



Weekly Contest
Enter for a chance to win tickets to the Frozen Fairgrounds at Del Mar. **See page 4**

Special holidays for military
Military families and servicemembers are the recipients of special holiday festivities. **See page 11**

The Meat & Potatoes of Life
Lisa Smith Molinari writes about life in and after the military with humor and an eye for the brighter side. **See page 22**

Navy Marine Corps Coast Guard Army Air Force

ARMED FORCES DISPATCH



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FIFTY SEVENTH YEAR NO. 24
THURSDAY, DECEMBER 21, 2017

San Diego named among best places for service members and military families

Association of Defense Communities designated San Diego a 2018 'Great American Defense Community'

SAN DIEGO – As a national leader in providing resources and support for service members, the City of San Diego is being recognized as one of the best places for improving the quality of life for members of the military and their families. Today, the Association of Defense Communities named the San Diego region to the 2018 class of Great American Defense Communities.

“San Diego’s history is intertwined with the military and we have a long tradition of supporting our active duty and veteran military members, their families and the civilians who also serve on our bases,” said Mayor Kevin L. Faulconer. “This national recognition is a credit to the citizens of San Diego, businesses, nonprofit organizations and universities who all do their part to work with, care for, and support our military community.”

Home to the world’s largest concentration of military, the San Diego region has been shaped by strong relationships with active duty service personnel, veterans and their families. More than 106,500 active duty Navy and Marines are stationed in San Diego. Additionally, more than 233,800 military veterans reside in the San Diego region.



NEX continues tradition of distributing free phone cards during the holidays

by Kristine M. Sturkie

The Navy Exchange Service Command (NEXCOM) expects to distribute nearly 35,000 free phone cards to Sailors and Marines away from their homeports and those forward deployed to overseas ports during the holidays.

To thank service members away from home this holiday season, the Navy Exchange Service Command (NEXCOM) is giving away free \$10 phone cards. NEXCOM expects to distribute nearly 35,000 free phone cards to Sailors and Marines away from their homeports and those forward deployed to overseas ports during the holidays.

“For over 10 years, NEXCOM has given free phone cards to Sailors and Marines deployed and away from home during the holiday season,” said NEXCOM’s Command Master Chief Shannon Howe. “As a military command, we understand the sacrifices our military members and their families make in service to our country. Being away from home during the holidays is never easy. We hope a phone call home on us will make it just a little easier.”



Lance Cpl. Roberto Sandoval makes a phone call home aboard USS Boxer. Navy photo by MC2 Mayra A. Knight

The \$10 AT&T prepaid phone cards can be used via the Afloat Personal Telecommunications Service system, the ship’s Plain Old Telephone Service (POTS) system or ashore in the United States or any foreign port where AT&T has a presence.

San Diego-based ships that will receive the free phone cards are USS *Theodore Roosevelt*; USS *America*; USS *San Diego*; USS *Pearl Harbor*; USS *Bunker Hill*; USS *Princeton*; USS *Lake Erie*; USS *Higgins*; USS *Howard*; and USS *Pinckney*.

DOD releases 2018 BAH rates

WASHINGTON - The Department of Defense released Dec. 15, the 2018 Basic Allowance for Housing rates. Basic Allowance for Housing rates will increase an average of 0.7 percent when the new rates take effect Jan. 1. An estimated \$21 billion will be paid to approximately one million Service members.

Continuing to balance the growth in compensation costs, the 2018 Basic Allowance for Housing program expands the member cost-sharing element (out-of-pocket expense). Based on the authority provided in the FY 2016 National Defense Authorization Act, the cost-sharing element has increased to four percent for 2018 which means a typical member will absorb four percent of the national average housing cost by pay grade. Even with the increase in cost sharing, on average, BAH rates will increase approximately \$10 per month. A typical mid-grade enlisted member with dependents, for example, will find his/her BAH about \$19 per month higher than last year, while a typical junior officer without dependents will find his/her BAH about \$16 higher than last year.

Housing cost data are collected annually for over 300 Military Housing Areas in the United States, including Alaska and Hawaii. An important part of the Basic Allowance for Housing process is the cooperation from the Services and local military housing offices in the data collection effort. Input from local commands is used to determine in what neighborhoods data is collected and to direct the data collection effort towards adequate apartment complexes and individual housing units.



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Merry Christmas
from the staff at the
Dispatch Newspaper

You can order this “American Santa” Christmas garden flag at Amazon.com

see BAH, page 4

Trump announces new whole-of-government national security strategy

by Jim Garamone

WASHINGTON - President Donald Trump announced Dec. 18 a new national security strategy rooted in a whole-of-government approach that stresses the economic might of the United States.

In a written statement, Defense Secretary James Mattis called the strategy "clear and comprehensive."

"As the world's most lethal armed force, the men and women of the U.S. military ensure our diplomats always speak from a position of strength," he said. "Supported by our allies and partners, we will continue to defend our common security interests as we protect America from those seeking to threaten the freedoms we enjoy."

Trump announced the new strategy during a speech at the Reagan Building near the White House. The national security strategy sets the stage for the national defense strategy and the national military strategy.

"With every decision and

every action, we are now putting America first," the president said. "We are rebuilding our nation, our confidence and our standing in the world."

In addition to the military aspect of national security, the new strategy includes homeland defense, border security, trade policy and economic strength. Still, military power does play a part, and the president noted the \$700 billion National Defense Authorization Act he signed last week.

"We're demanding extraordinary strength, which will hopefully lead to long and extraordinary peace," he said. "We're giving our courageous military men and women the support they need and so dearly deserve."

Trump spoke about specific threats such as Iran, North Korea, Russia and China, and he touted efforts against the Islamic State of Iraq and Syria.

"Following my trip to the Middle East, the Gulf States and other Muslim-majority nations joined together to fight radical

Islamist ideology and terrorist financing," he said. "We have dealt ISIS one devastating defeat after another. The coalition to defeat ISIS has now recaptured almost 100 percent of the land once held by these terrorists in Iraq and in Syria. Great job."

To keep this momentum moving, the U.S. must integrate every dimension of national strength, "and we must compete with every instrument of our national power," the president said.

"With the strategy I'm announcing today, we're declaring that America is in the game, and America is going win."

The strategy advances four vital national interests. The first is to protect the American people, the homeland and the American way of life. "We cannot secure a nation if we do not secure our borders," Trump said. "So for the first time ever, an American strategy now includes a serious plan to defend our homeland."



Chairman of the Joint Chiefs of Staff Gen. Joe Dunford, center, and members of the Joint Chiefs of Staff listen as President Trump announces a new National Security Strategy Dec. 18 at the Ronald Reagan Building and International Trade Center in Washington. White House photo by Joyce Boghosian

In addition, the strategy also calls on America to confront, discredit and defeat radical Islamic terrorism and ideology, and to prevent it from spreading into the United States. "We will develop new ways to counter those who use new domains, such as cyber and social media, to attack our nation or threaten our society," he said.

The second pillar is economic. "For the first time, American

strategy recognizes that economic security is national security," the president said. "Economic vitality, growth and prosperity at home is absolutely necessary for American power and influence abroad. Any nation that trades away its prosperity for security will end up losing both."

Preserving peace through strength is the third pillar of the new strategy. "We recognize that weakness is the surest path

to conflict, and unrivaled power is the most certain means of defense," Trump said. "For this reason, our strategy breaks from the damaging defense sequester. We're going to get rid of that."

Trump said the strategy calls for a total military modernization, and reversing previous decisions to shrink the force. "It calls for streamlining ac-

see **Strategy, next page**

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FREE INSPECTION

Haley says Iran must stop destabilizing behavior

by **Jim Garamone**

WASHINGTON - Standing in front of an Iranian rocket fired at an international airport in Saudi Arabia, U.S. Ambassador to the United Nations Nikki Haley said Iran must stop all its destabilizing behavior.

"We are not just focused on [Iran's] nuclear program," the ambassador said Dec. 14 during a press conference at a Joint Base Anacostia-Bolling hangar where the illegal Iranian equipment is on display.

The display is hard evidence that Iran is seeking to destabilize the Middle East. Haley stressed that Iran is engaging in many other illegal behaviors that are causing suffering from the Arabian Peninsula, to Central Asia, to the Levant.

The United States is going beyond Iran's nuclear weapons program, which the theocracy agreed to halt only after overwhelming international pressure. "We are not just focused on the nuclear program," Haley said. "We're also taking a hard look at

Iran's ballistic missile program, its arms exports, its support for terrorists, proxy fighters and dictators."

And Iran's behavior is growing worse, she said. "The nuclear deal has done nothing to moderate the regime's conduct in other areas," the ambassador said.

The instance of missile and weapons systems being sent from Iran's Revolutionary Guard to militias and terror groups is increasing. "It's hard to find a terrorist group in the

Middle East that does not have Iran's fingerprints all over it," she said.

Iran is "fanning the flames" of conflict, Haley said.

United Nations Security Council Resolution 2231 deals specifically with Iranian arms transfers and its ballistic missile program. Iran has repeatedly violated the resolution.

The report shows Iran arming Houthi rebels in Yemen with missiles and advanced weaponry, and that is what brought Haley to a hangar near the Defense Intelligence Agency here. The displays in the hangar are irrefutable, concrete proof of Iran's violations. Missiles, unmanned aerial vehicles, antitank weapons and a Shark-33 boat used to attack a Saudi frigate are among the displays. Examination of the weapons trace them back to Iran and industries owned and operated by the Iranian government or Iran's Revolutionary Guards.

"This evidence demonstrates a pattern of behavior in which Iran sows conflict and extremism in direct violation of U.N. Security Council resolutions," she said.

The United States has invited all members of the U.N. Security Council and all members of Congress to view the display. "This evidence is part of what led the U.S. Intelligence Community to conclude - unequivocally - that these weapons were supplied by the Iranian regime. The evidence

is undeniable - they might as well have had 'Made in Iran' stickers all over them."

Haley called on all nations of the world to join the United States in resisting Iran as the nation has become "a global threat."

Strategy

continued from page 2

quisition, eliminating bloated bureaucracy, and massively building up our military, which has the fundamental side benefit of creating millions and millions of jobs," he added.

New military domains of space and cyberspace have key roles in the strategy, the president said. "This strategy outlines important steps to address new forms of conflict, such as economic and political aggression, and our strategy emphasizes strengthening alliances to cope with these

threats," he said. "It recognizes that our strength is magnified by allies who share principles and our principles, and shoulder their fair share of responsibility for our common security."

Finally, the strategy seeks to advance American influence, which begins with building wealth and power at home. "America will lead again," Trump said. "We do not seek to impose our way of life on anyone, but we will champion the values without apology."

The U.S. values strong alli-

ances and partnerships, based on cooperation and reciprocity, the president said. "We will make new partnerships with those who share our goals and make common interests into a common cause," he added.

"We will pursue the vision we have carried around the world over this past year, a vision of strong, sovereign and independent nations that respect their citizens and respect their neighbors, nations that thrive in commerce and cooperation, rooted in their histories and branching out toward their destinies."

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USCG cutter seizes nearly 7 tons of cocaine, rescues ocean wildlife

KEY WEST, Fla. — The Coast Guard Cutter Thetis returned to homeport in Key West Dec. 17 following a 68-day Eastern Pacific counter drug patrol.

The cutter Thetis crew worked alongside the Pacific Tactical Law Enforcement Team, an aviation detachment from the Helicopter Interdiction Tactical Squadron and a Royal Canadian Navy maritime coastal defense vessel in support of Operation Martillo seizing 6,755 kilograms of cocaine and 14 pounds of marijuana during eight separate interdictions that resulted in the apprehension of 24 suspected smugglers.

While on patrol Nov. 19, the cutter launched its Over the Horizon small boat to investigate a debris field. The boat crew discovered a large sea turtle entangled in multiple bales of suspected contraband.

Coast Guard Ens. Mark Krebs, the pursuit mission commander, said that as his team arrived on scene with the jettison field, they immediately noticed the entangled sea turtle. They saw significant chaffing from the lines on his neck and flippers. They briefed the commanding officer and went to work, carefully cutting the lines wrapped around the sea turtle and then eventually freeing him.

The boat crew recovered over 75-feet of line to prevent further entanglement of sea life and returned to the law enforcement mission recovering over 1,800 pounds of cocaine valued at over \$53 million dollars from international waters.

During this patrol, the combined efforts of the cutter Thetis crew, Joint Interagency Task Force South, HITRON, PAC-TACLET and other Coast Guard assets eliminated nearly seven tons of illicit narcotics with a street value over \$135 million dollars that pose a threat to national security and regional stability.

Operation Martillo is a U.S., European and Western Hemisphere partner-nation effort launched in January 2012 targeting illicit trafficking routes in coastal waters along the Central American isthmus.

Operation Martillo demonstrates a clear commitment of the Western Hemisphere and European nations to work as partners to counter the spread of transnational criminal organizations and to protect citizens in Central America from the violence, harm and exploitation created by these criminal networks.

Operation Martillo is an international, interagency operation that includes the participation

of 18 countries committed to a regional approach against transnational criminal organiza-

tions moving illicit cargo. To date, partner nation efforts have contributed to 57 percent of all

disruptions to illicit trafficking and 60 percent of the metric tons captured as part of the

Operation Martillo initiative. For more breaking news follow us on Twitter and Facebook.



A Coast Guard Cutter Thetis small boat crew conducts personnel and contraband transfers with the Coast Guard Cutter Vigorous during a 68-day Eastern Pacific counter drug patrol in 2017. The cutter Thetis crew worked alongside the Pacific Tactical Law Enforcement Team, an aviation detachment from the Helicopter Interdiction Tactical Squadron



A Coast Guard Cutter Thetis boat crew works to free an entangled sea turtle from a jettison field during a 68-day Eastern Pacific counter drug patrol in 2017. They saw significant chaffing from the lines on his neck and flippers. Coast Guard photo.

and a Royal Canadian Navy maritime coastal defense vessel in support of Operation Martillo seizing 6,755 kilograms of cocaine and 14 pounds of marijuana during eight separate interdictions that resulted in the apprehension of 24 suspected smugglers. Coast Guard photo

General Court-Martial for November 2017

At a General Court-Martial at Camp Pendleton, Sergeant C. D. Lane was convicted by a military judge of wrongful sale of military property, larceny of military property, larceny, and wrongful use of a controlled substance. The military judge sentenced the accused to 18 months confinement, reduction to E-1, and a bad-conduct discharge. The pre-trial agreement had no effect on the sentence.

BAH

continued from page 1

Median current market rent and average utilities (including electricity, heat, and water/sewer) comprise the total housing cost for each military housing area and are included in the Basic Allowance for Housing computation. Total housing costs are developed for six housing profiles (based on dwelling type and number of bedrooms) in each military housing area. Basic Allowance for Housing rates are then calculated for each pay grade, both with and without dependents.

An integral part of the Basic Allowance for Housing program is the provision of individual rate protection to all members. No matter what happens to measured housing costs - including the out-of-pocket cost-sharing

adjustment, an individual member who maintains uninterrupted Basic Allowance for Housing eligibility in a given location will not see his/her Basic Allowance for Housing rate decrease. This ensures that members who have made long-term commitments in the form of a lease or contract are not penalized if the area's housing costs decrease.

The Department is committed to the preservation of a compensation and benefit structure that provides members with a suitable and secure standard of living to sustain a trained, experienced, and ready force now and in the future.

