**Weekly Contest**
Into music? Your chance to win a ticket redeemable for a KAABOO Del Mar 3-day pass.
**See page 4**

**AutoMatters & More**
Explore the eclipse with Jan Wagner. Wrap up of events at Fleet Science Center.
**See page 9**

**Best bets this weekend**
Bike the Bay, LeucadiaART Walk, San Diego Spirits Festival, Slightly Stoopid!
**See page 22**

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# USS John S. McCain incident prompts operational pause

**CHANGI NAVAL BASE, REPUBLIC OF SINGAPORE (Aug. 21, 2017) Tugboats from Singapore assist the guided-missile destroyer USS John S. McCain (DDG 56) as it steers towards Changi Naval Base, Republic of Singapore following a collision with the merchant vessel Alnic MC while underway east of the Straits of Malacca and Singapore on Aug. 21. Significant damage to the hull resulted in flooding to nearby compartments, including crew berthing, machinery, and communications rooms. Damage control efforts by the crew halted further flooding. The incident will be investigated. U.S. Navy photo by MC3 Madailein Abbott. See story at right.**

## Search area expanding for USS John S. McCain Sailors

At sea, search efforts are focused on an area east of the Straits of Malacca and Singapore where John S. McCain was involved in a collision with the merchant vessel Alnic MC Aug. 21. The area centers around the point of collision, and is expanding to encompass a greater area as time goes on.

Both the Royal Malasian Navy and the Republic of Singapore Navy continue to assist the U.S. Navy in the search. Those efforts Aug. 23, involved RSN ships Gallant and Fearless, RMN ship Leiku and two SH-60S helicopters from USS America (LHA 6).

The incident will be investigated to determine the facts and circumstances of the collision.

U.S. Navy photo by Master Chief Joshua Dumke

**Pacific Fleet Cmdr: Remains of Some USS John S. McCain Sailors Located (Aug. 22, 10:45 a.m. EDT)**

Adm. Scott Swift, commander, Pacific Fleet, said some of the 10 missing USS John S. McCain (DDG 56) Sailors were discovered Aug. 22, by divers performing recovery operations inside the guided-missile destroyer. Adm. Swift made the announcement during a press briefing at Changi Naval Base where USS John S. McCain is currently moored.

**7th Fleet Commander Relieved due to Loss of Confidence (Aug. 23, 4:55 a.m. EDT)**

**From U.S. Pacific Fleet Public Affairs**

YOKOSUKA, Japan (NNS) — Adm. Scott Swift, commander of U.S. Pacific Fleet, today relieved the commander of Seventh Fleet, Vice Adm. Joseph Aucoin, due to a loss of confidence in his ability to command.

Rear Adm. Phil Sawyer, who has already been nominated and confirmed for the position and promotion to vice admiral, will assume command immediately.

**Search Area Expanding for USS John S. McCain Sailors (Aug. 23, 9:27 a.m. EDT)**

The search for missing Sailors assigned to the guided-missile destroyer USS John S. McCain (DDG 56) continues in the South China Sea and within the ship itself. , U.S. Navy and Marine Corps divers continue to search the ship, seeking to locate more of the missing Sailors. In addition, they are conducting inspections of the damage to inform repair plans. More divers will join the effort Aug. 24.

At sea, search efforts are focused on an area east of the Straits of Malacca and Singapore where John S. McCain was involved in a collision with the merchant vessel Alnic MC Aug. 21. The area centers around the point of collision, and is expanding to encompass a greater area as time goes on.

## Calling all World War II veterans

**A World War II veteran, shown here on his recent Honor Fight to the nation's capitol. Courtesy photo**

## *Honor Flight SD needs your help*

SAN DIEGO - Honor Flight San Diego is taking World War II veterans on their next "Tour of Honor" flight to Washington, D.C., Sept. 29.

The organization is calling out to the community to reach as many Southern California WWII vets as possible. Many Honor Flight hubs throughout the country have taken Korea and Vietnam era veterans on the trip. Honor Flight San Diego cannot start with those generations until they have connected with local WWII veterans first. There are seats available for WWII veterans on the next flight and there is no cost to the veteran.

The "Tour of Honor" flight is a three-day trip and includes visits to the National World War II, Vietnam, Korea and Iwo Jima war memorials, U.S. Air Force memorial, U.S. Navy Yard museum and new this trip, a visit to the Naval Academy. The veterans will stop at Arlington National Cemetery and witness changing of the guard ceremony and the female veterans will tour the Women in Military Service for America National Memorial.

The "Tour of Honor" flight is funded through donations to Honor Flight San Diego. The veteran's trip costs approximately $2,500 for three-day experience and there is no charge for the veteran.

For more information or to complete a veteran application, go to w*ww.honorflightsandiego.org*.

## CNO orders worldwide operational pause

**by Lisa Ferdinando**

WASHINGTON - The chief of Naval Operations says he is devastated and heartbroken over the collision of USS *John S. McCain*, and has ordered a worldwide operational pause as fleet commanders assess practices.

"I just want to convey again that our thoughts and prayers are with the crew of *John S. McCain* and their families as we work together through this very, very difficult time," Adm. John Richardson told reporters Aug. 21 at the Pentagon.

Ten Sailors were missing and five injured after the *McCain* collision, which occurred east of the Strait of Malacca and Singapore, early on Aug. 21, according to the Navy's 7th Fleet.

The collision involved *McCain* and the merchant vessel Alnic MC. *McCain* arrived at Changi Naval Base in Singapore in the afternoon.

Seven Sailors were killed June 17, when USS *Fitzgerald* and a cargo ship collided off the coast of Japan.
see **Pause, page 2**

# Science team aims to make Coast Guard missions more efficient

**by Yolanda R. Arrington**

Researchers aboard U.S. Coast Guard Cutter *Healy* are working on ways to make Coast Guard missions safer, more effective and more efficient. The Coast Guard's missions range from busting drug runners on the open seas to inspecting vessels and clearing waterways to ensure safe passage for vessels.

**An unmanned vehicle is displayed aboard Coast Guard Cutter *Healy*. Defense TV photo**

Scot Tripp, the chief scientist aboard *Healy* told Defense TV about 40 people on the research and development science team are focusing on technology evaluations.

Researchers are looking at the technologies to prevent oil spills and remove oil should a leak occur.

Tripp explains that about seven or eight projects are happening on *Healy*, including an unmanned, underwater submarine vehicle that will monitor whether oil heads leak over time. The team also is working to reverse sonar under ice to see if oil has gone below the ice's surface. First responders have used the unmanned vessel to practice evacuations from the region as well. The science team's work could one day open up the area off the coast of Alaska to cruise and cargo ship activity.

*Healy* is the country's newest and most technologically-advanced polar icebreaker designed to conduct a range of research activities. The vessel also boasts more than 4,200 square feet of scientific laboratory space and can accommodate up to 50 scientists.

The cutter can break 4.5 feet of ice continuously at 3 knots. It's also designed to operate in temperatures as low as minus 50 degrees Fahrenheit. *Healy* can carry one and a half million gallons of fuel to refuel other vessels, if needed.

Tripp says the science team also is using additive manufacturing aboard *Healy*. The team has designed and printed a number of devices, including camera mounts, boat steering mechanisms and circuit boards.

Stay tuned to Defense TV in the coming weeks as it takes you inside *Healy* for an update on the cutter's first science mission of 2017 in the Arctic

**Damage to the portside is visible as USS John S. McCain steers towards Changi Naval Base, Republic of Singapore, following a collision at sea. U.S. Navy photo by MC2 Joshua Fulton**

## Pause

continued from page 2

"I 'm sure you all felt the same way that I did - just devastated, and really just heartbroken at having to deal with this again," said Richardson.

Richardson directed the Navy to take an "operational pause" in all of its fleets around the world, to allow fleet commanders to assess and review with their commands the fundamental practice to safe and effective operations.

He said he envisions the pause lasting "one to two days," but said he's leaving the specifics to the fleet commanders.

"This is obviously an extremely serious incident and is the second such incident in a very short period of time, within inside of three months and very similar as well and is the last of a series of incidents in the Pacific fleet in particular," the admiral said.

In addition to the operational pause, Richardson said he directed a more comprehensive review to find the contributing factors and root causes of the incidents.

Richardson said he tasked Adm. Phil Davidson, commander of Fleet Forces Command, to take charge of a comprehensive review that will include representation from throughout the Navy, as well as from other services and the private sector.

That review will look at the processes the Navy uses to train and certify the forward deployed forces in Japan. Another area for examination, as Richardson outlined, is how the Navy trains and certifies its surface warfare community, including tactical and navigational proficiency.

"My hope is that we will learn, continue to improve in the short term, validating that we are sound on the fundamentals and if not then we'll take action to correct that, and then look at broader, more systemic issues that we may find through this comprehensive review," Richardson said.

The comprehensive review is in addition to the investigations into *Fitzgerald* and *McCain*, he said.


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# President unveils new Afghanistan, South Asia strategy

**by Jim Garamone**

WASHINGTON - President Donald J. Trump unveiled an expansive new strategy for South Asia aimed at bolstering American security.

The new strategy encompasses Afghanistan, Pakistan, India, the Central Asian nations and extends into Southeast Asia. He stressed the strategy will not have artificial timelines built into it.

Trump spoke Monday night before a crowd of hundreds of service members at Conmy Hall at Joint Base Myer-Henderson Hall in Virginia.

Trump said the American people are frustrated by the nation's longest war in Afghanistan, calling it a war without victory. The new strategy, he said, is a path toward victory and will step away from a policy of nation building.

The new strategy, Trump said, is a result of a study he ordered immediately after he was inaugurated in January. The strategy is based on three precepts.

"First, our nation must seek an honorable and enduring outcome worthy of the tremendous sacrifices that have been made, especially the sacrifices of lives," Trump said. "The men and women who serve our nation in combat deserve a plan for victory. They deserve the tools they need and the trust they have earned to fight and to win."

Trump said the second precept is that a hasty exit from Afghanistan would simply allow terrorists to flood back into that country and begin planning attacks on America and its allies and partners.

The third precept, he said, concerns the threats emanating from the region, which are immense and must be confronted.

"Today, 20 U.S-designated foreign terrorist organizations are active in Afghanistan and Pakistan, the highest concentration in any region anywhere in the world," the president said. "For its part, Pakistan often gives safe haven to agents of chaos, violence and terror. The threat is worse because Pakistan and India are two nuclear-armed states whose tense relations threaten to spiral into conflict. And that could happen."

The United States and its allies and partners are committed to defeating these terrorist groups, Trump said.

"Terrorists who slaughter innocent people will find no glory in this life or the next," he said. "They are nothing but thugs and criminals and predators and - that's right - losers."

Trump said, "Working alongside our allies, we will break their will, dry up their recruitment, keep them from crossing our borders, and, yes, we will defeat them, and we will defeat them handily."

In Afghanistan and Pakistan, the United States will work to stop the resurgence of safe havens that enable terrorists to threaten America, Trump said. "And we must prevent nuclear weapons and materials from coming into the hands of terrorists and being used against us, or anywhere in the world, for that matter," he added.

Trump emphasized the strategy will be conditions based and not set to a timetable. "I've said it many times how counterproductive it is for the United States to announce in advance the dates we intend to begin or end military options," the president said. "We will not talk about numbers of troops or our plans for further military activities. Conditions on the ground, not arbitrary timetables, will guide our strategy from now on. America's enemies must never know our plans or believe they can wait us out."

Trump said the new strategy will involve all aspects of American power, employing diplomacy, economic might, intelligence and military power to advance American interests and ensure the safety of the homeland and American allies and partners.

The United States, he said, will continue to support the Afghan government and its military.

**With our resolve, we will ensure that your service and that of your families will bring about the defeat of our enemies and the arrival of peace.**

"Ultimately, it is up to the people of Afghanistan to take ownership of their future, to govern their society and to achieve an everlasting peace," Trump said. "We are a partner and a friend, but we will not dictate to the Afghan people how to live or how to govern their own complex society. We are not nation building again. We are killing terrorists."

Trump said Pakistan is a major concern, and he said Pakistan must stop providing safe havens for terrorists who rest and refit for actions in Afghanistan and elsewhere.

"Pakistan has much to gain from partnering with our effort in Afghanistan," the president said. "It has much to lose by continuing to harbor criminals and terrorists."

Trump noted that Pakistan has worked with the United States in the past, but the nation's policies must change.

"No partnership can survive a country's harboring of militants and terrorists who target U.S. service members and officials," Trump said. "It is time for Pakistan to demonstrate its commitment to civilization, order and to peace."

Trump said India will be a key component in any strategy in the region, and the president wants to work with India's leaders to provide more economic assistance and targeted development to the people of Afghanistan.

"We are committed to pursuing our shared objectives for peace and security in South Asia and the broader Indo-Pacific region," he said.

The president pledged that service members will have the rules of engagement they need to take swift, decisive actions. "I have already lifted restrictions the previous administration placed on our warfighters that prevented the secretary of defense and our commanders in the field from fully and swiftly waging battle against the enemy," he said. "Micromanagement from Washington, D.C., does not win battles. They're won in the field, drawing upon the judgment and expertise of wartime commanders, and front-line soldiers, acting in real time with real authority, and with a clear mission to defeat the enemy."

The president described what he believes victory will look like. "From now on, victory will have a clear definition: Attacking our enemies, obliterating ISIS, crushing al-Qaida, preventing the Taliban from taking over Afghanistan, and stopping mass terror attacks against America before they emerge," he said.

NATO allies and global partners like Australia will support the new strategy and have already pledged additional troops and funding increases, the president said.

Defense Secretary Jim Mattis said in a statement he has directed Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, to prepare to carry out the president's strategy. "I'll be in consultation with the secretary general of NATO and our allies - several of which have also committed to increasing their troop numbers," said Mattis in a written statement. "Together, we will assist the Afghan security forces to destroy the terrorist hub."

The president concluded his speech speaking directly to service members in the hall and around the world.

# 7th Fleet announces Fitzgerald accountability determinations

YOKOSUKA, Japan - The commanding officer, executive officer and command master chief of USS *Fitzgerald* were relieved of their duties by Vice Adm. Joseph Aucoin, Commander, 7th Fleet, Aug, 18.

A number of officer and enlisted watch standers were held accountable.

The determinations were made following a thorough review of the facts and circumstances leading up to the June 17 collision between Fitzgerald and merchant vessel ACX Crystal.

The collision was avoidable and both ships demonstrated poor seamanship. Within *Fitzgerald*, flawed watch stander teamwork and inadequate leadership contributed to the collision that claimed the lives of seven *Fitzgerald* Sailors, injured three more and damaged both ships.

With absolute accountability for the safe navigation of *Fitzgerald*, Cmdr. Bryce Benson was relieved due to a loss of confidence in his ability to lead. He had previously been temporarily relieved of his duties due to medical reasons from injuries sustained during the collision. Benson is being reassigned to Naval District Washington, where he'll have access to medical facilities.

Inadequate leadership by the XO, Cmdr. Sean Babbitt, and command master chiefBrice Baldwin, contributed to the lack of watch stander preparedness and readiness that was evident in the events leading up to the collision.

Several junior officers were relieved of their duties due to poor seamanship and flawed teamwork as bridge and combat information center watch standers. Additional adminiactions were taken against members of both watch teams.

Cmdr. Garret Miller will assume command from *Fitzgerald*'s acting CO, Cmdr. John Fay sometime this month.

It was also evident from the review that the entire *Fitzgerald* crew demonstrated real toughness that night. Following the collision these Sailors responded with urgency, determination and creativity to save their ship. Their rigorous damage control efforts and dauntless fighting in the immediate wake of the accident prevented further loss of life.

# Exercise to strengthen efforts in defense of South Korea, Mattis says

**by Lisa Ferdinando**

WASHINGTON - A joint U.S.-South Korean computer-simulated defensive exercise that kicked off Aug. 21 is meant to strengthen joint efforts for the defense of South Korea, said Defense Secretary Jim Mattis.

**U.S. and South Korean soldiers conduct operations in the Combined Joint Task Force Elimination Headquarters during 2016's Ulchi-Freedom Guardian. Army photo by Maj. Ryan Donald**

Ulchi Freedom Guardian, which runs to Aug. 31, is focusing on command post operations for the integration of efforts, Mattis told reporters traveling with him while en route to Jordan on the first leg of an overseas trip.

"This right now is an exercise to make certain that we're ready to defend South Korea and our allies over there," he said, adding that "because of the specific circumstance, we want it to be a command post-heavy, command post exercise."

The exercise is defensive in nature, Mattis said, noting that joint exercises have been going on for decades. The exercise operates transparently and is carefully planned out to prevent any misinterpretation on what is occurring, he said.

"It's calculated to not allow for miscalculation," he added. The number of troops involved is because of the focus of this year's exercise - command and control - and not in response to any factor from North Korea, he explained.

Ulchi Freedom Guardian is designed to enhance readiness, protect the region and maintain stability on the Korean Peninsula, Defense Department officials said. About 17,500 U.S. service members will participate, with about 3,000 coming from installations outside South Korea. They will join military forces from major South Korean units representing all services, as well as South Korean government participants.

In addition, United Nations Command forces from seven nations - Australia, Canada, Colombia, Denmark, New Zealand, the Netherlands and the United Kingdom - will participate.

Neutral Nations Supervisory Commission observers will monitor the exercise to ensure it complies with the 1953 armistice agreement, defense officials said. Training exercises like Ulchi Freedom Guardian are carried out in the spirit of the Oct. 1, 1953, South Korean-U.S. Mutual Defense Treaty and in accordance with the armistice, the officials added.

"These exercises also highlight the longstanding military partnership, commitment and enduring friendship between the two nations, help to ensure peace and security on the peninsula, and reaffirm U.S. commitment to the alliance," a defense official said in the statement announcing the exercise.

# Iraqi forces begin offensive to liberate Tal Afar

Iraqi security forces have begun their offensive to liberate the city of Tal Afar from the Islamic State of Iraq and Syria, Combined Joint Task Force Operation Inherent Resolve officials said Aug. 20.

The global coalition against ISIS welcomes Iraqi Prime Minister Haider al-Abadi's statement announcing the launch of the offensive to liberate Tal Afar and the remainder of Ninevah province and northern Iraq from ISIS, Lt. Gen. Stephen J. Townsend, the commander of U.S. and coalition forces in Iraq and Syria, said in a statement.

All branches of the Iraqi security forces will take part in the liberation of Tal Afar: the 9th, 15th and 16th Iraqi army divisions, the counterterrorism Service, the federal police and emergency response division and the Iraqi local police, as well as popular mobilization forces under Abadi's command, task force officials said.

"Following their historic victory in Mosul, the [Iraqi security forces] have proven themselves a capable, formidable and increasingly professional force, and they are well-prepared to deliver another defeat to ISIS in Tal Afar," coalition officials said in a statement. "The coalition will continue to help the government and security forces defeat ISIS through five means: by providing equipment, training, intelligence, precision fires and combat advice."

Though the recent liberation of Mosul, Iraq's second-largest city, was a decisive victory for the Iraqi security forces, it didn't mark the end of ISIS in Iraq, or its worldwide threat," Townsend said.

"The [Iraqi security forces] operation to liberate Tal Afar is another fight that must be won to ensure the country and its citizens are finally free of ISIS," he said. "The coalition is strong, and fully committed to supporting our Iraqi partners until ISIS is defeated and the Iraqi people are free."


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# *George H.W. Bush* Carrier Strike Group returns to homeport Norfolk

NORFOLK, Va.- More than 7,000 Sailors from the *George H.W. Bush* Carrier Strike Group (GHWBCSG) arrived to their homeport Aug. 21.

Led by Commander, Carrier Strike Group 2 Rear Adm. Kenneth Whitesell, the GHWBCSG is comprised of flagship *George H.W. Bush* (CVN 77) with embarked squadrons of Carrier Air Wing 8, CSG-2 staff, Destroyer Squadron staff and ships.

Support ships were USS *Truxtun*, USS *Laboon*, USS *Cole*, USS *Mahan*, USS *Philippine Sea* and USS *Hue City*.

While deployed, the strike group served in the 5th and 6th Fleet areas of responsibility conducting maritime security operations, theater security cooperation efforts and missions in support of Operation Inherent Resolve over Iraq and Syria. *Mahan, Cole* and *Laboon* returned in June and July.


