Career Advice
InterpersonalEdgedispensesinformation andadvicetohelpsuccessfullynavigate the workplace. **See page 4**

Auto Matters and More
Alien Fresh Jerky and the U.F.O. Hotel - An American success story.
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Get out of your rut and into some fun aroundSanDiegocounty.Listofevents... many of them free! **See page 14**

Navy Marine Corps Coast Guard Army Air Force

ARMED FORCES DISPATCH

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FIFTY EIGHTH YEAR NO. 25
THURSDAY, NOVEMBER 22, 2018

Santa's checking receipts, he's checking them twice - you should, too

by Gig Conaughton

Cash registers ring, are you listening? Black Friday's back, sales are glistening! Make sure your shopping is sweet, double check your receipts.

So you're not accidentally overcharged by faulty cash register price scanners.

OK, so the last part didn't rhyme, but you get the idea. Overcharging does happen, and the County's Department of Agriculture, Weights and Measures (AWM) wants to make sure that if you're shopping, you're checking your receipts.

Every year, AWM inspects more than 1,500 local businesses, checking price-scanning devices, scales that charge items by weight and other equipment that set prices, to make sure they are charging customers accurately. But even the best businesses have occasional overcharges. Between January and October, almost one out of every 10 stores inspected, 9.54 percent, had overcharge errors, and the average overcharge was $1.85. An extra couple of bucks may not sound alarming, but in the holiday shopping season, even tiny overcharges can add up to make big dents in your wallet or pocketbook.

So check all your receipts and have a merry holiday season. Here are some other tips to help you shop smartly and safely:

Protect Against Overcharging:

•Always verify receipts and immediately notify store management of any price discrepancies.

•Stores are required to display the price of an item, as you are buying it, before the transaction is complete. Watch the display screen as your items are scanned.

•Take sales advertisements with you when shopping to verify prices.

•Know that stores cannot legally charge more than their

see **Shopping, page 9**

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

Rear Adm. Cedric Pringle, commander, Expeditionary Strike Group Three, stands for a photo with the leadership of University of South Carolina's Gamecock Battalion NROTC Unit in Columbia, S.C., on Nov. 12. Navy photo by LT.j.g. Adagray Anderson

Pringle returns from ROTC and Recruiting Engagement Effort

SAN DIEGO - Rear Adm. Cedric E. Pringle, commander, Expeditionary Strike Group Three, returned to his headquarters at Naval Base San Diego following the completion of a successful ROTC and Recruiting Engagement Effort (R2E2) tour throughout the southeast U.S.

From Nov. 12-16, Pringle visited five Naval Reserve Officer Training Corps (NROTC) units, and spoke with 10 Junior Reserve Officer Training Corps (JROTC) units, in South Carolina, Georgia, Louisiana, Florida and Texas about leadership and the Navy the Nation Needs. He also spoke with both ROTC and school leadership at each of the universities.

"R2E2 was an extremely successful and rewarding initiative," Pringle said. "My primary goals were to educate and inspire future leaders about opportunities in the Navy our Nation Needs. R2E2's theme of 'dream big, work hard, and never quit' was well received at all levels and set conditions for questions ranging from leadership expectations to technological advancements. Based on the talented young midshipmen and cadets that I met during R2E2, our future is bright!"

Midshipmen discussed three key principles with Pringle; dream big, work hard, never quit.

Airlift Wing provides aerial firefighting, search and rescue support amid wildfires

California Air National Guardsmen from the Channel Islands-based 146th Airlift Wing are assisting with aerial firefighting and search and rescue as wildfires continue to ravage the state.

Approximately 50 airmen from the wing were activated Nov. 10 along with two C-130Js equipped with Modular Airborne Fire Fighting Systems (also known as MAFFS) "to support the CAL FIRE MAFFS mission," California Air National Guard Maj. Kimberly Holman told *Air Force Magazine* Nov. 15.

The U.S. Forest Service defines MAFFS as "portable fire retardant delivery systems that can be inserted into military C-130 aircraft without major structural modifications to convert them into airtankers when needed."

"The MAFFS program… is a joint effort between the U.S. Forest Service" and the Defense Department, its website goes onto explain, with the systems and retardant technically belonging to the Forest Service, and "the C-130 H and J model aircraft, flight crews, and maintenance and support personnel to fly the missions" coming from DOD.

Though the fire fighting systems were operational Nov. 11, "high winds and visibility issues" made flying impossible until Nov. 13, Holman said. Despite the delay, the airmen and aircraft managed to release 9,000 gallons of fire retardant over the course of three drops that day, and 3,000 more gallons in a Nov. 14 drop.

Navy to expand communications reach with nanosatellite launch

SAN DIEGO - A Navy nanosatellite designed to extend the range of ultra-high frequency (UHF) communications into the polar regions is scheduled for launch Nov. 19 from Vandenberg Air Force Base, Calif.

Officials at the Navy's Program Executive Office (PEO) Space Systems in conjunction with developers at Space and Naval Warfare Command Systems Center Pacific are leading this effort known as the Integrated Communications Extension Capability (ICE-Cap). ICE-Cap will demonstrate the ability of low-Earth orbit satellites to extend the geographic coverage of the Mobile User Objective System (MUOS) and legacy UHF Follow-On (UFO) satellite constellations to the polar regions.

MUOS gives mobile forces cell-phone-like capabilities via the Wideband Code Division Multiple Access, or WCDMA, waveform while also supporting the legacy UHF currently provided by the UFO satellites. Currently, four MUOS satellites with one on-orbit spare make up the constellation, providing UHF coverage between 65 degrees north and 65 degrees south latitude. The ICE-Cap satellite will act as a relay to the existing MUOS constellation and, based on its orbit, extend communications into the polar regions for mobile forces.

"This is a force multiplier," said Capt. Chris DeSena, program manager, Navy Communications Satellite Program Office at PEO Space Systems. "We are delivering warfighting capability that naval forces and their partners need to compete, deter and win. The Arctic portion of maritime domain is becoming more active and important, and MUOS and ICE-Cap help ensure we have advantages in any challenges we might face there."

The small size and low weight of nanosatellites make them an affordable asset. The ICE-Cap payload, a 3U nanosatellite similar in size to a loaf of bread, will be commercially launched as part of the SSO-A mission on a SpaceX Falcon 9 rocket with more than 70 other satellites. In addition to the ICE-Cap satellite, the mission will launch three other Navy projects. These even-smaller 1U nanosatellites measure only 10 centimeters per side.

The smaller Navy-built satellites will serve as calibration targets and technology demonstrations to improve tracking of small objects in space. These satellites will host different combinations of radio frequency reflectors that reflect radar for improved space object tracking and optical reflectors that reflect lasers for precise measurement of satellite altitude.

"The development and launch of these four nanosatellites demonstrates the Navy's interest in leveraging the significant growth and private-sector investment in disruptive, new-space technologies aimed at driving down the costs of developing, building, launching and operating constellations of small satellites, increasing access to space," said Lt. Cmdr. Shawn Kocis, the assistant program manager for science and technology at PEO Space Systems. "Recent advances in small and nanosatellite technologies will enable the Navy to address current and future warfighting challenges rapidly by being able to leverage the latest technology advances."

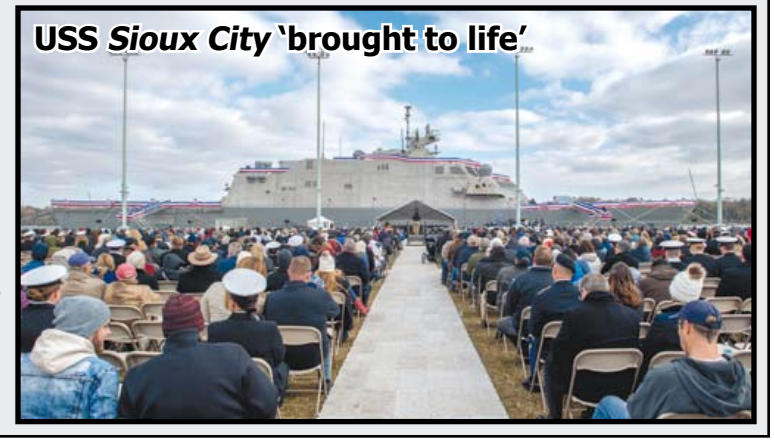
A traditional satellite often has an eight- to 10-year design cycle and is expected to remain on orbit for 15 to 20 years. A nanosatellite, by comparison, has a 12- to 18-month design cycle and an expected lifespan of about three years. These shortened timelines allow for constant technology insertion. The Navy satellites on the SSO-A mission have taken advantage of these advances and are a pathfinder for future Navy space efforts.

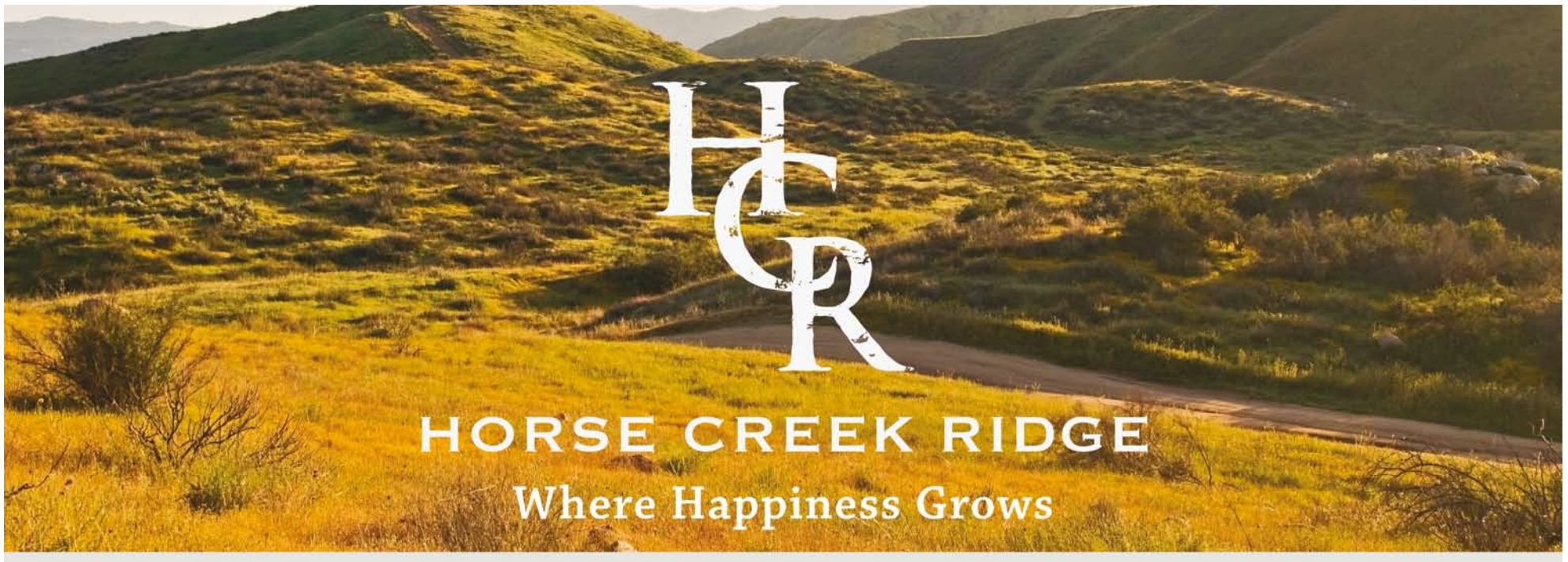
The Navy's Program Executive Office for Space Systems, located at the Space and Naval Warfare Systems Command in San Diego, is responsible for the MUOS program.

Austin Mroczek from the Program Executive Office for Space Systems (PEO Space) discusses satellite communications with a visitor in the Navy Information Warfare Pavilion. Navy photo by Rick Naystatt

ANNAPOLIS, Md. (Nov. 17, 2018) - More than 5,000 people attended the commissioning ceremony of USS *Sioux City* (LCS 11). *Sioux City* is the 13th littoral combat ship to enter the fleet and the sixth of the Freedom variant. "Thank you to our namesake city, Sioux City, for welcoming us with open arms, making us feel like we are part of your city each and every time we've visited," said Cmdr. Randy Malone, the ship's commanding officer. "We are proud to sail in your name."

Navy photo by Kenneth D Aston Jr.





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Dunford reiterates that reconciliation is only viable path in Afghanistan

by Jim Garamone

HALIFAX, Nova Scotia - Marine Corps Gen. Joe Dunford reiterated Nov. 17 that reconciliation is the only way forward in Afghanistan and that political, economic, religious and military pressure must be maintained on the group.

The chairman of the Joint Chiefs of Staff emphasized to Yalda Hakim, a foreign correspondent of BBC World News, that there is no military solution in Afghanistan and that the struggle in that country will require all aspects of government.

The chairman was participating in a Halifax Chat as part of the 10th annual International Security Forum here.

"Success in Afghanistan is an Afghan-owned, Afghan-led reconciliation process," Dunford said. "That requires us to have political pressure, social pressure and military pressure. In the military dimension, our task is to make sure the Taliban realize that they cannot win on the battlefield."

NATO and partner nations are working closely with Afghan national security forces to keep the pressure on the Taliban. At the same time, other agencies are working to improve economic conditions in the country. In addition, Islamic organizations are working to encourage the Taliban to talk with and ultimately join the Afghan government. Religious leaders in Saudi Arabia, Indonesia and Pakistan have issued fatwas calling on the Taliban to lay down their weapons and talk peace, Dunford said.

Part of the pressure was the recent elections in Afghanistan. "The elections that just took place, [were] largely successful and less violent, certainly, than people predicted," he said. "And I think political transition in 2019 will also be critical in putting pressure on the Taliban."

Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, is interviewed by BBC World News correspondent Yalda Hakim in Canada during the Halifax International Security Forum in Canada, Nov. 17. DOD photo by Navy Petty Officer 1st Class Dominique A. Pineiro

All this will combine to convince Taliban leaders that their future lies with reconciliation, the general said.

"But the key to success is to combine all of that pressure to incentivize the Taliban for, again, that Afghan-owned, Afghan-led reconciliation process," he said.

Undergirding everything in Afghanistan is the South Asia Strategy. A key provision in that is its conditions-based approach. The Afghan government and Afghan people know that the world is with them in trying to move through this constant state of war. "And I would also say that the decision by NATO and partner nations to support the Afghan national defense security forces through 2024 absolutely affects the Taliban's calculus," Dunford said.

Air Force announces bases to support B-21 Raider mission

ARLINGTON, Va. - The Air Force has selected Tinker Air Force Base, Oklahoma, to coordinate maintenance and sustainment of the B-21 Raider and Edwards AFB, California, to lead testing and evaluation of the next generation long-range strike bomber.