For more information on Basic Allowance for Housing, including the 2018 Basic Allowance for Housing rates and 2018 Basic Allowance for Housing rate component breakdown, visit www.defensetravel.dod.mil/site/bah.cfm.

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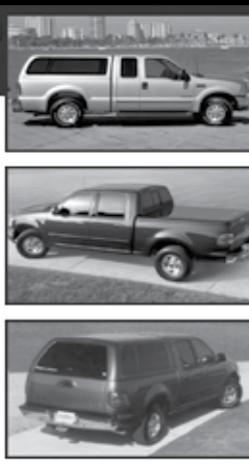
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Social Security Matters

by Russell Gloor

Ask Rusty - Survivors Benefit vs. Retirement Benefit

Dear Rusty: I'm a 58-year-old widow, born in 1958. My husband, born in 1953, was collecting Social Security Disability benefits when he died, worked throughout his lifetime and had earned enough credits to be eligible for regular Social Security benefits had he lived long enough. I know I can start collecting survivor's benefits at age 60, but I'm not sure if that's smart because I'd like to keep working and I'm not sure if working would affect my widow's benefits. I should also mention that I don't have the full 35 years working that Social Security uses to calculate my own retirement benefit amount, so I'm unclear about when or whether to consider switching from survivor's benefits to benefits based on my own work record. Please help me figure out the best way forward. Signed: A Survivor

Dear Survivor: You already know that you're not eligible for survivor's benefits until you are 60 years old, and your plan to continue working after that does, indeed, add a wrinkle. While you will be eligible to begin survivor's benefits at age 60, the benefit you receive will be reduced to 71.5 percent of what you would receive if you wait until your widow's full retirement age (FRA). Note too that as a widow, your full retirement age is 4 months earlier than the normal FRA for someone born in 1958 - 66 years and 4 months vs. 66 years and 8 months for the normal.

In the immediate future I suggest you focus on eliminating some of those zero-salary years in your 35 year work record because they will reduce the Social Security benefit you will be entitled to. You said you want to continue working, and for each year you work now one of those zero years will be eliminated and your benefit amount from your own work record will increase. If working provides enough money to keep you financially comfortable, then delaying the start of your survivor's benefit beyond age 60 will improve the reduction factor by about 4.5 percent for each year you delay, up to your FRA. The actual amount of your survivor's benefit will be based upon your deceased husband's primary insurance amount (the amount of benefit he would have been entitled to at his full retirement age) and the age at which you apply for survivor's benefits. Even if you are still working, there's no advantage to waiting beyond your FRA to start survivor's benefits because the maximum survivor's benefit is reached at FRA. Whenever you apply for your survivor's benefit you will need to apply in person at your Social Security office, and you should be specific that you are applying only for survivor's benefits, not your benefits based on your own work record.

If you choose to start collecting survivor's benefits early and continue to work, Social Security's "earnings test" could affect your benefit. Except for the year in which you attain your FRA, Social Security will take back \$1 for every \$2 you earn above their annual earnings limit, which for 2017 is \$16,920.

Unlike survivor's benefits which stop growing at FRA, the benefit available from your own work record will continue to increase if you wait beyond your full retirement age to start collecting it. In fact, your benefits from your own work record will increase by about 8 percent for each year you delay beyond your FRA, until you reach the maximum at age 70. A prudent approach might be to continue collecting your survivor's benefits until some years past your FRA (but not later than 70) and allowing your benefit from your own work record to grow. Provided your own benefit is larger than your survivor's benefit, you can then switch over to the higher benefit. In any case, do not wait past your FRA to start your survivor's benefit, nor after age 70 to start your own retirement benefits.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. The information presented in this article is intended for general information purposes only. The opinions and interpretations expressed are the viewpoints of the AMAC Foundation's Social Security Advisory staff, trained and accredited under the National Social Security Advisors program of the National Social Security Association, LLC (NSSA). NSSA, the AMAC Foundation, and the Foundation's Social Security Advisors are not affiliated with or endorsed by the United States Government, the Social Security Administration, or any other state government.



MCRC unveils three iconic 'Battles Won' sculptures

by Pfc. Naomi Marcom
TRIANGLE, Va. - A nearly seven-foot, bronze-colored United States Marine stands battle ready. He is clothed in history - Marines from as early as World War I prepare for battle, assault vehicles and aircraft patrol the area, a drill instructor holds a steady salute and hundreds of Marines execute their missions -

at the National Museum of the Marine Corps here Dec. 13.

"The mentality of a Marine is selflessness, camaraderie, brotherhood and kinship - all working together and fighting to the death for your fellow man," said Kris Kuksi, the creator of the sculptures. "I wanted to capture the fighting spirit."



A drill instructor figurine, part of a much larger statue, holds a steady salute on its day of unveiling at the National Marine Corps Museum. At Their Core, one of three statues that were unveiled, was crafted by Kris Kuksi for Marine Corps Recruiting Command's Battles Won brand idea, but also to represent the irreducible fighting spirit of Marines. Kuksi is an artist contracted to work with MCRC's contracted advertisement agency, J. Walter Thompson.

truly embodying the essence and service of the Marine Corps.

The Marine Corps Recruiting Command unveiled three iconic Battles Won-themed sculptures

The weapons, uniforms and machinery were meticulously crafted from toy soldiers, building blocks, model kits and 3-D printed accessories, which were painted to look like Marines in battle. When an individual visits the museum and sees these sculptures, they will become lost in a place between artwork and imagination as they view products displaying centuries of battles Marines have faced.

"Kris really took the essence of the Marine Corps and materi-

alized it through his imagination and into artwork," said Col. Terence Trenchard, the chief of staff of MCRC. "Winning our nation's battles is one of our promises as Marines, and it can be seen here - in a physical sense - as a long-carried tradition and culture."

communities. "When I look at the statues, there's too much for me to take in at one time," Lin Ezell, the director of the NMMC, admirably said. "I don't think you can figure it all out at one time. It'll take some revisiting."

The Battles Won brand idea, which was released in March of this year by MCRC and its contracted advertising agency, J. Walter Thompson, was designed to convey the fighting spirit of Marines, which is the irreducible essence of the Marine Corps; it's their willingness to engage and determination to defeat opposing forces - whether personal or on behalf of the nation and its

It took approximately seven months for Kuksi to complete production of the mixed-media sculptures. The names of the sculptures being displayed are, Nation's Call, Waged in Will and At Their Core.

"MCRC is proud to donate these sculptures to the museum so that all people, not only Marines, can experience who we are, what we do and why it matters," Trenchard said.

FRA urges Congress not to pass another CR

FLEET RESERVE ASSOCIATION - FRA and other members of The Military Coalition have dispatched a letter to key Congressional lawmakers asking them to pass the FY2018 Defense Appropriations before the current Continuing Resolution (CR) funding expires Dec. 22.

Another CR only extends FY2017 spending levels and would stymie the armed forces's ability to grow, equip and train the total force necessary to meet growing international threats. The letter reminds legislators that the U.S. is a nation at war, the uniform services are suffering from dangerous readiness and force-structure issues and the total force cannot remain effective, absent an adequate and timely budget.

The letter also mentions problems caused by sequestration (automatic across the board) cuts mandated by the Budget Control Act of 2011, which sets strict caps on both defense and non-defense spending. In the past, Congress managed to make short-term compromises, lifting the caps for a couple of years at a time.

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<p>TRANSMISSION REBUILD 10% OFF</p> <p>Labor Costs Offer expires 1/31/18</p>	<p>CLUTCH REPLACEMENT \$150 Labor</p> <p>Some RWD small cars. Call for specials on imports, RWD, and on all trucks. Fluid extra. Offer expires 1/31/18</p>	<p>TRANSMISSION TUNE-UP \$69⁹⁹</p> <p>Labor Only - Parts Extra Offer expires 1/31/18</p>
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Se Habla Español

On Base & On Board

Virtual Reality Fun! NBPL, Main Base, The Clubhouse, Bldg. 546 Stop by and play the latest VR games! Registration required: 619-553-9138

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

HAPPENINGS LISTED FROM PREVIOUS ISSUES.... GOLF

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

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

LIBERTY

Lunchtime Tournaments 11 am • FREE Monday, Foosball Tuesday, Shuffleboard Wednesday, 8-Ball Pool Thursday, Ping Pong Info: 619-437-3190

Weekly Tournaments Various Days • 7 pm • FREE What will it be this week . . . cards, board games or video games! Info: 619-437-3190

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

Hornblower Dinner Cruise Friday, December 22 • 5:30 pm • \$49 Enjoy dinner on a famous Hornblower cruise ship and catch the beautiful holiday lights along the downtown San Diego skyline and Coronado Island views. Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Info: 619-545-3331

Mountain Bike Adventure Saturday, December 23 • Noon • \$20 Bike Otay Valley! Cost includes transportation, bike rental, water, and snacks. Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Info: 619-545-3331

X-Mas Scavenger Hunt Saturday, December 23 • 3-8 pm • FREE Each team has a list of 10 items to find in Balboa Park. The first team to complete their list wins a unique prize. Info: 619-524-0961

Mission Bay Bike Trail Saturday, December 23 • 1 pm • \$40 active/\$50 guest Cost includes bike rental and transportation. Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Info: 619-532-8909

Christmas Eve Party Sunday, December 24 • 3 pm • FREE Join us for holiday festivities and giveaways! Ugliest sweater gets the grand prize! Events open to single enlisted and unaccompanied active duty, plus a guest, 18+. Info: 619-532-8909

Holiday Desserts Sunday, December 24 • 5-8 pm • FREE Hang out with Lib Hall as we play holiday movies and games, plus munch on our favorite seasonal desserts. Join our pie eating contest, if you dare! Info: 619-524-0961

National Egg Nog Day Sunday, December 24 • All Day • FREE Stop by for a cup of the holidays! Event open to single enlisted and unaccompanied active duty, plus a guest, 18+. Info: 619-437-3190

Christmas Buffet Monday, December 25 • Noon • FREE Enjoy a complete buffet with your Liberty family! Open to E1-E6 active duty, single Sailors. Info: 619-437-3190

Christmas Dinner Monday, December 25 • 1 pm • FREE Celebrate with The RECYARD! A delicious prime rib dinner with all of your favorite fixings and Christmas BINGO awaits you in a warm, friendly environment. Event open to single enlisted and unaccompanied active duty, plus a guest, 18+. Info: 619-556-5085

Movies at the Bases

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

Friday, December 22
6:00 pm Coco (PG) 109 min.
8:20 pm Wonder (PG) 113 min.

Saturday, December 23
1:00 pm Coco (PG) 109 min.
3:20 pm The Star (PG) 86 min.
5:40 pm Justice League (PG-13) 119 min.
8:10 pm Coco (PG) 109 min.

Sunday, December 24
11:00 am Justice League (PG-13) 119 min.
1:30 pm Coco (PG) 104 min.
4:00 pm The Star (PG) 86 min.
5:50 pm A Christmas Story (PG) 94 min.

Monday, December 25
6:00 pm Coco (PG) 109 min.
8:10 pm National Lampoon's Christmas Vacation (Pg-13) 97 min.

Tuesday, December 26
5:50 pm Justice League (PG-13) 119 min.
8:10 pm A Bad Moms Christmas (R) 104 min.*

Wednesday, December 27
6:00 pm Daddy's Home 2 (PG-13) 100 min.
8:10 pm Murder on The Orient Express (PG-13) 114 min.

Thursday, December 28
5:50 pm Thor: Ragnarok (PG-13) 130 min.*
8:30 pm Justice League (PG-13) 119 min.

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

Friday, December 22
5:00 pm A Christmas Story (PG) 94 min.

Saturday, December 23
5:00 pm Earnest Saves Christmas (PG) 95 min.

Sunday, December 24
Closed – Happy Holidays!

Thursday, December 28
5:00 pm Moana (PG) 96 min.

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

Friday, December 22
5:50 pm Coco (PG) 109 min.
8:00 pm Wonder (PG) 113 min.

Saturday, December 23
12:50 pm Coco (PG) 109 min.
3:10 pm Coco – 3D (PG) 109 min.
5:50 pm Wonder (PG) 113 min.
8:10 pm Justice League (PG-13) 119 min.

Sunday, December 24
1:00 pm The Star (PG) 86 min.
3:00 pm Coco (PG) 109 min.

Monday, December 25
Closed – Happy Holidays!

Tuesday, December 26
5:50 pm Wonder (PG) 113 min.
8:10 pm Justice League (PG-13) 119 min.

Wednesday, December 27
5:50 pm The Star (PG) 86 min.*
7:40 pm Justice League (PG-13) 119 min.

Thursday, December 28
5:50 pm Coco (PG) 109 min.
8:00 pm Murder on the Orient Express (PG-13) 114 min.*

Bob Hope Theatre - Miramar Bldg. 2242 858-577-4143
THU 21
3:00 PM Toy Story [G] Special Free EFMP Screening
6:30 PM Thank You for Your Service [R] LAST SHOWING

FRI 22
6:30 PM Justice League (2D) [PG-13]
9:00 PM Daddy's Home 2 [PG-13]

SAT 23
3:00 PM Murder on the Orient Express [PG-13]
6:30 PM Wonder [PG]
9:00 PM Thor: Ragnarok (2D) [PG-13]

SUN 24
1:00 PM Coco [PG] Free Christmas Eve Screening

WED 27
6:30 PM A Bad Moms Christmas [R] LAST SHOWING

THU 28
3:00 PM Toy Story 2 [G] Special Free EFMP Screening
6:30 PM Thor: Ragnarok (2D) [PG-13] LAST SHOWING



Crime, Drama, Mystery
"PG-13"- 114 minutes

Synopsis: When a murder occurs on the train he's travelling on, celebrated detective Hercule Poirot is recruited to solve the case.

Cast:
Kenneth Branagh,
Penelope Cruz,
Willem Dafoe,
Leslie Odom Jr.
and Daisy Ridley

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

Friday, December 22
5:00 pm I'll Be Home for Christmas (G) 86 min.

Saturday, December 23
2:00 pm A Christmas Story (PG) 94 min.
5:00 pm The Nutcracker (G) 92 min.

Sunday, December 24
Closed – Happy Holiday's!

Monday, December 25
Closed – Happy Holiday's!

Tuesday, December 26
11:00 am The Peanuts Movie (G) 93 min.
5:00 pm The Hitman's Bodyguard (R) 111 min.

Wednesday, December 27
5:00 pm Stronger (R) 119 min.

Thursday, December 28
11:00 am Aladdin (G) 90 min.
5:00 pm Atomic Blonde (R) 115 min.

Air Force internships help young professionals gain valuable work experience

by Richard Salomon

Air Force officials are offering internships to eligible scholars that could lead them on career paths with the Air Force Civilian Service.

Students and recent college graduates can take advantage of the Recent Graduates Program, the Presidential Management Fellows Program and the new Premier College Intern Program as well as the Air Force's regular internship program. All are designed to promote and encourage opportunities in the federal service.

"These programs provide meaningful training and career development opportunities for individuals who are interested in federal employment," said Mary Villarreal, Pathways Program manager.

The Recent Graduates Program offers civil service career opportunities for individuals who graduated in the last two years from a qualifying educational institution with an associate's, bachelor's, master's or doctoral degree. The program also accepts individuals with vocational or technical degrees

or certificates. Program selectees receive developmental experiences in the federal government, guided career planning, professional development and competitive opportunities for career advancement.