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# Social Security matters

**by Russell Gloor**

## Ask Rusty - Windfall elimination provision

*Dear Rusty: During my first career, which lasted about 25 years, I worked for companies that withheld Social Security FICA taxes from my income. In my new second career my employer doesn't take Social Security from my wages, but I'll still be eligible for a company pension after 15 or so years of service. From my co-workers I've heard about something called "WEP" which could affect my Social Security benefits, but when they try to explain it I get totally confused. Can you clarify? Signed: Changed Careers*

Dear Changed: If you work in your second career long enough to earn a pension, "WEP" will, indeed, affect your future Social Security benefit. WEP, the Windfall Elimination Provision, applies to those who are entitled to a "non-covered" pension from an employer who didn't withhold FICA Social Security taxes from their earnings, and who is also entitled to Social Security benefits from other employment which did. Since the Social Security benefit calculation is weighted to replace more income for lower-earning workers, dual-benefit recipients were getting proportionately higher income replacement than truly low-income workers, causing Congress to enact WEP in 1983.

Social Security's standard formula for computing your benefit includes segmenting your average indexed monthly earnings into 3 portions called "bend points," multiplying each portion by a percentage and totaling them. A majority of your benefit amount comes from the first bend point, which is normally 90 percent of the first $885 of your average monthly earnings (for someone applyingin 2017). The WEP reduction is computed by adjusting the percentage used in that first "bend point" to something less than 90%, depending upon the number of years of Social Security covered employment you had. If you had 20 or fewer years of Social Security substantial earnings, the percentage used in the first bend point will be 40 percent , rather than 90 percent . If you have more than 20 years of Social Security covered earnings, the first bend point percentage increases by 5 percent for each year over 20. Since 90 percent is the normal first bend point computation, if you have 30 or more years of substantial Social Security earnings, WEP doesn't apply. In your case, since you have 25 years of Social Security employment, your first bend point percentage will be 65percent rather than 90 percent, so your first bend point amount (using 2017 numbers) would go from $796.50 to $575.25, thus reducing your monthly Social Security benefit by about $221.25. The reduction amount will become $214, which is the maximum WEP reduction for someone first applying for benefits in 2017 with 25 years of substantial Social Security earnings.

There are some other factors that come into play with WEP:

• WEP reduction to the Social Security benefit cannot be more than ½ of the amount of your non-covered pension, or more than a maximum based on your years of covered substantial earnings

•A WEP adjustment to a worker's Social Security benefit also affects (reduces) spousal and other dependent benefits, but does not affect survivor's benefits.

•WEP will not affect Social Security benefits until the first month of entitlement to your non-covered pension. For example, if you start Social Security benefits at age 62 and are not entitled to your non-covered pension until age 65, your Social Security benefit will not be reduced by WEP until you are 65. Conversely, if you take your non-covered pension and delay Social Security for some years beyond that, WEP won't apply until you start Social Security.

•If you take your non-covered pension in a lump-sum, it will be prorated to determine an equivalent monthly amount for WEP purposes. If you outlive the number of months used in the proration, WEP will cease to impact your Social Security benefit.

So, if you remain in your second career long enough to earn a pension, then WEP will eventually affect the Social Security benefit earned from your first career. Hopefully, knowing the above information gives you an opportunity to manage the level of impact.

*Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. The information presented in this article is intended for general information purposes only. The opinions and interpretations expressed in this article are the viewpoints of the AMAC Foundation's Social Security Advisory staff, trained and accredited under the National Social Security Advisors program of the National Social Security Association, the AMAC Foundation, and the Foundation's Social Security Advisors are not affiliated with or endorsed by the U.S.Government.*

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# Researchers find wreckage from USS Indianapolis

WASHINGTON - A team of civilian researchers led by entrepreneur and philanthropist Paul G. Allen has announced they have found the wreck of the World War II cruiser USS Indianapolis (CA 35), which was lost July 30, 1945.

This is a significant discovery considering the depth of the water in which the ship was lost - more than 18,000 feet. Around 800 of the ship's 1,196 Sailors and Marines survived the sinking, but after four to five days in the water - suffering exposure, dehydration, drowning, and shark attacks - only 316 survived.

The wreck was located by the expedition crew of Research Vessel (R/V) Petrel, which is owned by Allen, 5,500 meters below the surface, resting on the floor of the North Pacific Ocean.

"To be able to honor the brave men of the USS Indianapolis and their families through the discovery of a ship that played such a significant role in ending World War II is truly humbling," said Allen. "As Americans, we all owe a debt of gratitude to the crew for their courage, persistence and sacrifice in the face of horrendous circumstances. While our search for the rest of the wreckage will continue, I hope everyone connected to this historic ship will feel some measure of closure at this discovery so long in coming."

Indianapolis was lost in the final days of World War II when it was torpedoed by a Japanese submarine in the early morning hours of July 30, 1945. The Indianapolis sank in 12 minutes, making it impossible to send a distress signal or deploy much of its life-saving equipment. Prior to the attack, the Indianapolis had just completed a secret mission delivering components of the atomic bomb used in Hiroshima that would ultimately help end the war in the Pacific.

"Even in the worst defeats and disasters there is valor and sacrifice that deserves to never be forgotten," said Sam Cox, director of the Naval History and Heritage Command. "They can serve as inspiration to current and future Sailors enduring situations of mortal peril. There are also lessons learned, and in the case of the Indianapolis, lessons re-learned, that need to be preserved and passed on, so the same mistakes can be prevented, and lives saved."

Others have searched for Indianapolis in the past. Among the elements that made this effort different was Allen's recent acquisition and retrofit of the 250-foot R/V Petrel with state-of-the-art subsea equipment capable of diving to 6,000 meters (or three and a half miles).

"The Petrel and its capabilities, the technology it has and the research we've done, are the culmination years of dedication and hard work," said Robert Kraft, director of subsea operations for Allen. "We've assembled and integrated this technology, assets and unique capability into operating platform, which is now one amongst very few on the planet."

The other key factor in the discovery was information that surfaced in 2016 when Dr. Richard Hulver, historian with the Naval History and Heritage Command, conducted research that led to a new search area to the west of the original presumed position.

Hulver's research identified a naval landing craft that had recorded a sighting of Indianapolis hours before it was torpedoed. Using that information, the research team developed a new position and estimated search, which was still a daunting 600 square miles of open ocean.

Allen-led expeditions have also resulted in the discovery of the Japanese battleship Musashi (March 2015) and the Italian WWII destroyer Artigliere (March 2017). His team was also responsible for retrieving and restoring the ship's bell from the HMS Hood for presentation to the British Navy in honor of its heroic service. Allen's expedition team was recently transferred to the newly acquired and retrofitted R/V Petrel specifically for continuing exploration and research efforts.

The 13-person expedition team on the R/V Petrel is in the process of surveying the full site and will conduct a live tour of the wreckage in the next few weeks.

Their work is compliant with U.S. law, respecting the sunken ship as a war grave and not disturbing the site. USS Indianapolis remains the property of the U.S. Navy and its location will remain confidential and restricted by the Navy. The crew of the R/V Petrel has collaborated with Navy authorities throughout its search operations and will continue to work on plans to honor the 22 crew members still alive today, as well as the families of all those who served on the highly decorated cruiser.

# VA to revise State Veteran Home construction regulations

WASHINGTON - Department of Veterans Affairs (VA) Secretary Dr. David J. Shulkin announced that VA plans to propose changes to regulations for its State Veterans Home Construction Grant Program to make it easier to for States to receive VA funding to construct Veterans homes in rural areas.

State Veterans Homes provide vets with nursing home, domiciliary or adult day health care and are owned, operated and managed by state governments.

Currently, the construction grant regulations focus on veteran demographics as well as nursing home and domiciliary bed need within a state, when determining priority group placement based on projected demand for assistance. Unfortunately, this makes it difficult for some rural areas to compete for VA state home construction grants.

In highly rural areas, there could be a 500-mile distance from one State Veterans Home to the next, which gives family members limited options when searching for a conveniently located facility for a veteran family member. By incorporating a consideration for the need of veterans in rural areas into the ranking priorities for grant applications in the regulations, rural States may find it easier to compete for the limited VA construction grant funding that is available.

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# Navy announces new authority for COs

In an effort to reduce administrative distractions and further empower commanding officers (CO), the Navy announced Wednesday in NAVADMIN 200/17 that it will grant COs the authority to reinstate Sailors to E4 who were previously reduced in rank to E3.

Additionally, this NAVADMIN also announces the elimination of the E4 advancement exam for 20 accelerated advancement ratings, which receive advancement upon completion of individual training.

"These changes are part of our Sailor 2025 and Rating Modernization initiatives, which are aimed at empowering our COs and streamlining policies where it makes sense," said Chief of Naval Personnel Vice Adm. Robert Burke. "Our profession relies on trust and confidence up and down the chain of command and we expect our COs to make decisions that are ultimately aimed at developing our Sailors' character and competence. Changes like these help us do just that."

Beginning Dec. 1, 2017, when these policy changes go into effect, COs may reinstate a Sailor's rank to E4 after a minimum six-month waiting period who was reduced in rank to E3 by non-judicial punishment for minor offenses. Reinstatement to E4 is at the discretion of the individual's Commanding Officer, and does not automatically occur. COs may choose to delay re-instatement until they deem the Sailor is ready and are under no obligation to advance the individual if they do not feel it is warranted.

Also beginning Dec. 1, which marks the start of the Spring 2018 petty office advancement cycle, the following E4 exams will no longer be given for the following 20 ratings belonging to the Advanced Electronics Field, Advanced Technical Field, and Nuclear Field programs:

Naval Air Crewman (Mechanical) (AWF)
Naval Air Crewman (Operator) (AWO)
Naval Air Crewman (Helicopter) (AWR)
Naval Air Crewman (Helicopter) (AWS)
Naval Air Crewman (Avionics) (AWV)
Cryptologic Technician (Interpretative) (CTI)
Cryptologic Technician (Networks) (CTN)
Electricians Mate (Nuclear) (EMN)
Explosive Ordnance Disposal Technician (EOD)
Electronics Technician (ET)
Electronics Technician (Nuclear) (ETN)
Fire Controlman (FC)
Fire Controlman (Aegis) (FCA)
Intelligence Specialist (IS)
Information System Technician (Submarine) (ITS)
Machinists Mate (Nuclear) (MMN)
Missile Technician (MT)
Navy Diver (ND)
Special Warfare Boat Operator (SB)
Special Warfare Operator (SO)

# Armed forces to appraiser—Becoming a professional appraiser

**by Gary L. Smith, ASA, MGA**

Looking to transition to a new civilian career or start your own business? Consider becoming a professional appraiser. There is a growing opportunity for veterans within the field of appraisal services. Demand for qualified experts is expected to increase due to employers, like large corporate entities, mortgage guarantors, utility companies, government agencies, local municipalities and small specialized appraisal firms, looking to fill job vacancies left by a retiring workforce; and a growing population of seniors seeking independent expert's value opinions on estate or business related asset transfers.

**What is an Appraiser?** Appraisers are professionals who develop and report an opinion of value for a type of property. Appraisers generally specialize in a particular discipline like: Business Valuation, Gems & Jewelry, Machinery & Technical Specialties, Personal Property (includes specialties such as Fine Arts, & Antiques and Decorative Arts ) and Real Property (includes specialties such as Residential, Rural, & Ad Valorem/Mass Appraisal).

When starting an assignment, appraisers begin with a client interview to collect general information about why an appraisal is required, along with its intended use and users. This is followed by the determining of the extent of research and analyses required to perform the appraisal, and an on-site inspection of the property. Detailed information is collected and photographed to fully document condition and appearance. After the collection and analysis is complete, the appraiser determines the best approach to value, develops an opinion of value, and then prepares and delivers a report to the client.

Meet **Ralph Morgan,** ASA, MGA, of Austin, Texas based Morgan Gemological Services. Ralph graduated SEAL Training (BUD/S) Class 66 in 1972 and then again with (BUD/S) Class 129 in

1984 after returning back to the SEAL Teams. As a disabled retired Navy Veteran, he became hooked on his new career as a Gemologist and designated Gems & Jewelry Appraiser, after traveling around the world and working with beautiful stones. His SEAL training and international contacts have been invaluable.

**What Skills are Required?** Many appraisers come from allied professions like accountants, auctioneers, curators, jewelers, equipment resellers or real estate agents; or have related interests, like collectors or enthusiasts who are looking to turn a hobby into a career or business. Therefore, most have college degrees, corresponding skills and experience from their previous career.

Successful appraisers work well with numbers and have good analytical, writing and oral communication skills. They are also organized, manage their time well and skilled at researching and solving problems.

Meet **Norman F. Laskay,** ASA, of Metairie, Louisiana based Dufour, Laskay & Strouse, Inc. Norm went from serving in the Navy in WestPac (1964-1966) to being a marine surveyor. Adding to his credentials, he earned a designation in Machinery & Technical Specialties with a specialty in Marine Survey- Commercial. His training and hands-on technical experience provided by the Navy paved the way for a long and successful career.

**How to Become a Designated Appraiser?** For many, the path begins with enrollment in specialized education courses offered by professional organizations, like the American Society of Appraisers (ASA). ASA offers both introductory and accelerated educational courses available in-person, online, OnDemand or onsite. Students begin with courses on professional standards and ethics, followed by four foundation-building Principles of Valuation courses that guide students through the various approaches to valuation and focus on the fundamentals and theory behind performing proper appraisals and the methodology behind the work. Alternative paths for experienced individuals to becoming designated are also available through challenge and equivalency programs for select disciplines. Tuition assistance is available through educational grants from ASA's Educational Foundation, along with VA education benefits through the Society's University Partners like Embry-Riddle Aeronautical University, Massachusetts College of Art and Design, Purchase College SUNY or Texas Tech University.

After education requirements are completed, students work towards becoming accredited. This is an important step that provides recognition and credibility, and demonstrates competencies and professionalism to future employers, clients and referral sources. For ASA, this generally involves completing and submitting an appraisal log documenting the required amount of full-time appraisal experience and an appraisal report for peer review. A mentor may be assigned upon request for guidance and support. Once approved, students are awarded the designation and earn the right to list the corresponding credentials after their names.

Meet **Christopher Miller,** ASA, of Suwanee, Georgia based Shearwater Aero Capital. Chris went from flying and servicing F/A-18's for the United States Marine Corps to being a capital solutions provider and designated Machinery & Technical Specialties appraiser specializing in aircraft valuation. He credits his service in the Marines with instilling the core skills,

values and attention to detail required to be a successful aviation valuation expert.

**Benefits of Membership** Joining a professional organization like ASA saves you money and helps grow and protect your career or business. For ASA, members not only receive discounts on organization sponsored products and services, but also exclusive savings on a wide-range of benefit partner offerings. Membership also provides access to fellow experts, thought-leaders and storied veterans for networking and technical advice; as well as continued professional development opportunities like online webinars, conferences or technical journals, keeping you updated on the latest trends and practices. Lastly, many professional organizations, including ASA, provide leadership opportunities through volunteer boards or committees, providing an excellent platform for members to help shape the future of their organization and profession, while working closely with other members who could potentially provide new job opportunities or client referrals.

Veterans interested in becoming a professional appraiser should contact the American Society of Appraisers at 800-272-8258 (domestic), +1 703-478-2228 (international) or moreinfo@appraisers.org.

Gary L. Smith, ASA, MGA, is a Montoursville, PA based Accredited Senior Appraiser, Master Gemologist Appraiser and Past International President with the American Society of Appraisers, and is this countries first and foremost Forensic Gemologist™. Mr. Smith has trained in Asia and Europe and is recognized as a master goldsmith, specializing in the identification and authentication, as well as the repair and restoration of antique jewelry and artifacts. Mr. Smith is also a Vietnam War Veteran who served with the Army Security Agency.

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# On Base & On Board

**Point Mugu Beach Camping Trip** Friday-Sunday, August 25-27, $65 MWR Patron/$60 (Ages 18+) Departs from NBPL, Main Base, The Clubhouse, Bldg. 546 Beach camping at its finest! We'll camp right outside of Malibu and then day trip in Ventura. Cost includes transportation, camping equipment and four meals. Registration required: NAB 619-437-3190, NBSD 619-556-9597, NBPL 619-553-9138

**Dive In Movie** Friday, August 25, 5:30 pm, FREE NMCSD, Balboa Athletic Complex, Bldg. 12 Cool off in the pool with good music, yummy goodies and lots of fun! For more information, call 619-532-6080.

**Kids Craft & Movie: Dragon Jar or Fairy Lantern** Saturday, August 26, 10 am, FREE (6 yrs+) NAB Community Recreation Center, Bldg. 337 You choose the craft you want to make! Both make a great window ornament. Or add a tea light to make a custom night light. Movie: The Pirate Fairy (G). Registration required: 619-437-3190

**Marvel Universe Live! Age of Heroes** Saturday, August 26, 2:30 pm, $25 (2 yrs+) Meet at Valley View Casino Center Box Office for 3 pm show. Marvel fans, assemble for this live, action-packed battle to defend the universe from evil. This all-new show unites Spider-Man, the Avengers, and many more in a race against time to recover the Wand of Watoomb before Loki gains control. Registration required: 619-556-9597

**Beach Horseback Riding** Sunday, August 27, 7:45-11 am, $45 (9 yrs+) 2606 Hollister Street Ride down the sandy beach with the waves lapping at your horse's feet. This 2-hour seashore tour ride takes you through the nature preserve with approximately 30 minutes on the beach. Info: 619-437-3190

**Paddle At The Point: SUP Fitness** Sunday, August 27, 9 am, $10 NBPL, Main Base, Smuggler's Cove Try something new – a fun fitness routine on the water! Cost includes instruction and paddle equipment. 18 yrs. and under must be accompanied by a parent. Registration required: 619-553-9138

**Italian Cooking Class** Tuesday, August 29, 6 pm, $5 Admiral Baker Clubhouse, Bldg. 3604 From delicious sauces to homemade meatballs, join us as we make some of your favorite Italian food! Everyone goes home with samples! For more information, call 619-556-9597.

**Roller Skating** Wednesday, August 30, 6-8:30 pm, $10 Skateworld, 6907 Linda Vista Rd. Beat the heat and join us for a fun evening of roller skating! Cost includes rink time, admission, skate rental, a slice of pizza, soda and cookie. Register: 619-556-9597

**HAPPENINGS LISTED FROM PREVIOUS ISSUES….**

## GOLF

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

**Tee Time Golf Specials** Pre-book tee times Monday-Thursday 9:30 am-1 pm for two golfers with cart and save $3 on each golfer. Book your tee time using Promo Code: WW2WC. Not valid with any other promotions. Book online at www.navylifesw.com 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

**Free Bowling for Active Duty** All active duty personnel bowl FREE every Tuesday from 11 am-1 pm at Sea 'N Air Lanes and Admiral Robinson Recreation Center. For more information call 619-545-7240 or 619-556-7486.

**Adult Winter Leagues** Now Forming! Mixed League, Scratch League, Senior League and Have a Ball League. Admiral Robinson Recreation Center and Sea 'N Air Lanes. Monday Madness Bowling $1.25 per game, shoe rental $1.25, hot dog $1.25, soda $1.25 Get great these great deals at Admiral Robinson Recreation Center, NBSD, and Sea 'N Air Lanes, NASNI. For more information call 619-556-7486 or 619-545-7240. Tuesday Night BOGO 5 pm-Close Join the fun! Buy one game and get one FREE at Admiral Robinson Recreation Center. For more information call 619-556-7486.

