

## Weekly Contest

This week, enter to win a \$50 gift certificate from the Family Christmas Tree Farm. **See page 10**

## AutoMatters & More

Taking good care of your car battery in a car that isn't driven often. **See page 17**

## Around Town

Black Friday, Holidays at Legoland, Surfin' Santas, CIF football finals, Il Trovatore, Studio Ghibli Fest. **See page 22**

Navy Marine Corps Coast Guard Army Air Force

# ARMED FORCES DISPATCH



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FIFTY SEVENTH YEAR NO. 21  
THURSDAY, NOVEMBER 23, 2017



Defense Secretary Jim Mattis, shown here attending a Marine Corps basic training graduation during a visit to Marine Corps Recruit Depot, San Diego Nov. 17. photo by Army Sgt. Amber I. Smith

## Mattis makes trip to military facilities in Colorado, California

Defense Secretary Jim Mattis made a visit military facilities in Colorado and California last week.

Mattis began his tour in Colorado Springs where he met with senior leaders of North American Aerospace Defense Command and U.S. Northern Command.

"I think the best way to look at it, is we don't look at war as being space war or cyber war. War is war," he said. "And any kind of conflict in the future could well include cyber or space assets."

Specifically, Mattis said he wants to understand the various systems used and the role they play in the decision-making process.

Mattis traveled to California to visit Space and Naval Warfare Systems Center Pacific San Diego, spoke at the Navy Fleet Synch Conference, and attended a Marine Corps basic training graduation at Marine Corps Recruit Depot San Diego.

The two-day stop tour was the secretary's first trip to these locations during his tenure.



## The staff at Armed Forces Dispatch wishes you warm Thanksgiving blessings.

## USS Higgins departs on deployment

by Ensign Clayton Shepherd

SAN DIEGO - USS *Higgins* (DDG 76) departed San Diego Nov. 20 for a regularly scheduled independent deployment to the 5th Fleet area of responsibility.

*Higgins* has a crew of nearly 330 Sailors, officers and enlisted, and is a multi-mission ship designed to operate independently or with an associated strike group.

The deployment follows a rigorous maintenance phase and training cycle, wherein *Higgins* proved itself operationally capable of carrying out its mission as a deployed ballistic missile defense (BMD) asset.

BMD capable guided-missile destroyers provide a great flexibility to combatant commanders and are able to carry out assigned BMD missions while still being ready to respond to other operational tasking such as maritime interdiction operations, air defense, and multinational exercises.

*Higgins* is homeported in San Diego and is part of Naval Surface Forces and 3rd Fleet. Third Fleet leads naval forces in the Pacific and provides the realistic, relevant training necessary for an effective global Navy. Third Fleet constantly coordinates with 7th Fleet to plan and execute missions based on their complementary strengths to promote peace, security, and stability throughout the entire Pacific theater of operations.

## Seal Beach again picked as best Small Navy Installation in the Southwest

by Gregg Smith,

SEAL BEACH - For the second year in a row, Naval Weapons Station Seal Beach has been selected as the winner of the Commander, Navy Region Southwest Installation Excellence Award for Small Installations.

The award recognizes bases for superior support to the fleet, cost savings, and innovative improvements to facilities, quality of life, safety, and environmental sustainability.

It was the third time in six years that the weapons station and its two detachments in Fallbrook and Norco, Calif., had been honored with a southwest installation excellence award win. In 2012 and 2016 the base went on to win the award for the best small installation throughout the Navy.

In recent years base personnel have led efforts to curb the use of energy and water, build a new ammunition pier, upgrade the gym and sports fields, and improve the safety and security of base ops.

## Fire breaks out at NMCS D Dental Clinic

SAN DIEGO - Three staff members and one patient received burn injuries Nov. 20 when a fire broke out at the Naval Medical Center San Diego (NMCS D) Dental Clinic located on the second floor of building #1 at about 10:30 a.m.

The fire was extinguished by the local Federal Fire Department at about 11 a.m. and was contained to one room.

The injured were evaluated at NMCS D's emergency room and were subsequently transported to the University of California Burn Center for follow on treatment.

The medical conditions of the injured are unknown at this time.

The incident is under investigation.

## Tug loses propulsion, drifts into Benfold

YOKOSUKA, Japan - Destroyer USS *Benfold* (DDG 65) was participating in a scheduled towing exercise in Sagami Wan Nov. 18, when the tug boat lost propulsion and drifted into the ship.

No one was injured on either vessel and *Benfold* sustained minimal damage, including scrapes on its side, pending a full damage assessment. *Benfold* remains at sea under her own power. The Japanese commercial tug is being towed by another vessel to a port in Yokosuka. The incident will be investigated.

# CNO visits Sailors from Navy Region Southwest

by BM3 Matthew Jones

SAN DIEGO - Chief of Naval Operations (CNO) Adm. John Richardson held a breakfast meeting with Sailors from various commands across Navy Region Southwest at CZ Hall, Naval Base Point Loma, Nov. 17.



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CNO JOHN RICARDSON

Richardson discussed changes across the fleet and lessons learned from the incidents involving USS McCain and USS Fitzgerald. He also conversed with the Sailors about the current forward deployed status of our Navy, as well as issues concerning the current evaluation system.

"The CNO explained the changes they are trying to make in the eval program," said Hospital Corpsmen 2nd Class Matthew Zelkoski, who attended the breakfast. "I really like the idea of

having your peers evaluate us as part of the process. It's too easy to end up with a Sailor who looks really great on paper, but it doesn't reflect the reality of that Sailor's capabilities."

The CNO has made it a point to frequently have discussions with Sailors across the fleet to receive feedback on all of the Navy's current issues. Richardson said he looks forward to opportunities to get out of the Pentagon and speak with young Sailors.

"This is the best thing I get to do as CNO," said Richardson. "Not only do I get to ask them what I can do to help them, but the input I get back is fantastic! It gives me the information I need to make changes that will have a direct impact on Sailors and the Navy."

Senior and junior Sailors alike have responded to the discussions with an optimistic attitude.

"It was a great experience," said Navy Counselor 1st Class Alfredo Delagarza, assigned to Fleet Readiness Center Southwest. "I've always wanted to meet the CNO in my career, and, now that I've had the opportunity, I hope that more Sailors will have this opportunity. I think if anybody gets this opportunity, they should jump on

## Families of fallen recognized at 'Thanks for Giving' event

by Tech. Sgt. Katie Gar Ward

JOINT BASE LANGLEY-EUSTIS, Va. - Imagine preparing the table for a Thanksgiving meal - the centerpiece is perfectly situated, crystal glassware is sparkling and the coordinating colors are something out of a magazine. But as you begin arranging each place setting, your heart drops - you've just remembered one chair will be empty this year.

While setting a dinner table may be a seemingly



Chief of Naval Operations (CNO) Adm. John Richardson eats breakfast with Sailors from Naval Region Southwest at Naval Base Point Loma. The CNO is in San Diego to attend a fleet synchronization conference with Navy senior leadership from around the globe. Navy photo by MC2 Jonathan A. Colon

it because he will listen to you and you might be able to make a big impact on the Navy just by providing your feedback."

Richardson became the 31st CNO Sept. 18, 2015. He serves as the Navy's most senior officer, a member of the Joint

Chiefs of Staff, and a principal advisor to the secretary of the Navy, secretary of defense and the president.

trivial routine, for Gold Star families, it is a harsh reminder their loved ones won't be joining them for a holiday meal this year, or any to come.

"Thanks for Giving" holiday potluck and social Nov. 16 at the Fort Eustis Club.

According to Rochelle Crockett, SOS support coordinator, the annual event, now in its seventh year, is a way to let Gold Star families know their sacrifice is not forgotten.

"It is our way of saying thanks for giving to our nation, our state and our surrounding communities," said Crockett. "This is how we acknowledge the difficulties some families experience because their service member will not be sitting with them at the table. We want them to

SEE Gold Star, page 4

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**Maghawair al Thowra conducts a security patrol near At Tanf, Syria. photo by Staff Sgt. Jacob Connor**

## Coalition partner forces kill 9 ISIS members in Southern Syria

SOUTHWEST ASIA - On Nov. 16, coalition partner forces near At Tanf Garrison, Syria, killed nine Islamic State of Iraq and Syria fighters and destroyed several ISIS vehicles, Combined Joint Task Force Operation Inherent Resolve officials reported Nov. 19.

The Maghawair al Thowra, a fighting force native to southern Syria, engaged and defeated an attempted ISIS attack in the de-confliction zone near At Tanf, officials said.

MaT has been fighting ISIS and maintaining security of a 55-kilometer radius de-confliction zone at the tri-border area of Iraq, Syria and Jordan since 2015, according to officials.

ISIS terrorists in vehicles with blacked-out headlights penetrated Syrian regime lines into the de-confliction zone, officials said. After coalition and partner forces ordered the vehicles to halt, the ISIS terrorists dismounted and began firing. Coalition and MaT partners returned fire, killing nine ISIS members and destroying several vehicles.

Throughout the event, coalition officials and their Russian counterparts used the de-confliction telephone line to ensure forces on the ground did not belong to Russia or the Syrian regime, officials said.

"This exchange of fires in southern Syria is evidence the terrorist organization still poses a threat to the people of southern Syria," said Army Col. Owen Ray, the Special Operations Joint Task Force's director of operations.

The coalition is committed to remain in the region until ISIS is defeated, Ray added.

# Pentagon officials address Korea, ISIS, budget in news conference

by Jim Garamone

WASHINGTON - It's too soon to tell if there may be an opening for talks with North Korea about denuclearization of the Korean Peninsula, Defense Department officials said this week.

At a news conference, chief Pentagon spokesperson Dana W. White said she wouldn't speculate on what North Korea's activities are or are not. The North has tested nuclear weapons and intercontinental ballistic missiles, but has not had a launch since August.

"Our policies remain to have the verifiable, irreversible denuclearization of the Korean Peninsula," she said. "So it's a diplomatic effort. We'll continue to support our diplomats and ensure that they can negotiate from a position of strength."

White said it is perilous to try and predict anything about what North Korea aims to do. "But we're continuing to monitor the situation," she said.

Reporters asked about the so-called "freeze-for-freeze" option, meaning if North Korea froze its nuclear and missile development programs, the United States and its allies would freeze military exercises. U.S. and allied military exercises are purely defensive,

White said. "Our exercises are long-planned, and our exercises are about reassuring our partners and our alliance allies," she added.

"I would just add that for forward-deployed forces, exercises are a critical component of readiness," said Marine Corps Lt. Gen. Kenneth F. McKenzie, the director of the Joint Staff, who briefed with White. "They do, in fact, assure our partners. They're not necessarily aimed at anyone. But they also, I think, exercise a powerful deterring effect by the fact that they're occurring."

White and McKenzie struck back at accusations that the United States somehow has a deal with the Islamic State of Iraq and Syria. "We flatly reject those accusations. They're simply not true," McKenzie said.

"And in fact, they're not helpful as we pursue what should be a mutual objective of the destruction of ISIS in the Euphrates River Valley. We're conducting one of the most carefully designed air campaigns in the history of modern warfare, and so we flatly reject those assertions."

White also discussed the DoD budget.

"The department has been operating for 1,060 days under a [con-

tinuing resolution]," she said. "The current CR will expire on Dec. 8. We need Congress to pass a robust and predictable budget. We need [a fiscal year 2018] appropriations budget before Dec. 8."

White called the process wasteful and inefficient, noting that continuing resolutions delay main-

tenance, construction starts and launching new programs.

"They increase anxiety in the industrial base, as well as in local communities," she added. "They have a negative impact on the economy, as well as local communities. It's just a waste of money, and we need to be able to plan in advance."

## Navy reminds Sailors of grooming standards

Facial hair has become a popular personal statement among Americans, and the Navy publishes grooming standards for service members in Navy Uniform Regulations and also conducts studies on the safety science behind these standards.

NUR states that the face must be clean shaven unless a shaving waiver is authorized by a CO or higher authority. Mustaches are authorized but shall be kept neatly and closely trimmed, and the mustache can't extend below the lip line of the upper lip, extend across the corners of the mouth or extend any further than 1/4 inch from the corners of the mouth. The length of an individual mustache hair fully extended shall not exceed approximately 1/2 inch. Handlebar mustaches, goatees, beards or eccentricities aren't permitted.

Many Sailors have asked why these strict regulations on facial hair length apply, especially considering the Navy used to allow facial hair growth, including beards. In March 2016, the Naval Safety Center conducted a study at the request of the Director, Military Personnel Plans and Policy Division to consider how facial hair affects the proper fit of respirators worn to conduct many duties in the Navy.

The fit tests were performed on a number of volunteers with varying amounts of facial hair, including stubble, sideburns, and beards. The results showed that in general, the presence of beards and wide sideburns had a detrimental effect on the performance of the respirators. The study concluded that facial hair interferes with the seal and degrades respirator performance.



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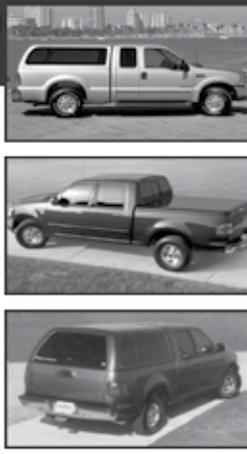
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# U.S., Afghan forces target Taliban drug labs, hit 'where it hurts'

by Lisa Ferdinando

WASHINGTON, Nov. 20, 2017 — U.S. and Afghan forces conducted a series of strikes over the past 24 hours against Taliban drug labs, to target the revenue streams of the terrorists, according to the Resolute Support mission and U.S. Forces Afghanistan commander.

The combined operations

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struck seven Taliban drug labs and one command-and-control node in northern Helmand province, Army Gen. John W. Nicholson told Pentagon reporters today.

Nicholson, who spoke via teleconference from Kabul, Afghanistan, said northern Helmand is the so-called emirate of the Taliban where the terrorists have enjoyed relative freedom of action and where much of their drug enterprise is located.

"Specifically, in striking northern Helmand and the drug enterprises there, we're hitting the Taliban where it hurts, which is their finances," he said.

The Afghan air force led the strikes yesterday with A-29 Super Tucano attacks against drug labs and then, last night, they were supported by U.S. Air Force B-52 Stratofortresses and other strike aircraft, to include the F-22 Raptor, the general said.

The terrorists are increasingly turning to narcotics trafficking as well as illegal mining, kidnapping and murder for hire to fund their insurgency, Nicholson said.

olson said.

"To some extent it's fair to say that this movement has evolved into a narco-insurgency so their profits from narcotics now exceed their operating expenses," he said. "We find that the leadership of the Taliban fight over the money and it's often divided along tribal lines."

He said law enforcement officials have told him that about 4 percent of the heroin in the United States is from Afghanistan -- and they say that number might grow.

Nicholson said the strikes did not target the poppy farmers, but rather the production facilities. He explained that the farmers are forced by terrorists to grow the crop that is processed into opium, morphine and then heroin.

The general complimented the Afghan government and security forces for their efforts in the fight. The security forces are brave and have sacrificed much, he said, adding that their capacity is growing and they are doing well in the battlefield.

"Our message to the enemy is that 'You cannot win the war; it's time to lay down your arms and enter into the reconciliation process,'" he said. "If they don't, they're going to be confined to

irrelevance as the Afghans expand their control of the country -- or death."

"These are the choices they face," Nicholson added.

Three of the strikes were in Kajaki district, four in Musa Qalah district and one in Sangin district. The strikes were carried out under new authorities in the current U.S. Afghan strategy, he explained.

Under the new strategy, which is not yet 90 days old, U.S. forces can "attack the enemy across the breadth and the depth of the battlespace," as well as their financial networks and revenue streams, the general said.

Nicholson noted previous authorities required U.S. forces to be operating in proximity to Afghan forces, so the U.S. forces could strike in defense of the Afghan forces. However, targets such as support infrastructure, training bases and infiltration lanes really were not included under those previous provisions, he explained.

The combined strikes yesterday were the result of many hours of planning and the result of trust and close cooperation between the United States and Afghanistan, the general said. "Our message to the Afghans is very straightforward: 'We are



**An Air Force KC-10 Extender aircrew flies a mission in support of a new offensive campaign in Afghanistan, Nov. 19. The crew and aircraft are assigned to the 908th Expeditionary Air Refueling Squadron. Afghan and U.S. forces recently launched a series of ongoing attacks to hit the Taliban where they are most vulnerable: their revenue streams. Missouri Air National Guard photo by Staff Sgt. Colton Elliott**

with you, and we will stay with you," he said.

"Their fight on terror is the most important fight in the

world, and it's a fight on behalf of us, as well as them," Nicholson said. It's a fight that secures the U.S., the coalition and Afghanistan, he added.

## Gold Star continued from page 2

remember each of them during this time of year."

That heartfelt effort resonated with Mark and Nancy Stets, who lost their son, an Army staff sergeant, in 2010.

"It's a chance to realize there's not just one family that loses someone - there's a whole group," said Mark Stets. "When your warrior initially dies, you think he's the only one. Then once you get out of your cloud, you see and realize there's a whole lot who are gone."

At this year's event, families connected over music performed by the U.S. Army Training and Doctrine Command brass band, a meal served by community organizations and a talent showcase.

For many of these Gold Star families, the "Thanks for Giving" event is more than just a meal - it's a way to pay homage to their loved ones.

"One year a community supporter stated they could cater this event, but when sharing what I thought was good news, the family members said they actually really enjoyed bringing food to share," said Crockett. "That's because our families come out and share a dish that may have been a favorite of their service member, and they didn't want to stop doing that."

As guest speaker for the event, Maj. Gen. Malcolm B. Frost, Fort Eustis' senior commander Army element, also emphasized the importance of supporting one another during the holiday season.

"This is a way to share something of ourselves, whether it's a family tradition through a delicious dish, our memories of past holidays, or the opportunity to just share time together," said Frost. "The holidays are joyous times and allow us to reflect on the many blessings we have - each other and our families. The Army is one big family, and this is a great opportunity to come together and give thanks."

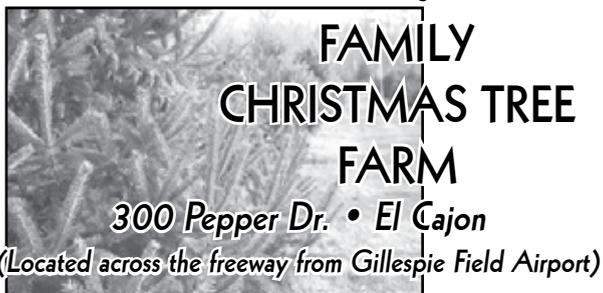
According to Stets, the most important aspect of the "Thanks for Giving" event is the chance to bond with other Gold Star families.

