylifsw.com

**Maker Faire San Diego** October 7-8, Balboa Park Think it. Make it. Share it. Info & Tickets: SDMakerFaire.org

**Kid's Six Flags Coloring Contest** October 9-21, FREE NBSD Tickets and Travel Offices Pick up a Six Flags coloring page at your local NBSD Tickets and Travel offices for your chance to win a family 4-pack to Six Flags! NBSD Ticket Office, Waterfront Community Rec Center, Bldg. 45 NBSD Ticket Office, Main Exchange, Bldg. 3379 NBSD Ticket Office, Admiral Robinson Bowling Center, Bldg. 3223 Info: 619-556-9597

## Tim Burton Movie Marathon

Wednesday, Oct. 11, All Day

FREE Info: 619-553-9138

3 pm: **Miss Peregrine's Home for Peculiar Children** (PG-13)

5 pm: **Alice in Wonderland** (PG)

7 pm: **Alice Through The Looking Glass** (PG)



**Coaster Decorating** Wednesday, October 11, 5:30 pm, \$5 NBSD Waterfront Community Recreation Center Don't miss this opportunity to make and design your own set of (4) coasters. All supplies provided. Info: 619-556-9597 | Registration required: www.navylifsw.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.navylifsw.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

**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.

## LIBERTY

**Liberty vs. Liberty** Tuesdays • 6-8 pm • FREE Sign up at your base Liberty Center today! Join Metro Liberty as each facility faces off in a different activity every week. Contact your local Liberty Center for transportation. Oct. 10 Dodgeball Balboa Liberty Center, NMCSO: 619-532-8909, The RECYARD, NBSD: 619-556-5085, Liberty Hall, NBPL, Harbor Drive Annex: 619-524-0961, The Clubhouse Liberty, NBPL, Main Base: 619-553-9138, Q-Zone, NAB: 619-437-3190, VADM Martin Liberty Center, NASNI: 619-545-2878

**Recognizing Military Artists** October 1-27 • 7 pm • FREE Submit your drawings, paintings, photographs, ANY style of art to be displayed at the Liberty Center. Then join us for our Art Walk on 10/30. Info: 619-545-3331

**Dinner and a Movie** Friday, October 6 • 5 pm • \$12 active/\$15 guest We are heading to the movies to watch the sequel of Blade Runner (1982). It's sure to give you a run for your money. Info: 619-532-8909

**Learn To Make a Frappé** Saturday, October 7 • Noon-2 pm • FREE Learn to make a Frappe at home on National Frappe Day! Info: 619-524-0961

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## College tours and Trojan Wars: Surviving the ordeal



by **Lisa Smith Molinari**  
 “Odysseus, eat your heart out,” I thought, while driving our daughter, Lilly, to college visits recently.

Although I wouldn’t encounter any cyclopes or sea monsters, I knew I was embarking on a grueling ordeal. Over the course of our four-day trip, I would put 1800 miles on our minivan, log over 40,000 Fitbit steps on five campus tours, nail-bite through Lilly’s four interviews, swipe mini bottles of lotion from three cheap hotels, and eat at least four tuna sandwiches.

According to the National Association for College Admission Counseling, 77% of colleges in the United States rate campus visits as a top recruitment strategy for prospective freshmen. After more than 25 college

first period Physics once we get her transcripts.”

Of course, we were assigned to tour guides that were fresh-faced and overly enthusiastic. “Hi! I’m P.J.! I double-major in

### the meat and potatoes of life

tours between our three kids, I knew the schools we were about to visit would try every trick to get their hooks in us, and that I would need to muster the strength to resist falling into their traps.

At each school, we went to the admissions offices for information sessions and interviews. My goal was to stay awake — thank goodness for complimentary K-Cups — and to be realistic about Lilly’s interviews. When one interviewer proclaimed, “Lilly is PERFECT for our school!” I knew he really meant, “Lilly seems like a real peach, but don’t be surprised if we drop her like

Global Mediation Strategies and Interpretive Dance, with a minor in Sustainable Mollusk Farming, and I am the Assistant Treasurer of the Quidditch Club. Follow me while I walk backwards like a trained circus monkey!”

And our tour groups — which always seemed to include a kid with purple hair, a jock with a gum-chewing dad, and someone from Long Island — followed like sheep to slaughter. The parents glanced sideways at each other, muttering redundant thank yous every time we held doors for each other.

We hit the usual campus spots like libraries and student centers, but our guides had a few strategic surprises up the scrunched sleeves of their spirit wear. They wisely steered clear of stark reality such as old Biology buildings that smelled like pickles and frat houses with permanently tapped kegs in front yards, and instead pointed us toward 3-D printers, digitally illuminated mock trading floors, online laundry monitoring systems, colorful rock walls, and staged dorm rooms.

Even though my older children’s dorm rooms reek of nacho cheese and are littered with dirty socks, the dorm rooms on our

college tours were color-coordinated, obsessively organized, freshly Febreezed, and adorned with gratuitous advertising signs reading, “Brought to you by Bed, Bath and Beyond.” They explained that we could take advantage of “gender fluid” housing options. Furthermore, if we only fill out a seven-page background check and sign the necessary legal release forms, our child would be permitted to live with someone of the opposite sex.

No matter how one feels about progressive housing options, one should never use the term “fluid”

when referring to teenagers’ bedrooms.

In the dining halls, our guides detailed complicated meal plans involving flex dollars, bonus bucks, and recycling rewards, to buy foods described as gluten-free, halal, locally-sourced, mindful, farm-to-table, kosher, Paleo, diabetic-sensitive, and “world-fair” cuisine. I knew this was a fancy way of saying that, for four years, our kids will eat mostly cereal, chicken fingers and soft-serve ice cream.

Like Odysseus resisting the call of the Sirens, I did not fallen prey to the secret strategies em-

ployed by those institutions of higher learning. I kept my wits about me, and was triumphantly on my way home after four long days.

I had to admit, however, that the use of chocolate chip cookies was an effective marketing tool. One school had them in baskets at admissions, another offered them hot out of the oven as we toured the dining halls, and another doled them out at the conclusion of the tour. Add that to the free cookies in the hotel lobbies, and despite my Trojan warrior willpower, I was packing a baker’s dozen by the time we passed Poughkeepsie.

## NAVSUP announces holiday season mailing deadlines

Naval Supply Systems Command, in cooperation with the U.S Postal Service, Military Postal Service Agency, and Joint Military Postal Activity, released mail-by dates for pre-Dec. 25 deliveries of holiday cards, letters, and packages.

For mail addressed to/from:

**APO/FPO/DPO AE zips 090-098 (except 093); AA zips 340; AP zips 962-966**

- \* Priority Mail Express Military Service: Dec. 16
- \* First-Class and Priority Mail (letters, cards and packages): Dec. 11
- \* Space Available Mail: Nov. 27
- \* USPS Retail Ground Mail (formerly known as Standard Post): Nov. 6

**APO/FPO/DPO AE ZIP 093**

- \* Priority Mail Express Military Service: N/A
- \* First-Class and Priority Mail (letters, cards and packages): Dec. 4
- \* Space Available Mail: Nov. 27
- \* USPS Retail Ground Mail (formerly known as Standard Post): Nov. 6

**Domestic Mail (For Ships in Port and Personnel on Shore Duty in the U.S. mailing to U.S. destinations-not including APO/FPO)**

- \* First-Class Mail: Dec. 19
- \* Priority Mail: Dec. 20
- \* Priority Express Mail: Dec. 22

International First-Class Packages and Priority Mail addressed to Africa and Central and South America should be mailed no later than Nov. 30.

International First-Class Packages and Priority Mail addressed to Asia/Pacific Rim; Australia/New Zealand; Canada; Caribbean;

Mexico, Europe; and the Middle East should be mailed no later than Dec. 7.

All classes of mail addressed to FPO addresses must contain the New Navy Standardized Address format, which includes ship or mobile unit number, (or PSC number for ashore FPOs), virtual or actual mail box number, and five-digit ZIP code to ensure delivery. Mail not addressed correctly could be returned to sender as undeliverable.

Priority Mail Express Military Service (PMEMS) is available from selected military post offices. If mailing to an APO/FPO/DPO address, check with your local post office to determine if PMEMS service is available and specific delivery service standards.

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**SEE Deadlines page 9**

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[www.canyonview.org](http://www.canyonview.org) Email: [cvoffice@canyonview.org](mailto:cvoffice@canyonview.org)

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 Friday's Women's Bible Study **9:30-11:30 am**  
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 website: [www.st-lukes-la-mesa.org](http://www.st-lukes-la-mesa.org)  
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## Hurtful emotions are the connection to understanding self-harm

from NIH

People deal with difficult feelings in all sorts of ways. They may talk with friends, go work out, or listen to music. But some people may feel an urge to hurt themselves when distressed. Harming or thinking about harming yourself doesn't mean you have a mental disorder. But it is an unhealthy way to cope with strong feelings. Finding new ways to cope can help you get through difficult times.

Some unhealthy ways people may try to relieve emotional pain include cutting, burning, or hitting themselves. These behaviors can be difficult to detect. People usually keep them a secret. Wounds can often be treated at home and covered with clothing or jewelry.

"The largest percentage of people who engage in non-suicidal self-injuring behaviors are teenagers," says Dr. Jennifer Muehlenkamp, an NIH-funded psychologist at the University of Wisconsin-Eau Claire. Around 2 out of 10 teens and college-aged students report trying this behavior at least once.

Those are the key ages because youths are changing environments, Muehlenkamp explains. "Transitioning into college or from junior high into high school creates a lot of potential change. You lose the familiarity of your social group, and your social support might shift. There's a lot of new stress and pressures."

People who are anxious, are

depressed, or have an eating disorder are also more likely to turn to self-injuring behaviors. So are those in sexual minority groups who experience discrimination and bullying, such as those who identify as gay, lesbian, bisexual, or transsexual.

"Self-injury is a sign that someone is struggling," says Muehlenkamp. "Many youths transition out of it. But those who engage in it more repetitively and chronically may benefit from a direct clinical intervention."

If you're a parent or caregiver who's concerned, look for frequent unexplained injuries and clues like bandages in trash cans. Watch to see if the person wears appropriate clothing for the

weather. Someone who is self-harming may wear long pants or sleeves to cover their injuries, even when it's hot.

"The way most people find out is the person who is self-injuring will disclose it," Muehlenkamp says. They often tell a friend or a sibling first.

If someone confides in you, "your first reaction is essential to whether or not they will seek help," Muehlenkamp explains. "Be as nonreactive and nonjudgmental as possible."

Not everyone who self-injures is suicidal. But the only way to know is to ask. If they express any suicidal thinking, get them connected with a mental health provider. You can also call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for advice.

Parents can open conversations with their kids by asking them if they've heard of self-harming behaviors or if they know friends who do it. If a friend has confided in them, they can offer to go talk to a trusted adult with their friend to get them help.

There are no medications for treating self-injuring behaviors.

But some medications can help treat mental disorders that the person may be dealing with, like depression or anxiety. Mental health counseling or therapy can also help you learn new ways to cope with emotion. See the Wise Choices box for tips on handling strong emotion.

**There's no right or wrong way to deal with intense emotions.**

**If you're feeling distressed:**

- Talk with friends.
- Watch a funny movie or read a comforting book.
- Listen to music.
- Get active. Go for a walk or get some exercise.
- Distract yourself with any activity or hobby you love.
- Avoid smoking, drinking, and other risky behaviors.
- Take care of your body. Eat and drink well. Get enough sleep. Realize it's okay to cry it out.

### Deadlines

continued from page 8

tions by air on a space available basis.

It is recommended customers check with local civilian or military post offices for information regarding size restrictions and customs declaration form requirements. Customers are advised mailing restrictions apply and some items cannot be mailed. Examples of non-mailable items are: alcohol, switchblade knives, pornography, controlled substances, and explosive or incendiary devices. If in doubt, contact your local civilian or military post office.

As a final note, customers should ensure articles are packaged properly for mailing and packages do not display markings

related to any type of hazardous material, such as bleach, alcohol, or cleaning fluids. Parcels found by U.S. Postal Service with such markings or labels on the outside of the box will not be processed.

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## Meditation workshop at Del Mar Library

Del Mar Library will host Meditation: a Tool to Balance Your Life on Saturday, Oct. 14 at 10:30am.

It is now being recognized that the practice of meditation contributes to a more positive, healthy lifestyle. It is an invaluable tool helping people reduce stress, gain a deeper sense of fulfillment in life as well as fos-

ter greater physical, emotional and spiritual well-being. Join, Doug Frankel as he connects meditation and spiritual development to important aspects of our lives. He will offer a practical technique of meditation that can positively impact your life. Through first hand demonstrations of this simple yet highly effective method you

will discover the key to deeper concentration, relaxation and profound personal growth.