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

## LIBERTY

**Asian Heritage Fest** Thursday, August 24 • 6-8 pm • FREE Enjoy LIVE entertainment and FREE food and games! Open to single enlisted and unaccompanied active duty, plus a guest, 18+. Info: 619-545-3331

**Radical Darts Tournament** Thursday, August 24 • 6 pm • FREE We'll spin you blindfolded in every direction, then you test your aim (or luck) to try and hit the target. Radical prizes to the winner. Info: 619-556-5085

**Canvas Painting** Thursday, August 24 • 4 pm • FREE Indulge your creative side by painting with the Liberty Center. Info: 619-532-8909

**Del Mar Races** Friday, August 25 • 5 pm • FREE See Horses race at the famous Del Mar Race Track! To register, call: Q-Zone Liberty Center, NAB: 619-437-3190, VADM Martin Liberty Center, NASNI: 619-545-3331

**Medieval Times** Saturday, August 26 • 2 pm • $10 Active/$50 Guest Jousting, knights and dinner, oh my! Join us for an evening of adventure you won't forget. Cheer on your favorite knight! Cheer on your favorite knight! To register: 619-532-8909

**Dirt Bike Riding Course** Saturday, August 26 • $25 ($199 Value) Become a novice rider! Learn the fundamentals of riding a dirt bike; operation of the controls, brakes, shifting, clutch, throttle, and more. Open to single enlisted and unaccompanied active duty, plus a guest, 18+. Info: 619-545-3331

**Ramona County Fair** Saturday, August 26 • 10 pm • $12 Let's take a trip up to Ramona to visit the historic town as they have their annual County Fair. Great food, music and games for all! Sign up now! Cost includes transportation and admission. Info: 619-556-5085

**Rockwall Climbing & Bouldering** Sunday, August 27 • 3 pm • $25 Active/$25 Guest Cost includes transportation, equipment and day climbing pass. Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Info: 619-545-3331

**San Diego Padres vs. San Francisco Giants** Wednesday, August 30 • 4:30 pm • $60 Active/$70 guest Cheer for your Padres LIVE at Petco Park! Cost includes transportation and ticket. Info: 619-532-8909

**Nostalgia Night** Thursday, August 31 • 5 pm • FREE Talk about Throwback Thursday! We're bringing back your favorite music, games, treats and dances from your youth. You'll wish the 90's and early 2000's weren't gone! Info: 619-524-0961

## SPORTS & FITNESS

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**Get More Out of Your Workout!** FREE fitness instruction is offered at all base MWR Fitness Centers for all MWR patrons…that means YOU! Individual or small group sessions are available. For full details or to schedule an appointment, contact the base Fitness Center nearest you or visit www.navylifesw.com for locations. Also, did you know FREE, and low cost, group exercise class schedules are now online? Bookmark www.navylifesw.com today! Stay fit with MWR!

## OUTDOOR RECREATION

**Experience Adventure on the Waves** Check out the waterfront rental program at NBPL, Main Base featuring standup paddle boards, snorkel gear, body and surfboards. In addition, the NBSD Outdoor Adventure Center offers kayaks, canoes, wetsuits and more for year-round enjoyment. The Clubhouse Recreation Center, NBPL, Main Base, Bldg. 546, 619-553-9138 Outdoor Adventure Center, NBSD, Bldg. 3223, 619-556-7493

**Throw the Best Party on the Block!** MWR's Gear and Party Rental Centers have all the equipment you need to plan an amazing bash, including table, chairs, canopies, coolers and bounce houses! The Clubhouse Recreation Center, NBPL, Main Base, Bldg. 546, 619-553-9138 Outdoor Adventure Center, NBSD, Bldg. 3223, 619-556-7493 Party Rentals, NMCSD, Bldg. 26, Floor 1B, 619-532-8466

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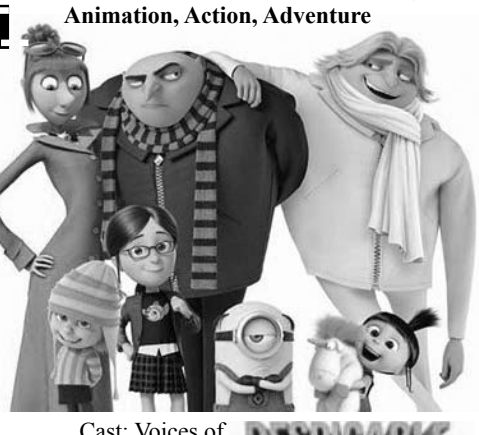
# Movies at the Bases



**Animation, Action, Adventure**

Cast: Voices of **Steve Carell, Kristen Wiig, Trey Parker, Miranda Cosgrove & Dana Gaier**

DESPICABLE ME 3

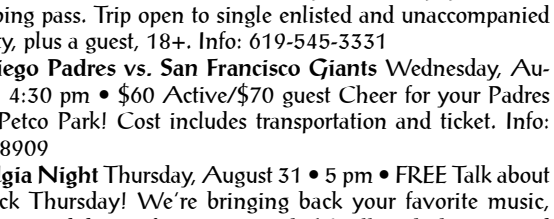
*Gru meets his long-lost charming, cheerful, and more successful twin brother Dru who wants to team up with him for one last criminal heist.*

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

**Thursday, August 24**
5:50 pm Spider-Man: Homecoming (PG-13) 134 min.
8:30 pm Baby Driver (R) 113 min.*
**Friday, August 25**
5:50 pm The Emoji Movie (PG) 120 min.
8:10 pm Atomic Blonde (R) 115 min.
**Saturday, August 26**
12:50 pm The Emoji Movie (PG) 120 min.
3:10 pm Spider-Man: Homecoming (PG-13) 134 min.
6:10 pm Dunkirk (PG-13) 107 min.
8:20 pm Atomic Blonde (R) 115 min.
**Sunday, August 27**
1:00 pm Spider-Man: Homecoming (PG-13) 134 min.
3:30 pm The Emoji Movie (PG) 120 min.
6:00 pm Dunkirk (PG-13) 107 min.
8:10 pm War for the Planet of the Apes (PG-13) 140 min.
**Monday, August 28**
5:50 pm Atomic Blonde (R) 115 min.
8:10 pm The Emoji Movie (PG) 120 min.
**Tuesday, August 29**
5:50 pm Girls Trip (R) 122 min.
8:20 pm The Big Sick (R) 119 min.*
**Wednesday, August 30**
5:50 pm Spider-Man: Homecoming (PG-13) 134 min.
8:20 pm Atomic Blonde (R) 115 min.
**Thursday, August 31**
5:50 pm Spider-Man: Homecoming (PG-13) 134 min.*
8:30 pm Dunkirk (PG-13) 107 min.

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

**Thursday, August 24**
5pm Diary of a Wimpy Kid: The Long Haul (PG)
**Friday, August 25**
5:00 pm Pirates of The Caribbean: Dead Men Tell No Tales (PG-13)
**Saturday, August 26**
5:00 pm Baywatch (R)
**Sunday, August 27**
5:00 pm Wonder Woman (PG-13)
**Thursday, Aug 31**
5:00 pm Beauty and The Beast (PG)




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

**Thursday, August 24**
11:00 am Planes: Fire and Rescue (PG)
5:00 pm Wonder Woman (PG-13)
**Friday, August 25**
5pm King Arthur: Legend of the Sword (PG-13)
**Saturday, August 26**
11:15 am The Pirate Fairy (G)
**Sunday, August 27**
5:00 pm Jem and the Holograms (PG)
**Monday, August 28**
5:00 pm Pixels (PG-13)
**Tuesday, August 29**
11:00 am Coraline (PG) 100 min.
5pm Pirates of The Caribbean: Dead Men Tell No Tales (PG-13)
**Wednesday, August 30**
5:00 pm Baywatch (R)
**Thursday, August 31**
11:00 am Kung Fu Panda (PG)
5:00 pm Antwone Fisher (PG-13)

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

**Thursday, August 24**
5:50 pm Dunkirk (PG-13) 107 min.
8:00 pm Spider-Man: Homecoming (PG-13) 134 min.
**Friday, August 25**
5:50 pm The Emoji Movie (PG) 120 min.
8:20 pm Atomic Blonde (R) 115 min.
**Saturday, August 26**
12:50 pm The Emoji Movie (PG) 120 min.
3:10 pm Dunkirk (PG-13) 107 min.
5:50 pm Atomic Blonde (R) 115 min.
8:10 pm Girls Trip (R) 122 min.
**Sunday, August 27**
12:40 pm The Emoji Movie (PG) 120 min.
3:00 pm The Emoji Movie - 3D (PG) 120 min.
5:50 pm Atomic Blonde (R) 115 min.
8:00 pm Girls Trip (R) 122 min.
**Monday, August 28**
5:40 pm Atomic Blonde (R) 115 min.
8:00 pm Spider-Man: Homecoming (PG-13) 134 min.*
**Tuesday, August 29**
5:50 pm The Emoji Movie (PG) 120 min.
8:10 pm Dunkirk (PG-13) 107 min.
**Wednesday, August 30**
5:50 pm Atomic Blonde (R) 115 min.
8pmValerian and the City of a Thousand Planets (PG-13)
**Thursday, August 31**
5:50 pm The Emoji Movie (PG) 120 min.
8:10 pm Girls Trip (R) 122 min.

# DoD shares free resources for military youth and educators

While all kids can face some stress heading back to school after a long break, military kids in particular could use additional help transitioning back to school.

Military kids often experience challenges that set them apart from their peers such as coping with a parent's combat injury, the deployment of a family member, and frequent moves due to a change in duty station -- which also means going to a new school every couple of years.

This back-to-school season, the Department of Defense's (DoD) Military Kids Connect® program is highlighting helpful resources for military children and their educators. Military Kids Connect is the first and only DoD web-based resource designed specifically to support kids of all ages dealing with military life.

The DoD's 2015 Demographic Profile of the Military Community reported that there are more than 1.7 million military kids worldwide. According to the DoD Education Activity, the average military child will move six to nine times during their school career -- three times the average for non-military families. Often, these students are in civilian schools where educators and peers may not understand the challenges they may face.

"Now is an important time to raise awareness about the challenges military-connected students face when going back to school, because it can be a completely different experience for them," said Kelly Blasko, a counseling psychologist at the National Center for Telehealth & Technology (T2). "When relocating to a new school, military children can have a tough time maintaining and initiating friendships, and adapting to a new school culture. They also might have a teacher who doesn't understand what's going on. While our military kids are resilient, they may feel lonely and frustrated. Military Kids Connect offers resources to help them stay strong, while offering information for educators to work better with them."

Created by psychologists and technology specialists at T2, the Military Kids Connect website has three portals -- for kids ages 6 to 8, tweens ages 9 to 12, and teens ages 13 to 17 -- as well as a separate educator track with information on how to support military children at school. The educator portal includes videos of experienced teachers and counselors offering advice on teaching students from military families; lesson plans with content about military life and world cultures, with key concepts in language arts, math and other subjects; and information on military culture, students in transition and students coping with a parent's deployment.

Military Kids Connect is a safe online community were military kids can interact with one another. The website offers age-appropriate resources and activities -- such as the Where Are You Going? interactive map, which explains the culture and customs of locations around the world where service members deploy -- and information on tougher topics, such as coping with grief and a parent's combat injuries. The Military Kids Connect YouTube page also features military kids sharing their advice and experiences on going back to school.

"Military Kids Connect is a valuable resource year-round but it's particularly helpful this time of the year when students and teachers are making a new start," said Blasko. Visit militarykidsconnect.dcoe.mil to learn more, and follow Military Kids Connect on Facebook, Twitter, Instagram and YouTube.

# One year out, but the ride's not over

**by Lisa Smith Molinari**

A year ago, my husband, Francis, stood on a stage before our family and friends in his Navy dress uniform and spoke about his 28 years of service in the military. The audience looked on curiously as the band played "Old Glory" and the flag was passed slowly, methodically, from rank to rank. When "The Watch" was recited, men blinked and cleared their throats, and women dug for tissues in their purses.

After speeches were said and flowers were given, I grabbed Francis' arm. To the lilt of the bosun's whistle, we walked briskly up the burgundy-carpeted aisle, and past the rigid side boys, Francis giving his final salute as an active-duty US naval officer.

That symbolic moment in time felt emotional, powerful, wonderful. Despite our uncertain future outside of the US Navy, we were focused on the last 28 years of Francis' military service and how thankful we were for it all. The experiences, the challenges, the opportunities, the adventures, the honor, and even the hardships and the strength built therefrom.

the meat and potatoes of life

We floated through the weekend on pride and gratitude, dancing like sweat-soaked fools at our party.

Reality came like a rickety wooden roller coaster. The kind you aren't initially afraid to board, because, well, how bad could it be? People have been taking this old ride forever, right?

Once you lock yourself in, you start feeling queasy as it tick-ticks its way up the slope. Then suddenly, it dives and your stomach drops into your shoes. You think you might be hurled to your death, or at least hurl up the corn dog you just ate, but as the centrifugal force pins you into the seat, you realize that you're in for the long hall. As the momentum carries you up the next hill, you look out and see the peaks and valleys and twists and turns to come. You know you must stay to the end, when in great relief, you will stagger toward the funnel cake stand.

That's what reality feels like after the pomp and circumstance and open bar of a military retirement ceremony.

A couple months after our friends and family went home with rolled up programs and sweaty party t-shirts in their suitcases, we moved off base into a tiny temporary rental, where we spent the long, dark winter searching for our new place in the world.

Our pillow talk was initially laced with nervous excitement. Will Francis make more money in the civilian world? Will we attend swanky corporate parties? Will we make new friends who golf and meet at wine bars on Fridays? Will we finally turn in the minivan for an SUV with that new car smell?

In our naiveté, we believed what everyone told Francis: "With your experience, you'll write your own ticket."

Turns out, that ticket was harder to write than we realized. It took many months of gazing

SEE **ride, page 20**

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# AutoMatters & More: People from around the world meet at the Fleet for solar eclipse

AutoMatters™ & More

by Jan Wagner

A solar eclipse occurs when the moon, in its orbit around the Earth, passes between the Earth and the Sun, thus blocking our view of the Sun. A total eclipse is when the Moon totally blocks our view of the Sun. A partial eclipse is when our view of the Sun is only partially blocked.

1918 was the last time a total solar eclipse was visible in a path across the entire continental United States. Even though San Diego would not be in the direct path, and thus would not experience totality, it was expected that we would still see 57% coverage. That and the excitement shared around the country for the total eclipse made this a must-see event.

For days, news reports had warned against viewing the eclipse without special eye protection, due to the permanent damage that doing so would cause to the retina of our eyes. Many people bought special solar glasses for protection but, as the big day approached, demand exceeded supplies and many vendors ran out.

The Fleet Science Center in Balboa Park hosted a free outdoor viewing event for the "Great American Eclipse." Even though we could have observed the partial solar eclipse from pretty much anywhere, the lure of spending at least part of a workday in Balboa Park – home to numerous world-class museums, the San Diego Zoo, restaurants, gardens and beautiful architecture; the attraction of a shared large group experience and the opportunity to see the eclipse through special solar telescopes, along with Q&A with local astronomers and supplies to make our own pinhole eclipse viewer, drew thousands of people to the fountain area in front of The Fleet on the morning of Aug. 21, 2017.

At 9:07 a.m. a tiny, semi-circular black disc (the Moon) began to cover the upper left hand corner of the Sun. Slowly it grew larger as it moved down, reaching its maximum coverage at 10:23 a.m. Relatively quickly-moving lines of people formed to view the eclipse for a few moments through various telescopes. Many children visited with representatives from The Fleet to observe science demonstrations. The U.S. Post Office sold amazing, heat-sensitive Total Solar Eclipse stamps that changed from being a black circle to revealing the Moon.

**Using a creatively handmade pinhole eclipse viewer**

As the eclipse progressed, complete strangers began to talk to each other and share eclipse-viewing glasses, so that everyone could have an opportunity to witness this awesome, rare event. In the process of offering people who did not have eclipse glasses the use of my second pair, I met groups and individuals, young and old, and from several countries. Even when we did not share a common language, we demonstrated that we all have things in common and can enjoy each other's company.

Of course many of us also wanted to capture the event with our camera, but without a special eclipse filter to protect the camera's image sensor, that would cause serious damage – just like to the eyes. Even though using its digital zoom would badly degrade the image quality, I had decided that I would be satisfied to use my iPhone to take a few photos. Its lens is small enough that it could be easily covered with my second pair of eclipse glasses. I also brought a professional DSLR to capture cool shots of the crowd, but since I did not have a large eclipse filter to protect that camera's image sensor, that camera could not be used to shoot the eclipse.

It was tricky to do but I was able to take several photos of the eclipse with my iPhone. Then, as I was speaking with one of the many strangers that I had met, one by the name of "Scottish Sue" offered to let me use her large, camera-sized eclipse filter on my DSLR. I did so and was able to take a few photos that benefited from its 28-300mm zoom lens. Several of the photos even show sunspots. Thank you "Scottish Sue!"

San Diego History Center

After viewing the eclipse, I spent the afternoon in Balboa Park at the San Diego History Center. Currently they have a video showing the history of Balboa Park; a new, thought-provoking exhibit entitled "Celebrate San Diego! The History & Heritage of San Diego's Jewish Community;" and another exhibit that explores experiences of Japanese Americans with WWII-era internment camps.

**Enjoying the spectacle of the eclipse**

**Sunspots seen nearing the end of the solar eclipse -- DSLR 300mm photo**

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

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# *America* pulls into Changi Naval Base to support USS *John S. McCain*

CHANGI NAVAL BASE, Republic of Singapore - Amphibious assault ship USS *America* (LHA 6) arrived Aug. 21 at Changi Naval Base and is moored across the pier from destroyer USS *John S. McCain*.

While in Singapore, *America* will provide messing and berthing services to *McCain* crew members and to support damage control efforts on board. America will also support ongoing searches for 10 missing Sailors. Ship Repair Facility divers are on scene as well to assess the damage to the hull.

*McCain* was involved in a collision with the merchant vessel Alnic MC while underway east of the Straits of Malacca and Singapore early in the morning on Aug. 21 (as reported 6:24 a.m. Japan Standard Time) and arrived at Changi Naval Base in the afternoon.

Significant damage to the hull resulted in flooding to nearby compartments, including crew berthing, machinery and communications rooms. Damage control efforts by the crew halted further flooding.

There are currently 10 Sailors missing and five injured. Four of the injured were medically evacuated by a Singapore Armed Forces Puma helicopter to a hospital in Singapore for non-life threatening injuries. The fifth injured Sailor did not require further medical attention.

Search and rescue efforts continue in coordination with local authorities. Royal Malaysian Navy ships joined the search this afternoon, providing KD Handalan, KD Gempita, and KM Marudu and a Super Lynx helicopter.

Earlier in the day, Republic of Singapore Navy Fearless-class patrol ships RSS Gallant (97), RSS Resilience (82), and a Singaporean Police Coast Guard vessel Basking Shark (PH 55) rendered assistance. Gallant along with an SAF Super Puma helicopter and Police Coast Guard vessels Tiger Shark (PH 54) and Sandbar Shark (PH 56) continue to provide assistance.

U.S. Navy MH-60S helicopters and MV-22 Ospreys from *America* are also supporting search efforts at sea.

The incident will be investigated to determine the facts and circumstances of the collision.

# COMPTUEX top evaluator visits USS *Bunker Hill*

**by MC1 R. David Valdez**

PACIFIC OCEAN - Commander, Carrier Strike Group 15 Rear Adm. Ross Myers visited cruiser USS *Bunker Hill* to see how the "Sword of the Fleet" operates during Composite Training Unit Exercise (COMPTUEX) Aug. 12.

CSG 15 is the training and evaluation strike group that designs the evolutions for each COMPTUEX.

"Everything that we do, everything that we show you is based in reality," Myers said during a question and answer session with *Bunker Hill*'s wardroom. "None of this is make believe."

Myers explained that each carrier strike group which returns from deployment provides feedback to CSG 15, creating an evolving program. A ship's commander could go through COMPTUEX multiple times and still have new challenges during each iteration. He also pointed out that *Bunker Hill* and the *Theodore Roosevelt* Carrier Strike Group are ahead of where a CSG would normally be during this phase of training.

"Right now, *Bunker Hill* and TRCSG are beyond where other strike groups are normally at this point," Myers said. "However, this is only the front half. The back half is where we put it all together."

Myers cautioned the assembled officers to maintain their focus and energy level for what is yet to come for COMPTUEX.

"In aviation, we call the limits of what is possible 'the envelope,'" he said. "You can only determine what that is by pushing those limits. On that glide scope, you are ahead of where you need to be, but that doesn't mean you can coast along."

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# Paying it forward, one computer at a time

## Sailor teaches, gives out computers to less fortunate families

**by MC2 Joshua E. Walters**

In the 1990s computers became popular because they were cheaper and smaller than ever before. There was a computer in most households across America. Adults and their kids would use them on a daily basis. However, not everyone could afford a computer or had a chance to use one until later in life. Sonar Technician Surface 1st Class Reynaldo Reyes, stationed aboard USS *Freedom* (LCS-1), and his family were among them.

His parents, who emigrated from Mexico, worked tirelessly to provide for their family. Reyes' dad worked two jobs, while his mom worked at her job and looked after him and his siblings. With money so tight, they couldn't afford luxury items such as a computer. It wasn't until he was about 13 his family scraped together enough money to buy a computer. Growing up, Reyes experienced their struggles to better their family first hand, and he watched them struggle to learn how to use that computer.

"My parents struggled a lot just because they lacked the capability to understand how computers work," said Reyes, a native of Santa Anna, California. "It was all struggles that they definitely didn't need to go through or could have easily been surpassed because of understanding how the Internet works or how a computer works or how to type up a resume."

The Navy set Reyes on a new path, one he would have never imagined. As a result of his new opportunities, he's been able to start on his bachelor's degree, change his life around, and figure out what he wants to do with the rest of his life. Still he never forgot where he came from and the challenges his family faced. He had a desire to help people who were less fortunate so he started volunteering in 2014.