"When you get to talking with some of these families, and ask about who they lost, they start describing their son, and then I think, 'Wow, they're describing my son,'" said Stets. "And that's the Army family."

Although these Gold Star families may be continually reminded of their fallen loved ones during the holidays, events hosted by SOS remind them they are not alone - that their family member is remembered through each and every one of them, and they have an extended family of support, no matter the season.

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## Social Security Matters

by Russell Gloor

### Ask Rusty - Railroad Retirement Benefits vs. Social Security

*Dear Rusty: My neighbor was a long time employee of the railroad and has told me that he doesn't receive Social Security like I do, but rather gets Railroad Retirement Benefits which are, according to him, better than Social Security. This irks me a little bit because I've worked my whole life paying those FICA taxes, so why should my neighbor have a better retirement benefit than me? And just what exactly is this Railroad thing he's covered by? Signed: Annoyed*

Dear Annoyed: Let there be peace among neighbors! While your neighbor's railroad retirement benefit may be better than your Social Security benefit, he also paid more into it over his lifetime than you contributed to Social Security.

First, a little history.

Back in the 1920's workers in the railroad industry were covered by various private pensions that were beset with problems, leaving those workers vulnerable to inadequate financial support during their old age. Following the Great Depression those pension problems reached crisis proportions and in 1934 Congress enacted the Railroad Retirement Act (RRA), which was meant to help aging and needy railroad workers who would not be covered under the planned Social Security system. Various legal issues held the program up until 1937 when about 50,000 private railroad pensions were transferred into the Federal Railroad Retirement program. Initially meant as an old age retirement and disability program for rail workers, it evolved over the years to become more of a social insurance program providing survivor, spousal, dependent, sickness and unemployment benefits, similar in many ways to how Social Security evolved during the same time period. A financial interchange between Social Security and Railroad benefits was set up in 1951, eventually evolving to the Railroad Retirement Act of 1974. The program has continued to undergo refinements as needed, and is administered by an independent Federal agency called the Railroad Retirement Board (RRB). While independent, the RRB is closely aligned with Social Security, but the benefits of each program differ.

Railroad employees pay taxes into the system for two separate benefit categories known as Tier I and Tier II. Tier I contributions are similar to Social Security (6.20 percent), but Tier II contributions - essentially for a supplemental pension - are an additional 3.9%. In both cases, there is a maximum taxable wage cap. And similar to Social Security, another 1.45 percent is levied for Medicare. As with Social Security, rail industry employers pay an equal amount of payroll tax for Tier I, but they also pay a substantially higher tax percentage than employees for Tier II benefits.

Without getting into the myriad of details, suffice to say that just like Social Security, RRA has eligibility criteria for beneficiaries. Although Tier I railroad benefits are intended to somewhat mimic Social Security, there are a lot of nuances in the railroad retirement program, which can make benefits higher. The differences are far too numerous to describe here but as an example, early retirement benefits aren't reduced if the worker has at least 30 years of railroad service. Tier II benefits are designed to resemble a private defined benefit pension plan.

So how different are the benefits? Well, for 2016 the average Social Security retirement benefit was about \$1,350 per month, while the average retirement benefit for railroad employees was about \$2,675 per month. While the difference is substantial, remember that a defined benefit pension is part of rail employees' retirement benefits. Further, career rail employees - those who have contributed through payroll taxes for a long period of time - receive considerably more than the average.

So if your neighbor was a long time railroad employee, don't begrudge him his somewhat higher benefit. He earned it, just as you have earned Social Security plus any additional pension benefit you might enjoy from working in the private sector. Now, invite your neighbor over for coffee and discuss something non-controversial, like politics.

*Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. The information presented in this article is intended for general information purposes only. The opinions and interpretations expressed are the viewpoints of the AMAC Foundation's Social Security Advisory staff, trained and accredited under the National Social Security Advisors program of the National Social Security Association.*

## Deadline nearing for wreath orders for fallen veterans

The deadline for ordering live, balsam fir wreaths for the national Wreaths Across America (WAA) Day is quickly approaching.

WAA volunteers are reaching out to the public for donations to help them reach a goal of 198,000 wreaths. Deadline for ordering wreaths is this coming Monday, Nov. 27.

This year, four cemeteries in the San Diego area will participate in the Dec. 16 Wreaths Across America Day event - Valley Center Cemetery, Miramar and Fort Rosecrans National Cemeteries, and Greenwood Memorial Park.

Americans will join together to thank military veterans lying at rest on WAA Day. On this day, more than 1.2 million wreaths will be placed on veterans' headstones at more than 1,230 locations in all 50 U.S. states.

Brenda Kaesler, Miramar National Cemetery's location leader, hopes enough funding will be raised to place 9,200 wreaths at Miramar National Cemetery.

"This would cover every headstone," said Kaesler. "Volunteers will also be placing small stones on the graves of Jewish veterans, an ancient tradition in Israel that is new to Miramar."

Between the four local cemeteries, Kaesler estimates that about 198,000 wreaths are needed to adorn every veteran's grave with a wreath.

"Many groups are eager to donate funds and hands-on help, such as businesses ranging in size from mom and pop stores to large corporations like Sharp Healthcare, Omnitrac, Qualcomm and BAE Systems," she said. "Boy and Girl Scout troops and local chapters of the National Society Daughters of the American Revolution are just a few of many organizations who also participate. WAA depends on these groups and other volunteers to lay each wreath against a headstone all in one morning prior to a ceremony full of military decorum."

Miramar National Cemetery's program will feature Sgt. Major James Porterfield of the 3rd Marine Aircraft Wing at MCAS Miramar. Kaesler is pleased he has accepted the invitation to address the audience of a few hundred.

"He's a highly decorated Marine, having served for nearly 30 years in a variety of positions, from his first assignment as a Harrier aircraft avionics technician to today," said Kaesler.

Fundraising to provide enough wreaths is a top priority. WAA is a non-profit organization that receives no government funds; for

\$15 one wreath will be delivered to the participating cemetery of choice.

Order yours through the San

Diego WAA website at [www.waasandiego.com](http://www.waasandiego.com). By clicking the heading Get Involved, donors can add their gifts to those of participating fundraising groups.

## NDA Conference Committee bill passes

The House and Senate recently passed the final version of the FY2018 National Defense Authorization Act that focuses on military readiness. The bill authorizes nearly \$700 billion, which is \$80 billion more than sequestration spending caps still in effect.

The final bill includes: • **Keeping a grandfather clause to shield current retirees younger than 65 from an additional TRICARE fee increase; Imposing a pharmacy co-pay for retirees younger than 65; Eliminating the expiration date of May 2018 for the Special Survivor Indemnity Allowance for military widows, and increasing the SSIA based on the annual cost-of-living-allowance; Increasing pay (larger than requested) for troops by 2.4 percent, the largest pay increase in 8 years; Eliminating a scheduled one-percent cut in Basic Allowance for Housing, and stopping a Senate provision to cut the dependent children rate for dual-military couples; Boosting military end strength by more than 20,000 service members (4,000 Navy and 1,000 Marines); Mandate all Reserve Component members that are mobilized to receive pre-mobilization and transitional health care; Providing additional measures to protect victims of sexual assault including prosecution of perpetrators of non-consensual sharing of intimate images; Allowing reimbursement up to \$500 for a spouse's expenses related to obtaining occupational license or certification in another state; Directing the Correction of Military Records Boards to consider additional medical evidence relating to post-traumatic stress disorder or traumatic brain injury when reviewing a discharge**

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# On Base & On Board

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**NFL Football** NBPL, Main Base, The Clubhouse, Bldg. 546 Make the Clubhouse Recreation Center your home for all NFL games, all season long with Sunday Ticket. Our 110" Screen puts the hard hits, big runs and deep passes right in your face! Food specials available at Clubhouse Café. Info: 619-553-9138

**Daily Drop-In Games** NAB, Community Recreation Center, Bldg. 337 Stop by to try one of our NEW daily drop-in games! PS4 virtual reality games, board games and more! Available daily 10 am-5 pm. Info: 619-437-3190

**November Facebook Photo Contest** November 1-30, FREE Help raise awareness for Men's Health! Like us on facebook.com/comrecsd and post your best "Before" and "After" pictures from the No Shave Mustache November (aka Movember) with #CRNOSHAVE. Last day to post is Nov. 30. The post with the most "likes" by Dec. 5 at 5 pm receives a shave kit. Info: NBC 619-437-3190, NBPL 619-553-9138, NBSD 619-556-9597

**Conquer The Bay** November 1-December 30, FREE 30-mile swim, 60-mile run, 120-mile bike Can you do it! Visit a Naval Base San Diego pool or fitness center to start tracking your miles, then collect rewards at each "rest stop." Note: Master's route = half the distance. Balboa Athletic Complex Pool, NMCSD, Bldg. 12, 619-532-6080 Balboa Fitness Center, NMCSD, Bldg. 26, Floor 1B, 619-532-7260 Admiral Prout Pool, NBSD, Bldg. 3279, 619-520-3048 Admiral Prout Field House Gym, Bldg. 3279, 619-556-7443 Harborside Fitness Complex, Bldg. 3477, 619-556-2064 The Olde Gym, Bldg. 223, 619-556-7450

**Glow Hike Holiday Photos** Wednesday & Thursday, November 29 & 30, 3-7 pm, \$5 NAB Community Recreation Center, Bldg. 337 Book your family for a holiday-themed, 30-minute photo session! We have colored backdrops, props and a photographer here to capture your best poses. Each family receives a 4x6 print and frame to decorate with supplies on hand. Registration required: 619-437-3190

**Paint N' Vineyard** Thursday, November 30, 6 pm, \$25 NBSD Waterfront Community Recreation Center, Bldg. 45 Back by popular demand! Make your own original piece of art with tips from our fun, professional instructor. All supplies included. Registration required: 619-556-9597 or Online: www.navylifsw.com

**Kid's San Diego Zoo And Safari Park Coloring Contest** December 1-8, FREE (Open to kids 12 yrs. and under) NBSD Tickets and Travel Offices Drop off your coloring page to any NBSD Tickets and Travel Office for your chance to win a 4-pack of tickets from the San Diego Zoo and Safari Park. Winner selected on 12/11. Info: 619-556-2174

**NASNI Bird Walks** Friday, December 1, 8-9 am Enjoy a fun, guided, beach walk listening to the ocean sounds and indigenous birds chirping. Walk begins from the Navy Lodge lobby. Info: 619-437-3190

## HAPPENINGS LISTED FROM PREVIOUS ISSUES...

FREE Active Duty Golf Clinics Wednesday 5-6 pm and Friday 12-1 pm

Improve your game with professional instruction! For more details contact the Naval Base Golf Performance Center at 619-556-7502.

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

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

**Winter Series 2017-18** Check-in from 7-7:45 am • 8 am Shotgun start • \$55 18-hole team formats TBD. Cost includes golf, cart and prizes. Food, awards and prizes follow golf. Sunday, November 19 Sunday, December 17 Sunday, January 21 Sunday, February 18 Contact the Golf Shop for complete details: 619-487-0090

## BOWLING

**Cosmic Bowling** Sea 'N Air Lanes, NASNI – Every Friday and Saturday night, 8 pm-midnight Admiral Robinson Recreation Center, NBSD – Saturday, 9 pm-midnight Visit one of MWR's Bowling Centers for "out-of-this-world" bowling. Everything glows under black lights while the fog rolls in and wild music blasts you to another dimension. Bring the whole family and enjoy the "cosmic" scene!

**Roll & Grow Saturdays**, 9:30 am, \$5/per week Admiral Robinson Recreation Center, NBSD **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.

## CYP

**Thanksgiving Dinner** Wednesday, November 22 • 5:30-8 pm • FREE Admiral Hatman Youth Center | Getaway Youth Center Teens ages 11-18, work side by side to prepare and enjoy a holiday meal with their peers, staff and parents! Pre-registration is required: Admiral Hatman Youth Center: 858-270-2060, Getaway Youth Center: 619-225-5628

**2017 Scholarship Fair** Wednesday, November 29 • 6-8 pm • FREE Murphy Canyon Youth Center, 4867 Santo Rd., San Diego, CA 92124 College Scholarship Representatives in attendance! Parents and youth interested in local and national scholarships are encouraged to attend. Featuring a Post-9/11 GI Bill Presentation, Provided by Ms. Beth Juachon & Department of

Veterans Affairs. For more information email: scholarshipfair@gmail.com Visit: www.navylifsw.com/slo

## LIBERTY

**Outreach Mondays 2nd Monday** at NBPL, Main Base • 4th Monday at NBPL, Harbor Drive Annex 10:30 am-12:30 pm • FREE Sign up at your base Liberty Center today! Visit our booth to sign up for upcoming trips and events. Enjoy FREE activities and treats! Info: 619-524-6587

**Game Night** @ Liberty Hall Mondays • 6-8 pm • FREE Game Night every Monday -- what will it be this week! Board games, card games, video games and more! Info: 619-524-6587

**Pool Tournament** @ Liberty Hall Tuesdays • 6-8 pm • FREE Game play varies weekly. Always a chance to win prizes! Info: 619-524-6587

**Weekly NFL Picks** @ Liberty Hall Thursdays • Due by 5 pm • FREE Submit your picks each week before the start of Thursday Night Football. Person with the best record gets their name on our "Winner's Board" and a VIP seat at our Super Bowl Party Liberty Hall: 619-524-6587

**November Photo Booth** Saturday, November 25 • 3-8 pm • FREE-Help raise awareness of men's health by flooding www.facebook.com/MWRSanDiegoLiberty with mustache-clad Sailors. Sport your own, home-grown version or we have fake ones and funky props in our photo booth. Info: 619-524-0961

**RC Races** Monday, November 27 • 6-8 pm • FREE Let the races begin! Prizes awarded to the best drivers. Info: 619-524-0961

**Call Of Duty: Zombies** Wednesday, November 29 • 6-9 pm • FREE You and a partner test your skills to survive the zombie apocalypse. Each round you pass earns you a prize. Info: 619-524-0961

**Holiday Gift & Craft Series** Thursdays • 6-8 pm • Cost Varies Get started early on your holiday gifts or make something for yourself! Pay for each craft individually or save when you purchase all upfront for only \$20. November 30 – Soap Making • \$5 Info: 619-524-0961

**Auto Skills 101: How To Change Your Oil** Monday, November 27 • 5 pm • FREE Save yourself money on those oil changes by learning to do it yourself! Workshop open to single enlisted and unaccompanied active duty, plus a guest, 18+. Info: 619-545-3331

**Breakfast With Liberty** Tuesday, November 28 • 10 am • FREE Enjoy a delicious French toast breakfast on us to celebrate National French Toast Day! Info: 619-545-3331

**Paint N' Sip Night** in Mills Hall Barracks Wednesday, November 29 • 6 pm • \$5 Learn how to paint with acrylics while enjoying drinks and snacks! Event open to single enlisted and unaccompanied active duty, plus a guest, 18+. Info: 619-545-3331

**No-Shave November Contest** Thursday, November 30 • 6 pm • FREE Do you have the best mustache, beard or Fu Manchu? Enter our contest for a chance to win prizes and beard bling! Event open to single enlisted and unaccompanied active duty, plus a guest, 18+. Info: 619-545-3331

## MOVIES at the Bases

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

Friday, November 24  
4:00 pm Up (PG) 96 min.

Saturday, November 25  
6:00 pm Pan (PG) 111 min.

Sunday, November 26  
6:00 pm Tangled (PG) 100 min.

Thursday, November 30  
5:00 pm The Jungle Book (PG) 106 min.

Friday, December 1  
3:00 pm Private Event. Theater Reserved  
6:00 pm Christmas with the Kranks (PG) 99 min.

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

Friday, November 24  
5:00 pm Wag the Dog (R) 97 min.

Saturday, November 25  
2:00 pm Battle of The Sexes (PG-13) 121 min.  
5:00 pm It (R) 135 min.

Sunday, November 26  
5:00 pm Rudy (PG) 104 min.

Monday, November 27  
5:00 pm Happy Gilmore (PG-13) 92 min.

Tuesday, November 28  
11:00 am The Lego Ninjago Movie (PG) 120 min.  
5:00 pm Four Weddings and a Funeral (R) 117 min.

Wednesday, November 29  
5:00 pm Pain & Gain (R) 129 min.

Thursday, November 30  
11:00 am The Lion King (G) 88 min.  
5:00 pm Cadillac (R) 109 min.

Friday, December 1  
5:00 pm Kingsman: The Golden Circle (R) 141 min.

**Bob Hope Theater** 858-577-4143 \*Indicates last showing

**THU. 23** 6:30 PM American Made ( R ) LAST SHOWING

**FRI. 24** 6:30 PM Thank You for Your Service ( R )

9:00 PM Jigsaw ( R )

**SAT. 25** 3:00 PM Blade Runner 2049 ( R )

6:30 PM Tyler Perry's Boo 2! A Madea Halloween ( PG-13 ) FREE ADVANCE SCREENING

9:00 PM The Foreigner ( R )

**SUN. 26** 1:00 PM The Mountain Between Us ( PG-13 )

6:30 PM Happy Death Day ( PG-13 )

**WED. 29** 6:30 PM The Mountain Between Us ( PG-13 ) LAST SHOWING

**THU. 30** 6:30 PM Blade Runner 2049 ( R ) LAST SHOWING

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

Friday, November 24

6:00 pm Thank You For Your Service (R) 109 min.

8:10 pm Jigsaw (R) 92 min.

Saturday, November 25

1:00 pm Tyler Perry's Boo 2! A Madea Halloween (PG-13) 101 min.

3:00 pm Blade Runner 2049 (R) 163 min.

6:10 pm Geostorm (PG-13) 109 min.

8:20 pm Thank You For Your Service (R) 109 min.

Sunday, November 26

1:00 pm Geostorm (PG-13) 109 min.

3:20 pm Thank You For Your Service (R) 109 min.

5:50 pm Tyler Perry's Boo 2! A Madea Halloween (PG-13) 101 min.

8:00 pm Jigsaw (R) 92 min.

Monday, November 27

6:00 pm Jigsaw (R) 92 min.

8:00 pm Thank You For Your Service (R) 109 min.

Tuesday, November 28

6:00 pm The Mountain Between Us (PG-13) 112 min.\*

8:20 pm Geostorm (PG-13) 109 min.

Wednesday, November 29

5:50 pm Thank You For Your Service (R) 109 min.

8:00 pm The Foreigner (R) 114 min.

Thursday, November 30

5:50 pm Tyler Perry's Boo 2! A Madea Halloween (PG-13) 101 min.

8:00 pm Blade Runner 2049 (R) 163 min.\*

Friday, December 1

5:50 pm Thor: Ragnarok (PG-13) 130 min.