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.sdcpl.org](http://www.sdcpl.org).

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## Boxer passes medical assessment ahead of schedule

by Seaman J. Hutchinson  
SAN DIEGO - Sailors aboard USS *Boxer* passed the Fleet Support Operations-Medical 1.3 assessment with an overall score of 96 recently.

FSO-M, typically held every 36 months, is a Commander, Naval Surface Forces-mandated inspection in which Afloat Training Group (ATG) Pacific evalu-

ates the crew's performance in simulated medical casualties, stretcher-bearer drills, battle dressing station (BDS) operations and a mass casualty drill.

Due to *Boxer's* stellar performance, the ship's crew completed the evaluations ahead of schedule, and will not be required to complete FSO-M 1.4, the remediation inspection.

"Surface warfare is a team sport. Every problem or certification on this ship is a *Boxer* problem. In light of the recent tragedies, that strikes home with this crew, and they responded accordingly and together," said Capt. Benjamin Allbritton, *Boxer's* commanding officer.

Unlike other medical assessments, FSO-M tests the ship's crew rather than just the medical department. Every department aboard *Boxer* was tested individually and was required to apply their level of medical knowledge while working together to render medical aid during simulated casualty scenarios.

"We're also assessed on our management of our occupational health programs such as heat and hearing," said Lt. Cmdr. Dana Lilli, *Boxer's* senior medical officer. "FSO-M certification has been a huge success on *Boxer* due to excellent command involvement, attention to high priority and training the crew to respond to medical casualties. The knowledge displayed this week needs to be retained throughout the rest of the training cycle until it

is time to get tested again."

According to Senior Chief Hospital Corpsman Matthew Bauer, *Boxer's* independent duty corpsman and medical department's leading chief petty officer, ATG inspectors said approximately one-third of San Diego-based ships score high enough in all sections of FSO-M to avoid FSO-M 1.4, with the average fleet-wide score being in the mid-eighties.

To prepare for FSO-M, Sailors assigned to *Boxer's* medical department invested time and energy training the crew to increase first aid proficiency.

"Every department being medically knowledgeable is important because in emergencies, Sailors who aren't corpsmen need to be the first responders," said Hospital Corpsman 2nd Class Joshua Reuss. "We prepared the crew for this week's inspections with stretcher bearer training, mass casualty drills, training with every department on the ship on the 11 basic wounds, duty section training, heat stress training and cardiopulmonary resuscitation (CPR)."

## Marine Corps graduates first female AAV officer

QUANTICO, Va. - Second Lt. Mariah A. Klenke graduated from Assault Amphibian Officer Course Oct. 3 and is the first female Marine Corps officer to earn the military occupational specialty of 1803, Assault Amphibian Officer



Second Lt. Mariah A. Klenke. Courtesy photo

Assault Amphibian Officer Course, which takes place aboard Camp Pendleton, prepares Marine officers to serve as Assault Amphibian Vehicle platoon commanders, and employ their Marines and vehicles. The 12-week course began in July and will graduate seven Assault Amphibian Officers.

"Assault Amphibian Officer Course was a great experience, and everyone worked well together," said Klenke. "I chose the 1803 MOS for the role it plays in Marine Corps' amphibious mission, the occupation's close community and the opportunity to work closely with the infantry. I am looking forward to mov-

ing on to the fleet and training with Marines."

Klenke's follow on assignment is to 1st Marine Division aboard Marine Corps Base Camp Pendleton, Calif.

"The Marine Corps and Training Command congratulate 2ndLt Klenke and her classmates on their graduation from Assault Amphibian Officer Course," said Brigadier General Jason Bohm, Commanding General, Training Command. "We wish her, and the entire class, the best of luck in their future endeavors as leaders of Marines."

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CFC 12025

## Ellinger assumes command of Lake Champlain

by MC2 R. Sunderland  
SAN DIEGO - Capt. Jen Ellinger relieved Capt. Chris Cegielski as commanding officer of USS *Lake Champlain* (CG 57) Sept. 28.

Rear Adm. John Fuller, commander, Carrier Strike Group 1 (CSG 1) presided over the change of command ceremony. Fuller said he was impressed with the work Cegielski has done while at the helm of *Lake Champlain*.

"The deep insight and understanding he has of how to conduct a mission and his dedication to personnel readiness has set a high standard here," said Fuller.

Cegielski led *Lake Champlain* through a 6-month deployment with the Carl Vinson Carrier Strike Group conducting maritime security operations and working with partners and allies in the Indo-Asia-Pacific region.

"It's important to acknowledge that this ship is forged in steel and aluminum, but it is also forged in the blood sweat and tears of the men and women who've served aboard past and present," said new CO Ellinger. "I am truly humbled by the opportunity to take command of this mighty warship and serve alongside some incredible people."

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# Platform simplifies ammo management

by Kaitlin Kelly

CAMP PENDLETON - This summer, a team at Marine Corps Systems Command launched an upgrade to its ground ammunition inventory system, allowing for greater collection, storage and interchange of data. The enhancements to the Ordnance Information System - Marine Corps, or OIS-MC, also ensure audit readiness to meet federal standards.

The ammunition program team at MCSC maintains accurate inventory of all Marine Corps ammunition, and ensures Marines are always ready for the fight with the right ammo at the right time. "This platform provides seamless integration of data between all of the military branches," said Scott Rideout, program manager for ammunition at MCSC. "We're using more complex accounting principles, and this real-time processing of data helps reduce errors and accurately evaluate our inventory."

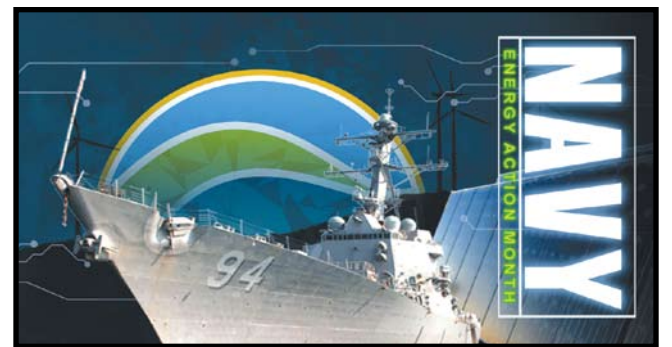
This month, the team is using the platform to report a mandated audit to the federal government and work to achieve Financial Improvement and Audit Readiness (also known as FIAR). FIAR helps federal organizations compile successful financial statement audits by using the methods of financial statement auditors. Following the FIAR method maximizes the potential for accuracy to meet govern-

ment standards by defining key tasks, underlying detailed activities and resulting work products that all reporting entities should follow to become audit ready.

"The DoD standard for reporting ammunition is you have to be 95 percent accurate," said Dennis Zarnesky, director of Inventory Control Point. "It's extremely important that our reporting is thorough because the more accurate we are, the more efficient our process is and the better business decisions we make. That's what audit readiness is all about."

ICP, which falls under the ammunition program within MCSC's Logistics Combat Element Systems, consists of Inventory Management and Systems; and Plans, Analysis, and Evaluation. Both branches work together to record everything in the Corps' inventory, including items that are consumed, shot or disposed, such as small arms, mortars, artillery, rockets and missiles. Thanks to OIS-MC technology, recording inventory is easier.

"We're a small group of civilians, Marines and retired military, including retired ammunition Marines, who take this job seriously and have an incredible sense of commitment and ownership," said Zarnesky.



## Energy action Mission success for Energy Action Month

WASHINGTON - Since 2012, October has been designated Energy Action Month, a celebration of energy as a pillar of the nation's economy and a time to recognize the role individual Americans can play in reducing energy waste.

The Department of the Navy's Energy Action Month theme for this year is, "Energy Action = Mission Success." The theme makes the point that energy is integral to the sea service's ability to maintain forward presence at sea, operate sensors that detect threats and help protect our forces, and conduct the full range of missions from humanitarian assistance/disaster relief (HADR) to high-end combat operations.

"The decisions Sailors and civilians make about energy use on a daily basis can have a direct impact on how far we steam, how often we refuel, and how long can we stay in the fight," said CAPT Carl Lahti, director of the Chief of Naval Operations Energy and Environmental Readiness Division.

"Energy Action Month reminds us of that responsibility and can help us focus on ways to improve our energy consumption."

The Department of Defense (DoD) is the largest single consumer of energy in the United States. The Navy accounts

for over one quarter of DoD's petroleum use.

Throughout the month of October, the Navy is demonstrating its commitment to energy resiliency through awareness and outreach campaigns. Electronic and hard copy posters highlighting the theme are circulating Fleet-wide, and Navy social media channels will feature stories, videos, and tips for energy conservation afloat and ashore.

All U.S. Navy vessels depend on hull coatings and regular hull cleanings to reduce drag from buildup that would otherwise degrade hydrodynamics and miles per gallon at sea, affecting speed and range.

While ships equipped with technologies such as energy dashboards, LED lighting, and hybrid propulsion systems like *USS Makin Island* (LHD 8) and *USS America* (LHA 6) have more "tools in the toolkit" to actively manage their energy consumption, each Navy ship can employ best practices such as turning off lights in unused spaces, using trail shaft (i.e., one or more engines secured) when operationally safe to do so, and completing routine maintenance on shipboard systems to get the maximum combat capability from the fuel in their tanks.

Ashore, personnel at naval facilities can take advantage of energy saving tips on the Chief of Naval Installations Energy Action Month page at <https://cnic.navy.mil/om/energy-action-month/energy-tips.html>.

## Navy, Marine Corps to conduct amphibious exercise

SAN DIEGO - Forces from Expeditionary Strike Group 3 and 1st Marine Expeditionary Brigade will participate in amphibious exercise Dawn Blitz 2017 off the coast of Southern California Oct. 20-30.

operations expected of an amphibious task force. The exercise will test staffs in the planning and execution of amphibious operations in a series of live training events.

Units from U.S. 3rd Fleet and 1st Marine Expeditionary Force will utilize the latest technologies in the live exercises to accomplish

Dawn Blitz 2017 training objectives. The exercise will involve an amphibious assault, mine operations, live-fire opportunities, and the establishment of expeditionary advanced bases. Unique to this exercise is the integration of the F-35 and the High Mobility Artillery Rocket System to conduct a sea-based strike.

Expeditionary Brigade deploys and is employed as a Marine Air-Ground Task Force in support of Combatant Commander requirements for contingency response or major theater war.

U.S. 3rd Fleet leads naval forces in the Pacific and provides the realistic, relevant training necessary for an effective global Navy. 3rd Fleet constantly coordinates with U.S. 7th Fleet to plan and execute missions based on their complementary strengths to promote ongoing peace, security, and stability throughout the entire Pacific theater of operations.

Exercises like Dawn Blitz 2017 provide realistic, relevant training necessary for effective global crisis response expected of the Navy and Marine Corps.

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## Old Glory Relay Photo Gallery

(story on page 5) Runners began the course at Camp Pendleton and carried Old Glory along a scenic oceanfront route before finishing at Westfield Plaza Bonita. Event highlights included welcome parade & celebration, live entertainment, military pop-ups, health & fitness demonstrations, and family crafts & activities. photos by Paragon Media



## Charges filed against businesses targeting active military families

SAN DIEGO - California Attorney General Xavier Becerra announced criminal charges against Ramil Abalkhad, owner of Romano's Jewelers, and Melina Abalkhad, owner of MBNB Financial, Inc., for conspiracy to engage in illegal financing and debt collection practices.

Romano's Jewelers had several retail locations in California, including stores near Camp Pendleton. The Abalkhads targeted young Marines and Sailors, encouraging the purchase of jewelry using MBNB Financial for credit. According to the criminal complaint, Abalkhad failed to provide legally required disclosures about monthly payments, interest rates, or others terms of financing. Those customers who fell behind on their payments were allegedly harassed by the defendants' debt collectors. In addition, the defendants posed as an attorney, threatening servicemembers with court martial and other military disciplinary actions.

"Our servicemembers and military families sacrifice immensely for our country, the last thing they should have to worry about is being fleeced by local merchants," said Becerra. "At the Department of Justice, we will vigorously protect California's servicemembers and veterans, like all consumers in California. We'll continue working with our military partners who provide legal assistance and financial counseling to

educate and protect military consumers."

The California Department of Justice filed a 14-count felony complaint that charges the defendants with conspiracy to violate the Unruh Act, which protects consumers who buy goods or services on credit, and the Rosenthal Fair Debt Collection Practices Act, which protects Californians against unlawful debt collection practices.

Ramil Abalkhad was additionally charged with engaging in a check kiting scheme involving Romano's Jewelers bank accounts that resulted in a loss of \$270,000 to First Bank.