**"I definitely wanted to give back, especially to those people I see struggling with the same things I struggled with or my parents struggled with when I was growing up." - *Reynaldo Reyes***

**Montage of Reynaldo Reyes. Navy imagery**

After thinking about the hardships he and his family went through, he wanted to do something with computers. After all, as a sonar tech, Reyes said he already works on what is basically an oversized computer.

"I wanted to see what I could do with computers and see what programs were open, and that is when I found Computers to San Diego Kids," said Reyes. "They do everything from refurbishing computers to helping needy families and giving them out at a discounted rate. They also hold trainings for computer illiteracy at the county libraries, which I take part in."

While the organization is called Computers to San Diego Kids, it is for everyone who wants to learn how to use a computer. The class he teaches helps people of all ages who might not know anything about computers to people who already know how to use the Internet.

"The age groups really vary at every class, but some people show up not knowing how to setup an email," said Reyes. "Some people show up knowing how to work Microsoft Office and Internet Explorer, but every time I have taught a class, it has been beneficial to the learners. I know I have taught people how to write a resume or just figure out how to find that template. So everyone's skills basis varies, but they definitely leave there knowing a lot more than they came in."

One of Reyes' most memorable times teaching for Computers to San Diego Kids was when he had the opportunity to teach an older gentleman from Mexico who struggled getting a job in America because he didn't know how to use a computer. When he walked in to the class Reyes was teaching, it was the man's first time interfacing with a computer.

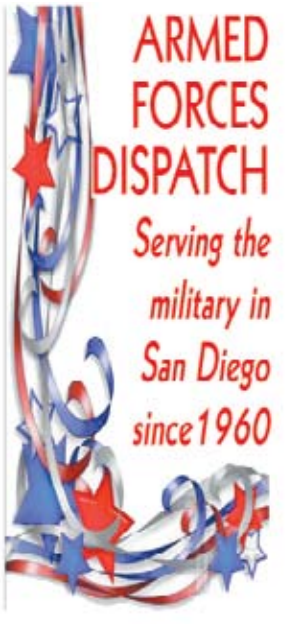
He had worked at a power plant in Mexico while supporting his wife and kids who have been living in San Diego. He told Reyes how he moved to San Diego to spend more time with his family. Once he moved, he tried to find a job doing the same thing he was doing in Mexico. He had all of his certifications for working in a power plant, but it didn't mean anything to anyone unless he applied for the job online. With money running low, he lost his house and family.

"I had to start from the actual start button. When he left, he came pretty close to losing it. He didn't know he lost everything in his life because of one hurdle," said Reyes. "He gave me and the other instructor a hug and told us how happy he was that he showed up to the class."

**"That is the one I will always remember: How accomplished I felt by showing him the skills he needed to use a computer, showing him what Google was, and how to search for a job online. He was beyond happy and relieved that he was that much closer to getting that job he once had.**

With all of Reyes experiences through his childhood and seven years in the Navy, he feels one of his greatest sense of accomplishments is helping people learn how to use computers.

"It makes me feel good, it makes me feel like alright I did something great for the community so that way it is beneficial to everyone. It's easier to track kids when you know what they are doing or how they're doing. It's easier to get a better job when you know how to apply for one. So whatever skills that I may teach, I am hoping that it carries them to the next level where they need to be with their lives."



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# *Halsey* reaches midpoint of COMPTUEX

**Quartermaster 3rd Class Mariluz Lopezvega logs entries into the deck log aboard *Halsey* during COMPTUEX. photo by MCSN Nicholas Burgains**

**by MCSN Nicholas Burgains**

PACIFIC OCEAN - Pearl Harbor-based USS *Halsey* (DDG 97) reached the midpoint of its composite training unit exercise, or COMPTUEX, with the San Diego-based *Theodore Roosevelt* Carrier Strike Group ahead of an upcoming scheduled deployment.

*Halsey*'s crew has participated in exercises including small boat operations, flight operations, electronic warfare and anti-submarine warfare for the past two weeks.

"In terms of training and learning, the crew has exceeded my expectations," said Cmdr. David L. Reyes, *Halsey*'s commanding officer. "It really opens Sailors' eyes on what to expect during deployment."

*Halsey* is now set to begin the second phase of COMPTUEX which will certify the ship to deploy with the TRCSG as a presence maintaining maritime security abroad.

"In a few weeks, *Halsey* will finish this training better prepared to execute a wide variety of missions - in times of peace and in times of peril - to address the unique security challenges presented across the globe," said Cmdr. Michael A. Stoker, *Halsey*'s executive officer. "That is the value of COMPTUEX; a well-trained, fully-integrated, mission-ready carrier strike group."

*Halsey* departed from San Diego, July 31, after leaving its homeport of Joint Base Pearl Harbor-Hickam in early June.

The *Theodore Roosevelt* Carrier Strike Group is conducting its final pre-deployment evaluation to ensure safe and effective coordination within the strike group to achieve mission readiness and the ability to effectively execute the Navy's maritime strategy. Following the successful completion of COMPTUEX, the *Theodore Roosevelt* CSG will conduct worldwide operations in its upcoming deployment.

TRCSG is comprised of Carrier Strike Group 9 staff; Destroyer Squadron (DESRON) 23 staff; USS *Theodore Roosevelt* (CVN 71); Carrier Air Wing (CVW) 17; DESRON 23 ships *Halsey* (DDG 97), *Higgins* (DDG 76), *Preble* (DDG 88), *Sampson* (DDG 102) and *Bunker Hill* (CG 52).

# Navy completes first LRASM free flight from B-1B Lancer

NAVAL AIR STATION PATUXENT RIVER, Md. - The Navy and Lockheed Martin conducted the first free flight launch of the Long Range Anti-Ship Missile (LRASM) from a B-1B Lancer Aug. 16 over Point Mugu Sea Range.

This event marked the first end-to-end functionality test of LRASM, and proved the weapon's ability to identify and prosecute a moving target at sea.

During the test, aircrew aboard the B-1B from Edwards Air Force Base launched the missile over Point Mugu Sea Range. The missile navigated through all planned waypoints, transitioned to mid-course guidance and flew toward the moving maritime target using inputs from the onboard multimodal sensor. It then descended to low altitude for final approach to target area, positively identified and impacted the target from among a group of ships.

"This test represents a major accomplishment for the LRASM program and the dedicated team of government and industry professionals committed to accelerated acquisition," said Capt. Todd Huber, LRASM director. "Today marks a significant step towards providing the operational community with a leap in critical surface warfare capability by next year."

When operational, LRASM will play a significant role in ensuring military access to operate in open ocean and the littorals due to its enhanced ability to discriminate and conduct tactical engagements from extended ranges.

Early operational capability for the LRASM is slated for 2018 on the U.S. Air Force B-1 Lancer and 2019 on the U.S. Navy F/A-18E/F Super Hornet.

# San Diego wins NAVSUP acquisition Excellence Award

**by Kathy Adams**

MECHANICSBURG, Pa. - Naval Supply Systems Command (NAVSUP) personnel were named winners in the 2017 Department of the Navy Acquisition Excellence Awards.

The NAVSUP Fleet Logistics Center San Diego (FLCSD) contracting office team won the Office of Small Business Programs Sarkis Tatigian Award for their small business program strategy. This award recognizes outstanding performance by a field activity in creating an organizational climate resulting in the advancement of small business opportunity through exceptionally managed small business programs and challenging initiatives. NAVSUP FLCSD applied a top-down focus to supporting the warfighter while leveraging small businesses as a strategic advantage. Not only did the command meet or exceed all small business targets, it identified new small business sources, streamlined acquisition processes, enhanced engagement with its customers, and saw innovative approaches yield solid results.

Gary V. Trimble, husbanding team lead, NAVSUP Fleet Logistics Center Sigonella, was named Acquisition Professional of the Year. Trimble's leadership was instrumental in awarding the Navy's first two regionalized Indefinite Delivery/Indefinite Quantity (IDIQ) Multiple Award Contracts (MAC) for husbanding services.

The IDIQ MAC acquisition strategy, a key component in revamping the Navy's husbanding process, represents a milestone in the Navy's approach to providing critical port services to ships, reduces operational risk, and maximizes competition throughout a geographic region. This acquisition strategy, in addition to moving orders and payment work off the ships, has improved communication among stakeholders; provides improved port visit planning; facilitates standardization, and develops a more efficient offsite process to validate, track, fund, and reconcile invoices; and provides more robust on-site representative support.

# USS *San Diego* arrives in Phuket, Thailand

**by MC3 Justin Schoenberger**

PHUKET, THAILAND - Amphibious transport dock ship USS San Diego arrived in this port city as part of a routine visit during *San Diego*'s deployment and for the crew to have an opportunity to experience Phuket Aug. 17.

**Seaman Andrew Graham, (top) and Boatswain's Mate Seaman Apprentice Johnnie Square Jr., both assigned to Deck department aboard USS *San Diego* work to connect the span wire during a replenishment-at-sea. Navy photo by MC1 Joseph Buliavac**

After recently completing a successful visit to Cam Ranh International Port, the crew has been looking forward to their next stop in a country that has been a longstanding friend and ally to the Navy.

"There's a lot of Sailors and Marines [aboard] that are excited to pull into this great liberty port," said Capt. Pete Collins, commanding officer of *San Diego*. "We all understand that we are here to make an impression but also to enjoy our time in Phuket experiencing a different culture than what most of us are used to."

Sailors and Marines aboard *San Diego* will have the chance to participate in recreational activities in Phuket and surrounding areas to include snorkeling excursions, Phuket's most admired monasteries, private boat tours around caves and lagoons, and speedboat tours.

"There's a lot that Morale, Welfare, and Recreation (MWR) has to offer during our visit to Phuket," said Aviation Support Equipment Technician 3rd Class Angus Moss, a Sailor aboard *San Diego*. "I had such a great experience with the MWR trips in Cam Ranh International Port. I can't wait to pull into Phuket to take advantage of all of it."

*San Diego*, capable of carrying Marines and their equipment, has been at sea conducting training in the Indo-Asia-Pacific region over the past several weeks since departing its homeport of San Diego in early July. After stopping in Phuket, *San Diego* will continue training and operations with allies and partners in the 7th Fleet.

Commissioned in 2012, *San Diego* is the sixth ship in the San Antonio-class of amphibious landing transport dock ships. Designed as a multi-mission amphibious warship, these ships support a broad range of expeditionary operations. The ship's namesake comes from the city of San Diego which has a long mutal history with the U.S. Navy and is the fourth vessel to bear the name.

*San Diego*, part *America* ARG, is currently operating in the Indo-Asia-Pacific region to strengthen partnerships and serve as a ready-response force for any type of contingency.

# Navy launches USNS Hershel 'Woody' Williams

SAN DIEGO - The Navy launched expeditionary sea base Hershel 'Woody' Williams (ESB 4) at the General Dynamics NASSCO shipyard Aug. 19.

The launch of ESB 4 involved slowly flooding the launching dock with water until the ship could freely float for the first time. Following launch, the ship completed construction and final outfitting before going to sea to complete a series of tests and trials prior to delivery in early 2018.

"We're making tremendous progress on this ship," said Capt. Scot Searles, Strategic Sealift and Theater Sealift program manager, Program Executive Office Ships. "We'll begin powering many of the ships engines and systems as early as next month as we prepare to get underway for sea trials in the coming months."

The ESB will primarily support aviation mine countermeasure and special operations force missions. In addition to the flight deck, the ESB has a hangar with two aviation operating spots capable of handling MH-53E Sea Dragon-equivalent helicopters; accommodations, work spaces, and ordnance storage for embarked force; enhanced command, control, communications, computers, and intelligence to support embarked force mission planning and execution; and reconfigurable mission deck area to store embarked force equipment to include mine sleds and rigid hull inflatable boats.

GD-NASSCO is currently under contract to build ESB 5, which started fabrication in January and the keel laying is planned for early September. They are also the construction yard for the Navy's John Lewis-class fleet replenishment oilers.

As one of the Defense Department's largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, and boats and craft.

Hershel Woodrow "Woody" Williams is a retired U.S. Marine who received the Medal of Honor for his actions in the Battle of Iwo Jima during World War II. He is the last surviving recipient of the Medal of Honor from that battle and the last surviving Marine to receive the Medal of Honor for heroism in World War II.

**MARINE CORPS AIR GROUND COMBAT CENTER Twenty Nine Palms (Aug. 17, 2017) - Sgt. Krystian Madrid, intelligence specialist, 7th Marine Regiment, holds his son following his unit's homecoming at Victory Park here. 7th Regiment Marines completed a nine month deployment as the command element of Special Purpose Marine Air-Ground Task Force" Crisis Response" Central Command 17.1. Marine Corps photo by Lance Cpl. Isaac Cantrell**

**5TH FLEET AREA OF OPERATIONS (Aug. 16, 2017) - Logistics Specialist Seaman Amanda Whisler fires a .50-caliber machine gun aboard destroyer *Pinckney*. *Pinckney* is deployed to the 5th Fleet in support of maritime security operations. Navy photo by MC2 Craig Z. Rodarte**

**IMPERIAL BEACH (Aug. 14, 2017) - Chief petty officers and CPO selectees assigned to Coastal Riverine Group (CRG) 1 conduct CPO 365 phase II physical training at Naval Outlying Landing Field. Navy photo by BMC Nelson Doromal**

**MARINE CORPS RECRUIT DEPOT San Diego (Aug. 8, 2017) - Marine Corps recruits crawl through tunnels on a bayonet assault course. The recruits are assigned to Charlie Company, 1st Recruit Training Battalion. Marine Corps photo by Cpl. Angelica Annastas**


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# Patients, doctors and researchers embracing new plan to deal with COPD

**(StatePoint)** Chronic obstructive pulmonary disease (COPD), a lung disease that afflicts millions of Americans, haunts families, and frustrates doctors and researchers, is now the third leading cause of death in the US, behind heart disease and cancer, costing Americans more than $32 billion a year.

For those living with or affected by the disease, there is new hope, thanks to a recently unveiled COPD National Action Plan.

Developed by patients, agencies and organizations under the stewardship of the National Heart, Lung, and Blood Institute (NHLBI), the Action Plan shines a spotlight on the devastating physical and emotional toll the disease causes.

"Not being able to catch your breath and fearing your next breath may not come is just like drowning," said Grace Anne Dorney Koppel, president of the COPD Foundation and a longtime COPD patient. "It is frightening beyond words and feels very, very lonely."

Yet many with these symptoms tend to attribute them to something else: the common cold, old age, being out of shape.

This lack of awareness delays diagnosis and treatment, worsening the condition and quality of life. Even mundane tasks -- housework, bathing, dressing, walking -- can feel onerous.

That's why the first goal of the plan is to empower patients and families to recognize COPD and get treated quickly.

"I was diagnosed in 2001 and was told COPD is incurable," said Dorney Koppel. "But that does not mean [it is] untreatable. Doctors need to teach patients the difference. I was given three to five years to live"sixteen years ago."

Compounded with this misinformation is the idea that it's exclusively a smoker's disease mainly affecting men. While it most often affects people over 40 with a history of smoking, as many as one in four with COPD have never smoked. Long-term exposure to substances that irritate the lungs or a genetic predisposition called alpha-1 antitrypsin (AAT) deficiency also present as risk factors. What's more, 56 percent of those diagnosed are women, and they die of COPD more than men.

Unlike heart disease and cancer, COPD prevalence and deaths aren't decreasing. One in five people over age 45 has it.

"You know someone who has it. You may even have it and not know it," said James P. Kiley, director of NHLBI's Division of Lung Diseases.

So how to reverse this trend? One key is improving the level of diagnosis. "Spirometry is a simple and inexpensive breathing test that can identify COPD," said Dorney Koppel.

MeiLan Han, M.D., medical director of the Women's Respiratory Health Program at the University of Michigan, agreed, noting another goal of the Action Plan: to equip health care professionals with tools to diagnose and care for COPD patients. "We need to develop easy-to-follow guidelines and get them into the hands of providers on the frontlines."

Developing an educational curriculum and tools for clinical decision-making, in sync with detection and management guidelines, will significantly improve diagnosis and care, said Han. So will improving patient access to spirometry, pulmonary rehabilitation, smoking cessation programs and affordable medications -- all of which are called for in the plan.

To learn more about the Action Plan and find out how to get involved, visit COPD.nih.gov.

"This plan represents a new understanding of what it takes to minimize the burden of COPD," said Gary H. Gibbons, M.D., director of NHLBI. "Now, it's just a matter of getting to work."

# Nurse Advice Line: 1-800-TRICARE, Option 1

The Nurse Advice Line is available to all TRICARE beneficiaries in the U.S., except those enrolled in US Family Health Plan. Beneficiaries who live overseas can call the Nurse Advice Line for health care advice while traveling in the U.S., but must coordinate care with their Overseas Regional Call Center.

You can call the Nurse Advice Line 24/7, at no cost to you, to talk to a registered nurse who can:

- Answer your urgent care questions
- Give you health care advice
- Help you find a doctor
- Schedule next-day appointments at military hospitals and clinics

If you have an emergency, call 911 or go to the emergency roomThe hospital department that provides emergency services to patients who need immediate medical attention.

Do you have a sick child?

- You can talk to nurses with specialized pediatric training.
- We can call you back after a few hours to check on your child.
- If you still need an appointment, we can help.

Do you have Other Health InsuranceHealth insurance you have in addition to TRICARE, such as Medicare or an employer-sponsored health insurance. TRICARE supplements don't qualify as "other health insurance."?

You can call us for help. But if you need to see a doctor, remember:

- You must follow the rules of your other health insurance plan first.
- Your other health insurance is the primary payer.
- If we help you find a doctor make sure they're in your other plan's network or your care may not be covered.

## Mental Health: Let's talk about it

According to the Centers for Disease Control and Prevention (CDC), about 17 percent of U.S. adults are in a state of optimal mental health.

Maintain mental health with good sleep, nutritious food, regular exercise, social connections, and healthy coping skills.

Having a good support system and engaging with trustworthy people are key elements to successfully taking care of one's own mental health.

Service members, veterans, and families tend to experience increased stress situations, whether from the rigors of deployment or balancing military and family obligations.Learn to recognize symptoms of mental health distress in friends and loved ones. Those who need help are often the last to notice. Signs of distress include: drinking more heavily than normal, agitation or anger, withdrawing from family and friends, difficulty concentrating, or sadness or depression.Mental health treatment works, and recovery is possible.

Confidential support is available 24/7 from the Military Crisis Line (for service members, veterans, and families) by telephone at 800-273-8255, text to 838255, or online chat at www.veteranscrisisline.net.

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## Women's Museum of California

Heroines in Arms: Women of the American Military Exhibit runs through Sunday, Aug. 27.

Throughout the 20th century and beyond, women have served many vital roles in defense of the United States.

They have contributed their talents, skills, and courage to this endeavor for more than two centuries with an astounding record of achievement that stretches from Lexington and Concord to the Persian Gulf and beyond.

This exhibit explores their services within the Marine Corps, Army, Navy, and Air Force, highlighting the advancing roles women played as the century progressed. Join us as we celebrate and honor the heroines who fought for and protected our freedom.

Location: 2730 Historic Decatur Road, Barracks 16, San Diego, CA 92106 (619) 233-7963. Admission: $5-Regular, $3-Seniors/Students, Members FREE.

# U.S. Sand Sculpting Challenge and Dimensional Art Exposition on display Labor Day weekend Sept. 1-4

This will be the sixth year that one of the world's most important sand-sculpting competitions is held on a built-for-the-occasion beach, with over 300 tons of sand dumped on the Broadway Pier of San Diego's big bay. This year the festival will expand from the pier to the embarcadero.

Eleven World Master Class sand artists come from all over the world to spend four days creating sculptures for this competition. New competitors this year include Abram Waterman from Prince Edward Isle and Jihoon Choi from Jeonju City in South Korea. The Cool California Carvers Class competition, comprised of seven teams of three professionals carving for two days each, is also back again by popular demand. At stake is $60,000 in appearance, prize money, expenses, and national pride.

This family-friendly extravaganza offers an array of activities for guests of all ages. The Dimensional Art Exposition features over 1,000 one-of-a-kind original works of art in a variety of mediums on display and for sale. An expanded Kid Zone features rides and sandcastle-building lessons taught by professional artists. Attendees can browse selections from more than a dozen gourmet food trucks and sip on spirits in a beer and wine garden, while enjoying live entertainment from '50s and '60s tribute bands throughout the weekend. The event also offers a VIP option that includes special seating and accommodations, an exquisite bay view, free beverages and more. A portion of proceeds from the event goes to local children's educational charities.