8:20 pm A Bad Moms Christmas (R) 104 min.

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

Friday, November 24

5:50 pm Thank You For Your Service (R) 109 min.

8:00 pm Jigsaw (R) 92 min.

Saturday, November 25

12:50 pm Geostorm (PG-13) 109 min.

3:00 pm Thank You For Your Service (R) 109 min.

5:50 pm Jigsaw (R) 92 min.

7:50 pm Thank You For Your Service (R) 109 min.

Sunday, November 26

12:50 pm Happy Death Day (PG-13) 96 min.

2:50 pm Geostorm (PG-13) 109 min.

5:50 pm Tyler Perry's Boo 2! A Madea Halloween (PG-13) 101 min.

7:50 pm Thank You For Your Service (R) 109 min.

Monday, November 27

5:50 pm Jigsaw (R) 92 min.

7:50 pm Thank You For Your Service (R) 109 min.

Tuesday, November 28

5:50 pm Thank You For Your Service (R) 109 min.

8:00 pm The Foreigner (R) 114 min.

Wednesday, November 29

5:50 pm Geostorm (PG-13) 109 min.

8:00 pm Thank You For Your Service (R) 109 min.

Thursday, November 30

5:50 pm Thank You For Your Service (R) 109 min.

8:00 pm Jigsaw (R) 92 min.

Friday, December 1

5:50 pm Thor: Ragnarok (PG-13) 130 min.

8:30 pm Thor: Ragnarok – 3D (PG-13) 130 min.

# About Your Health

## Sailors bring smiles to children at Sri Lanka Hospital

by Navy Lt. j.g.  
Michelle Tucker

Sailors from the Nimitz Carrier Strike Group and members of the U.S. Embassy in Sri Lanka visited children at Lady Ridgeway Hospital here during a port visit yesterday.

Volunteers from the cruiser USS Princeton and the destroyers USS Howard, USS Pinckney and USS Kidd gave some of their liberty time to help out.

"This was great opportunity to really interact with some folks out in the community," said Navy Lt. Cmdr. Scott Mehaffey from Norfolk, Virginia, USS Princeton's air warfare officer. "We got to play with kids. That was the best part -- seeing little kids and to be here for them. This is what it's really about. This is what we value as Americans -- to be part of a bigger world, not just us."

The group split up and visited four children's wards during the visit. They talked with children and parents, passed out fruit and drinks, did crafts, and sang with children.

"It was good time, painting pumpkins and just interacting with the children," said Navy Petty Officer 1st Class Landon Menard, a fire controlman. "I wanted to set a positive example for the sick children and let them know that it can and will get better."

Hospital Director Dr. W.K. Wickramasinghe said this is the first time U.S. Navy sailors have visited the hospital.

**Navy Petty Officer 3rd Class Joe Holmes, assigned to the guided-missile cruiser USS Princeton, does crafts with a boy at Lady Ridgeway Hospital in Colombo, Sri Lanka, during a volunteer event with Nimitz Carrier Strike Group, Oct. 29, 2017. Navy photo by Lt. j.g. Michelle Tucker**

"I think it's a change," the director said. "Everybody sees the sailors as military people, but there's a human side to them also."

Open since 1895, Lady Ridgeway is a teaching hospital that receives patients from across the country. The hospital treats about 1,000 children in the outpatient ward along with around 300 in the inpatient ward and is one of the largest children's hospitals in the world. All services at the hospital are free of charge in keeping with the Sri Lankan government's free health care policy.

Patient care is a priority at the hospital, said Wickramasinghe, which often limits the amount of time staff can spend interacting on a personal level with children. That made the sailors' visit even more special.

"I think every parent would welcome somebody to come talk to them [the children] from the heart," Wickramasinghe said. "People are busy, and there's not much time for [staff] to interact, other than the patient care. Having other well-wishers come in and interact helps to get [patients] cured."

This is the first time a U.S. Navy carrier strike group has pulled into Sri Lanka since 1985. The Nimitz Carrier Strike Group is on a regularly scheduled deployment in the 7th Fleet area of operations



in support of maritime security operations and theater security cooperation efforts.

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### Changes are coming to TRICARE: Are you ready to take command of your health?

Changes are coming to your TRICARE beginning Jan. 1 giving more benefit choices, improving access to care, simplifying cost shares etc. The best way for you to prepare now is to update your info in DEERS at <https://TRICARE.mil/plans/eligibility/DEERS>, sign up for TRICARE benefit updates at [www.TRICARE.mil/subscriptions](http://www.TRICARE.mil/subscriptions), and visit TRICARE changes at <https://TRICARE.mil/about/changes>.

## NEXCOM announces NEX holiday season return policy

In order to accommodate customers making post-holiday gift returns, all NEX locations will accept returns through January 27, 2018. This extended return policy applies to original purchases made between Oct. 25 – Dec. 24, 2017, at any NEX or through the NEX web store, myNavyExchange.com. Customers are asked to include any packaging material along with the receipt when making a return. Any returns without a receipt will be placed on a NEX Gift Card.

AppleCare/AppleCare+ Protection Plans are returnable within 60 days of purchase. Requests for returns of these protection plans after 60 days will be referred to Apple for a pro-rated refund for the days remaining on the plan.

A great gift idea this holiday season is a NEX Gift Card. It can be used just like cash for most merchandise and service purchases at any NEX or at myNavyExchange.com. NEX Gift Cards can be purchased in varying dollar amounts and have no fees or expiration date.

The Navy Exchange Service Command (NEXCOM) oversees 100 Navy Exchange (NEX) facilities and nearly 300 stores worldwide, 39 Navy Lodges, the Ships Store Program, the Uniform Program Management Office, the Navy Clothing and Textile Research Facility and the Telecommunications Program Office. NEXCOM's parent command is the Naval Supply Systems Command. NEXCOM's mission is to provide authorized customers quality goods and services at a savings and to support Navy quality of life programs for active duty military, retirees, reservists and their families. NEXs and Navy Lodges operate primarily as a non-appropriated fund (NAF) business instrumentality. NEX revenues generated are used to support Navy Morale, Welfare, and Recreation (MWR) programs. Since 1946, NEXCOM has given \$3.6 billion to Navy MWR quality of life programs. Shop online at myNavyExchange.com.

## Legal Assistance for Sailors, Families and Retirees

Did you know? Worldwide Legal Assistance offices support more than 120,000 Sailors, families and retirees each year. Learn more about the 50th anniversary of the JAG Corps and how legal assistance attorneys can help you: <http://www.jag.navy.mil>. #USNJAG50

## How to incorporate learning into your child's daily routine

**(StatePoint)** Young children don't need to be in a classroom to learn important skills. And the earlier you get started, the better. Here are some great ways to incorporate fun learning experiences into your child's day.

### Bath Time

Don't miss the opportunity to make bath time a fun and engaging experience. Count rubber duckies together, sing 'Head, Shoulders, Knees and Toes,' complete with corresponding choreography, and read books -- just be sure they are of the waterproof variety! Even just talking to your children during this time can be educational, helping them pick up new vocabulary and develop language skills.

### Play Time

With careful consideration, your play area can serve double-duty, being a station for fun while encouraging a child's curiosity and love of learning. Consider innovative learning toys that actively teach important skills, such as counting, shapes, colors and the alphabet, while introducing the problem-solving, creativity and social skills children will need to thrive as they grow.

Certain toy brands, such as LeapFrog, have created a variety of learning tools that are also fun to play with for young kids. For example, their new Scoop & Learn Ice Cream Cart can help children build memory and sequencing skills while they create ice cream cones with a scooper that recognizes colors and flavors. The brand also has



a combination laptop and touch screen tablet called the 2-in-1 LeapTop Touch, which is designed to help kids learn letters, numbers and music.

'Childhood is a time of discovery, so seek out toys designed to

foster children's natural curiosity,' says Dr. Clement Chau, director of learning for LeapFrog. 'Toys should provide a range of experiences that build a strong foundation of learning.'

Dr. Chau also recommends

Step & Learn Scout, a pet pup that teaches kids letters and counting while they develop gross motor skills and get some exercise, as well as the Stack & Tumble Elephant, for building hand-eye coordination while learning songs, numbers and phrases.

### Mealtime

Mealtime is the perfect time of day to teach kids about their health, as well as good nutrition habits. You can teach kids about the five food groups, as well as vitamin basics, so they learn that what they put into their body can have a positive impact on their growth and wellness. Kids can also develop motor skills by helping you in the kitchen. From pouring to mixing to measuring, there are many kitchen tasks perfect for little hands.

### Bedtime

Help kids wind down before bed with some great books. Read to your children until they can read to themselves. You'll be forming a lifelong habit of learning.



## Places of Worship

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

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

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## USNA Class of 2018 receives service assignments

by MC3 Kaitlin Rowell

The U.S. Naval Academy Class of 2018 received their service assignments Nov. 16, informing them of the warfare communities in which they will serve as commissioned officers in the Navy and Marine Corps.

A major milestone in their career at the academy, 1,053 first-class midshipmen opened letters containing the information that will define their lives in the fleet. This year, 99 percent of the midshipmen received either their first or second choice of assignments.

Midshipman 1st Class Legare Augenstein, of 12th Company, chose submarines. Unlike the rest of their classmates, the 136 midshipmen joining the submarine community had already been notified of their appointment to the community.

"I was beyond excited when I found out last month," said

Augenstein. "I've been working for this for well over a year, knowing I wanted to go submarines. So when I was told right after my interview with Adm. James Caldwell, I was absolutely euphoric. Today I'm here with my company mates for support and to celebrate all the hard work we've put in for this."

Lt. Sean Heenan, 12th Company officer, shared his excitement for the midshipmen in his company.

"Each company does this a little different; here in 12th company we're going to call them up, give them a certificate and read out what community they'll be serving in," said Heenan. "They'll also get a cupcake with their service assignment on it to enjoy, as well as a t-shirt that they'll wear this evening to the big celebration."

Of the 251 midshipmen selected to become Marines, 183

will serve as ground officers and 68 will serve as pilots or flight officers.

Also from 12th Company, Midshipman 1st Class Mckenna Niemer made the decision to become a Marine after learning the roles and responsibilities of a Marine Corps officer.

"I've had a lot of Marine mentors; they've been wonderful people and have changed my life for the better," said Niemer. "I'm going to go to the community I want to be in, with the people I want to be with and do exactly what I've dreamed about doing for so long. I'm so excited."

For Midshipman 1st Class Luke Redito, of 17th Company, a member of the Student Unmanned Aerial Systems Flight Team, selecting Navy Pilot was an easy choice.

"It's such a huge relief," said Redito. "I've worked really hard for this from day one and it's such a great feeling to see it all come together."

The Naval Academy endeavors to match personal preferences with aptitude and ability, placing midshipmen in the community best suited to their strengths so as to set them up for successful careers in the Navy and Marine Corps.

## New Initial Run Standard

## Navy sets new physical fitness standard to start boot camp

Beginning Jan. 1, Recruit Training Command (RTC), the Navy's only boot camp, will require recruits to pass an initial run standard before they may commence basic military training.

The initial run standard is evaluated on the 1.5 mile run of the first Physical Fitness Assessment (PFA) at boot camp. The initial run standard for male recruits will be 16 minutes 10 seconds and 18 minutes seven seconds for female recruits.

"All military services have an initial physical fitness standard before recruits can commence basic training," said Rear Adm. Mike Bernacchi, commander, Naval Service Training Command. "The initial run standard raises the bar at RTC, helping us develop tough, more qualified Sailors during basic military training and send a more lethal force to the fleet."

To graduate boot camp, all recruits must score a satisfactory medium on the official Navy PFA. To ensure recruits advance toward this goal over their eight weeks of training, the initial run standard sets the minimum run time at which a recruit must start training in order to meet their expected level of progress.

If a recruit fails to meet the initial run standard, they will have one chance to retest within 48 hours. If they fail the retest, recruits will be discharged from the Navy with an entry level separation, which allows them to reapply at a later date with a waiver from Navy Recruiting Command.

"It is the responsibility of each recruit to work hard and maintain all Navy standards," said RTC Commanding Officer Capt. Mike Garrick. "Physical fitness is one of the greatest predictors of Sailor success. Before they arrive to boot camp, recruits are expected to train to meet the physical fitness standards."

For recruits who prove they are serious about physical fitness by achieving an outstanding high on their final PFA at boot camp, they will be meritoriously advanced to the next pay grade upon graduation.

## Online retirement requests ready for self service use

The Navy announced a self-service function for Retirements and Separations within Navy Standard Integrated Personnel System (NSIPS) in NAVADMIN 273/17 Nov. 15.

According to NAVADMIN 273/17, the functionality allows members to initiate requests electronically using NSIPS self-service, route them through their chain for review and recommendation and then electronically route the request to Navy Personnel Command for a decision.

This new capability is another interim enhancement to our legacy systems while the new systems and processes of Sailor 2025 are finalized.

"The process was originally announced in NAVADMIN 133/16 when we ran a successful operational evaluation in four regions," said Capt. Vince Smith, director, personal performance and career transition division. "The ability to submit online retirement and separation requests allows for online verification and will increase transparency of the application process for Sailors, their commands, personnel support detachments and Navy Personnel Command."

Commands with access to NSIPS Web must set up their command hierarchy prior to the Jan. 1, 2018. Directions for setting up the hierarchy is posted on the NSIPS main page beneath the Training section, titled "User Productivity Kit (UPK)." In the UPK section, select "RnS Training," then "Command Setup Training." The NSIPS Web-Afloat implementation timeline depends on each ship and where it is in the modernization process. NSIPS-Web Afloat is scheduled to be completed in approximately 24 months.

Beginning Jan. 1, 2018, officers will submit their voluntary resignation or retirement requests, and enlisted personnel will submit their requests to transfer to the Fleet Reserve using NSIPS. Deployed Sailors without access to NSIPS Web will submit their requests to their shore-based chain-of-command.

Sailor 2025 is a modernization of the Navy's personnel system that is focused on adapting the Navy's workforce to new and evolving threats while continuing to attract and retain the best Sailors in a competitive talent market. Today, Sailor 2025 features 45 initiatives built on a framework of three pillars: a modern personnel system, a career learning continuum and career readiness.

For more information, read NAVADMIN 273/17 at [www.npc.navy.mil](http://www.npc.navy.mil).



**Recruits participate in a warm-up run at Freedom Hall fitness center onboard Recruit Training Command (RTC). Recruits participate in physical training six days a week while stationed at RTC. About 30,000-40,000 recruits graduate annually from the Navy's only boot camp. (U.S. Navy photo by Chief Petty Officer Seth Schaeffer/Released)**



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# HAPPY THANKSGIVING!

Navy Recruiting Command provides recruits with a fitness and nutrition guide, which they can follow on their own or with the help of their recruiting office. Using the fitness and nutrition guide to prepare for the initial run standard, more recruits will report to boot camp physically fit, reducing attrition due to PFA failures and raising the quality of Sailors that reach the fleet.

Recruits who pass the initial run standard may commence basic military training and are placed in groups based on their initial fitness abilities. Throughout their training, recruits are encouraged to advance to higher levels of fitness through participation in cardio and strength training exercises. As recruits advance, they improve their fitness level and prepare for success in the fleet.

Boot camp is approximately eight weeks long and all enlistees into the U.S. Navy begin their careers at the command. Training includes physical fitness, seamanship, firearms training, firefighting and shipboard damage control along with lessons in Navy heritage and core values, teamwork and discipline. About 30,000 to 40,000 recruits graduate annually from RTC and begin their Navy careers.

## Navy deploys undersea rescue unit to Argentina

**San Diego-based command assists with search for missing submarine**

NAVAL STATION MAYPORT, Fla. - The Navy has ordered its Undersea Rescue Command (URC) based in San Diego to deploy to Argentina Nov. 18, to support the South American nation's ongoing search for the Argentinean Navy submarine A.R.A. San Juan in the Southern Atlantic.

URC deployed two independent rescue assets based on a number of factors, including the varying depth of ocean waters near South America's southeastern coast and the differing safe operating depths of the two rescue systems.

Three U.S. Air Force C-17 Globemaster III and one U.S. Air Force C-5 Galaxy aircraft transported the first rescue system, the Submarine Rescue Chamber (SRC) and underwater intervention Remotely Operated Vehicle (ROV) from Miramar to Comodoro Rivadavia, Argentina. The four aircraft departed Miramar Nov. 18 and arrived in Argentina Nov. 19.

The second rescue system, the Pressurized Rescue Module (PRM) and supporting equipment will be transported via additional flights and is scheduled to arrive in Argentina early next week.

The SRC is a McCann rescue chamber designed during World War II and still used today. SRC can rescue up to six persons at a time and reach a bottomed submarine at depths of 850 feet. The PRM can submerge up to 2,000 feet for docking and mating, with a submarine settled on the ocean floor up to 45-degree

angle in both pitch and roll. The PRM can rescue up to 16 personnel at a time. Both assets are operated by two crewmembers and mate with the submarine by sealing over the submarine's hatch allowing Sailors to safely transfer to the rescue chamber.

The URC Sailors deploying with the rescue systems are highly trained on its use and routinely exercise employing the advanced technology in submarine rescue scenarios.

The U.S. government is supporting a request from the government of Argentina for international assistance to the ongoing search for the missing submarine and possible rescue opportunities once the vessel and crew are located.

A Navy P-8A Poseidon multi-mission maritime aircraft and a NASA P-3 research aircraft are already in Argentina assisting ongoing search efforts near the submarine's last known location.

### Southern Command

Meanwhile, the Navy has deployed unmanned underwater vehicles (UUV) to join in the search for the A.R.A. San Juan, in South Atlantic waters.

The equipment consists of one Bluefin 12D (Deep) UUV and three Iver 580 UUVs, which are operated by the Navy's recently-established Unmanned Undersea Vehicle Squadron 1, based in Pearl Harbor, Hawaii.

The UUVs are uniquely capable to help in the search. Both types are capable of deploying quickly and searching wide areas of the ocean using Side Scan Sonar, a system that is used to efficiently create an image of large areas of the sea floor. The Bluefin 12D is capable of conducting search operations at 3 knots (3.5 mph) at a maximum depth of almost 5,000 feet for 30 hours, while the Iver 580s can operate at a depth of 325 feet, traveling at 2.5 knots (2.8 mph) for up to 14 hours.

The U.S. government is providing rapid response capabilities, including aircraft, equip-

### Carl Vinson Strike Group completes sustainment exercise

PACIFIC OCEAN - The *Carl Vinson* Carrier Strike Group completed a three-week sustainment training exercise off the coast of Southern California, Nov. 16.