The decision to use these bases marks the next milestone in the development and eventual deployment of the B-21, a long-range and highly-survivable aircraft capable of penetrating air defenses and conducting a range of critical missions. The plane is expected to be delivered in the mid-2020s.

The Air Force Sustainment Center at Tinker AFB has an Air Logistics Complex with a deep and accomplished history. Edwards AFB was selected as the location of the B-21's Combined Test Force. The base is home to the Air Force Test Center, which leads testing and evaluation for the Air Force to ensure aircraft and other equipment meet rigorous standards.

Ronald Reagan, *John C. Stennis* Carrier Strike Groups operate in Philippine Sea

PHILIPPINE SEA - The *Ronald Reagan* Carrier Strike Group (RRNSG) and *John C. Stennis* Carrier Strike Group (JCSSG) are conducting high-end dual carrier operations in the Philippine Sea.

While steaming together, the two carrier strike groups will execute complex air, surface and anti-submarine warfare operations in international waters and airspace.

"Bringing two carrier strike groups together provides unparalleled naval combat power, tremendous operational flexibility and reach across the region," said Vice Adm. Phil Sawyer, commander, U.S. 7th Fleet. "It shows our forces at their best, operating confidently at sea, and demonstrates that the U.S. Navy will fly, sail and operate anywhere international law allows."

Units assigned to these strike groups will conduct operations designed to demonstrate the Navy's unique capability to operate multiple carrier strike groups as a coordinated strike force effort.

"The increased presence of two carrier strike groups in the region highlights the U.S. commitment to a free and open Indo-Pacific," Sawyer added. "As it has for decades, the U.S. Navy will continue to provide security in ways that promote regional stability and prosperity."

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Avoid a power struggle with arrogant boss

by Dr. Daneen Skube

Q: My boss is arrogant and constantly proposing stupid ideas that won't work. He has no interest in learning anything new or listening. How can I avoid a power struggle with a superior who is frequently and mostly just wrong about his facts?

A: You can avoid a power struggle if you realize that your first step is not to threaten this guy's self-esteem. I know you want to tell your boss why and how he is wrong, but that will only shut down the conversation. Instead tell him how right he is and then ask for help with a few problems you can see.

I know it may seem a tad crazy to agree with someone who is wrong. "I'd agree with you, but then both of us would be wrong" probably seems funny until you deal with an oppositional boss. Consider that most people walk around feeling insecure and afraid that others will discover their flaws and inadequacies. Nothing soothes self-esteem fears like hearing that they are right.

INTERPERSONAL EDGE

If your boss perceives a conversation as threatening his self-esteem, he will act more stupid. Decades of research on creating a "learning organization" has confirmed that anxiety creates zero curiosity or ability to learn. What we all want to engender in those around us at work is curiosity to learn new information. To achieve this goal, you have to give up the immediate satisfaction of being right.

So consider the problem when you point out why your boss is wrong. Your boss will be scared and you will lose any hope of being productive. In fact, you will probably leave your meeting with an impossible task that you or your team will fail to accomplish.

Ask yourself whether being right or being effective is your goal? If your goal is to be productive you will have to sacrifice your normal desire to be validated, and understood. The gain will be getting your boss to listen to the problems you can see in his proposals.

Your conversation with him will go something like, "Of course you are right about your proposal, Fred. What I am thinking is once we implement this project how will be deal with problem x and problem y." By agreeing with his idea and pointing out the problems you engage your boss in thinking and helping resolve the difficulties his proposal would create.

If instead you just point out the problems your boss will see you as insubordinate and dominating him. Nothing good will then occur.

Instead of demanding that people are work are rational when you walk in Monday morning consider that most of the time most people at work are motivated by irrational fears, hopes, frustrations, and disappointments. The heart more often then the head is ruling the behavior you find problematic. You can only fix what you are willing and able to see.

The last word(s)

Q: I work with a guy who is constantly jumping to conclusions in meetings and doesn't take time to get the facts. Is there a way to not let him control our meetings?

A: Yes, instead of letting this guy control the meeting, ask your team whether they're certain all the facts have been gathered. Be aware that lazy people often jump to conclusions precisely because they are tired of thinking and not because they have discovered the solution.

Daneen Skube is an executive coach, trainer, therapist and speaker. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything." You can contact Dr. Skube at www.interpersonaledge.com *or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.*

Fleet Sailors JOIN together to recruit and retain the right fit

by Lt. Katherine Steele

CORONADO - Representatives from Naval Education and Training Command's (NETC) Development, Planning and Analysis division met with San Diego and Pearl Harbor fleet Sailors to assist with improving a web-based tool, called Job Opportunities In the Navy (JOIN), which can help identify a Sailor's ideal job, Nov. 5-8.

When Sailors log into JOIN, they answer questions and rank individual vocational preferences based on community, work environment, and work activities. After making their selections, Sailors receive results that show the kind of jobs where they are likely to succeed on a personal and professional level.

The Navy already uses the Armed Services Vocational Aptitude Battery (ASVAB) during the recruiting process to determine what a future Sailor is qualified to do. Through JOIN, the Navy hopes to increase recruiting and retention by addressing expectations and realities and finding the best fit for a Sailor.

"The initial taxonomy (for JOIN) is based on a formal analysis of official job descriptions for each rating, and validated with Navy subject matter experts," said Dr. Stephen E. Watson, director, U.S. Navy Testing Science and creator of JOIN.

This is the Naval Education and Training Command logo. The NETC mission statement is "Fleet readiness starts here."

The NETC JOIN team visits to San Diego and Pearl Harbor are part of an ongoing effort to improve the tool by ensuring that the work styles and work activities used within JOIN are what Sailors experience in the fleet. The team has already worked so far with rating subject matter experts, community managers and detailers, instructors at various NETC training sites, and with fleet Sailors in Norfolk.

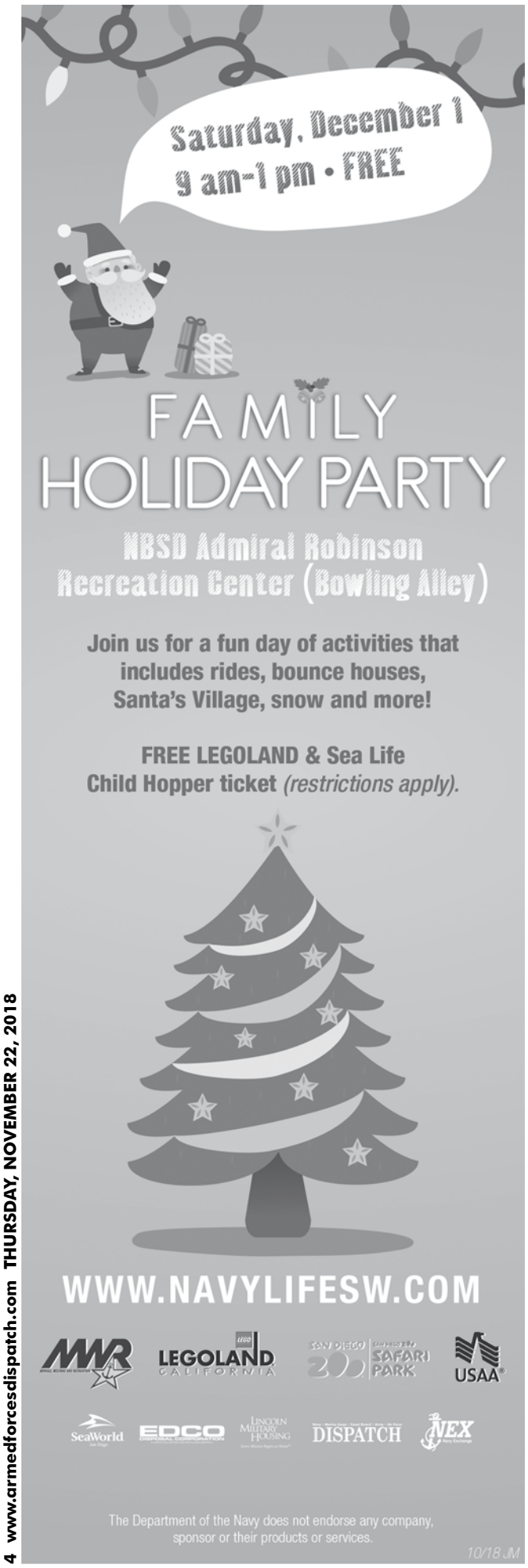
"We want this information from the source, those most familiar with the rating work," said Steve Clemens, a business analyst for Navy Testing Science, who was part of the team that spoke with fleet Sailors at San Diego and Hawaii bases.

"Sailors would often say 'I had no idea this was what I would be doing,' when they were facing academic challenges during training," said Clemens, a retired master chief petty officer who had his share of reclassifying Sailors who could not complete their assigned "A" School.

Clemens also explained how the correct fit would ideally attract and keep the right people.

"Work ethic and propensity to reenlist are high for those who have a passion for their job and

see JOIN, page 7



Social Security Matters

by Russell Gloor

Ask Rusty - Should I marry my girlfriend?

Dear Rusty: My girlfriend of nine years will be 66 on June 4 next year. It was her plan to begin taking half of her ex-husband's SS at that time allowing hers to grow until she reached 70 at which time her benefit would slightly exceed half of her ex's. Three months ago, I was diagnosed with an illness that may very well shorten my time here significantly. So, I'm thinking if we get married she would qualify for 100 percent of my SS after one year, which would be only four months later than when she could begin taking half her ex's. So, I guess, in that instance she would just begin taking half of my benefit. The big question is, what happens if I pass on before we've been married for a year? Is she stuck then at her own reduced rate or can she go back to claim her ex's and allow her own to grow until age 70? I was delaying collecting my own benefits until age 66 in January but began collecting in August after my diagnosis. Thanks for any insight you can offer. Signed: Providing for my Girlfriend

Dear Providing: I'm very sorry to hear of your health situation, but I applaud you for tending to your partner's future during this difficult time. To start, I'd like to clarify that spousal benefits and survivor benefits are two distinctly different things in Social Security. Spousal benefits refer to benefits given while both spouses are living, while survivor benefits refer to those given when one spouse predeceases the other. While you and your new wife would need to be married for at least one year for her to collect spousal benefits from you, you would only need to be married 9 months for her to be eligible for survivor benefits. The distinction, of course, is that as your spouse while you are living she'd be eligible to collect up to 50 percent of the benefit you're entitled to at your full retirement age, but as your survivor (after 9 months of marriage) she'd be eligible to collect 100 percent of the Social Security benefit you were receiving at your death.

If you and your girlfriend get married now, she loses her ability to collect only spousal benefits from her ex-spouse while you are living, because she cannot collect ex-spouse benefits while she is married. But once she is no longer married that ability is restored. So, if you were to pass before you are married for 9 months she would still have the option (because she was born before 1954) of claiming only Social Security spousal benefits on her ex-spouse's record while allowing her own SS retirement benefit to grow by 8 percent per year until she reaches age 70. At that time, she would switch to the higher benefit on her own record. So, I believe there is little or no risk to your girlfriend's future Social Security benefits for you to get married. If your prognosis is good and you live at least the required 9 months, she can collect survivor's benefits from your record equal to 100 percent of the amount you are receiving at your death. If you survive beyond one year she will be entitled to file for spousal benefits on your record and collect 50 percent of your FRA benefit while you are living and then switch to survivor benefits when you pass.

But if your prognosis is not good and you do not survive for the required 9 months of marriage, your new wife will still have the ability (provided she has not yet filed for her own benefits) to file a "restricted application for spousal benefits only" on her living ex-husband's Social Security record and allow her own benefit to grow. Once again, I'm so sorry to hear of your failing health, but glad to be able to provide you with some Social Security guidance and, hopefully, ease your anxiety at least on this matter. My best wishes go out to you at this difficult time.

This article is intended for information purposes only and does not represent legal or financial guidance.

Court allows class-action suit against Navy over 'bad paper' discharges

by Leo Shane III

Disclaimer: The opinions expressed within this article are the views of the writer and do not necessarily reflect the views and opinions of Fleet Reserve Association or this newspaper.

WASHINGTON- Veterans forced from the Navy and Marine Corps for what they say were undiagnosed mental health problems will be able to move ahead with a class-action lawsuit against the military asking for denied benefits, a federal court ruled Nov. 15

The move could affect thousands of so-called "bad paper" veterans who allege Defense Department officials unjustly ended their careers rather than deal with their military-related injuries.

"This decision is a victory for the tens of thousands of military veterans suffering from service-connected PTSD and TBI who are denied the support of VA resources because of an unfair discharge status," Tyson Manker, an Iraq War veteran and plaintiff in the case, said in a statement last Friday.

He called the court's favorable ruling "further evidence of the Department of Defense's disgraceful violation of the legal rights of the men and women who have served their country."

The issue of improper military dismissals has grown in prominence in recent years as studies show that veterans with limited access to military benefits face greater rates of homelessness and suicide.

Vets covered in the new lawsuit's class would have little or no access to Veterans Affairs health care services, education benefits or other support resources because of their less-than-honorable discharge status.

However, many of those veterans argue that the infractions that led to the end of their military careers were linked to undiagnosed post-traumatic stress, traumatic brain injury, or other service-related mental health problems. They have argued that if supervisors properly treated those issues, they may still be serving today.

Between 20 and 30 percent of troops who served in the Iraq and Afghanistan wars have dealt with post-traumatic stress, according to Defense Department estimates.

The new ruling will allow veterans advocates an easier path in demanding relief from the Navy, the service's review boards and other related agencies.

Last year, Pentagon officials ordered that those review boards use more discretion in evaluating veterans' discharge status appeals when those cases involved "conditions resulting from post-traumatic stress disorder, traumatic brain injury, sexual assault or sexual harassment."

Officials have said the goal is to make sure missed medical problems don't result in lost benefits or support services. But advocates for those veterans say those corrections remain slow and erratic.

The National Veterans Council for Legal Redress, which is party to the lawsuit, said that in 2017, while more than half of cases to come before the Army and Air Force review boards were granted discharge upgrades, only 16 percent of cases before the Navy board received the same consideration.

That has raised concerns from both advocates and the federal court that authorized the class action.

More information on the lawsuit is available through the Yale Law School Veterans Legal Services Clinic, which is also involved in the suit.

San Diego County Veterans Service Offices

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

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

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Keeping your health on track during the indulgent holiday season

(StatePoint) The holiday season can be an indulgent one, full of cookies, candies, heavy meals and eggnog. While no one wants to rein in the fun during the merriest time of year, there are simple ways to keep your health on track during this indulgent holiday season.

• Stick to Routines. To the best of your ability during this hectic time of year, attempt to stick to routines that promote wellness. Set a bedtime and honor it. Hit the gym. Meditate. Do whatever it is that keeps you grounded and feeling your best.