The event is easily accessible by MTS trolley or bus to America Plaza/Santa Fe Depot. All adults save $2 on admission at the gate by showing a transit card or trip receipt. **Active duty military**, EMTs, fire and police are admitted to the event free with valid ID on September 1.

Broadway Pier is located at 1000 North Harbor Drive, San Diego. For tickets and more information visit www.ussandsculpting.com.

# Taste of San Marcos: Savor the variety this September

**Taste of** San Marcos
**Sat., Sept. 23, 12-4 pm**
The Taste of San Marcos presented by the San Marcos Chamber of Commerce is the Chamber's signature event and is set to be one of San Marcos' largest outdoor food festivals of the year. This year the event will be held at the new North City development located just across from CSUSM campus. This year's Taste combines 25 of the City's finest restaurants and local beverage establishments.

Taste of San Marcos features a wide variety of savory and delicious local cuisine, a beer garden of San Marcos' top brewers with prize-winning craft beers, mouth-watering desserts, and live music. Since the City enjoys a robust culinary community, be sure to come hungry, bring a date, and plan a day enjoying an array of foods, tastes of beer and sips of wine.

Presale tickets are just $25 in advance or $30 the day of the event.

For tickets or more information call the Chamber office at (760) 744-1270 or visit www.sanmarcoschamber.com.

# 28th Annual Fall Home/Garden Show returns to Del Mar Fairgrounds Sept. 22-24

During its three-day extravaganza this September 22-24, 2017, the 28th-annual Fall Home/Garden Show will feature hundreds of products, remodeling inspiration, hands-on demonstrations, educational seminars by professional trade, building and design associations.

Produced by Westward Expos, the indoor-outdoor event and its hundreds of exhibitors will showcase the newest products and hottest trends for both inside and outside the home. It's truly San Diego's original Home and Garden Show!

The show features special pricing and big savings on exhibitors' products and services. And, another big plus: attendees will have the opportunity to shop multiple project bids from exhibitors face-to-face. It's one-stop planning and decision-making at its best.

In addition to being an extensive home/garden product marketplace, the Fall Home/Garden Show offers several unique features this year.

Garden lovers will enjoy a Entry Garden area with an enticing variety of plants and ideas by members of the Association of Professional Landscape Designers (A.P.L.D.). A.P.L.D. also offers "30 for $30"—30-minute design consultations for only $30 at the show. Bring your photos, plans, and problems for instant help. Last year's program was a sell-out.

The "Garden Marketplace" will have hundreds of varieties of plants on sale direct from local growers, who are also happy to give planting tips and advice. Local nonprofit plant groups will also be on hand.

"Stars of San Diego" inside the main O'Brien Exhibit Hall features, San Diego Home/Garden Lifestyles magazine's selection of local artists and artisans. Their high-quality body of work will be on display.

The show runs Friday, Sept. 22, 11am-6pm; Saturday, Sept. 23, 10am-6pm; and Sunday, Sept. 24, 10am-5pm. Admission: $8.00; children under 12 are free. Seniors 55+ only $1 on Friday. Military: active, retired, or veteran have Free Admission with id.

Discount tickets on the website are $6


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# Last weeks for military personnel and families free admission to San Diego Botanic Garden

San Diego Botanic Garden invites all active duty, National Guard and Reserve members of the U.S. military and their families (card carrier plus 5 immediate family members) to take advantage of the final 2 weeks of the Blue Star Museum program. As our way of saying 'thank you' to the brave men and women of the U.S. Military, the Garden is offering free admission through Labor Day, Sept. 4. The San Diego Botanic Garden is a beautiful urban retreat nestled on 37-acres in the midst of Encinitas. Visitors enjoy restful vistas, flowering trees, majestic palms, and the nation'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 including the acclaimed Hamilton Children's Garden. In addition, the Garden regularly offers classes covering many topics including water conservation, fire-safe landscaping, hands-on flower and plant arranging, art in various media, and healthy cooking. Visitors and members also participate in frequent special weekend events and Docent-led tours.

Thanks to the generous support of a Garden member, the San Diego Botanic Garden is able to participate in the Blue Star Museum program, a partnership among the National Endowment for the Arts, Blue Star Families, the Department of Defense, and museums across the country.Simply show one of the following active military I.D. cards at Admissions: • Army • Navy • Air Force • Marines • Coast Guard • National Guard and Reserve.San Diego Botanic Garden is currently offering discounted membership for active duty military members and their families through December 31, 2017. Basic memberships are now available at 2/3 off the regular price! Membership offer not available online – must be purchased at the Garden. Contact Josh PinPin at (760) 436-3036 x214 for more information. Visit our website for more information: http://www.sdbgarden.org/events.htm San Diego Botanic Garden is located at 230 Quail Gardens Drive, Encinitas, CA 92024. For information please call (760) 436-3036

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# The Taste of Del Mar culinary event will be Sept. 7

The Del Mar Village Association proudly presents The Taste of Del Mar on Sept. 7, from 5-8pm. The quaint seaside village of Del Mar celebrates the culinary flavors and local libations that make the Del Mar Village so unique. Attendees are invited to savor tastes from more than 25 local and award-winning restaurants as well as sips from 15 craft brewers, local vintners and makers of distilled spirits all while enjoying live music throughout the Village.

The center of the charming and historic Del Mar Village is the setting for this evening event, so guests can stroll, relax, shop and indulge their taste buds while taking in the sunset and ocean views. Participating restaurants providing tastes include Kitchen 1540, Pacifica Del Mar, Prepkitchen Del Mar, Sbicca and Jake's Del Mar. Tickets are $30 for Taste only; $40 for Taste & Sip. For a complete list of participants and vendors or to purchase tickets go to visitdelmarvillage.com/tasteofdelmar2017

The 2017 Taste of Del Mar is made possible by the support of its sponsors including San Diego County Supervisors, KAABOO, Chase, Del Mar Plaza, Waste Management, Ranch & Coast Magazine, Union Bank, Stratford Square, Del Mar Lifestyle, Ranch & Coast Plastic Surgery, and SDG&E.

**About Del Mar Village:**

Del Mar is a quaint seaside village 20 minutes north of San Diego on the Southern California Coastline. It is rich with beauty, amenities, and history. Since the legendary days of Hollywood's golden years, Del Mar has been the destination of choice for movie stars as well as those with a taste for fast horses, breathtaking vistas, stunning sandstone canyons, accessible pristine beaches and award-winning cuisine with dazzling ocean views. Del Mar is home to the renowned Del Mar Racetrack and San Diego County Fair. The affluent and historic Del Mar Village offers a variety of unique mom and pop shops, renowned ocean-view restaurants and charming beach-style hotels. For more information about the Del Mar Village go to visitdelmarvillage.com


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# Us4Warrior Foundation presents The Laughs4Warriors Comedy Showcase Aug. 26

**by Bob Morey**

If you are reading this, than it's a good guess that you love our Veteran's and you like to laugh as well. If so, then The Us4Warriors Foundation has planned the perfect evening for you with their 'Laughs4Warriors' comedy showcase.

"It's often difficult to deal with Veteran issues without feeling some degree of anguish" says Us4Warriors CEO Tony Stewart, "But with our Laughs4Warriors, we have created an event where that anguish can be set aside for an evening of just pure fun."

Laughs4Warriors will take place on Aug. 26 at Skyler's Home & Patio located at 9160 Kearney Villa Ct in San Diego, with the doors opening at 5 p.m.

Master of Ceremonies B.J. Lange and San Diego favorite Russ T. Nailz will kick off the night starting at 6 p.m. To make sure no laugh is left behind, Lange will be joined on stage by The Veteran's of Comedy; comedians Will C, Ibo Brewer and special guest Dan Drake, followed by headliner Blake Clark.

Clark is a Viet Nam Veteran who has appeared in his own HBO special and over 50 films a hundred TV shows since beginning his career in comedy.

"We believe in Us4Warriors", says comedian Will C, "their commitment and the incredible drive they have to help our active duty military, veterans and their families. We did Laughs4Warriors last year and loved it so much that we jumped at the opportunity to come back and doubled the entertainment." Will C continues, "I am excited to be bringing in my group "The Veterans of Comedy" as well as Actor/Comedian Blake Clark for an unforgettable night of laughs. Blake is a proud Vietnam Veteran and he is hilarious as well as a great American."

Tickets for Laughs4Warriors start at just $65 for General Admission. VIP Tickets and Tables of 8 are also available. For those of you that are business owners, there is a wide range of Corporate Sponsorships open to meet your needs. If you would like to Sponsor A Warrior, a special package has been created for the evening. Tickets include dinner and the show; there will also be an auction and raffle with lots of great prizes to be scored.Tickets can be purchased online at www.laughs4warriors.org and are limited at this time, so don't be left out and get yours today.

Proceeds from the Laughs4Warriors Comedy Showcase, directly benefits The Us4Warriors Foundation, voted as San Diego's Top Veterans nonprofit for 2016, and will allow then to continue to offer the many services and programs to our Troops, Veterans and their families throughout the year. Will C adds "It is our hope that the evening will raise awareness and much needed funding to help keep the efforts going to help warriors, past and present, live stronger lives. We know it will be full of more laughs than any show we've been a part of. Get your tickets today, folks!" To learn more about Us4Warriors, please visit www.us4warriors.org or check out their Facebook page.

## Omarr's weekly Astrological forecast

**ARIES** (Mar 21-Apr. 19): Don't make things more difficult than they need to be. There's no need to tire yourself out trying to swim when floating with the current will get you where you need to go. It won't take much effort to gain momentum this week.

**TAURUS** (Apr. 20-May 20): You can get farther with honey than with vinegar. A soft, tender approach may be what it takes to get a loved one to open up about their troubles this week. Don't let rust set in; find constructive ways to utilize free moments.

**GEMINI** (May 21-June 20): Do unto others as you would have them do unto you. It may be possible to take complete advantage of a situation but others may not appreciate it. In the week ahead find a solution in which everyone involved benefits.

**CANCER** (June 21-July 22): Cooperation is key. Finding someone who shares your enthusiasm and passion for a project will make the task that much easier. Making a minor sacrifice could create goodwill and help ease a stalemate this week.

**LEO** (July 23-Aug. 22): Pace yourself. Take your time when tackling tough jobs as chipping away at the task a little bit at a time could preserve your stamina. Being in too much of a hurry to get things done this week leaves the door open for silly mistakes.

**VIRGO** (Aug. 23-Sept. 22): Tag along for the ride. Pay attention when others offer advice and follow their lead when they take you into new and unexplored territory. Allow someone else to do the driving and you may gain valuable knowledge this week.

**LIBRA** (Sept. 23-Oct. 22.): Rise to the occasion. Approach the tasks on your checklist with enthusiasm and your slate will be wiped clean before you know it. Don't be apprehensive if a loved one tries something different to get your attention this week.

**SCORPIO** (Oct. 23-Nov. 21): Don't let dog days get you down. Plan a poolside barbeque with friends or take in an air conditioned movie to beat the summer heat. Ask for advice when faced with decisions regarding business and finances this week.

**SAGITTARIUS** (Nov. 22-Dec. 21): Accentuate the positive. You'll never progress if you focus on the negatives of an issue. Put your energy into what you know will work as the week unfolds. Keep in mind that others are monitoring your performance.

**CAPRICORN** (Dec. 22-Jan. 19): Don't beat around the bush. Being hesitant or over thinking could work against you, so just follow your gut instinct and go for it. Maintain an open mind about a romance this week and you could be pleasantly surprised.

**AQUARIUS** (Jan. 20-Feb. 18): Follow your whims. Do what feels right or pleasing to you this week even if it may not be practical. A friend or loved one may provide encouragement if you your imagination run wild and conjure an artistic creation.

**PISCES** (Feb. 19-Mar. 20): Winning isn't everything. In the week ahead remember that the most important thing about competition is to have fun and enjoy yourself. If it could, your body would thank you for some quality time out in the fresh air.


## LOCAL ATTRACTIONS

# TV Listings

## WEEKDAY MORNING/AFTERNOON

| | ▼7:30 | ▼8 am | ▼8:30 | ▼9 am | ▼9:30 | ▼10 am | ▼10:30 | ▼11 am | ▼11:30 | ▼12 pm | ▼12:30 | ▼1 pm | ▼1:30 | ▼2 pm | ▼2:30 | ▼3 pm | ▼3:30 | ▼4 pm | ▼4:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| KFMB 8 | CBS This Morning | | | Let's Make a Deal | | The Price Is Right | | CBS News 8 at 11AM | | Inside Edition | Bold/Beautiful | The Young and the Restless | | The Talk | | Dr. Phil | | Judge Judy | Judge Judy |
| KFMB2 8.2 | News 8 Morning Extra | | | The 700 Club | | Dr. Phil | | The Doctors | | Judge Faith | Judge Faith | Maury | | The Robert Irvine Show | | Paternity Court | Paternity Court | Judge Mathis | |
| KGTV 10 | Good Morning America | | | Live with Kelly and Ryan | | The View | | 10News Midday | | The Chew | | General Hospital | | T.D. Jakes | | RightThis-Minute | RightThis-Minute | 10News: The Now San Diego | |
| KPBS 15 | Wild Kratts | Nature Cat | Curious George | Curious George | Daniel Tiger | Daniel Tiger | Splash and Bubbles | Splash and Bubbles | Sesame Street | Sesame Street | Super Why! | Peg Plus Cat | Dinosaur Train | Ready Jet Go! | Nature Cat | Arthur | Wild Kratts | Wild Kratts | Odd Squad |
| KNSD 39 | Today | | | Today's Take | | Today | | NBC 7 News Midday | | Days of our Lives | | Access Hollywood Live | | Steve Harvey | | The Ellen DeGeneres Show | | NBC 7 News at 4 | |
| DISN | Tangled: The Series | Mickey Mouse | Mickey Mouse | The Lion Guard | Mickey Mouse | Roadster-Racers | Puppy Dog Pals | Puppy Dog Pals | Elena of Avalor | Varied Programs | | PJ Masks | Roadster-Racers | Pat the Dog | Varied Programs | | Liv and Maddie | Varied Programs | |
| ESPN | First Take | | | SportsCenter | | U.S. Open Ten | Varied Programs | | | | | | | | | SportsCenter With Michael and Jemele | | Varied Programs | |
| ESPN2 | SportsCenter | SportsCenter | | First Take | | NFL Live | | The Paul Finebaum Show | | Coll. Football Live | Varied Programs | | | The Fantasy Show | Varied Programs | | | | |
| TLC | Cake Boss | Cake Boss | Cake Boss | Varied Programs | | | | Say Yes: ATL | Say Yes: ATL | Say Yes: ATL | Say Yes: ATL | Rattled | | Rattled | | The Little Couple | Varied Programs | The Little Couple | Varied Programs |
| USA | Varied Programs | | | | | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | | Law & Order: Special Victims Unit | |

## MOVIETIME

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

**9/1 UNLOCKED**
**9/1 JACKALS**

### Unlocked

After failing to apprehend the terrorist behind a Paris attack that claimed dozens of lives, CIA agent Alice Racine is forced to live in London as a caseworker. Her mentor unexpectedly calls her back into action when the CIA discovers that another attack is imminent. Running for her life, she turns to a former soldier to help her prevent a lethal biological attack on the citizens of London.

**Genre:** Action, Thriller
**Cast:** Noomi Rapace, Orlando Bloom, Toni Collette

### Jackals

After the Powells hire a cult deprogrammer to take back their teenage son from a murderous cult, they find themselves under siege when the cultists surround their cabin, demanding the boy back.

**Genre:** Thriller
**Cast:** Stephen Dorff, Deborah Kara Unger, Johnathon Schaech

## THURSDAY EVENING — AUGUST 24, 2017

| | ▼5 pm | ▼5:30 | ▼6 pm | ▼6:30 | ▼7 pm | ▼7:30 | ▼8 pm | ▼8:30 | ▼9 pm | ▼9:30 | ▼10 pm | ▼10:30 | ▼11 pm | ▼11:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| KFMB 8 | CBS News 8 at 5pm (N) (CC) | | Evening News | News | Ent. Tonight | Inside Edition (N) | Big Bang Theory | Kevin Can Wait 🎧 | Big Brother (N Same-day Tape) 🎧 (CC) | | Zoo "The Black Forest" (N) 🎧 (CC) | | News | Late-Colbert |
| KFMB2 8.2 | Mike & Molly 🎧 | 2 Broke Girls 🎧 | Judge Judy 🎧 | Judge Judy 🎧 | News 8 at 7 (N) | 2 Broke Girls 🎧 | Penn & Teller: Fool Us (N) 🎧 (CC) | | Whose Line Is It? | Whose Line Is It? | News 8 at 10 (N) | Ent. Tonight | Seinfeld 🎧 (CC) | Seinfeld 🎧 (CC) |
| KGTV 10 | 10News at 5pm (N) (CC) | | 10News at 6pm (N) | World News | 10News at 7pm (N) | The List (N) (CC) | Boy Band The winners are announced. | | Battle of the Network Stars (N) 🎧 (CC) | | The Gong Show Will Arnett; Ken Jeong. 🎧 | | 10News at 11pm | Jimmy Kimmel |
| KPBS 15 | KPBS Evening | Nightly Business | World News | KPBS Evening | PBS NewsHour (N) 🎧 (CC) | | Ken Kramer's | A Growing Passion | Distin-guished | A Growing Passion | Midsomer Murders "Death and Dust" (N) | | Midsomer Murders | Today's Wild West |
| KNSD 39 | NBC 7 News at 5 | Nightly News | NBC 7 News at 6 (N) | | Wheel of Fortune | Jeopardy! 🎧 (CC) | The Wall "Sheriese and Kieara" (N) (CC) | | Saturday Night Live | Great News | The Night Shift "Land of the Free" (N) 🎧 | | NBC 7 News | Tonight Show |
| DISN | Stuck/ Middle | Bunk'd 🎧 (CC) | Jessie 🎧 (CC) | K.C. Under-cover | K.C. Under-cover | Bizaard-vark 🎧 | Stuck/ Middle | Bunk'd 🎧 (CC) | Bizaard-vark 🎧 | Andi Mack | K.C. Under-cover | K.C. Under-cover | Bunk'd 🎧 (CC) | Jessie 🎧 (CC) |
| ESPN | 2017 Little League World Series | | | 30 for 30 (N) | | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | |
| ESPN2 | First Take (N) 🎧 (Live) (CC) | | WNBA Basketball Los Angeles Sparks at Phoenix Mercury. (N) (Live) (CC) | | | | E:60 | | Nación ESPN (N) | | The Fan-tasy Show | First Take 🎧 (CC) | | 30 for 30 (CC) |
| TLC | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | My 600-Lb. Life "Chris-tina's Story" 🎧 | | My 600-Lb. Life "Zsal-ynn's Story" (CC) | | My 600-Lb. Life "Joe's Story" (CC) | | My 600-Lb. Life "Marla's Story" 🎧 (CC) | | My 600-Lb. Life "Chris-tina's Story" 🎧 | |
| USA | Law & Order: Special Victims Unit "Doubt" | | Law & Order: Special Victims Unit "Weak" | | Law & Order: Special Victims Unit 🎧 | | Law & Order: Special Victims Unit 🎧 | | Law & Order: Special Victims Unit 🎧 | | Queen of the South (N) (CC) | | The Sinner "Part IV" (CC) (DVS) | |