Completing the exercise indicates the strike group's readiness for executing missions across all warfare areas. The group successfully conducted a series of at-sea drills, missile shoots, and strike operations using a variety naval platforms and weapons.

"Our time at sea was well spent. We trained how we fight," said Commander, Carrier Strike Group 1 Rear Adm. John Fuller, who leads the group. "We worked hard as a team to refine our battle rhythm and execute complex, integrated operations. We're ready for deployment."

The strike group includes *Vinson* support ships *Lake Champlain*, *Wayne E. Meyer* and *Michael Murphy*. The carrier group is scheduled to deploy to the Western Pacific region early next year.

## FROM MCRD SAN DIEGO Golf Company - Family Day

(Nov. 20, 2017) - The new Marines of Golf Company, 2nd Recruit Training Battalion, reunite with their loved ones during Family Day at Marine Corps Recruit Depot San Diego. After nearly 13 weeks of training, the Marines of Golf Company officially graduated from recruit training Nov. 21. Photos by Cpl. Angelica I. Annastas



Related photo, page 12

“Thanks for the great job you all do over there. I am just a fan of your paper and I've benefited from it so much.”

Thank you, Lincoln Robinson

# America's squadrons participate in Dubai Air Show

DUBAI, United Arab Emirates - Deployed Navy and Marine Corps aviation units from amphibious assault ship USS *America* (LHA 6), 15th Marine Expeditionary Unit (MEU) and Special Purpose Marine Air-Ground Task Force - Crisis Response - Central Command

(SPMAGTF-CR-CC) joined hundreds of civilian and military exhibitors at the International Air Show in the Dubai World Center Nov. 12-16.

As part of one of the biggest air shows in the world, the U.S. military has been an active

participant since 2003. The show is a biennial event that is recognized as one of the premier aviation and air industry events in the Gulf/Middle East region with more than 1,100 exhibitors from 60 countries with 160 aircraft on display.

"I think participating in the Dubai Air Show was a great opportunity to showcase what we do and what we have been doing on deployment so far," said Lt. Andrew Wilson, an MH-60S Sea Hawk helicopter pilot assigned to the "Wildcards" of Helicopter Sea Combat Squadron (HSC) 23, currently embarked on *America*.

Visitors to this year's show were greeted with an impressive spectrum of U.S. aviation assets from the Air Force, Marine

Corps, and Navy. In addition to the MH-60S, units showcased an F-22 Raptor, an E-3 Sentry from 380th Air Expeditionary Wing, the Air Combat Command F-16 Viper demonstration team, a CH-53E Super Stallion, an MV-22B Osprey from the 15th MEU's aviation combat element and a KC-130J Hercules from SPMAGTF-CR-CC.

"It's good to be able to demonstrate how we can come here and display our aircraft, but really you have to pause and think about the Navy, Marine Corps and Air Force team coming together," said Brig. Gen. Francis Donovan, commander, Naval Amphibious Force, Task Force 51, 5th Marine Expeditionary Brigade. "The unique piece is these Marine and Navy aircraft come from deployed units right

now. While it's a static display here on the tarmac, the reality is we can deliver those required assets and ordnance or Marines or Sailors or Airmen on the target anywhere in this theatre."

Currently deployed in a crisis response capacity, the Navy and Marine aviation assets were able to explain their missions to visitors of the air show.

"Both the 15th MEU and our unit are deployed to the 5th Fleet area of operation as a crisis response and contingency force. We were able to demonstrate and talk about not only our aircraft and equipment but explain to airshow visitors what the Marine Corps provides when it comes to regional stability and security," said U.S. Marine 1st Lt. William Barkley, KC-130J Hercules pilot. "With Special Purpose Marine Air-Ground Task Force - Crisis Response - Central Command structured for land-based operations and the MEU being able to come from sea and shore, it really demonstrates the versatility of the Marine Corps."

Many visitors to the displays

expressed both fascination and appreciation for the chance to learn more about the various U.S. military aviation assets.

"I think it's amazing that the U.S. military is here at the Dubai Air Show," said Mimy Kim, a Dubai Air Show attendee. "When I walk around and see all these people in uniform, it's pretty inspiring because what they do is honorable."

The air show was a unique occasion for America's embarked squadrons to participate in the event alongside the United Arab Emirates, fostering a stronger relationship and enhancing partnerships in the Middle East.

"I think the show gave us a great opportunity to learn about the new capabilities the aviation community has to offer, and increase our knowledge on the capabilities we have on our own equipment by learning about how others are using theirs differently," said Wilson. "It definitely broadens our comprehension on our equipment and helps us advance strategically."

## USS Wayne E. Meyer conducts search and rescue near S.D.

PACIFIC OCEAN - Arleigh Burke-class guided-missile destroyer USS *Wayne E. Meyer* (DDG 108) rescued three mariners from a sinking vessel, Nov. 18.

At approximately 8:20 a.m., Nov. 18, *Wayne E. Meyer* responded to a distress call from Motor Vessel IKENA. *Wayne E. Meyer*, which was conducting routine operations off the coast of San Diego, immediately made best speed to render assistance to the distressed vessel.

*Wayne E. Meyer* arrived on scene and deployed its rigid-hulled inflatable boat (RHIB) to recover the mariners from the sinking vessel. Once on board the ship, the mariners were evaluated by the medical team before being transferred to U.S. Coast Guard Cutter Petrel.

"We were in close proximity to the crew members just minutes after their boat submerged, and are proud to have quickly assisted and returned these men home without injury," said Cmdr. Alex Mamikonian, executive officer of *Wayne E. Meyer*.

*Wayne E. Meyer* is based in San Diego and is part of the *Carl Vinson* Carrier Strike Group. The strike group most recently completed a three-week sustainment exercise off the coast of Southern California, Nov. 16, in preparation for a scheduled deployment to the Western Pacific early next year.

"You really learn what your crew is capable of when a real life situation develops. Although we continually train for all types of contingencies, it's the performance of the crew, when lives are at stake, that allow you to gage the effectiveness of our training," said Cmdr. Vince Fortson, commanding officer of *Wayne E. Meyer*.

"I have never been prouder of my crews performance today, quickly reacting to a real life rescue mission. They performed calmly, superbly, and professionally," he said

*Wayne E. Meyer* Carrier Strike Group is part of U.S. 3rd Fleet. Third Fleet leads naval forces in the Pacific and provides the realistic, relevant training necessary for an effective global Navy.

Third Fleet constantly coordinates with U.S. 7th Fleet to plan and execute missions based on their complementary strengths to promote ongoing peace, security, and stability throughout the entire Pacific theater of operations.

## Marine Corps court-martial dispositions

At a Special Court-Martial at San Diego, Staff Sergeant S. M. Lord was convicted by a panel of officer and enlisted members of violation of a lawful general order and drunk on duty. The members sentenced the accused to no punishment.

At a Special Court-Martial at Camp Pendleton, Corporal C. J. Wydajewski was convicted by a military judge of violations of lawful general orders and wrongful possession and use of a controlled substance. The military judge sentenced the accused to 30 days confinement, reduction to E-1, and a bad-conduct discharge. The pre-trial agreement had no effect on the sentence.

At a Special Court-Martial at Miramar, a sergeant was acquitted by a panel of officer and enlisted members of wrongful use of a controlled substance and TRICARE fraud.

At a Special Court-Martial at Camp Pendleton, Private First Class M. F. Williams was convicted by a military judge of unauthorized absence, disobeying a lawful order of commissioned officer, false official statement, and wrongful use of controlled substances. The military judge sentenced the accused to 120 days of confinement, reduction to E-1, and a bad-conduct discharge. Pursuant to a pre-trial agreement, the convening authority agreed to suspend all confinement in excess of 90 days.

At a Special Court-Martial at Camp Pendleton, Corporal A. S. Conrad was convicted by a military judge alone of unauthorized absence, false official statements, and wrongful use of controlled substances. The military judge sentenced the accused to 120 days confinement, forfeiture of \$1,000 pay per month for a period of 3 months, reduction to E-1, and a bad-conduct discharge. Pursuant to a pre-trial agreement, the convening authority agreed to suspend all confinement in excess of 90 days and to suspend the punitive discharge.

At a Special Court-Martial at Camp Pendleton, Private L. D. Schaefer was convicted by a military judge of unauthorized absence and violation of a lawful order. The military judge sentenced the accused to 80 days confinement, forfeiture of \$1,000 pay per month for a period of 2 months, and a bad-conduct discharge. Pursuant to a pre-trial agreement, the convening authority agreed to suspend all confinement in excess of 45 days and the punitive discharge.

At a General Court-Martial at Camp Pendleton, Corporal B. Guo was convicted by a military judge of negligent homicide and reckless operation of a vehicle. The military judge sentenced the accused to 54 months confinement, reduction to E-1, and a bad-conduct discharge. Pursuant to a pre-trial agreement, the convening authority agreed to suspend all confinement in excess of 12 months.

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# USS Coronado departs 7th Fleet after Indo-Asia-Pacific deployment

by Lt. Clyde Shavers

**I**NTERNATIONAL DATE LINE - Littoral combat ship USS Coronado (LCS 4) departed the U.S. 7th Fleet area of responsibility (AOR) Nov. 21 after supporting theater security cooperation efforts and maritime security operations throughout the Indo-Asia-Pacific for nearly 14 months.

During the rotational deployment, the ship and crew operated with navies of 16 partner nations, participated in 11 multilateral and bilateral exercises, and made 10 strategic port visits across the Indo-Asia-Pacific region. *Coronado* visited Puerto Princesa, Philippines, Guam, and Kwajalein Atoll, Marshall Islands while transiting out of the U.S. 7th Fleet area of responsibility and is currently in transit to San Diego.

"The rotational deployment of USS *Coronado* demonstrated the relevance of LCS as a platform tailor made for the dynamic and congested sea lanes, straits and archipelagos of South and Southeast Asia, providing flexible options and tactical advantages," said Rear Adm. Don Gabrielson, commander, Task Force 73.

"We made tremendous strides in a challenging, forward deployed environment and the team is already applying lessons learned to future deployments in 2018," he said. "The Navy remains committed to the rotational deployment of LCS to the Indo-Asia-Pacific and views the LCS as a pillar of future U.S. maritime presence in Southeast Asia."

*Coronado* achieved many operational milestones for the LCS program to include coordinated counterpiracy operations with the Philippine Navy in the Sulu Sea and inaugural port visits to Cam Ranh, Vietnam and Lumut, Malaysia where the ship and crew deepened maritime partnerships. While operating alongside the Republic of Singapore Navy during exercise Pacific Griffin near Guam, *Coronado* fired a Harpoon surface-to-surface missile and successfully struck a target beyond visual range.

The ship contributed to

regional maritime security through routine presence operations in the South China Sea, Philippine Sea, Andaman Sea, and the Straits of Malacca and Singapore.

"Our ability to conduct sophisticated ship evolutions in complex maritime environments with partner nations throughout the region is the direct result of a mutual and unwavering commitment by the U.S. and our Allies and

partners in the region," said Capt. Lex Walker, commodore of Destroyer Squadron (DESRON) 7.

There were also opportunities to improve scheduled and expeditionary maintenance for a deployed LCS. The ship's maintainers reduced the average repair time while deployed from 15 to 4 days, increasing the availability and readiness of *Coronado* to operate across the region.

*Coronado* also conducted expeditionary maintenance availabilities in locations outside Singapore to include Cam Ranh, Vietnam, Guam, and Lumut, Malaysia.

"I am extremely proud of the Sailors and the work we did in the region," said Cmdr. Douglas Meagher, commanding officer of *Coronado*. "Members of the crew and partner navies alike were able to grow from their experiences at sea together."

As U.S. 7th Fleet's executive agent for theater security cooperation in South and Southeast Asia, Commander, Task Force 73 and DESRON 7 conduct advanced planning, organize resources and directly support the execution of maritime exercises and engagements, such as Pacific Partnership, the bilateral CARAT series, the Naval Engagement Activity (NEA) with Vietnam and the multi-lateral Southeast Asia Cooperation and Training.

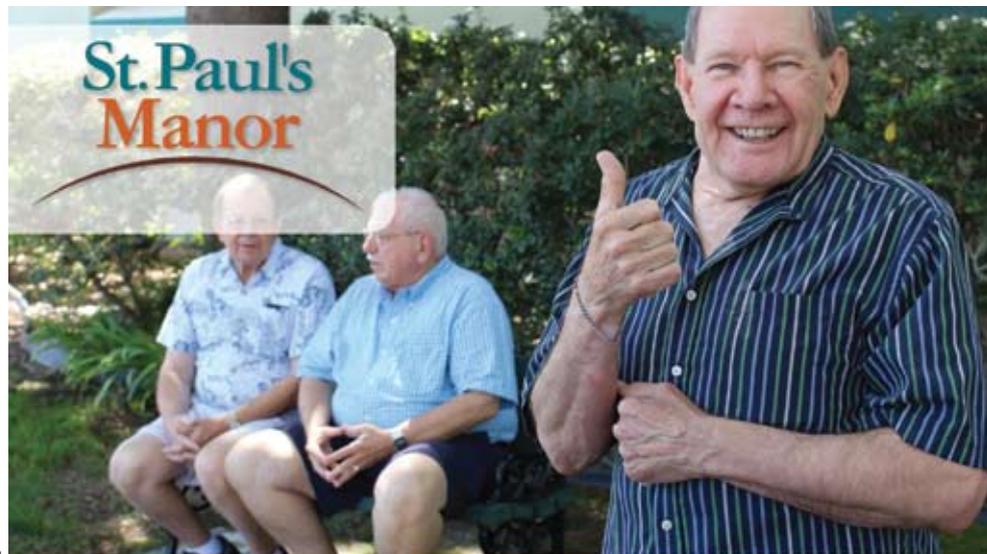
Task Force 73 and DESRON 7 also tactically control and coordinate maintenance for rotationally deployed littoral combat ships.



**MCRD SAN DIEGO (Nov. 17, 2017) - Defense Secretary Jim Mattis (left) attends a Marine Corps basic training graduation during a visit here. DoD photo by Army Sgt. Amber I. Smith**



**CAMP PENDLETON (Nov. 16, 2017) - Marines participate in fireman's carry drills during a field meet here. The Marines are assigned to the 1st Maintenance Battalion, 1st Marine Logistics Group. Marine Corps photo by Cpl. Andre Heath**



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## Global Winter Wonderland comes to San Diego

A holiday festival that draws 400,000 people a year to Sacramento is opening in San Diego for the first time this season.

Global Winter Wonderland, an international celebration featuring the largest display of traditional Chinese lanterns outside of China – along with Cirque du Soleil-level acrobatics, 35+ carnival rides, holiday-themed activities, games, and international food and shopping – premieres at SDCCU Stadium Nov. 19- Jan. 7, 2018. Global Winter Wonderland's large luminescent, hand-crafted lanterns are inspired by international landscapes and landmarks, such as the Taj Mahal and Eiffel Tower, allowing guests to "travel around the world" for the holiday season. A "Circus of Lights," the event will spread across 17-acres of SDCCU Stadium with 50+ larger-



than-life structures, many of which are being newly designed and constructed for San Diego. Nearly 100 Chinese artists, with generations of family experience, arrive in San Diego up to eight weeks early to design and hand-sew the intricate displays that can reach heights of 20 feet. The construction begins by molding wire and welding steel to make the frame of the lantern. Then, energy efficient LEDs are wired to the inside structure and colorful silk is stretched across the framework. Final additions such as airbrush paint are added to give lanterns a unique look. Tickets are available for purchase at [www.global-wonderland.com](http://www.global-wonderland.com). Adult tickets are \$22, while children (ages 4-12) and senior (aged 62 or older) are \$19.

## Encinitas celebrates the arts as the Holiday Parade rolls down Coast Highway Dec 2

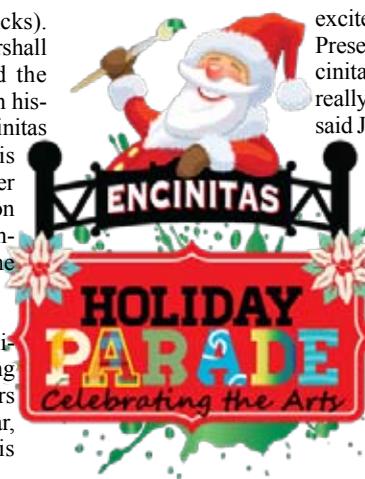
For the 60th year, Encinitas will kick off the holiday season at the 2017 Encinitas Holiday Parade, presented by Lazy Acres Natural Market on Saturday, December 2. Thousands of people will be on floats, on foot, in cars, and marching in bands while tens of thousands cheer them along the Parade route along Coast Highway 101. The nighttime parade theme for 2017 is "Celebrating the Arts!" Parade entries are gearing up to go all out, using decorations, performance, lights, music and art to show off what "Celebrating the Arts" means to

them. 2017 could be the most creative and impressive parade yet, as many of our nearly 100 parade entries aim to win a prize in one of the Parade's judged categories for lights, creativity, performance, music, spirit and overall impression.

Parade spectators will be able claim a good spot to watch the parade as soon as Coast Highway closes at 4 pm. Followed by a countdown and ceremonial tree lighting, Santa himself will make a brief appearance to kick things off at 5 pm at the Lumberyard

shops courtyard (near Starbucks). At 5:30 pm, Parade Grand Marshal Danny Salzhandler will lead the nearly 100 parade entries down historic Highway 101. The Encinitas Holiday Parade Committee is proud to name Mr. Salzhandler as Grand Marshal in recognition to his dedication to the arts community and for all the good he does in Encinitas.

The parade kicks off the holiday season in Encinitas, bringing families, friends and neighbors together in celebration. This year, Lazy Acres Natural Market is



excited to come on board as the parade's Presenting Sponsor. "We've been in Encinitas for more than a year now, and we really feel like part of the community," said Justin Gano, Store Director for Lazy Acres Encinitas. "Sponsoring an iconic event like the Holiday Parade is a great way for Lazy Acres to say thank you to Encinitas for the amazing support we have received." The City of Encinitas thanks Lazy Acres along with all of its parade sponsors, including AMR Ambulance, EDCO Waste and Recycling and LePort Montessori School for their support this community event. Free

parking is available and shuttle busses will run from 4- 8:30 pm from Scripps Hospital Encinitas on Santa Fe Dr. (ADA accessible bus) and from the Magdalena Ecke YMCA parking lot at 200 Saxony Rd. Avoid congestion, come early and stay late, enjoy Coast Highway 101 shops and restaurants. Find information at [www.EncinitasParksandRec.com](http://www.EncinitasParksandRec.com) or [www.Facebook.com/cityofencinitas](http://www.Facebook.com/cityofencinitas). For additional information call the City of Encinitas Parks, Recreation and Cultural Arts Department at (760) 633-2740.