• Drink Up. Many people associate dehydration with the warmer months. But in winter weather it can be especially easy to forget to stay well-hydrated, especially when you're indulging in alcoholic beverages at all those holiday parties.

Remember, water doesn't need to be the only source of hydration

A joyful holiday season doesn't mean you must pack on pounds or feel under the weather. Photo by Mikhail Malyugin

you think about this season. Soups and purees made from hearty winter vegetables, as well as citrus fruits do the trick, too, and their nutritional properties can help keep you healthy in winter.

• Keep Things Organically Sweet. Staying on track doesn't mean you can't enjoy the sweetness of the season. Instantly boost the flavor of your favorite meals with organic honey. One. As an example, sustainable honey is raw (never heated above 117 degrees) and unfiltered, so it retains the benefits of bee pollen.

And just one tablespoon of organic raw honey provides the right amount of sweetness and flavor for any dish or drink, including year-round staples like oatmeal, yogurt, tea, and more. You can also consider giving a honey makeover to all your favorite holiday recipes, including glazes and sauces for meat and poultry, cocktail recipes, and of course baked treats.

• Make Substitutions. Other healthful substitutions you can make this holiday season include topping pies with Greek yogurt instead of cream, using apple sauce in place of oil and nut flour instead of white flour in baking, and serving vegetable mash as an alternative to mashed potatoes.

• Be Mindful. The holiday party circuit can be dangerous when it comes to making nutritious choices. When you enter a party with a buffet set-up, it can be tempting to reach for the richest foods first. Before indulging in the canapes and Swedish meatballs, try filling up a plate with veggies first. While you're doing so, get a good look at all the options available. This way, you'll be more likely to savor choice items you'll truly enjoy.

A joyful holiday season doesn't mean you must pack on pounds or feel under the weather. By keeping your health on track throughout this indulgent time of year, you can start 2019 with your best food forward.

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Patients with lupus should work closely with care team to monitor condition

DEAR MAYO CLINIC: I was diagnosed with lupus six months ago. I am 23. Are there things I can do now to prevent heart or kidney problems down the road?

ANSWER: Lupus is a complex autoimmune disorder that can affect any organ system in the body. Although you can take steps that may lower your risk for developing complications, it may not always be possible to prevent heart, kidney and other health problems associated with lupus. But treatment is available that often can manage symptoms effectively. Working closely with your care team to get regular checkups and blood tests to monitor your condition can help control lupus.

Lupus develops when your body's immune system attacks your own tissues and organs. Inflammation caused by lupus can affect many body systems - including your heart, kidneys, joints, skin, blood cells, brain and lungs. Lupus is a chronic disease that does not have a cure at this time.

The severity and frequency of lupus symptoms vary widely from one person to another. In some cases, symptoms may appear suddenly, while they develop slowly in others. Symptoms may be mild or severe, or temporary or permanent. Although lupus sometimes can be life-threatening, many people have a milder form of the disease characterized by episodes, called flares, when symptoms worsen for a while, and then improve or disappear for a time.

One of the most important steps you can take when you're first diagnosed with lupus is to find a primary health care provider and rheumatologist who are familiar with the disease to guide your treatment. In addition to seeing your care team regularly to check symptoms, blood tests may help your providers better understand what areas of your body the disease is most likely to affect. Results from blood tests also may be able to help your team predict if you are likely to have a flare in the near future.

Seeing your primary health care provider regularly is also important for heart health. In people with lupus, the risk for heart disease, including strokes and heart attacks, is about two times higher than normal. Therefore, they must be checked regularly for risk factors associated with heart disease, such as high blood pressure, high cholesterol and diabetes. If these risk factors arise, they need to be treated aggressively.

If you have a severe form of lupus, or if the disease begins to affects multiple organs, seek care with a health care organization that has a range of specialists who can work together to coordinate your care.

Along with working closely with your health care team, there are self-care steps you can take to help prevent lupus flares. That, in turn, reduces the likelihood of organ damage and other complications.

First, because sun exposure can trigger flares, protect yourself from the sun's rays. Avoid sun exposure as much as possible. When you spend time outdoors, wear protective clothing. Use sunscreen with a sun protection factor (SPF) of 50 or higher. Apply it at least 20 minutes before going out in the sun.

Second, talk to your health care provider about whether you should take a vitamin D supplement. Research has found some evidence that low levels of this vitamin can be associated with an increase in lupus flares.

Third, engage in a healthy, active lifestyle overall. Don't smoke. Eat a diet rich in vegetables, fruits and whole grains. Exercise regularly. Reduce and manage stress in your life.

But understand, too, that sometimes lupus can progress despite lifestyle modifications and other prevention strategies. Fortunately, medications can effectively control symptoms and treat flares. Your care team can work with you to monitor, treat and manage lupus over time as your needs change, so you can control the disease and live well.

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First Baptist Church of San Luis Rey
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Local Military

Honoring veterans: *Stockdale* holds burial at sea

by MC3 Abigayle Lutz

PACIFIC OCEAN - Sailors aboard Arleigh Burke-class guided-missile destroyer USS *Stockdale* (DDG 106) laid to rest 25 military veterans and five military family members during a burial at sea on the ship's flight deckNov. 10.

The ceremony was conducted under the direction of *Stockdale*'s executive officer, Lt. Cmdr. Evan Wright.

"Through this ceremony today, we honor our veterans and their service to our country, as well as the families that supported our service members at home," said Wright. "Though each one came from a different background, heritage or nationality, they all answered to the same call to serve. They labored for a cause greater than themselves."

Sailors from each department played a role in the ceremony by volunteering to individually carry the cremains of a fallen service member or military family member.

"In the true spirit of shipmates, it is both our duty and our privilege to provide with reverence a final resting place for these honored dead," said Wright.

For some *Stockdale* Sailors, it was their first time witnessing and participating in this sacred naval tradition.

"Being in the ceremony gave me a sense of pride knowing that a family member entrusted a person they did not know to carry out and lay their family member to their final resting place," said Boatswain's Mate 1st Class Michael Garcia, from El Paso, Texas.

Stockdale, homeported in San Diego, is underway conducting routine operations as part of Carrier Strike Group (CSG) 3 in the U.S. Pacific Fleet area of operations.

PHOTO:
Quartermaster 2nd Class Larissa Begay, from Shiprock, N.M., holds the cremains of a service member before a burial at sea aboard guided-missile destroyer USS *Stockdale* (DDG 106). *Stockdale* is underway conducting routine operations as part of Carrier Strike Group (CSG) 3 in the U.S. Pacific Fleet area of operations.

Navy photo by MC3 Abigayle Lutz

ATLANTIC OCEAN (Nov. 11, 2018) - Capt. Scott M. Smith, commanding officer of Pre-Commissioning Unit Michael Monsoor (DDG 1001), communicates with British aircraft carrier HMS Queen Elizabeth (R08) via handheld radio during a photo exercise. The future USS Michael Monsoor is the second ship in the Zumwalt-class of guided-missile destroyers and is transiting to San Diego. Photo by MC1 John Philip Wagner, Jr.

"To come together on Veterans/Remembrance Day was a fitting way to commemorate the 100th Anniversary of the end of World War I. While we remembered our long alliance together, this day was also about the future. This was the 21st-century fleet - our nations, both forged from the sea, generate power literally and figuratively - and I cannot think of a more striking example of that force." ***- Capt. Scott Smith, Michael Monsoor's commanding officer***

JOIN

continued from page 4

greater buy-in to the mission because they like what they do and how they do it," said Clemens.

Through JOIN, the individual selects a community preference such as aviation, submarine, surface, or special operations. The user also identifies a preferred work environment such as indoor or outdoor, office or industrial, mental or physical. Ultimately, the desires are honed-in on process-content with verb-noun pairs such as operate-electronic, maintain-mechanical, or make-facilities. There are currently eight work styles to select from, with 25 work activities for the available enlisted ratings.

Using the JOIN data collection software tool, the fleet Sailors attending the JOIN sessions were asked to rank the five most important work activities for their specific rating, focusing on the tasks that set their rating apart from others. The JOIN analysts will use the input from various paygrades, years of service, and geographic locations to update the JOIN rating tables.

Navy Testing Science develops and validates Navy enlisted selection and rating entry standards for selection and ASVAB composites and line scores for rating entry. In addition, they develop and validate classification methods that optimize Sailor-rating vocational match, including the Rating Identification Engine (RIDE) for aptitude fit and JOIN for interest fit.

JOIN has been integrated into Navy Recruiting Command's classification process and used alongside RIDE for about 3,200 future Sailors since September 2018. It also is available for use with initial training pipeline reclassification, designation and rating conversion processes.

Understanding that future Sailors often face limited rating availability during the classification process based on Navy needs, JOIN provides a direction for success.

Additionally, the member will still need to qualify for the rating, be it scoring high enough on the ASVAB and Naval Advanced Placement Test (NAPT) to pursue the nuclear pipeline, excelling at a physical screening test for Naval Special Warfare candidates, or other community-specific requirements.

Family

by Lisa Smith Molinari

And so it begins.

No sooner did use my thumbnail to scrape a dribble of turkey gravy off my sweater, than - WHOMP! - the Christmas hoopla hit me like a freight train.

On Thanksgiving Day, it was perfectly acceptable, nay encouraged, to laze around all day in a tryptophan-induced haze, gorging myself on the day's feast while watching football and glancing noncommittally at a puzzle. But then, less than 12 hours later, a starter pistol was fired, officially signaling the 2018 Holiday Rat Race.

Quite suddenly, and beyond my will, I am expected to run around with a purpose, when all I want to do is nibble leftover pie and play Banangrams with our kids.

This frenzy begins earlier every year, with "Black Friday" now so diluted with early shopping deals, it has become "Grey November." Nowadays, Christmas commercials, moving window displays, and pyramids of fruitcakes and candy canes show up right after Halloween. The turkey carcass hasn't even been tossed before elves appear on shelves, bell ringers with red kettles show up at storefronts, and Bing Crosby croons Mele Kalikimaka.

Thanksgiving, an event commemorating the blessings of harvest and fellowship is overlooked, lost in the cranberry sauce, squished into one lousy day. (Well, less than a day if you planned to make the Door-buster Deal at Macy's.) The prim Pilgrims and drab turkeys don't stand a chance against the glitter, glam and consumerism of the Christmas season.

Must we accept this new normal? Did our culture shift? Is it beyond our control?

Can't we delay the frenzy for a day or two? Why are we in such a rush to hit malls and department stores, which have become Caligula-era Coliseums where otherwise mild-mannered citizens use shopping carts like crashing chariots in an epic battle to get that last Fitbit Alta?

Why don't we savor a few more days before the annual hemorrhage of our wallets, when we fall prey to pressures to buy a gift for every Tom, Dick, Harry and school janitor? Why not delay the inevitable guilt that comes when we buy something for ourselves when we were supposed to be shopping for Aunt Gertrude?

Can't we all agree to wait a bit longer, before our neighbors attempt to turn the street into the Las Vegas Strip by wrapping their houses in more twinkle lights than the Andromeda Galaxy, lining their sidewalks with plastic candy canes, and adorning their front yards with giant blow up snow globes?

Shouldn't we rest up before throngs of kids we don't recognize, but who claim to be from our neighborhoods, and who won't take "no" for an answer, show up on our doorsteps asking us to buy rolls of wrapping paper, tubs of cookie dough, tins of caramel corn, cans of ham, jars of scented candles, kitchen gadgets, poinsettias and wreaths?

Soon, our mailboxes will be stuffed with piles of holiday cards containing three-page update letters chronicling every significant and insignificant event in the lives of people – and pets -- we haven't seen in years. We will soon have to juggle multiple invites to family holiday parties, school holiday parties, work holiday parties, neighborhood holiday parties, cookie exchanges, secret Santa gift exchanges, elementary school holiday choral concerts, high school holiday drama productions, and middle school holiday band concerts (ear plugs not included). So why not relax and enjoy the weekend?

Shouldn't we nibble turkey leftovers for two more days, before our bodies begin their slow transformation from reasonably unhealthy to alarming levels of egg-nog-triggered-cholesterol and Christmas-cookie-induced diabetes? Personally, I'd like to put off the rapid expansion of my thighs for as long as possible, for fear that they will cause so much friction I'll spontaneously combust if I walk too fast in my favorite corduroys.

Can't we all just agree to savor Thanksgiving for two more days, for the love of Santa!?

With such a short time left before the chaos begins, let's use this time to preemptively rest, relax, and brace for the inevitable holiday onslaught we all know is just around the corner.

Take heed, take stock, take two days. And don't call anyone in the morning.

the meat and potatoes of life

Feature: From a slow take off to high flying

by Lance Cpl. Levi Guerra

CORAL SEA - When people meet Capt. Kelsey Casey, they don't initially think the petite, young woman with an energetic personality is a pilot in the U.S. Marine Corps, but once she starts talking, her charisma becomes apparent, and it's understandable why she's the only female AV-8B Harrier pilot in the Marine Corps.

Her dream of flying started at space camp at a young age. To her delight, she was picked to be the simulated pilot and climbed into a small, fake cockpit built to simulate a spaceship taking off.

Capt. Kelsey Casey prepares for flight operations aboard USS *Bonhomme Richard* (LHD 6) during a certification exercise. Navy photo by MC2 J. Mullinax

"Coming out of the final mission, we walked down a hall and all along the walls were these giant posters with every single astronaut team that had been to space," Casey's voice changed as she remembered, her eyes searching for the memory. "There were women in some of the later ones. I looked up at that and thought, 'if they can do it, maybe I can too.' That's where it started."

> **"Enforcing performance standards for Navy leaders annually sets the necessary tone and expectation for subordinates to emulate."**
>
> *- Vice Adm. Robert P. Burke, Chief of Naval Personnel*

Casey attended the Naval Academy following high school. She planned to major in aerospace engineering and Chinese, but learned she would have to attend a year longer than planned, putting her at the bottom of the list to be a pilot. This eliminated her goal of becoming a pilot via the academy route. To fulfill her dream, Casey had only one option - leave the academy.

Casey found herself trekking across the country with everything she owned, trying to navigate her way through a snowstorm. She was alone, scared and her dreams seemed unattainable.

It was her insatiable tenacity and refined grit which led her through the years that followed.

"I'm driving across the country, calling my mom for directions while she also signs me up for courses at a community college in California," Casey said. "All I could think was 'wow, my family is going to disown me, I just left this amazing school with a full-ride scholarship, what am I going to do?' It was a scary thing to go through as a 19-year-old, but it made me better."

The way Casey saw it, she had only two options: give up or complete her degree and fly. She chose the latter, and like all Marines, attacked the obstacles in front of her to accomplish her mission.

"She was always a little fireball and tireless," said Nyna Armstrong, Casey's mother. "She never grows any moss, she's always moving and is always going in whatever direction she wants despite what challenges she might [face]."

