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FIFTY SEVENTH YEAR NO. 27
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3rd MAW Marine saves UPS driver from crash

by Sgt. Brytani Wheeler

Marines are known for being prepared for battle overseas; but also, Marines are prepared to take action in their daily lives at home. Staff Sgt. Hai Vuong, an imagery analyst with 3rd Marine Aircraft Wing, demonstrated just that while traveling with his family from Las Vegas to San Diego.

On the evening of Nov. 13, Vuong witnessed a semitrailer clip another semitrailer while traveling on Interstate 15 between Nipton and Barstow, Calif. Both trucks started to swerve, then one of them began rocking side-to-side.

“It lost control and crashed into the curb on the shoulder of the highway, causing the big rig to flip and crash,” said Vuong.

After ensuring his wife, daughter, brother-in-law and mother-in-law were safe in his vehicle, he knew he had to take action so he pulled over to the side of the road just past the crash site.

“I immediately put on my emergency lights and got out of the truck. I ran back to the crash site with my brother-in-law,” said Vuong.

Vuong and his brother-in-law, Simon Almeida, kicked out the windshield of the truck and turned off the engine because they saw fuel and other fluids flowing from the vehicle.

“The driver, at this time, was

bleeding profusely from his forehead and I could see a deep gash near his eye brow,” said Vuong. “I looked around for anything to stop the bleeding and wiped the blood and dirt away from his face to reduce any infection and increase his sight.”

The driver, Clifford Nunnally, a United Parcel Service driver, was pinned under the bent steering wheel. Vuong and his brother-in-law quickly devised a plan to pry Nunnally free as fumes from the fuel grew stronger. They also didn't want Nunnally to lose consciousness while freeing him.

Almeida pulled the steering wheel away from Nunnally's legs, and Nunnally wiggled his feet out of his shoes freeing his feet from behind the pedals.

“I went inside the cabin to try to free Nunnally from the wreckage,” said Vuong. “I asked him to move his legs and feet so I can pull him out from the crushed dashboard that was pinning him down.”

After Nunnally's legs were free, Vuong dragged him from the cabin of the truck and retrieved his shoes as protection from the broken glass and liquids. Afterward, Almeida and Vuong walked him to their vehicle and waited for medical services to show up.

Nunnally, still recovering from the crash, said he was grateful for Vuong and Almeida's actions.



Staff Sgt. Hai Vuong rescued a UPS driver from the cabin of his semitrailer after it crashed on I-15 Nov. 13. photo by Sgt. Brytani Wheeler

“Without his help, it would have been much longer for me to be freed from the vehicle,” wrote Nunnally in a statement.

“Marine Corps training did come in handy in this situation,” said Vuong. “I remembered my training to be calm, cool and collected so others around me would not go into a frenzy. I had to ensure that when I extracted Nunnally from the truck's cabin to be careful and not cause any more bodily harm to him.”

UPS plans to recognize Vuong's actions by including a story in their company magazine, “Over the Road,” and personally thanked Vuong for taking action.

“UPS Freight is grateful to Staff Sgt. Vuong for his selfless actions to help our driver,” stated Chris Yohn, UPS Freight communications manager.

Vuong said he was honored that UPS is recognizing him and says he's just glad Nunnally is doing alright. He added that he made the decision to stop because it was how he was raised and trained as a Marine.

“We help those who are in need of assistance and cannot help themselves,” Vuong added. “Be careful and slow down, nothing is worth rushing over especially when you're dealing with someone's safety. Life is already fast so take your time to smell the roses.”



A P-8A Poseidon assigned to the Fighting Tigers of Patrol Squadron (VP) 8 takes off from a runway at Kadena Air Base, Japan. Navy photo by MC1 Jerome D. Johnson

Navy aircraft joins search and rescue efforts for missing mariners

KADENA, Japan - On Jan. 7, the U.S. Navy sent a P-8A aircraft attached to the ‘Fighting Tigers’ of Patrol Squadron EIGHT (VP-8) to assist in an international search and rescue (SAR) effort in the East China Sea following a collision between two commercial vessels.

After arriving on scene, the aircraft searched an area of approximately 3,600 square nautical miles before returning to Kadena Air Base in Okinawa, Japan. None of the mariners were located.

Chinese-flagged cargo ship, CF Crystal, and Iranian-flagged MV Sanchi collided, Jan. 6. International search efforts are ongoing for MV Sanchi's 32 missing crew members.

Seventh Fleet, which celebrates its 75th year in 2018, spans more than 124 million square kilometers, stretching from the International Date Line to the India/Pakistan border; and from the Kuril Islands in the North to the Antarctic in the South. Seventh Fleet's area of operation encompasses 36 maritime countries and 50 percent of the world's population with between 5070 U.S. ships and submarines, 140 aircraft, and approximately 20,000 Sailors in the 7th Fleet.

CNAF holds change of command

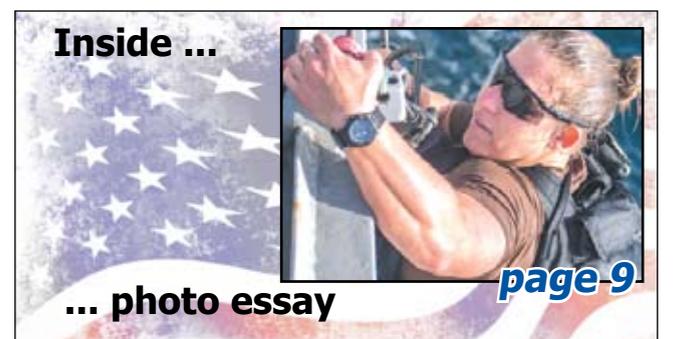
SAN DIEGO - Commander Naval Air Forces (CNAF) is scheduled to hold a change of command and retirement ceremony Jan. 11 at on Naval Air Station North Island.

During the ceremony, Rear Adm. DeWolfe Miller, who is scheduled for promotion to the rank of vice admiral prior to the ceremony, will relieve Vice Adm. Mike Shoemaker as CNAF.

CNAF is responsible for the material readiness, administration, and training of all Naval Aviation commands and for providing operationally ready squadrons and aircraft carriers to the fleet.

Immediately following the change of command, Shoemaker, who began serving as the Navy's seventh “Air Boss” in January 2015, will retire after 36 years of naval service.

For more news from Commander, Naval Air Forces, visit www.navy.mil/local/airpac/.



... photo essay

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Surface Force commander directing the future of the Surface Fleet

SAN DIEGO - Commander, Naval Surface Forces (CNSF), Vice Adm. Tom Rowden is taking a holistic approach to implementing recommendations from the Comprehensive Review of Surface Force Incidents (CR) to ensure safe and effective ship operations at sea, the safety of our Sailors and the readiness of our surface forces.

In the wake of three collisions and one grounding involving U.S. Navy ships this year, Vice Chief of Naval (VCNO) Operations Adm. Bill Moran assigned Adm. Phil Davidson, commander, U.S. Fleet Forces Command, to lead a thorough review of surface ship mishaps over the last decade in order to inform improvements Navy-wide.

“The comprehensive review found that over a sustained period of time, rising pressure to meet operational demands led those in command to rationalize declining standards - standards in fundamental seamanship and watchstanding skills, teamwork, operational safety, assessment and a professional culture. This resulted in a reduction of operational safety margins,” said Chief of Naval Operations (CNO), Adm. John Richardson during a November press conference when he announced the release of the CR.

Davidson’s report states, “Going forward, the Navy must develop and formalize ‘firebreaks’ into our force generation and employment systems to guard against a slide in standards.” Based on the recommendations, Rowden and his staff continue to take decisive action to make the Surface Force safer, more proficient and more effective.

Many of the CR recommendations fall within the

scope of CNSF and are connected with the surface warfare community. However, the CR Oversight Board (OSB) is not only focused on implementing the recommended changes from the CR, but also broader initiatives to refine Navy policies, procedures, culture and training. This process will enhance the readiness of surface combatants.

Rowden serves as one of the members of the OSB, which the CNO tasked the VCNO to lead. “The oversight board is going to make sure that we properly prioritize the recommendations in a framework that gets after the great needs of the fleet, and looking at it from the commanding officers’ perspective,” Moran said. The panel, which includes senior leaders like Davidson and Rowden, meets monthly to evaluate the progress toward implementing the CR recommendations.