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## FREE admission for active duty military members Sun-Thur in December at SD Botanic Garden in Encinitas

Santa Claus came early to the San Diego Botanic Garden this year and decided to offer FREE Admission for Active Duty Military and up to 5 immediate family members on the following dates during Garden of Lights:

Dec. 3, 4, 5, 6, 7  
Dec. 10, 11, 12, 13, 14  
Dec. 17, 18, 19, 20, 21  
Dec. 26, 27, 28  
5 – 9 pm

Just show your Military ID at the Welcome Center on any of these dates for FREE admission at San Diego Botanic Garden, located at 230 Quail Gardens Drive in Encinitas. For more information visit [SDBGarden.org/military-specials](http://SDBGarden.org/military-specials).

After the sun goes down in December, the San Diego Botanic Garden in Encinitas is transformed into a dazzling winter wonderland Southern California style! More than 125,000 sparkling lights illuminate the flora of this fantastic 37-acre urban oasis each evening from 5 – 9 pm for a magical holiday experience.

Bring the family and experience the magic as you wander down the illuminated paths of several spectacular Garden areas, including the iconic Lawn Garden, Tropical Rainforest, Waterfall Deck, Undersea Succulent Garden, Eucalyptus Grove, Seeds of Wonder (children's area) and Bamboo Garden, containing the nation's largest collection of bamboo.

Garden of Lights, from December 2 – 23 & 26 – 30, is the San Diego Botanic Garden's annual gift to the San Diego Community. Garden of Lights has events and activities that everyone in your family will enjoy. Nightly entertainment, including local blues and jazz bands, as well as delicious food from Red Oven Artisanal Pizza and Pasta, and hot coffee and treats from the Feel Good Coffee Cart, will be available. Numerous family-friendly activities are also part of

the festivities including:

- Horse-drawn wagon rides (on selected evenings)
- Holiday Crafts
- Spin Art
- Marshmallow Roasting
- Visits with Santa (December 3-7, 10-14 & 19-21)
- Hot Mulled Wine (on selected evenings)
- Snow for sledding (on selected evenings)
- Beer (on selected evenings)
- Nutcracker display
- Live entertainment – every night!

Unique plant-related gift items will be on sale at our Gift Shops for the plant lovers in your life. Cork purses, garden-themed jewelry, hats, aprons, candles, and garden art are all available. As well as winter plants, ready to

enhance your holiday garden. We invite our brave service members and their families to come out and experience the holidays 'Southern California Style' at San Diego Botanic Garden's Garden of Lights!

*Please note: San Diego Botanic Garden is closed one day a year, on Christmas Day, December 25. There will not be any Garden of Lights festivities on this day.*

Tickets for Garden of Lights are available at the Welcome Center at the SD Botanic Garden on the evening of visitation. There are no advance ticket sales available at the Garden or on the website. The Garden of Lights is presented by the County of San Diego. The Rincon Band of

Luiseno Indians are Gold Sponsors of Garden of Lights. Shea Homes are Gold Sponsors of Garden of Lights.

About San Diego Botanic Garden Named as one of the "Top 10 North American Gardens Worth Traveling For" (in 2017) by the American Gardens Association, 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. [SDBGarden.org](http://SDBGarden.org)  
San Diego Botanic Garden  
230 Quail Gardens Drive  
Encinitas, CA 92024

### Festive holiday concert Sunday Dec. 10

Courtly Noyse will perform a festive holiday concert on Sunday, Dec. 10, at 2:30pm at the Scripps Miramar Ranch Library Center in the "Pleasure of Your Company" music series sponsored by the Scripps Ranch Friends of the Library. Garbed in period costume, this lively ensemble will play a variety of period instruments and may also cast their instruments aside at the drop of a (Tudor) hat and burst into six-part vocal harmony. Experience their trademark blend of humor, imagination and versatility as you enjoy a delightful afternoon of Renaissance holiday music. Ensemble members include John Cassaboom, Laury Flora, Penny Hawkins, Steve Hendricks, Vickie Jenkins, Jay Saks, and Sandra Shram. There is no charge for the concert, although donations are appreciated. Meet the musicians and mingle with fellow music lovers at a complimentary post-concert reception. Scripps Miramar Ranch Library Center is located at 10301 Scripps Lake Drive near Miramar Lake. Overflow parking is available on Meanley Drive off Scripps Ranch Blvd. Call (858) 538-8158 or visit [www.srfol.org](http://www.srfol.org) for information.

## SeaWorld's 'Blue' Friday exclusive deals

Include bogo offers on immersive animal experiences  
Ocean-deep discounts starting Nov. 23 make for unique, sea-inspired holiday gifts!

Holiday shoppers are invited to dive into SeaWorld's biggest sale of the year as early as Thanksgiving Day with new "Blue" Friday deals. From Quick Queue Passes to unforgettable animal experiences offered as BOGOs, value seekers can take advantage of limited-time pricing and save big with these exclusive online-only offers.

Know someone whose dream is to take a dip with dolphins? SeaWorld's popular Dolphin Interaction Program—where participants enter the wonderful, watery world of bottlenose dolphins—is the perfect gift. Want to find out why beluga whales are known as the canaries of the sea? Surprise someone with SeaWorld's Beluga Interaction Program. How about an up-close dining experience just feet away from SeaWorld's family of killer whales? Dine With Orcas is a whale of a gift!

### One-of-a-Kind Animal Experiences:

- Dolphin Interaction Program (Buy One at \$215, Get One Free)
- Beluga Interaction Program (Buy One at \$180, Get One Free)
- Dine With Orcas (Buy Adult Reservation for \$25--a \$15 Savings)
- Other deals and discounts:
- Quick Queue Premier (Buy One Starting at \$25, Get One Free)

Online Merchandise Discount: Save 30 percent on all merchandise from [SeaWorldShop.com](http://SeaWorldShop.com) and get great holiday gifts, such as a SeaWorld-themed Monopoly game, SeaWorld Rescue apparel and much more (enter Promo code SALE30 at checkout; offer available Nov. 24–27)

SEE **SeaWorld**, page 20

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## Jr NBA brings their 'A' Game to San Diego

by Krishna M. Jackson

The Junior National Basketball Association (Jr. NBA) joined San Diego-based Sailors and their families for a day of basketball at the Admiral Prout Field House, Nov. 11.

The event, called the Jr. NBA Navy Tip-Off Celebration, kicked off an initiative by the NBA and the Navy to bring the benefits of basketball to Sailors and their families.

"I love the NBA. I love basketball and I heard about the opportunity to play and I couldn't turn it down," said Hospital Corpsman 2nd Class Julian Taylor, from Naval Medical Center San Diego.

Deputy Chief of Naval Operations, Fleet Readiness and Logistics Vice Adm. Dixon R. Smith helped kick off the event with some encouraging words.

"Most importantly it's about fun and also it's about sportsmanship," said Smith to a crowd of more than 100 kids before the Jr. NBA clinic began.

The event was broken into three sessions including a skills clinic, a parent coaching session, and a five-on-five Hoops for Troops game with Sailors. While

the kids were learning basketball skills, the parents were provided a positive coaching seminar and then everyone was invited to watch the Hoops for Troops game between Team Murphy and Team All Cooped Up.

"I had a great time being down here on the base. I really enjoyed it," said Troy Murphy, NBA player and coach for Team Murphy. "It was fun coaching the Sailors and they wanted to know about the NBA and who I thought was going to win this year. They were great guys."

Murphy, who has played with the Dallas Mavericks and Notre Dame, joined 14-year NBA veteran and Los Angeles Lakers defensive player Michael Cooper as guest coaches for the Jr. NBA clinic and the Hoops for Troops game. Cooper coached



Team All Cooped Up, who won the game 51-40.

"He gave us a lot of encouragement and I really enjoyed being coached by him," said Hospital Corpsman 2nd Class Kamal David, from Naval Medical Center San Diego, of Cooper.

"He likes to rotate everybody in and we had fun. I would do this again if I had the chance," said Hull Technician 2nd Class Antoine Prince, USS Harpers Ferry (LSD 49) about Cooper and the Hoops for Troops event.

The NBA's partnership with the military started in 2014 when NBA Commissioner Adam Silver and then-Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey launched the Commitment to Service initiative where members of the NBA family work side-by-side with military members to positively impact communities.

The Navy, through the Naval Base San Diego Morale, Welfare and Recreation office, brought the Jr. NBA Veterans Day weekend event together in an effort to provide an opportunity for Sailors and their families to have fun while learning basketball skills from NBA professionals.

## Four thousand holly, jolly St. Nicks to invade Garnet Avenue for 5th Annual San Diego Santa Run, Saturday, Dec. 9

San Diego will be very merry indeed, as approximately 4,000 Santas take over Garnet Avenue in Pacific Beach for The 5th Annual San Diego Santa Run, Saturday, Dec. 9, starting at 10 a.m.

Hosted by San Diego Running Co., formerly High Performance Movement, the event is the largest Santa Run in Southern California. Offering a series of waves to choose from, the event includes a 5K Fun Run and one-mile runs that feature the Santa's Little Helper Mile (for the festive pup), the Santa's Elves Mile (for kids) and the Speedy Mile (for competitive Santas).

"This is going to be the biggest San Diego Santa Run yet," said Pete Hess, co-founder, San Diego Running Co. "Every year, more and more runners sign up after hearing about how fun it is through family and friends who have participated. It's a great way to kick-off the holiday season."

Throughout the course, runners donning "Sunny Santa Suits" – complete with white beards, Santa hats and sunglasses (it is San Diego, after all) – will get in the spirit as holiday music is



performed live on corners along the route.

Following the Santa Run, Kris Kringles – young and old – are invited to stick around for The 38th Annual Pacific Beach Holiday Parade, marching down Garnet Avenue beginning at 1 p.m. The parade is funded, in part, by revenue generated through the Santa Run and other events put on by San Diego Running Co.

"The Pacific Beach Holiday Parade is a beloved, long-stand-

ing tradition in the community," said Eric Marenburg, co-founder, San Diego Running Co. "It's a perfect complement to our Santa Run event, and we're proud to support it."

The 5th Annual San Diego Santa Run will start at 10 a.m. at 900 Garnet Avenue in Pacific Beach. Prices range from \$20 for the Kids Run to \$50 for day-of registration for the 5K. To register and for more information, visit [www.sandiegosantarun.com](http://www.sandiegosantarun.com).

SATURDAY, NOVEMBER 25

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\*\*Concert is free with track admission for ages 18 and up. Pre-paid tickets, complimentary tickets and season passes will not be accepted for admission after the last race.

# AutoMatters & More: Taking good care of your car battery in a car that is not driven often

**AutoMatters™ & More**



by Jan Wagner

We sometimes take our car's basic battery for granted. We just get into our cars every day, turn the key and drive.

The thing is, eventually that battery will fail. Taking good care of your battery will maximize its useful life so what can you do to keep your battery healthy in a car that is not driven often?

Did you know that your car battery will eventually go dead even if you hardly ever use it? I hardly ever drive my 2011 Mustang. Sitting undriven is bad for a car, so every couple of weeks I'd start it up and take a short drive.

I recently learned that just driving a car every two weeks or so is not enough to keep the battery charged up. Eventually it will go dead.

Not only that but I also learned that when you have that dead battery recharged, it will not charge up as high as it was originally, so every time your battery goes dead and needs to be recharged, it stores a little less energy than the time before. Combine that with a battery that was on its last legs to start with, due to its age, and you are setting yourself up to be on a first name basis with someone from AAA.

Here is a real world example of this. My low mileage (under 13,000 miles) 2011 Mustang GT spends most of its life inside a garage. The battery, as of a few days ago, was the original battery. That means that at best my battery was over six years old.

A few weeks ago I went out to the garage to take my usual drive that I take every two weeks or so, but this time my Mustang would not start.

Fortunately I have a battery charger. I connected it and, sure enough, when I tried to start the car a little while later it did indeed start. I took my drive and then parked the car in my garage again. Knowing that my battery was old, I began to think about getting a new battery.

A couple of weeks passed. On that day I decided that I would drive somewhere and buy new battery. I looked up my car on Costco's website and found the battery that I needed at a great price.

Great – except for one thing. When I turned the key in the

ignition, instead of that powerful V-8 engine roaring to life, all I heard were quick clicks. Again my car would not start.

Frustrated, I connected up the battery charger and let it charge overnight. The next day I went to start the car but this time it still would not start.

The Internet can be a wonderful resource. I learned that a simple battery charger might not be enough to bring a weak, old battery back to life. I learned that there is a difference between a battery charger and a jump-starter. A jump-starter provides more starting power – just what is needed to start a big engine

my little adventure.

I drove to Costco and went in. I was careful to not shut off the engine. Instead I had brought a second key so that I could lock the doors and keep the engine running.

At Costco I learned that they did not keep the particular battery that my car needed in stock at that location and that they do not install batteries.

Luckily I was near a Ford dealer (Mossy Ford) and their "Quick Lane" was still open. I drove over there and got a new battery installed – albeit for significantly more than what I



© 2017 Jan Wagner, AutoMatters & More

## A typical car battery

would have paid at Costco.

So, here's what you need to know. Drive your car often or

use a battery tender to keep it from going dead. If you have to jump-start your car and the battery is weak, you will need to jump-start it from another vehicle or with a jump-starter. Be safe – see your vehicle's owner's manual for instructions.

Send your comments and suggestions to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com). To see more photos go to [www.drivetribe.com/search/Automatters/tribes](http://www.drivetribe.com/search/Automatters/tribes) and click on the "AM" icon.

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like mine.

## A battery charger on the left and a jump-starter on the right

Fortunately I also have a jump-starter. I connected it to the car, turned the key in the ignition and it started. Yes! Of course that was not the end of

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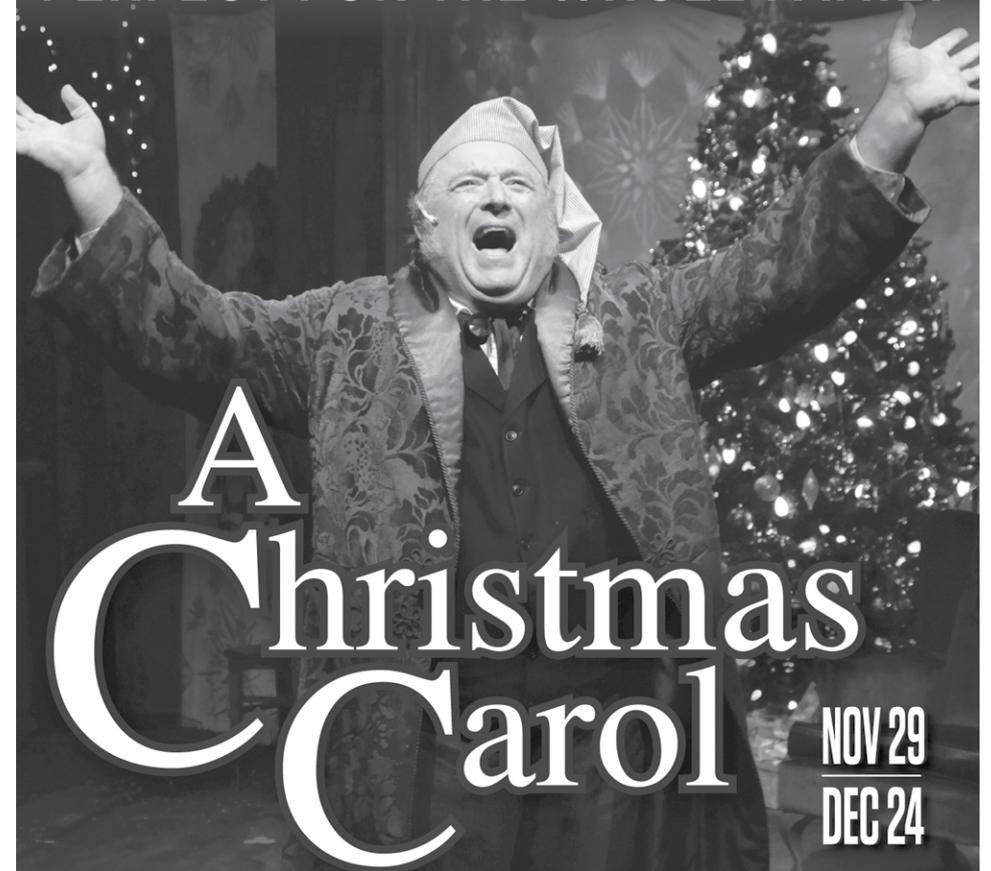
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# TV Listings

## WEEKDAY MORNING/AFTERNOON

	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
<b>KFMB</b> (8)	CBS This Morning			Let's Make a Deal		The Price Is Right	Varied Programs	CBS News 8 at 11AM	Varied Programs	Inside Edition	Bold/Beautiful	Young & Restless	Varied Programs	The Talk		Dr. Phil		Judge Judy	Judge Judy
<b>KFMB2</b> (8.2)	News 8 Morning Extra			The 700 Club		Maury		Dr. Phil		Judge Faith	Judge Faith	Judge Mathis		The Robert Irvine Show		Paternity Court	Paternity Court	Couples Court	Couples Court
<b>KGTV</b> (10)	Good Morning America			Live with Kelly and Ryan		The View		10News Midday		The Chew	Varied Programs	General Hospital		Pickler & Ben		Dateline	Varied Programs	10News: The Now San Diego	
<b>KPBS</b> (15)	Wild Kratts	Nature Cat	Curious George	Curious George	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Splash and Bubbles	Sesame Street	Sesame Street	Super Why!	Peg Plus Cat	Dinosaur Train	Ready Jet Go!	Nature Cat	Arthur	Wild Kratts	Wild Kratts	Odd Squad
<b>KNSD</b> (69)	Today			Megyn Kelly Today		Today With Kathie Lee & Hoda		NBC 7 News Midday		Days of our Lives		Access Hollywood Live		Steve		The Ellen DeGeneres Show		NBC 7 News at 4	
<b>DISN</b>	Tangled: The Series	The Lion Guard	Mickey Mouse	Mickey Mouse	Varied Programs	Roadster-Racers	Puppy Dog Pals	Vampirina	Varied Programs	Puppy Dog Pals	Elena of Avalor	Doc McStuffins	Sofia the First	Good Luck Charlie	Stuck in the Middle	Jessie	Bunk'd	Raven's Home	Stuck in the Middle
<b>ESPN</b>	First Take			SportsCenter		Varied Programs	Varied Programs			Varied Programs			Questionable	Around the Horn	Pardon the Interruption	Varied Programs			
<b>ESPN2</b>	SportsCenter	SportsCenter	Varied Programs	First Take			Varied Programs	The Paul Finebaum Show			Varied Programs		Intentional Talk	The Fantasy Show	Coll. Football Live	Varied Programs		College Basketball	
<b>TLC</b>	The Little Couple	The Little Couple	Varied Programs				Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Hoarding: Buried Alive		Hoarding: Buried Alive		Long Island Medium	Varied Programs			
<b>USA</b>	Varied Programs																		

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

**12/1 THE DISASTER ARTIST**

**12/1 WONDER WHEEL**

### The Disaster Artist



Aspiring filmmaker Tommy Wiseau and best friend Greg Sestero move to Los Angeles to achieve Hollywood stardom. Financed with his own money, Wiseau writes, directs and stars in "The Room," a critically maligned movie that becomes a cult classic.