After leaving the academy, Casey made her way to the Bay Area to attend San Francisco State University. During her senior year at SFSU, Casey found herself longing to return to the Naval Academy to fulfill her dream. Again she applied to the academy but was denied. At this point in her life, she was accustomed to adversity and was experienced at overcoming it.

Refusing to give up, she sought out information and spoke to mentors, who encouraged her to pursue a career as a military officer. As a result of her unwillingness to quit, she found a way to accomplish her dream. After she earned a BA degree in political science at SFSU, Casey left for Marine Corps Officer Candidate School.

"My daughters and I never look to have special treatment because we are women," said Armstrong. "The fact she is the only female is a testament to her skill and her drive and her work ethic."

Though her experience with the Marine Corps has been mostly positive, there have been interesting moments for Casey.

While sitting at breakfast with her Marines, a nice older gentlemen with a veteran hat approached them, Casey said. They all were in flight suits and wearing the same patches when the gentleman asked their table if they were all pilots. He seemed surprised to see Casey and specifically asked her if they let her fly. She laughed and informed him that not only was she a pilot, but she was also the one in charge.

Interactions like these are somewhat common and highlight a misconception of gender roles in the military; situations such as this motivate Casey to keep proving them wrong.

"As you move, you just keep on making that shift until you finally look around and realize you've made it," she said. "But I don't feel like I've really made it until I'm at an event somewhere and someone comes up to me, and they say 'I want my daughter or my son to be like you, you are a fantastic role model.'"

Casey believes that the most important lesson is to keep moving forward—an ethos she learned from her uncle, who told her "they can't kill you, and they can't stop time." This advice has helped her overcome many obstacles.

"It's okay if it doesn't work out the first time, and you make horrible mistakes because the next thing you know, I ended up getting internships, worked at the state department as an intern, and I worked in a congressman's office," said Casey. "I also moved to Colorado to be raft guide for a while before going to The Basic School because I could and then I still ended up

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Information command in San Diego hosts Naval Space Operations Course

by Lt. Patrick C. Rumsey

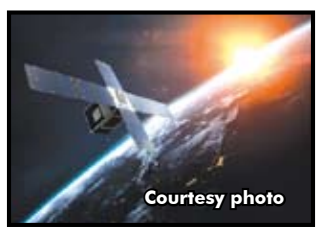
SAN DIEGO - Information Warfare Training Command (IWTC) San Diego hosted instructors from Naval Information Forces and Naval Network Warfare Command (NAVNETWARCOM) for an iteration of the Naval Space Operations Course (NSOC), Nov. 14-16.

The course attracted more than 80 students from commands located throughout the western half of the United States. Recognizing the importance of the information warfare domain, particularly in the medium of space, NAVIFOR and NAVNETWARCOM provide NSOC throughout the world to service members in fleet concentration areas.

"At IWTC San Diego, our mission is to offer the highest-level training to Navy and joint personnel that prepares them to conduct information warfare across the full spectrum of military operations," commented Cmdr. Errol Laumann, commanding officer of IWTC San Diego. "Any time we can facilitate impactful training for the fleet, such as hosting the Naval Space Operations Course, to ensure our Sailors can execute operations in today's complex operating environments, we achieve that mission."

The three-day program was originally developed for Navy carrier strike groups, but the audience has expanded to include vast swaths of the information warfare community (IWC) as the need for accessible education on naval operations in the space domain has been recognized by policymakers at every level within the Department of Defense.

The operationally-focused course is designed to provide


Courtesy photo

students with a broad awareness of the capabilities, limitations, vulnerabilities, threats and applications of both domestic and foreign space systems. The first portion of the class contains core lessons designed to provide foundational knowledge in the space environment and space systems. The second portion enables students to immediately apply course lessons via discussions on naval operations in a contested environment.

"NSOC is a fantastic course that helps to drive IWC professionals to think about the challenges presented by the space environment and sparks hard conversations which the Navy needs to have" offered Capt. Russell Smith, information warfare commander for Carrier Strike Group 9, who attended the course. "This event is a great integrator, and brings together a diverse assortment of contributors to our efforts in space that encompasses experts in both the civilian and military fields."

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.

CIWT is one of the largest of the NETC learning centers with four schoolhouse commands, two detachments, and training sites throughout the United States and Japan. Training 22,000 students every year, CIWT delivers trained information warfare professionals to the Navy and joint services.

CIWT also offers more than 200 courses for cryptologic technicians, intelligence specialists, information systems technicians, electronics technicians, and officers in the information warfare community.

Casey
from previous page

going to TBS, commissioning as an officer and becoming a pilot."

Casey has come a long way since being that wide-eyed little girl with aspirations of flying.

"I don't think I'm better than anybody else ever," she said. "I'm very good at failing but I don't give up after I fail. Just don't give up. It might take way longer than you thought, it might be really, really hard but anything that's worth it is going to be hard but it will be worth it."

Despite a difficult start, Casey succeeded and continued to excel. She completed her training and earned her wings of gold.

Shopping
continued from page 1

lowest advertised, posted or quoted price.

Shop Smart:

•Plan ahead. Start watching for store sale fliers, flea markets, garage sales, clearance sales, etc.

•Make a list of what you need.

•Comparison shop with at least five different sources for the best values.

•Don't buy everything at once. Establish a spending plan and timetable to buy what you need over several weeks or months to take full advantage of future sales and true bargains.

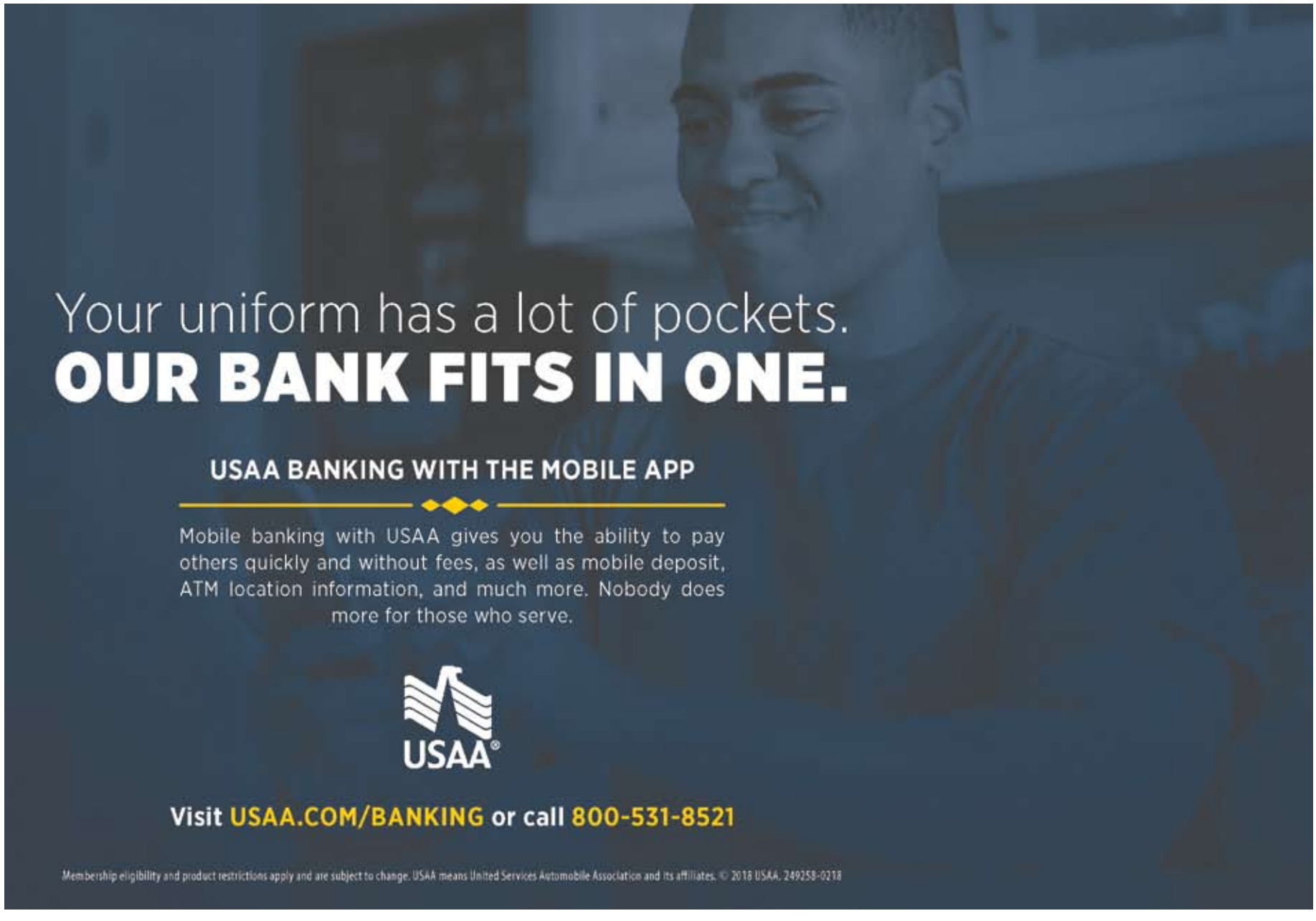
•Download and use the County's Tell Us Now app to contact Agriculture, Weights and Measures, or call AWM at 1-888-TRUE SCAN (1-888-878-3722) or e-mail to *sdcawm@sdcounty.ca.gov* to report overcharges you can't resolve with a store.

For more information, find the Agriculture, Weights and Measure's Consumer Protection webpage at *https://www.sandiegocounty.gov/.*

You can also see the video about the scanner inspection program, at *https://www.countynewscenter.com/getting-price-right/.*

Call 1-877-476-7734 to speak anonymously with a live person

The Marine Corps DSTRESS Line provides a 24 hours a day, 7 days a week, anonymous phone and chat and referral service using a 'Marine-to-Marine' approach. The call center is staffed with veteran Marines, Fleet Marine Force Navy Corpsmen who were previously attached to the Marine Corps, Marine spouses and other family members, and licensed behavioral health counselors specifically trained in Marine Corps culture. DSTRESS Line's goal is to help callers improve total fitness and develop the necessary skills required to cope with the widely-varying challenges of life in the Corps.



Entertainment

San Diego Ramen Festival
Thurs, Nov. 29, 6-10pm

Azuna-Kai and Japan Society of San Diego and Tijuana invites the community to go "ramen crazy" at the San Diego Ramen Festival on November 29. The festival runs from 6 to 10pm at Port Pavilion on Broadway Pier. A VIP Reception takes place prior to the event, from 5 to 6pm.

Last year, nearly 1,300 people attended the festival, which features many different flavors of ramen to slurp and try. Additional ramen-inspired festivities include live art and entertainment,vendors, a ramen eating contest and a beer garden.

General admission is $30 and includes two 12-ounce servings of ramen. There is also a VIP option for $100, offering access to a VIP floor with a sushi bar and specialty foods, complimentary beer and sake samples, and a Fukubukuro (lucky mystery bag) filled with Japanese imports and goodies.

Port Pavilion is located at 1000 N. Harbor Dr., San Diego. For more information visit www.sdramenfest.com.

SoCal Turkey Paddle
Sat., Nov. 24 • 8am-1pm • Mission Beach

Burn off that pumpkin pie and come paddle at the SoCal Turkey Paddle, Sat., Nov 24, from 8am to 1pm at Bonita Cove, featuring 2 courses to choose from: 5k and a relay race. This after Thanksgiving event is not only fun, but all proceeds benefit the San Diego State University Aztec Adaptive Sports Program. This event will be held in San Diego's Mission Bay and is open to everyone from complete novices to experienced Stand Up Paddle Board (SUP) and Kayak racers.

Activities include:

Relay Races: The 4-person Relay is your chance to join up with 3 other people to make a team. Members of each team will paddle a 50 meter distance while carrying a beach ball on the board/kayak before passing it onto the next paddler. The team with the fastest time wins!

5k Course: This 3 Mile race consist of Paddlers navigating through Bonita Cover, two laps around a series of buoys, then sprint back to the beach for a finish.

The day will include three different paddle sports events. Rentals are available in advance through Aqua Adventures. Bonita Cove, 1100 W. Mission Bay Dr., San Diego, 92109. Cost: $30-$40.

Coronado 5K Turkey Trot
Thurs., Nov. 22 • 8-11am • $15-$45

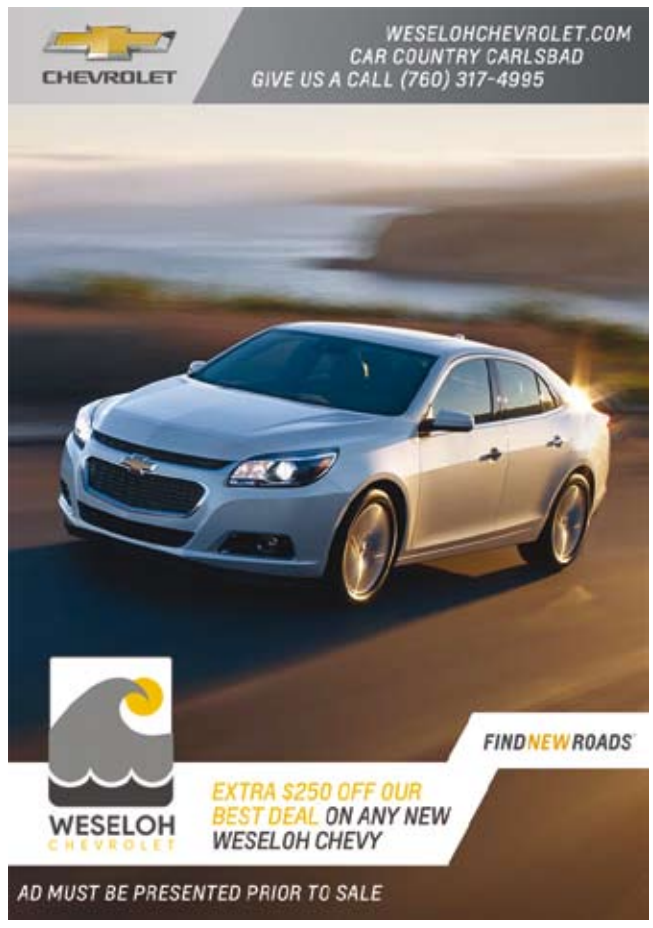
Join the Coronado Unit of the Rady Children's Hospital Auxiliary for our 5k Turkey Trot benefit Rady Children's Hospital. Move Your Feet Before The Feast and support mental health initiatives at Rady Children's. Staggered Start: 8am—Runners • 8:15am—Walkers. **Family Friendly 5K** We welcome runners, strollers (both kinds) and walkers! For safety, we ask that only children under 6 bring scooters and no bikes or pets please. Tidelands Park, 2000 Mullinex Dr., Coronado.