A third defendant, MBNB employee Ramiro Salinas, was also charged with conspiracy to engage in unlawful debt collection.

Ramil and Melina Abalkhad were arrested on September 26, 2017, and bail was set at \$235,000 and \$40,000, respectively. Salinas was arrested on September 29, 2017, and bail was set at \$100,000.

It's important to note that a criminal complaint contains charges that must be proven in a court of law. Every defendant is presumed innocent until proven guilty.

A copy of the complaint is attached to the electronic version of this release at [oag.ca.gov](http://oag.ca.gov).

## Marine Corps General, Special Court-Martial dispositions

At a Special Court-Martial at Camp Pendleton, Gunnery Sergeant J. E. Perez was convicted by a military judge of wire fraud. The military judge sentenced the accused to 70 days confinement, reduction to E-5, and forfeiture of \$1,000 per month for two months. Pursuant to a pre-trial agreement, the convening authority agreed to suspend all confinement in excess of 60 days.

At a Special Court-Martial at Camp Pendleton, Lance Corporal Z. C. Hood was convicted by a panel of officer and enlisted members of wrongful destruction of government property, wrongful destruction of the property of another, larceny, and extortion. The members sentenced the accused to reduction to E-1 and a bad conduct discharge.

At a General Court-Martial at Camp Pendleton, Lance Corporal C. T. Pena was convicted by a military judge of assault, animal abuse, and violating a lawful general order. The military judge sentenced the accused to 6 years confinement, reduction to E-1, and a dishonorable discharge.

At a General Court-Martial at Camp Pendleton, Corporal J. W. Kmiecik was convicted by a military judge of violating a lawful general order, wrongful possession of a controlled substance, and wrongful use of a controlled substance. The military judge sentenced the accused to 15 months confinement, reduction to E-1, and a bad conduct discharge. Pursuant to a pre-trial agreement, the convening authority agreed to suspend all confinement in excess of 12 months.

At a Special Court-Martial at Camp Pendleton, Corporal W. G. Albertson was convicted by a military judge of violating a lawful general order and assault. The military judge sentenced the accused to 14 days restriction and reduction to E-2.

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## San Diego Botanic Garden October 2017 events & classes

Daily, NOW – April 2018, 9am–5pm. San Diego Botanic Garden. 230 Quail Gardens Drive. 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, Oct. 7, 10 am – 3 pm. San Diego Botanic Garden. 230 Quail Gardens Drive. Free with paid admission or membership.

**Orchid Clinic.** Four great education sessions, each presented by local expert orchid growers, will impart valuable, easy to use information on how to select, grow and care for orchids. Local orchid vendors will be on hand selling orchids and available to answer questions. Public is welcome to shop the orchid sale. Info: <http://www.sdbgarden.org/orchid.htm>

Saturday, Oct. 7, 9 am – 12 pm. San Diego Botanic Garden. 230 Quail Gardens Drive. SDB Garden Members: \$45/Non-members: \$54. Fee includes materials.

**Succulent Turtle.** Create your own unique miniature Succulent Turtle for your garden or table. Forms and succulents provided. Please bring small clippers to class. Taught by the SDBG Succulent Wreath Team. Info: <http://www.sdbgarden.org/classes.htm>

Saturday, Oct. 7, 10 am – 12 pm. San Diego Botanic Garden. 230 Quail Gardens Drive. SDB Garden. FREE.

**All About Worms Composting Workshop.** Vermicomposting (worm composting) is an environmentally friendly way to turn your food waste into nutrient rich castings for your plants or garden beds. Learn how easy it is to compost your food waste with wriggler worms at this interactive presentation. Register at: <http://www.solanacenter.org/sdbgworms>

Sunday, Oct. 8, 9 am – 12  
**SEE garden page 20**

## Moonlight Beach Bash hits the sand on Sat, Oct. 7

Moonlight Beach Bash brings together the visual and performing arts, beach culture, and a pop-up arts district, basically all the ingredients to have an awesome time at the beach! Annually, the first Saturday of October celebrates the City's founding in October 1986. Come celebrate, spend time together with friends and family and enjoy what's typically Encinitas' best beach weather. Round up your friends and head to the Moonlight Beach Bash, Encinitas coolest beach party of the year! **Activities will include**

3 hours of continuous performances starting at 3pm.

So-Cal reggae greats "The Devastators" live in concert 4:30pm - 6:00pm.

Television dance competition star, Merrick Hanna dancing live on stage at 4:15pm.

**Fern Street Circus-** A show for all ages! Merges the magnificent and the everyday through their performances, hosting an acoustic Gypsy trio, hoops, contortion, unicycling, juggling, tight wire and foot juggling.

**Studio FX-** Performing Hip-hop dances by the Urban Misfits, Syde FX and Urban FX. Come and get involved and you might win cool prizes!

**Sidewalk chalk artists** Gus Moran and Theresa Thorman- Come watch these amazing creations develop right before your eyes.

**Art Miles Mural Project-** have fun, come together, learn about each other's culture and traditions. Take part in creating two murals on the beach. Fun for all ages.

See a giant sand sculpture being built throughout the event for a great photo opportunity.

Give-a-ways of cool beach swag.

Food trucks and Moonlight Beach Deli and Dogs offering plenty of great eats.

Special thanks to our Moonlight Beach Bash event sponsors AMR Ambulance Service, Dudek, EDCO, Encinitas Magazine and the YEW! network. For more information, visit [www.EncinitasParksandRec.com](http://www.EncinitasParksandRec.com), call 760-633-2740 or email [encinitasparksandrec@encinitasca.gov](mailto:encinitasparksandrec@encinitasca.gov).

## Ramona Air Fair flies in

by Gig Conaughton

Cool airplanes, awesome cars, flapjacks, Mexican food, live country music, a hot air balloon and a really big Smokey Bear — if that sounds interesting to you, you're in luck!

Visitors can see all of that and more from 9:00 a.m. to 4 p.m., Saturday, Oct. 7 when the Ramona Air Fair & Fly-in comes back to Ramona Airport at 2926 Montecito Road.

The event and parking are free. Visitors will get the chance to get close-up looks at vintage aircraft, including Chuck Hall's WWII-era P-51 Mustang, "Six Shooter," experimental aircraft, helicopters and firefighting air tankers. The airport's control tower will be open for tours.

There are also expected to be 30 to 40 cherried-out cars to see. Children and teens between the ages of 8 and 17 will be able to take free flights with the Young Eagles. There will be a tethered hot air balloon for people to ride in. And country and Southern rock band "Del Rio," and the KSON promo team, will entertain.

There will also be games, free face-painting, balloons and piñatas for children, and a pancake breakfast, Mexican lunch, food truck and other fare for a fee.

Visitors can also tour the Classic Rotors Helicopter Museum, the U.S. Forest Service's helitack base and the CAL FIRE air attack base. Most of the airport's flight schools and businesses are also expected to be open.

Ramona Airport is one of the County's eight airports and is the oldest CAL FIRE air attack base in the state. California's fire service started flying missions out of Ramona Airport 60 years ago in 1957.

For more information about the airport, go to the County Department of Public Works' Ramona Airport web page.

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# Omarr's weekly Astrological forecast



**ARIES** (Mar 21-Apr. 19): Put several irons into the fire. There's no reason to limit your progress when you are capable of handling multiple tasks this week. Your creative ideas may come to the forefront but you may need someone else's aid to make it work.

**TAURUS** (Apr. 20-May 20): Stick with what works. Don't waste time worrying over areas and aspects that you find difficult when you can excel by simply doing what you do well. Be aware you will be the center of attention in the week ahead.

**GEMINI** (May 21-June 20): Speak from the heart. If you just say what you feel and don't try to over think an issue, you'll have no problem making a good impression in the week to come. Devote extra time to a hobby to provide a much-needed escape.

**CANCER** (June 21-July 22): You can't have it both ways. This week both business and family may demand your attention and you'll need to decide which has the greater priority. A close friend could be counted on to come through for you.

**LEO** (July 23-Aug. 22): Don't get emotionally involved. Someone's irrational behavior may have you ready to lose your cool this week, but if you can keep your temper in check the solution should become clear. Maintain an objective view of everything.

**VIRGO** (Aug. 23-Sept. 22): A good chess player anticipates his next move. Make decisions carefully in the week ahead, keeping in mind future events could have an impact on whatever choice you make. Create a pleasant environment.

**LIBRA** (Sept. 23-Oct. 22.): Build it to last. As this week unfolds, when you make a commitment to something your word should be as good as gold. Avoid just telling someone what they want to hear as no one will benefit in the long run.

**SCORPIO** (Oct. 23-Nov. 21): Conventional wisdom may not apply. You may not get to the bottom of a problem unless you come up with a creative solution. Put good ideas to work this week, as they'll do little good stuck in your head.

**SAGITTARIUS** (Nov. 22-Dec. 21): Share your thoughts. You may find satisfaction by expressing yourself through creative or artistic outlets this week. Others may gain insight into what makes you tick when you engage them in deep, meaningful discussions.

**CAPRICORN** (Dec. 22-Jan. 19): Put your own spin on it. While someone else's methods may not work for you, there may be certain aspects of their ideas that you can put to good use. Don't be too quick to make a final judgment this week.

**AQUARIUS** (Jan. 20-Feb. 18): Give a loved one a long leash. Give someone near and dear the space to do what they want in the week ahead. Making too many demands could result in a rebellion. A dream may not be too far-fetched.

**PISCES** (Feb. 19-Mar. 20): March to your own beat. What works for everyone else may not work for you this week. Follow your instincts and intuition. Others may mean well, but the advice you receive could steer you in the wrong direction.

## San Diego Bay Wine + Food Festival returns

Southern California's largest culinary classic, the San Diego Bay Wine + Food Festival® returns to San Diego from November 12-19, 2017. The Festival features over 40 citywide tasting experiences, and is set to welcome thousands of eager epicurean enthusiasts to America's Finest City.

An international showcase of the world's premier wines and spirits, chefs and culinary personalities, and gourmet foods, the annual wine and food festival showcases San Diego's vibrant culinary community through cooking classes, chef dinners, expeditions and multiple tasting events. The Festival's legendary Grand Tasting on Saturday, November 18 features over 200 wineries, breweries and spirits from around the world, and 70 of San Diego's best restaurants.

The weeklong food and wine festival raises funds for Fast Forward Futures and awards culinary, enology, and hospitality scholarships to San Diego County students and professionals seeking to further their careers in these disciplines. To date, the San Diego Bay Wine + Food Festival has raised over \$350,000 in scholarship funds.

Highlights of the San Diego Bay Wine + Food Festival include:

**Golf Classic** – Perhaps the most delicious golf tournament around, this 18-hole course features six culinary tasting holes, six wine, brewery and spirit experiences and six hole chal-

lenges complete with over-the-top prizes. Monday, November 13 | Maderas Golf Club

**Fish Taco TKO** – The Fish Taco TKO is back for its sixth annual competition to settle the score on who is serving the best fish taco in San Diego. The mouthwatering battle features the city's top chef competing head-to-head in showdown that sets your tastebuds on fire. Participating restaurants include: Beerfish, The Blind Burro, The Lot Liberty Station, Hello Betty Fish House, Pacific Beach Fish Shop, Tallis Tacos and more. Tuesday, November 14 | Broadway Pier

**The Tasting at SommCon** – Get up close to over 100 wineries and winemakers around around the world in this exclusive wine tasting; hob nob with the superstars of the wine industry and see if you can grab a chat with one of the many Master Sommeliers and Masters of wine in attendance. Friday, November 17 | Marriott Marquis San Diego Marina

**Grand Tasting** – At the star-

studded Grand Tasting, take in the beautiful San Diego Bay and enjoy the ocean breeze as you partake in the largest, most talked about wine and food festival in Southern California. Saturday, November 18 | Embarcadero Marina Park North

The San Diego Bay Wine + Food Festival® offers several ways for epicurean enthusiasts to indulge in the most decadent culinary experience of the year, including ticket packages offer overall savings, and admission to a selection of the food and wine festival's premier events. Discounted accommodations are available at the Marriott Marquis San Diego Marina. Hotel reservations and ticket packages can be reserved by calling, 877.385.9595.

SAVE on ticket to the Grand Tasting, Golf Invitational and the Fish Taco TKO with the code **MILLITARY**.

To view the schedule of events and featured celebrities, or to register visit the San Diego Bay Wine + Food Festival® at [www.sandiegowineclassic.com](http://www.sandiegowineclassic.com).