Taking this holistic approach, the Navy and its Surface Warfare community are moving quickly to implement immediate actions, as well as moving mid- and long-term initiatives into planning phases for the entire Surface Force. The efforts made today will set the surface warfare community on the right course to address issues identified in the CR and improve the surface fleet for decades to come.

“I owe it to our Sailors to provide them the tools they need to be the most capable mariners and warfighters possible,” said Rowden.

A combined effort between Naval Surface Force, U.S. Pacific (CNSP) and Atlantic (CNSL) fleets will lead implementation of recommended changes and track those changes throughout the surface fleet. Their

see NSF, page 10



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Pentagon spokesman: U.S. wants Pakistan to take 'decisive action' against terrorism

by Lisa Ferdinando

WASHINGTON - U.S. officials want to see Pakistan take "decisive action" against terrorism, following the suspension of U.S. security funding to that country, the director of press operations at the Pentagon told reporters here Jan. 8.

U.S. officials stand ready to work with Pakistan for a resolution, Army Col. Rob Manning said.

"Our expectations are straightforward: Taliban and Haqqani leadership and attack planners should no longer be able to find safe haven or conduct operations from Pakistani soil," he said.

The National Defense Authorization Act for Fiscal Year 2017

provided up to \$900 million for Pakistan in Coalition Support Funds, or CSF, he explained. CSF is a two-year fund, so the FY17 CSF started Oct. 1, 2016, and ends Oct. 1, 2018.

"That amount has been suspended, not cancelled or reprogrammed, as we continue to hope that Pakistan will take decisive action against the terrorist and militant groups that we seek," he said.

Manning said to date none of that FY17 funding has been distributed to Pakistan. The last disbursement, of \$550 million in FY16 CSF, was in early March 2017, the colonel said.

"This suspension is not a permanent cutoff at this time," he said. "Security funding and

pending deliveries will be frozen, but not cancelled or reprogrammed at this time."

Of the allocated \$900 million, \$400 million can only be released if the DoD certifies the Pakistan government has made significant progress against the Haqqani network, Manning said in a written statement. "The secretary has not yet made a decision on the certification required by the FY17 NDAA. We cannot speculate on a future FY18 NDAA," he said.

The United States will continue conversations in private with the Pakistani government, Manning said.

"The United States has conveyed to Pakistan specific and concrete steps that it could take

toward these ends," Manning said, adding, "We stand ready to work together with Pakistan to combat terrorist groups without distinction."

In an impromptu news conference with Pentagon reporters Jan. 5, Defense Secretary James N. Mattis said the U.S. has "had disagreements, strong disagreements on some issues, and we're working those. The specific individual things we're doing are best handled in private, to ensure that we can be most productive -- and that's what we're working now."

"I think many of you are aware that Pakistan has lost more troops total than all of NATO [and the] coalition combined in the fight against [ISIS]," he noted.

Downed C-2A Greyhound located in Philippine Sea

YOKOSUKA, Japan - U.S. Navy's Supervisor of Salvage and Diving (SUPSALV) deployed the team to Japan in December to embark a contracted salvage vessel and proceed to the crash site at sea. Once on station, highly skilled operators searched for the aircraft's emergency relocation pinger with a U.S. Navy-owned towed pinger locator (TPL-25) system. The TPL uses passive sensors to "listen" for the pinger's frequency.

Initially delayed by poor weather conditions, the team deployed the TPL to optimal search depths of 3,000 feet above the ocean floor Dec. 29. After marking the aircraft's location, the search team returned to port.

The C-2A rests at a depth of about 18,500 feet, making the salvage phase of this operation the deepest recovery attempt of an aircraft to date. In the coming weeks, the team will return to the site with a side-scan-sonar (SSS) and remote operated vehicle (ROV) to map the debris field and attach heavy lines for lifting the aircraft to the surface. Despite very challenging conditions, every effort will be made to recover the aircraft and our fallen Sailors.

Assigned to Fleet Logistics Support Squadron (VRC 30) forward deployed to Japan, the C-2A aircraft was carrying 11 crew and passengers when it crashed. Eight personnel were recovered immediately by U.S. Navy Helicopter Sea Combat Squadron (HSC 12). For the next three days, Ronald Reagan led combined search and rescue for three Sailors with the Japan Maritime Self Defense Force (JMSDF), covering nearly 1,000 square nautical miles before ending the search.

An investigation is in progress.

Mattis welcomes Esper as Army secretary during ceremonial swearing-in

by Jim Garamone

WASHINGTON - During a ceremonial welcome for Army Secretary Mark T. Esper at the Pentagon's Hall of Heroes Jan. 5, Defense Secretary James N. Mattis said the U.S. Military Academy graduate is the best person to lead the service forward.

Esper, who has been on the job since Nov. 20, also had a ceremonial welcome today at nearby Fort Myer.

Mattis joked during the Pentagon welcome, telling Esper's wife, Leah, that the job entails a cut in pay, long hours and no holidays.

Esper graduated from West Point in 1986 and served with the 101st Airborne Division during Operation Desert Storm, where he earned the Bronze Star and Combat Infantryman's Badge.

He transferred to the reserve components, and retired as a lieutenant colonel. He earned advanced degrees from Harvard University and the George Washington University, and he served with the Heritage Foundation, in the Defense Department, at the Senate Foreign Relations Committee, at the House Armed Services Committee, and, since 2010, was a senior executive of the Raytheon Co.

The Army secretary's experiences will benefit the service, Mattis said. "What we are out to do right now is make the U.S. military more lethal and more capable," he added.

Still, Mattis said, civilian leaders are not chosen for their past performance. "That is all prelude," he explained. "What we have here is someone we are confident can take the Army

forward, that has the right value system [and] understands if something is not contributing to lethality, it is going into the dustbin of history ... very, very quickly."

Mattis stressed that the defense of the United States, the defense and protection of its citizens and the values they hold dear is a nonpartisan issue. "The bottom line is the virtuous and vile alike have written history, but let's remember here today that we're the good guys ... and this is the man who can take us forward," the defense secretary said.

Esper told Mattis that the Army leadership is on the same wavelength as he is and understands what he wants the Army to do. "We all understand the rigors of wartime, we understand



Defense Secretary James Mattis, left, administers a ceremonial oath of office to Army Secretary Mark T. Esper at the Pentagon's Hall of Heroes, Jan. 5. Esper's wife, Leah, holds the Bible. Official photo

the importance of training and being prepared for combat, and we are all prepared to make sure that our country, our Army, is ready should we be called upon again," he said.

Leading the Army "is a homecoming for me," Esper said, adding that he can think of no greater honor than holding the job.

But there are challenges, he said, and he promised to face them. Readiness is an issue, and he said that is first and foremost in his mind: "being prepared to

fight that hard, long, high-intensity fight."

Following that, he said, he will concentrate on building the capacity and capabilities the Army needs to maintain its leading role in the future.

The Army secretary said his third priority is reform and freeing up the time, money and manpower to concentrate on the top two priorities.

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CalVet to update residency requirements for California Veterans Homes

by Cathy Kenny

CalVet is in the process of updating the rules for admission eligibility at our eight California Veterans Homes.

The current regulation, Section 501.2 on eligibility determination, was written when California operated only one veterans home. Today, CalVet provides housing and care for about 2,200 veterans, spouses, domestic partners, widows and widowers at eight homes in Yountville, Barstow, Chula Vista, Lancaster, Ventura, West Los Angeles, Fresno and Redding. There is high demand for admission and limited space available.

The proposed changes will update the department's regulations to align with revisions made to the Military and Veterans Code (MVC) in 2017 by the California State Legislature and Governor. The regulation defines the eligibility requirements for admission to the Veterans Homes and explains certain aspects of the process.

Some of the key changes will:

- Authorize CalVet to do a

criminal background check on applicants whose backgrounds suggest areas of concern that need to be reviewed in more detail because the person would be moving into a communal setting. The areas include elder abuse, assault or theft, currently serving on probation or parole, or being required to register as a sex offender. The regulation provides for an exception on a case-by-case basis.

- Authorizes CalVet to do a financial background check in order to establish a thorough understanding of the applicant's income. By law, income is the basis of residents' monthly fees.