Running of the Turkeys 10K Trail Run
Thurs., Nov 22 • 7:30-10am • $20

The Running of the Turkeys 10k Trail Run will take you through rolling hills of Penasquitos Canyon, wide dirt trails with a little water crossing. NO official entry fee; we would appreciate a minimum $20 donation for our partner charity Operation Rebound, a branch of the Challenged Athletes Foundation. Meet at Torrey Hills Neighborhood Park, 4300 Calle Mejillones, San Diego 92130. Pre race brief 7:30am; walk to start/finish about 1/2 mile away. NO FRILLS fun run, no timing, no hassel to pay for parking, just a good excuse to get together and enjoy a trail run! This is a cupless run, please bring your own water if you think you will want it out there on the trails! Happy Thanksgiving!

SD South Bay Turkey Trot & Food Drive
Thurs., Nov 22 • 8-10:30am • $26-$72

Put your turkey in the oven, pack up the family and come and run or walk San Diego South Bay Turkey Trot & Food Drive that has 3 distances to choose from: 15K, 10K & 5K. Whether you want to walk the 5k or run your tail off on any of the 3 courses, you'll have fun! Rohr Park, 4548 Sweetwater Rd, Bonita, 91902.



Alien Fresh Jerky and the U.F.O. Hotel - An American success story

AutoMatters™ & More

by Jan Wagner

Do you believe that aliens are here? Recently I had an alien encounter of the first kind in the California desert, as I drove back towards San Diego from Las Vegas, after covering the SEMA Show.

I'd pulled off the highway to rest in a town called Baker (California) when I came across the most amazing sight. There, in the middle of nowhere, in the dark of a Sunday night, was a towering, brightly colored and lit, alien robot sign. Next to it was a large, alien-looking land vehicle. In the window above its entrance, three aliens were standing, looking out. One appeared to be motioning towards me, so I ventured inside.

Inside the large shop were alien- and space-themed souvenirs, as well as a large display of Alien Fresh Jerky, along with specialty sodas and other tasty treats. Seated on a bench was another alien, compelling me to sit for a photograph.

AutoMatters & More

A gentleman approached me, expressing curiosity about why I was taking pictures. I explained that I'm a journalist and that I wanted to share this incredible discovery with you, my audience.

His introduced himself as Luis Ramallo. He is the creative visionary and proprietor - along with his family, including son Martin - of this fascinating establishment.

Luis showed me a professionally rendered book of concepts, revealing that this will be a fully immersive, alien-themed, major tourist attraction. Its centerpiece will be the alien-themed U.F.O. Hotel, with a much larger hotel to follow.

Outside, it will look like a spaceship. Inside, each of the 30 guest rooms will be a unique, custom designed space from floor to ceiling to contribute to the hotel's aliens and space theme, with reactor room, deep space room, weapons room, cargo bay room, landing party room, and more.

There will be a ticketed tour through the spaceship, time traveling experiences, marriages in virtual space, a gift shop, a restaurant and much more - all themed, with viewing ports (video screens) in the hallways, aliens and special effects. This place will absolutely blow you away.

There is more property available for future development, and it is conveniently located freeway close to the I-15, just south of the Nevada border. 50-60 million tourists and business travelers drive by every year, between the major metropolitan centers of Southern California and Las Vegas. Almost one million per year already stop at Alien Fresh Jerky. With the hotel, expect that to double. This is brilliant, and it will really put Baker on the map.

This began almost 20 years ago, with a small shack selling jerky on the side of the road near Area 51, yet the name "Alien Fresh Jerky" did not originate from Area 51. Luis had been stopped by a traffic officer who asked him for his driver's license and green card. Luis' realization that he was a registered alien is what gave him the idea for the name "Alien Fresh Jerky."

Even though it was popular, Luis' roadside jerky business near Area 51 only lasted for four months before they kicked him out. That was fortuitous because, in 2002, that led to him stopping for gas in Baker, Calif. He noticed a sign on an old building that read "For Sale or Lease," "so I just turned around, and stopped my truck right there - it was all dirt, you know. The minute I stopped I had a vision. I saw the hotel and I saw the business. I just saw it. I drew a picture of what I saw, and then I talked to my wife. I said I found a place. She said are you sure? Basically she was telling me I'm crazy!"

People probably thought Walt Disney's vision of Disneyland was crazy too, and we know how that turned out.

At first they rented, and the next year they purchased the property. With limited financial resources, they've done much of the work themselves. Now, 16 years later, here they are (visit *http://www.AlienJerky.com)*.

Jan Wagner, in the store, with a friendly alien.

Have no doubt, this alien theme park is for real. Luis hired experienced amusement park professionals to help make his vision a reality. Plans have been approved and building permits issued. The site is cleared and several alien-themed support buildings are already built. Hotel construction should begin in January 2019.

See a video at www.ufohotel.com, and for more photos and video, enter "AutoMatters & More #566" or the title in the search bar at *DriveTribe.com*. As always, send your questions, comments and suggestions to *AutoMatters@gmail.com.*

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Omarr's weekly Astrological forecast

♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

by Jeraldine Saunders
Tribune Content Agency

ARIES (March 21-April 19): In the week to come you may be enthusiastic about achieving your material goals. Trying to switch horses in midstream, however, could land you deep in the river with no horse at all.

TAURUS (April 20-May 20): Juggle several balls at once. Hard work may be called for where your business is concerned this week, but romantic fantasies are vying for attention as well. Put things in proper perspective.

GEMINI (May 21-June 20): Skepticism is a healthy attribute. Be discerning when you make decisions. This week you might not be able to trust your intuitions or there may be a misunderstanding about a message.

CANCER (June 21-July 22): Roll up your sleeves to make money. Put the accent on reliability and perseverance in the upcoming week. Show off your very best manners to impress others and win a few brownie points.

LEO (July 23-Aug. 22): Consistent effort in the week ahead will win recognition and appreciation from those who count the most. Work hard and be willing to wait for results and a pat on the back.

VIRGO (Aug. 23-Sept. 22): No one can be a tower of strength all the time. But acting helpless won't bring the sympathy that you crave. There could be miscommunications and verbal mix-ups in the week ahead.

LIBRA (Sept. 23-Oct. 22): There is a tendency to push the limits of tolerance and see how far you can go. Remain skeptical of things that may only look good on the surface and be sure to research the facts this week.

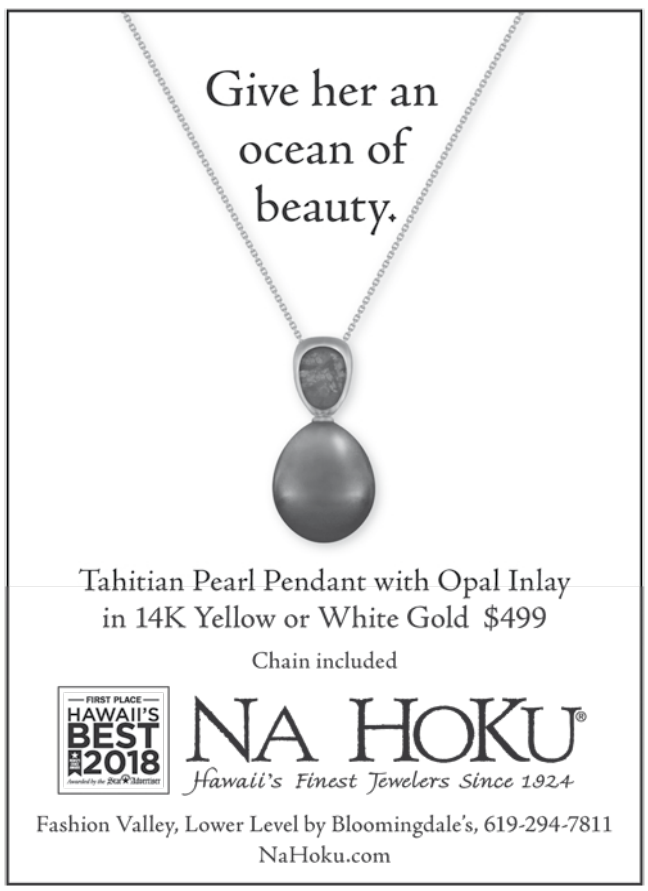
SCORPIO (Oct. 23-Nov. 21): Put it in motion. Ideas that go around and around in your head may have merit. This could be a good week to tackle a research project or initiate a plan because you will stick to it like glue.

SAGITTARIUS (Nov. 22-Dec. 21): Make moneymaking a priority this week. You have the willpower to work long and hard to reach a financial goal and the dedication to see major projects through to the end.

CAPRICORN (Dec. 22-Jan. 19): Take pride in pursuing your passions. You really do have the ambition and know how to get ahead so when opportunity knocks jump to answer the door. Get ahead this week.

AQUARIUS (Jan. 20-Feb. 18): Avoid extremes to realize your dreams. Achieve a balance of genuine friendliness and reserve. To get ahead in the business world you must be both energetic and reliable in the week ahead.

PISCES (Feb. 19-March 20): The dogged pursuit of material things may give way to more gentle and romantic experiences by the end of the week. Your imagination may overflow and create a minor misunderstanding.



TV Log

THURSDAY EVENING — NOVEMBER 22, 2018

	▼3 pm	▼3:30	▼4 pm	▼4:30	▼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	The Thanksgiving Day Parade on CBS		Judge Judy	Judge Judy	Dr. Phil Adult sons are violent and combative.		CBS Evening News	The Zevely Zone	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Young Sheldon	Big Bang Theory	Murphy Brown (N)	S.W.A.T. The team hunts for a serial killer.		News 8 at 11pm (N)	Late Show-Colbert
KFMB2 8.2	Paternity	Paternity	Court	Court	The Dr. Oz Show		Judge Judy	Judge Judy	Brickman	Seinfeld	iHeartRadio Music Festival Night 2				News 8	Friends	Seinfeld	Broke Girl
KGTV 10	Hot Bench	Hot Bench	10News: The Now San Diego (N)		10News at 5pm (N)		10News at 6pm (N)	ABC World News	10News at 7pm (N)	The List (N)	20/20 A look at "Mary Poppins Returns." (N)		Meghan's New Life: The Real Princess Diaries (N)		I'm Coming Home (N)		10News at 11pm (N)	Jimmy Kimmel Live
KPBS 15	The Great British Bake Off Masterclass		The Great British Baking Show		KPBS Evening Edition	Nightly Business	BBC World News (N)	KPBS Evening Edition	PBS NewsHour (N)		Ken Kramer's S.D.	Tony Bennett: The Library of Congress Gershwin Prize for Popular			Midsomer Murders A local boxer returns.		Midsomer Murders	Portraits in Architecture
KNSD 39	The 92nd Annual Macy's Thanksgiving Day Parade New York's parade of 50-foot balloons.				NFL Football Atlanta Falcons at New Orleans Saints. (N) (Live)							Football Night	Wheel of Fortune (N)	Jeopardy! (N)	Dateline NBC		NBC 7 News at 11	Tonight Show
DISN	Raven	Bizaardvark	Bizaardvark	Bizaardvark	Coop	Coop	Coop	Coop	Coop	Coop	**Zombies** (2018) Milo Manheim.			Under-Sea	Bunk'd	Bunk'd	Raven	Raven
ESPN	SportsCenter (N) (Live)		Countdown	College Football Mississippi State at Mississippi. (N) (Live)						SportsCenter (N) (Live)			SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	SportsCenter Special		College Basketball				Scoreboard	College Basketball				College Basketball: Wooden Legacy				Marty & McGee (N)		SEC Storied
TLC	90 Day Fiancé		Long Lost Family		Long Lost Family		Long Lost Family		Long Lost Family		Long Lost Family		Long Lost Family		Long Lost Family		Long Lost Family	
USA	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Real Country		Real Country		Mod Fam	Mod Fam	Mod Fam	Mod Fam

FRIDAY EVENING — NOVEMBER 23, 2018

	▼3 pm	▼3:30	▼4 pm	▼4:30	▼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	The Young and the Restless (N)		Judge Judy	Judge Judy	News 8 at 5pm (N)		CBS Evening News	News 8 at 6:30pm (N)	Ent. Tonight	Inside Edition (N)	Frosty the Snowman	Frosty Returns	Magnum P.I. "Six Paintings, One Frame"		Hawaii Five-0 A mission to save a hostage.		News 8 at 11pm (N)	Late Show-Colbert
KFMB2 8.2	Paternity	Paternity	Court	Court	The Dr. Oz Show		Judge Judy	Judge Judy	News 8 at 7	Seinfeld	Penn & Teller: Fool Us		Grandma Got Run Over		News 8 at 10 (N)		Seinfeld	Broke Girl
KGTV 10	College Football	Coll. Football	10News: The Now San Diego (N)		10News at 5pm (N)		10News at 6pm (N)	To Be Announced	10News at 7pm (N)	The List (N)	Santa Claus Is Coming to Town		Child Support (N)		20/20		10News at 11pm (N)	Jimmy Kimmel Live
KPBS 15	Let's Go Luna	Wild Kratts (El)	Wild Kratts (El)	Odd Squad (El)	KPBS Evening Edition	Nightly Business	BBC World News (N)	KPBS Evening Edition	PBS NewsHour (N)		Washington Week (N)	KPBS Roundtable	Doc Martin Ellingham's career plans are on hold.		Death in Paradise "Murder in the Polls"		Live at the Belly Up	
KNSD 39	The Ellen DeGeneres Show		Down to Earth	Down to Earth	NBC 7 News at 5	NBC Nightly News - Holt	NBC 7 News at 6 (N)		Wheel of Fortune (N)	Jeopardy! (N)	Dr. Seuss' Grinch	Trolls Holiday	Midnight, Texas (N)		Dateline NBC (N)		NBC 7 News at 11	Tonight Show
DISN	Stuck	Coop	Coop	Coop	Bunk'd	Bunk'd	Bunk'd	Raven	Raven	Raven	★★★½ **Zootopia** (2016) Jason Bateman, Shakira				Coop	Andi Mack	Andi Mack	Raven
ESPN	College Football		Football Countdown		College Football Oklahoma at West Virginia. (N) (Live)						SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	Basketball	Scoreboard	College Basketball				College Basketball NIT Season Tip-Off, Final: Teams TBA. (N)					College Basketball				College Football Teams TBA.		
TLC	Four Weddings (N)		Four Weddings (N)		Four Weddings (N)		Four Weddings (N)		Four Weddings (N)		90 Day Fiancé Colt has a surprise for Larissa. (N)				90 Day	Gypsy Wedding		90 Day
USA	**The Longest Yard** (2005)		★★ **Men in Black II** (2002) Tommy Lee Jones.				★★★ **Men in Black** (1997) Tommy Lee Jones.				★½ **A Madea Christmas** (2013) Tyler Perry.				★½ **A Madea Christmas** (2013) Tyler Perry.			