To be eligible, applicants must apply within two years of completing a degree or earning a certificate. However, veterans have up to six years after completing their degree or certificate to apply. For more information about veterans' employment, go to <https://www.opm.gov/policy-data-oversight/veterans-services/>.

The Presidential Management Fellows Program serves as a leadership development program for advanced degree candidates. The Office of Personnel Management allows those who have received a qualifying advanced degree within the preceding two years to participate.

The Air Force introduced the Premier College Intern Program in August 2017. The new program is designed to attract individuals currently enrolled full-time in college to seek careers in the Air Force Civilian Ser-

vice. The program offers eight career field opportunities: civil engineering, communications and information, contracting, financial management, force support, scientist and engineering, intelligence, and logistics.

"The Premier College Intern Program serves as an excellent force renewal tool by focusing on top college talent," said Kristina Whitfield, Premier College Intern Program Manager. "The selectees gain important real-world experience by working on challenging and rewarding projects at installations across the Air Force."

Since the program's debut, AFPC's talent acquisition team has made contact with about 600 students at various recruiting trips and hiring events.

Both office and professional (white-collar) and manual and industrial (blue-collar) positions for the Premier College Intern Program can be filled through competitive vacancy announcements on <https://www.usajobs.gov/>; many white-collar positions can also be filled through direct hire authorities. Interested individuals can submit their

resumes at <https://afciviliancareers.com/>. The deadline to apply is Dec. 31, 2017 for summer 2018 internships.

Air Force interns may be eligible for placement in a perma-

nent position after completing a degree and meeting eligibility requirements. However, meeting the eligibility requirements does not guarantee one will be offered a permanent position.

For more information, in-

dividuals can visit myPers, select "Any" from the dropdown menu and enter "Pathways" or "Premier." Individuals who do not have a myPers account can request one by following these instructions.

Navy extends E-3 high year tenure

As part of ongoing reviews of policies that impact Fleet readiness, the Navy announced it is increasing its high year tenure (HYT) policy for active component and Full Time Support (FTS) E-3 Sailors by one year in NAVADMIN 290/17, Dec. 14.

This change will retain experienced Sailors needed for both shore and sea duty as the Navy increases manpower to meet mission requirements and operational tasking.

The updated policy sets the maximum length of service (LOS) by paygrade, and will go into effect Feb. 1, 2018, increasing E-3 HYT to six years from the current five years of service.

In 2018, 1,280 E-3 Sailors will reach HYT under the cur-

rent policy, and will now have an opportunity to continue naval service. Increasing HYT also provides these E-3 Sailors two more opportunities to advance.

HYT for all other active duty, FTS and Selected Reserve enlisted Sailors paygrades remain unchanged.

Sailors in receipt of or have pending HYT separation orders before to Feb. 1, 2018, who wish to remain in the Navy, may request cancellation of those orders by referencing the new HYT policy no later than Jan. 31, 2018.

Advancement-eligible Sailors who decide to continue their service in the Navy can take the March, cycle 239, Navy-wide petty officer advancement exam.

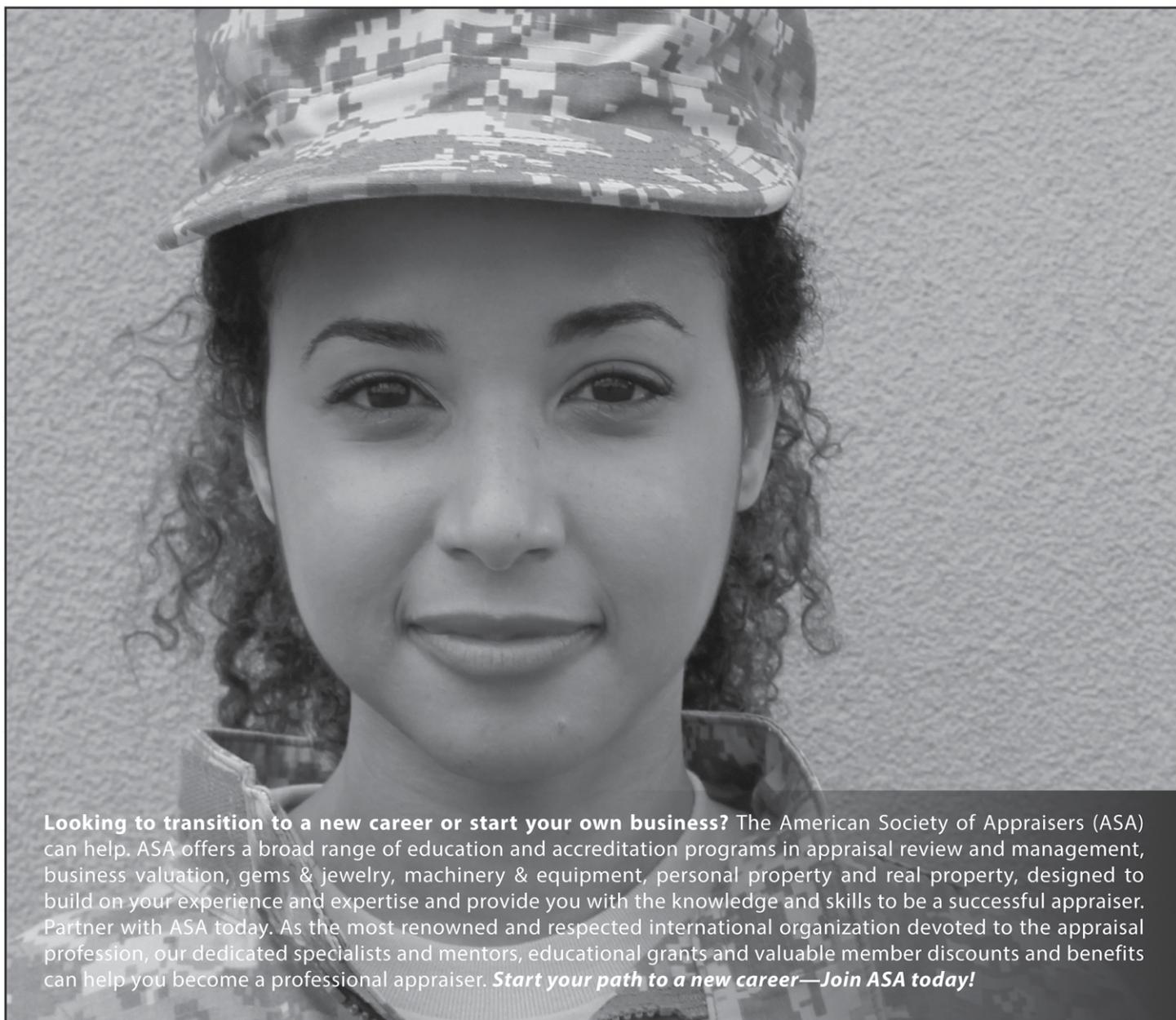
The Navy will continue to offer HYT waivers for enlisted Sailors who volunteer for sea duty on a case-by-case basis.

Complete information on HYT policy can be found at www.npc.navy.mil/CAREER/RESERVEPERSONNELMGM/ENLISTED/Pages/HYT.aspx.

More information on order processing, assignments and reenlistment/extension process can be found in NAVADMIN 290/17 on www.npc.navy.mil.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.



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Fleet Chaplain visits Bunker Hill

by MC1 R. David Valdez
5th Fleet Chaplain, Capt. Thomas Walcott, visited the guided-missile cruiser USS Bunker Hill, Dec. 12 to meet with lay leaders and the command religious ministries department (CRMD).

"I want all of you to understand how important you are to the religious ministries team," said Walcott. "It's through your efforts that the Sailors aboard Bunker Hill are able to worship in accordance with their faith."

While Walcott met with the Bunker Hill's CRMD, led by the ship's chaplain, Lt. Kristian Carlson and Religious Program Specialist 2nd Class Jason Hunt, Carlson asked them to describe some of the programs they provided the crew during deployment. Gas Turbine Systems Mechanic 2nd Class Thomas Marvelle described the plan he put together to hold a retreat on the ship with Catholic and Protestant congregations.

"In high school, we had an annual retreat for the incoming freshmen," said Marvelle. "The

idea was that we would discuss some of the challenges they would likely face, and to tell them they could come to us for help and guidance."

Marvelle explained that he thought Sailors on their first deployment could use something similar, so he worked with the chaplain and organized the program, which includes time for reflection, testimony, and music.

CRMD fills a vital role aboard Navy ships, aiding with Sailor resiliency during long stretches under arduous conditions. Embarked chaplains and the command religious ministries team help keep the command informed of their Sailors' well-being, and ultimately help ensure a well-rested and focused warfighting crew.

Following the meeting with the lay leaders, Walcott spoke with the commanding and executive officers, and met some members of the crew before his departure.

"The things you're doing aboard Bunker Hill are great,"

said Walcott. "Please keep moving forward on ways to help your shipmates get in touch with their spirituality. We are all familiar with the challenges of deployment, and I can tell you that the work you and the chaplain are doing here help make that time go by a little easier."

Bunker Hill is on a regularly scheduled deployment with the Theodore Roosevelt Carrier Strike Group. TRCSG is comprised of Carrier Strike Group 9 staff, Destroyer Squadron (DESRON) 23 staff, USS Theodore Roosevelt (CVN 71), Carrier Air Wing (CVW) 17, and the DESRON 23 ships: the guided-missile destroyers USS Halsey (DDG 97), USS Higgins (DDG 76), USS Preble (DDG 88) and USS Sampson (DDG 102), as well as Bunker Hill.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from USS Theodore Roosevelt (CVN 71), visit www.navy.mil/local/cvn71/.

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.

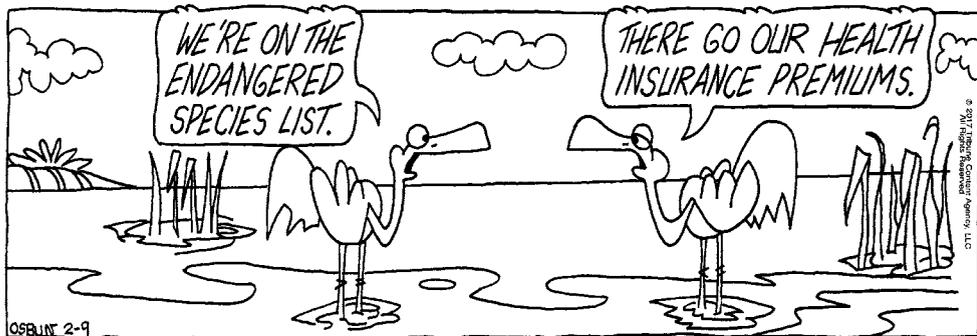
The right tools and habits can make it easy to seamlessly incorporate education into your child's daily routine.

"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."

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.

Dr. Chau also recommends

SEE child, page 9



Places of Worship

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

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

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

City of Faith Family Worship Center
6265 University Avenue, San Diego CA 92115, (619) 265-2921
www.cityoffaithFWC.org
Join us on Sunday for Christian Education 9am, Morning Worship at 10 am
Wednesday - Bible Study 7pm -8 pm

New military families are moving to San Diego every day. Invite them to worship with you in the Dispatch Church Directory. (619)280-2985

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

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

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

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

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

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

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

Santee United Methodist Church
"A Place To Be Loved, A Place To Belong"
Rev Christian DeMent Pastor
Sunday Worship at 8:15 & 10am
Children's Sunday School at 10am, Youth Group at 11:30am
8964 N. Magnolia Ave., Santee (Near Mission Gorge)
www.santeeumc.org/619.448.4456

St. Luke's Lutheran Church
5150 Wilson Avenue, La Mesa, CA 91942
Phone: 619-463-6633
website: www.st-lukes-la-mesa.org
Worship: 9:00 am
Pastor: Mark Menacher, PhD.
We thank you for your service!

About Your Health

A doctor's tips to stay healthy during holiday travel

(StatePoint) More than 100 million Americans will travel this holiday season, according to AAA estimates. Holiday travel can seem daunting, between flight delays and bumper-to-bumper traffic. What's more, it has potential health impacts, including leg swelling and increased risk for cold and flu.

"Air travel, long drives, less sleep and added stress can weaken your immune system at a time when you're around more people and susceptible to illness," says nationally renowned natural health physician and best-selling author, Dr. Fred Pescatore.

Dr. Pescatore is sharing a few tips to help boost health for this season's holiday travel.

Feed Your Immune System

Cold and flu season ramps up just in time for the holidays, which means you may be more at risk of catching a bug. "Take precautions before boarding your flight -- wash your hands frequently, bring hand sanitizer with you and snack on antioxidant-packed vegetables like broccoli, carrots and sweet potatoes to keep your immune system strong," says Dr. Pescatore.

Fend off Fatigue

The American Sleep Association estimates that nearly 93 percent of travelers experience jet lag and it can be severe enough to interfere with holiday and vacation plans. "Sleep disturbances make you feel tired, nauseous and irritable -- not a good combination with holiday activities," says Dr. Pescatore.

A peer-reviewed study shows that daily supplementation with the super-antioxidant, Pycnogenol (Pic-noj-en-all), reduces jet lag symptoms by nearly 50 percent. "Pycnogenol, a natural botanical extract from the bark of the French maritime pine tree, is a traveler's best friend. You can spend less time feeling fatigued and more quality time with your loved ones

this holiday season," says Dr. Pescatore.

Boost Circulation

Long periods of immobility in a cramped space like a car or plane contribute to swelling and fluid accumulation throughout the legs. Known as edema, it can be uncomfortable and may feel worse after travel.

Dr. Pescatore recommends taking short breaks to move around on road trips and to stand up and stretch during long flights to keep blood circulating and reduce swelling. "Pycnogenol is also shown to promote circulation, and studies show its benefits for reducing swelling and discomfort during long-distance travel. Again, it's a good supplement for travel," he says.

Pycnogenol is one of the most researched ingredients on the market with decades of studies showing its benefits for a variety of health applications. It's available in more than 700 dietary supplements, multi-vitamins and health products worldwide. For more information, visit pycnogenol.com.

"Drink plenty of water, use a supplement for a beneficial boost and remember to enjoy the holidays. Yes, even the travel can be fun," says Dr. Pescatore.

Radiation therapy no longer routinely used for ovarian cancer

DEAR MAYO CLINIC: My mother was diagnosed with stage III ovarian cancer a few weeks ago. She had surgery and is about to begin chemotherapy, and I've read that sometimes chemo is more effective if it is given directly in the abdomen. Is this commonly done, and should I ask her doctor about it? Also, why is radiation not part of her treatment plan?

ANSWER: Treatment for ovarian cancer at the stage of your mother's diagnosis typically includes a combination of surgery and chemotherapy. Radiation therapy was used for ovarian cancer in the past, but today it is uncommon because the other two treatments have been shown to be more effective for this type of cancer.

Ovarian cancer is a rare cancer. About 22,000 cases are diagnosed each year in the United States, compared to several hundred thousand cases of breast cancer. It begins in the ovaries - the two small organs on either side of the uterus that create eggs, or ova, and make the hormones progesterone and estrogen. Cancer that looks and behaves like ovarian cancer can also start in the Fallopian tubes or the lining of the pelvis or abdomen, called the peritoneum. All three of these cancers

are treated the same way - with surgery and chemotherapy - and they are all often referred to as "ovarian cancer."

Symptoms of ovarian cancer often are vague. They usually include abdominal bloating or pain, a feeling of fullness in the pelvis or abdomen, change in bowel or bladder function, and getting full early or quickly when you're eating.