Happy  
OCTOBER

check out  
page 22 for  
ghoulish fun  
activities



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# Sports & Events

## 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



09/30/17 vs. Northern Illinois at Qualcomm Stadium 7:30 p.m.  
 10/7/17 at UNLV  
 10/14/17 vs. Boise State at Qualcomm Stadium 7:30 p.m.  
 10/21/17 vs. Fresno State at Qualcomm Stadium 7:30 p.m.  
 10/28/17 at Hawai'i  
 11/4/17 at San Jose State  
 11/18/17 vs. Nevada at Qualcomm Stadium 7:30 p.m.

## 2017 L.A. Chargers Schedule

### Regular Season

Broncos 24, Chargers 21  
 Dolphins 19, Chargers 17  
 Chiefs 24, Chargers 10  
 Eagles 26, Chargers 24  
 Sun, Oct 8 @ New York Giants  
 Sun, Oct 15 @ Oakland  
 Sun, Oct 22 vs. Denver  
 Sun, Oct 29 @ New England  
 Sun, Nov 12 @ Jacksonville  
 Sun, Nov 19 vs. Buffalo  
 Thu, Nov 23 @ Dallas  
 Sun, Dec 3 vs. Cleveland  
 Sun, Dec 10 vs. Washington  
 Sat, Dec 16 @ Kansas City  
 Sun, Dec 24 @ New York Jets  
 Sun, Dec 31 vs Oakland



### L.A. Rams 2017 Schedule

#### Regular Season

Rams 46, Colts 9  
 Redskins 27, Rams 20  
 Rams 41, 49ers 39  
 Rams 35, Cowboys 30  
 Sun, Oct 8 vs. Seattle  
 Sun, Oct 15 @ Jacksonville  
 Sun, Oct 22 vs. Arizona  
 Sun, Nov 5 @ New York Giants  
 Sun, Nov 12 vs. Houston  
 Sun, Nov 19 @ Minnesota  
 Sun, Nov 26 vs. New Orleans  
 Sun, Dec 3 @ Arizona  
 Sun, Dec 10 vs. Philadelphia  
 Sun, Dec 17 @ Seattle  
 Sun, Dec 24 @ Tennessee  
 Sun, Dec 31 vs San Francisco

## Navy Midshipmen 2017-2018 Football Schedule

Navy 42, Florida Atlantic 19  
 Navy 23, Tulane 21  
 Navy 42, Cincinnati 32  
 Navy 31, Tulsa 21  
 10/7/17 vs. Air Force at Annapolis, Md.  
 10/14/17 at Memphis  
 10/21/17 vs. UCF at Annapolis, Md.  
 11/2/17 at Temple  
 11/11/17 vs. SMU at Annapolis, Md.  
 11/18/17 at Notre Dame  
 11/24/17 at Houston  
 12/2/17 AAC Championship Game  
 12/9/17 vs. Army at West Point Lincoln Financial Field



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## Pints & Paddles for a Cause comes to Mission Bay

Team River Runner San Diego Hosts Fundraiser to Support Active Duty and Veteran Service Members

Join Team River Runner,

Aqua Adventures and Ninkasi Brewery for the 4th annual Pints and Paddles for a Cause event on Sunday, Oct. 8 at Bonita Cove in Mission Bay to benefit wounded and recovering service members and veterans.

The day of fun in the sun will feature a series of Khaotic Kayak Races in which teams of three participants per kayak will race along a short course while distracting their competitors with Super Soakers! Winning teams

of each round will be advanced until only one team remains. Single riders will be placed with teams so everyone who wants to compete will be given the opportunity.

Team registration includes pint glasses and 3 beer tickets for the Ninkasi Beer Garden following the races. Spectators and participants may purchase beer tickets on the event website prior to event to avoid lines. Plan ahead to quench your thirst!

Once you've helped yourself to some refreshments, make sure to stop by the Vendor Village full of military spouse-owned businesses and help show support to those who work full-time to support our armed forces! All business in the Vendor Village are owned by military spouses and participants are encouraged to shop around!

Team River Runner is happy to invite San Diego out to this exciting event! For more information, to Sponsor a team or to register, please visit <http://www.pintsandpaddles.org/>.

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# AutoMatters & More: Mustangs by the Bay 2017

AutoMatters™ & More



by Jan Wagner

'Mustangs by the Bay' is more than just another car club show. It is an opportunity to spend a Sunday in beautiful Embarcadero Marina Park North in San Diego. This is a place where people from around the world come for their vacation.

In the background, yachts are docked in front of the San Diego Convention Center, and on one end is Seaport Village with its many quaint shops, a wide variety of restaurants and talented buskers – who entertained on this particular day with a mix of music, performance art and more.

The show was limited to 350 entries – mostly Ford Mustangs. They were displayed, according to their classes, on the gently rolling, green grass slopes of the park.

As in years past, the show was a fund raising benefit for the Veterans of Foreign Wars Post 1774's annual toy drive for local, needy, military families, as well as for other local charities.

The weather was picture-perfect, as it most always is in San Diego. Wispy white clouds floated against the background of a vibrant blue sky, above green grass and the Pacific Ocean. We are so spoiled in San Diego.

Many participants spent much of their day relaxing on lawn chairs and chatting with friends – old and new. Others applied final cleaning touches to their cars in advance of the judges' critical visits.

Some strolled over to nearby Seaport Village, repeatedly pausing along the way to photograph cars, before arriving at their destination and exploring the fascinating shops – including the kite shop with its bright, multi-colored kites and lawn decorations.

Before returning to the car show to check out the vendors' exhibits, to see if we had won any of the many raffle prizes and for the awards presentation, it was tempting to eat lunch at Seaport Village. My personal lunchtime favorite is the marinated and flame-broiled Grecian chicken breast sandwich, served as a wrap on pita bread, at the Greek Islands Café (celebrating 37 years in business).

Fortunately the stubborn ship-board blaze that had started on Friday in a ship that was docked

near Seaport Village had finally begun to subside. The once raging flames and black smoke that had been seen on Friday were no longer visible. Nevertheless, a San Diego Harbor Police fireboat was still pumping water from a powerful water cannon against the side of the destroyed vessel in order to cool it down. The tremendous heat had transformed its superstructure into an eerily twisted mass of wreckage, in time for Halloween.

Back at the car show, one of the most rare Ford factory built Mustangs was a brand new 2012, race ready, 5.4 L Super Cobra Jet FR500CJ drag race Mustang (#25 of 50). This \$100,000, 2012 Mustang was so new that it still had its little sheet of clear plastic

covering the Mustang emblem on the center of its steering wheel. Its tires (drag racer skinny at the front and super wide slicks at the rear) had likely never seen duty on a drag race track and, since the car is not street legal, it has probably never been driven except for on and off of transporters. However its owner did treat us to the glorious sounds of its engine.

Other than the Mustangs, cool cars included Cobras, Panteras, a gorgeous 1955 Ford Crown Victoria (two-tone Regency Purple and Snowshoe White original factory color) and a 1947 Willys Jeep CJ2A with a trailer.

There were classes for Stock and Modified Mustangs, as well as classes for other makes. Stock



New 2012 Super Cobra Jet FR500CJ drag race Mustang

is a mostly stock, mildly personalized class, whereas Modified encompasses cars with more significant alterations to their interior, exterior and performance.

While I did not win an award for my low mileage, 2011 Mustang GT 5.0 (white with red leather, six-speed manual transmission and high performance 3.73 rear end ratio), I did win one of the raffle prizes: Steve Magnante's new book entitled "1001 Mustang Facts," covering all six generations of Mustangs. Did you know that the 2005 Mustangs were the first ones built that did not share their platform with another Ford model?



Classic first generation Mustang

One particularly cool tradition after the awards are given out takes place just before the cars leave the park. Many participants take advantage of the rare opportunity to photograph their cars in the park against backgrounds of the water, the San Diego Convention Center, yachts docked

at the marina and the Coronado Bay Bridge.

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

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Open Tues.-Sun. 10am-4pm

Honoring the memories & contributions of the men & women who gallantly served their country.

Events Venue: Exhibits, Artifacts, memorabilia, telling personal stories of war • Banquet & Meeting Rooms  
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# TV Listings

## WEEKDAY MORNING/AFTERNOON

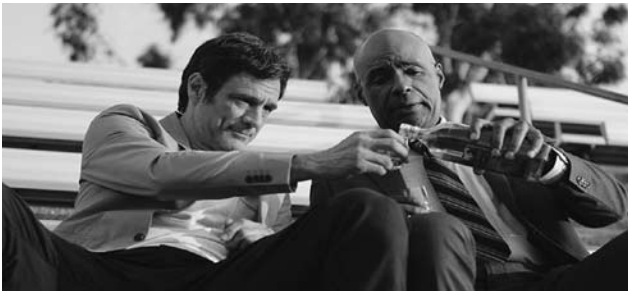
	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30	
<b>KFMB</b> (8)	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM		Inside Edition	Bold/Beautiful	The Young and the Restless		The Talk		Dr. Phil		Judge Judy	Judge Judy	
<b>KFMB2</b> (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	
<b>KGTV</b> (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		
<b>KPBS</b> (15)	Wild Kratts	Nature Cat	Curious George	Curious George	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Splash and Bubbles	Sesame Street	Sesame Street	Super Why!	Peg Plus Cat	Dinosaur Train	Ready Jet Go!	Nature Cat	Arthur	Wild Kratts	Wild Kratts	Odd Squad	
<b>KNSD</b> (69)	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		
<b>DISN</b>	Tangled: The Series	The Lion Guard	Mickey Mouse	Mickey Mouse	Mickey Mouse	Roadster-Racers	Puppy Dog Pals	Vampirina	Puppy Dog Pals	Sofia the First	Elena of Avalor	Doc McStuffins	PJ Masks	Varied Programs			Raven's Home	Bunk'd	Stuck in the Middle	
<b>ESPN</b>	First Take			SportsCenter		Outside the Lines		NFL Live		Varied Programs		NBA: The Jump	SportsNation		Questionable	Around the Horn	Pardon the Interruption	SportsCenter With Michael and Jemele		Varied Programs
<b>ESPN2</b>	SportsCenter		SportsCenter		First Take		The Paul Finebaum Show		NFL Live		Varied Programs		Intentional Talk		The Fantasy Live		Coll. Football	Around the Horn	Pardon the Interruption	Varied Programs
<b>TLC</b>	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	Varied Programs		The Little Couple	The Little Couple	
<b>USA</b>	Varied Programs			Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Varied Programs										

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

**10/13 THE MAN FROM EARTH: HOLOCENE**

**10/13 78/52**

**The Man From Earth: Holocene**



John Oldman, now 14,000 years old and teaching in Northern California, realizes that not only is he finally starting to age, but four students have discovered his deepest secret.

**Genre:** Science Fiction  
**Cast:** David Lee Smith, William Katt, Vanessa Williams

78/52

An in-depth look at the iconic shower scene in Alfred Hitchcock's "Psycho" - composed of 78 setups and 52 cuts - and the screen murder that profoundly changed world cinema.