- Requires residents to maintain medical insurance throughout their residency. This change updates the regulation to align with revisions made to the MVC in 2017.

You can find all of the proposed changes to the Eligibility Determination regulations, including reasons for the changes, on CalVet's website, <https://www.calvet.ca.gov/about-us/laws-regulations>.

A public hearing on this proposed regulatory action will be

Jan. 12 in Sacramento.

Members of the public may give testimony regarding this action in person at CalVet Headquarters or at any of our eight Veterans Homes, between 8 a.m. and noon, Jan. 12. Videoconferencing will be set up at each Veterans Home for this purpose.

California Veterans Homes provide residential and long-term care services in a home-like environment, where veterans are treated with dignity and respect. Residents enjoy numerous activities, including social events and outings, dances, patriotic programs, volunteer activities,

VA to take immediate actions on timely payments to community providers

WASHINGTON - The U.S. Department of Veterans Affairs announced Jan. 3 a series of immediate actions to improve the timeliness of payments to community providers.

The actions will address the issue of delayed payments head-on and produce sustainable fixes that solve ongoing payment issues that affect veterans, community providers and other VA partners.

"It's vital to the health of our network of providers that we provide payment in a timely and consistent fashion," said VA Secretary Dr. David Shulkin. "Our outside providers are an essential part of our network and we need

arts and crafts, and computer access. There are four levels of care: domiciliary, residential facility care for the elderly, intermediate facility care, and skilled nursing facility care (including skilled nursing memory care).

These homes serve aged or disabled veterans and their spouses and domestic partners and widows of Medal of Honor recipients. They are certified by the U.S. Department of Veterans Affairs (USDVA) and U.S. Centers for Medicare and Medicaid Services, and are licensed by the California Department of Public Health and the California Department of Social Services.

to improve our system of payments for their services."

VA will immediately take the following short and long-term actions to improve payments to community providers. Short-term actions include:

- Publish a list identifying providers with high dollar value of unpaid claims, to be published the week of Jan. 8 at <https://www.va.gov/COMMUNITY-CARE/providers/>.

- Create rapid response teams to work on the ground with these providers to reach financial settlement within 90 days.

Read this story in its entirety at <https://www.va.gov/opa/press-rel/>.

Social Security Matters

by Russell Gloor

Ask Rusty - Social Security credit for military pay

Dear Rusty: I have tried to contact Social Security many times but been put on hold for over 40 minutes, received no call back, etc. Also, I tried to find out online at my S.S. account, but got no answers to my questions so I'm hoping you can help.

I served in the Navy from March 5, 1951 until Dec. 2, 1954, with an Honorable Discharge for medical reasons. Looking at my Social Security earnings statement, I never received credit for my earnings while serving in the Navy in 1952, 1953, and 1954, and for 1951 I only received earnings credit for \$120. In the VA booklet "Federal Benefits for Veterans Dependents and Survivors" the following paragraph is on page 135: "non-contributory Social Security earnings of \$160 a month may be credited to veterans who served after Sept. 15, 1940, and before 1957, including attendance at service academies." Can you check and see whether I should get credit from my military earnings, and if my Social Security check should be \$160 more than it is? Signed: Navy Veteran



Dear Navy Veteran: First of all, thank you for your service to our country. Although military pay is now considered taxable Social Security income, military earnings were not included as Social Security earnings prior to 1957. This is the reason that your earnings while in the Navy from 1951 to 1954 aren't reflected in your Social Security earnings record, and thus may not have been included in computing your Social Security benefit amount. You can find out more about this in the Social Security publication "Military Service and Social Security" at this online link: <https://www.ssa.gov/pubs/EN-05-10017.pdf>. I suspect that your \$120 of earnings for 1951 was for part time employment prior to you joining the Navy in March of that year.

The information you quote from the VA booklet is consistent with Social Security's publication referenced above, namely, "earnings of \$160 a month may be credited to veterans who served after Sept. 15, 1940 and before 1957..." Note that in the above referenced SS publication it also states that "In all cases, the additional earnings are credited to the earnings that we average over your working lifetime, not directly to your monthly benefit amount". What that means is that in your lifetime earnings record, Social Security will give you earnings credit equal to \$160/month during the years that you served and that will be included in your lifetime earnings record when they compute your Social Security benefit amount. It doesn't mean they will add \$160 to your monthly Social Security benefit amount. For information, when Social Security computes your benefit amount, they use your 35 highest years of earnings (adjusted for inflation). So if those 35 years of higher earnings used to compute your benefit were after you left military service in 1954, your years of military service wouldn't have been part of the benefit calculation formula.

Your unfortunate experience trying to contact Social Security for these answers is an excellent example of why The AMAC Foundation offers this alternative source of Social Security information to America's seniors. Once again, thank you for your service.

Essentially, a low-earning (or no-earning) spouse gets half of the higher-earning spouse's Primary insurance Amount only if the spousal benefit starts at their full retirement age - otherwise it will be less than 50 percent. And this is why the blanket statement "a low income spouse gets one half of the other spouse's benefit" is a very misleading oversimplification of how spousal benefits work.

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

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Navy's Human Resources community recognizes junior officers of the year

The Chief of Naval Personnel recognized the 2017 active duty and Selected Reserve Human Resources (HR) community junior officers of the year, Jan. 5.

Lt. Cmdr. Scott Bennie is the active duty recipient and Lt. Cmdr. Carl Pearson is the Selected Reserve recipient for the 2017 award.

The award, established in 2010, recognizes a Human Resources community junior officer each year for their significant contributions to the Navy. In 2016, the opportunity for selecting Selected Reserve was made an option for the awards selection board. 2017 is the first year for both categories being awarded.

Bennie, Deputy Director of Officer Accessions and Transformation Officer, Commander, Navy Recruiting Command (CNRC) managed all officer accession programs, both active and Reserve, that led to the most successful officer accession recruiting within the last 10 years. Bennie created an Information Technology system to track transformation efforts that helped save CNRC \$1 million in IT infrastructure and startup costs,

which also provided production, efficiency and attrition analytics to the Chief of Naval Personnel. His efforts are synched to the Manpower, Personnel, Training and Education lines of effort of manning the Fleet, transformation, and Sailor 2025.

Pearson, Manpower and Personnel Strength Management Officer-in-Charge (OIC), Combined Joint Task Force - Horn of Africa (CJTF-HOA) led manpower and staffing initiatives for new and existing mission requirements helping CJTF-HOA's timely response in Somalia. Pearson helped source more than 400 Joint headquarters requirements maintaining a 95 percent fill rate and served as the OIC for the joint reception center, working with the Special Purpose Marine-Air-Ground Task Force. As the Deputy for Personnel Directorate, Pearson led efforts with U.S. Army Africa to de-conflict and expedite leave, and Rest and Recuperation programs.

Rear Adm. Ann Burkhardt, Director, Department of Defense Sexual Assault Prevention and Response Office, is the Navy's senior HR Officer said this is a significant accomplishment for

Bennie and Pearson.

"Bennie and Pearson have demonstrated all the qualities of an outstanding HR officer," said Burkhardt. "Their critical think-

ing and initiative have resulted in unrivaled contributions that will shape Navy and Joint Human Resources processes for years to come."

INTERPERSONAL EDGE: Top advice from 2017

by Dr. Daneen Skube

At the end of every year, I compile a summary of some of my best advice from the past 12 months. Good advice, as we all know, is always the right size and the right color, and it looks good on all of us. Enjoy unwrapping each idea as you enter the great unknown of 2018!

-Don't let fear of making mistakes keep you from learning something every day. The capacity to learn is the key to gaining money, success and contentment in your profession.

-Don't let shame about failing prevent you from evaluating what you can do better. Insight and self-criticism cannot occupy the same space, so choose insight.

-When people at work drive you crazy, ask yourself what you are making up about yourself because of their behavior. Then get to know the inner saboteur that is agreeing with your outer enemy.

-The real problem at work is that we may react to adversity by making up negative ideas about ourselves. You don't have a choice about experiencing problems. You do have the choice to reject global negative judgments about yourself, because you are a human having problems.

-When you face a mountain-size problem, consider that you may be able to show others it can be moved. In 2018, if you have a big problem, consider that the universe may be complimenting you by believing you can solve this problem and inspire others to do the same.