Because of its indistinct symptoms, ovarian cancer usually goes undetected until it's in the later stages, often spreading to other areas of the pelvis or abdomen. If it is caught very early, before it has moved beyond an ovary, then surgery to remove the ovary may be all that is necessary for successful treatment. Generally, the entire ovary needs to be taken out, rather than just the cancerous mass. That's because if the ovary ruptures during surgery, it can cause the cancer to spread.

Biopsies of other parts of the abdomen and pelvis, such as the lymph nodes and peritoneum, accompany removal of the ovary. The biopsies allow doctors to see if the cancer has spread and definitively determine the cancer's stage.

In the vast majority of ovarian cancer cases, surgery is followed by chemotherapy to destroy any cancer cells that may have spread outside the ovary. This

would certainly be the case for your mother at stage III, which means that the cancer has spread to the abdomen.

You are correct that chemotherapy may be given directly into the abdomen in some cases, and it would be worthwhile for your mother to talk with her doctor about that possibility. But abdominal chemotherapy isn't used alone. It is coupled with systemic chemotherapy - that's chemotherapy delivered through an intravenous line in the arm or hand, or through a port placed under the skin. Systemic chemotherapy travels throughout the entire body. It's important that it be given along with abdominal chemotherapy, so if any cancer cells have moved beyond the abdomen, the chemotherapy will be able to reach those cells as well.

Radiation therapy - using beams of intense energy to kill cancer cells - was part of standard treatment for ovarian cancer in the 1990s and earlier. Since then, however, better chemotherapy regimens have been developed for ovarian cancer. Due to the effectiveness of chemotherapy, radiation therapy is not routinely used for this type of cancer anymore.

Throughout your mother's treatment, I would strongly encourage her to ask her doctor any questions she has about

her diagnosis and the recommended treatment plan, and to discuss any topics that seem confusing or unclear. Being actively engaged and having a clear understanding of what's happening and why can often be very helpful for people who are dealing with cancer. - Jamie N. Bakkum-Gamez, M.D., Gynecologic Surgery, Mayo Clinic, Rochester, Minn.

Child

continued from page 8

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.

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IWTC San Diego Helps Prepare Fleet with SUPPLOT / EXPLOT Team Trainer

by Lt. Camden C. Bennett
SAN DIEGO - Sailors assigned to the aircraft carrier USS John C Stennis (CVN 74) and Carrier Strike Group Three (CSG 3) completed the Supplementary Plot (SUPPLOT) and Expeditionary Plot (EXPLOT) Team Trainer (SETT) at Information Warfare Training Command (IWTC) San Diego Dec. 15.

SETT is the first of three Navy Information Warfare (IW) team trainers in the training cycle for carrier strike groups and amphibious readiness groups. The training equips watch standers with the knowledge and skills, at the apprenticeship level, to provide indications and warnings in support of fleet operations.

"These team trainers are critical enablers for the IW community team progression during an OFRP [Optimized Fleet Response Plan]," said Cmdr. Errol Laumann, CSG 3 N2. "The high mentor-to-student ratio in

a realistic training environment correlates to rapid growth for the individual watch stander, team cohesion, and overall readiness."

Each team trainer includes a unique, simulated scenario scripted by IWTC San Diego instructors. In the coming months, Fusion Analysis Team Trainer and Afloat Information Warfare Team Trainer (AIWTT) will build upon SETT in complexity and difficulty. They will also bring more of the team to bear.

"To effectively train an IW team," said lead instructor, Chief Warrant Officer 4 Matthew Stinkeoway, "that team needs repeated training evolutions in a complex and realistic environment that forces the fusion of all IW entities utilizing the systems on their ship."

Twenty-two personnel participated in SETT. During AIWTT, that number could grow to 50 as members of the carrier air wing,

Meteorology and Oceanography division, imagery analysts, and strike analysts join the effort. Upon completing AIWTT, the IW team will have the experience needed for certification exercises at sea and, ultimately, deployment.

IWTC San Diego, as part of the Center for Information Warfare Training, provides a continuum of training to Navy and joint service personnel that prepares them to conduct information warfare across the full spectrum of military operations.

For more news from Center for Information Warfare Training organization, visit <http://www.navy.mil/local/cid/>, <http://www.netc.navy.mil/centers/CIWT/>, <http://www.facebook.com/NavyCIWT/>, or <http://www.twitter.com/NavyCIWT>.



Instructor Daryl Desquitado (left pointing), assigned to Information Warfare Training Command San Diego, provides direction to Intelligence Specialist 2nd Class Garrett Lubecki (center) while he stands watch as the flag intelligence watch assistant during a Supplementary Plot (SUPPLOT) / Expeditionary Plot (EXPLOT) Team Trainer. U.S. Navy photo by Lt. Camden Bennett.

USS Preble responds to distress call from Iranian vessel

by MC3 Morgan K. Nall

ARABIAN SEA - Destroyer USS *Preble* rendered aid to a stranded Iranian fishing vessel Dec. 16 while transiting the 5th Fleet area of operations.

An MH-60R Sea Hawk assigned to the Easyriders of Helicopter Maritime Strike Squadron (HSM) 37, currently embarked with *Preble*, was conducting routine flight operations in the vicinity when they spotted the Iranian vessel approximately 60 nautical miles from the nearest land.

"The distressed mariners were seen waving their hands over their head in an effort to get the attention of our pilots," said Leonardo Giovannelli, *Preble's* executive officer. "The Iranian vessel was determined to be a cargo dhow transporting livestock, and was stranded with no communication capabilities."

Cmdr. Allen Maxwell Jr., the commanding officer of *Preble*, ordered the dispatch of a rescue and assistance team. The crew manned a fire fighting and dewatering team, engineering team, and visit, board, search and seizure team.

"Our crew instantly shifted from underway operations to mariner assistance, and it was great to see that kind of readiness in action," said Maxwell. "Due to extensive training, we were able to respond quickly and effectively to the situation and were ready to assist in any way needed."

Once *Preble* was on scene, it was determined that the seas were too rough to allow for safe boarding of the distressed vessel. *Preble* communicated their intentions to stay with the vessel overnight and kept watch to ensure it was safe until a local rescue ship arrived on scene.

"Even though we were unable to board the ship due to unsafe conditions, I am extremely proud our officers and crew," said Maxwell. "We were able to ensure their safety until assistance arrived. This is truly an example of the Navy's commitment to the safety of waters anywhere in the world, not just our own back yard."

Preble is deployed with the aircraft carrier *Theodore Roosevelt*, the flagship of Carrier Strike Group 9, along with USS *Bunker Hill*, USS *Halsey* and USS *Sampson*.

Preble departed Joint Base Pearl Harbor-Hickam Oct. 16, to the 7th and 5th Fleet areas of operation in support of maritime security operations and theater security cooperation efforts.

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Pictured (left to right) during the Holiday Meals for Military Program are North Island staff Leticia Heath, Faye Acosta, Missy Whitley and Therese Caballes with Kristine Jansen from Operation Homefront.

North Island Credit Union joins Operation Homefront for annual 'Holiday Meals for Military Program'

North Island Credit Union (North Island) helped make the holiday season brighter for San Diego military families by supporting Operation Homefront's Holiday Meals for Military Program. On December 16, North Island staff joined Operation Homefront staff and volunteers in packaging and distributing 250 meals to San Diego junior enlisted military families. North Island also donated funds to support this important annual community event.

Operation Homefront assists military families by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and rent-free transitional housing for wounded veterans and their families. Since Operation Homefront began its holiday programs in 2008, the organization has served nearly 70,000 military families, impacting over 300,000 family members. Visit operationhomefront.org for more information.

Navy Exchange San Diego hosts 'Pay Away the Layaway' event

Volunteers from Pay Away the Layaway will be at the Navy Exchange (NEX) San Diego Main Store to surprise several families on Wednesday, Dec. 20, by announcing their layaway balances have been paid off. This is the second year Pay Away the Layaway has paid off layaway balances of NEX customers. Winners TBA.

ASYMCA hosts 27th Annual Military Family Holiday Toy Program

The holidays were made a little more cheerful for lots of military families! On December 6, the Armed Services YMCA San Diego, ASY, helped make this holiday season a little brighter for our military members and their families with the 27th Annual Military Family Holiday Toy Program. The event was held at the Murphy Canyon Chapel in Tierrasanta.

This year over 1000 military families had the opportunity to receive a mini Christmas tree, two toys for each child, and/or a bike from the ASY 'toy store' thanks to the generous support of Northrop Grumman, David C. Copley Foundation, OMBAC, Jerome's, Starbucks, GEICO, Wells Fargo, The Pinery, San Diego Gulls, San Diego Padres, California Coast Credit Union. A special thanks to JMI Realty, Jackson & Blanc, and other partners for donating 700 turkeys this year.

"Our military families sacrifice so much," said Tim Ney, Executive Director of the Armed Services YMCA San Diego. "The Military Family Holiday Toy Program provides another opportunity to thank military members and ensure their families have a very Merry Christmas this holiday season."

About the San Diego Armed Services YMCA

The Armed Services YMCA San Diego, (ASY) strives to give military members and their families the support and resources they need to be resilient, confident, connected, and secure.

Navy honors fallen military heroes at 'Memorial Tree' dedication

The USS Midway Museum and the Navy Gold Star Program hosted a "Memorial Tree" dedication ceremony Saturday, Dec. 9 on the Midway to commemorate our fallen military men and women.

Over 80 Gold Star families attended the ceremony, honoring the memories of loved ones who had served in the military from the Vietnam War era to the present. Many of the Gold Star family members participated in an "overnight adventure" on the Midway Friday and Saturday, got a first-hand "life of a Navy sailor" experience.

The Memorial Tree will be on display through January 1 for visitors and families to remember and reflect on the lives and service of our fallen heroes. The trees will be decorated with ornaments bearing the names of fallen heroes.



ARABIAN GULF (Dec. 15, 2017) - Gunnery Sgt. Johnmondo Rotellini lifts weights during a fitness competition aboard USS Theodore Roosevelt. TR Sailors and Marines are deployed to support of maritime security operations. Navy photo by MC3 Spencer Roberts



ARABIAN GULF (Dec. 16, 2017) - Lightning strikes near Theodore Roosevelt as the aircraft carrier transits the Arabian Gulf.

Marine Corps photo by 1st Lt. Mark Vetere

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The San Diego International Auto Show
presented by the New Car Dealers Association of San Diego County

The show has grown to one of the largest in the nation, displaying more than 400 new-model vehicles and encompassing more than 525,000 square feet at the San Diego Convention Center.

What you'll see

- The newest, the coolest vehicles from more than 30 global manufacturers will unveil their latest roster of new vehicles - EVs, plug-in hybrids, exotics, crossovers, SUVs, luxury SUVs, trucks, classic cars and super cars.

What you'll learn

- The auto show is the best place to learn about rapidly evolving trends in the auto industry. Look for an emphasis on technology, including electrification, connected cars and automated driving.
- Virtually every manufacturer at the show will feature some level of discussion about next gen autonomous vehicles at its exhibit.
- Though elements of automated driving are available on some of today's new vehicles, show visitors will come away with a greater understanding of the cars of the future... how they'll be driven, how they'll drive us, and even how our interaction, relationship, and the way we communicate with our cars will change.
- You'll also learn about the amazing safety technology that most new vehicles are now equipped with. New vehicles are better and safer than ever thanks to advanced technology and abundance of new safety equipment.
- What will the car of the future look like? Come to the San Diego International Auto Show and find out... the amount of technology will astound you.

What you'll experience

- New vehicles of most major auto manufacturers under one roof ... with no sales pressure.
- Known for its family-friendly atmosphere, entertaining features, and interactivity, the San Diego International Auto Show is a destination that continues to delight all ages.
- Perennial favorite features will be back, including "Camp Jeep San Diego," Wawanesa "Exotics Vault," SDG&E "Electric Vehicle Day" and, of course, the annual "Chevy Family Day," on Sun., Dec. 31.
- Wear comfortable shoes, grab a map, and spend a couple hours learning about your next vehicle.

Like what you see? Drive it

- The show's tradition of putting consumers in moving cars will continue, as 15 Ride & Drives will provide opportunities for attendees to actually drive nearly 100 different models at events staged outdoors around the convention center.

Show hours: Thursday, Dec. 28, 10 a.m.-9 p.m.; Friday, Dec. 29, 10 a.m.-9 p.m.; Saturday, Dec. 30, 10 a.m.-9 p.m.; Sunday, Dec. 31, 10 a.m.-6 p.m.; Monday, Jan. 1, 10 a.m.-7 p.m.

Tickets On Sale at www.SDAutoShowTickets.com or at the SDIAS Facebook page. **Adult** (ages 13-61): \$15; **Military** (active duty w/ ID): \$12 (one ticket per ID); **Senior** (ages 62+): \$12; **Child (ages 7-12):** \$11 (Sunday, Dec. 31, is Chevy Family day and children 12 & under are free when accompanied by an adult); **Child (6 & under):** Free (when accompanied by an adult).

More information: SDAutoshow.com

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Blue Angels announce 2018 Air Show schedule changes

The U.S. Navy Flight Demonstration Squadron, the Blue Angels, announced updates to the 2018 air show schedule and released the 2019 air show schedule at the International Council of Air Shows convention, Dec. 4, 2017. The Blue Angels are scheduled to perform 59 demonstrations at 31 locations in 2018 and 61 demonstrations at 32 locations in 2019.

The 2018 air show schedule changes announced include:

*The show in Tucson, Arizona, has been cancelled (March 17-18). *A show in Myrtle Beach, South Carolina, has been added. (April 28-29). *A show in Minden-Tahoe, Nevada, has been added. (Oct. 13-14).

The 2019 air show schedule announced is:

March

16 Naval Air Facility El Centro, California
23-24 Salinas, California
30-31 Naval Air Station (NAS) Key West, Florida

April

6-7 Lakeland, Florida
13-14 NAS Corpus Christi, Texas
27-28 Marine Corps Air Station Beaufort (MCAS), South Carolina

May

4-5 Fort Lauderdale, Florida
11-12 OPEN
18-19 Cape Girardeau, Missouri
22 U.S. Naval Academy, Annapolis, Maryland
25-26 Scranton, Pennsylvania

June

1-2 Oklahoma City
8-9 Smyrna, Tennessee
15-16 Ocean City, Maryland
29-30 Davenport, Iowa

July

6-7 Kansas City, Kansas

13 Pensacola Beach, Florida
20-21 Duluth, Minnesota
27-28 Grand Junction, Colorado
August
3-4 Seattle
17-18 Chicago
24-25 New Windsor, New York
31 OPEN

September

1 OPEN
7-8 St. Louis
21-22 NAS Lemoore, California
28-29 MCAS Miramar, California

October

5-6 Sacramento, California
12-13 San Francisco
19-20 Fort Worth, Texas
26-27 Moody Air Force Base, Georgia

November

2-3 Jacksonville Beach, Florida
8-9 NAS Pensacola, Florida

Demonstration sites are selected in support of Department of Defense objectives and in the interest of the armed services, with safety as the primary consideration. Performances greatly assist in recruiting and retention goals for the military services, enhance esprit de corps among uniformed men and women, and demonstrate the professional skills and capabilities of the naval services to the American public and U.S. allies.

The mission of the Blue Angels is to showcase the pride and professionalism of the United States Navy and Marine Corps by inspiring a culture of excellence and service to country through flight demonstrations and community outreach. Since 1946, the Blue Angels have performed for more than 496 million fans.