**Genre:** Documentary  
**Cast:** Guillermo del Toro, Peter Bogdanovich, Bret Easton Ellis

## THURSDAY EVENING

**OCTOBER 5, 2017**

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30					
<b>KFMB</b> (8)	NFL Kickoff		NFL Football New England Patriots at Tampa Bay Buccaneers. (N) (Live) (CC)		CBS News 8 Special Edition (N)		James Brown		Ent. Tonight		Inside Edition	News	Late-Colbert						
<b>KFMB2</b> (8.2)	The Dr. Oz Show (N) (CC)		Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	iHeartRadio Music Festival Night 2 Lorde; Miley Cyrus; Big Sean; DJ Khaled. (N) (CC)		News 8 at 10 (N)		Ent. Tonight	Seinfeld (N) (CC)	Seinfeld (N) (CC)						
<b>KGTV</b> (10)	10News at 5pm (N) (CC)		10News at 6pm (N)		World News		10News at 7pm (N) (CC)		The List (N) (CC)		Grey's Anatomy "Go Big or Go Home" (N)		Scandal Olivia faces her toughest call yet.		How to Get Away With Murder (N)		10News at 11pm		Jimmy Kimmel
<b>KPBS</b> (15)	KPBS Evening	Nightly Business	World News		KPBS Evening		PBS NewsHour (N) (CC)		Ken Kramer's	A Growing Passion	Historic Places	Crossing South	Midsomer Murders "Blood Wedding" (N)		Midsomer Murders		Today's Wild West		
<b>KNSD</b> (69)	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 (N)		Chicago Fire "Ignite on Contact" (N) (CC)		NBC 7 News		Tonight Show			
<b>DISN</b>	Bizaard-vark (N)	Raven's Home (N)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Raven's Home (N)	Stuck/Middle	Bizaard-vark (N)	Raven's Home (N)	K.C. Undercover	Liv and Maddie	Bizaard-vark (N)	Raven's Home (N)					
<b>ESPN</b>	College Football Louisville at North Carolina State. From Carter-Finley Stadium in Raleigh, N.C. (N) (Live)				College Football Louisville at North Carolina State. From Carter-Finley Stadium in Raleigh, N.C. (N) (Live)				SportsCenter (N) (Live) (CC)		SportsCenter With Scott Van Pelt (N)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		
<b>ESPN2</b>	30 for 30 (CC)				Sports Shorts		30 for 30 (CC)		Baseball Tonight		SportsCenter		Nación ESPN (N)		Jalen & Jacoby		SportsCenter		
<b>TLC</b>	Say Yes to the Dress "The Shay Way" (N)		Say Yes to the Dress (N) (CC)		My 600-Lb. Life "Donald's Story" (N) (CC)		My 600-Lb. Life "Henry's Story" (N) (CC)		My 600-Lb. Life "Melissa's Story, Part 1"		My 600-Lb. Life "Melissa's Story, Part 2"		My 600-Lb. Life "Donald's Story" (N) (CC)		Modern Family (N)		Modern Family (N)		
<b>USA</b>	Law & Order: Special Victims Unit (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		

## FRIDAY EVENING

**OCTOBER 6, 2017**

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30					
<b>KFMB</b> (8)	CBS News 8 at 5pm (N) (CC)		Evening News		News		Ent. Tonight		Inside Edition (N)		MacGyver "Roulette Wheel & Wire" (N) (CC)		Hawaii Five-0 (N) (CC)		Blue Bloods "Ghosts of the Past" (N) (CC)	News	Late-Colbert		
<b>KFMB2</b> (8.2)	The Dr. Oz Show (N) (CC)		Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Masters of Illusion	Masters of Illusion	Penn & Teller: Fool Us (N) (CC)		News 8 at 10 (N)		Ent. Tonight	Seinfeld (N) (CC)	Seinfeld (N) (CC)				
<b>KGTV</b> (10)	10News at 5pm (N) (CC)		10News at 6pm (N)		World News		10News at 7pm (N) (CC)		The List (N) (CC)		Once Upon a Time "Hyperion Heights"		Marvel's Inhumans (N) (CC)		20/20 (N) (CC)		10News at 11pm		Jimmy Kimmel
<b>KPBS</b> (15)	KPBS Evening	Nightly Business	World News		KPBS Evening		PBS NewsHour (N) (CC)		Washington	Roundtable	Doc Martin "Out of the Woods" (N) (CC)	Doc Martin Louisa breaks up with Danny.		Live at the Belly Up "Matsuyahu"					
<b>KNSD</b> (69)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	The Brave "Moscow Rules" (CC) (DVS)	Dateline NBC (N) (CC)		NBC 7 News		Tonight Show							
<b>DISN</b>	Bizaard-vark (N)	Raven's Home (N)	Raven's Home (N)	Stuck/Middle	Bizaard-vark (N)	Raven's Home (N)	Raven's Home (N)	Stuck/Middle	Bizaard-vark (N)	Bizaard-vark (N)	K.C. Undercover	Liv and Maddie	Raven's Home (N)	Stuck/Middle					
<b>ESPN</b>	College Football Memphis at Connecticut. From Rentschler Field in East Hartford, Conn.				College Football Boise State at BYU. From LaVell Edwards Stadium in Provo, Utah. (N) (Live)				SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		Jalen & Jacoby	The Fantasy Show	Jalen & Jacoby		
<b>ESPN2</b>	FIFA World Cup 2018 Qualifying United States vs Panama. (N)				SportsCenter (N)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		Jalen & Jacoby		The Fantasy Show		Jalen & Jacoby		
<b>TLC</b>	Say Yes to the Dress "Love is Love" (CC)		Say Yes to the Dress (N) (CC)		Kindred Spirits (N) (CC)		Kindred Spirits "The Executioner" (CC)		Kindred Spirits "Uninvited Guests" (N) (CC)		Evil Things "The Mask & The Visitor"		Kindred Spirits "Uninvited Guests" (N) (CC)						
<b>USA</b>	Chicago P.D. "Conventions" (N)		Chicago P.D. "The Price We Pay" (N)		Chicago P.D. "Different Mistakes" (N)		Chicago P.D. "A Material Witness" (N)		Chicago P.D. "At Least It's Justice" (N)		Chicago P.D. Platt asks Ruzek for help.		Modern Family (N)		Modern Family (N)				

## SATURDAY MORNING/AFTERNOON

**OCTOBER 7, 2017**

	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30			
<b>KFMB</b> (8)	Dr. Chris: Pet Vet (N)	Innovation Nation	The Inspectors	Lucky Dog "Daisy"	The Open Road	Paid Program		Lucas Oil Off Road Racing Series Pro4 & Pro2.		The Drive to Atlanta	College Football	College Football LSU at Florida. From Ben Hill Griffin Stadium in Gainesville, Fla. (N) (Live) (CC)								Judge Judy (N) (CC)	Judge Judy (N) (CC)	
<b>KFMB2</b> (8.2)	Dog Whisperer	Dog Whisperer	Dog Whisperer	College Football ACC Game of the Week: Teams TBA. (N) (Live)																		
<b>KGTV</b> (10)	Good Morning			10News This Morning at 8am Saturday (N) (CC)																		
<b>KPBS</b> (15)	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Eat Fat, Get Thin With Dr. Mark Hyman (N) (CC)		R. Steves' Europe	R. Steves' Europe	Steven Raichlen's	Simply Ming (N) (CC)	Test Kitchen	Cooking School	Julie Taboulie's	Pat's Mexican Table	R. Steves' Europe	Crossing South					
<b>KNSD</b> (69)	NBC 7 News To	The Voyager	Vampirina (N) (CC)	Journey-Dreyer	Naturally, Danny Seo	Give (N) (N) (CC)	The Champion Within	Gymnastics World Artistic Championships: Women's All-Around Final. From Olympic Stadium in Montreal. (Taped) (N) (CC)								Horse Race		Paid Program		Open House (N) (CC)	Naturally, Danny Seo	Give (N) (N) (CC)
<b>DISN</b>	Roadster-Racers	Puppy Dog Pals (CC)	Vampirina (N) (CC)	Elena of Avalor (N) (CC)	Pat the Dog (N) (CC)	Hotel Transylvania: The Series (N) (CC)		*** Girl vs. Monster (2012, Comedy) Olivia Holt, Brendan Meyer. (N)		Raven's Home (N)	Stuck in the Middle	Bizaardvark (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	Austin & Ally (CC)	L & M: Cali Style	Girl Meets World (N) (CC)	Bunk'd (N) (CC)				
<b>ESPN</b>	College GameDay (N) (Live) (CC)			College Football Teams TBA. (N) (Live)																		
<b>ESPN2</b>	SportsCenter (N) (Live) (CC)			College Football Teams TBA. (N) (Live)																		
<b>TLC</b>	Suddenly Rich (CC)	The Little Couple "Mr. Mom" (N) (CC)	The Little Couple "New Challenges" (N) (CC)		The Little Couple (N) (CC)		The Little Couple The Klins go on a kilt quest.		The Little Couple "He Peed! He Peed!" (CC)		7 Little Johnstons "A Little Teen Romance" (N) (CC)		7 Little Johnstons (N) (CC)		7 Little Johnstons (N)		Cake Boss (N) (CC)		Cake Boss (N) (CC)			
<b>USA</b>	PiYo Workout! (CC)	PiYo Workout! (CC)	Paid Program (CC)		Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows			

## SATURDAY EVENING

**OCTOBER 7, 2017**

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30		
<b>KFMB</b> (8)	CBS News 8 at 5pm (N) (CC)		Weekend News		News		Entertainment Tonight (N) (CC)		NCIS: New Orleans "Escape Plan" (N) (CC)		To Be Announced		48 Hours (N) (CC)		News	Blue Bloods
<b>KFMB2</b> (8.2)	Don't Blink	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	American Ninja Warrior (CC)		American Ninja Warrior (CC)		Seinfeld (N) (CC)	Access Chargers	Impactical Jokers	Just for Laughs		
<b>KGTV</b> (10)	College Football Michigan State at Michigan. From Michigan Stadium in Ann Arbor, Mich. (N) (Live) (CC)				News		RightThis-Minute (N)	RightThis-Minute (N)	The List (N) (CC)	20/20 (N) (CC)		10News at 11pm		Sports XTRA		
<b>KPBS</b> (15)	NewsHour Wk	KPBS Spectrum	The Lawrence Welk Show "County Fair"		Antiques Roadshow	Antiques Roadshow	The Doctor Blake Mysteries (N) (CC)		Last of the Breed Willie Nelson. (N) (CC)		R. Steves' Europe		Globe Trekker (N) (CC) (DVS)			
<b>KNSD</b> (69)	Champ Within	Nightly News	NBC 7 News at 6	LifeLock Protection	Wheel of Fortune	Jeopardy! (N) (CC)	Will & Grace (N)	Superstore	Dateline NBC (N) (CC)		Saturday Night Live (N) (CC)		NBC 7 News		Saturday Night Live	
<b>DISN</b>	Jessie (N) (CC)	Bizaard-vark (N) (CC)	Austin & Ally (CC)	Liv and Maddie	Girl Meets World (N)	Stuck/Middle	Bizaardvark (N) (CC)	Raven's Home (N)	*** Alvin and the Chipmunks (2007, Children's) Jason Lee. (N)		Transylvania		Raven's Home (N)	K.C. Undercover		
<b>ESPN</b>	College Football Alabama at Texas A&M. From Kyle Field in College Station, Texas. (N)				Scoreboard		College Football Teams TBA. (N) (Live)								SportsCenter (N) (Live) (CC)	
<b>ESPN2</b>	College Football Teams TBA. (N) (Live)				Scoreboard		College Football Teams TBA. (N) (Live)								College Football Final (N) (Live) (CC)	
<b>TLC</b>	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Cake Boss "Helicopters, Hypnosis and Hay Bales" The team creates a helicopter cake.				Cake Boss (N) (CC)		Cake Boss (N) (CC)			
<b>USA</b>	Chrisley Knows	Chrisley Knows	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)		

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



# TV Listings

## SUNDAY MORNING/AFTERNOON

OCTOBER 8, 2017

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30	
<b>KFMB</b>	CBS News Sunday Morning (N) (CC)	Face the Nation (N)	The NFL Today (N) (Live) (CC)	NFL Football road to play the Giants at MetLife Stadium in Week 5. (N) (CC)	Los Angeles Chargers at New York Giants. The Chargers head out on the road to play the Giants at MetLife Stadium in Week 5. (N) (CC)	NFL Post-game (N)	To Be Announced	Bull Riding	Paid Program	Laura McKenzie	Entertainment Tonight (N) (CC)									
<b>KFMB2</b>	Trade School	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Make: Television	HouseCalls	Designing Spaces	P. Allen	Small Town Big Deal (N)	Great Escapes	Raw Travel (N) (CC)	Raw Travel (N) (CC)	
<b>KGTV</b>	Good Morning	10News This Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos (N)	Joel Osteen (CC)	Intrn'l Fellowship	Jack Hanna	Ocean Treks	Sea Rescue (N)	The Wildlife Docs	Rock the Park (N)	Vacation Creation	World of X Games (N)	Timbersports Series (N) (CC)	Nature Naledi the baby elephant. (CC) (DVS)	Ken Kramer's S.D.	Historic Places	Castle Detective Slaughter seeks Castle's help.			
<b>KPBS</b>	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Washington Week (N)	KPBS Roundtable	Charlie Rose	The David Rubenstein	Super Skyscrapers Shanghai Tower. (CC)	Super Skyscrapers One57 in New York. (N)	NOVA How armor was made in medieval times.	Politically Speaking	Nightly News	Football Night in America (N) (Live) (CC)					
<b>KNSD</b>	NBC 7 News To	Meet the Press (N) (CC)	PGA TOUR: Year in Review (N) (CC)	Countdown to (Live) (CC)	Green (N) (N) (CC)	NASCAR Racing Monster Energy Cup Series: Bank of America 500. From Charlotte Motor Speedway in Concord, N.C. (N) (Live) (CC)														
<b>DISN</b>	Roadster Racers	Puppy Dog Pals (CC)	Vampirina (N) (CC)	LEGO Star Wars: Free. Raven's Home (N)	Stuck in the Middle	Bizaardvark (N) (CC)	*** Alvin and the Chipmunks (2007) Jason Lee, David Cross. (N)			Transylvania	Raven's Home (N)	Stuck in the Middle	Bizaardvark (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Raven's Home (N)	Stuck in the Middle	Bizaardvark (N) (CC)		
<b>ESPN</b>	Sunday NFL Countdown (N) (Live) (CC)				Who's In?	College Football Final (CC)	FIFA World Cup 2018 Qualifying Norway vs Northern Ireland. Fran Ullevaal Stadion   Oslo, Norge. (N)					Who's In?	2017 World Series of Poker Main Event.	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)					
<b>ESPN2</b>	Fantasy Football Now (N) (Live)				Bassmasters From Mille Lacs, Minn. (N)	Bassmasters (N)	Women's College Volleyball Texas at TCU. From University Recreation Center in Fort Worth, Texas.							Triathlon Super League: Jersey. (Taped)					Boxing From Dec. 26, 1971. (CC)	
<b>TLC</b>	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	90 Day Fiancé: Before the 90 Days (N) (CC)	90 Day Fiancé: Before the 90 Days (N) (CC)	90 Day Fiancé: Before the 90 Days (N) (CC)	90 Day Fiancé: Before the 90 Days (N) (CC)	90 Day Fiancé: Before the 90 Days (N) (CC)	90 Day Fiancé: Before the 90 Days (N) (CC)	
<b>USA</b>	David Jeremiah (N)	In Touch	Joel Osteen (CC)	Chrisley Knows	Chrisley Knows	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit "Greed" (N)	Law & Order: Special Victims Unit "Deception"	Law & Order: Special Victims Unit "Privilege"	Law & Order: Special Victims Unit "Perfect"	Law & Order: Special Victims Unit "Night" (N)	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	