-Operate as if you believed the world was not out to get you in 2018. What if you saw everything around you as a supportive curriculum to be more than you were in 2017? What would you do differently if you believed you deserve to have what you want this year?

-Engage every day in five-min-

The HR community was created in 2001 to recruit, process, and assess Sailors into the Navy. HR officers serve in key positions throughout the Navy and help to

improve personnel management and training systems to more effectively recruit, develop, manage, reward, and retain the force of tomorrow.

ute solutions. Don't wait until you have a year to solve problems. Take five minutes every day to chip away at your challenges. If you can't chunk plans down to five minutes, you'll never make progress.

-Focus more on getting ahead than getting even. Groucho Marx observed, "Time wounds all heels." Let time and consequences wound your enemies while you create a high-quality work life!

-Emotions don't have to equal reactions. Learn to embrace any and all feelings with their full intensity - and still play strategic chess in the outcomes you seek at work.

-You cannot hopscotch over or deny negative feelings without them controlling you like a powerful puppet master. Whatever your reaction explore it fully so you can then use your head to figure out what to do next.

11) Reasonable is whatever

you can negotiate that another party agrees is a win for them. Worry less about whether what you want is "reasonable" and more about having the courage and skills to negotiate for your ideal situation.

12) Throw out your need for a crystal ball in 2018. You will never be able to fully anticipate everything that will occur tomorrow. You can learn to completely trust your resiliency, creativity, and instincts to cope effectively with what each day brings.

13) Your best professional asset will always be your capacity to create loyal, long-term professional relationships.

14) Your best professional investment will always be your current well being physically, emotionally, intellectually, and spiritually!

May you thrive and grow as we all approach the adventure of 2018 in our workplaces!

On Base & On Board

Snow Day Field Trip Saturday, January 13, \$5 (transportation only/additional fees may apply) Depart from NBPL, Main Base, The Clubhouse, Bldg. 546 at 8 am Departs from Admiral Baker Picnic Area at 8:45 am Keep an eye on this week's weather report. A Snowy forecast means we're heading to the mountains for a day of play. Destination varies depending on mountain and road conditions. Trip subject to cancellation due to weather. Registration required: 619-553-9138

Kids Craft & Movie: No-Sew Snowman/Penguin Saturday, January 13, 10 am, \$3 NAB, Community Recreation Center, Bldg. 337 Create no-sew snowman or penguin and stay for a fun movie. Check out our craft flyer or Facebook page for craft example. Freshly popped popcorn and snacks available for purchase. Movie: Penguins of Madagascar (PG). Registration required: 619-437-3190

Zovargo Animal Show Saturday, January 13, 2 pm, FREE NBSD Mariner's Park, 2260 Callagan Hwy, San Diego, 92136 Jump into the world of animals with Zovargo! Fly like a butterfly, jump like a frog and growl like an Asian leopard cat! Zovargo's animal program is amily-friendly, fully interactive, and excites all the senses. You'll be amazed at the everyday actions we can take to protect the animals you'll meet in this program. Register: 619-556-9597

San Diego Bay Bike Tour Sunday, January 14, 10 am, \$10 NBPL, Harbor Drive Annex, Point Loma Marina Gorgeous views highlight this fun and healthy, three-hour ride along San Diego Bay and Seaport Village. Bike rental, Safety equipment, and tour included. Registration required: 619-553-9138

Chula Vista Elite Athlete Training Center Tour Monday, January 15, 10 am, \$20 (3 yrs. & under are FREE) 2800 Olympic Pkwy, Chula Vista, 91915 Enjoy a guided tour of the U.S. Olympic and Paralympic Training Site, covering 155 acres of state-of-the-art sport venues for training, competition and events; plus a behind the scenes walkthrough of the Strength & Conditioning Center and Athlete's Dining Hall, Followed by lunch in the courtyard. Registration required: 619-437-3190

San Diego Children's Discovery Museum Thursday, January 18, 10 am, FREE children under 12 months/ \$5 per person w/ military ID 320 N Broadway, Escondido, 92025 Great place to spend with toddlers while they learn about our world through exploration, imagination, and experimentation through science, art, and world culture activities. Registration required: 619-437-3190

Appetizer Dip Class Thursday, January 18, 5 pm, \$10 Admiral Baker Clubhouse, Mission Gorge Get ready for the "Big Game" by learning how to make classic dips including homemade guacamole! Register: 619-556-9597

Soap Making Thursday, January 18, 6 pm, \$10 NBPL, Main Base, The Clubhouse, Bldg. 546 Back by popular demand! We're making amazing soaps from scratch in a variety of Shapes, colors, and scents of your choosing. Registration required: 619-553-9138

LISTED FROM PREVIOUS ISSUES....

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

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

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

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

BOWLING

Tuesday Night BOGO 5 pm-Close Join the fun! Buy one game and get one FREE at Admiral Robinson Recreation Center. For more information call 619-556-7486.

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

CYP

Fine Arts Gala Thursday, January 18, 4-6:30 pm, FREE All are invited to enjoy the fine arts exhibit Silver Strand youth have created over the year for the Boys & Girls Club of America Fine Arts Program. Silver Strand Youth Center: 619-435-5056

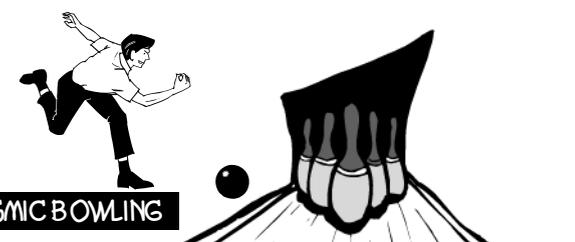
LIBERTY

Billiards 101-A @ The Clubhouse, NBPL Main Base Saturday, January 13 • 7-9 pm • FREE Learn the basics to impress your shipmates and improve your understanding of this popular table game. We'll cover different game styles, rules and proper racking. Info:

619-553-9138

Board Game Club @ Liberty Hall, NBPL Harbor Drive Annex Saturday, January 13 • 4-9 pm • FREE Are you into board and table games! Join our new meet-up group to play games, hang out and have some friendly fun. We meet the second Saturday of each month. Info: 619-524-0961

MLK Day BBQ @ Q-Zone, NAB Monday, January 15 • Noon



COSMIC BOWLING

SEA 'N AIR LANES, NASNI - EVERY FRIDAY AND SATURDAY NIGHT, 8 PM-MIDNIGHT

ADMIRAL ROBINSON RECREATION CENTER, NBSD - SATURDAY, 9 PM-MIDNIGHT

VISIT ONE OF MWR'S BOWLING CENTERS FOR "OUT-OF-THIS-WORLD" BOWLING EVERYTHING GLOWS UNDER BLACK LIGHTS WHILE THE FOG ROLLS IN AND WILD MUSIC BLASTS YOU TO ANOTHER DIMENSION. BRING THE WHOLE FAMILY AND ENJOY THE "COSMIC" SCENE

• FREE Enjoy a BBQ lunch to celebrate MLK Day, While supplies last. Info: 619-437-3190

Martin Luther King, Jr. BBQ @ Balboa Liberty Center, NMCSD Monday, January 15 • 1 pm • FREE Another holiday means another reason to celebrate! Stop by or some classic southern food. Info: 619-532-8909

Martin Luther King, Jr. BBQ @ VADM Martin Liberty Center, NASNI Monday, January 15 • 2 pm • FREE Celebrate an American hero at Liberty's BBQ. Info: 619-545-3331

Martin Luther King Jr. Holiday BBQ @ The Recyard, NBSD Monday, January 15 • 3 pm • FREE Spend your holiday with the RECYARD enjoying a special BBQ! Plus, compete in our surprise tournament with prizes for the top 2 winners! Food available while supplies last. Info: 619-556-5085

THURSDAY, JANUARY 11, 2018

www.armedforcesdispatch.com 5

A new year, a new you: Take command of your health

by Patricia Deuster

What are your goals for 2018 – have you thought about them? Will it be a new you for this new year, or a new year and the same old you?

This month launches a fresh opportunity to turn your vision inward and consider what you can do to improve your physical and emotional health, job performance, and mission readiness. These qualities are fundamental to success not only in uniform, but also at home and in the community at large.