For information about individual air shows, please go to each air show's official website. For more information about the Blue Angels, including the 2018 and 2019 air show schedules, visit <http://www.blueangels.navy.mil>.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from Navy Blue Angels, visit www.navy.mil/local/blueangels/.



How to prepare for your next adventure or stay-cation

(StatePoint) Whether you seek adventure from the comfort of an armchair or the top of a mountain, great books can either help you get your travel fix or prepare you for that next big trip. Here are some new books that can help you get ready before you get going.

Discover Travel's History

Human journeys arise from all manner of impulses, from migration and the search for food, to pilgrimages, trade and scientific curiosity, or simply the quest for adventure. Produced in association with the Smithsonian Institution, "Journey," an illustrated account of human movement, travel, exploration and scientific discovery, tells the story of human travel, from the first trade networks in ancient Sumer to the epic Voyager missions. The book also features biographies of conquerors, explorers and travelers; stories of technological innovation; literary journals; and works of art. Themed spreads and feature panels capture the romance of travel with evocative accounts, archive images, historic maps and artifacts, while catalog spreads add glamour and nostalgia, showcasing objects and documents associated with the rise of travel, such as postcards and passports.

Plan a Trip

For decades, bestselling DK Eyewitness Travel Guides have helped travelers experience the world through the history, art, architecture and culture of their destinations. Expert travel writers and researchers provide independent editorial advice, recommendations and reviews on more than 200 destinations worldwide. Thousands of photographs, maps and custom illustrations bring each destination to life, while in-depth cultural and historical information ensures readers know the stories behind the sights. All city guidebooks include a pull-out map with a street index, transportation maps, and even more information on getting around your next vacation destination. To learn more, visit www.dk.com.

Learn About Animals

Bringing animals, habitats and up-to-date research to life for readers, "Animal" explores the creatures that fascinate and inspire humans, from intrepid Emperor penguins to fierce Siberian tigers, to the very intelligent and highly communicative humpback whale. Produced in association with the Smithsonian Institution, an updated edition features photos and descriptions of over 2,000 species and habitats, and introduces the olinguito, a recently discovered mammal that looks like a cross between a cat and a teddy bear, and the Skywalker gibbon, found in the tropical forests of Yunnan Province in southwest China and Myanmar.

Explore Nature

From the spectacular granite domes of Yosemite to the reefs of the Bahama Banks and the ice sheets of the Antarctic, "Natural Wonders of the World" surveys of the most beautiful natural treasures. Combining landscape photography and illustrations with three-dimensional terrain models and other explanatory artworks, the book reveals what lies beneath the surface and explains the geological processes to show how the features were formed. Plants and animals that inhabit each environment are also featured.

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* Must present a valid military ID. Only available to first-time Privilege Card sign-ups.



2017 Aztec Football Schedule

Aztecs 38, UC Davis 17
 Aztecs 30, Arizona State 20
 Aztecs 20, Stanford 17
 Aztecs 28, Air Force 24
 Aztecs 34, Northern Illinois 28
 Aztecs 41, UNLV 10
 Boise State 31, Aztecs 14
 Fresno State 27, Aztecs 3
 Aztecs 28, Hawai'i 7
 Aztecs 52, San Jose State 7

bye
 Aztecs 42, Nevada 23
 Aztecs 35, New Mexico 10



Next game:
Dec. 23
Aztecs vs.
Army West Point in
Armed Forces Bowl



2017 L.A. Chargers Schedule

Broncos 24, Chargers 21
 Dolphins 19, Chargers 17
 Chiefs 24, Chargers 10
 Eagles 26, Chargers 24
 Chargers 27, Giants 22
 Chargers 17, Raiders 16
 Chargers 21, Broncos 0
 Patriots 21, Chargers 13
 bye
 Jaguars 20, Chargers 17 (OT)
 Chargers 54, Bills 24
 Chargers 28, Cowboys 6
 Chargers 19, Browns 10
 Chargers 30, Redskins 13
 Chiefs 30, Chargers 13
Dec 24 @ New York Jets
Dec 31 vs Oakland

Navy Midshipmen 2017-2018 Football Schedule



Navy 42, Florida Atlantic 19
 Navy 23, Tulane 21
 Navy 42, Cincinnati 32
 Navy 31, Tulsa 21
 Navy 48, Air Force 45
 Memphis 30, Navy 27
 Central Florida 31, Navy 21
 Bye
 Temple 34, Navy 26
 Navy 43, SMU 40
 Notre Dame 24, Navy 17
 Houston 24, Navy 14
 Army 14, Navy 13
 Dec. 28 Military Bowl
 vs. Virginia, Annapolis, Md.

L.A. Rams 2017 Schedule

Rams 46, Colts 9
 Redskins 27, Rams 20
 Rams 41, 49ers 39
 Rams 35, Cowboys 30
 Seahawks 16, Rams 10
 Rams 27, Jaguars 17
 Rams 23, Cardinals 0



Rams 51, Giants 17
 Rams 33, Texans 7
 Vikings 24, Rams 7
 Rams 26, Saints 20
 Rams 32, Cardinals 16
 Eagles 43, Rams 35
 Rams 42, Seahawks 7

Sun, Dec 24 @ Tennessee
Sun, Dec 31 vs San Francisco

Port of San Diego Holiday Bowl Parade to take place December 28

The public is invited to experience a holiday season tradition by viewing the 27th annual Port of San Diego Holiday Bowl Parade presented by National Funding. The inspiring and iconic parade takes place Thursday, December 28, 2017 along North Harbor Drive.

The parade starts at 10 a.m. in front of the County Administration Building on North Harbor Drive between West Cedar and West Beech Streets. It proceeds south on North Harbor Drive and ends where North Harbor Drive meets Pacific Highway. See the parade route here.

Local sports legend Randy Jones, a member of the San Diego Padres Hall of Fame and former Cy Young Award Winner will serve as the parade's Grand Marshal. This year's theme is "Celebrating 40 Years!" which pertains to the 40th anniversary of the Holiday Bowl Game.

Highlights of the parade are a line-up of 27 giant balloons, dazzling drill teams, colorful floats, specialty units and more. There will be 12 marching bands performing, including Marine Band San Diego, Washington State Cougar Marching Band, Michigan State Spartan Marching Band and nine bands from around the United States.

Parade viewing is free but a limited number of reserved grandstand seating tickets are available for purchase. Tickets are \$22 if purchased online (buy now) and \$25 on parade day.

Grandstand seating is located near the Maritime Museum of San Diego, 1492 North Harbor Drive.

Prior to the parade's start, the Solar Turbines' 5K kicks off at 9:45 a.m. on North Harbor Drive and West Ash Street. Additionally, there will be a Battle of the Bands on Broadway Pier at 11:45 a.m.

The Port of San Diego Holiday Bowl Parade is an annual family-friendly event that leads up to the San Diego County Credit Union Holiday Bowl, which this year is between #18 Washington State and #16 Michigan State. The game begins at 6 p.m. December 28 at SDCCU Stadium in Mission Valley, San Diego. The parade is sponsored by the Port of San Diego through its Tidelands Activation Program. It is one of 72 sponsored events taking place during fiscal year 2018. The events are community-based, represent many diverse interests and take place in all of the Port's member cities.

Parking and Transit Information

Parking for the Port of San Diego Holiday Bowl parade is extremely limited and the Port of San Diego encourages carpooling or the use of public transportation. The San Diego Trolley has convenient stations with service to the Harbor Drive and Embarcadero areas with free and paid parking lots. These are located at the Fashion Valley, Old Town and America Plaza Stations. For trolley schedules,

visit www.sdmts.com.

Street Closures

Street closures for the parade begin at 7:45 a.m. on December 28. North Harbor Drive from Grape Street to Pacific Highway will be closed, one southbound lane on Pacific Highway will be closed from Grape Street to Ash Street, and Pacific Highway will be completely closed from North Harbor Drive to Broadway.

For more information on the Port of San Diego Holiday Bowl Parade, the Holiday Bowl and its related events, please visit www.holidaybowl.com.

About the Port of San Diego

The Port of San Diego serves the people of California as a specially created district, balancing multiple uses on 34 miles along San Diego Bay spanning five cities. Collecting no tax dollars, the Port manages a diverse portfolio to generate revenues that support vital public services

and amenities.

The Port champions Maritime, Waterfront Development, Public Safety, Experiences and Environment, all focused on enriching the relationship people and businesses have with our dynamic waterfront. From cargo and cruise terminals to hotels and restaurants, from marinas to museums, from 22 public parks to countless events, the Port contributes to the region's prosperity and remarkable way of life on a daily basis.

About Port Experiences:

Port of San Diego Experiences welcomes businesses, residents and visitors from across the globe to enjoy and prosper from our dynamic waterfront.

A treasured destination, the Port provides unique opportunities to captivate visitors and ensure everyone is welcomed, connected and inspired by our beautiful waterfront.



ARABIAN GULF (Dec. 11, 2017) Staff Sgt. Heather Carroll, assigned to the Checkerboards of Marine Strike Fighter Attack Squadron (VMFA) 312, does a hand stand during a yoga class in the hangar bay of the aircraft carrier USS Theodore Roosevelt (CVN 71). Theodore Roosevelt and its carrier strike group are deployed to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region. U.S. Navy photo by MC3 Spencer Roberts

Pet safety tips to keep the bah, humbug out of holidays

by Tracy DeFore

'Tis the season to put up holiday decorations. And while you're busy making your home shiny and bright, keep an eye on Fido and Kitty. Some festive holiday trimmings can make them sick or send them to a veterinary hospital.

County Animal Services has nine tips on how to protect your pets so you can keep the happy in your holidays.

- Keep pets away from mistletoe, holly or poinsettias. They are

toxic to animals.

- Chocolate can be toxic, too, so keep stockings out of reach and any chocolate cookies you might leave out for Santa.

- Anchor your Christmas tree so pets can't tip it over. If you've used anything but tap water for the base of the tree, make sure they can't drink it.

- Cats love to play with tinsel and curling ribbon but then they'll try to eat it. Prevent a trip to the vet and keep both tinsel and curling ribbon away from cats or don't use it at all.

- Hide electrical cords from your pets and make sure they can't play with or knock over any candles.

- Set aside a quiet room. Many dogs and cats get overwhelmed with all the hustle and bustle of the holidays. A quiet room allows them to escape and sleep undisturbed.

- Ringing in the New Year? Your dog needs a quiet, secure place on New Year's Eve. The loud booms from fireworks can scare dogs. Some will do anything to escape the noise; they'll run for miles and become lost. Create a safe place where they can hide out from the explosive sounds of the New Year and make sure your dog is wearing identification, just in case.

- Microchip both dogs and cats. They might slip out the door unnoticed while you're busy greeting holiday visitors. If someone finds your lost pet or pets, a vet's office or shelter can scan for a microchip and you'll quickly be reunited. Animal Services offers microchipping from 1 to 3 p.m. every Thursday except holidays. The fee is only \$10 and includes national registration.

- Use your computer or smartphone and sign up for Finding Rover. This free service uses facial recognition to identify dogs. If your pet

SEE **Pet**, page 22



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

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Happy holidays

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AutoMatters & More: 2017 Los Angeles Auto Show's 'AutoMobility LA' & The Grand Tour Mayhem Hall Pub

AutoMatters™ & More



by Jan Wagner

As one of the world's premier auto shows, the Los Angeles Auto Show has a rich history, dating back to its founding in 1907. It is the first major North American auto show of the season. The auto manufacturers respond with numerous vehicle debuts and announcements.

Automobiles have become more and more dependent upon computer technology for their efficient, reliable and safe operation. In recent years the pace of this development has accelerated to the point where human drivers are on the verge of relinquishing their driving responsibilities to autonomous vehicles. Through presentations and panel discussions for the worldwide press and auto industry professionals, and preceding the public days of the show, AutoMobility LA addressed this complex situation.

Spanning four activity-packed days, AutoMobility LA is "the industry's first trade show converging the technology and automotive industries to launch new products and technologies and to discuss the most pressing issues surrounding the future of transportation mobility." Think of this as a sort of SEMA Show for new, cutting edge automotive technology.

The "Securing Mobility Summit" tackled "some of the hardest security challenges in the global transportation sector." "World-class experts in security, engineering, offensive network attack, industrial espionage, counterterrorism, robotics, virtualization and resilient systems" were invited to take part. This first day also saw the beginning of the AutoMobility LA Hackathon.

Later, in the evening, attendees took the opportunity to kick back at the steampunk-themed AutoMobility LA kickoff party – a highly anticipated annual social event. There was amazing food (including chef carved, slow smoked alligator and Italian antipasti), drinks and live entertainment by musicians, dancers and acrobats dressed in steampunk garb.

Day two continued in the Technology Pavilion with industry experts speaking and engaging in panel discussions about a wide variety of topics that included: "The Meaning of Mobility"; keynotes by Peter Schwarzenbauer (Board Member, BMW Group) and

Tom Gebhardt (CEO, Panasonic North America); "Electrically Shared"; "The Future of Human Driving" (a panel that included IndyCar driver JR Hildebrand); "The Battle of the Battery" – "what we need to do to make this new paradigm happen"; "Roadside Ransomware: Fact or Fiction"; "Survival Instinct: Dealers Fight Back"; "Autonomous Tomorrow"; "The Heart of the Autonomous Car" with Gill Pratt, CEO of the Toyota Research Institute speaking about highlights, pitfalls and lessons learned from their ongoing research into making cars smart enough to drive; "Demystifying AI for Automotive"; "Hit or Miss: Busting Road Safety Myths," addressing the fact that "traffic deaths rose last year in the US at the greatest level since 1964 – by 35 percent in LA alone. Much of the research on this fatal trend blames distracted pedestrians and drivers"; and "Safety Without Compromise." The description in the AutoMobility LA program of this keynote interview provides meaningful insight into challenges presented by autonomous driving: "Human errors cause more than 90% of all fatal crashes and the addition of au-



© 2017 Jan Wagner, AutoMatters & More

tonomous driving technology is expected to significantly reduce these needless deaths. But the shining beacon of autonomous cars is not without a cautionary side. Self-driving technology is yet to be perfected to existing safety standards and many difficult challenges remain in allowing vehicles to drive themselves safely under all circumstances."

Beginning on the second day and continuing in rapid succes-

sion for the remainder of AutoMobility LA were press conferences by Hyundai, Microsoft, BMW, Mercedes-Benz, Lexus, Mazda, Porsche, Lincoln, Nissan, Jeep, Mitsubishi, Volvo, Chrysler, Toyota, Kia, Saleen Automotive and others.

At The Grand Tour Mayhem

Hall Pub, members of the media enjoyed complimentary British bites that included breakfast scones, fish & chips, "Clarkson in a Blanket" (sausage rolls) and pints – appropriately named "Golden Gorilla," "Hair of the Hamster" and "Captain Slow Mo" – for each of the three

hosts of "The Grand Tour" – an Amazon Prime Original series. While they were not there in person, we could have our photos taken alongside life-sized cutouts of Jeremy Clarkson, Richard Hammond and James May (also the former, long-time co-hosts/presenters of "Top Gear" on the BBC) for charity (Oxfam) at their photo booth,

On Wednesday evening Hyundai continued another welcome social tradition – this time with a party at the Novo at LALive. There was food, drinks and live musical entertainment. In past years, entertainers included Joan Jett, Jack Black, Jeff Bridges and John Legend.