**Genre:** Biography, Comedy, Drama  
**Cast:** James Franco, Dave Franco, Seth Rogen

### Wonder Wheel

Four peoples' lives intertwine amid the hustle and bustle of the Coney Island amusement park in the 1950s: Ginny, an emotionally volatile former actress now working as a waitress in a clam house; Humpty, Ginny's rough-hewn carousel operator husband; Mickey, a handsome young lifeguard who dreams of becoming a playwright; and Carolina, Humpty's long-estranged daughter, who is now hiding out from gangsters at her father's apartment.

**Genre:** Drama  
**Cast:** Kate Winslet, Justin Timberlake, Juno Temple

## THURSDAY EVENING

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
<b>KFMB</b> (8)	CBS News 8 Postgame Edition (N)	Evening News	Judge Judy (N)	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Young Sheldon	Mom (N) (CC)	Life in Pieces (N)	S.W.A.T. "Radical" (N) (CC)	News	Late-Colbert		
<b>KFMB2</b> (8.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	2 Broke Girls (N)	2 Broke Girls (N)	Supernatural "War of the Worlds" (N) (CC)	Arrow "Thanksgiving" (N) (CC)	News 8 at 10 (N)	Ent. Tonight	Seinfeld (N) (CC)	Seinfeld (N) (CC)			
<b>KGTV</b> (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Kevin (Probably) Saves the World (N)	The Good Doctor "Pipes" (N) (CC)	The Good Doctor "Point Three Percent" (N) (CC)	10News at 11pm	Jimmy Kimmel				
<b>KPBS</b> (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	<b>Anne of Green Gables: The Good Stars</b> (2017) Ella Ballentine.		POV (N) (CC)	Midsomer Murders (N) (CC)	Midsomer Murders	Ken Kramer's			
<b>KNSD</b> (69)	Football Night	NFL Football	New York Giants at Washington Redskins. (N) (Live) (CC)	Football Night in San Diego	Graham Bensinger	Wheel of Fortune	Jeopardy! (N) (CC)	NBC 7 News	Tonight Show					
<b>DISN</b>	*** Tangled (2010, Children's) (N)		Descendants (2015, Children's) Dove Cameron, Kristin Chenoweth, Sarah Jeffery. (N)		Disney's Descendants 2 (2017, Children's) Dove Cameron, Cameron Boyce. (N)		Stuck/Middle	Liv and Maddie	Bizaard-vark (N) (CC)	Raven's Home (N) (CC)				
<b>ESPN</b>	College Football Mississippi at Mississippi State. From Davis Wade Stadium in Starkville, Miss. (N) (Live)			SportsCenter (N) (Live)	College Basketball Florida vs Stanford. Quarterfinal. (N) (Live)	College Basketball Michigan State vs DePaul. Quarterfinal. (N) (Live)	College Basketball Ohio State vs Gonzaga. Quarterfinal. (N) (Live)	Jalen & Jacoby						
<b>ESPN2</b>	College Basketball Butler vs Texas. (N)		SportsCenter	SC Featured	College Basketball Florida vs Stanford. Quarterfinal. (N) (Live)		College Basketball Ohio State vs Gonzaga. Quarterfinal. (N) (Live)	Jalen & Jacoby						
<b>TLC</b>	Long Lost Family (N)		Long Lost Family (N) (CC)		Long Lost Family (N) (CC)		Long Lost Family "Do I Call Him My Son?"	Long Lost Family (N) (CC)	Long Lost Family (N) (CC)	Long Lost Family (N) (CC)	Long Lost Family (N) (CC)	Long Lost Family (N) (CC)	Long Lost Family (N) (CC)	Long Lost Family (N) (CC)
<b>USA</b>	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	The Cromarties	Modern Family (N)	Modern Family (N)

## NOVEMBER 23, 2017

## FRIDAY EVENING

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
<b>KFMB</b> (8)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Frosty the Snowman	Frosty Returns (N)	Grammys Greatest Stories: A 60th Anniversary Special (N) (CC)	News	Late-Colbert				
<b>KFMB2</b> (8.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	iHeartRadio Music Festival Night 2 Lorde; Miley Cyrus; Big Sean; DJ Khaled. (N) (CC)	News 8 at 10 (N)	Ent. Tonight	Seinfeld (N) (CC)	Seinfeld (N) (CC)				
<b>KGTV</b> (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	Scoreboard	10News at 7pm (N)	The List (N) (CC)	Santa Claus Is Comin' to Town	20/20 "A Killing on the Cape" The 2002 murder of Christa Worthington. (N) (CC)	10News at 11pm	Jimmy Kimmel					
<b>KPBS</b> (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Washington Week	Roundtable	Doc Martin "Driving Mr. McLynn" (N) (CC)	Doc Martin "The Departed" (N) (CC)	Live at the Belly Up				
<b>KNSD</b> (69)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Dr. Seuss' Grinch	Trolls Holiday	Dateline NBC (N) (CC)	NBC 7 News	Tonight Show				
<b>DISN</b>	Andi Mack	Bizaard-vark (N)	K.C. Undercover	Stuck/Middle	Raven's Home (N)	Andi Mack	Andi Mack (N)	K.C. Undercover	Bizaard-vark (N)	Raven's Home (N)	Stuck/Middle	Liv and Maddie	Andi Mack	Andi Mack
<b>ESPN</b>	College Football Teams TBA. (N) (Live)			SportsCenter (N) (Live)	College Basketball Teams TBA. (N) (Live)	College Basketball Teams TBA. (N) (Live)	College Basketball Teams TBA. (N) (Live)	SportsCenter (N) (Live)	College Basketball Teams TBA. (N) (Live)	SportsCenter (N) (Live)	Jalen & Jacoby	SC Featured		
<b>ESPN2</b>	College Basketball		College Basketball Teams TBA. (N) (Live)			College Basketball Teams TBA. (N) (Live)			SportsCenter (N)	Jalen & Jacoby	SC Featured			
<b>TLC</b>	90 Day Fiancé "Welcome to Real Life" David and Annie begin the 90 days. (N) (CC)			Long Island Medium (N) (CC)	Long Island Medium "Reading the Stars"	Long Island Medium "Reading the Stars"	Long Island Medium Theresa turns 50. (N) (CC)	Long Island Medium "Freezing Theresa"	Long Island Medium (N) (CC)	Long Island Medium (N) (CC)	Long Island Medium (N) (CC)	Long Island Medium (N) (CC)	Long Island Medium (N) (CC)	Long Island Medium (N) (CC)
<b>USA</b>	** Tomorrowland (2015) George Clooney, Hugh Laurie.			** Green Lantern (2011, Action) Ryan Reynolds. Premiere. A test pilot joins a band of intergalactic warriors.			** Journey 2: The Mysterious Island (2012, Children's) Dwayne Johnson. Premiere.			The Sinner "Part I" (CC) (DVS)				

## NOVEMBER 25, 2017

## SATURDAY MORNING/AFTERNOON

	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30		
<b>KFMB</b> (8)	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	Lucky Dog (N) (E)	The Open Road	Riches in Real Estate	Lucas Oil Off Road Racing Series Pro4 & Pro2.	The Drive to Atlanta	College Football	College Football Alabama at Auburn. From Jordan-Hare Stadium in Auburn, Ala. (N) (Live) (CC)										Judge Judy (N) (CC)	Judge Judy (N) (CC)
<b>KFMB2</b> (8.2)	Dog Whisperer	Dog Whisperer	Dog Whisperer	College Football Boston College at Syracuse. From the Carrier Dome in Syracuse, N.Y. (N) (Live)																	
<b>KGTV</b> (10)	Good Morning	10News This Morning at 8am Saturday (N) (CC)	College Football Teams TBA. (N) (Live)																		
<b>KPBS</b> (15)	Favorites	Favorites	Favorites																		
<b>KNSD</b> (69)	NBC 7 News To	The Voyager	Wilderness Vet (N) (E)	Journey-Dreyer	Premier League Soccer Liverpool FC vs Chelsea FC. (N) (Live) (CC)	Prem Goal Zone	Alpine Skiing	Figure Skating ISU Grand Prix: Skate America. From Lake Placid, N.Y. (N) (Live) (CC)	Paid Program	Nightly News	Naturally, Danny Seo	Give (CC) (DVS)									
<b>DISN</b>	Roadster-Racers	Puppy Dog Pals (CC)	Vampirina (N)	Elena of Avalor (N)	Tangled: The Series	Transylvania	Andi Mack (N) (CC)	<b>Adventures in Babysitting</b> (2016) Sabrina Carpenter, Sofia Carson. (N)		K.C. Undercover (N)	K.C. Undercover (N)	Andi Mack "Mama" (N)	Andi Mack (N)	K.C. Undercover (N)	Jessie (N) (Part 1 of 2)	Jessie (N) (Part 2 of 2)	Bunk'd (CC)	Raven's Home (N) (CC)			
<b>ESPN</b>	College GameDay (N) (Live) (CC)																				
<b>ESPN2</b>	SportsCenter (N)	SportsCenter (N) (Live) (CC)	College Football Teams TBA. (N) (Live)																		
<b>ESPN2</b>	SportsCenter (N)	SportsCenter (N) (Live) (CC)	College Football Teams TBA. (N) (Live)																		
<b>TLC</b>	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress		
<b>USA</b>	Paid Program (CC)	Paid Program (CC)	Paid Program (CC)	Law & Order: Special Victims Unit "Manhunt"	Law & Order: Special Victims Unit "Prodigy"	Law & Order: Special Victims Unit "Paris" (N)	Law & Order: Special Victims Unit "Goliath"	Law & Order: Special Victims Unit "Behave"	Law & Order: Special Victims Unit "Behave"	Law & Order: Special Victims Unit "Behave"	Law & Order: Special Victims Unit "Behave"	Law & Order: Special Victims Unit "Behave"	Law & Order: Special Victims Unit "Behave"	Law & Order: Special Victims Unit "Behave"	Law & Order: Special Victims Unit "Behave"	Law & Order: Special Victims Unit "Behave"	Law & Order: Special Victims Unit "Behave"	Law & Order: Special Victims Unit "Behave"	Law & Order: Special Victims Unit "Behave"		

## SATURDAY EVENING

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
<b>KFMB</b> (8)	CBS News 8 at 5pm (N) (CC)	Weekend News	News	Entertainment Tonight (N) (CC)	Robbie R'ndeer	Robbie Reindeer	The Story of Santa Claus (N) (CC)	48 Hours (N) (CC)	News	Blue Bloods				
<b>KFMB2</b> (8.2)	Don't Blink	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	American Ninja Warrior (CC)	Seinfeld (N) (CC)	Just for Laughs	Impractical Jokers	Just for Laughs			
<b>KGTV</b> (10)	College Football Teams TBA. (N) (Live) (CC)													
<b>KPBS</b> (15)	NewsHour Wk	KPBS Spectrum	Favorites	*** The Beatles: Eight Days a Week - The Touring Years (2016, Documentary) Paul McCartney, Ringo Starr.										Sgt. Pepper's Musical Revolution (N) (CC)
<b>KNSD</b> (69)	Champ Within	Nightly News	NBC 7 News at 6	Paid Program	Wheel of Fortune	Jeopardy! (N) (CC)	The National Dog Show The Kennel Club of Philadelphia's event. (N) (CC)	Dateline NBC (N) (CC)	NBC 7 News	Saturday Night Live				
<b>DISN</b>	Stuck/Middle	Bizaard-vark (N)	Bunk'd (N) (CC)	Raven's Home (N)	Stuck/Middle	Bizaard-vark (N)	** Tooth Fairy (2010) Dwayne Johnson, Ashley Judd. (N)	Andi Mack	Andi Mack	K.C. Undercover	Walk the Prank (N) (CC)	MECH-X4 (N) (CC)		
<b>ESPN</b>	College Football Teams TBA. (N) (Live)													
<b>ESPN2</b>	College Football Teams TBA. (N) (Live)													
<b>TLC</b>	Untold Stories of the E.R. "Size Matters"		Untold Stories of the E.R. "Dr. Robot" (N)		Cake Boss (N) (CC)	Cake Boss (N) (CC)	Oake Boss	Oake Boss	Oake Boss	Oake Boss	Oake Boss	Oake Boss	Oake Boss	Oake Boss
<b>USA</b>	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)

## NOVEMBER 25, 2017

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		8	6	7		
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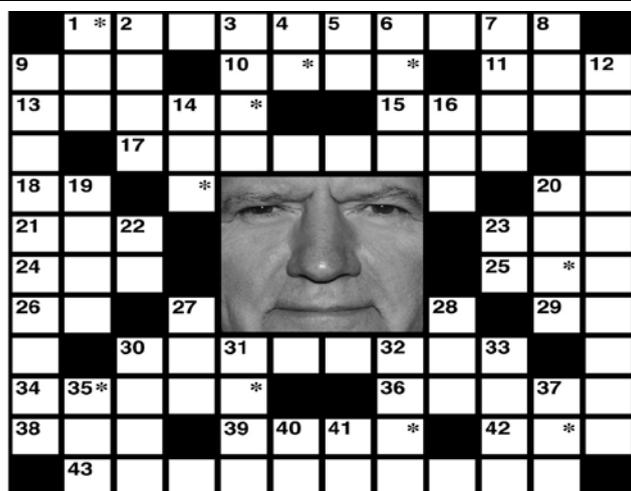
# TV Listings

## SUNDAY MORNING/AFTERNOON

NOVEMBER 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				
<b>KFMB</b>	CBS News Sunday Morning (N) (CC)	Face the Nation (N)	The NFL Today (N) (Live) (CC)	NFL Football Buffalo Bills at Kansas City Chiefs. (N) (Live) (CC)																			
<b>KFMB2</b>	Trade School	Paid Program	Paid Program	Paid Program	Paid Program	San Diego Luxury	Paid Program	Paid Program	Paid Program	Prostate Health	Paid Program	Make: Television	HouseCalls	Designing Spaces	P. Allen	Small Town Big Deal (CC)	Great Escapes	Raw Travel (CC)	Raw Travel (CC)				
<b>KGTV</b>	Good Morning	10News This Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos (N)	NFL Football Denver Broncos at Oakland Raiders. (N) (Live) (CC)																			
<b>KPBS</b>	Favorites	Favorites	Favorites	Favorites																			
<b>KNSD</b>	NBC 7 News To	Meet the Press (N) (CC)	Politically Speaking	Paid Program	FIS Alpine Skiing Women's World Cup: Slalom. From Killington, Vt. (N)				Red Bull Signature Series (N) (CC)				Figure Skating ISU Grand Prix: Skate America, Ladies' Free Skate. From Lake Placid, N.Y. (N) (CC)				Talk Stoop (CC)	Nightly News	Football Night in America (N) (Live) (CC)				
<b>DISN</b>	Roadster-Racers	Puppy Dog Pals (CC)	Vampirina (CC)	Elena of Avalor (CC)	Tangled: The Series	Transylvania	Andi Mack (CC)	★ ★ Tooth Fairy (2010, Children's) Dwayne Johnson, Ashley Judd. (CC)				Andi Mack (CC)	Andi Mack "Mama" (CC)	K.C. Undercover (CC)	K.C. Undercover (CC)	Jessie (CC)	Raven's Home (CC)	Bunk'd (CC)	Stuck in the Middle	Bizaardvark (CC)			
<b>ESPN</b>	Sunday NFL Countdown (N) (Live) (CC)					College Basketball PK80, Third Place: Teams TBA. (N) (Live)					College Basketball PK80, Third Place: Teams TBA. (N) (Live)					Basketball							
<b>ESPN2</b>	Fantasy Football Now (N) (Live)					College Basketball PK80, Fifth Place: Teams TBA. (N) (Live)					College Basketball PK80, Fifth Place: Teams TBA. (N) (Live)					Who's In? 2017 Grey Cup Teams TBA. (N) (Live)							
<b>TLC</b>	Four Weddings	Four Weddings Arriving in a swamp buggy. (CC)	Four Weddings A flash mob; a mechanical bull.	Four Weddings Mardi Gras Indians perform. (CC)	Four Weddings "... And a Stingray" (CC)	Four Weddings "... And a Taxi Cab" (CC)	Four Weddings "... And a Taxi Cab" (CC)	Hodges Half Dozen (CC)				Hodges Half Dozen "Diapergeedon" (CC)				Hodges Half Dozen "Mo Babies, Mo Problems"				Unexpected Lexus thinks she's in labor. (CC)			
<b>USA</b>	David Jeremiah (CC)	In Touch	Joel Osteen (CC)	The Cromarties	Chrisley Knows	Damnation Local farms face foreclosure.				Law & Order: Special Victims Unit "Witness"				Law & Order: Special Victims Unit "Disabled"				Law & Order: Special Victims Unit (CC)					

## 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. "\_\_\_ Paradise"
9. Role on "Roseanne"
10. Way out
11. Max \_\_\_ Sydow
13. Long-running Broadway play
15. Fabriz resident
17. "To Tell the Truth" host
18. "Hot \_\_\_ Cleveland"
20. Actress Sandra
21. Adams or Johnson
23. "\_\_\_ of Practice"
24. One of Winnie the Pooh's friends
25. "The 5 \_\_\_ Buchanans" (1994-95)
26. "Studio 60 \_\_\_ the Sunset Strip"
29. Initials for the star of "Amen"
30. "\_\_\_, Texas"
34. Piece of playground equipment
36. Odor smelled briefly
38. Suffix for dirt or blood
39. As busy as \_\_\_
42. Natalie Cole's dad
43. Judge on "The Gong Show" (2)

### DOWN

1. Prohibit
2. \_\_\_Kat Otto; role on "American Housewife"
3. Pay attention to
4. Alimony recipient
5. Téa Leoni's age
6. Mayberry's jailbird
7. Lend of tennis
8. "\_\_\_-Stop"; 2014 Liam Neeson movie