Total Force Fitness, or TFF, is a concept to build and maintain health, readiness, and optimal performance by connecting mind, body, spirit, environment, and relationships. Take a moment to reflect on your TFF goals for 2018. What matters most to you? Perhaps you want to enhance your physical endurance, better manage your emotions, improve your communication skills, regulate your anger, lose weight, or cut back on caffeine. Whatever you decide to tackle, success requires three steps: inspiration, commitment, and action.

Inspiration can be defined as recognizing the need or desire to make change. It also means making change happen through commitment and then action. Importantly, inspiration includes more than just the physical, psychological, and social and family domains of TFF. The spiritual domain is also vital to health and performance. Meeting personal goals requires some



The month of January provides a fresh opportunity to take command of your health and improve your physical and emotional health, job performance, and mission readiness. (Courtesy photo)

sort of spiritual connection. This isn't necessarily in a religious sense, but it means looking at your ethical foundation, core values, reasons for being, and what matters most to you.

We live in a world and time of great discord, and this can be difficult to accept. A spiritual connection helps us understand that while we can't control disruptive forces surrounding us, we can learn how to control our thoughts, responses, and reactions to them by living up to our ideals and values. It may be helpful to remember what the great leader and civil rights advocate Mahatma Gandhi said: "If we could change ourselves,

the tendencies in the world would also change."

What do the words inspiration, commitment, and action mean? First, you must be inspired by or recognize a personal issue from within. Perhaps you are overly reactive or you have feelings of fear and self-doubt. Or maybe you believe you know it all or you don't act according to your values. We all have areas where we need to take ownership. Once we've been inspired to accept the need for change, this must be accompanied by intentionally seeking a solution and setting a goal – a specific, measurable, achievable, relevant, and reasonable goal.

After you've set your goals, it's essential to make a commitment to execute them. This will

take courage, concentration, and practice. The end result is action, which signifies success.

Acting according to deeply held values is very important to becoming a new you. The guiding principles you honor and strive to live up to reflect your inner core as well as your service-specific core values. Instead of reacting to your own thoughts and feelings, you choose to reflect and respond in ways that directly support your values. Taking action in support of those values will promote inner and outer flexibility, awareness, a sense of connection, gratitude, and optimism.

The following activities can help you decide the first steps to becoming a new you:

- Make a list of what matters

most in your life. Examples include work, family, friends, being a good partner, being kind to others, being honest, being part of a community, and staying in good physical condition.

•Prioritize the list according to how much you value what matters.

•Grade yourself on how well you believe you're living up to what matters.

•Identify several things you can do now and over the coming months to actively honor and live up to your top values.

•Every day, engage in activities that support what really matters to you.

More information on military-specific, evidence-based total force fitness can be found on the Human Performance Resource Center website.

NRL improves optical efficiency in nanophotonic devices

by Daniel Parry

Nanophotonic devices have direct applications for use in ultra-high resolution microscopes, solar energy harvesting, optical computing and targeted medical therapies.

A team of physicists, headed by the U.S. Naval Research Laboratory (NRL), have demonstrated the means to improve the optical loss characteristics and transmission efficiency of hexagonal boron nitride devices, enabling very small lasers and nanoscale optics.

"The applications for this research are considerably broad,"

said Dr. Alexander J. Giles, research physicist, NRL Electronics Science and Technology Division. "By confining light to very small dimensions, nanophotonic devices have direct applications for use in ultra-high resolution microscopes, solar energy harvesting, optical computing and targeted medical therapies."

Hexagonal boron nitride (hBN) forms an atomically thin lattice consisting of boron and nitrogen atoms. This material has recently been demonstrated as an exciting optical material for infrared nanophotonics and is considered an 'ideal substrate'

for two-dimensional materials.

While previous work demonstrated that natural hBN supports deeply sub-diffractive hyperbolic phonon polaritons desired for applications, such as, sub-diffractive optical imaging (so-called 'hyperlensing'), energy conversion, chemical sensing, and quantum nanophotonics, limited transmission efficiencies continue to persist.

"We have demonstrated that the inherent efficiency limitations of nanophotonics can be overcome through the careful engineering of isotopes in polar

SEE NRL, page 16



Places of Worship



Bayview Baptist Church

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

Canyon View Church of Christ

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

Christ Community Church

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

City of Faith Family Worship Center

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

City of Praise

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

First Baptist Church

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

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

Lighthouse Baptist Church

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

Lakeside Community Presbyterian Church

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

Mesa View Baptist Church

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

Mt. Moriah Christian Church

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

Santee United Methodist Church

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

St. Luke's Lutheran Church

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



Will promises to military spouses become policy in 2018?

moving every few years killed my career.

I eventually found work as a writer to accommodate our mobile military lifestyle. But frankly, I'm disappointed that I wasn't able to adequately utilize the law degree that took three years and more than \$90,000 in student loans to earn, and the Pennsylvania law license that required countless hours of bar exam studying to acquire. Although I'm proud of having

ing to employment challenges, two-thirds of military families report that finding childcare is a consistent problem.

The drastic draw-down of military forces, combined with increased optempo, has meant that active duty members deploy more often and for longer periods. Spouses are understandably worried about employment issues, the impact of military life on their children, and the cohesion of their families. Not

Which could be why the Pentagon is finally considering new policies for 2018. Robert Wilkie, a military brat and veteran, was recently appointed to the office of Undersecretary of Defense for Personnel and Readiness, a position that has been neglected in recent years. In a December 27 interview with the Fayetteville Observer, Wilkie said that the Pentagon is considering allowing military families to stay put for longer than two or three years. He criticized the current system which makes constant movement a hallmark of military life, and recognized that it limits the careers of military spouses.

needed, a new policy allowing military families to move before or after service members change duty stations to accommodate school and work schedules, and 20,300 more troops to ease deployment demands.

Sounds great, but when will this become policy? Trump may have signed the new \$700 billion NDAA, but it won't take

effect until Congress passes an appropriation bill to fund it. In the meantime, as sequestration looms, the 2017 budget has been extended until January 19th.

The old resumes in my file cabinet may never see the light, but this week, I hope Congress will follow through on its promise to make life better for military spouses in the New Year.

by Lisa Smith Molinari

There is a seldom-opened drawer in our file cabinet that contains the only tangible evidence of my legal career. The musty hanging folders have labels such as "Resumes," "Licensing," and "Writing Samples." Even though none of these documents have been used since I had to stop working as a litigation attorney in the late 90s to move overseas with my Navy husband, I refuse to throw them away.

I tell myself that I need the files in case a career opportunity presents itself. But I know I'm really just keeping the yellowed pages stained with rust spots from ancient staples as proof that I once did more than make sandwiches and clean toilets.

Like many military spouses,

the meat and potatoes of life

put my earning potential aside so my husband could serve his country, I regret that military life often requires spouses to sacrifice good employment and educational opportunities.

The most recent Blue Star Military Family Lifestyle Survey shows that 47 percent of military spouses with children under 18 earn an income, while two-thirds of their civilian counterparts are employed. Of those military spouses who are employed, over half earn less than 20K and one-third earn less than 10K. Add-

surprisingly, the survey indicates that nearly a quarter of military spouses have been diagnosed with depression, a rate 50 percent higher than the national average.

But it was the following survey result that got the attention of the Department of Defense: For the third year in a row, military families are less likely to recommend military service to their children. With an all-volunteer force that comes primarily from military families, this is a major concern.

"It was built at a time when less than 10 percent of the military had families," Wilkie said. "Today, 70 percent have families... If the families aren't happy, the soldier walks."

The 2018 National Defense Authorization Act ("NDAA") aims to ease the burdens on military families. Signed December 12, NDAA promises the highest military pay raise since 2010, a rebate of up to \$500 for military spouses who apply for new employment licenses after PCS moves, appointment of quality child care providers when

The Marriage Foundation presents effective communication in marriage

Communication in marriage is uniquely different from how we communicate at work or with friends. Mastering this special form of communication can deepen the love and intimacy in your marriage.

This complimentary talk is for those who are frustrated with the disconnect, and don't know where to go or what to do. We offer a new perspective and tools that introduce a new dynamic to marriages that have survived, yet remain unfulfilling. Turn desperation and defeat into purposeful renewal with tried-and-true methods and principles that have benefited so many couples.