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

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Mercedes-Benz at the 2017 LA Auto Show

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KFMB (3)	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM		Inside Edition	Bold/Beautiful	The Young and the Restless		The Talk		Dr. Phil		Judge Judy	Judge Judy	
KFMB2 (3.2)	News 8 Morning Extra			The 700 Club		Maury		Dr. Phil		Judge Faith	Judge Faith	Judge Mathis		The Robert Irvine Show		Paternity Court	Paternity Court	Couples Court	Couples Court	
KGTV (10)	Good Morning America			Live with Kelly and Ryan		The View		10News Midday	Varied Programs	The Chew		General Hospital		Pickler & Ben	Varied Programs	Dateline		10News: The Now San Diego		
KPBS (13)	Wild Kratts	Nature Cat	Curious George	Curious George	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Splash and Bubbles	Sesame Street	Sesame Street	Super Why!	Peg Plus Cat	Dinosaur Train	Ready Jet Go!	Nature Cat	Arthur	Wild Kratts	Wild Kratts	Odd Squad	
KNSD (6.9)	Today			Megyn Kelly Today		Today With Kathie Lee & Hoda		NBC 7 News Midday		Days of our Lives		Access Live	Varied Programs	Steve		The Ellen DeGeneres Show		NBC 7 News at 4	Varied Programs	
DISN	Varied Programs	Roadster-Racers	Puppy Dog Pals	Vampirina	Puppy Dog Pals	Varied Programs														
ESPN	First Take	Varied Programs		SportsCenter	Varied Programs	Outside the Lines	Varied Programs													
ESPN2	SportsCenter	SportsCenter		First Take	Varied Programs	NFL Live	Varied Programs	NBA: The Jump	Varied Programs				The Fantasy Show	Varied Programs						
TLC	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Varied Programs			Four Weddings	Varied Programs									Long Island Medium	Varied Programs	Long Island Medium	Varied Programs
USA	Varied Programs							Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Varied Programs		

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

12/25 DOCTOR WHO: TWICE UPON A TIME
12/27 IN THE FADE

Doctor Who: Twice Upon a Time



The Peter Capaldi era comes to an end with the 2017 Christmas special "Doctor Who: Twice Upon a Time" Includes behind-the-scenes access and a look at Capaldi's tenure as Doctor Who.

Genre: Christmas special
Cast: Pearl Mackie, Mark Gatiss, David Bradley

In the Fade

Katja's life falls apart in the blink of an eye when two neo-Nazis kill her husband and 6-year-old son in a bomb attack. Her quest for justice soon pushes her to the edge as the two suspects stand trial for murder.

Genre: Drama, Thriller
Cast: Diane Kruger, Denis Moschitto, Johannes Krisch

THURSDAY EVENING

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Young Sheldon	Mom (N) (CC)	Life in Pieces (N)	S.W.A.T. "Miracle" (N)		News	News	Late Colbert
KFMB2 (3.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Supernatural "War of the Worlds" (N) (CC)	Arrow Slade uncovers clues about his son.	News 8 at 10 (N)	Ent. Tonight	Seinfeld (N) (CC)	Seinfeld (N) (CC)			
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	A Charlie Brown Christmas (N) (CC)	CMA Country Christmas holiday songs. (N) (CC)	10News at 11pm	Jimmy Kimmel					
KPBS (13)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N)	Ken Kramer's	A Growing Passion	1915 Expo Cen	Crossing South (N)	Midsomer Murders "Small Mercies" (N)	Midsomer Murders	Today's Wild West		
KNSD (6.9)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Great News (N)	Great News (N)	Saturday Night Live "A Saturday Night Live Christmas Special" Holiday-themed sketches.			NBC 7 News	Tonight Show		
DISN	Andi Mack	Stuck/Middle	Jessie (N) (CC)	Home Alone: The Holiday Heist (2012) Malcolm McDowell. (N)	*** Arthur Christmas (2011) James McAvoy. (N)	Toy Story-Time	K.C. Undercover	Liv and Maddie	Bizaardvark (N) (CC)	Raven's Home (N) (CC)				
ESPN	College Football Bad Boy Mowers Gasparilla Bowl -- Temple vs Florida International. (N) (Live) (CC)													
ESPN2	SportsCenter (N) (Live) (CC)	College Basketball Connecticut at Arizona. (N) (Live) (CC)												
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress (N) (CC)	90 Day Fiancé: Extended "I Now Pronounce You/Tell All" (Season Finale) Evelyn and David get married; extended. (N) (CC)				90 Day Fiancé: Extended				
USA	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit "Avatar"	Law & Order: Special Victims Unit "Trophy"	Law & Order: Special Victims Unit (N) (CC)	Damnation "In Wyoming Fashion" (N)	Law & Order: Special Victims Unit (N) (CC)					

DECEMBER 21, 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
KFMB (3)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	I Love Lucy Christmas Special (N) (CC)	The Dick Van Dyke Show -- Now in-Color!	Blue Bloods "Not Fade Away" (N) (CC)	News	News	Late Colbert			
KFMB2 (3.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	2 Broke Girls (N)	Masters of Illusion: Christmas Magic (N) (CC)	Holiday Commercials Countdown	News 8 at 10 (N)	Ent. Tonight	Seinfeld (N) (CC)	Seinfeld (N) (CC)			
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Shark Tank (N) (CC) (DVS)	Marvel's Agents of S.H.I.E.L.D. "Rewind"	20/20 (N) (CC)	10News at 11pm	Jimmy Kimmel				
KPBS (13)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N)	Washington Week	Roundtable	Doc Martin "Mother Knows Best" (CC)	Doc Martin "Remember Me" (N) (CC)	Live at the Belly Up				
KNSD (6.9)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Blindspot "City Folks Under Wraps" (N) (CC)	Dateline NBC (N) (CC)	NBC 7 News	Tonight Show					
DISN	Andi Mack	Stuck/Middle	K.C. Undercover	Bizaardvark (N) (CC)	Andi Mack	Andi Mack	Good Luck Charlie, It's Christmas! (2011) Bridgit Mendler. (N)	Stuck/Middle	Disney Channel Holiday Celebration	Bizaardvark (N) (CC)				
ESPN	NBA Basketball Los Angeles Clippers at Houston Rockets. From the Toyota Center in Houston. (N) (Live)	NBA Basketball Los Angeles Lakers at Golden State Warriors. From Oracle Arena in Oakland, Calif. (N) (Live)												
ESPN2	College Basketball	College Basketball Texas vs Alabama. (N) (Live) (CC)	SportsCenter (N) (Live) (CC)											
TLC	Say Yes to the Dress (N) (CC)	Say Yes to the Dress (N) (CC)	Untold Stories of the E.R. (N) (CC)	Untold Stories of the E.R. "Punched!" (N) (CC)	Untold Stories of the E.R.: Holiday ER (N) (CC)	Santa Sent Me to the ER (N) (CC)	Untold Stories of the E.R.: Holiday ER (N) (CC)	Untold Stories of the E.R.: Holiday ER (N) (CC)	Untold Stories of the E.R.: Holiday ER (N) (CC)	Untold Stories of the E.R.: Holiday ER (N) (CC)	Untold Stories of the E.R.: Holiday ER (N) (CC)	Untold Stories of the E.R.: Holiday ER (N) (CC)	Untold Stories of the E.R.: Holiday ER (N) (CC)	Untold Stories of the E.R.: Holiday ER (N) (CC)
USA	Law & Order: Special Victims Unit "Snitch"	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)

DECEMBER 22, 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
KFMB (3)	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	World's Toughest Mudder From Las Vegas. (N)	College Basketball	College Basketball Ohio State vs North Carolina. From Smoothie King Center in New Orleans. (N) (Live) (CC)													
KFMB2 (3.2)	Dog Whisperer	Dog Whisperer	Dog Whisperer	Brain Games	This Old H.	Paid Program		Fortunes in Flipping	Paid Program	Prostate Health	Paid Program	Paid Program	Impractical Jokers	Impractical Jokers	James Brown	RaceWeek (N)	Sports Stars	Hiring America (N)	Military Make-over
KGTV (10)	Good Morning	10News This Morning at 8am Saturday (N) (CC)	Jack Hanna	Ocean Treks	Sea Rescue (N) (CC)	The Wildlife Docs	Rock the Park (N) (CC)	Vacation Creation	World of X Games From Hawaii. (N)	The Year in Memoriam 2017 (N) (CC)	The Year: 2017 Memorable moments from 2017. (N) (CC)	Castle Investigating an Irish mobster's death. (N) (CC)							
KPBS (13)	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (N) (CC)	Dr. Perlmutter's Whole Life lifestyle program. (N) (CC)	R. Steves' Europe	This Old House (N)	Ask This Old House	Lidia Celebrates America "Holiday for Heroes"	Cook's Country (N)	Martha Bakes (N)	Pat's Mexican Table	Family Ingredients	European Christmas	Crossing South			
KNSD (6.9)	NBC 7 News To	The Voyager	Wilderness Vet (N) (CC)	Journey-Dreyer	Premier League Soccer Burnley FC vs Tottenham Hotspur FC. (N) (Live) (CC)	Premier League Soccer Leicester City FC vs Manchester United FC. (N) (Live) (CC)	Premier League	Team USA Awards (N) (CC)	Naturally, Danny Seo	Nightly News	Football Night in America (N) (Live) (CC)								
DISN	Roadster-Racers	Puppy Dog Pals (CC)	Vampirina (N) (CC)	Elena of Avalor (N) (CC)	Tangled: The Series "Queen for a Day" (N) (CC)	Mickey Mouse (N) (CC)	Stuck in the Middle	Stuck in the Middle	Andi Mack "Mama" (N) (CC)	Andi Mack (N) (CC)	Bizaardvark (N) (CC)	K.C. Undercover (N) (CC)	K.C. Undercover (N) (CC)	Andi Mack (N) (CC)	Good Luck Jessie: NYC Christmas (N) (CC)	Bunk'd (N) (CC)	Bizaardvark (N) (CC)		
ESPN	SportsCenter (N)	SportsCenter (N) (Live) (CC)	College Football Birmingham Bowl -- Texas Tech vs South Florida. (N) (Live) (CC)	College Football Lockheed Martin Armed Forces Bowl -- San Diego State vs Army. (N) (Live) (CC)															
ESPN2	Football Playoff	Football Playoff	Football Playoff	SportsCenter (N)	College Basketball Tennessee at Wake Forest. (N) (Live)	College Basketball Connecticut at Auburn. From Auburn Arena in Auburn, Ga. (N) (Live)	College Basketball Hawaiian Airlines Diamond Head Classic, First Semifinal: Teams TBA. (N)	SportsCenter (N) (Live) (CC)											
TLC	Lottery Changed	Lottery Changed My Life (N) (CC)	Lottery Changed My Life (N) (CC)	Lottery Changed My Life III (N) (CC)	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	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
USA	Paid Program (CC)	Paid Program (CC)	Caught on Camera	NCIS "Ex-File" A Marine captain is murdered. (N)	NCIS "Power Down" City-wide blackout. (N)	NCIS An assassin targets a key witness. (N)	NCIS Terrorists threaten to detonate a bomb. (N)	NCIS Busting an illegal trucking operation. (N)	NCIS "Jurisdiction" A Navy diver is murdered. (N)	NCIS Officer's death links to a prostitute. (N)	NCIS A specialist's job leads to murder. (N)								

DECEMBER 23, 2017

SATURDAY EVENING

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB (3)	CBS News 8 at 5pm (N) (CC)	Weekend News	News	Entertainment Tonight (N) (CC)	NCIS: New Orleans "Let It Ride" (N) (CC)	48 Hours (N) (CC)	48 Hours (N) (CC)	News	Blue Bloods					
KFMB2 (3.2)	Don't Blink	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	American Ninja Warrior (CC)	American Ninja Warrior (CC)	Seinfeld (N) (CC)	Access Chargers	Impractical Jokers	Just for Laughs		
KGTV (10)	10News at 5pm	World News	10News at 6pm	The List (N) (CC)	Rookie Blue "For Better, For Worse" (CC)	The Great Christmas Light Fight A wireless light show and more. (N) (CC)	Ten Days in the Valley (N) (CC) (DVS)	10News at 11pm	Sports XTRA					
KPBS (13)	NewsHour Wk	KPBS Spectrum	The Lawrence Walk Show "Christmas" (N)	Antiques Roadshow	Antiques Roadshow	Rick Steves Special: European Christmas	Daniel O'Donnell: Back Home Again (N) (CC)	R. Steves' Europe	Globe Trekker Exploring Bolivia. (N) (CC)					
KNSD (6.9)	Football Night	NFL Football Minnesota Vikings at Green Bay Packers. (N) (Live) (CC)	Football Night	Wheel of Fortune	Jeopardy! (N) (CC)	Dateline NBC "Miami Heat" (N) (CC)	NBC 7 News	Saturday Night Live						
DISN	Liv and Maddie	L & M: Cali Style	Austin & Ally (CC)	Stuck/Middle	Mickey Mouse (N) (CC)	Transylvania	*** Frozen (2013) Kristen Bell, Idina Menzel. (N)	LEGO Frozen	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Walk the Prank (N) (CC)	MECH-X4 (N) (CC)		
ESPN	College Football Dollar General Bowl -- Appalachian State vs Toledo. (N) (Live) (CC)	SportsCenter (N) (Live) (CC)												
ESPN2	College Basketball Illinois vs Missouri. From Scottrade Center in St. Louis. (N) (Live)	College Basketball												
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress
USA	NCIS "Obsession" (N) (CC) (DVS)	** G.I. Joe: Retaliation (2013, Action) Dwayne Johnson, Bruce Willis, Channing Tatum.				*** Thor (2011) Chris Hemsworth, Natalie Portman. Cast out of Asgard, the Norse god lands on Earth.				Modern Family (N) (CC)	Modern Family (N) (CC)			

DECEMBER 23, 2017

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9	2		8	5									3							
5				7	6								8	2						
	8																			
		6																		