## SUNDAY EVENING

NOVEMBER 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
<b>KFMB</b>	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (N) (CC)	Wisdom of the Crowd "Proof of Concept"		NCIS: Los Angeles "Fool Me Twice" (N)		Madam Secretary "The Fourth Estate"		News		Blue Bloods	
<b>KFMB2</b>	Don't Blink	Engagement	The King of Queens	Mike & Molly (CC)	2 Broke Girls (CC)	2 Broke Girls (CC)	Forensic Files (CC)	Forensic Files (CC)	Forensic Files (CC)	Forensic Files (CC)	Seinfeld (CC)	Just for Laughs	Impractical Jokers	Impractical Jokers
<b>KGTV</b>	10News at 5pm	World News	10News at 6pm	RightThisMinute (N)	America's Funniest Home Videos (CC)	America's Funniest Home Videos (CC)	America's Funniest Home Videos (CC)		Shark Tank A "hate connection" app. (N)		Shark Tank (CC) (DVS)		10News at 11pm Sports XTRA	
<b>KPBS</b>	NewsHour Wk	SciTech Now (N)	Favorites	Penelope Keith at Her Majesty's Service										
<b>KNSD</b>	Football Night	NFL Football Green Bay Packers at Pittsburgh Steelers. (N) (Live) (CC)						Football Night in San Diego		Graham Bensinger	Dateline NBC (CC)		NBC 7 News	Sportswrap
<b>DISN</b>	Raven's Home (CC)	Bunk'd (CC)	Stuck/Middle	Bizaardvark (CC)	Disney's Descendants 2 (2017, Children's) Dove Cameron, Cameron Boyce. (CC)		Bad Lip Reading	Andi Mack	K.C. Undercover	Stuck/Middle	Raven's Home (CC)	K.C. Undercover		
<b>ESPN</b>	SportsCenter (N)	College Basketball PK80, Final: Teams TBA. (N) (Live)			College Basketball PK80, Final: Teams TBA. (N) (Live)			SportsCenter (N) (Live) (CC)						
<b>ESPN2</b>	2017 Grey Cup Teams TBA. (N) (Live)			College Basketball AdvoCare Invitational, Final: Teams TBA. (N) (Live)			SportsCenter (N)	College Basketball Wooden Legacy, Final: Teams TBA. (N) (Live)			College Football Teams TBA. (N) (Live)			
<b>TLC</b>	Unexpected "Mother's Nightmare" (CC)	90 Day Fiancé: More to Love Evelyn and David go house hunting. (N) (CC)				90 Day Fiancé "Out of Nowhere" Nicole and Azan have a big fight. (N) (CC)				Unexpected Lexus finally gives birth. (N) (CC)		90 Day Fiancé "Out of Nowhere" (CC)		
<b>USA</b>	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Modern Family (CC)	Modern Family (CC)	

## MONDAY EVENING

NOVEMBER 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
<b>KFMB</b>	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Kevin Can Wait (N)	Man With a Plan (N)	Superior Donuts (N)	9JKL (N) (CC)	Scorpion "Crime Every Mountain" (N) (CC)	News	Late-Colbert		
<b>KFMB2</b>	The Dr. Oz Show (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	Seinfeld (CC)	Supergirl Villains from Earth-X attack. (N) (CC)	Arrow Villains from Earth-X attack. (N) (CC)	News 8 at 10 (N)	Ent. Tonight	Seinfeld (CC)	2 Broke Girls (CC)			
<b>KGTV</b>	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	CMA Country Christmas Music stars perform holiday songs. (N) (CC)	The Good Doctor "Intangibles" (N) (CC)	10News at 11pm	Jimmy Kimmel					
<b>KPBS</b>	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Antiques Roadshow "Kansas City" (CC)	Food Flirts	Food Flirts	To Be Announced	Favorites				
<b>KNSD</b>	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "Live Top 11 Performances" The top 11 artists perform. (N Same-day Tape) (CC)	A Very Pentatonix Christmas (N) (CC)	NBC 7 News	Tonight Show					
<b>DISN</b>	Andi Mack	Bizaardvark (CC)	Jessie (CC)	Bunk'd (CC)	Bunk'd (CC)	Raven's Home (CC)	Andi Mack	Stuck/Middle	Bizaardvark (CC)	Raven's Home (CC)	Stuck/Middle	Liv and Maddie	Bizaardvark (CC)	Raven's Home (CC)
<b>ESPN</b>	NFL Football Houston Texans at Baltimore Ravens. (N) (Live)													
<b>ESPN2</b>	College Basketball Maryland at Syracuse	College Basketball Wisconsin at Virginia. (N) (Live)				E:60	E:60	SportsCenter With Scott Van Pelt (N) (Live) (CC)	NFL PrimeTime (CC)	SportsCenter With Scott Van Pelt (CC)	Jalen & Jacoby	The Fantasy Show		
<b>TLC</b>	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Long Lost Family (CC)	Long Lost Family (N) (CC)	Long Lost Family (N) (CC)	Long Island Medium (N) (CC)	The Healer Charlie helps an NFL player.	Long Lost Family (CC)				
<b>USA</b>	NCIS "Canary" (CC) (DVS)	NCIS A Navy lieutenant goes missing. (CC)	NCIS "A Bowl of Cherries" (CC)	WWE Monday Night RAW (N Same-day Tape) (CC)	Modern Family (CC)	Modern Family (CC)								

## TUESDAY EVENING

NOVEMBER 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
<b>KFMB</b>	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Rudolph the Red-Nosed Reindeer (N)	NCIS "What Lies Above" (CC)	The Victoria's Secret Fashion Show (N) (CC)	News	Late-Colbert				
<b>KFMB2</b>	The Dr. Oz Show (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	Seinfeld (CC)	The Flash Villains from Earth-X attack. (N) (CC)	DC's Legends of Tomorrow (N) (CC)	News 8 at 10 (N)	Ent. Tonight	Seinfeld (CC)	2 Broke Girls (CC)			
<b>KGTV</b>	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Middle	Fresh Off the Boat	blackish (N) (CC)	The Mayor	Kevin (Probably) Saves the World (CC)	10News at 11pm	Jimmy Kimmel		
<b>KPBS</b>	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Finding Your Roots "The Stories We Tell"	The Vietnam War "The Weight of Memory" Civil war continues in Vietnam. (CC) (DVS)	Favorites						
<b>KNSD</b>	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "Live Top 11 Eliminations" (N) (CC)	This Is Us "Number Three" (N) (CC)	Chicago Med "Nothing to Fear" (N) (CC)	NBC 7 News	Tonight Show				
<b>DISN</b>	Andi Mack	Bizaardvark (CC)	Jessie (CC)	Bunk'd (CC)	Bunk'd (CC)	Raven's Home (CC)	Andi Mack	Stuck/Middle	Bizaardvark (CC)	Raven's Home (CC)	Stuck/Middle	Liv and Maddie	Bizaardvark (CC)	Raven's Home (CC)
<b>ESPN</b>	College Basketball Louisville at Purdue. From Mackey Arena in West Lafayette, Ind.													
<b>ESPN2</b>	College Basketball	College Basketball Iowa at Virginia Tech. From Cassell Coliseum in Blacksburg, Va. (N)				SportsCenter (N) (Live) (CC)	SportsCenter (N)	SC Featured	Jalen & Jacoby	The Fantasy Show	NFL Live (CC)			
<b>TLC</b>	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Hodges Half Dozen (CC)	The Little Couple (N) (CC)	The Little Couple (N) (CC)	Hodges Half Dozen (N) (CC)	The Little Couple (N) (CC)	Hodges Half Dozen (N) (CC)				
<b>USA</b>	NCIS "Out of the Frying Pan..." (CC)	NCIS "Tell-All" (CC) (DVS)	NCIS "Two-Faced" (CC) (DVS)	WWE SmackDown! (N Same-day Tape) (CC)	Law & Order: Special Victims Unit (CC)									

## WEDNESDAY EVENING

NOVEMBER 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
<b>KFMB</b>	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Survivor (N) (CC)	Survivor (N) (CC)	Bruno Mars: 24K Magic Live	News	Late-Colbert				
<b>KFMB2</b>	The Dr. Oz Show (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	Seinfeld (CC)	Riverdale (N) (CC)	Dynasty "A Taste of Your Own Medicine"	News 8 at 10 (N)	Ent. Tonight	Seinfeld (CC)	2 Broke Girls (CC)			
<b>KGTV</b>	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Goldbergs (N)	Speechless (N)	Modern Family (N)	American Housewife	Designated Survivor "Home" (N) (CC)	10News at 11pm	Jimmy Kimmel		
<b>KPBS</b>	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Nature Tiny survivors of the animal kingdom. (CC) (DVS)	NOVA Animals with extreme armaments. (CC) (DVS)	Favorites						
<b>KNSD</b>	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Christmas in Rockefeller Center (CC)	Law & Order: Special Victims Unit (N) (CC)	Chicago P.D. "Politics" (N) (CC)	NBC 7 News	Tonight Show				
<b>DISN</b>	Andi Mack	Bizaardvark (CC)	Jessie (CC)	Bunk'd (CC)	Bunk'd (CC)	Raven's Home (CC)	Andi Mack	Stuck/Middle	Bizaardvark (CC)	Raven's Home (CC)	Stuck/Middle	Liv and Maddie	Bizaardvark (CC)	Raven's Home (CC)
<b>ESPN</b>	College Basketball Michigan at North Carolina. (N) (Live)													
<b>ESPN2</b>	College Basketball	College Basketball Miami at Minnesota. From Williams Arena in Minneapolis. (N) (Live)				NFL Live (CC)	SC Featured	SC Featured	Jalen & Jacoby	The Fantasy Show	30 for 30 (CC)			
<b>TLC</b>	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My 600-Lb. Life "James K's Story" Bedridden James cannot stand up. (CC)	My 600-Lb. Life "Tracey's Story" Tracey's weight resides in her legs. (CC)	Mr. Robot Elliot tries to get ghosted. (N)	★ ★ Faster (2010) Dwayne Johnson, Billy Bob Thornton, Oliver Jackson-Cohen.	★ ★ Faster (2010) Dwayne Johnson.					

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

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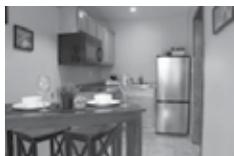
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11/22

**SAN DIEGO- 2BD/1 3/4BA,** with extra office room, quiet neighborhood, ground floor of duplex. Avail Nov. 1 619-417-4224

11/30

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11/30

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

-Oprah Winfrey

## SeaWorld

continued from page 15

To receive immediate notifications about this year's "Blue" Friday deals when they go live, guests must become email subscribers at <https://seaworld.com/san-diego/sign-up-for-email/blue-friday/> (subscribe by Nov. 22). These online-exclusive deals are available to the public starting at 6 p.m. on Nov. 23 until 11:59 p.m. Nov. 27. In addition to the 'Blue' Friday offers, SeaWorld has the best deals on admission offers for a limited time, with a Fall-For-Free Fun Card or a SoCal Annual Pass starting at only \$8.34 per month through EZ Pay. Plus, the value of admission extends beyond the great price, as a visit to SeaWorld helps support animal rescue programs as well as provides millions of dollars in donations and in-kind services to conservation projects around the world. For more information about SeaWorld and what's in store for 2018, visit [SeaWorldSanDiego.com](http://SeaWorldSanDiego.com).

## About SeaWorld San Diego

SeaWorld San Diego is one of the most popular marine parks in the world and is a global leader in marine animal care and welfare, education, conservation, research and rescue. Through exciting and educational attractions, shows and exhibits, SeaWorld creates fun and meaningful experiences—experiences that matter—where guests can explore, become inspired to care about animals and wild wonders of the world and to act to help protect them. SeaWorld San Diego, which opened in March of 1964, is one of 12 parks operated by SeaWorld Parks & Entertainment.

## SeaWorld's Christmas Celebration runs through January 14

SeaWorld San Diego brings the moving story of the Nativity and the meaning of Christmas to life through song and celebration at the all-new live holiday musical, O Wondrous Night, The Greatest Story Never Told, as part of SeaWorld's Christmas Celebration, now through Jan. 6, 2018.

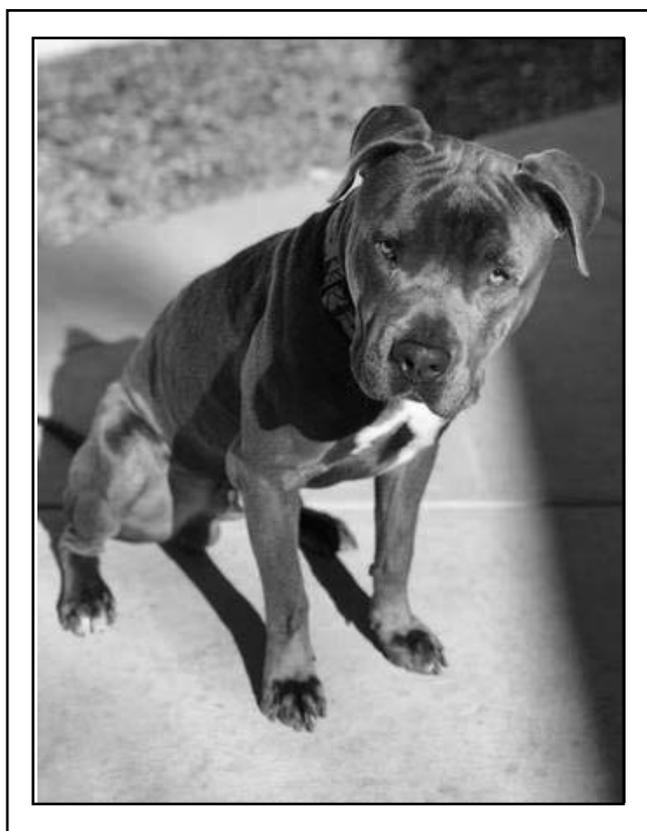
In addition to O Wondrous Night, many of the seasonal favorites that have made SeaWorld's Christmas Celebration a family holiday tradition are back for park guests to enjoy. The spectacular stage show, O Wondrous Night, will be performed under the stars nightly at the park's Nautilus Amphitheater. It tells the Christmas story from a new point of view: through the eyes of the animals. This breathtaking musical features more than 30 carols, beautiful storytelling puppets and live majestic animals, including camels, a donkey, llamas, sheep and doves.

In addition to O Wondrous Night, SeaWorld's Christmas Celebration also includes: Rudolph's Christmastown with Rudolph the Red-Nosed Reindeer and his friends Clarice, Bumble and Yukon Cornelius; Santa's Christmas Village with Santa, Mrs. Claus, the merry elves, and real reindeer; Dolphin Island Christmas; Clyde & Sea Lion's Christmas Special; and more than a million holiday lights, hundreds of Christmas trees and 5,000 feet of garland. The lights of SeaWorld's 320-foot Skytower Tree of Lights, the largest Christmas tree in Southern California, will dance in sync with classic holiday songs.

All of SeaWorld's Christmas Celebration festivities (except for arcade-style games and reserved experiences such as Breakfast With Orcas and Santa) are included with park admission.



**Macy** is a two year old spayed tuxedo kitty who weighs just 6 lbs. She is an extra friendly gal who hops right out of her kennel to greet you and explore the area. Macy loves being petted and will purr and purr while getting her massage. She tries to play with the other cats in the kennel by sticking her paw through the bars to say hello. She will make a wonderful companion for any family looking for a friendly, active feline. Meet Macy by asking for ID#A1807261 Tag#C134. She can be adopted for \$58.



**Channing** is a 1 1/2 year old male blue Pit Bull who weighs 72 lbs. This strikingly handsome guy may be a bit fearful at first, but quickly warms up and becomes a total sweetheart once he trusts you. He's goofy, loves to show off his toys and is very affectionate with his human pals. Channing gets along great with other dogs his own size and has a high energy play style. Meet this beef cake by asking for ID#A1810195 Tag#C386. Channing can be adopted for \$69.

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



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

## Love is a four legged word

### MY PET WORLD:

## Steps to reduce aggressive play with cats

by **Cathy M. Rosenthal**

Dear Cathy,  
I have two cats, Foxy and Florence, ages 8; they are brother and sister from the same litter. They had a bit of a rough start. Their mother was killed by a car before they opened their eyes. But a kind soul took them to a veterinary clinic where they were bottle-fed and then spayed and neutered at the appropriate time. They got their "forever home" with me.

Foxy is a reasonably mellow gent; Florence, however, is a nasty cat. She craves attention, but when I stroke her, she will lash out with an unsheathed paw, and sometimes draw blood. If I am sleeping and have a hand resting on the pillow, she will bite my fingers. I have worn slippers to bed for the past eight years because she comes under the covers and bites my toes.

I am wondering why one sibling would be a nice fellow while the other would be a little (ahem...!) "witch." - Nancy, Queens Village, NY

Dear Nancy,  
Whether pets or people, two siblings, born from the same parents, and raised virtually in the same way, can turn out very differently. That's because kittens' personalities are determined more through play with their littermates or other kittens than through their upbringing. Florence is just a more dominant personality, but it's not accept-

able that she bites you and draws blood when you pet her.

Cat behaviors can be more challenging to change than dog behaviors, but there are steps you can take to reduce her aggressive behavior.

First, know her touch tolerance level. Some cats find petting overstimulating, and can only handle a few strokes before lashing out. Determine how many strokes she can handle before she strikes, and stop petting her short of that limit.

Second, don't use your hands to play with her. Use wire and feather toys that enable you to keep some distance. She needs to learn body parts are not for play.

Next, you can wear slippers to bed, but it's important to set boundaries for her. Even though she thinks she is playing, she needs to know when the action is getting too rough. The quickest way to show your displeasure is to make a quick "hissing" sound when she lashes out. Cats hiss to tell others to back off, so she will know what this means.

Finally, use plug-in feline pheromones around the house to calm her. If none of these things

reduces her triggers, then talk to your veterinarian about behavioral medicine that can reduce her aggressive tendencies.

Dear Cathy,

I have a 10-year-old Maltese/Shih Tzu mix, in relatively good health. About a year ago, my veterinarian put him on a senior diet because of a slightly raised creatine level, which now is back to normal. He was not pleased about the new food, and I had to try eight different brands. He has always been a little bit of a fussy eater, but now every day is torture getting him to eat. He doesn't like food at all. It has gotten so bad that it takes me almost two hours of coaxing to get him to eat. The vet wants to see him put on a little weight.

Last year, he had his four front teeth extracted due to decay. This year when they were cleaned, everything looked good. Do you think I should request any further testing from on my vet? I am at a loss for what to do. - Karen, Brookhaven Hamlet, Long Island

Dear Karen,

While it's not unusual for older dogs to eat less or change their eating habits as they get older, you should absolutely rule out other health problems with

your veterinarian first. Dogs sometimes associate any pain or discomfort they feel with the food they are eating, and will avoid it if they think it's the cause of the problem.