SATURDAY EVENING — NOVEMBER 24, 2018

	▼3 pm	▼3:30	▼4 pm	▼4:30	▼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	College Football Auburn at Alabama. (N) (Live)		Judge Judy	Judge Judy	CBS News 8 at 5pm (N)		CBS Weekend News	CBS News 8 at 6:30pm	Entertainment Tonight (N)		Robbie the Reindeer	Robbie the Reindeer	The Story of Santa Claus		48 Hours (N)		CBS News 8 at 11PM	NCIS: New Orleans
KFMB2 8.2	Live PD	Laughs	Laughs	Laughs	Street	Rules	King	Mike	Broke Girl	Broke Girl	American Ninja Warrior		American Ninja Warrior		Seinfeld	Chargers	Friends	Friends
KGTV 10	College Football	Coll. Football	10 News Spec	RightThis-Minute (N)	College Football Notre Dame at USC. From Los Angeles Memorial Coliseum in Los Angeles. (N) (Live)							10 News Spec	RightThis-Minute (N)	The List (N)	Nightline		10News at 11pm (N)	Sports XTRA
KPBS 15	Suze Orman's Financial Solutions for You Finding financial solutions.				NewsHour Wk	KPBS Roundtable	The Welk Stars: Through the Years Biographies.				Father Brown Miscarriage of justice.		Mister Rogers: It's You I Like "Mr. Rogers' Neighborhood."			Rick Steves Europe	Perry Como Classics: Till the End of Time	
KNSD 39	Paid Program	Talk Stoop	Naturally, Danny Seo	Vets Saving Pets (N) (El)	The Champion Within	NBC Nightly News - Holt	NBC 7 News at 6	Sharp Health	Wheel of Fortune	Jeopardy!	The National Dog Show Dogs vie to be named Best in Show.				Saturday Night Live		NBC 7 News at 11	Saturday Night Live
DISN	Jessie	Raven	Raven	Bunk'd	Bunk'd	Bunk'd	★★★½ **Zootopia** (2016) Jason Bateman, Shakira				★★★½ **Wreck-It Ralph** (2012) Sarah Silverman				Raven	Coop	Coop	Andi Mack
ESPN	Football	Scoreboard	College Football South Carolina at Clemson. (N) (Live)						College Football Teams TBA. (N) (Live)						SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	Football	Scoreboard	College Football Kentucky at Louisville. From Cardinal Stadium in Louisville, Ky.						SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		College Football Final (N)			SC Feat.
TLC	Say Yes	Say Yes	Say Yes	Say Yes	Gypsy Wedding		Gypsy Wedding		Gypsy Wedding		Gypsy Wedding		Gypsy Wedding		Gypsy Wedding		90 Day Fiancé	
USA	NCIS "Voices"		NCIS "Family Ties"		NCIS		NCIS		NCIS "Handle With Care"		★★★★ **It's a Wonderful Life** (1946) Donna Reed				★★★ **The Family Man** (2000) Nicolas Cage.			

SUNDAY EVENING — NOVEMBER 25, 2018

	▼3 pm	▼3:30	▼4 pm	▼4:30	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	NFL Football Pittsburgh Steelers at Denver Broncos. (N) (Live)			CBS News 8	CBS News 8 at 5pm (N)		CBS Weekend News	CBS News 8 at 6:30pm	60 Minutes (N)		God Friended Me A chess legend vanishes.		NCIS: Los Angeles "A Diamond in the Rough"		Madam Secretary "The Courage to Continue" (N)		CBS News 8 at 11PM	NCIS: New Orleans
KFMB2 8.2	Big Deal	Homeowner	Raw Travel	Raw Travel	Street	Rules	King	Mike	Broke Girl	Broke Girl	Supergirl (N)		Charmed (N)		News 8	Seinfeld	Friends	Friends
KGTV 10	Taste Buds: Chefsgiving (N)		Wholesale Real Estate	Vacation Creation (N)	10News at 5pm	ABC World News	10News at 6pm	Sharp Hospital	America's Funniest Home Videos (N)		Dancing With the Stars: Juniors "Time Machine"		Shark Tank A dissolvable protein pack product. (N)		Shark Tank		10News at 11pm (N)	Sports XTRA
KPBS 15	Mister Rogers: It's You I Like "Mr. Rogers' Neighborhood."		Rick Steves Europe		NewsHour Wk	Firing-Hoover	Mister Rogers: It's You I Like "Mr. Rogers' Neighborhood."			Rick Steves Europe	Secrets of Underground London		And Then There Were None (Part 1 of 3)		Jamestown Alice turns to James for help. (N)		Suze Orman's Financial Solutions for You	
KNSD 39	1st Look	NBC Nightly News - Holt	Football Night in America (N) (Live)		NFL Football Green Bay Packers at Minnesota Vikings. (N) (Live)							Football Night in San Diego		Graham Bensinger	Dateline NBC		NBC 7 News at 11	NBC 7 Sports-wrap
DISN	Coop	Coop	Raven	Raven	★★★½ **Wreck-It Ralph** (2012) Sarah Silverman				★★★½ **The LEGO Movie** (2014) Premiere.				Raven	Coop	Star Wars	Raven	Coop	Andi Mack
ESPN	MLS Soccer		SportsCenter (N) (Live)				World/Poker		World/Poker		SportsCenter (N) (Live)		SportsCenter W/Van Pelt		SportsCenter (N) (Live)			SportCtr
ESPN2	Preview	2018 Grey Cup Teams TBA. (N) (Live)								College Basketball				Formula 1 Racing Ethiad Airways Abu Dhabi Grand Prix.				
TLC	90 Day Fiancé		90 Day Fiancé Leida's family arrives in NYC.				90 Day Fiancé "More to Love: Not What I Thought"				90 Day Fiancé Olga is upset with Steven. (N)				Return to Amish (N)		Gypsy Wedding	
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Dirty John	

MONDAY EVENING — NOVEMBER 26, 2018

	▼3 pm	▼3:30	▼4 pm	▼4:30	▼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	Dr. Phil		Judge Judy	Judge Judy	News 8 at 5pm (N)		CBS Evening News	News 8 at 6:30pm (N)	Ent. Tonight	Inside Edition (N)	Big Bang Theory	The Neighborhood	Magnum P.I. A father is accused of murder.		Bull Bull sues a drug company.		News 8 at 11pm (N)	Late Show-Colbert
KFMB2 8.2	Paternity	Paternity	Court	Court	The Dr. Oz Show		Judge Judy	Judge Judy	News 8 at 7	Seinfeld	Arrow (N)		DC's Legends		News 8 at 10 (N)		Seinfeld	Broke Girl
KGTV 10	Hot Bench	Hot Bench	10News: The Now San Diego (N)		10News at 5pm (N)		10News at 6pm (N)	ABC World News	10News at 7pm (N)	The List (N)	The Great Christmas Light Fight (Season Premiere) Madison, Miss.; Alexandria, Va. (N)				The Good Doctor "Empathy" (N)		10News at 11pm (N)	Jimmy Kimmel Live
KPBS 15	Nature Cat (El)	Wild Kratts	Wild Kratts	Odd Squad (El)	KPBS Evening Edition	Nightly Business	BBC World News (N)	KPBS Evening Edition	PBS NewsHour (N)		Antiques Roadshow "Albuquerque" (Part 1 of 3)		10 Modern Marvels That Changed America		No Passport Required "Chicago"		Easy Yoga: The Secret to Strength and Balance	
KNSD 39	The Ellen DeGeneres Show (N)		NBC 7 News at 4 (N)		NBC 7 News at 5	NBC Nightly News - Holt	NBC 7 News at 6 (N)		Wheel of Fortune (N)	Jeopardy! (N)	The Voice "Live Top 11 Performances" The Top 11 artists perform live. (N Same-day Tape)				Manifest A missing passenger begs Ben for help.		NBC 7 News at 11	Tonight Show
DISN	Coop	Bunk'd	Bunk'd	Bunk'd	★★★½ **The LEGO Movie** (2014) Will Ferrell				Raven	Raven	Andi Mack	Coop	Raven	Raven	Bunk'd	Bunk'd	Raven	Raven
ESPN	Monday Night Countdown (N) (Live)				NFL Football Tennessee Titans at Houston Texans. (N) (Live)						SportsCenter With Scott Van Pelt (N)			NFL PrimeTime		SportsCenter W/Van Pelt		NFL
ESPN2	SportsCenter (N) (Live)		College Basketball Nebraska at Clemson. (N) (Live)				College Basketball Minnesota at Boston College. (N)				Football	Around	Interruption	SportsCenter W/Van Pelt	World/Poker			SportsC.
TLC	Long Island Medium		Long Island Medium		Long Island Medium		Long Island Medium		Long Island Medium (N)		Long Island Medium		Mama Medium (N)		Long Lost Family (N)		I Should Have Known (N)	
USA	NCIS "Canary"		NCIS "Under the Radar"		NCIS		Mod Fam	Mod Fam	Mod Fam	Mod Fam	WWE Monday Night RAW (N Same-day Tape)						Real Country	

TUESDAY EVENING — NOVEMBER 27, 2018

	▼3 pm	▼3:30	▼4 pm	▼4:30	▼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	Dr. Phil		Judge Judy	Judge Judy	News 8 at 5pm (N)		CBS Evening News	News 8 at 6:30pm (N)	Ent. Tonight	Inside Edition (N)	Rudolph the Red-Nosed Reindeer		NCIS Bomb materials are found on the roof.		FBI "Prey" The murders of 18 young women.		News 8 at 11pm (N)	Late Show-Colbert
KFMB2 8.2	Paternity	Paternity	Court	Court	The Dr. Oz Show		Judge Judy	Judge Judy	News 8 at 7	Seinfeld	The Flash (N)		Black Lightning (N)		News 8 at 10 (N)		Seinfeld	Broke Girl
KGTV 10	Hot Bench	Hot Bench	10News: The Now San Diego (N)		10News at 5pm (N)		10News at 6pm (N)	ABC World News	10News at 7pm (N)	The List (N)	The Conners (N)	The Kids Are Alright	blackish (N)	Splitting Up Together	The Rookie The team must help capture a cop.		10News at 11pm (N)	Jimmy Kimmel Live
KPBS 15	Nature Cat (El)	Wild Kratts (El)	Wild Kratts (El)	Odd Squad (El)	KPBS Evening Edition	Nightly Business	BBC World News (N)	KPBS Evening Edition	PBS NewsHour (N)		To The Ends of the Earth: A Portrait of Jewish San Diego (N)			Julia Louis-Dreyfus: The Mark Twain Prize			San Diego: Above and Beyond	
KNSD 39	The Ellen DeGeneres Show (N)		NBC 7 News at 4 (N)		NBC 7 News at 5	NBC Nightly News - Holt	NBC 7 News at 6 (N)		Wheel of Fortune (N)	Jeopardy! (N)	The Voice The Top 10 artists are revealed.		This Is Us (N)		New Amsterdam "As Long as It Takes" (N)		NBC 7 News at 11	Tonight Show
DISN	Stuck	Stuck	Raven	Raven	Raven	Bizaardvark	Bizaardvark	Bunk'd	Bunk'd	Bunk'd	Raven	Raven	Coop	Coop	Bunk'd	Bunk'd	Raven	Raven
ESPN	SportsCenter (N) (Live)		Rankings	College Basketball Michigan State at Louisville. (N)				College Basketball Indiana at Duke. (N) (Live)				SportsCenter With Scott Van Pelt (N)			SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	Around	Interruption	College Basketball Teams TBA. (N) (Live)				College Basketball				SportCtr	NFL Live			First Take			
TLC	Gypsy Wedding		Gypsy Wedding		Four Weddings		Four Weddings		7 Little Johnstons		7 Little Johnstons (N)		The Little Couple (N)		Counting	7 Little Johnstons		Counting
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Mod Fam	Mod Fam	Mod Fam	Mod Fam	WWE SmackDown! (N Same-day Tape)				Real Country (N)		**Heaven Is for Real** (2014)	

WEDNESDAY EVENING — NOVEMBER 28, 2018

	▼3 pm	▼3:30	▼4 pm	▼4:30	▼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	Dr. Phil		Judge Judy	Judge Judy	News 8 at 5pm (N)		CBS Evening News	News 8 at 6:30pm (N)	Ent. Tonight	Inside Edition (N)	Survivor "Tribal Lines Are Blurred" (N)				Magnum P.I. "Death Is Only Temporary"		News 8 at 11pm (N)	Late Show-Colbert
KFMB2 8.2	Paternity	Paternity	Court	Court	The Dr. Oz Show		Judge Judy	Judge Judy	News 8 at 7	Seinfeld	Riverdale (N)		All American (N)		News 8 at 10 (N)		Seinfeld	Broke Girl
KGTV 10	Hot Bench	Hot Bench	10News: The Now San Diego (N)		10News at 5pm (N)		10News at 6pm (N)	ABC World News	10News at 7pm (N)	The List (N)	The Goldbergs (N)	American Housewife	Modern Family (N)	Single Parents (N)	A Million Little Things "fight or flight" (N)		10News at 11pm (N)	Jimmy Kimmel Live
KPBS 15	Nature Cat (El)	Wild Kratts (El)	Wild Kratts (El)	Odd Squad (El)	KPBS Evening Edition	Nightly Business	BBC World News (N)	KPBS Evening Edition	PBS NewsHour (N)		Nature "Arctic Wolf Pack" The white wolf fights for survival.			NOVA Wonders Dark matter and dark energy.			Wings Over Grand Canyon	
KNSD 39	The Ellen DeGeneres Show (N)		NBC 7 News at 4 (N)		NBC 7 News at 5	NBC Nightly News - Holt	NBC 7 News at 6 (N)		Wheel of Fortune (N)	Jeopardy! (N)	86th Annual Christmas in Rockefeller Center The 86th annual tree-lighting ceremony.				A Legendary Christmas With John and Chrissy		NBC 7 News at 11	Tonight Show
DISN	Bizaardvark	Bunk'd	Bunk'd	Bunk'd	Raven	Raven	Raven	Stuck	Stuck	Stuck	Raven	Raven	Coop	Coop	Bunk'd	Bunk'd	Raven	Raven
ESPN	SportsCenter (N) (Live)		Valvano's	College Basketball Teams TBA. (N) (Live)				College Basketball North Carolina at Michigan. (N)			SportsCenter (N) (Live)				SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	Around	Interruption	College Basketball Teams TBA. (N) (Live)				College Basketball Purdue at Florida State. (N)				Valvano's	NFL Live			Around	Interruption	First Take	
TLC	Gypsy Wedding		Gypsy Wedding		Say Yes	Say Yes	Say Yes	Say Yes	My 600-Lb. Life		My 600-Lb. Life Bedridden James cannot stand up.				Family by the Ton		My 600-Lb. Life	
USA	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley	Real Country (N)		Chrisley	Chrisley