## FRIDAY EVENING — AUGUST 25, 2017

| | ▼5 pm | ▼5:30 | ▼6 pm | ▼6:30 | ▼7 pm | ▼7:30 | ▼8 pm | ▼8:30 | ▼9 pm | ▼9:30 | ▼10 pm | ▼10:30 | ▼11 pm | ▼11:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| KFMB 8 | NFL Football Kansas City Chiefs at Seattle Seahawks. From CenturyLink Field in Seattle. (N) (Live) (CC) | | | | | | CBS News 8 Special Edition (N) | | Paid Pro-gram | News 8 | Ent. Tonight | Inside Edi-tion (N) | News | Late-Colbert |
| KFMB2 8.2 | Mike & Molly 🎧 | 2 Broke Girls 🎧 | Judge Judy 🎧 | Judge Judy 🎧 | News 8 at 7 (N) | 2 Broke Girls 🎧 | Masters of Illusion | Masters of Illusion | Penn & Teller: Fool Us 🎧 (CC) | | News 8 at 10 (N) | Ent. Tonight | Seinfeld 🎧 (CC) | Seinfeld 🎧 (CC) |
| KGTV 10 | 10News at 5pm (N) (CC) | | 10News at 6pm (N) | World News | 10News at 7pm (N) | The List (N) (CC) | Shark Tank 🎧 (CC) (DVS) | | What Would You Do? 🎧 (CC) | | 20/20 🎧 (CC) | | 10News at 11pm | Jimmy Kimmel |
| KPBS 15 | KPBS Evening | Nightly Business | World News | KPBS Evening | PBS NewsHour (N) 🎧 (CC) | | Washington Week | Roundtable | Doc Martin Martin's unusual first patient. | | Doc Martin Martin must fire Elaine. 🎧 | | Live at the Belly Up "Trig-ger Hippy" | |
| KNSD 39 | NBC 7 News at 5 | Nightly News | NBC 7 News at 6 (N) | | Wheel of Fortune | Jeopardy! 🎧 (CC) | America's Got Talent "Live Show 2" Twelve acts perform live. 🎧 (CC) | | | | Dateline NBC (N) 🎧 (CC) | | NBC 7 News | Tonight Show |
| DISN | Stuck/ Middle | Bunk'd 🎧 (CC) | Jessie 🎧 (CC) | L & M: Cali Style | Andi Mack | Raven's Home 🎧 | Raven's Home (N) | K.C. Under-cover | Bizaardvark (N) | Andi Mack | Stuck/ Middle | Raven's Home 🎧 | K.C. Under-cover | Bizaard-vark 🎧 |
| ESPN | MLS Soccer | | High School Football DeMatha (Md.) at Bishop Gorman (Nev.). (N) (Live) | | | | | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | |
| ESPN2 | Tennis | | ATP Tennis Winston-Salem Open, Second Semifi-nal. From Winston-Salem, N.C. (N) | | | | SportsCenter (N) (Live) (CC) | | O.J.: Made in America O.J. Simpson's popularity explodes. (Part 1 of 5) | | | | O.J.: Made in America (Part 2 of 5) | |
| TLC | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Long Lost Family 🎧 (CC) | | Long Lost Family 🎧 (CC) | | Long Lost Family 🎧 (CC) | | Long Lost Family 🎧 (CC) | | Long Lost Family 🎧 (CC) | |
| USA | Law & Order: Special Victims Unit "Blood" | | Modern Family 🎧 | Modern Family 🎧 | Modern Family 🎧 | Modern Family 🎧 | Modern Family 🎧 | Modern Family 🎧 | Modern Family 🎧 | Modern Family 🎧 | Modern Family 🎧 | Modern Family 🎧 | Modern Family 🎧 | Modern Family 🎧 |

## SATURDAY MORNING/AFTERNOON — AUGUST 26, 2017

| | ▼7:30 | ▼8 am | ▼8:30 | ▼9 am | ▼9:30 | ▼10 am | ▼10:30 | ▼11 am | ▼11:30 | ▼12 pm | ▼12:30 | ▼1 pm | ▼1:30 | ▼2 pm | ▼2:30 | ▼3 pm | ▼3:30 | ▼4 pm | ▼4:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| KFMB 8 | Dr. Chris: Pet Vet | Innovation Nation | The Inspec-tors | Hidden Heroes | The Open Road | Paid Program | Lucas Oil Off Road Racing Series Pro4 & Pro2. | | Football Preview | PGA Tour Golf The Northern Trust, Third Round. Rory McIlroy, Jordan Spieth, Dustin Johnson, and Phil Mickelson. From Old Westbury, N.Y. (N) | | | | | | Best Solar | Inside Edition | Judge Judy 🎧 (CC) | Judge Judy 🎧 (CC) |
| KFMB2 8.2 | Calling Dr. Pol (CC) | Dog Whis-perer | Dog Whis-perer | Dog Whis-perer | Dog Whis-perer | Save Our Shelter 🎧 | Vacation Creation 🎧 | Save to Win (CC) | Animal Friends | Paid Program | Secrets Exposed! | Secrets Exposed! | Secrets Exposed! | Secrets Exposed! | Secrets Exposed! | RaceWeek | Sports Stars | Hiring America (N) | Military Make-over |
| KGTV 10 | Good Morn-ing | 10News This Morning at 8am Saturday (N) (CC) | | Jack Hanna | 2017 Little League World Series International Championship, Game 27: Teams TBA. (N) (Live) | | | | | | 2017 Little League World Series U.S. Championship, Game 28: Teams TBA. (N) (Live) | | | | | Ocean Treks | Sea Rescue 🎧 (EI) | The Wildlife Docs | Rock the Park 🎧 (EI) |
| KPBS 15 | Daniel Tiger | Daniel Tiger | Splash and Bubbles | Curious George | Nature Cat (CC) | Stronger Bones, Longer Life Preventing osteoporosis. 🎧 (CC) | | | R. Steves' Europe | This Old House 🎧 | Ask This Old House | Steven Raichlen's | Simply Ming (N) 🎧 | Test Kitchen | Cooking School | Julie Tabou-lie's | Pati's Mexi-can Table | R. Steves' Europe | Crossing South |
| KNSD 39 | NBC 7 News To | The Voyager | Wilderness Vet 🎧 (EI) | Journey-Dreyer | English Premier League Soccer Manchester United FC vs Leicester City FC. (N) 🎧 (Live) (CC) | | | | Prem Goal Zone | Red Bull Signature Series From Madrid, Spain. (N) 🎧 (CC) | | | Horse Racing Travers Stakes. (N) 🎧 (Live) (CC) | | | Secrets Exposed! | The 2017 NBC | Naturally, Danny Seo | Give (CC) (DVS) |
| DISN | Puppy Dog Pals (CC) | Roadster-Racers | Puppy Dog Pals (CC) | Pat the Dog 🎧 (CC) | Transylvania | Tangled: The Series | Raven's Home 🎧 | Bizaardvark 🎧 (CC) | **The Swap** (2016, Comedy) Peyton List, Jacob Bertrand. 🎧 | | | Raven's Home 🎧 | K.C. Under-cover 🎧 | Bizaardvark 🎧 (CC) | Bizaardvark 🎧 (CC) | Stuck in the Middle | Bunk'd 🎧 (CC) | Andi Mack 🎧 (CC) | K.C. Under-cover |
| ESPN | SportsCenter (N) | College GameDay (N) (CC) | | High School Football Tulsa Union (Okla.) at Broken Arrow (Okla.). (N) (Live) | | | | | | College Football Portland State at BYU. From LaVell Edwards Stadium in Provo, Utah. (N) (Live) | | | | | | Football Scoreboard | College Football UT-Chattanooga vs Jack-sonville State. (N) (Live) | | |
| ESPN2 | World Beat-ers | SportsCenter (N) (Live) (CC) | | Battle of the Network Stars 🎧 (CC) | | Battle of the Network Stars (N) 🎧 (CC) | | Championship Drive | | WTA Tennis Connecticut Open, Final. From New Haven, Conn. (N) (Live) | | | | ATP Tennis Winston-Salem Open, Final. From Winston-Salem, N.C. (N) (Live) | | | | SportsCenter (N) | HS Football |
| TLC | Cake Boss 🎧 (CC) | Walt Disney World Resort Hotels 🎧 (CC) | | Disney Cruise Line: Reimag-ined Magic (CC) | | Disney: Beyond the Parks 🎧 (CC) | | Disney's Animal Kingdom: Alive With Magic | | Outdaughtered "Extreme Quint Makeover" | | Outdaughtered 🎧 (CC) | | Outdaughtered 🎧 (CC) | | Outdaughtered 🎧 (CC) | | Say Yes: ATL | Say Yes: ATL |
| USA | PiYo Work-out! (CC) | PiYo Work-out! (CC) | PiYo Work-out! (CC) | Queen of the South Teresa forges new alliances. | | The Sinner "Part IV" (CC) (DVS) | | NCIS "Kill Ari" Gibbs is determined to stop Ari. | | NCIS Gibbs exploits Ziva's connection to Ari. | | NCIS The bodies of two assassins. 🎧 | | NCIS Tony and Ziva become trapped. 🎧 | | NCIS DiNozzo investigates a suicide. 🎧 | | NCIS The death of an ICE agent. 🎧 | |

## SATURDAY EVENING — AUGUST 26, 2017

| | ▼5 pm | ▼5:30 | ▼6 pm | ▼6:30 | ▼7 pm | ▼7:30 | ▼8 pm | ▼8:30 | ▼9 pm | ▼9:30 | ▼10 pm | ▼10:30 | ▼11 pm | ▼11:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| KFMB 8 | NFL Football Los Angeles Chargers at Los Angeles Rams. From Los Angeles Memorial Coliseum in Los Angeles. (N) (Live) (CC) | | | | | | CBS News 8 Special Edition (N) | | Paid Pro-gram | Entertainment Tonight (N) 🎧 (CC) | | Inside Edition | News | Blue Bloods |
| KFMB2 8.2 | The Middle (CC) | Engage-ment | The King of Queens | Mike & Molly 🎧 | 2 Broke Girls 🎧 | 2 Broke Girls 🎧 | American Ninja Warrior (CC) | | American Ninja Warrior "Military Finals" | | Seinfeld 🎧 (CC) | Just for Laughs | Just for Laughs 🎧 (CC) | |
| KGTV 10 | 10News at 5pm | World News | 10News at 6pm | The List (N) (CC) | Rookie Blue "Girls' Night Out" 🎧 (CC) | | America's Funniest Home Videos (CC) | | The $100,000 Pyramid 🎧 (CC) | | 20/20: In an Instant 🎧 (CC) | | 10News at 11pm | Sports XTRA |
| KPBS 15 | NewsHour Wk | KPBS Spectrum | The Lawrence Welk Show (N) (CC) | | Antiques Roadshow | Antiques Roadshow | The Doctor Blake Myster-ies 🎧 (CC) | | **Eric Clapton: Slowhand at 70 -- Live at the Royal Albert Hall** (2015) Eric Clapton. 🎧 | | | | Globe Trekker The popu-larity of beer. (N) | |
| KNSD 39 | Heart of a Champion | Nightly News | NBC 7 News at 6 | Secrets Exposed! | Wheel of Fortune | Jeopardy! 🎧 (CC) | American Ninja Warrior "Cleveland City Finals" The top 30 vie for the $1 million prize. | | | | Dateline NBC 🎧 (CC) | | NBC 7 News | Saturday Night Live |
| DISN | K.C. Under-cover | Bizaard-vark 🎧 | Jessie 🎧 (CC) | Jessie 🎧 (CC) | Raven's Home 🎧 | Raven's Home 🎧 | ★½ **Spy Kids: All the Time in the World in 4D** (2011) 🎧 | | | Raven's Home 🎧 | K.C. Under-cover | K.C. Under-cover | Bizaard-vark 🎧 | Bizaard-vark 🎧 |
| ESPN | College Football UT-Chattanooga vs Jacksonville State. (N) (Live) | | | Scoreboard | College Football Stanford vs Rice. From Allianz Stadium in Sydney. (N) (Live) | | | | | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | |
| ESPN2 | High School Football Bartram Trail (Fla.) at Cartersville (Ga.). (N) (Live) | | | | | SportsCen-ter (N) | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | | College Football Portland State at BYU. From LaVell Edwards Stadium in Provo, Utah. | | | |
| TLC | Say Yes: ATL | Say Yes: ATL | Say Yes: ATL | Say Yes: ATL | Say Yes: ATL | Say Yes: ATL | Princess Diana: Tragedy or Treason? The life and death of Princess Diana. 🎧 (CC) | | | | | | Princess Diana: Tragedy or Treason? 🎧 | |
| USA | NCIS The team tries to replace Ziva. 🎧 | | NCIS A blogger turns up dead. 🎧 | | NCIS A Marine's body surfaces. 🎧 | | NCIS "Child's Play" 🎧 (CC) (DVS) | | NCIS "Sins of the Father" (CC) (DVS) | | NCIS "Chasing Ghosts" | | NCIS The team searches for Bodnar. | |

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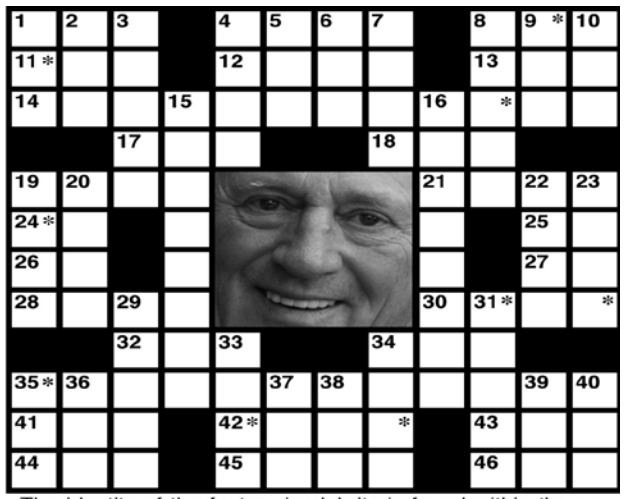
| | | 4 | | 5 | | 8 | | |
| 7 | | 9 | | | | | | 1 |
| 2 | 5 | | | | 6 | | | 4 |
| | 3 | | | | | | 9 | |
| | | 6 | 8 | | 1 | | | |

# TV Listings

## SUNDAY MORNING/AFTERNOON — AUGUST 27, 2017

| | ▼7:30 | ▼8 am | ▼8:30 | ▼9 am | ▼9:30 | ▼10 am | ▼10:30 | ▼11 am | ▼11:30 | ▼12 pm | ▼12:30 | ▼1 pm | ▼1:30 | ▼2 pm | ▼2:30 | ▼3 pm | ▼3:30 | ▼4 pm | ▼4:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| KFMB 8 | CBS News Sunday Morning (N) ᑎ (CC) | | Face the Nation (N) ᑎ (CC) | | Paid Program | Tough Mudder X From Twin Cities, Minn. (N) | | PGA Tour Golf The Northern Trust, Final Round. Rory McIlroy, Jordan Spieth, Dustin Johnson, and Phil Mickelson. From Old Westbury, N.Y. (N) (Live) (CC) | | | | | | | | Best Solar | Laura McKenzie | Entertainment Tonight (N) ᑎ (CC) | |
| KFMB2 8.2 | Paid Program | Paid Program | Secrets Exposed! | Paid Program | Secrets Exposed! | Paid Program | Secrets Exposed! | San Diego | Paid Program | Secrets Exposed! | Secrets Exposed! | Small Town Big Deal ᑎ | HouseCalls | Designing Spaces (N) | P. Allen | The Incredible Dog Challenge (CC) | | Raw Travel ᑎ (CC) | Raw Travel ᑎ (CC) |
| KGTV 10 | Good Morning | 10News This Morning at 8am Sunday (N) (CC) | | This Week With George Stephanopoulos (N) | | Joel Osteen (CC) | Intrntn'l Fellowship | 2017 Arthur Ashe Kids' Day (N) | | 2017 Little League World Series Championship, Game 30: Teams TBA. (N) (Live) | | | | | World of X Games (N) | | Outback Adventures | Castle "Hong Kong Hustle" ᑎ (CC) | |
| KPBS 15 | Daniel Tiger | Daniel Tiger | Splash and Bubbles | Curious George | Nature Cat (CC) | Washington Week ᑎ | KPBS Roundtable | The David Rubenstein Show: Peer to Peer | | Great Performances at the Met "Eugene Onegin" Tchaikovsky's opera "Eugene Onegin." (N) ᑎ (CC) | | | | | | NOVA History of eclipse science. ᑎ (CC) | | Ken Kramer's S.D. | Historic Places |
| KNSD 39 | NBC 7 News To | Meet the Press (N) (CC) | | Politically Speaking | Secrets Exposed! | Track and Field IAAF Diamond League: Zurich. (N Same-day Tape) | | | Countdown to Green | NASCAR Racing XFINITY Series: Johnsonville 180. From Road America in Elkhart Lake, Wis. (N) ᑎ (Live) (CC) | | | | | | Secrets Exposed! | Paid Program | 1st Look (N) (CC) | Nightly News |
| DISN | Puppy Dog Pals (CC) | Roadster-Racers | Puppy Dog Pals (CC) | Raven's Home ᑎ | K.C. Undercover ᑎ | Bizaardvark ᑎ (CC) | Raven's Home ᑎ | Bizaardvark ᑎ (CC) | K.C. Undercover ᑎ | ★½ **Spy Kids: All the Time in the World in 4D** (2011) Jessica Alba. ᑎ | | | Bizaardvark ᑎ (CC) | Raven's Home ᑎ | Raven's Home ᑎ | Stuck in the Middle | Andi Mack ᑎ (CC) | Bunk'd ᑎ (CC) | Jessie ᑎ (CC) |
| ESPN | 2017 Little League World Series Consolation, Game 29: Teams TBA. (N) | | | SportsCenter (N) | LLW: Web Gems | Heisman Prev. | High School Football Wayne (Ohio) at Pine-Richland (Pa.). (N) (Live) | | | | | | MLS Soccer Toronto FC at Montreal Impact. From Saputo Stadium in Montreal. (N) (Live) | | | | SportsCenter (N) | Baseball Tonight: Sunday Night Countdown | |
| ESPN2 | SportsCenter (N) | SportsCenter (N) (Live) (CC) | | E:60 | | SportsCenter (N) (Live) (CC) | | Championship Drive | | 30 for 30 | | | Heisman Prev. | Championship Drive College football previews. | | SportsCenter (N) | E:60 Profile (CC) | WNBA Basketball: Lynx at Sparks | |
| TLC | Four Weddings ᑎ | Four Weddings "... And a Russian Cabaret" ᑎ | | Four Weddings "... And a Love Lasso" ᑎ (CC) | | Four Weddings An oceanfront wedding. ᑎ | | Four Weddings "... And a Bacon Bar" ᑎ (CC) | | Four Weddings "... and a Flirtatious Ape" (CC) | | 90 Day Fiancé "Lost in Translation" Chantel and Pedro's families meet. ᑎ (CC) | | | | 90 Day Fiancé "Lies & Goodbyes" Alex and Loren struggle with a decision. ᑎ (CC) | | | |
| USA | David Jeremiah ᑎ | In Touch | Joel Osteen (CC) | Suits Mike tries to keep the case alive. | | Shooter Bob Lee tracks Solotov's money. | | Law & Order: Special Victims Unit "PTSD" ᑎ | | Law & Order: Special Victims Unit "Liberties" | | Law & Order: Special Victims Unit "Anchor" | | Law & Order: Special Victims Unit "Behave" | | Law & Order: Special Victims Unit "Dirty" ᑎ | | Law & Order: Special Victims Unit ᑎ | |

## CROSSWORD PUZZLE



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

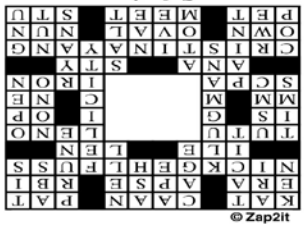
ACROSS

1. Dennings of "2 Broke Girls"
4. James or Scott
8. Boone or Benatar
11. Historical period
12. Cathedral recess with a domed roof
13. Baseball stat.
14. Actor on "Chicago Med" (2)
17. Suffix for text or percent
18. Mr. Goodman
19. Ballerina's skirt
21. Carson's successor
24. "Orange __ the New Black"
25. MN followers
26. First year for "Survivor"
27. 90 degrees from NW
28. Org. that advises "Spay or neuter"
30. "__ Man"; 2008 Robert Downey Jr. film
32. Actress Ortiz
34. Place where the meals are slop
35. Role on "Grey's Anatomy" (2)
41. "On Our __" (1994-95)
42. Skating rink
43. "The Flying __"
44. "__ Sematary"; movie for Fred Gwynne
45. "__ the Press"
46. "The __ Erwin Show" (1950-55)

DOWN

1. "Dr. __"
2. Meyers of "Kate & Allie"
3. Understood, though not spoken
4. Actor Nicolas
5. King Kong, for one
6. "__ Wednesday"; 1973 Liz Taylor movie
7. __ Jones; role on "NCIS: Los Angeles"
8. Dried fruit
9. Stomach muscles, for short
10. "..__ the season to be jolly..."
15. Actor Jack and his family
16. 1998-2002 series for Keri Russell
19. Allen and Conway
20. "Gomer Pyle: __"
22. Advice to Nanette (2)
23. "__ Range"; 2003 Kevin Costner movie
29. "__ Your Wagon"; Lee Marvin/Clint Eastwood musical film
31. "__ Hope" 1975-89 daytime serial
33. "The __ Ant Show"; 1965-68 cartoon series
34. 2010 Angelina Jolie movie
35. "Kindergarten __"; 1990 Schwarzenegger film
36. Emerson's monogram
37. "__ Got a Secret"
38. Edinburgh refusal
39. Kook
40. Large African antelope