## CROSSWORD PUZZLE



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

### ACROSS

- "Man \_\_\_ \_\_\_"
- Opera solo
- Ward, for one
- Actor on "The Goldbergs" (2)
- "El \_\_\_"; 1949 John Payne western movie
- Banned pesticide
- \_\_\_ Ventura: Pet Detective"; 1994 Jim Carrey film
- Anna-Kat \_\_\_; role on "American Housewife"
- Prefix for center or gram
- Ricky Ricardo's portrayer
- FedEx rival
- "The \_\_\_"; 1999-2001 primetime animated series
- Mailmen's beats: abbr.
- Actor Barrett
- \_\_\_ Indianapolis: Men of Courage"; 2016 Nicolas Cage film
- Rowing team
- \_\_\_ LaSalle; role on "NCIS: New Orleans"
- "My \_\_\_ Is Earl"
- Mowry and Carrere
- Reality series that began in 2009 (2)

### DOWN

- Pulls forcibly from another's grasp
- 36667 tripled
- Feather's partner, in phrase



## SUNDAY EVENING

OCTOBER 8, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
<b>KFMB</b>	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (N) (CC)	Wisdom of the Crowd "In the Wild" (N) (CC)	NCIS: Los Angeles "Ascents" (N) (CC)	Madam Secretary "News Cycle" (N) (CC)	News	Blue Bloods					
<b>KFMB2</b>	Don't Blink	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	Forensic Files (N)	Forensic Files (N)	Forensic Files (N)	Forensic Files (N)	Seinfeld (N) (CC)	Just for Laughs	Impractical Jokers	Impractical Jokers
<b>KGTV</b>	10News at 5pm	World News	10News at 6pm	RightThisMinute (N)	The Toy Box "Episode 201" (N) (CC)	America's Funniest Home Videos (N)	Shark Tank (N) (CC) (DVS)	Shark Tank (N) (CC) (DVS)	Shark Tank (N) (CC) (DVS)	Shark Tank (N) (CC) (DVS)	Ten Days in the Valley (N) (CC) (DVS)	10News at 11pm	Sports XTRA	
<b>KPBS</b>	NewsHour Wk	Third Rail With Ozy	Father Brown "The Penitent Man" (CC)	A Place to Call Home "No Other Love" (N) (CC)	Royal Wives at War (N) (CC)	Poldark on Masterpiece (N) (CC)	The Collection on Masterpiece A designer needs his brother's help.	R. Steves' Europe						
<b>KNSD</b>	Football Night	NFL Football Kansas City Chiefs at Houston Texans. (N) (Live) (CC)					Football Night in San Diego	Graham Bensinger	Dateline NBC (N) (CC)	NBC 7 News	Sportswrap			
<b>DISN</b>	*** Monsters University (2013) Voices of Billy Crystal, John Goodman. (N)			Transylvania	Tangled: The Se	Mickey Mouse (N)	Raven's Home (N)	Stuck/Middle	Bizaardvark (N)	Raven's Home (N)	Transylvania	Tangled: The Se	Mickey Mouse (N)	
<b>ESPN</b>	SportsCenter (N)	Who's In?	NBA Basketball Sacramento Kings vs Los Angeles Lakers. From T-Mobile Arena in Las Vegas. (N) (Live)				SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	
<b>ESPN2</b>	Boxing (CC)	Boxing From March 24, 1975. (CC)	Boxing (CC)	SportsCenter (N)	SportsCenter (N)	Baseball Tonight	Baseball Tonight	ESPN FC (N)	NBA Basketball: Kings vs Lakers					
<b>TLC</b>	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	
<b>USA</b>	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	

## MONDAY EVENING

OCTOBER 9, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30	
<b>KFMB</b>	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 "Grow a Deer, a Female Deer"	News	Late-Colbert			
<b>KFMB2</b>	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Supergirl "Girl of Steel" (N) (CC)	Valor "Pilot" (Series Premiere) (N) (CC)	News 8 at 10 (N)	Ent. Tonight	Seinfeld (N) (CC)	Seinfeld (N) (CC)				
<b>KGTV</b>	10News at 5pm (N) (CC)	World News	World News	10News at 7pm (N)	The List (N) (CC)	Dancing With the Stars (N Same-day Tape) (N) (CC)	The Good Doctor "Oliver" (N) (CC)	10News at 11pm	Jimmy Kimmel						
<b>KPBS</b>	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Antiques Roadshow "Detroit" (CC)	Antiques Roadshow "Detroit" (CC)	The Mekong River With Sue Perkins (N)	POV "The Islands and the Whales" (N) (N)						
<b>KNSD</b>	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "The Blind Auditions, Part 5" Vocalists perform for the coaches. (N) (CC)	The Brave "The Greater Good" (N) (CC)	NBC 7 News	Tonight Show						
<b>DISN</b>	Bizaardvark (N)	Raven's Home (N)	Raven's Home (N)	Andi Mack	Andi Mack	Andi Mack	Andi Mack	Andi Mack	Andi Mack	Raven's Home (N)	Stuck/Middle	Bizaardvark (N)	Bunk'd (N) (CC)	L & M: Cali Style	Raven's Home (N)
<b>ESPN</b>	NFL Football Minnesota Vikings at Chicago Bears. From Soldier Field in Chicago. (N) (Live)						SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	NFL PrimeTime (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)		
<b>ESPN2</b>	Fútbol Americano de la NFL Minnesota Vikings en Chicago Bears. Desde Chicago, Estados Unidos. (N) (Live)						SportsCenter (N)	Baseball Tonight	Jalen & Jacoby	SportsCenter (N) (Live) (CC)	Jalen & Jacoby	SC Featured			
<b>TLC</b>	Say Yes to the Dress (N) (CC)	Say Yes to the Dress (N) (CC)	90 Day Fiancé: Extended (N) (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)	90 Day Fiancé: Before the 90 Days (N)		
<b>USA</b>	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"		

## TUESDAY EVENING

OCTOBER 10, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
<b>KFMB</b>	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS: Torres' partner mysteriously vanishes.	Bull "A Business of Favors" (N) (CC)	Bull "A Business of Favors" (N) (CC)	NCIS: New Orleans "Dead Man Calling"	News	Late-Colbert			
<b>KFMB2</b>	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	The Flash "The Flash Reborn" (N) (CC)	DC's Legends of Tomorrow "Aruba-Con"	News 8 at 10 (N)	Ent. Tonight	Seinfeld (N) (CC)	Seinfeld (N) (CC)			
<b>KGTV</b>	10News at 5pm (N) (CC)	World News	World News	10News at 7pm (N)	The List (N) (CC)	The Middle (N) (CC)	Fresh Off the Boat	blackish (N) (CC)	The Mayor (N)	Kevin (Probably) Saves the World (N)	10News at 11pm	Jimmy Kimmel		
<b>KPBS</b>	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Finding Your Roots "Unfamiliar Kin" (N)	The Vietnam War "The River Styx" U.S. ground troops enter South Vietnam. (N)	America's Secret War (N) (CC)						
<b>KNSD</b>	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "The Blind Auditions, Part 6" (N)	This Is Us Kate visits Kevin on set. (N) (N)	Law & Order True Crime: Menendez	NBC 7 News	Tonight Show				
<b>DISN</b>	Bizaardvark (N)	Raven's Home (N)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Andi Mack	Stuck/Middle	Girl Meets World (N)	Raven's Home (N)	K.C. Undercover	Liv and Maddie	Bizaardvark (N)	Raven's Home (N)
<b>ESPN</b>	NBA Basketball Chicago Bulls at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (Live) (CC)						NBA Basketball Utah Jazz at Los Angeles Lakers. From Staples Center in Los Angeles. (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	
<b>ESPN2</b>	30 for 30 (CC)	College Football Playoff: Top 25	The Fantasy Show	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	Jalen & Jacoby	The Fantasy Show	NBA Basketball: Bulls at Cavaliers				
<b>TLC</b>	Say Yes to the Dress (N) (CC)	Say Yes to the Dress (N) (CC)	7 Little Johnstons (N)	The Little Couple "He Peed! He Peed!" (N)	The Little Couple "I'm a Little Boss" (N)	The Little Couple "I'm a Little Boss" (N)	The Little Couple "I'm a Little Boss" (N)	The Little Couple "I'm a Little Boss" (N)	The Little Couple "I'm a Little Boss" (N)	The Little Couple "I'm a Little Boss" (N)	The Little Couple "I'm a Little Boss" (N)	The Little Couple "I'm a Little Boss" (N)	The Little Couple "I'm a Little Boss" (N)	
<b>USA</b>	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	

## WEDNESDAY EVENING

OCTOBER 11, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
<b>KFMB</b>	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Survivor "My Kisses Are Very Private" (N)	SEAL Team "Boarding Party" (N) (CC)	Criminal Minds "Killer App" (N) (CC)	News	Late-Colbert				
<b>KFMB2</b>	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Riverdale (Season Premiere) (N) (CC)	Dynasty "Pilot" (Series Premiere) (N) (CC)	News 8 at 10 (N)	Ent. Tonight	Seinfeld "The Fire" (N) (CC)	Seinfeld (N) (CC)			
<b>KGTV</b>	10News at 5pm (N) (CC)	World News	World News	10News at 7pm (N)	The List (N) (CC)	The Goldbergs (N)	Speechless (N) (CC)	Modern Family (N)	American Housewife	Designated Survivor "Outbreak" (N) (CC)	10News at 11pm	Jimmy Kimmel		
<b>KPBS</b>	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Nature "Fox Tales" (N) (N) (CC) (DVS)	NOVA Clues about who built Stonehenge.	Frontline Scott Pruitt leads the EPA. (N) (N)	On the Path to Sustainability					
<b>KNSD</b>	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Blacklist "Miss Rebecca Thrall" (N) (CC)	Law & Order: Special Victims Unit (N) (N)	Chicago P.D. "Promise" (N) (N)	NBC 7 News	Tonight Show				
<b>DISN</b>	Tangled: The Se	Tangled: The Se	Stuck/Middle	Stuck/Middle	Andi Mack	Andi Mack	Andi Mack	Stuck/Middle	Bizaardvark (N)	Raven's Home (N)	Girl Meets World (N)	Liv and Maddie	Bizaardvark (N)	Raven's Home (N)
<b>ESPN</b>	NBA Basketball Boston Celtics at Charlotte Hornets. (N) (CC)						NBA Basketball Houston Rockets at Memphis Grizzlies. From the FedEx Forum in Memphis, Tenn. (N) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	
<b>ESPN2</b>	College Football South Alabama at Troy. From Veterans Memorial Stadium in Troy, Ala. (N) (Live)						SportsCenter (N) (Live) (CC)	Baseball Tonight	The Fantasy Show	Jalen & Jacoby	The Fantasy Show	NBA Basketball: Rockets at Grizzlies		
<b>TLC</b>	Say Yes to the Dress (N) (CC)	Say Yes, Dress	Say Yes, Dress	The Boy With the Giant Hands (N) (CC)	Real Life Hulks (N) (CC)	My Leg Won't Stop Growing (N) (CC)	My Leg Weighs 200 Pounds (N) (CC)	The Boy With the Giant Hands (N) (CC)	The Boy With the Giant Hands (N) (CC)	The Boy With the Giant Hands (N) (CC)	The Boy With the Giant Hands (N) (CC)	The Boy With the Giant Hands (N) (CC)	The Boy With the Giant Hands (N) (CC)	
<b>USA</b>	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	Law & Order: Special Victims Unit "Trade"	

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continued from page 14

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day of class.