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Customer Service Rep. Full time, Monday-Friday, 8:30-4:30. Near trolley stop. La Mesa. Must have clear speaking voice for telephone. Hours could be flexible for military spouse. Call Brenda 619-280-2985. Computer experience a plus. TFN

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IB BIG CONDO FOR SALE-VA approved, 3BR/2BA, Huge BRs! Newer bldg, 2-car gar, fplc, granite counters, w/d in-unit. Beach community living close to SD bases! 1202 Donax Ave. #5. Price reduced to $395K 619-884-8783. 11/22

IB GORGEOUS CONDO FOR SALE-VA approved. 2BR/1.5BA. VIEWS!!! 130 steps to beach! Electric fplc! Remodeled & fully furnished with oceanic theme! Pool. Move-in ready! 1111 Seacoast Dr. #47. Price reduced to $449K. 619-884-8783. 11/22

West Santee Highland Trails

Upgraded Condo For Sale. 2bd/2ba VA & FHA approved - $389,900! Attached direct access garage, in unit laundry, AC & pet friendly! Deanne Stott
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CHULA VISTA – 2BR/2.5BA 2-story, nicely renovated, nr shpng, nr lake. 952sf, $1875/mo incldes water, sewer, trash. No smoke, no pets. Dennis 619-869-6311. See pix at flippingfantasticrentals.com click on east shore property. 11/22

RENTALS HOUSES

CORONADO-3BR/1.5BA, 1127 sq ft.,$2950/mo., large fenced yrd, W.D.Avail 12/1. Contact agent Chris 619-417-4477. 12/13

LEMON GROVE – 4BR/2BA on cul-de-sac. $2575/mo. Move-in ready, lots of storage. Lrg 2 car gar. Lrg yard w/trees. New paint & hardwood floors. Looking for good credit. Income 2.5x rent. Call/text for pics/info 619-642-8186. 11/25

ROOM FOR RENT

CORONADO - 3 males share large 2+2, & Alcove, $150wk, $550mo. $100 dep., cell 213-479-6006. Near bridge, landing. 12/6

MIRA MESA - Huge furnished BR w/ceiling fan. $800 utilities incld. $300 Dep. Therapy bed, wi-fi & laundry. Near 8,15, 805. Quiet & mature. 858-229-2333. 11/29

OCEANSIDE - $895. Cleaning service & utilities incld. Close to beach & Cbad, near the 5, 76 ,78. New appliances. No pets/smk. 858-354-9290. 11/29

RV/TRAILER/MOTORHOME

FORD 1970 – Shasta White Motorhome mechanic's special, Veteran Owned and cared for. $3450/obo. No smog needed 619-987-4351. 12/13

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	6						9	8

Local Attractions

MOVIES at the Bases

Bob Hope Theater 577-4143
Miramar Blding 2242
* indicates last showing

Friday, Nov. 23
6:30pm Hunter Killer
9pm Halloween
Saturday, Nov. 24
3pm Goosebumps 2: Haunted Halloween
6:30pm The Nutcracker and The Four Realms
9pm First Man
Sunday, Nov. 25
1pm A Star Is Born
6:30pm Venom
Wednesday, Nov. 28
6:30pm A Star Is Born
Thursday, Nov. 29
6:30pm Venom

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

Thursday, Nov. 22
6pm Hell Fest
7:50pm A Star Is Born
Friday, Nov. 23
5:50pm The Nutcracker and The Four Realms
7:50pm Hunter Killer
Saturday, Nov. 24
12:50pm The Nutcracker & The Four Realms
2:50pm Halloween
5pm Hunter Killer
Sunday, Nov. 25
1pm Goosebumps 2:
2:50pm Venom
5pm Hunter Killer
Monday, Nov. 26
6pm The Nutcracker & 4 realms
8pm Hunter Killer
Tuesday, Nov. 27
5:40pm Hunter Killer
8pm A Star Is Born
Wednesday, Nov. 28
6pm The Nutcracker & 4 realms
8pm Hunter Killer
Thursday, Nov. 29
5:50pm Venom
8pm Halloween

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

Thursday, Nov. 22
5:50pm Goosebumps 2: Haunted Halloween
7:50pm Venom
Friday, Nov. 23
5:50pm Nutcracker & 4 realms
8pm Hunter Killer
Saturday, Nov. 24
2pm The Nutcracker & 4 realms
4pm Goosebumps 2: Haunted Halloween
6:30pm Hunter Killer
Sunday, Nov. 25
2pm Goosebumps 2: Haunted Halloween
4pm The Nutcracker & 4 realms
6:30pm Hunter Killer
Monday, Nov. 26
5:50pm Nutcracker & 4 realms
7:50pm Hunter Killer
Tuesday, Nov. 27
5:50pm Goosebumps 2: Haunted Halloween
7:50pm Halloween
Wednesday, Nov. 28
5:40pm Venom
8pm Hunter Killer
Thursday, Nov. 29
5:50pm Nutcracker & 4 realms
8pm First Man
8:20pm Night School

Community Recreation Center – NBPL, Main Base, 619-553-9138, Bldg. 546

Friday, Nov. 23
5pm Training Day
Saturday, Nov. 24
5pm Thor: Ragnarok
Sunday, November 25
5pm A Quiet Place
Thursday, November 29
5pm Finding Nemo

The Nutcracker and the Four Realms [2D]
PG • 99 min
Genre: Adventure, Family, Fantasy
Cast: Mackenzie Foy, Keira Knightley, Morgan Freeman, Matthew Macfadyen, and Helen Mirren.
Synopsis: A young girl is transported into a magical world of gingerbread soldiers and an army of mice.
Rated: "PG" for some mild peril

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

Thursday, Nov. 22
NO MOVIES ~ HAPPY HOLIDAY
Friday, Nov. 23
5pm Crazy, Rich, Asians
Saturday, Nov. 24
2pm Alpha
5pm The Meg
Sunday, Nov. 25
5pm Christopher Robin
Monday, Nov. 26
5pm Bourne Legacy
Tuesday, Nov. 27
11am Norm of The North
5pm The Spy Who Dumped Me
Wednesday, Nov. 28
5pm The Catcher was a Spy
Thursday, Nov. 29
11am Princess and the Frog
5pm Sorry to Bother You

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Around Town

San Diego Jazz Festival, Wed-Sun, Nov 21-25. Town & Country Resort, 500 Hotel Circle, Mission Valley.
Have A Safe & HappyThanksgiving Day, Thur, Nov 22
13th Annual Pacific Marine Credit Union O'side Turkey Trot at Oceanside Civic Center. Thur, Nov 22. www.osideturkeytrot.com
Father Joe's Villages Thanksgiving Day 5K at Balboa Park, Thur, Nov 22, 6:30-10am. my.neighbor.org/event/thanksgiving-day-5k/
Family Fun Run at Del Mar Racetrack, Thur, Nov 22, 8am. www.dmtc.com
Skating by the Sea at Hotel Del Coronado. Thur, Nov 22-Tues, Jan 1. www.hoteldel.com/activities/skating
Lions Tigers & Bears Turkey Bash, Fri, Nov 23, 1-am-noon. $26-$143. Watch big cats & bears enjoy Thanksgiving Feast. Special twist on regular 10am guided educational visit. Proceeds directly benefit rescued sanctuary animals, rescue work. Free for members (must RSVP). Lions Tigers & Bears Big Cat Rescue, 24402 Martin Way, Alpine.
LA Clippers vs. Memphis Grizzlies at Staples Center, Fri, Nov 23, 12:30pm. www.nba.com/clippers
SD Gulls vs. Stockton Heat at Valley View Casino Center, Fri, Nov 23, 7pm. www.sandiegogulls.com
Beaver Moon Full Moon Hike, Fri, Nov 23, 6-9pm. Free. Join Camp Bum for hike to summit of Iron Mountain in Poway. Enjoy sunset and moonrise. Moderately strenuous hike on dirt trails. This is the longest hike our group does and November is the perfect time for it. Trail to summit is approxi 5.2 miles roundtrip, elevation gain of 1,100ft.
LA Lakers vs. Utah Jazz at Staples Center, Fri, Nov 23, 7:30pm. www.nba.com/lakers

CIF San Diego Section Football Championships: Divisions I-IV at Southwestern College. Fri-Sat, Nov 23-24. www.cifsds.org
Santa's Coming Arts, Crafts & Vintage Market at Bates Nut Farm, Fri-Sun, Nov 23-25, 9am-4pm. www.batesnutfarm.biz
Julian Country Christmas Tree Lighting, Sat, Nov 24, 1-7pm. Free. Annual lighting of the town's huge living Christmas tree. Pioneer Park (Julian), 2811 Washington St, Julian.
Sunrise Surprise Stroll at San Diego Zoo. Fri, Nov 24. www.sandiegozoo.org
Breakfast with Tigers at San Diego Zoo Safari Park, Fri, Nov 24, 8-9am. www.sdzsafaripark.org
Adams Avenue Spirit Stroll, Sat, Nov 24, 2pm. 21+. $20. Fourth annual Adams Aven event. This year's sip, shop and stroll celebration features holiday tastes poured by some of our most popular bars and restaurants. Adams Ave, University Heights to Kensington
BBQ at Del Mar Racetrack. Fri, Nov 24. www.dmtc.com
Crunching Leaves, Sat, Nov 24, 8:30-10am. Free. Hear the crunch of Sycamore and Cottonwood leaves under your feet. Look up to see clusters of mistletoe in Cottonwood trees. Meet at Kumeyaay Lake Campground flagpoles at campground entry station. Kumeyaay Lake Campground, Two Father Junípero Serra Trail, Santee.
Boarded: A New Pirate Adventure aboard Californian at Maritime Museum of San Diego. Fri, Nov 24. www.sdmaritime.org
Blooms & Birds, Sat-Sun, Nov 24-25 & Wed, Nov 28, 9:30-11am. Free. Guided walk through the natural environs of Mission Trails Regional Park. Watch for birds! Meet inside Visitor Center. Mission Trails Regional Park, One Father Junípero Serra Trail, San Carlos.
CIF San Diego Section Football Championships: Division V. Sun, Nov 25. Location TBA. www.cifsds.org
LA Lakers vs. Orlando Magic at Staples Center, Sun, Nov 25, 12:30pm. www.nba.com/lakers
LA Chargers vs. Arizona Cardinals at StubHub Center, Sun, Nov 25, 1:05pm. www.chargers.com
Broadway San Diego presents Waitress at San Diego Civic Theatre. Tue, Nov 27-Sun, Dec 2. www.sandiegotheatres.org
LA Clippers vs. Phoenix Suns at Staples Center, Wed, Nov 28, 7:30pm. www.nba.com/clippers
SD Gulls vs. Manitoba Moose at Valley View Casino Center, Wed, Nov 28 & Fri, Nov 30, 7pm. www.sandiegogulls.com
San Diego Ramen Festival at Port Pavilion on Broadway Pier, Thurs, Nov 29, 6-10pm. www.sdramenfest.com
LA Lakers vs. Indiana Pacers at Staples Center, Thurs, Nov 29, 7:30pm. www.nba.com/lakers
Jingle Bell Saddlebred Horse Show at Del Mar Horse Park. Thurs-Sun, Nov 29-Dec 2. www.jinglebellhorseshow.com
International Film Series: Rome, Open City at Mira Costa College, Fri, Nov 30, 7-9:30pm. www.miracosta.edu/events
LA Lakers vs. Dallas Mavericks at Staples Center, Fri, Nov 30, 7:30pm. www.nba.com/lakers
A Charlie Brown Christmas at Village Church Community Theater. Fri-Sun, Nov 30-Dec 2. www.villagechurchcommunitytheater.org
Santa's Village & Tree Lighting at San Marcos Civic Center, Sat, Dec 1, 9am-7pm. www.san-marcos.net/events
Craft Beer Fest at Del Mar Racetrack. Sat, Dec 1. www.dmtc.com
Holiday at the Rancho at Leo Carrillo Ranch. Sat, Dec 1. www.carlsbadconnect.org
Encinitas Holiday Parade and Tree Lighting Ceremony, Sat, Dec 1, 5:30-7:30pm. Parade starts down Coast Highway 101 at 5:30pm. www.encinitasca.gov
The Doo Wop Project Christmas at Moonlight Amphitheatre, Sat, Dec 1, 7:30pm. www.moonlightstage.com
Sunrise Surprise Stroll at San Diego Zoo. Sat-Sun, Dec 1-2. www.sandiegozoo.org
Garden of Lights at San Diego Botanic Garden, Sat, Dec 1-Sun, Dec 30. 5-8:30pm. www.sdbgarden.org
Hanukkah. Sun, Dec 2-Mon, Dec 10.
Closing Day & Food Bank Day at Del Mar Racetrack. Sun, Dec 2. www.dmtc.com
Holiday Fun for the Family at Old California Restaurant Row, Sun, Dec 2, 12-2pm. www.oldcalrestaurantrow.com
LA Lakers vs. Phoenix Suns at Staples Center, Sun, Dec 2, 12:30pm. www.nba.com/lakers
24th Annual Kiwanis Club of San Marcos Holiday Parade: Super Hero Holiday on Mission Road & San Marcos Boulevard, Sun, Dec 2, 1pm. www.san-marcos.net/events
La Jolla Christmas Parade & Holiday Festival in downtown La Jolla, Sun, Dec 2, 1:30-5pm. www.ljparade.com
Holiday Tree Lighting at Fletcher Cove Park. Sun, Dec 2. www.ci.solana-beach.ca.us
A Christmas Carol, Fri-Sun thru Dec 9. $20-$22. New version of the Dickens' classic. PowPAC, 13250 Poway Road, Poway.
Looking for Christmas: The New Clint Black Musical, Tues-Sun, thru Dec 16. $45-$92. "About family, loyalty, and the magic of Christmas," based on country music legend Clint Black's 1995 chart-topping holiday album. When Staff Sergeant Mike Randolf returns from Afghanistan, "he must let go the ghosts of the battlefield." Sheryl and Harvey White Theatre, 1363 Old Globe Way, Balboa Park.
Joseph and the Amazing Technicolor Dreamcoat, Thur-Sun, thru Sun, Dec 16. $20-$27. Musical retells the biblical story of Joseph, his eleven brothers, and a coat of many colors. Coronado Playhouse, 1835 Strand Way, Coronado.
Miracle on 34th Street: A Live Musical Radio Play, Thurs-Sun, thru Dec 23. $30-$70. Musical adaptation of popular movie as performed on the 1947 Lux Radio Hour show. Staged with live Foley effects and a score of favorite holiday tunes. Horton Grand Theatre, 444 Fourth Ave, downtown San Diego.

On Base & On Board - MWR offers holiday fun!