This talk is also for those not in despair, but who are hitting road blocks that are causing distress in the household.

Redefine your marriage this new year. What do you have to lose? Spend an hour to bring your marriage back to where you wanted it when you said, "I do." This may be that wish you have wanted for a long time. Come alone, bring your spouse, or invite your friends. Anyone who wants to learn more about the art of marriage is welcome.

SEE Marriage, page 16

"For my transition from servicemember to business owner, it had to be UMUC."

KATHRYNN STODDARD
Bachelor of Science,
Management Studies
Navy Veteran



Business and management programs that build on your experience. Whether you want to start your own business or advance in your field, University of Maryland University College (UMUC) is here to help you reach the next phase of your career. With award-winning business programs in areas such as accounting, finance and human resources, UMUC can provide the skills and knowledge you need to achieve your goals. Plus, our dedicated military and veterans resources can help you make a successful transition to civilian life.

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or visit umuc.edu/base.



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Roosevelt CSG benefits from Bunker Hill WTI's tactical expertise

by MC1 R. David Valdez
ARABIAN GULF - USS *Bunker Hill* (CG 52) puts their training and skills to the test each day as the integrated air and missile defense asset for the *Theodore Roosevelt* Carrier

Strike Group (TRCSG) currently underway in the U.S. 5th Fleet area of operations.

One officer who stands out on the team is Chief Warrant Officer 3 Troy Woods, an Integrated Air

and Missile Defense Warfare Tactics Instructor. Woods earned his red-and-black WTI patch after completing the IAMD Warfare Tactics Instructor Course at Naval Surface and Mine Warfighting Development Center's IAMD Division in Dahlgren, Va. Woods also completed a production tour at the Center for Surface Combat Systems where he cemented the training that SMWDC provides with additional practical application. Production tours are a WTI's opportunity to immediately bring their training and expertise to the waterfront in a meaningful way and typically follow graduation from the WTI course of instruction.

manding officer who is a plank owner," Woods said. "So he integrates me into our team's warfare planning cells as well as standing my tactical watch."

The value Woods brings to *Bunker Hill* is closely linked to the wealth of information and experiences that SMWDC's WTI program provides to junior officers interested in tactics and warfighting. It truly exemplifies SMWDC's motto: "Tactical Excellence by Design."

But even the most seasoned warfighter can be surprised by the arduous nature of the WTI course of instruction.

"For a guy like me, someone

doctrine for TRCSG, which is a key factor in operations in the Arabian Gulf - integrating unit-level capabilities to maximize the effectiveness of carrier strike group operations.

"The U.S. Navy carrier strike group is the most versatile, capable force at sea," said Rear Adm. Steve Koehler, commander, CSG-9. "The development of the WTI program in the surface community was an important step to increasing lethality and tactical proficiency at the unit and strike group level, enabling forward deployed forces to carry out our nation's tasking. Our Strike Group is already seeing the impact of the program only two short years after SMWDC was established."

SMWDC designates three-types of WTIs through three of its four divisions in either California or Virginia. Amphibious Warfare WTIs are trained at SMWDC's AMW Division in Little Creek, Va.; Anti-Subma-

rine Warfare/Surface Warfare WTIs are trained at SMWDC's Sea Combat Division in San Diego; and Integrated Air and Missile Defense WTIs are trained at SMWDC's IAMD Division in Dahlgren, Va. WTIs are a core component of SMWDC's mission to increase the lethality and tactical proficiency of Naval Surface Forces across Sea Control and Power Projection missions. They provide direct support to SMWDC's four lines of operation: advanced tactical training, doctrine and tactical guidance development, operational support and capability assessments, experimentation and future requirements.

Bunker Hill is operating forward, visible and ready with the TRCSG in the 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region.

The future USS Omaha (LCS 12) visits Guantanamo Bay



Future USS Omaha (LCS 12), shown here at Naval Station Guantanamo Bay, photo by MC1 John Philip Wagner, Jr.

by MCC Monique K. Meeks
NAVAL STATION GUANTANAMO BAY, Cuba - The future littoral combat ship USS Omaha (LCS 12) made a fuel stop here Jan. 2-6.

During its visit to the installation, OMAHA conducted public tours of the ship on Jan. 4, providing residents and visitors of NSGB the opportunity to board one of the Navy's newest ships to the fleet.

The ship is currently on its way to its homeport of San Diego, and is scheduled to be

commissioned in San Diego on Feb. 3, 2018 at the city's Broadway Pier.

The future USS Omaha (LCS 12) launched Nov. 20, marking another important production milestone for the littoral combat ship (LCS) program, and was christened on Dec. 20.

LCS is a modular, reconfigurable ship, with three types of mission packages including surface warfare, mine countermeasures, and anti-submarine warfare. The Program Executive Office Littoral Combat Ships (PEO LCS) is responsible for delivering and sustaining littoral mission capabilities to the fleet.

NSGB is the Navy's strategic logistics installation for routine, contingency, humanitarian, counter-narcotic and migrant operations in the Caribbean; providing high quality of life while preserving environmental, historic and cultural resources.

"The purpose of the WTI program is to train junior officers at a high level, so they can return to the fleet and be exceptional teammates who improve the capability of our warships to fight and win. A WTI's responsibility doesn't end when they get their patch. That's really just the beginning," said Woods, who is also the first warrant officer to earn a patch.

Woods is just one of a group of over 20 WTIs who are returning to the fleet after completing their production tours and the influence they are having has been noticed by leadership.

"Fortunately, I have a com-

"This is quite simply about our ability to fight and win. We are investing in the expertise of our surface warfare officers," said Capt. Joe Cahill, Bunker Hill's commanding officer. "The program is on track and we're beginning to see WTIs populate throughout the fleet. We're lucky to have two WTIs on our team - CWO3 Woods and Lt. Mize - who are both great examples of that 'investment' in expertise. The investment in tactics, talent and training that WTIs represent is significant, lasting and has already made us better warfighters."

who served as a senior chief doing missile defense with forward-deployed Naval forces, some of the pipeline was a refresher," said Woods. "That doesn't mean it was easy. After the first test, I had to eat a big slice of humble pie. It was a serious course."

The warfighting system expertise and combat capability that WTIs bring to a shipboard watch team is an important force multiplier for strike group operations, as well. While Woods is an air defense expert for the ship, he also writes weapons



Homes and streets of a neighborhood affected by the Santa Barbara County mudslides in Santa Barbara are shown Jan. 9 from the perspective of a Coast Guard MH-65 Dolphin helicopter crew involved in rescuing injured and stranded victims. C. Coast Guard photo

San Diego Coast Guard crew conducts multiple rescues during mudslide response in Santa Barbara County

Coast guard rescues family from mudslide in Santa Barbara

SAN DIEGO - The Coast Guard conducted multiple rescues during a mudslide response in Santa Barbara County Jan. 9.

Tuesday morning, a Coast Guard Sector San Diego Jayhawk helicopter crew launched to assist Santa Barbara County Fire Department with rescues after heavy rains caused mudslides in the Santa Barbara County area.

At approximately 11:30 a.m., the Jayhawk crew was notified of a family needing assistance in Carpinteria. The crew arrived on scene and lowered both rescue swimmers to evaluate the situation.

In all, five family members were rescued, including the mother, father, their newborn, seven-year-old son, three-year-old daughter and two dogs. The family was transported to a staging area with Santa Barbara County emergency crews.

A second Jayhawk helicopter crew was dispatched to assist, and upon arriving to the area, both Jayhawk crews began to assist the California National Guard in evacuating a shelter beset by the storm.

Combined, both Jayhawk crews rescued more than 20 evacuees and pets from the shelter to a new site.