Mosaic Mandala. Make your  
own 10" mosaic mandala (a  
round spiritual symbol repre-  
senting the universe) in this  
2-day class using gems, stained  
glass, mirrored glass and ceram-  
ic tiles. Materials are waterproof,  
so you can hang your piece out-  
side. No experience necessary.  
Info: <http://www.sdbgarden.org/classes.htm>

Saturday, Oct. 7, 9 am - 12  
pm. San Diego Botanic Garden.  
230 Quail Gardens Drive. SDB  
Garden Members: \$45/Non-  
members: \$54.Fee includes  
materials.

Succulent Pumpkin. A Suc-  
culent Pumpkin makes a fan-  
tastic centerpiece or front door  
décor for Fall. Design your own  
pumpkin by topping it with  
moss, succulents, fall leaves and  
berries. It will last for months!  
Taught by the SDBG Succulent  
Wreath Team. Info: <http://www.sdbgarden.org/classes.htm>

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

Fall Plant Sale. Plant dona-  
tions from over 100 local grow-  
ers, 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 gar-  
den-related items and stop by for  
a homemade goodie at The Bak-  
ery Shoppe. Info: <http://www.sdbgarden.org/plantsales.htm>

Saturday & Sunday, Oct. 28  
& 29, 9 am - 5 pm & Sunday,  
Oct. 23, 10am - 3 pm, San Di-  
ego 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, Oct. 28, 10 am - 2  
pm, San Diego Botanic Garden.  
230 Quail Gardens Drive. Free  
with paid admission or mem-  
bership.

Family Fall Festival. Come  
to the Garden and celebrate the  
season with fall-themed activi-  
ties 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>

About San Diego Botanic  
Garden Named as one of the  
"Top 10 North American Gar-  
dens Worth Traveling For" (in  
2017) by the American Gardens  
Association, San Diego Botanic  
Garden is a beautiful urban re-  
treat nestled on 37-acres in the  
midst of Encinitas. Visitors  
enjoy restful vistas, flowering  
trees, majestic palms, and the na-  
tion's largest bamboo collection.  
Thanks to our mild Southern  
California climate, plants from  
all over the world thrive here.  
Our diverse topography provides  
a wide variety of microclimates  
giving visitors the sensation  
of strolling through a tropical  
rainforest to hiking in the desert.  
Four miles of trails wind through  
29 uniquely themed gardens in-  
cluding the acclaimed Hamilton  
Children's Garden.

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

San Diego Botanic Garden is  
located at:230 Quail Gardens  
Drive,Encinitas, CA 92024.  
[www.SDBGarden.org](http://www.SDBGarden.org)



### MY PET WORLD:

## Why dogs greet you with toys in their mouths

by Cathy M. Rosenthal

Dear Cathy,

I have a two-year-old spayed female cocker spaniel named Roxy. She is a wonderful dog. Whenever anyone comes to the house, including myself, she picks up one of her stuffed toys and runs over to whoever came in with it in her mouth. She gets very excited and her tail wags. I think that she wants to play or is just showing she is happy, but she doesn't give up the toy. She just holds it in her mouth and runs away if we try to take it and play with her. Any idea why she would be doing this? I've only had her for four months, so I don't know if this is something she has always done. - Nancy F., Shirley, NY

Dear Nancy,

Many dogs greet people to their homes by grabbing a toy and wiggling their hips - and it's adorable! Roxy is definitely happy to see you and your guests. While she may want to play, she more than likely just wants to show off her "prey." In any case, just let Roxy bring her toys to guests, since this is her preferred way to greet people. Don't try to take the toys from her mouth and don't try to play with her at that time. Just let her walk around happily with her toy.

When it comes to playing fetch, however, or keeping her from putting something dangerous in her mouth, you need to teach her to how to "drop it." Do this training when no company is around. It's easy to do, especially if Roxy is food motivated.

When she brings you her toy, don't try to grab it from her mouth as this sets up a push and pull dynamic that you won't win. Instead, be ready with some hot dog pieces. She will be able to smell these treats in your hands. Tell her to "drop it." When she drops the toy, click if you have a clicker to mark the behavior (or use a marker word like "bingo" if you don't have a clicker), and then give her a treat. Throw the toy for her to fetch. When she returns, repeat the steps.

It may take a few training sessions, but eventually she will drop the toy the moment you say, "drop it." Then no matter when you need her to drop the toy, she will do it for you.

Dear Cathy,

Your suggestions to James C. in Ft. Lauderdale, Fla., who was having problems bonding with his daughter's dog, were good ones, including bringing a special toy for the dog and helping walk or feed the dog while visiting. I also found avoiding eye contact with my in-laws' dog helped tremendously. The dog was intimidated by my presence, but avoiding eye contact minimized that problem. Shortly after, the dog laid down near me on the couch, gave me a few kisses on the hand, and let me pet her while she fell asleep. I think if James tries this method, he just may achieve the results he's seeking. - Howard R., Hermosa Beach, CA

Dear Howard,

While I advised James to just be present and not engage the dog until the dog was ready to come around, I checked and I didn't tell him to avoid eye contact, which is good advice when meeting any new dog. Personally, I don't engage a dog unless a dog engages me. People think that's odd since I work in the animal world, but I think it's a respectful way to gain the trust of our animal friends.

Update on hurricane foster care question

Last week, Paul and DeAnne from Wisconsin offered to foster a pet for pet families who need help in the aftermath of our nation's recent hurricanes. At the time, I didn't know of any services other than the foster care services coordinated by local shelters in the affected regions.

This past week, however, I received news that Adopt-a-Pet.com, a nonprofit pet adoption website supported by the Petco Foundation, launched a website called [www.FosteraHurricanePet.org](http://www.FosteraHurricanePet.org). The website allows people with pets who live in the affected regions to find people elsewhere in the country who many want to foster their pet until they can get back on their feet. I am not sure how someone in Texas or Florida gets their pet to Wisconsin for foster care, but I am sure something could be worked out if the pet owner was determined enough to find temporary foster care. It's a good idea for a website.

Makayla is a four year old 8.8 lb female cat with a pretty black and white coat. She arrived to the shelter as a stray but this beautiful gal should have no problems finding her forever home. Makayla has outgrown her high energy kitten stage, but she still enjoys all the



favorite cat hobbies like getting a good scratch and playing with toys. Meet this sweet girl by asking for ID#A1805683 Tag#C165. Makayla can be adopted for \$58.

Monty is a three year old neutered Boxer mix who



weighs 51 lbs. His previous owners could no longer care for him, so he found himself at the shelter through no fault of his own. Monty is an active guy looking for adventurous pet parents to take him on hikes, runs, and to the beach. He loves to chase after balls, relax with his human pals, and play play play until he is all tuckered out. Meet Monty by asking for ID#A1803412 Tag#C253. He can be adopted for \$69.

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.

## Movies at the Bases



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

Thursday, October 5

6:00 pm Leap! (PG) 89 min.  
8:00 pm The Glass Castle (PG-13) 127 min.

Friday, October 6

6:00 pm Home Again (PG-13) 97 min.  
8:00 pm It (R) 135 min.

Saturday, October 7

1:00 pm Frozen (PG) 108 min.  
3:30 pm Moana (PG) 96 min.  
5:50 pm Zootopia (PG) 108 min.  
8:00 pm Inside Out (PG) 95 min.

Sunday, October 8

1:00 pm Leap! (PG) 89 min.  
3:00 pm Home Again (PG-13) 97 min.  
5:50 pm Logan Lucky (PG-13) 118 min.  
8:10 pm It (R) 135 min.

Monday, October 9

5:50 pm It (R) 135 min.  
8:30 pm Home Again (PG-13) 97 min.

Tuesday, October 10

6:00 pm Logan Lucky (PG-13) 118 min.  
8:20 pm It (R) 135 min.

Wednesday, October 11

6:00 pm Home Again (PG-13) 97 min.  
8:00 pm The Hitman's Bodyguard (R) 111 min.

Thursday, October 12

6:00 pm Leap! (PG) 89 min.  
8:00 pm The Hitman's Bodyguard (R) 111 min.\*

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

Thursday, October 5

5:50 pm Rush Hour (PG-13)  
8:00 pm Wind River (R)

Friday, October 6

5:50 pm Home Again (PG-13)  
7:50 pm It (R)

Saturday, October 7

12:50 pm Leap! (PG)  
2:40 pm Home Again (PG-13)  
5:50 pm It (R)  
8:30 pm The Hitman's Bodyguard (R)

Sunday, October 8

12:50 pm Leap! (PG) 89 min.  
2:30 pm Rush Hour (PG-13)  
5:40 pm Home Again (PG-13)  
7:40 pm It (R)

Monday, October 9

5:50 pm Home Again (PG-13)  
8:00 pm It (R)

Tuesday, October 10

5:50 pm Wind River (R)  
8:00 pm It (R)

Wednesday, October 11

5:50 pm Home Again (PG-13)  
7:50 pm The Hitman's Bodyguard (R)

Thursday, October 12

5:50 pm Home Again (PG-13)  
8:00 pm Wind River (R)



**The Hitman's Bodyguard** (2017)

R | 1h 58min | Action, Comedy |

*The world's top bodyguard gets a new client, a hit man who must testify at the International Court of Justice. They must put their differences aside and work together to make it to the trial on time.*



Director: Patrick Hughes  
Writer: Tom O'Connor  
Stars: Ryan Reynolds, Samuel L. Jackson, Gary Oldman

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

Thursday, October 5

11:00 am Open Season 2 (PG)  
5:00 pm All Eyez On me (R)

Friday, October 6

5:00 pm Girls Trip (R)

Saturday, October 7

2:00 pm The Boy in the Striped Pajamas (PG-13)  
5:00 pm Spider-Man: Homecoming (PG-13)

Sunday, October 8

5pm The Lord of the Rings: The Return of the King (PG-13)

Monday, October 9

NO MOVIE DUE TO THE HOLIDAY

Tuesday, October 10

11:00 am Shrek (PG)  
5:00 pm The House (R)

Wednesday, October 11

5:00 pm The Mummy (PG-13)

Thursday, October 12

11:00 am The Boxtrolls (PG)  
5:00 pm Baby Driver (R)



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

Thursday, October 5

5pm Cars 3 (G)

Friday, October 6

5pm The Lord of the Rings: Fellowship of the Ring (PG-13)

Saturday, October 7

5pm Spider-Man: Homecoming (PG-13)

Sunday, October 8

5pm Despicable Me 3 (PG)

Wednesday, October 11

3pm Miss Peregrine's Home For Peculiar Children (PG-13)  
5pm Alice in Wonderland (PG)  
7pm Alice Through The Looking Glass (PG)

Thursday, October 12

5pm Sing (PG)



# Around Town

**Breast Cancer Awareness Month** Oct. 1-31

**Pumpkin Patch** at Bates Nut Farm. Oct. 1-31 [www.batesnutfarm.biz](http://www.batesnutfarm.biz)

**Big Horse Corn Maze & Harvest Festival** in Temecula. Oct. 1-30. [www.bighorsecornmaze.com](http://www.bighorsecornmaze.com)

**Waiting for Lefty** at MiraCosta College in Oceanside. Oct. 1-8 [www.miracosta.edu/theatre](http://www.miracosta.edu/theatre)

**American Hero** at New Village Arts Theatre. Oct. 1-15 [www.newvillagearts.org](http://www.newvillagearts.org)

**Benny & Joon** at The Old Globe Theatre. Oct. 1-22 [www.theoldglobe.org](http://www.theoldglobe.org)

**Ironbound at Moxie Theatre** Oct. 1-22. [www.moxietheatre.com](http://www.moxietheatre.com)

**Halloween Spooktacular at SeaWorld** San Diego, every weekend. Oct. 1-29 [www.seaworldsandiego.com](http://www.seaworldsandiego.com)

**Kids Free in October:** free admission to 43 local attractions and museums for children 12 and under. Oct. 1-31 [www.sandiego-museumcouncil.org](http://www.sandiego-museumcouncil.org)

**Whale watching** for blue & fin whales migrating south for the winter. Oct. 1-31 [www.sdwhale-watch.com](http://www.sdwhale-watch.com)

**Scream Zone** at Del Mar Fairgrounds, Oct. 1-31, select days. [www.thescreamzone.com](http://www.thescreamzone.com)

**Haunted Hotel** in the Gaslamp Quarter, Oct. 1-31, closed most Mon & Tues. (619) 231-0131 [www.hauntedhotel.com](http://www.hauntedhotel.com)

**Haunted Trail** at Balboa Park, Oct. 1-31, closed most Mon & Tues. (619) 231-0131 [www.hauntedtrail.net](http://www.hauntedtrail.net)

**Bates Nut Farm Pumpkin**

**Patch**, Oct. 1-31. [www.batesnutfarm.biz](http://www.batesnutfarm.biz)

**Belmont Park Transforms into Boomont Park in October** Family-friendly fall festival, activities for monsters of all ages. Fridays-Sundays and Halloween. Family costume contest 5pm. Frighteningly fun weekends include free trick-or-treating for costumed kids (12 & under) 6:30-7:30pm. Free craft for 12 & under Sundays 5-7pm. Attractions include Zombie Laser Tag, Superhero Zip Line and Rock Wall and a pumpkin patch with an option to purchase pumpkins to paint. Escapology interactive game is new for all to solve.