Of course, the food may be part of the problem if he has an intolerance for some of the ingredients. If your vet approves, maybe you can switch proteins, from chicken or beef to salmon or bison. Or maybe you can feed him a limited-ingredient diet that will have fewer things that could trouble his stomach, if that is what's causing the issue.

Lastly, ask your veterinarian if you can add something to make his food more enticing, like boiled chicken, canned pumpkin (without the sugars), or Forti-Flora, which is a probiotic made by Purina Pro Plan that can help restore intestinal health and, because it's tasty, may improve his appetite.

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

## Omarr's weekly Astrological forecast



**ARIES** (March 21-April 19): Watch your step in the upcoming week. You may be tempted to push back if you feel your freedoms have been infringed upon. Avoid making major decisions or purchases as you may be misled by false information.

**TAURUS** (April 20-May 20): Kind and sympathetic people may help you reach long term goals, but might not be good advisors for finances. The second half of the week ahead will be better than the first half for decision making and major purchases.

**GEMINI** (May 21-June 20): In the upcoming week handle extra tasks and responsibilities with good grace. With a holiday on the calendar you might be treated like a "go-fer" or end up at someone's beck and call. Make the best of it.

**CANCER** (June 21-July 22): As this week unfolds you may realize that family connections make up the fabric of your life. Despite some irritations you may be made aware that loved ones help you weave all the little details of life into a viable whole.

**LEO** (July 23-Aug. 22): Patience will prop you up. Take your time about starting something new. Put your powerful business ideas and financial plans on the back burner until mid-week. You are too focused on work to enjoy a social outing.

**VIRGO** (Aug. 23-Sept. 22): Hit refresh. The familiar way of doing things may need a revision so that you can continue to thrive and grow in the future. In the week to come your energy levels may ebb and flow, so you must not take on new duties.

**LIBRA** (Sept. 23-Oct. 22): If you push too hard for too long something might break down. There may be a tendency to put your own wants and needs ahead of those of others. Relax, be considerate and recharge your energies in the week ahead.

**SCORPIO** (Oct. 23-Nov. 21): Remain attentive. Duck and get out of the way if a ladder is falling and threatens to hit you in the head. However, as the week unfolds, find ways to integrate your belief system into creative or financially stabilizing activities.

**SAGITTARIUS** (Nov. 22-Dec. 21): When the outcome of a game is certain, everyone wants to call it quits. Dissatisfaction with your routines might disrupt the week ahead. You could be tempted to stir up excitement with someone who is true blue.

**CAPRICORN** (Dec. 22-Jan. 19): Fortify your boundaries but keep a door propped open. Family dinners and restful hours sure to be on your schedule in the week ahead but you may be restless unless you have something physical to do.

**AQUARIUS** (Jan. 20-Feb. 18): Dig in and do it right the first time. Small details that have previously escaped your notice can come to your attention as this week unfolds. Don't make impulsive purchases but do focus on things of long term value.

**PISCES** (Feb. 19-March 20): Find opportunities for quiet introspection in the week ahead. Your nerves might be on edge and you may react badly if someone pushes your buttons. Some time on your own might help you retain your equilibrium.



by **Mark Andrews**

Nov. 28: ON THIS DATE in 1520, Portuguese navigator Ferdinand Magellan reached the Pacific after passing through the South American strait now bearing his name. In 1925, "The Grand Ole Opry," Nashville's famed wellspring of country music, made its radio debut.

Nov. 29: ON THIS DATE in 1947, the U.N. General Assembly passed a resolution to partition Palestine between Arabs and Jews. In 1981, actress Natalie Wood, 43, fell off a yacht and drowned near Catalina Island, Calif.

Nov. 30: ON THIS DATE in 1782, the United States and Britain signed preliminary peace articles in Paris, ending the Revolutionary War. In 1981, the United States and the Soviet Union opened negotiations in Geneva aimed at reducing stockpiles of nuclear weapons in Europe.

# Around Town

**The Griswold Awards:** Extreme Christmas Holiday Light Display Contest. Like our page and post and tag your EXTREME San Diego pics and vids to win cool prizes. Dec. 1-24 [www.facebook.com/TheGriswoldAwardsSanDiego/](http://www.facebook.com/TheGriswoldAwardsSanDiego/)

**Blue Buffalo Home** 4 the Holidays Campaign Dec. 1-2 [www.home4theholidays.org](http://www.home4theholidays.org)

**Public Star Party** at MiraCosta College, Dec. 1-2,8-10pm. [www.miracosta.edu/events](http://www.miracosta.edu/events)

**Jingle Bell Saddlebred** Horse Show at Del Mar Horse Park. Dec. 1-3,8am-5pm. [www.delmarfairgrounds.com](http://www.delmarfairgrounds.com)

**Hard Court Tennis Championships** USTA National Men' 40, Women's 40, Father-Son & Grandfather-Grandson **Hard Court Tennis Championships** at La Jolla Beach & Tennis Club. Dec. 1-3 [www.ljbtc.com](http://www.ljbtc.com)

**Scrooge:** The Musical at Village Church Community Theatre. Dec. 1-3 [www.villagechurchcommunitytheater.org](http://www.villagechurchcommunitytheater.org)

**Two-Faced Truth art exhibit** at Kruglak Gallery. Dec. 1-8 [www.miracosta.edu/events](http://www.miracosta.edu/events)

**The Secret in Their Eyes** LIFE Movie Series: The Secret in Their Eyes at MiraCosta College San Elijo campus, Dec. 1,1-3pm. [www.miracosta.edu/events](http://www.miracosta.edu/events)

**Foreign Film Fridays:** Dheepan at Ruby G. Shulman Auditorium, Dec. 1,4 & 7 pm. Free admission. [www.carlsbadca.gov](http://www.carlsbadca.gov)

**Kids' Night Out** at Poway Community Park, Dec. 1,4:30-9pm. [www.poway.org](http://www.poway.org)

**Fallbrook Tree Lighting** at Fallbrook Community Center, Dec. 1, 5-7:30pm. [www.fallbrookchamberofcommerce.org](http://www.fallbrookchamberofcommerce.org)

**Oceanside Art Walk** in downtown Oceanside. 5-9pm. [www.oceansideartwalk.org](http://www.oceansideartwalk.org)

**Astronomy Night** at Agua Hedionda Lagoon Discovery Center, Dec. 1, 5:30-7:30pm. [www.aguahedionda.org](http://www.aguahedionda.org)

**Christmas Concert** Dec. 1-2 San Luis Rey Chorale Christmas Concert at Mission San Luis Rey. [www.visitoceanside.org](http://www.visitoceanside.org)

**Bill Murray, Jan Vogler & Friends** at California Center for the Arts, Escondido, Dec. 1, 7:30pm. [www.artcenter.org](http://www.artcenter.org)

**December Nights** at Balboa Park. Dec. 1-2 [www.sandiego.gov/december-nights](http://www.sandiego.gov/december-nights)

**Stance International Surfing Association World** Adaptive Championship in La Jolla. Dec. 1-3 [www.isasurf.org](http://www.isasurf.org)

**Warren Miller Film Tour:** Line of Descent at La Paloma Theatre. Dec. 1-3 [www.skinet.com/warrenmiller/film-tour](http://www.skinet.com/warrenmiller/film-tour)

**Broadway San Diego presents Cinderella** at San Diego Civic Theatre. Dec. 1-3 [www.sandiegoteatres.org](http://www.sandiegoteatres.org)

**Greetings at Patio Playhouse Theatre.** Dec. 1-17 [www.patioplayhouse.com](http://www.patioplayhouse.com)

**La Jolla Playhouse** presents Summer: The Donna Summer Musical

at Mandell Weiss Theatre. Dec. 1-17 [www.lajollaplayhouse.org](http://www.lajollaplayhouse.org)

**San Diego Repertory Theatre** presents Black Pearl Sings at Lyceum Theatre. Dec. 1-17 [www.sdrep.org](http://www.sdrep.org)

**Purdy Tree Farms** at Del Mar Fairgrounds. Dec. 1-22 [www.purdy-treefarms.com](http://www.purdy-treefarms.com)

**Dr. Seuss's How the Grinch Stole Christmas** at The Old Globe Theatre. Dec. 1-24 [www.theoldglobe.org](http://www.theoldglobe.org)

**The Secret Garden** at New Village Arts Theatre. Dec. 1-24 [www.newvillagearts.org](http://www.newvillagearts.org)

**Miracle on 34th Street:** San Diego Musical Theatre presents Miracle on 34th Street: A Live Musical Radio Play at Horton Grand Theatre. Dec. 1-24 [www.sdmto.org](http://www.sdmto.org)

**Photos with Santa at Seaport Village.** Dec. 1-24 [www.seaportvillage.com](http://www.seaportvillage.com)

**Nightly tree lighting ceremony at Legoland** California Resort. Dec. 1-25 [www.legoland.com](http://www.legoland.com)

**Holiday Chocolate Display** at Park Hyatt Aviara Resort. (760) 448-1234 Dec. 1-27 [www.aviara.park.hyatt.com](http://www.aviara.park.hyatt.com)

**Skating By the Sea** at Hotel Del Coronado. Dec. 1-Jan. 1 [www.hoteldel.com](http://www.hoteldel.com)

## Balboa Park December Nights Dec. 1 - 2

Balboa Park December Nights takes place for the 40th consecutive year on December 1 from 3 to 11pm and December 2 from noon to 11pm. Friends, families and the community are invited to come together for festive fun, food and attractions throughout the park, including complimentary admission to Balboa Park museums from 5 to 9pm. As the largest free community festival in San Diego, December Nights is expected to attract more than 350,000 visitors over two days.

As in years past, the event offers seasonal entertainment and festive holiday lighting throughout the park. Delicious cuisine and holiday cheer are also part of the long-standing San Diego celebration. There are musical and dance presentations from San Diego Junior Theatre and San Diego Civic Youth Ballet. Time-honored traditions include Del Cerro Baptist's Christmas Story Tree, food from around the globe at the International Christmas Festival at the House of Pacific Relations Cottages and unique gift shopping at the museum stores and Spanish Village. The museums also host a variety of special holiday-themed exhibitions and displays. Balboa Park is located at 1549 El Prado, San Diego. For more information visit [www.sandiego.gov/december-nights](http://www.sandiego.gov/december-nights).

## West Coast Performing Arts Presenters presents Scrooge: A Christmas Carol

Kellan D. Baker recreates the roles of Scrooge, Tiny Tim, Bob Cratchit and a host of supporting characters in this solo tour de force, infusing tragedy, pathos, humor and fun into the beloved Dickens story of redemption and hope. A family-friendly and warm-hearted holiday favorite! Saturday, December 23 7-9 p.m. at Garfield Theatre At Lawrence Family Jewish Community Center 4126 Executive Drive, La Jolla, CA, 92037. \$39-\$59. <https://tickets.lfjcc.org/order-tickets.asp?p=2472&src=default>

## West Coast Performing Arts presents Hello Gorgeous! Barbra Streisand Holiday Show

Actress/Singer Rebecca Clark becomes Barbra Streisand in this live one-woman holiday-themed musical delivering all the greatest hits of this legendary singer performed live with no sync or voice track! Through live singing and comedic dialogue, along with playful crowd interaction, Clark captures the character and heart of Streisand, recounting her amazing journey through stage, television and film.

Performing songs from Funny Girl, A Star Is Born and Yentl, Miss Clark will include many of Streisand's greatest hits and holiday favorites such as 'The Christmas Song,' 'Evergreen,' 'The Way We Were,' 'Second Hand Rose,' 'You Don't Bring Me Flowers,' 'Memories,' - and of course, all the holiday favorites you've come to know and love from Miss Streisand!

Don't miss this fun, highly entertaining family friendly holiday show! Tuesday, Dec. 26,3-5 p.m. at Garfield Theatre At Lawrence Family Jewish Community Center,4126 Executive Drive, La Jolla, CA, 92037. \$39-\$59. <https://tickets.lfjcc.org/order-tickets.asp?p=2473&src=default>



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# Concerts

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

## November

**Guns N' Roses.** Fri, Nov 24, 7:30pm. Staples Center, 1111 S. Figueroa St, Los Angeles, 90015. www.staplescenter.com

**The Offspring.** 18+. Sat, Nov 25, 7pm. Rock. Free with race-track admission or \$20 after races. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

**Sue Palmer.** Mon, Nov 27, noon-1pm. FREE. Blues, Jazz, Boogie-Woogie piano. Lyceum Theatre, 79 Horton Plaza, San Diego. (619) 544-1000.

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

**Tori Amos.** Tues, Nov 28, 7:30pm. Folk/Pop/Rock. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

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

**Valerie June.** Thurs, Nov 30, 7:30pm. Folk. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

## December

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

**Chicano Soul Legends.** Sat, Dec 2, 7pm. Honda Center, 2695

E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com  
**San Diego Gay Men's Chorus Presents Jingle.** Sat, Dec 2, 6 & 9pm. Standards. \$29-\$39. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon. (619) 445-6002.

**Brian Setzer Orchestra,** Sun, Dec 3, 8pm. Jazz/Rock/Rockabilly. Pechanga Resort & Casino, 45000 Pechanga Pkwy, Temecula. (951) 693-1819.

**Will Downings Soulful Sounds of Christmas ft Avery Sunshine.** Sun, Dec 3, 8pm. City National Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. citynationalgroveofanaheim.com

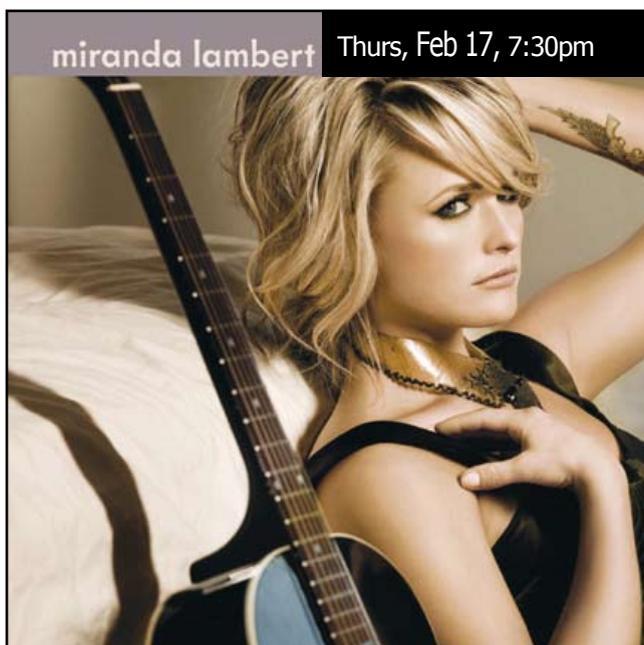
**Wrex the Halls.** Fri & Sat, Dec 8 & 9, 9pm. Alt/Folk/Rock. 91X presents features Rise Against, the Lumineers, Vance Joy, Dreamcar, more. Valley View Casino Center, San Diego Sports Arena, 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

**Dave Koz Christmas Tour.** Thurs, Dec 14, 8pm. Jazz. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

**Chris Isaak: Holiday Tour 2017.** Thurs, Dec 14, 8pm. City National Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. citynationalgroveofanaheim.com

**Sir Mix-A-Lot and Tone Loc.** Age 21+. Sat, Dec 16, 8-10pm. Hip-hop/Rap. \$49-\$59. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon. (619) 445-6002.

**Dianne Reeves.** Sun, Dec 17, 8pm. Jazz/Holiday. Balboa The-



miranda lambert Thurs, Feb 17, 7:30pm

atre, 868 Fourth Ave. (619) 570-1100.

**Tony Orlando.** Sun, Dec 17, 6pm. Mon Dec 18, 6 & 8pm. Pop. \$49-\$59. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon. (619) 445-6002.

**Noche Navidena con Luis Coronel.** Sun, Dec 17, 7pm. City National Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. citynationalgroveofanaheim.com

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

**98 Degrees at Christmas.** Wed,

Country. Viejas Arena at SDSU

5500 Canyon Crest Dr.

San Diego, CA.

(619) 594-6947

Dec 20, 8pm. Quartet. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. www.citynationalgroveofanaheim.com

**Jam'n 95.7 Jingle Jam,** ft. Migos, Yo Gotti & more. 2017, Sat, Dec 23, 7pm. View Casino Center, San Diego Sports Arena, 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

**War,** Fri, Dec 29, 8pm. Diner show. City National Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. citynationalgroveofanaheim.com

**Quattrosound.** Thurs, Dec 21, 7:30pm. \$25-\$45. Classical/Jazz/Standards. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

**OMFGINYE.** Sat & Sun, Dec 30 & 31, 7:30pm. DJ/Electronic/Hip-hop/Rap/Pop. Features Tiesto, Zedd, Dillon Francis, Illenium, Kayso, more! Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

## January

**The Fremonts.** Wed, Jan 3, 4 & 7pm. FREE. Jazz/R&B. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

**Blue Oyster Cult.** Thurs, Jan 25, 8pm. Rock. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon. (619) 445-6002.

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

## February

**The Killers.** Feb 1-2, 8pm. Rock. Staples Center, 1111 S. Figueroa St, Los Angeles, 90015. www.staplescenter.com

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

**The Oak Ridge Boys.** Age 21+. Sat, Feb 3, 5 & 8 p.m. Country.

Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon, 92019. (619) 445-6002.

**Jessica Fichtot.** Wed, Feb 7, 4 & 7pm. FREE. World. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

**Night with Janis Joplin.** Wed & Thurs, Feb 7 & 8, 8pm. Covers. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

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

**Lana del Rey.** Thurs, Feb 15, 7:30pm. Pop. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

**Miranda Lambert.** Thurs, Feb 17, 7:30pm. Country. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

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

**Beth Hart.** Sun, Feb 18, 7pm. Folk. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

**International Guitar Night.** Sun, Feb 18, 7:30pm. \$30-\$40. Acoustic. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

**Boomshaka Music Festival.** Mon, Feb 19, 3pm. Reggae/Ska/Rock. Tribal Seeds, Stick Figure, The Original Wailers, Don Carlos, Hirie, The Expanders, more!! Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

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<p><b>2011 HYUNDAI SANTA FE SE</b> <b>\$12,645</b> #064435</p>	<p><b>2012 FORD MUSTANG</b> <b>\$13,577</b> #278959</p>	<p><b>2016 FORD FUSION SE</b> <b>\$16,995</b> #358859</p>	<p><b>2014 FORD FOCUS ST</b> <b>\$17,044</b> #341451</p>	<p><b>2016 DODGE GRAND CARAVAN SXT</b> <b>\$17,125</b> #313275</p>
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