Business & Service Directory

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INDIAN OCEAN (Dec. 27, 2017) - Gas Turbine System Technician (Mechanical) 2nd Class Andrew White starts the turbines on a landing craft, air cushion (LCAC) during a maintenance check in the well deck of USS San Diego (LPD 22). San Diego, part of the America Amphibious Ready Group, with embarked 15th Marine Expeditionary Unit, is operating in the Indo-Asia Pacific region. photo by MCSN Dalton D. Caples Class



SAN DIEGO (Jan. 5, 2018) - USS Wayne E. Meyer (DDG 108) departs Naval Base San Diego. Wayne E. Meyer is deploying to the Western Pacific as part of the Carl Vinson Strike Group. Navy photo by MC3 Molly DiServio



ARABIAN GULF (Dec. 28, 2017) - Ensign Bridgette Barden climbs up the side of destroyer USS Halsey (DDG 97) during a visit, board, search, and seizure (VBSS) drill. Halsey is deployed with the Theodore Roosevelt Carrier Strike Group to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region. Navy photo by MC3 Nicholas Burgains



PACIFIC OCEAN (Jan. 3, 2018) - Damage Controlman 2nd Class Andrew Gebhardt reports to a repair locker during a simulated flooding training evolution aboard USS America (LHA 6). Navy photo by MCSN Daniel Pastor



ARABIAN GULF (Dec. 29, 2017) - Aviation Ordnanceman Airman Shawn Murphy, left, and Aviation Ordnanceman 3rd Class Alfonso Arce move ordnance through the hangar bay of USS Theodore Roosevelt (CVN 71). Theodore Roosevelt and its carrier strike group are deployed to the U.S. 5th Fleet area of operations in support of maritime security operations. Navy photo by MCSN Michael Hogan



ARABIAN GULF (Jan. 4, 2018) - Sailors move boxes of food across the flight deck during a replenishment-at-sea aboard USS Theodore Roosevelt. Theodore Roosevelt and its carrier strike group are deployed to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region.

Navy photo by MC3 Victoria Foley

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Media to view Orion test capsule, recovery hardware

SAN DIEGO - Media representatives are invited to see and photograph a test version of NASA's Orion spacecraft and the hardware that will be used to recover the spacecraft upon its return from space, and talk with team members involved in the recovery operations at 9 a.m., Thursday, Jan. 25 at the Naval Base San Diego.

NASA and the Navy are conducting tests to prepare for recovery of the agency's Orion crew module following its first uncrewed flight atop the Space Launch System rocket on Exploration Mission-1. Next week they are at sea conducting tests aboard USS *Anchorage* (LPD 23) to demonstrate and evaluate the recovery processes, procedures and hardware prior to the test.

Orion is America's exploration spacecraft designed to carry astronauts to deep space destinations, including the Moon, Mars, and beyond.

USS San Diego Sailors and Marines arrive in Guam

NAVAL BASE GUAM - USS *San Diego* (LPD 22) and embarked 15th Marine Expeditionary Unit (MEU) arrived in Guam for a scheduled port visit Jan. 9.

Naval Base Guam is a strategic U.S. naval base located on Apra Harbor, Guam. It serves as one of the leading naval bases in the Indo-Asia-Pacific region.

"It feels good to be making our way home," said Quartermaster 1st Class Christian Roman. "It's strange to think that this is the first U.S. (territory) port we have stopped in since we left San Diego."

San Diego's port visit will allow the crew the chance to conduct some maintenance, unload supplies and mail, as well as relax and enjoy the local scenery.

"Stopping in Guam will be a great time to replenish what we need," said Logistics Specialist 2nd Class John Munyan. "There's a lot of mail and items that we have not received since most of it was redirected once we left the Mediterranean."

After completing their maintenance, Sailors and Marines aboard *San Diego* plan on using this time to relax and enjoy the island.

"I know Guam is not a very big island but I'd like to see what is around and look at some of the history since a lot of my friends and their families are from there," said Quartermaster Seaman Joriane Leyran. "I've heard Guam is a beautiful place and I'm excited to be going there."



The Little Beavers: A tradition of excellence

by Lt. Rob Reinheimer

ARABIAN GULF - Across the 5th Fleet area of operations, four destroyers from Destroyer Squadron (DESRON) 23 have the watch. While four destroyers deployed from one DESRON at the same time isn't unusual, this group is special because these ships are from the Navy's most storied DESRON, the "Little Beavers" of DESRON 23.

"Under the command of Commodore Arleigh Burke, DESRON 23 was the only destroyer squadron of World War II to be awarded a group Presidential Unit Citation," said current Commodore, Capt. Bill Daly. "Today we tend to refer to the DESRON staff as the Little Beavers, but it's the ships and their commanding officers that are the true lineage of the original Little Beavers."

The Little Beavers of World War II executed decisive victories at the battles of Empress Augusta Bay and Cape St. George. Seven of the eight commanding officers eventually rose to flag rank and included naval greats such as Vice Adm. Bernard Austin and Rear Adm. Herald Stout. In the Battle of Cape St. George, Burke's training and tactics resulted in DESRON 23 ships sinking three Japanese destroyers without suffering a single hit from the enemy.

Present day, USS *Sampson*, USS *Halsey*, USS *Preble*, and USS *Higgins*, along with the Commander, Destroyer Squadron 23, are deployed as part of the *Theodore Roosevelt* Carrier Strike Group.

All four ships are currently conducting missions across the 2.5 million square miles of water area

that make up the U.S. 5th Fleet, including the Arabian Gulf, Gulf of Oman, Gulf of Aden, Red Sea, and Arabian Sea. Destroyers are multi-



Ships and aircraft from the Theodore Roosevelt Carrier Strike Group participate in a simulated strait transit during a group sail training exercise. photo by MC2 Paul L. Archer

mission warships, capable of a wide-array of missions, to include surface warfare, anti-submarine warfare, maritime interception

operations, and more.

"I am so proud of this crew - they are ever at the ready conducting many different events in theater," said Cmdr. Tim Labenz, commanding officer of USS *Sampson*. *Sampson* was recently recognized for their efforts by President Donald J. Trump in a teleconference held while they were underway in the Red Sea.

Across the area of operations, Cmdr. Allen Maxwell, commanding officer of USS *Preble*, understands how the past is shaping his ships current operations.

"On *Preble*," said Maxwell, "we understand our lineage with the Little Beavers, and this crew trains and operates in theater today with an eye to preserving this squadron's legacy and current standards of superb operational readiness." *Preble's* training re-

cently paid off, as their quick response provided aid to a fishing vessel in distress while on patrol off the coast of Iran.

The phrase "The Little Beavers" was adopted by Burke after he saw the cartoon character being painted on torpedo tubes on one of the DESRON ships in 1943. Little Beaver was the companion character to Red Ryder in the newspaper comic strip, "The Adventures of Red Ryder," which ran from 1938-1964. To this day, Little Beaver remains a hallmark symbol of this famous squadron.

Destroyer Squadron 23 left San Diego Oct. 10 on deployment with the *Theodore Roosevelt* Carrier Strike Group. Besides DESRON 23 staff, TRCSG is comprised of Carrier Strike Group 9 staff, Carrier Air Wing (CVW) 17, and DESRON 23 ships, and support air squadrons.

Navy releases draft EA for home basing of Osprey aircraft at NAS North Island

SAN DIEGO - The Navy has prepared and released to the public a Draft Environmental Assessment (EA) proposing to provide facilities and functions to support the replacement of the aging C-2A Greyhound aircraft with the new CMV-22B Osprey (Navy V-22) aircraft at existing West and East Coast Fleet Logistics Centers, NAS North Island, Ca. and NS Norfolk.

The Navy will hold two public meetings to provide information and solicit comments on the Draft EA.

The C-2A was commissioned in the 1960s, refurbished in 1973 and again in 2010. It has reached the end of its service life, and must be replaced.

The proposed action provides facilities and functions to support the replacement of the fixed-wing C-2A with the Navy V-22 tilt-rotor aircraft to meet operational demands and enhance the Navy's logistics support mission. Navy V-22 aircraft will deliver personnel, mail and cargo to/from aircraft carriers in Norfolk and San Diego

The Draft EA summarizes the environmental effects of the proposed action, which includes replacing 27 legacy C-2A aircraft operated by existing fleet logistics support squadrons with 38 Navy V-22 aircraft operated by fleet logistics support multi-mission squadrons; establishing a Navy V-22 training squadron for pilots and aircrews; establishing a maintenance school; constructing, renovating, and maintaining facilities to accommodate squadron aircraft and personnel; making adjustments to personnel levels associated with the Navy V-22 training squadron and maintenance school; and conducting Navy V-22 flight operations.

Based upon the analysis in the EA, the introduction of the Navy V-22 is expected to have only minor impacts on the environment and local community.