Solution
Len Carlon



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## SUNDAY EVENING — AUGUST 27, 2017

| | ▼5 pm | ▼5:30 | ▼6 pm | ▼6:30 | ▼7 pm | ▼7:30 | ▼8 pm | ▼8:30 | ▼9 pm | ▼9:30 | ▼10 pm | ▼10:30 | ▼11 pm | ▼11:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| KFMB 8 | CBS News 8 at 5pm (N) ᑎ (CC) | | Weekend News | News | 60 Minutes (N) ᑎ (CC) | | Big Brother (N) ᑎ (CC) | | Candy Crush "Catching Air" (N) ᑎ (CC) | | NCIS: Los Angeles "Golden Days" ᑎ | | News | Blue Bloods |
| KFMB2 8.2 | The Middle (CC) | Engagement | The King of Queens | Mike & Molly ᑎ | 2 Broke Girls ᑎ | 2 Broke Girls ᑎ | Forensic Files ᑎ | Forensic Files ᑎ | Forensic Files ᑎ | Forensic Files ᑎ | Seinfeld ᑎ (CC) | Just for Laughs | Just for Laughs | Forensic Files ᑎ |
| KGTV 10 | 10News at 5pm | World News | 10News at 6pm | RightThisMinute (N) | America's Funniest Home Videos (CC) | | Celebrity Family Feud ᑎ (CC) (DVS) | | Steve Harvey's FUNDERDOME (N) ᑎ | | The $100,000 Pyramid (N) ᑎ (CC) | | 10News at 11pm | Sports XTRA |
| KPBS 15 | NewsHour Wk | SciTech Now (N) | Father Brown ᑎ (CC) | A Place to Call Home "No Secrets, Ever" | | | Secrets of the Six Wives (CC) | | Endeavour on Masterpiece A woman receives death threats. (N) | | Masterpiece Mystery! Foyle investigates Russian spy network. | | | |
| KNSD 39 | NFL Football San Francisco 49ers at Minnesota Vikings. From U.S. Bank Stadium in Minneapolis. (N) ᑎ (Live) (CC) | | | | | | Football Night | XTERRA Advent. | XTERRA Advent. | XTERRA Advent. | Dateline NBC ᑎ (CC) | | NBC 7 News | Sportswrap |
| DISN | L & M: Cali Style | L & M: Cali Style | **Descendants** (2015, Children's) Dove Cameron, Kristin Chenoweth, Sarah Jeffery. ᑎ | | | | **Disney's Descendants 2** (2017, Children's) Dove Cameron, Cameron Boyce. ᑎ | | | | Bizaardvark ᑎ | Raven's Home ᑎ | K.C. Undercover | Bizaardvark ᑎ |
| ESPN | MLB Baseball New York Mets at Washington Nationals. Game 2 of a doubleheader. (N) (Live) | | | | | | SportsCenter (N) (Live) (CC) | | SportsCenter (CC) | | | | SportsCenter (CC) | |
| ESPN2 | WNBA Basketball: Lynx at Sparks | | Heis/Heisman | 30 for 30 | | | Championship Drive | | ESPN FC (N) | | E:60 | | MLB Baseball: Mets at Nationals | |
| TLC | 90 Day Fiancé ᑎ (CC) | | 90 Day Fiancé "I Do's and I Don'ts" ᑎ | | 90 Day Fiancé: More to Love (N) ᑎ | | 90 Day Fiancé "Tell All: Part 1" (N) | | 90 Day Fiancé: Before the 90 Days (N) | | The Spouse House "Shaking Things Up" | | 90 Day Fiancé "Tell All: Part 1" | |
| USA | Law & Order: Special Victims Unit ᑎ | | Law & Order: Special Victims Unit ᑎ | | Law & Order: Special Victims Unit ᑎ | | Law & Order: Special Victims Unit ᑎ | | Law & Order: Special Victims Unit ᑎ | | Law & Order: Special Victims Unit ᑎ | | Modern Family ᑎ | Modern Family ᑎ |

## MONDAY EVENING — AUGUST 28, 2017

| | ▼5 pm | ▼5:30 | ▼6 pm | ▼6:30 | ▼7 pm | ▼7:30 | ▼8 pm | ▼8:30 | ▼9 pm | ▼9:30 | ▼10 pm | ▼10:30 | ▼11 pm | ▼11:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| KFMB 8 | CBS News 8 at 5pm (N) (CC) | | Evening News | News | Ent. Tonight | Inside Edition (N) | Kevin Can Wait ᑎ | Superior Donuts ᑎ | Mom ᑎ (CC) | Life in Pieces ᑎ | Scorpion "Strife on Mars" ᑎ (CC) | | News | Late-Colbert |
| KFMB2 8.2 | Mike & Molly ᑎ | 2 Broke Girls ᑎ | Judge Judy ᑎ | Judge Judy ᑎ | News 8 at 7 (N) | 2 Broke Girls ᑎ | Supergirl "Distant Sun" ᑎ (CC) | | Hooten & the Lady "Cambodia" (N) ᑎ | | News 8 at 10 (N) | Ent. Tonight | Seinfeld (CC) | Seinfeld ᑎ (CC) |
| KGTV 10 | 10News at 5pm (N) (CC) | | 10News at 6pm (N) | World News | 10News at 7pm (N) | The List (N) (CC) | Bachelor in Paradise (N) ᑎ (CC) | | | | To Tell the Truth ᑎ (CC) | | 10News at 11pm | Jimmy Kimmel |
| KPBS 15 | KPBS Evening | Nightly Business | World News | KPBS Evening | PBS NewsHour (N) ᑎ (CC) | | Antiques Roadshow "Rapid City" (CC) | | Antiques Roadshow TWA travel posters. | | Reformation-Changed Everything | | POV Boys face challenges growing up. ᑎ | |
| KNSD 39 | NBC 7 News at 5 | Nightly News | NBC 7 News at 6 (N) | | Wheel of Fortune | Jeopardy! ᑎ (CC) | American Ninja Warrior "Denver City Finals" Competitors battle before the finals. ᑎ | | | | Midnight, Texas "Blinded by the Light" | | NBC 7 News | Tonight Show |
| DISN | Andi Mack | Bizaardvark ᑎ | Raven's Home ᑎ | Bunk'd ᑎ (CC) | K.C. Undercover | Raven's Home ᑎ | Raven's Home ᑎ | Stuck/ Middle | Bizaardvark ᑎ | Andi Mack | Liv and Maddie | K.C. Undercover | Bizaardvark ᑎ | Raven's Home ᑎ |
| ESPN | MLB Baseball Teams TBA. (N) (Live) (CC) | | | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | |
| ESPN2 | 2017 U.S. Open Tennis First Round. From the USTA Billie Jean King National Tennis Center in Flushing, N.Y. (N) (Live) | | | | | | NFL Live (CC) | | 30 for 30 (CC) | | The Fantasy Show | NFL Live (CC) | | The Fantasy Show |
| TLC | Say Yes, Dress | Say Yes, Dress | Princess Diana: Tragedy or Treason? Anniversary Special (N) ᑎ | | | | | | Drew Peterson: An American Murder Mystery A mother of four vanishes. ᑎ | | | | Drew Peterson: American Murder | |
| USA | NCIS A former NCIS agent is found dead. | | NCIS A copycat of the Privileged Killer. | | NCIS McGee's girlfriend asks for help. | | WWE Monday Night RAW (N Same-day Tape) ᑎ (CC) | | | | | | Modern Family ᑎ | Modern Family ᑎ |

## TUESDAY EVENING — AUGUST 29, 2017

| | ▼5 pm | ▼5:30 | ▼6 pm | ▼6:30 | ▼7 pm | ▼7:30 | ▼8 pm | ▼8:30 | ▼9 pm | ▼9:30 | ▼10 pm | ▼10:30 | ▼11 pm | ▼11:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| KFMB 8 | CBS News 8 at 5pm (N) (CC) | | Evening News | News | Ent. Tonight | Inside Edition (N) | NCIS "Off the Grid" ᑎ (CC) (DVS) | | Bull Bull assists in a manslaughter trial. ᑎ | | NCIS: New Orleans "Krewe" ᑎ | | News | Late-Colbert |
| KFMB2 8.2 | Mike & Molly ᑎ | 2 Broke Girls ᑎ | Judge Judy ᑎ | Judge Judy ᑎ | News 8 at 7 (N) | 2 Broke Girls ᑎ | The Flash The Flash battles Abra Kadabra. | | DC's Legends of Tomorrow ᑎ (CC) | | News 8 at 10 (N) | Ent. Tonight | Seinfeld ᑎ (CC) | Seinfeld ᑎ (CC) |
| KGTV 10 | 10News at 5pm (N) (CC) | | 10News at 6pm (N) | World News | 10News at 7pm (N) | The List (N) (CC) | Bachelor in Paradise (N) ᑎ (CC) | | | | Somewhere Between "The Fourth Man" (N) | | 10News at 11pm | Jimmy Kimmel |
| KPBS 15 | KPBS Evening | Nightly Business | World News | KPBS Evening | PBS NewsHour (N) ᑎ (CC) | | The White House: Inside Story ᑎ (CC) | | | | Frontline ᑎ (CC) | | Frontline ᑎ (CC) | |
| KNSD 39 | NBC 7 News at 5 | Nightly News | NBC 7 News at 6 (N) | | Wheel of Fortune | Jeopardy! ᑎ (CC) | America's Got Talent "Live Show 3" Twelve acts compete for America's vote. ᑎ (CC) | | | | Hollywood Game Night (N) ᑎ (CC) | | NBC 7 News | Tonight Show |
| DISN | Andi Mack | Bizaardvark ᑎ | Jessie ᑎ (CC) | Bunk'd ᑎ (CC) | K.C. Undercover | Raven's Home ᑎ | Andi Mack | Stuck/ Middle | Bizaardvark ᑎ | Andi Mack | Liv and Maddie | K.C. Undercover | Bizaardvark ᑎ | Raven's Home ᑎ |
| ESPN | 2017 U.S. Open Tennis First Round. From the USTA Billie Jean King National Tennis Center in Flushing, N.Y. (N) (Live) | | | | | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | |
| ESPN2 | Being P.J. Fleck | Being P.J. Fleck | Being P.J. Fleck | Being P.J. Fleck | Kickboxing Glory 44. (Taped) | | | | E:60 | | The Fantasy Show | Jalen & Jacoby | Mike and Mike: ICYMI (N) (CC) | |
| TLC | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Outdaughtered ᑎ (CC) | | Outdaughtered: Life With Quints (N) ᑎ | | Outdaughtered (N) ᑎ | | Rattled "Turning the Tables" (N) ᑎ | | Outdaughtered ᑎ | |
| USA | NCIS Gibbs must attend to family matters. | | Modern Family ᑎ | Modern Family ᑎ | Modern Family ᑎ | Modern Family ᑎ | WWE SmackDown! (N Same-day Tape) ᑎ (CC) | | | | Shooter Bob Lee and Isaac work together. | | Law & Order: Special Victims Unit ᑎ | |

## WEDNESDAY EVENING — AUGUST 30, 2017

| | ▼5 pm | ▼5:30 | ▼6 pm | ▼6:30 | ▼7 pm | ▼7:30 | ▼8 pm | ▼8:30 | ▼9 pm | ▼9:30 | ▼10 pm | ▼10:30 | ▼11 pm | ▼11:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| KFMB 8 | CBS News 8 at 5pm (N) (CC) | | Evening News | News | Ent. Tonight | Inside Edition (N) | Big Brother (N) ᑎ (CC) | | Salvation "Coup de Grace" (N) ᑎ (CC) | | Criminal Minds "Unforgettable" ᑎ | | News | Late-Colbert |
| KFMB2 8.2 | Mike & Molly ᑎ | 2 Broke Girls ᑎ | Judge Judy ᑎ | Judge Judy ᑎ | News 8 at 7 (N) | 2 Broke Girls ᑎ | Vixen (Series Premiere) Animated. Mari McCabe, as Vixen, opposes threats. (N) ᑎ | | | | News 8 at 10 (N) | HealthCare | Seinfeld ᑎ (CC) | Seinfeld ᑎ (CC) |
| KGTV 10 | 10News at 5pm (N) (CC) | | 10News at 6pm (N) | World News | 10News at 7pm (N) | The List (N) (CC) | The Goldbergs ᑎ | Speechless ᑎ | Modern Family ᑎ | American Housewife | Modern Family ᑎ | The Goldbergs ᑎ | 10News at 11pm | Jimmy Kimmel |
| KPBS 15 | KPBS Evening | Nightly Business | World News | KPBS Evening | PBS NewsHour (N) ᑎ (CC) | | Earth's Natural Wonders (CC) | | NOVA "Zeppelin Terror Attack" ᑎ (CC) | | Battle of Jutland: The Navy's Bloodiest Day | | Sinking of an Aircraft Carrier ᑎ (CC) | |
| KNSD 39 | NBC 7 News at 5 | Nightly News | NBC 7 News at 6 (N) | | Wheel of Fortune | Jeopardy! ᑎ (CC) | America's Got Talent "Live Results 3" ᑎ | | Marlon (N) ᑎ | Marlon (N) ᑎ | Law & Order: Special Victims Unit | | NBC 7 News | Tonight Show |
| DISN | Andi Mack | Bizaardvark ᑎ | Jessie ᑎ (CC) | Bunk'd ᑎ (CC) | K.C. Undercover | Raven's Home ᑎ | Andi Mack | Stuck/ Middle | Raven's Home ᑎ | Andi Mack | Liv and Maddie | K.C. Undercover | Bizaardvark ᑎ | Raven's Home ᑎ |
| ESPN | MLB Baseball Teams TBA. (N) (Live) | | | | | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | |
| ESPN2 | 2017 U.S. Open Tennis Second Round. From the USTA Billie Jean King National Tennis Center in Flushing, N.Y. (N) (Live) | | | | | | E:60 | | NFL Live (CC) | | Jalen & Jacoby | NFL Live (CC) | | Mike and Mike |
| TLC | Say Yes to the Dress "Surprise, Surprise!" | | Say Yes, Dress | Say Yes, Dress | Conjoined Twins: Miracle Separation ᑎ | | Conjoined Twins: Separation Anxiety | | My Baby's Head Keeps Growing (CC) | | The Boy With No Brain ᑎ (CC) | | Conjoined Twins: Miracle Separation ᑎ | |
| USA | Law & Order: Special Victims Unit ᑎ | | Law & Order: Special Victims Unit "Storm" | | Law & Order: Special Victims Unit ᑎ | | Law & Order: Special Victims Unit ᑎ | | Suits "100" (N) (CC) (DVS) | | The Sinner "Part V" (N) (CC) (DVS) | | Law & Order: Special Victims Unit ᑎ | |

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

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Weekly Inspiration from Colette

"Theres no stress in the world, only people thinking stressful thoughts."

-Wayne Dwyer

## ride

continued from page 8

wall-eyed at LinkedIn; writing and rewriting resumes; networking with Tom, Dick and Harry; pouring over application questions; rehearsing for interviews; tsking about unreturned calls and emails; and trying desperately to not take "sorry, we chose someone with corporate experience" personally.

Finally, it came. The job offer was located out-of-state from the high school our youngest attended, but what the hell, it's a great job, take it.

Our original vision of a cushy-post-retirement lifestyle had to be amended to include living apart during weekdays, negotiating the hopelessly tangled ropes of corporate politics, making due with our old minivan with over two-hundred-thousand miles and a leaky roof, and missing our military friends.

One year out, our metamorphosis from military to civilian life is still in the gooey larval stages. We remain very much a family in transition.

As we navigate the peaks and valleys and twists and turns of this extended roller coaster run, we'll hold tight to the military pride that welled up in us last summer on the day of Francis' retirement ceremony. Our military foundation will keep us grounded, so we can sit back, raise our hands in the air, and enjoy the ride no matter where it takes us.

# Face of Defense: Marine trains for high-intensity competition

**by Kaitlin Kelly**

Marine Corps Sgt. Justin Odom is one fit Marine. Odom, the training noncommissioned officer for Marine Corps Systems Command here, has earned a spot at the Corps' 3rd Annual High Intensity Tactical Training Athlete Championship, scheduled to take place at Camp Pendleton, California, Aug. 28-31.

**Marine Corps Sgt. Justin Odom, the Marine Corps Systems Command training noncommissioned officer, performs a snatch lift July 18, 2017, at the High Intensity Tactical Training facility at Marine Corps Base Quantico, Va. After earning the top male competitor spot in the HITT preliminaries at Quantico, Odom was selected to represent the base in the 3rd Annual HITT Athlete Championship at Camp Pendleton, Calif., in August. Marine Corps photo by Kaitlin Kelly**

The event brings together the top male and female tactical athletes from each region to compete to be the best tactical athlete in the Marine Corps. Competitors are challenged on their mental and physical capabilities through strength and conditioning activities that mirror the seven foundational movements in the HITT program. All activities support combat readiness by increasing Marines' physical capabilities.

Odom earned his place at the preliminaries here this summer, where he participated in a number of events, including a prone three-cone drill, prone agility drill, kneeling power ball throw, board jump, 25-yard dash and 300-yard shuttle. Although he signed up two days before the competition and had little time to prepare, Odom came out on top.

"I wasn't really nervous at all, but did struggle a little with the cone drill because I hadn't practiced agility drills since my high school days," he said. "But I still tried my best and stayed focused."

Odom was selected to represent Quantico as the top male competitor alongside the installation's top female Marine, Maj. Kerry Hogan from Manpower and Reserve Affairs.

"I was very proud he wanted to participate in the competition and execute the course," said Odom's supervisor, Gunnery Sgt. Joseph Lodovico. "I hope he looks forward to the big competition in California, because the sky is the limit for him."

Through the Force Fitness Instructor program, the Corps seeks to promote innovative healthy physical fitness alternatives, such as HITT, to enhance operational fitness levels and optimize readiness for all Marines and, in turn, improve physical fitness and Combat Fitness Test scores, and Body Composition Program productivity. The program focuses on flexibility and agility, as well as strength and stamina.

In addition to the command's PT program, Odom takes part in CrossFit and local competitions, which, he says, help him stay motivated in his career and face any challenges that come his way.

"The competitive nature of CrossFit is rewarding because I get to see my progress as my repetitions increase in weightlifting and my numbers increase in different moves on the board," he said. "My coach actually heard about the HITT challenge and encouraged me to sign up because of the similarities in both workout routines."

Odom joined the Corps four years ago, just one year after graduating high school. Physical fitness has always been a priority, and he wanted to serve his country. The Corps allowed him to forge his interests into a career.

"The Marine Corps is the best branch of the military there is," Odom said.

In March, the Florida native completed Marine Corps Forces Special Operations Command selection school at Stone Bay, North Carolina. For now, he is in charge of Marine training at MCSC, but will soon head back to Stone Bay for the next portion of MARSOC training.

Working at MCSC is a different type of challenge, Odom said -- one where he gets to work his mind by learning about computers, while staying focused on physical training.

"Sergeant Odom is excellent, motivated and does whatever it takes to get the job done," Lodovico said. "His job while in MARSOC training and the HITT competition will be to perform the best he can. He really builds upon basic knowledge, and I know what he's capable of."

Odom credits his success the physical and mental training he has received in the Corps, as well as the extra workouts he puts in during his off-duty time.

"I think it's cool that I get to go to California and represent the command and base," he said. "I love competing; that's totally my wheelhouse, so I'm pretty excited for it."

# Mayweather, McGregor boxing vs. MMA fight free on live TV, Aug. 26, at Pala

The long-awaited Floyd Mayweather, Jr. versus Conor McGregor fight, that for the first time will match a professional boxer against a professional mixed martial artist, will be shown on LIVE television from the T-Mobile Arena in Las Vegas, NV, starting at 6 p.m., Saturday, Aug. 26, in the Infinity Showroom at Pala Casino Spa & Resort. Doors will open at 5:30 p.m.

The fight will be FREE to the public and seating will be on a first-come first-serve basis. A cash bar service will be available. The Infinity Showroom will be the only venue at Pala where the fight may be viewed.

Mayweather, Jr. (49-0-0, 26 KOs), from Las Vegas, is a five-division world champion, has won 15 world titles and the lineal championship in five weight divisions.

McGregor (22-3-0, 18 KOs) from Crumlin, Dublin, Ireland, is a professional mixed martial artist and professional boxer. He is the reigning Ultimate Fighting Championship (UFC) lightweight champion and former UFC featherweight champion. During his MMA career, he has competed as a featherweight, a lightweight and a welterweight.