TV Listings

SUNDAY MORNING/AFTERNOON

DECEMBER 24, 2017

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30
KFMB (8)	CBS News Sunday Morning (N) (CC)	Face the Nation (N)	The NFL Today (N) (Live) (CC)	NFL Football Los Angeles Chargers at New York Jets. (N) (Live) (CC)	NFL Post-game (N)	To Be Announced	Lucas Oil Off Road Racing	Lucky Dog "Darby"	The Open Road	Entertainment Tonight (N) (CC)									
KFMB2 (8.2)	Fortunes in Flipping	Mark T. Barclay	Catholic Mass	Face the Nation (N)	Fortunes in Flipping	San Diego Transform	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)	
KGTU (10)	Good Morning	10News This Morning at 8am Sunday (N) (CC)	Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos (N)	Joel Osteen (CC)	Intrnl'l Fellowship	Paid Program	Fortunes in Flipping	Paid Program	Paid Program	Wall Street Secrets	Fortunes in Flipping	The Great Christmas Light Fight (CC)	The Great Christmas Light Fight (CC)	Castle A family finds a dead man in the house.				
KPBS (15)	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Washington Week (CC)	Great Performances "Irving Berlin's Holiday Inn -- The Broadway Musical" Stage adaptation of the movie musical. (CC)	Last Tango in Halifax Alan rethinks his past.	Last Tango in Halifax (CC)	Last Tango in Halifax (CC)	Last Tango in Halifax (CC)	Last Tango in Halifax (CC)	Last Tango in Halifax (CC)	Last Tango in Halifax (CC)	Last Tango in Halifax (CC)	Last Tango in Halifax (CC)	Last Tango in Halifax (CC)	Last Tango in Halifax (CC)	Last Tango in Halifax (CC)
KNSD (39)	NBC 7 News To	Meet the Press (N) (CC)	Give (CC) (DVS)	The Champion Within	PGA TOUR: Year in Review (N) (CC)	Action Sports From Breckenridge, Colo. (N) (CC)	Spartan Race (N) (CC)	Red Bull Signature Series From Virgin, Utah. (N) (CC)	Fortunes in Flipping	Graham Bensinger	Access (N) (CC)								
DISN	Roadster Racers	Puppy Dog Pals (CC)	Vampirina (CC)	Elena of Avalor (CC)	Tangled: The Series	Transylvania Bizaardvark (CC)	The Ultimate Christmas Present (2000) Halle Hirsch, Brenda Song. (CC)	Stuck in the Middle	Stuck in the Middle	Andi Mack (CC)	Andi Mack (CC)	Bizaardvark (CC)	K.C. Undercover (CC)	K.C. Undercover (CC)	Austin & Ally (CC)	Bunk'd (CC)			
ESPN	Sunday NFL Countdown (N) (Live) (CC)	PBA Bowling Cheetah Championship. (Taped)		PBA Bowling Scorpion Championship. (Taped)		2017 World Series of Poker Main Event.		2017 World Series of Poker Main Event.		2017 World Series of Poker Main Event.		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	Fantasy Football Now (N) (Live)		30 for 30 (Part 1 of 3) (CC)		30 for 30 (Part 2 of 3) (CC)		30 for 30 (Part 3 of 3) (CC)		30 for 30 (CC)		30 for 30 (CC)		30 for 30 (CC)		30 for 30 (CC)		30 for 30 (CC)		
TLC	Four Weddings (CC)	Four Weddings A Jersey Shore wedding theme.	Four Weddings (CC)	Four Weddings Editiza; Tara; Alana; Kati. (CC)	Extreme Christmas Trees (CC)	Invasion of the Christmas Lights 2 (CC)	Invasion of the Christmas Lights (CC)	Walt Disney World Resort Hotels (CC)	Disney's Animal Kingdom: Alive With Magic	Disney Cruise Line: Reimagined Magic (CC)									
USA	David Jeremiah (CC)	In Touch	Joel Osteen (CC)	Chrisley Knows	Chrisley Knows	*** Ocean's Thirteen (2007) George Clooney, Brad Pitt, Matt Damon. Ocean and his gang seek to right a wrong.		** G.I. Joe: Retaliation (2013) Dwayne Johnson, Bruce Willis. Threats from within the government jeopardize the G.I. Joes.		*** Gladiator (2000) Russell Crowe. A fugitive general becomes a gladiator in ancient Rome.									

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

- ___ Vogel of "The Brave"
- Lead role on "JAG"
- "Uncle Miltie"
- Actress Potts
- Antlered animal
- "___ Marleen"; popular WWII song
- "___ Pepper's Lonely Hearts Club Band"
- Téa Leoni's age
- "My Name ___"
- Donny Osmond's birthplace: abbr.
- Helper: abbr.
- As busy as ___
- Scandinavian airline
- Website address, for short
- Coach Parseghian
- "The ___"; 1994 Denis Leary/Kevin Spacey movie
- ___ surgeon; tooth-puller
- Female animals
- Ming-___ Wen
- Actor Hal
- Acuff's initials
- Donny Osmond's continent: abbr.
- "Shanghai ___"; 2000 Jackie Chan western comedy film
- "Million Dollar ___"; 2014 Jon Hamm movie
- Caan or Baio
- "___ World" (1993-97)
- Freddie the Freeloader, for one
- "___ Trek Into Darkness"; 2013 film

- Long-running Broadway musical
- Word in the title of Roma Downey's series
- Hospital personnel: abbr.
- Late "NCIS: Los Angeles" actor (2)
- Bartók or Lugosi
- Suffix for Jan or Nan
- That is: abbr.
- "___ Femme Nikita"
- "Leah Remini: ___ Relative"
- Graham of "Gilmore Girls"
- Role on "Kevin Can Wait"
- Make beer
- "The Crazy ___" (2013-14)
- Elliott and Shepard
- "___ the Woods"; 2014 Meryl Streep movie
- "Deal or ___ Deal"
- "Who ___ You Think You Are?"
- Finishes
- One of Winnie the Pooh's friends
- Maya's "Up All Night" role
- Tallulah's initials
- "Death ___ a Funeral"; 2010 Chris Rock film

Linda Lavin Solution

DOWN

- Actress on "The Big Bang Theory" (2)
- Irritate
- Initials for singer Loggins
- Slimy swimmers

SUNDAY EVENING

DECEMBER 24, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (8)	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (N) (CC)	I Love Lucy Christmas Special (CC)	The Dick Van Dyke Show -- Now in-Color!	Blue Bloods "A Deep Blue Goodbye" (CC)	News	Christmas Eve					
KFMB2 (8.2)	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
KGTU (10)	10News at 5pm	World News	10News at 6pm	Celebrating San	America's Funniest Home Videos (CC)	**** Beauty and the Beast (1991) Voices of Paige O'Hara, Robby Benson. (CC)	Shark Tank A twist on a popular snack.	10News at 11pm	Sports XTRA					
KPBS (15)	NewsHour Wk	SciTech Now (N)	Last Tango in Halifax (CC)	Last Tango in Halifax Gillian's wedding day.	Last Tango in Halifax "Holiday Special" (CC)	Last Tango in Halifax "Holiday Special" (N)	Vicious (CC)	Vicious "Sister"	Vicious Special (CC)					
KNSD (39)	Talk Stoop	Nightly News	1st Look (CC)	Fortunes in Flipping	Trolls Holiday	Murray-Xmas	**** It's a Wonderful Life (1946) James Stewart, Donna Reed. An angel saves a distraught businessman from suicide.	NBC 7 News	Christmas Eve Mass					
DISN	*** Frozen (2013, Children's) Voices of Kristen Bell, Idina Menzel, Jonathan Groff. (CC)	Tangled: The Series "Queen for a Day" (CC)	Disney Channel Holiday Celebration	Stuck in the Middle "Stuck at Christmas"	Bizaardvark (CC)	Bizaardvark (CC)	Andi Mack	K.C. Undercover						
ESPN	SportsCenter (N)	College Football Hawaii Bowl -- Fresno State vs Houston. (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	College Football										
ESPN2	30 for 30 (CC)	30 for 30 A look back at the Detroit Pistons of the late 1980s and early 1990s. (CC)	SportsCenter (N) (Live) (CC)	ESPN FC (N) (CC)	E:60	SportsCenter (CC)								
TLC	90 Day Fiancé "Second Thoughts" Andrei confronts Elizabeth's sister. (CC)	90 Day Fiancé Evelyn and David argue once he arrives. (N) (CC)	90 Day Fiancé "Josh & Aika: Our Journey So Far" Josh and Aika's goals for her clash. (N)	90 Day Fiancé (CC)										
USA	*** Gladiator (2000) Russell Crowe.	*** Thor (2011) Chris Hemsworth, Natalie Portman. Cast out of Asgard, the Norse god lands on Earth.	*** Marvel's the Avengers (2012, Action) Robert Downey Jr., Chris Evans, Mark Ruffalo. Premiere.	** Journey 2: The Mysterious Island										

MONDAY EVENING

DECEMBER 25, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (8)	World's Funniest Moments: Christmas	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Game Theory	Kevin Can Wait (N)	Young Sheldon	Man With a Plan (CC)	Scorpion "Wreck the Halls" (CC)	News	Late-Colbert		
KFMB2 (8.2)	The Dr. Oz Show (CC)	Judge Judy (CC)	Judge Judy (CC)	2 Broke Girls (CC)	2 Broke Girls (CC)	iHeartRadio Jingle Ball 2017 (CC)	Whose Line Is It?	News 8 at 10 (N)	Ent. Tonight (CC)	Seinfeld (CC)	Seinfeld (CC)			
KGTU (10)	NBA Basketball Houston Rockets at Oklahoma City Thunder. (N) (Live) (CC)	News	Celebrating San	RightThisMinute (N)	blackish (CC)	The List (N) (CC)	20/20 (CC)	10News at 11pm	Jimmy Kimmel					
KPBS (15)	Ken Kramer's	Nightly Business	World News	Ken Kramer's	PBS NewsHour (N) (CC)	Antiques Roadshow "Naughty or Nice" (CC)	Call the Midwife The midwives face a cold winter. (N) (CC)	Making a New American Nutcracker (CC)	Ken Kramer's					
KNSD (39)	The Ellen DeGeneres Show (CC)	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Dr. Seuss' Grinch	*** How the Grinch Stole Christmas (2000, Children's) Jim Carrey, Jeffrey Tambor, Christine Baranski. (CC)	NBC 7 News	Tonight Show						
DISN	Bunk'd (CC)	Liv and Maddie	Austin & Ally (CC)	Good-Charlie	Jessie (CC)	Mickey Mouse (CC)	Stuck in the Middle "Stuck at Christmas"	Bizaardvark (CC)	Girl Meets World (CC)	Best Friends	Hannah Montana	Hannah Forever		
ESPN	NFL Football Oakland Raiders at Philadelphia Eagles. (N) (Live)	SportsCenter With Scott Van Pelt (N) (Live) (CC)	SportsCenter With Scott Van Pelt (CC)	NBA Basketball: Cavaliers at Warriors										
ESPN2	2017 World Series of Poker Main Event.	2017 World Series of Poker Main Event.	2017 World Series of Poker Main Event.	2017 World Series of Poker Main Event.	E:60	SC Top Plays of the Year	NBA Basketball: Wizards at Celtics							
TLC	Long Island Medium "An MRI for Larry"	Long Island Medium "Star Studded Spirit"	Long Island Medium "Freezing Theresa"	Long Island Medium (CC)	Long Island Medium "Reading the Stars"	Who Do You Think You Are? (CC)	Long Island Medium "Reading the Stars"							
USA	*** Marvel's the Avengers (2012) Robert Downey Jr. Superheroes join forces to save the world from an unexpected enemy.		WWE Monday Night RAW (N Same-day Tape) (CC)	Modern Family (CC)	Modern Family (CC)									

TUESDAY EVENING

DECEMBER 26, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (8)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS "Twofer" (CC) (DVS)	The 40th Annual Kennedy Center Honors Entertainers receive recognition. (N) (CC)	News	Late-Colbert					
KFMB2 (8.2)	The Dr. Oz Show (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	2 Broke Girls (CC)	The Flash Artifact collectors are attacked.	DC's Legends of Tomorrow "Helen Hunt"	News 8 at 10 (N)	Ent. Tonight (CC)	Seinfeld (CC)	Seinfeld (CC)			
KGTU (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Happy New Year, Charlie Brown (CC)	Rudolph's Shiny New Year (CC)	Kevin (Probably) Saves the World (CC)	10News at 11pm	Jimmy Kimmel				
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	The Sultan and the Saint (2016)	Secrets of Spanish Florida -- A Secrets of the Dead Special (N) (CC)	Secrets of the Dead (CC) (DVS)						
KNSD (39)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Ellen's Game of Games (CC)	Better Late Than Never "Munich" (CC)	Chicago Med "Speak Your Truth" (CC)	NBC 7 News	Tonight Show				
DISN	Wizards-Place	Wizards of Waverly Place (CC)	Wizards of Waverly Place (CC)	Wizards of Waverly Place (CC)	Wizards-Place	Wizards of Waverly Place (CC)	Andi Mack	Liv and Maddie	Bizaardvark (CC)	Raven's Home (CC)				
ESPN	College Football	Scoreboard	College Football Cactus Bowl -- Kansas State vs UCLA. (N) (Live) (CC)	SportsCenter (N) (Live) (CC)										
ESPN2	E:60	E:60	2017 World Series of Poker Main Event.	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	30 for 30	30 for 30	30 for 30	College Football Quick Lane Bowl -- Duke vs Northern Illinois.					
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress (CC)	90 Day Fiancé "Molly & Luis: Our Journey So Far" Luis' complaints hurt Molly's happiness. (N) (CC)	90 Day Fiancé (CC)							
USA	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	WWE SmackDown! (N Same-day Tape) (CC)	Chrisley Knows	Chrisley Knows	Modern Family (CC)	Modern Family (CC)				

WEDNESDAY EVENING

DECEMBER 27, 2017

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (8)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	The Carol Burnett 50th Anniversary Special Celebrating "The Carol Burnett Show." (CC)	SEAL Team "The Spinning Wheel" (CC)	News	Late-Colbert					
KFMB2 (8.2)	The Dr. Oz Show (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	2 Broke Girls (CC)	EA Madden NFL 18 Challenge (N) (CC)	Penn & Teller: Fool Us (CC)	News 8 at 10 (N)	Ent. Tonight (CC)	Seinfeld (CC)	Seinfeld (CC)			
KGTU (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Gold-bergs	Speech-less (CC)	Modern Family (CC)	American Housewife	Match Game Adam Carolla; Ana Gasteyer.	10News at 11pm	Jimmy Kimmel		
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Nature Cats in the Americas.	NOVA "Day the Dinosaurs Died" (N) (CC)	SuperNature -- Wild Flyers (CC)	National Parks -- Troubled Edens (N)					
KNSD (39)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Wall "Prince and Chris" (N) (CC)	*** Dolly Parton's Christmas of Many Colors: Circle of Love (2016) Jennifer Nettles.	NBC 7 News	Tonight Show					
DISN	Gravity Falls (CC)	Gravity Falls (CC)	Gravity Falls (CC)	Gravity Falls (CC)	Gravity Falls (CC)	Gravity Falls (CC)	Gravity Falls (CC)	Bizaardvark (CC)	Raven's Home (CC)					
ESPN	College Football	Scoreboard	College Football Academy Sports and Outdoors Texas Bowl -- Texas vs Missouri. (N) (Live)	SportsCenter (N) (Live) (CC)										
ESPN2	College Basketball	College Basketball Central Florida at Southern Methodist. (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	Fantasy Awa.	College Football Walk-On's Independence Bowl -- Southern Mississippi vs Florida State.								
TLC	My 600-Lb. Life "Lupe's Story" Lupe makes a potential lifesaving move. (CC)	My 600-Lb. Life "Steven & Justin's Story, Part 1" Two brothers can't stand each other.	My 600-Lb. Life After a year, neither brother improves. (Part 2 of 2) (CC)	My 600-Lb. Life (Part 1 of 2) (CC)										
USA	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit "Ace"	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	*** Fifty Shades of Grey (2015, Romance) Dakota Johnson, Jamie Dornan.							

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5	1	3	9	7	6	4	8	2
7	5	9	6	8	1	3	2	4
1	8	2	4	9	3	5	7	6
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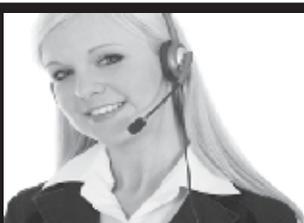
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Omarr's weekly Astrological forecast



ARIES (March 21-April 19): One potato, two potatoes. Sometimes you will be hot and sometimes you will be cold as you search for something elusive in the week to come. It may be difficult to satisfy a desire to form an ideal romantic commitment.