Thanksgiving Dinner Buffets. Thursday, Nov. 22, 2-4pm. $32.50 Adult / $16 Child (5-12 yrs.) / FREE for Children 4 yrs. and under. Affordable elegance for the whole family! Choose from one of three beautiful locations:
Admiral Baker Clubhouse, Mission Gorge: 619-487-0016
Admiral Kidd Catering & Conference Center, NBPL, Harbor Drive Annex: 619-524-6287
The Island Club, NASNI: 619-545-9199
Reservations required by Nov. 16, so call or go online today! www.navylifesw.com

Burn the Bird. Friday, Nov. 23, 9 am, FREE. Peak Performance Fitness Center, NAB. Burn off those extra Thanksgiving bird calories with a SPIN CLASS! Fitness towel keepsake given to all registered participants. Reserve your bike today! Info: 619-437-2984

Family Holiday Party. Sat, Dec 1, 9am-1pm, FREE. Admiral Robinson Recreation Center, NBSD. This FREE family event includes activities, rides, bounce houses, snow and more for all ages to enjoy. A FREE LEGOLAND & Sea Life Child Hopper ticket awaits youth 3-12 yrs. inside Santa's Village, while supplies last. Bring camera to take photo with Santa and a bit of cash for those yummy holiday treats. Info: 619-284-4054/556-7486. Proudly sponsored by Armed Forces Dispatch, EDCO Disposal, Lincoln Military Housing, Navy Exchange, and SeaWorld San Diego.

Ice Skate On Base. Fri, Dec 7, 12-9 pm and Sat, Dec 8, 9am-9pm, $10. NASNI, Island Club Catering & Conference Center, Bldg. X. Naval Base Coronado is bringing the ice to you! Cost includes 2-hours of skating and skate rental. Hot dogs and hot chocolate are available for purchase. Info: 619-437-3190

Winter Candy Land at the Cove. Sat , Dec 8, 12-4pm, FREE. Naval Base Point Loma, Main Base, Smuggler's Cove. Take a sweet stroll into the holidays! Kids of all ages may enjoy face painting, a petting zoo, games, crafts and bounce houses. Info: 619-553-8280.

Hot Springs Camping Trip. Sat.-Sun., Dec 8-9, $25 adult/$15 child 39555 Great South Stage Route of 1849, Julian. Agua Caliente is a little oasis in the desert. Get away from city life and camp with us under the stars. If a weekend of hiking and campfires sounds like fun, this is it! Cost includes transportation, camping gear, and two meals. Meetup pricing available. Register: www.navylifesw.com Info: 619-553-9138

Holiday Concert & Tree Lighting. Sun, Dec 9, 4-7 pm, FREE. NASNI, Lowry Theater, Bldg. 650. Get in the spirit of the season as the Navy Jazz Band performs seasonal selection of tunes while you enjoy a visit and photo booth opportunity with classic Santa characters. Ceremonial tree lighting on front lawn and holiday movie follow performance. Doors open 4 pm, concert 5 pm, tree lighting 6 pm, movie follows. Movie: The Muppet Christmas Carol (G) *subject to change. Register: www.navylifesw.com Info: 619-437-3190

San Diego Bay Parade of Lights Dinner. Sundays, Dec 9 & 16, 4:30-7:30pm. Admiral Kidd Catering & Conference Center, Naval Base Point Loma, Harbor Drive Annex. You are invited to join us for this popular and uniquely San Diego annual event. Dine bayside indoors while enjoying the parade of lavishly decorated boats sailing around San Diego Bay. We'll be serving up a special buffet dinner for just $35 per person. For reservations call 619-524-6287 or 619-524-1996.

Holly Jolly Tour. Fri, Dec 14, 5:30 pm, $25 adults, $18 kids (3-12 yrs.) Departs NBSD, Anchors Catering Center, Bldg. 3210. Our Annual Holly Jolly Light Tour is back! Get into the spirit of the season as we see some of the city's most fantastic holiday displays, while singing along and caroling on the trolley! Register: www.navylifesw.com Info: 619-556-9597

North Pole Limited Train Ride. Sat, Dec15, $63.60 (13 yrs.+), $48 (3-12 yrs.), $12 (under 3 yrs. riding on adult lap). 4:45 pm at the Campo Depot, 750 Depot St., Campo. Experience the magic of the holiday season as Santa's elves sing your favorite carols, read a Christmas story, and pass out cookies and hot chocolate to all passengers. Stop at Santa's Workshop to pick up Santa and Mrs. Claus who visit with all passengers as you head back to the station. Purchase tickets with Community Rec today and we'll have them waiting for you at Will Call day-of. Register: www.navylifesw.com Info: 619-437-3190

24th Annual Non-Alcoholic New Year's Eve Bowling Party. Mon, Dec31, 2018 • 7:30pm-12:30am. Sea 'N Air Lanes, NASNI. Ring in the New Year with a STRIKE! The whole family is invited to celebrate with dinner, unlimited bowling, party hats and noisemakers, non-alcoholic champagne, door prizes and fun games! Event is open to all MWR patrons and accompanied guests. Adults $29, Children (12 & under) $20 (must be accompanied by an adult). Prepay by Fri, Dec 21 and receive an extra door prize drawing ticket. Reservations required for lane assignments (up to 5 bowlers per lane). Limited space available so make reservations NOW by calling 619-545-7240.

LIBERTY

Thanksgiving Liberty Buffets. Thur, Nov 22 • FREE. Open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. Q-Zone Liberty Center, NAB: 619-437-3190 @ Noon. VADM Martin Liberty Center, NASNI: 619-545-3331 @ 2 pm. Balboa Liberty Center, NMCSD: 619-532-8909 @ 3 pm. The RECYARD, NBSD: 619-556-5085 @ 3 pm. Sponsored by Navy Federal Credit Union.

Thanksgiving Murder Mystery Dinner. Thur, Nov 22 • 5-8 pm • FREE. It's a traditional Thanksgiving dinner, with a twist! Liberty Hall is hosting a murder mystery night and we all have to figure out who did it! Open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. NBPL Liberty: 619-524-0961 or 619-553-9138.

Beach Bonfire 'N 'S'mores. Fri, Nov 23 • 5 pm • FREE. Enjoy our bonfire on the beach with s'mores while watching the beautiful San Diego sunset! Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. The RECYARD, NBSD: 619-556-5085.

Knott's Berry Farm. Sat, Nov 24 • 8 am • $5 active/$10 guest. Knott's Berry Farm is opening its doors to service members, both past and present! Cost includes transportation, entrance to park w/military ID. Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. Balboa Liberty Center, NMCSD: 619-532-8909.

Grammy's Museum & OUE Skyspace. Sun, Nov 25 • 10 am • $35 active/$40 guest. Learn the history of American music and ride the OUE Skyspace in LA! Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. VADM Martin Liberty Center, NASNI: 619-545-3331 and Q-Zone Liberty Center, NAB: 619-437-3190.

December Nights. Fri, Dec 7 • 4 pm • FREE. Explore holiday festivities at Balboa Park! Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. VADM Martin Liberty Center, NASNI: 619-545-3331 and Q-Zone Liberty Center, NAB: 619-437-3190.

December Nights. Sat, Dec 8 • 5-9 pm • FREE. Check out San Diego's most popular holiday event at Balboa Park. There is food, entertainment, and a look into their museums! Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. NBPL Liberty: 619-524-0961 or 619-553-9138.

Balboa Park December Nights. Sat, Dec 8 • 5-11 pm • $5 active/$10 guest. Participating museums open their doors free of charge and a winter wonderland of exhibits and entertainment are here to enjoy. With 300,000+ visitors over two days! Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus guest 18+. The RECYARD, NBSD: 619-556-5085. Don't be a scrooge, sign up today!

Hot Springs Camping Trip. Sat-Sun, Dec 8-9 • 1 pm • $25. It's time for a weekend of camping, hiking and campfires! Cost includes transportation, camping gear and two meals. Trip open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+. Balboa Liberty Center, NMCSD: 619-532-8909

GOLF

Demo Day. Saturdays, 10am-2pm. Head over to Admiral Baker & Sea 'N Air Golf Courses to try the latest drivers, fairway metals, hybrids and irons. Get fitted by one of our certified fitters/PGA staff. For more information call 619-487-0090 or 619-545-9659.

Junior Golf Clinics. Every Wednesday, 3:30-4:30 pm and 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 Sea 'N Air Golf Course at 619-545-9659 or Admiral Baker Golf Course at 619-487-0090.

BOWLING

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

Tuesday Night BOGO. Tuesdays, 5 pm-close. Buy one game of bowling and get one FREE! Admiral Robinson Recreation Center, NBSD. Info: 619-556-7486.

Thursday Prize Night Bowling. 6pm-close. Various non-skill based games will be played and prizes awarded. Sea 'N Air Lanes, NASNI, Bldg. 772. Info: 619-545-7240.

Concerts

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

November

Easton Corbin. Sat, Nov 24, 5-7pm. Country. 18+. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.

Ozuna. Sat, Nov 24, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

Justin Timberlake. Tues, Nov 27, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles, 90015. staplescenter.com

Big Bad Voodoo Daddy "Wild and Swingin' Holiday Party." Fri, Nov 30. Poway OnStage, 15489 Espola Rd., Poway. powayonstage.org

The Ten Tenors. Fri, Nov 30, 7pm. Classical/pop. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

December

Brockhampton. Sat, Dec 1, 7:30pm. Hip-hop/rap/pop. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

Chicano Soul Legends. Sat, Dec 1, 7:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714)704-2400.hondacenter.com

Charlie Daniels Band. Tues, Dec 4, 7pm. Country/rock. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Fleetwood Mac. Sat, Dec 8, 7pm. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

Holiday Love Jam. Sat, Dec 8, 7pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com

Barry Manilow. Thurs, Dec 13, 7pm. Pop. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

Trevor Noah. Sat, Dec 15, 7:30pm. Comedy. Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

Queen Naija. Sat, Dec 15, 7pm. Pop. Soma. 3350 Sports Arena Blvd, SD, 92110. (619) 226-7662.

Eastin Corbin. Sun, Dec 16, 8pm. Country. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

Irish Christmas in America. Wed, Dec 19, 7pm. World. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

2019

Disturbed and Three Days Grace, Wed, Jan 9, 7:30pm. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd, San Diego. (619) 224-4171.

A.J. Croce. Sun, Jan 13, 7pm. Acoustic. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Southern Reign and Artimus Pyle Band. Fri, Jan 18, 7pm. Country/rock. Ramona Mainstage Nightclub, 626 Main St., Ramona, 92065. (760) 789-7008.

styx. Fri, Jan 18, 8pm. Rock. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

Itzhak Perlman. Sat, Jan 19, 8pm. Classical. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Elton John. Tues-Wed, Jan 22-23; Fri, Jan 25, 8pm. Staples Center, 1111 S. Figueroa St., Los Angeles, 90015. staplescenter.com

Marc Anthony. Thur, Jan 24, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

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7	1	6	2	4	5	8	3	9
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2019 Toyota Corolla LE

Lease for **$199** PER MONTH PLUS TAX 36 MONTHS

4 Cyl Automatic

1 at this payment. Stk#: 55802 VIN:KP897662, Model#: 1852. Net capitalized cost $17126.15. $199 plus tax monthly for 36 months with $4,000 due at lease signing. Includes $750 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. $0.15 per mile over 12K miles annually and $80 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 11/30/18.

2019 Toyota Camry LE

Lease for **$269** PER MONTH PLUS TAX 36 MONTHS

1 at this payment. Stk#: 55906, VIN: KU696811 Model#:2532. Net capitalized cost $23298.51. $269 plus tax monthly for 36 months with $3900 due at lease signing. On approved above average credit through Toyota Financial Services. $0.15 per mile over 12K miles annually and $80 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 11/30/18.

2019 Toyota Highlander LE

Lease for **$360** PER MONTH PLUS TAX 36 MONTHS

1 at this payment. Stk#: 55681, VIN:KS042511, Model#: 6942. Net capitalized cost $30894.61. $360 plus tax monthly for 36 months with $4,050 due at lease signing. Security deposit not required. On approved above average credit through Toyota Financial Services. $0.15 per mile over 12K miles annually and $80 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 11/30/18.

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2019 HYUNDAI ACCENT

$14,277 FRANK'S PRICE
-$1,000 RETAIL BONUS CASH
-$500 MILITARY INCENTIVE

NET PRICE **$11,777**

All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. $500 HMF Bonus Cash, Hyundai Motor Finance. $500 Military Incentive, must be active duty or veteran to qualify. Offer expires 11/26/18. 1 at this price #051439

2018 HYUNDAI ELANTRA VALUE EDITION

$21,035 FRANK'S PRICE
-$3,998 FRANK'S DISCOUNT
-$2,750 RETAIL BONUS CASH
-$500 MILITARY INCENTIVE

NET PRICE **$13,777**

All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. $500 Military Incentive, must be active duty or veteran to qualify. Offer expires 11/26/18. 1 at this price #520387

2019 HYUNDAI IONIQ

MANUAL TRANSMISSION
$23,515 FRANK'S PRICE
-$2,738 FRANK DISCOUNT
-$500 RETAIL BONUS CASH
-$500 MILITARY INCENTIVE

NET PRICE **$19,777**

All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. $500 Military Incentive, must be active duty or veteran to qualify. Offer expires 11/26/18. 2 at this price #111379 & #111291

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LEASE FOR **$399** PER MONTH PLUS TAX 36 MONTHS

*2 at this payment, STK# 19974 VIN# K3415769, STK# 19987 VIN# K3415563 Model # KCC 12. $399 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 11/30/18.

2019 SUBARU **FORESTER**
2.5i Premium CVT

LEASE FOR **$289** PER MONTH PLUS TAX 36 MONTHS

*1 at this payment, STK# 20128, VIN# KH412568 Model # KFF 13. $289 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 11/30/18.

2019 SUBARU **IMPREZA**
2.0i 4 Door CVT

LEASE FOR **$219** PER MONTH PLUS TAX 36 MONTHS

*1 at this payment, STK# 19978, VIN# K3602325 Model # KJB 01. $219 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 11/30/18.

Purchase or lease any new (previously untitled) Subaru and receive a complimentary factory scheduled maintenance plan for 2 years or 24,000 miles (whichever comes first). See Subaru added Security Maintenance Plan for intervals, coverages and limitation. Customer must take delivery before 12/31/18 and reside within the promotional area. At participating dealers only. For Southern California residents only. See dealer for program details and eligibility.

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- Inspect suspension for wear
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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 12/31/18.

Military Special Only

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$29.95 + tax

WAS ~~$39.85~~

- 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 12/31/18.

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FRONT BRAKE **SPECIAL** **$50 OFF**

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- ✔ Inspect Brake Hardware
- ✔ Replace Front Brake Pads

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