Pala is located in Northern San Diego County; from San Diego/Riverside, take I-15 to Highway 76 east five miles; from Los Angeles County and Orange County, take I-5 south to Highway 76 east, then travel 23 miles. Pala is 15 miles north of Escondido, 12 miles south of Temecula.

# Holiday Bowl tickets on sale now

Tickets for San Diego's postseason collegiate football game, the San Diego County Credit Union Holiday Bowl, went on sale Aug. 23. The 40th annual SDCCU Holiday Bowl will kick off at 6pm PST on Thursday, Dec. 28 at Qualcomm Stadium. Fans can enjoy the ultimate pregame party, FanZone, featuring a craft beer garden, food trucks, an interactive college football skills challenge, a sports lounge airing sports action on the big screen, and activities for kids as well. Access to the FanZone is free with a game ticket.

The 40th anniversary game will showcase a high-octane match-up of top teams from the Pac-12 and Big Ten conferences. In the 2016 Holiday Bowl, the Minnesota Golden Gophers shut down the highly-touted Washington State Cougars offense for a 17-12 victory.

Ticket prices for the SDCCU Holiday Bowl range from $35-$185 and can be purchased through the bowl game ticket office at Qualcomm Stadium – Gate A, or by calling (619) 283-5808. Tickets can also be purchased online at HolidayBowl.com, or through Ticketmaster.

## San Diego County Credit Union Holiday Bowl to Sell Stadium Luxury Suites

### Event line-up includes Football and Concerts

The San Diego County Credit Union Holiday Bowl will assume the role of selling and managing the luxury suites for all events at Qualcomm Stadium. The agreement was reached between the City of San Diego and the SDCCU Holiday Bowl.

The 2017 Qualcomm Stadium event schedule includes exciting sporting events and marquee concerts. Suite holders can experience seven San Diego State Aztecs football games, the 40th annual San Diego County Credit Union Holiday Bowl and two major concerts – U2 on Sept. 22 and Coldplay on Oct. 8.

Season and individual event suite packages are available. Interested parties should contact Tom Milks, Director of Suite Sales, at the SDCCU Holiday Bowl, email tmilks@holidaybowl.com or visit HolidayBowl.com/luxury-suites.

## Chargers Schedule

**Preseason**
Seahawks 48, Chargers 17
Saints 13, Chargers 7
Sat, Aug 26 @ LA Rams
Thu, Aug 31 @ San Francisco

**Regular Season**
Mon, Sep 11 @ Denver
Sun, Sep 17 vs. Miami
Sun, Sep 24 vs. Kansas City
Sun, Oct 1 vs. Philadelphia
Sun, Oct 8 @ New York Giants
Sun, Oct 15 @ Oakland
Sun, Oct 22 vs. Denver
Sun, Oct 29 @ New England
Sun, Nov 12 @ Jacksonville
Sun, Nov 19 vs. Buffalo
Thu, Nov 23 @ Dallas
Sun, Dec 3 vs. Cleveland
Sun, Dec 10 vs. Washington
Sat, Dec 16 @ Kansas City
Sun, Dec 24 @ New York Jets
Sun, Dec 31 vs Oakland

## Rams Schedule

**Regular Season**
Sun, Sep 10 vs. Indianapolis
Sun, Sep 17 vs. Washington
Thu, Sep 21 @ San Francisco
Sun, Oct 1 @ Dallas
Sun, Oct 8 vs. Seattle
Sun, Oct 15 @ Jacksonville
Sun, Oct 22 vs. Arizona
Sun, Nov 5 @ New York Giants
Sun, Nov 12 vs. Houston
Sun, Nov 19 @ Minnesota
Sun, Nov 26 vs. New Orleans
Sun, Dec 3 @ Arizona
Sun, Dec 10 vs. Philadelphia
Sun, Dec 17 @ Seattle
Sun, Dec 24 @ Tennessee
Sun, Dec 31 vs San Francisco

**Preseason**
Rams 13, Cowboys 10
Rams 24, Raiders 21
Sat, Aug 26 vs. L.A. Chargers
Thu, Aug 31 @ Green Bay

# Around Town

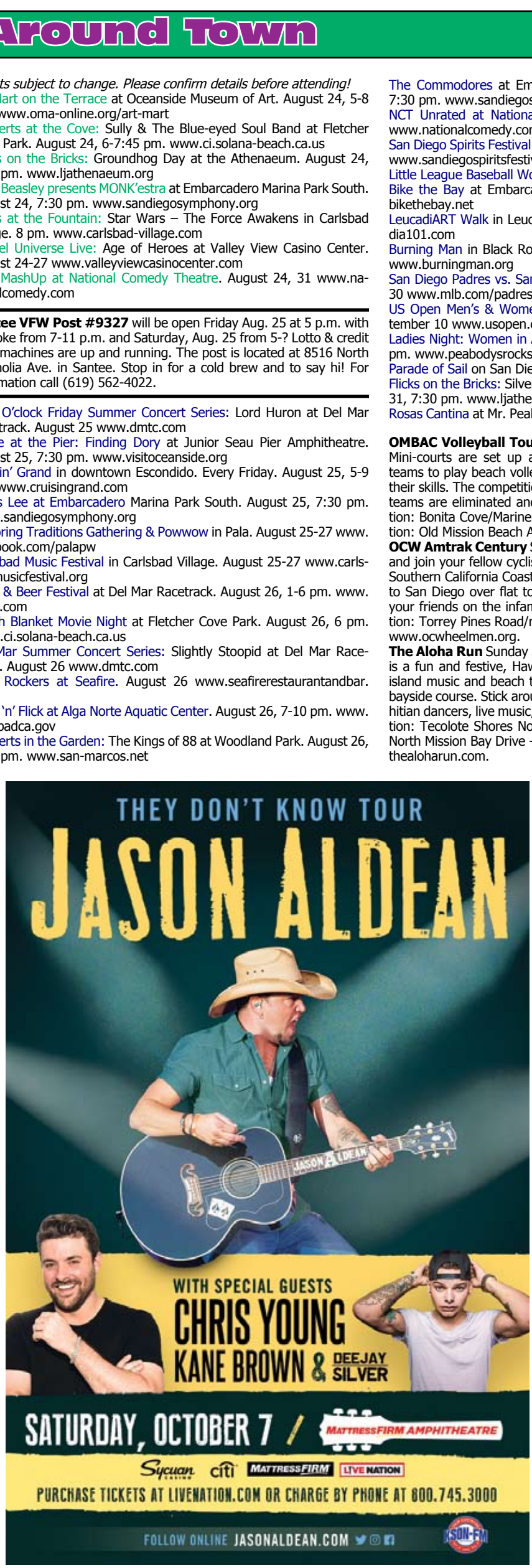
*Events subject to change. Please confirm details before attending!*
Art Mart on the Terrace at Oceanside Museum of Art. August 24, 5-8 pm. www.oma-online.org/art-mart
Concerts at the Cove: Sully & The Blue-eyed Soul Band at Fletcher Cove Park. August 24, 6-7:45 pm. www.ci.solana-beach.ca.us
Flicks on the Bricks: Groundhog Day at the Athenaeum. August 24, 7:30 pm. www.ljathenaeum.org
John Beasley presents MONK'estra at Embarcadero Marina Park South. August 24, 7:30 pm. www.sandiegosymphony.org
Flicks at the Fountain: Star Wars – The Force Awakens in Carlsbad Village. 8 pm. www.carlsbad-village.com
Marvel Universe Live: Age of Heroes at Valley View Casino Center. August 24-27 www.valleyviewcasinocenter.com
NCT MashUp at National Comedy Theatre. August 24, 31 www.nationalcomedy.com

**Santee VFW Post #9327** will be open Friday Aug. 25 at 5 p.m. with karaoke from 7-11 p.m. and Saturday, Aug. 25 from 5-? Lotto & credit card machines are up and running. The post is located at 8516 North Magnolia Ave. in Santee. Stop in for a cold brew and to say hi! For information call (619) 562-4022.

Four O'clock Friday Summer Concert Series: Lord Huron at Del Mar Racetrack. August 25 www.dmtc.com
Movie at the Pier: Finding Dory at Junior Seau Pier Amphitheatre. August 25, 7:30 pm. www.visitoceanside.org
Cruisin' Grand in downtown Escondido. Every Friday. August 25, 5-9 pm. www.cruisingrand.com
Amos Lee at Embarcadero Marina Park South. August 25, 7:30 pm. www.sandiegosymphony.org
Honoring Traditions Gathering & Powwow in Pala. August 25-27 www.facebook.com/palapw
Carlsbad Music Festival in Carlsbad Village. August 25-27 www.carlsbadmusicfestival.org
Pizza & Beer Festival at Del Mar Racetrack. August 26, 1-6 pm. www.dmtc.com
Beach Blanket Movie Night at Fletcher Cove Park. August 26, 6 pm. www.ci.solana-beach.ca.us
Del Mar Summer Concert Series: Slightly Stoopid at Del Mar Racetrack. August 26 www.dmtc.com
Boat Rockers at Seafire. August 26 www.seafirerestaurantandbar.com
Float 'n' Flick at Alga Norte Aquatic Center. August 26, 7-10 pm. www.carlsbadca.gov
Concerts in the Garden: The Kings of 88 at Woodland Park. August 26, 7:30 pm. www.san-marcos.net
The Commodores at Embarcadero Marina Park South. August 26 , 7:30 pm. www.sandiegosymphony.org
NCT Unrated at National Comedy Theatre. August 26, 11:45 pm. www.nationalcomedy.com
San Diego Spirits Festival at Port Pavilion Broadway Pier. August 26-27 www.sandiegospiritsfestival.com
Little League Baseball World Series Championship August 27
Bike the Bay at Embarcadero Marina Park South. August 27 www.bikethebay.net
LeucadiART Walk in Leucadia. August 27,10 am – 5 pm. www.leucadia101.com
Burning Man in Black Rock Desert, Nevada. August 27-September 4 www.burningman.org
San Diego Padres vs. San Francisco Giants at Petco Park. August 28-30 www.mlb.com/padres
US Open Men's & Women's Tennis Championships. August 28-September 10 www.usopen.org
Ladies Night: Women in Art and Music at Mr. Peabody's. August 30,8 pm. www.peabodysrocks.com
Parade of Sail on San Diego Bay. August 31 www.sdmaritime.org
Flicks on the Bricks: Silver Linings Playbook at the Athenaeum. August 31, 7:30 pm. www.ljathenaeum.org
Rosas Cantina at Mr. Peabody's. August 31, 8:30 pm. www.peabodys-

**OMBAC Volleyball Tournament** Saturday September 9, 7am-7pm Mini-courts are set up at Bonita Cove and ready for three-person teams to play beach volleyball. It's a fun day for athletes to show off their skills. The competition will continue throughout the day as losing teams are eliminated and the final winning team is announcedLocation: Bonita Cove/Mariner's Point in Mission Bay Park. Host Organization: Old Mission Beach Athletic Club (OMBAC).www.ombac.org.
**OCW Amtrak Century** Saturday September 9, 11am -5:30 pm Come and join your fellow cyclists in the most scenic biking event down the Southern California Coast! This is 100 miles of road riding from Irvine to San Diego over flat to rolling terrain. You can also celebrate with your friends on the infamous Amtrak train ride back to Irvine. Location: Torrey Pines Road/multiple city streets/North Embarcadero Pier. www.ocwheelmen.org.
**The Aloha Run** Sunday September 10, 6:15-10:30am The Aloha Run is a fun and festive, Hawaiian-themed 5k/10k event. Be inspired by island music and beach tunes as you run or walk the flat and scenic bayside course. Stick around for a luau party at the finish line with Tahitian dancers, live music, photo opportunities and much more! Location: Tecolote Shores North Park - park pathways - De Anza Road - North Mission Bay Drive - Mission Bay Drive - Clairemont Drive. www.thealoharun.com.

**53rd Balboa Park 4-Miler Cross Country Race** Saturday September 2, 7:30 am -8:45 am Would you like to join a group on a 4-mile trail run at Balboa Park? The course will take youalong the dirt path Bridle Trail shaded by trees and upon paved roadways and walkwaysthrough the west side of the park. Location: Balboa Park - west side of the park between 6th Avenue & Highway 163.
**Little Italy Stickball Tournament (3-Day Event)** September 2,3,4, 9am-5pm The game of stickball is played on neighborhood streets where opposing teams use sticks to maneuver a ball to opposite sites to score for points. Come and watch the local teams battle for stickball glory! Anticipated Attendance: 40. Anticipated Participants: 15. Location: Columbia Street between Date St. & Beech St./ India Street between Ash St. & Beech St./State Street between Ash St. & Beech St. Host Organization: Little Italy Association.. Internet: www.sandiegostickball.com.

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619-280-2985.


**Cruisin' Grand Through Sept. 30** On Friday nights in Escondido, the streets are filled with strolling people and a parade of pre-1970s vintage cars slowly cruise up and down seven blocks of Grand Avenue. Cruisin' Grand has not only become the heart of Escondido and the number one car cruise in the nation. The event gives people a reason to come downtown every week, whether it be to meet up with friends or spend time with family. In recent years, support from local and regional sponsors has allowed Cruisin' Grand to expand and include theme nights, featured car clubs, special attractions, additional awards and live entertainment. Spectators can rediscover all that downtown Escondido has to offer every Friday night between 5 and 9 pm from April through September.

**8/25** Hudson Car Club
**9/1** TBD
**9/8** Fire Truck Night
**9/15** AFX & Carlsbad Raceway Reunion & Gasers
**9/22** Winners Circle
**9/29** Nitro Night Deuce Night

Cruisin' Grand takes place along Grand Avenue between Centre City Parkway and Ivy Street, Escondido. For more information call (760) 291-7206 or visit www.cruisingrand.com.


MARITIME MUSEUM SAN DIEGO
Star of India

San Salvador Sailing Adventures
Aug. 26, board 11:30am
sail 12- 4pm

The San Salvador is a replica of Juan Rodriguez Cabrillo's ship that arrived at the port we now call San Diego on September 28, 1542. These 4-hour Sailing Adventures are for people who love history, and sailing. Very few people have sailed aboard Galleons of the sixteenth century. No sailing experience required. Tickets are $49 for children and $99 for adults.

Festival of Sail & Grand Parade
Labor Day Weekend
Aug 31 – Sept 4

The Port of San Diego's Festival of Sail will grace the waterfront Labor Day Weekend. 125,000 are expected to attend this annual Tall Ships Event on the Embarcadero. The Festival of Sail, hosted by the Maritime Museum of San Diego, will again transform the North Embarcadero into a nautical theme park. More than twenty tall ships and other fascinating vessels from around the world will participate. Visitors will enjoy touring the ships, eat delicious food and drink from dozens of restaurant booths, a petting zoo, pirates, sunset cruises and shopping for one of-a-kind items among more than 150 festival vendors. Several ships will engage in cannon battle reenactments on San Diego Bay during the festival. The festival kicks off with a Grand Parade of Sail on San Diego Bay at 1:30pm on Thursday Aug. 31.

Tickets and information can be found at www.sdmaritime.org or at (619) 234-9153 extension 106. The Maritime Museum of San Diego is located at Star of India Wharf at 1492 North Harbor Drive, San Diego, CA 92101.


San Diego Spirits Festival

The San Diego Spirits Festival **August 26–27** once more calls out to all whiskey & bourbon worshipers, tequila aficionados, gin guzzlers, rum radicals, vodka vixens and mixologists! Since 2009, San Diego Spirits Festival has been voted Premier Traveler's, "Must-Try Festival of the Year", and named by Fodors as "One of the Best Cocktail Festivals in America!" For six consecutive years, our Mayors have proclaimed San Diego Spirits Festival and has named it an official day. Join the biggest Happy Hour with the 9th San Diego Spirits Festival's two-day celebration of all things cocktail. Shake up your summer as you mingle with thousands of people at the 9th annual San Diego Spirits Festival. "The spirits kick in, the crowds grow, the food excites, and entertainment delights, and if you went to last year's event, you know it's getting better each season, if that's possible!" says Liz Edwards, Founder.

The festival is set to delight everyone's palate and promises to be a feast for all senses, with a weekend of cocktails, food and entertainment. The festival will open your eyes to new and unique cocktails, introducing you to liquor purveyors offering samples of their top-shelf cocktails from small batch to big name distillers. There will be talented mixologists preparing wonderful cocktails, and the finest chefs preparing delicious pairings for you to soak up your favorite libations.

Top of the day with an exciting After Party and Fashion Show brought to you by San Diego Fashion Week, and kick of your heels and dance the night away to a crew of DJs. Do you love cars? There will also be an Exotic Car Showcase. The Marine Rock Band San Diego will be performing. The After Party and Fashion Show is Saturday August 26, from 6pm to 9:30pm.

Tickets are $65 – $95 and are all-inclusive. Highlights of the event are unlimited cocktail & food tastings, bartender battles, chef demonstrations, DJs, live entertainment, restaurants serving samples, food trucks, an after party fashion show, and an exotic car show. The San Diego Spirits Festival takes place at Port Pavilion on Broadway Pier, 1000 N. Harbor Drive San Diego. For tickets and information visit www.SanDiegoSpiritsFestival.com.

# Concerts

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

**August**

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

**Rancid and Dropkick Murphys**. Thurs, Aug 24, 7pm. Rock. Petco Park, 100 Park Blvd, San Diego, CA 92101. (619) 795-5000.

**Dierks Bently.** Friday, Aug 25, 7:30pm. Country/Folk/Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

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

**Mega Summer Concert-Don Omar, Yandel, Arcangel, De La Ghetto, Bad Bunny and lots more.** Sat, Aug 26, 8pm. Staples Center, 1111 S. Figueroa Str, Los Angeles, CA 90015. www.staplescenter.com

**The Gipsy Kings.** Sun, Aug 27, 7:30pm. Folk/World. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 224-3577 or Ticketmaster (619) 220-TIXS. humphreysbythebay.com

**Trombone Shorty with Orleans Ave, St Paul & The Broken Bones.** Sun, Aug 27, 7:30pm. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

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

**Kaleo and the Shelters.** Tues, Aug 29, 6:30pm. Rock. SDSU Open Air Theatre, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Idina Menzel** at Cop ley Symphony Hall. August 29,7:30 pm. www.sandiegosymphony.org

September

**One Republic.** Fri, Sept 1, 7:30pm. Pop/Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

**Idina Menzel.** Fri, Sept 1, 8pm. Pop. Pechanga Resort & Casino, 45000 Pechanga Pkwy, Temecula. (951) 693-1819.

**One Republic**. Sat, Sept. 2, 7pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400.www.hondacenter.com

**Bayside Gospel Concert.** Sat, Sept 2, 7:30pm. USS Midway Museum, 910 N Harbor Dr, San Diego, CA 92101.(619) 544-9600.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**October**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## PET of the week

**Precious** is an eight years young Cockapoo who weighs 15 lbs. She is a special gal - she's blind - but that doesn't slow her down one bit. Precious enjoys going on leash walks with the guidance of your voice and loves to cuddle up with you on the couch. She would do best in a home with a canine companion to be her seeing-eye dog and buddy. Meet this wonderful gal by asking for ID#A1434274 Tag#C929. Precious can be adopted for $35.

**Noelle** is a three year old spayed Lynx Point Siamese who weighs 7 lbs. This little bit arrived at the shelter as a stray, and since no one has come to claim this beautiful girl, she's looking for a new home. Noelle is young and playful, but has outgrown the obnoxious kitten stage of her life. She is simply looking to be part of a loving family where she will be treated like the sweet princess she thinks she is. Please come meet Noelle by asking for ID#A1795460 Tag#C180. She can be adopted for $58.

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


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FRANK'S PRICE.....$14,527
RETAIL BONUS CASH.....-$2,000
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Total Savings OFF MSRP

**$14,777**

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$6,433 Savings from MSRP

FRANK'S PRICE.....$20,527
RETAIL BONUS CASH.....-$2,000
FLEX CASH.....-$750
HMF BONUS CASH.....-$500
MILITARY REBATE.....-$500

**$16,777** NET PRICE

All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. $750 HMF Bonus Cash must finance through Hyundai Motor Finance. $500 Military Rebate, must be active duty or veteran to qualify. 6 at this price. Offer Expires 8/28/17.

## NEW 2017 HYUNDAI SANTA FE SPORT

-$4,500 FRANK'S DISCOUNT
-$3,750 RETAIL BONUS CASH
-$1,500 FLEX CASH
-$750 HYUNDAI FINANCE
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**$11,000** OFF MSRP

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