TAURUS (April 20-May 20): When nothing suits, give it the boot. You may be dissatisfied with purchases that are made in the first half of the week. Avoid making impulsive purchases and decisions that could impact joint resources and long-term goals.

GEMINI (May 21-June 20): It may be difficult to make a good impression when school is in session. There may be many lessons to learn in the week ahead. You may be pressured to follow the rules and do your duty when interacting with other people.

CANCER (June 21-July 22): Having fun can be hard work. In the week ahead, you may be invited to social functions that either involve your job or require extra effort on your part. Packing everything into your schedule can be a challenge.

LEO (July 23-Aug. 22): You may be persuaded to mix business with pleasure as the week unfolds. Your attention to detail is accentuated making this a good time to complete projects or to put finishing touches on a personal creative venture.

VIRGO (Aug. 23-Sept. 22): You may be prompted to concentrate on kith and kin during the week ahead. The New Moon in Sagittarius may find you preparing for visitors by rearranging furniture, clearing out dust bunnies or organizing the pantry.

LIBRA (Sept. 23-Oct. 22): You may be more energetic or competitive than usual in the upcoming week. A partner or a friend might inspire you to reach a bit higher in your pursuit of material security. Avoid misunderstandings at the workplace.

SCORPIO (Oct. 23-Nov. 21): Wrap up your shopping. This week you might realize that it is time to tighten up the belt and guard your piggy bank from unneeded expenditures. Understand that a close relationship depends upon trust and respect.

SAGITTARIUS (Nov. 22-Dec. 21): Hold your horses. Put new projects and major purchases on hold during the week ahead. It may be necessary to buckle down to focus on your job and attaining your goals despite holiday activities and temptations.

CAPRICORN (Dec. 22-Jan. 19): Gather ammunition and you can attain your ambition. During the week ahead work quietly in the background and organize your schedule. Prepare to execute your game plan after the holiday celebrations subside.

AQUARIUS (Jan. 20-Feb. 18): Nobody's perfect, but some people expect perfection anyway. You may worry about exposing your imperfections or flaws in the week ahead. Keep your pennies in your piggy bank and avoid impulsive spending.

PISCES (Feb. 19-March 20): There may be some rust forming on someone's trust. Doubts could creep in to erode a relationship in the early part of the week. If you have put your trust in someone or something it is necessary to have faith.

Weekly Inspiration
From Colette

Even after all this time the Sun never says to the Earth,
"You owe me."

Look what happens with a love like that, it lights the whole sky.

- Hafiz

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Love is a four legged word



RET of the week

Brett is a two year old neutered Pit Bull mix looking for a home for the holiday season (and beyond). Brett is an active guy who loves to play, and he'll playfully challenge you to a game of tug-o-war with his favorite rope toy. Outgoing and affectionate, Brett has a wonderful disposition perfect for an active family with a yard. Meet this goofy guy by asking for ID#A1809549 Tag#C376. Brett can be adopted for \$69.

Giselle is a two year old spayed dilute calico who weighs 9 lbs. She arrived to the shelter as a stray and since no one has come to claim her, she's looking for a forever home. Giselle has a beautiful, long coat that will need some rescue and then on-going grooming to keep her looking like the queen she thinks she is. She is a sweet gal who deserves a warm lap for the holidays and many years to come. Meet Giselle by asking for ID#A1817826 Tag#C142. She can be adopted for \$58.

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



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

Adoption fees are being waived for all animals, courtesy of generous donors' gift



The Gift of Love

ALL ADOPTIONS FREE!
December 15-24

All adoption fees sponsored by Sharon Blanchet, partner at ABC Family Law, and Phil and Pam Reed, Reed Team at Willis Allen Real Estate.

SAN DIEGO – Hundreds of homeless animals are at San Diego Humane Society in need of homes, so pet adoption fees are being waived for all animals from Dec. 15 through 24 at all campuses and satellite adoption centers. For the 10 days before Christmas, all animal adoptions are sponsored by Sharon Blanchet of ABC Family Law and Phil and Pam Reed, Reed Team at Willis Allen Real Estate in La Jolla.

There is no shortage of animals needing homes and gifting a pet can actually be a mutually beneficial opportunity this holiday season. The best way is to involve the pet family and pet parent-to-be in the selection. Every animal adopted from San Diego Humane Society is spayed/neutered, current on all vaccinations, microchipped and is sent home with a certificate for a free veterinary exam, 30 days of worry-free pet insurance from Trupanion and his/her first bag of food from Purina.

Animals that are awaiting adoption can be found on the organization's website: sdhumane.org/how-you-can-help/adopt/available-pets

San Diego Humane Society adoption hours are 10 a.m. - 6 p.m., seven days a week, at the following campus locations:

San Diego Campus 5500 Gaines St. Escondido Campus 3450 E. Valley Parkway Oceanside Campus (for dogs) 2905 San Luis Rey Road (for cats and small animals) 572 Airport Road

My pet world

by Cathy M. Rosenthal

Books on pet care ideal gift for pet owners

Dear Cathy,

I read your great pet column in the Las Vegas Review Journal every Sunday. It's always interesting. I am writing because our son has four cats, and seems to be very adept at their overall care. My question is, can you recommend a good cat medical guide, which would be a handy thing for him to use now and then? An A-Z guide covering as much as possible? No doubt there are several on the market, but I wanted to ask the expert. Christmas is coming soon, and it would be a good gift. - Geoffrey, Las Vegas, NV

Dear Geoffrey,

Reference books on pet care make great gifts for people with pets of all ages. While there are lots of books with great information on pet care, health and behavior, I tend to go for the classics. My favorite books include "Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats" by Susan Hubble Pitcairn and Richard H. Pitcairn. It's been around for about 20 years, but was recently updated, so get the updated version. It focuses on natural health.

The other book I like, and is more in line with your question, is "The Cat Owner's Home Veterinary Handbook" by six veterinarians. This is a good all-around reference book that focuses on health issues. Make sure you get the recently updated version of this book too.

If your son is interested in understanding more about cat behavior, check out books by cat experts Jackson Galaxy and Pamela Bennet Johnson. These authors offer lots of insights into feline behavior that can be helpful in a multi-cat household.

Healthy Living

Beating gingivitis

Studies show that people with adequate vitamin D intake are the least likely to have bleeding gums.

Sardines and more

- **Sardines with bones** (pictured here), salmon, mackerel and cod liver oil are excellent sources of vitamin D
- **Vitamin-fortified** dairy products, sunlight are also good sources

Source: American Journal of Clinical Nutrition, TNS Photo Service





Hope, cheer and ruthless criminal behavior

beforehand, picking out items that were unique, handmade or artistic to contribute to the pool of gifts.

One year, the class clown in me couldn't resist when I saw glass blown German ornaments delicately shaped into acorns and walnuts. I bought one of each, envisioning the hysterical laughter that would erupt when, as the recipient opened my package, I would blurt out a joke of questionable taste involving the word "nuts."

We arrived at the hostess'

about to befall our unsuspecting group.

After drawing numbers, the game began. The first two women picked from the wrapped gifts under the tree. One by one, they gently unraveled tissue paper from around their chosen ornaments. Eyes darted around the room and brains calculated. Just seconds before, we were more interested in cranberry cream cheese spread, but now that merchandise was involved, we began to strategize.

Not wanting to cause any

Steal!" as the next woman rose from her seat. A tiny grin could be seen on her face as she lunged toward her friend's lap, containing an already-opened wooden ornament, seizing it away. We erupted in hoots and applause, and the living room transformed into a Roman Coliseum.

Seething with vengeance, the victim of the theft plotted her retribution.

The scene quickly turned from one of merriment to mayhem, as my fellow military spouses became an unruly mob. The women ruthlessly snatched ornaments one by one, while our host tried to maintain order. "Now, remember ladies, the gift

is DEAD after it's stolen three times."

The mere mention of "death" only seemed to ignite more savagery.

When one woman stole the wooden ornament for the third time, the group shouted, "It's DEAD, it's DEAD!" and I thought I heard gnashing of teeth as if she was carrying a bloody carcass back to the den.

With all the stolen ornaments dead, the last participant had no choice — she had to pick the lone gift left under the tree. It was the box of ornaments I had brought, and as she revealed them, I weakly offered my pre-

planned inappropriate nut joke. The woman, still wounded from battle, could only force a bogus chuckle.

As we all said goodnight, I realized that we had just waged an epic war over meaningless trinkets that could be bought for less than ten dollars at any local store. The shameless displays of latent aggression and irreparably hurt feelings could have all been easily avoided.

But perhaps humans who wouldn't dream of committing theft and murder simply can't resist the thrilling temptation of crime in the midst of delicious home-baked cookies and sparkling twinkle lights?

by Lisa Smith Molinari
During this season of giving, people everywhere are transformed. Generosity and compassion well up in us all. However, in the midst of all this merriment, otherwise charitable people can become so caught up in materialistic desires that they have thoughts of theft, revenge, and even murder.

What, pray tell, could arouse criminal tendencies during the holidays? The answer is simple: group gift exchanges.

Known as "Yankee Swaps," "White Elephant exchanges," or "Dirty Santas," this apparently innocent holiday game rouses merciless thievery and selfish materialism in even the most virtuous of participants.

Case in point: my last military wives' bunco group held an ornament exchange every December. The members carefully shopped

the meat and potatoes of life

home at the designated hour and placed our tiny packages under her sparkling tree. Wine glasses filled, chitchat ensued, and we were all enjoying the festive atmosphere.

A while later, we were filling up on hot dip and red and green M&Ms, when the hostess called us into the living room to start the ornament exchange. Light laughter trailed into the room as we plopped onto couches and chairs.

We had no idea of the carnage

drama, I also also selected a wrapped ornament from under the tree when it was my turn. This might have continued, turn after turn, until all the packages were opened and accounted for, but someone suddenly cried "Steal!" and mouths began to water.

"Yeah, it's no fun if we just pick the wrapped gifts, you've got to steal!" another added, wiping the spittle from her chin.

A chant ensued, "Steal! Steal!



Pet
continued from page 16
gets lost, Finding Rover has the photo on file for anyone who may find him.



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Concerts

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December

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. Dinner 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.

OMFG!NYE. 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.

(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 Fichot. 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.

Black Violin. Thur, Feb 22, 7:30pm. \$25-\$45. Classical/Hip-hop/Rap/Jazz. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

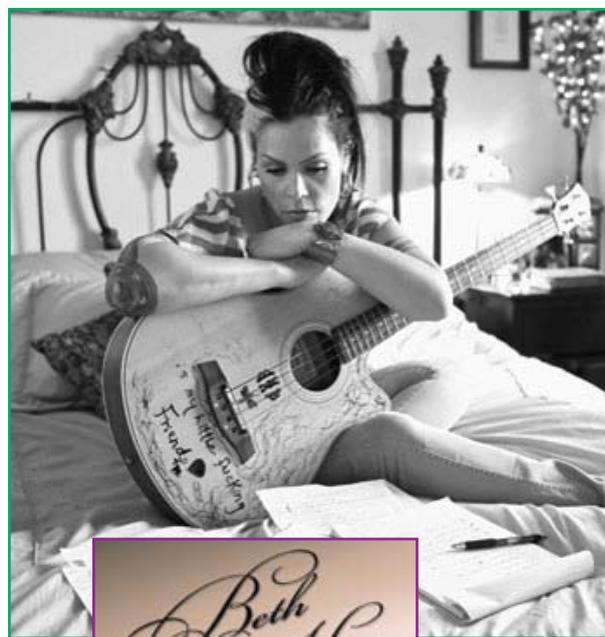
Alsarah & The Nubatones. Thurs, Feb 22, 8-11pm. World. \$25. UCSD Price Center, 9500 Gilman Dr, San Diego 92023. (858) 534-6467.

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

Jesse Cook. Sat, Feb 24, 7:30pm. \$35-\$60. Jazz/Latin/Nuevo Flamenco. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Demi Lovato. Mon, Feb 26, 7:30pm. Hip-hop/Rap/Pop. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

New Breed Brass Band. Wed, Feb 28, 2018. 8-11pm. Hip-hop/Rap/Jazz/World. \$30. UCSD Price Center, 9500 Gilman Dr, San Di-



Beth Hart



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



ego 92023. (858) 534-6467

March

Pierre-Laurent Aimard. Thurs, March 1, 8pm. Classical piano. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

Tokio Hotel. Thurs, March 1 8pm. Electro pop quartet. City National Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. citynationalgroveofanaheim.com

Celebrating David Bowie. Tues, March 6, 7:30pm. Covers. Balboa Theatre, 868 Fourth Ave.

(619) 570-1100.

Brogue Wave. Wed, March 7 4 & 7pm. FREE. Celtic Rock/World. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Herbie Hancock. Wed, March 7, 7pm. Jazz/Pop. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

Bria Skonberg. Fri, March 9, 7:30pm. \$25-\$40. Jazz/World. Trumpeter & singer. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

The Ten Tenors. Sat, March 10, 7:30pm. Classical. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

George Kahumoku Jr. Sun, March 11, 7:30pm. \$32-\$42. Folk/World/Slack Key Guitar. Hawaii's Renaissance Man. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Lorde. Wed, March 14, 7pm. Staples Center, 1111 S. Figueroa St, Los Angeles, CA 90015. www.staplescenter.com



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*1 at this payment, VIN #753790. Model #HLB 01. \$199 plus tax monthly for 42 months with \$0 due at signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer document preparation charges, any electronic filing fee. Security deposit not required. On approved above average credit through JP Morgan Chase. Offer expires 1/2/18.



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2017 Subaru Crosstrek 2.0i Premium

Lease for

\$229

PER MONTH PLUS TAX 36 MONTHS*



*1 at this payment, VIN #277575. Model #HRB 11. \$229 plus tax monthly for 36 months with \$0 due at signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer document preparation charges, any electronic filing fee. Security deposit not required. On approved above average credit through JP Morgan Chase. Offer expires 1/2/18.



Purchase or lease a New Subaru before January 2nd & Subaru will donate \$250 to a choice of charities that benefit our community.

2018 Subaru WRX

Lease for

\$298

PER MONTH PLUS TAX 36 MONTHS*



*1 at this payment, VIN #811018. Model #JUN 01. \$298 plus tax monthly for 36 months with \$0 due at signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer document preparation charges, any electronic filing fee. Security deposit not required. On approved above average credit through JP Morgan Chase. Offer expires 1/2/18.



Purchase or lease a New Subaru before January 2nd & Subaru will donate \$250 to a choice of charities that benefit our community.

Military Special Only

4-WHEEL ALIGNMENT

\$89⁹⁵ + tax

~~WAS \$119⁹⁵~~



- Precision computerized wheel alignment
 - Adjust caster, camber & toe
 - Inspect suspension for wear
- Center steering wheel • Inspect tires

Toyotas, Hyundais or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 12/31/17

OIL & FILTER CHANGE

\$29⁹⁵ + tax

~~WAS \$39⁹⁵~~

- Install Genuine Toyota, Hyundai or Subaru oil filter
- Replace engine oil (up to 5 qts conventional oil)
- Top off under the hood fluids
- **FREE** Check & set tire pressure to vehicle specifications
- **FREE** Multipoint inspection
- **FREE** Car Wash
- **FREE** Battery Test

Synthetic, V6 & V8 additional. Toyotas, Hyundais or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write-up. Offer expires 12/31/17

FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL

\$50 OFF

- ✓ Inspect and Resurface Rotors
- ✓ Inspect Brake Hardware
- ✓ Replace Front Brake Pads

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