Physical adventure game where players are locked in an escape room & have one hour to find clues, unlock doors, pick locks and escape the room. Belmont Park also offers classic amusement park attractions, such as bumper cars, an arcade, laser tag, zip lining, rock climbing, miniature golf and water games. 3146 Mission Blvd. (858) 228-9283 [www.belmontpark.com](http://www.belmontpark.com)

**SD International Film Festival.** Oct. 4-8 [sdfilmfest.com](http://sdfilmfest.com)

**Fashion Week** San Diego. Oct. 4-8 [www.fashionweeksd.com](http://www.fashionweeksd.com)

**12th Annual Joshua Tree Music Festival**, Oct 5-8. [www.joshua-treemusicfestival.com](http://www.joshua-treemusicfestival.com)



**Legoland** California Festive Fun Brick-or-Treat Party Nights Oct. 7, 14, 21 and 28 Brick-or-Treat Party Nights are back with Halloween excitement and extended park hours. Every Saturday in October, guests can play in the park after dark and enjoy

live entertainment, new shows, character meet and greets, costume contests and candy stations with more than one million pieces of candy.

[uatremusicfestival.com](http://uatremusicfestival.com)

**Foreign Film Fridays:** Color of Paradise at Schulman Auditorium, Oct. 6. [www.carlsbadca.gov](http://www.carlsbadca.gov)

**Kid's Night Out** at Poway Community Park, Oct. 6, 4:30-9pm. [www.poway.org](http://www.poway.org)

**Oceanside Art Walk:** Halloween Trick or Treat in downtown Oceanside, Oct. 6. [www.oceansideartwalk.org](http://www.oceansideartwalk.org)

**Fall Camping Series at Lake Poway**, Oct. 6-7, 5pm-10am. [www.poway.org](http://www.poway.org)

**Oktoberfest in El Cajon.** Fri-Sun, Oct 6-8. Fri 4-10; Sat 12-10; Sun 12-9. Adults \$10 Fri/Sat; \$5 Sun. Active military & under 21 Free. Ooh-pah music, beer, raffle, games & dancing, vendors. Kids zone w/games & crafts

**Rocky Horror Picture Show** at La Paloma Theatre in Encinitas, midnight, every Friday, Oct. 6-27. [www.lapalomatheatre.com](http://www.lapalomatheatre.com)

**2017 Mira Mesa Street Fair.** 19th annual Mira Mesa Street Fair Oct. 7, 10am-5pm, Camino

Ruiz from Mira Mesa Blvd. to New Salem St. Entertainment on two stages, international food, a carnival, children's activities, and a solar telescope. [www.miramessatowncouncil.org/mira-mesa-street-fair/](http://www.miramessatowncouncil.org/mira-mesa-street-fair/)

**Halloween Mutt Mixer** at San Diego Humane Society Escondido campus, Oct. 7, 12-2pm. [www.sdhumane.org](http://www.sdhumane.org)

**San Diego Fire Rescue 5K & Kids Run** at Embarcadero Marina Park South, Oct.7, 8am. [www.sdfirerescue.org/5k-and-kids-run](http://www.sdfirerescue.org/5k-and-kids-run)

**Pacific Beachfest 5K on Thomas Avenue** in Pacific Beach, Oct. 7. [www.pacificbeachfest5k.com](http://www.pacificbeachfest5k.com)

**Revolt Summer Surf Series Battle at Beachfest** at South Side of Crystal Pier, Oct. 7. [www.revoltseries.com](http://www.revoltseries.com)

**Beach Cleanup at Oceanside Pier**, Oct. 7, 9-11am. [www.ci.oceanside.ca.us](http://www.ci.oceanside.ca.us)

**Successful Aging Expo** at Del Mar Fairgrounds, Oct. 7, 9am-4pm. [delmarfairgrounds.com](http://delmarfairgrounds.com)

**Orchid Clinic** at San Diego Botanic Garden, Oct. 7, 10am-3pm. [www.sdbgarden.org](http://www.sdbgarden.org)

**Carlsbad Rotary Oktoberfest, Holiday Park in Carlsbad**, Oct. 7.

**Grape Day Festival** at Grape Day Park, Oct. 7. [grapefestival.com](http://grapefestival.com)

**Taste of Oceanside** in downtown Oceanside, Oct. 7, 2-5pm. [www.mainstreetoceanside.com/](http://www.mainstreetoceanside.com/)

**Pier to Bay Relay & BBQ** at La Jolla Cove, Oct. 7, 5-7pm. [www.lajollacoveswimclub.com](http://www.lajollacoveswimclub.com)

**Heroes Walk for Life** in Fallbrook, Oct. 7. [www.fprcforlife.com/events](http://www.fprcforlife.com/events)

**La Jolla Art & Wine Festival** on Girard Ave, Oct. 7. [ljawf.com](http://ljawf.com)

**Rendezvous in Poway** at Old Poway Park, Oct. 7-8. [www.poway.org](http://www.poway.org)

**Pumpkin Festival and Craft Fair at Bates Nut Farm** in Valley Center, Oct. 7-8. 15-Acre Giant Big Mac Pumpkins. [www.batesnutfarm.biz](http://www.batesnutfarm.biz)

**Families Make History** at San Dieguito Heritage Museum, Oct. 7-8 [www.sdheritage.org](http://www.sdheritage.org)

**Spooktacular Halloween n Dressage Show & Howl'in Dog Costume Contest** at Del Mar Horse Park, Oct. 7-8. [www.crackerjackproductionsllc.com](http://www.crackerjackproductionsllc.com)

**Vista Fiber Arts Fiesta** at Antique Gas & Steam Engine Museum, Oct. 7-8, 10am-4pm. San Diego County Gourd Artists will be there ([vistafiberartsfiesta.yolasite.com](http://vistafiberartsfiesta.yolasite.com)) 2040 N Santa Fe Avenue, Vista, CA 92083. San Di-

ego County Gourd Artists: [sandiegocountygourdpatch.com](http://sandiegocountygourdpatch.com)

**Brick-or-Treat Party Nights** at Legoland California Resort, every Saturday, Oct. 7-28. [www.legoland.com](http://www.legoland.com)

**Drive 4 the Cure** at St. Mark Golf Club in San Marcos, Oct. 8. [www.drive4thecuresd.com](http://www.drive4thecuresd.com)

**Del Mar-Solana Beach 21st Annual Turf Bocce Ball Tournament** at The Surf Cup Sports Park, Oct. 8, 9am. [www.dmsb-bocce.com](http://www.dmsb-bocce.com)

**San Marcos Grand Fall Festival** on Via Vera Cruz, Oct. 8, San Marcos

**Los Angeles Chargers @ New York Giants**, Oct. 8, 10am. Watch on CBS. [www.chargers.com](http://www.chargers.com)

**Olivenhain Oktoberfest** at Olivenhain Meeting Hall, Oct. 8, 12-4pm. [olivenhain.org/events](http://olivenhain.org/events)

**San Dieguito River Valley Conservancy presents River Valley Fest:** Coast to Crest & Beyond at Fairbanks Ranch Country Club, Oct. 8, 4-8pm. [www.eventbrite.com](http://www.eventbrite.com)

**National Coming Out Day**, Oct. 11.

**Classic Car Night.** Oct 11, 5-9pm Oceanside Hwy 101

**Del Mar International Horse Show Welcome Week** at Del Mar Horse Park. Oct. 11-15. [westpalm-sevents.com](http://westpalm-sevents.com)

**5th Annual Dine Out for the Cure** at restaurants across San Diego. Oct. 12. [www.komen-sandiego.org](http://www.komen-sandiego.org)



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Receive a RAFFLE TICKET for every \$50 Spent or 5 RAFFLE TICKETS for every Complete Halloween Costume Bought. Indulge in Candy and Champagne While You Shop!

Winners will receive a Deja Vu Gift Card valued from \$100-\$25. Drawings will be held every Wednesday morning through the month of September. Do not have to be present to win.

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Mon.-Sat. 9am-Midnight, Sun. 11am-10pm



# Concerts

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

## October

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

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

**Lauryn Hill and Nas.** Tues, Oct 3, 7:30pm. Funk/Hip-hop/Rap. SDSU Open Air Theatre, 5500 Campanile Dr., San Diego. (619) 594-6947.

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

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

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

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

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

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

3600.

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

**Olivia Newton-John.** Sat, Oct 7, 7:30pm. Starlight Theater, Pala Casino, 11154 Hwy 76, Pala, CA 92059. (877) 946-7252

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

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

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

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

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

**The Weeknd.** Fri, Oct 13, 7:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400 www.hondacenter.com

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

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

**Neil Sedaka.** Sat, Oct 14, 8pm. Cerritos Center, 12700 Center

Court Dr. Cerritos, Orange County. (800) 300-4345

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

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

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

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

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

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

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

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

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

**Odesza.** Fri, Oct 20, 7:30pm. Staples Center, 1111 S. Figueroa



St, Los Angeles, CA 90015. www.hondacenter.com

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

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

**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,

## Halsey

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

## Halsey and Charli XCX

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

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., Anaheim. (714) 704-2400. 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

**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.



# CAR FOR A CAUSE

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

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

**WWW.SANDIEGOAUTOREPAIRCARE.COM**

You may also print an official entry form from the website or complete one at any participating San Diego Auto Repair Care shop explaining why the family/individual deserves a vehicle.

Participating locations can be found on [www.sandiegoautorepaircare.com](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)



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## NEW 2017 HYUNDAI ACCENT



- \$12,277 FRANK'S PRICE
- \$2,500 RETAIL BONUS CASH
- \$500 MILITARY CASH
- \$500 FLEX CASH

# \$8,777 NET COST

\*All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Rebate, must be active duty or veteran to qualify. \$500 Valued owner coupon/competitive owner coupon, must own a Hyundai or own Non Hyundai vehicle to qualify. Expires 10/9/2017. 2 at this price #352387, #345278

## NEW 2018 HYUNDAI ELANTRA SE

**AUTOMATIC**



- \$15,777 FRANK'S PRICE
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- \$500 MILITARY CASH
- \$500 HMF BONUS CASH

# \$12,777 NET COST

\*All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Cash, must be active duty or veteran to qualify. \$500 Valued owner coupon/competitive owner coupon, must own a Hyundai or own Non Hyundai vehicle to qualify. Expires 10/9/2017. 5 at this price.

## NEW 2017 HYUNDAI VELOSTER

**SPORTY HATCHBACK**



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- \$500 MILITARY CASH
- \$500 FLEX CASH

# \$13,777 NET COST

\*All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Rebate, must be active duty or veteran to qualify. \$500 Valued owner coupon/competitive owner coupon, must own a Hyundai or own Non Hyundai vehicle to qualify. Expires 10/9/2017. 2 at this price #320300, #315143.

## NEW 2017 HYUNDAI TUCSON SE



# \$187 PER MO.

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LEASE SPECIAL!  
\$187 Per Month  
0 Out of Pocket  
10k Miles per year  
0 Security Deposit

\*All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Rebate, must be active duty or veteran to qualify. \$500 Valued owner coupon/competitive owner coupon, must own a Hyundai or own Non Hyundai vehicle to qualify. Expires 10/9/2017. Over 10 at this payment.

## NEW 2017 HYUNDAI TUCSON SE



- \$20,277 FRANK'S PRICE
- \$2,000 RETAIL BONUS CASH
- \$1,500 FLEX CASH
- \$500 MILITARY CASH
- \$500 HMF FACTORY CASH

# \$15,777 NET COST

\*All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Rebate, must be active duty or veteran to qualify. \$500 Valued owner coupon/competitive owner coupon, must own a Hyundai or own Non Hyundai vehicle to qualify. Expires 10/9/2017. 5 at this price.



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