The public meetings will be conducted using an open house format with information displays and materials available for public review. There will be no formal presentation. Navy staff will be present to answer general questions on the proposed transition and the Draft EA.

The public meeting in Coronado will be on Jan. 23, from 5-7 p.m. at the Coronado Community Center, 1845 Strand Way.

The Draft EA is available for public review at <http://www.aftteis.com/navy-v-22>.

Printed and electronic copies of the Draft EA may be reviewed at the Coronado Public Library, 640 Orange Avenue, Coronado; San Diego Central Library, 330 Park Blvd.; Point Loma/Hervey Branch Library, 3701 Voltaire Street; and Imperial Beach Branch Library, 810 Imperial Beach Blvd.

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NSF continued from page 2

teams consist of representatives from Naval Sea Systems, Space and Naval Warfare Systems Command, Naval Personnel Command, Naval Education and Training Command, and other commands that have a role in making changes for current Sailors and how to develop future officers and Sailors to drive their ships, fight and win at sea. CNSP and CNSL serve as the central node for both realizing recommendations on the deckplates and relaying progress to senior leadership.

At the time this article was submitted for publication, 11 CR recommendations had been accomplished by the Navy. The Surface Force continues to focus on completing all CR initiatives.

Examples of other initiatives under consideration are a bridge resource management workshop, a junior officer of the deck course, officer of the deck assessments and prospective commanding officer competency checkpoint assessments. These initiatives were framed

using the CR recommendations as well as Sailor feedback from when Rowden visited with commands and ship crews in Japan, Singapore, and Everett, Washington, following the incidents.

"We need to revisit basics and these initiatives are a look at how to do and train the fundamentals correctly," said Rowden. "If we can't master the basics, it will be challenging to be proficient operating at the tactical level."

While the CR was gathering its information, Rowden, in concert with U.S. Pacific Fleet, commander, Adm. Scott Swift, took immediate action to address needed changes and improvements to the surface fleet at every opportunity. Following an operational pause directed by the CNO, Rowden recognized a need to improve confidence and competence in the surface Navy.

To that end, the CNSF commander issued guidance directing a concerted focus on the basics upon which safe navigation rests: contact management; bridge resource management; subject to the cognizant poli-

cies of fleet commanders, the transmission of Automatic Identification Systems (AIS) while operating in restricted waters and high-traffic areas; the aforementioned circadian rhythm watchbill and shipboard routine implementation; and ready for sea assessments. Additionally, subordinate commanders were directed to take specific actions such as ensuring more personal involvement with manning, watchbills, training and certification pillars in order to ensure increased safety and readiness of their units and ships - at sea and in port.

"We've already implemented a number of the recommendations from the CR, and we will continue to address all of the remaining recommendations, ensuring all our initiatives put sharp focus on building better mariners, enhancing our ability to safely operate at sea and ultimately strengthening our warfighting capability," said Rowden. "The one thing that remains constant as we implement these initiatives is the dedication of the young Sailors that serve aboard our warships. They take great pride in their profession, as they should."



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Become a docent at San Diego Botanic Garden; Classes begin Thursday, Jan. 18

For many of us, the start of a new year gives us pause to reflect and resolve to go forward implementing positive changes into our lives. What better way to begin 2018 then joining the enthusiastic and dedicated ranks of trained docents at the San Diego Botanic Garden? You will be given a new appreciation of

San Diego's unique floristic environment and learn how share this knowledge with others in our community.

At our 8 week Docent Training Program, you'll gain in-depth knowledge about the unique collection of plants at this 37-acre botanic wonderland. Meet others who share your interest in the natural world, while learning from experts in a variety of specialties.

Docent activities include planning and working on special events, volunteering in garden beautification, and helping the Garden run smoothly. Docents are also encouraged (but not required) to lead garden tours. To each of these activities docents bring valuable leadership made possible through this specialized training.

Classes take place at San Diego Botanic Garden from 9:30 am – 1 pm on the following dates:

Jan. 18 SDBG Introduction to Docent Program & Garden Overview

Also Docent Website and Hours Recording

Feb. 1 Larabee Legacy & Botany Bootcamp

Feb. 15 Palms and Cycads & Childrens Programs & Gardens

March 1 Mediterranean Climate Gardens

March 15 Bamboo & Subtropical Fruit Gardens

March 29 Succulents & the Desert Gardens

April 12 CA Native Plants & Native Plants/Native People &

Firescape Gardens
April 26 Trees of the SDBG Garden & the Herb Garden

Space is limited, so register today by contacting Jill Gardner, SDBG Volunteer Manager, at jjgardner@sdbgarden.org or by calling 760/436-3036 x213.

Cost: \$60 fee for 8 classes. Pre-requisites prior to enrollment in Docent Training are required including: attendance at a Volunteer Orientation Meeting; completing 10 hours of volunteer work at SD Botanic Garden; and submitting SDBG Volunteer Forms and an SDBG Volunteer Background Check.

About San Diego Botanic Garden: Named as one of the "Top 10 North American Gardens Worth Traveling For" (in 2017) by the American Gardens Association, San Diego Botanic Garden is a beautiful urban retreat nestled on 37-acres in the midst of Encinitas. Visitors enjoy restful vistas, flowering trees, majestic palms, and the nation's largest bamboo collection. Thanks to our mild Southern California climate, plants from all over the world thrive here. Our diverse topography provides a wide variety of microclimates giving visitors the sensation of strolling through a tropical rainforest to hiking in the desert. Four miles of trails wind through 29 uniquely themed gardens including the acclaimed Hamilton Children's Garden. San Diego Botanic Garden is located at: 230 Quail Gardens Drive, Encinitas, CA 92024. SDBGarden.org

History of the World



by Mark Andrews

Jan. 12: ON THIS DATE in 1896, H.L. Smith took the first X-ray - just a week after their discovery by a German physicist. In 1926, "Sam 'n' Henry" debuted on WGN radio in Chicago. The name of the show later was changed to "Amos 'n' Andy," and it became one of early radio's most successful programs.

Jan. 13: ON THIS DATE in 1942, German U-boats began harassing American freighters off Florida's Atlantic coast. In 1964, U.S. Surgeon General Luther Terry issued the first government report saying smoking may be hazardous to people's health.

Doodles and abstractions opening reception at June Rubin art studio

Free! Friday, Feb. 2, 5-9 pm at June Rubin Studio/Gallery, Arts District Liberty Station, Barracks 19, 2690 Hist. Decatur Rd., #214, San Diego, 92106.

San Diego-based artist June Rubin invites you and your family to meet the artist while enjoying her delightful and dreamy mixed media artworks. Rubin's watercolor and pen doodle AMORE portrays her daydream of a whimsical monster next to a slice of blue pizza and a bright red heart. BANANA TRAIL shows a torn heart with a trail of sequins, The pleasing abstract CHINESE MOUNTAINS watercolor glitters and uses vivid pure colors on paper towel.



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Join the San Diego Automotive Museum at the opening reception for our new exhibit, Glorious Rat Rods: Diamonds in the Rust on Feb. 13.

Come see these stylish and artistic custom cars up close. The admission prices are \$10 for members and \$15 for non-members and include dinner and water, soft drinks, beer & wine.

Doors open at 6 pm, certificate presentation is at 6:30 p.m., and dinner will be served promptly at 7 p.m.

Tickets may be purchased at <http://sdautomuseum.org/event/glorious-rat-rods-reception>. If you wish to pay at the door, call Sally at (619) 398-0301 before Feb. 5.

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AutoMatters & More: Global Winter Wonderland – A celebration of color, light, art & spectacular entertainment

AutoMatters™ & More



by Jan Wagner

Global Winter Wonderland is a family-friendly entertainment event that was first introduced to the world in 2011, in Santa

Clara, California. Its theme was “Travel the World in Just One Day!” Since then the event has visited Sacramento, California and Atlanta, Georgia.

Winter Wonderland she shares with children and adults alike the wonder and excitement that she experienced as a child, bringing together people from around the world.

The magic happens when the lights turn on within the modern interpretations of those ancient Chinese lanterns. Splashes of color and light radiate from the many depictions of internationally renowned cultural landmarks and figures, as well as traditional holiday scenes and characters.



150-foot long, traditional Chinese dragon



Holiday towers with ceremonial guard



Clara, California. Its theme was “Travel the World in Just One Day!” Since then the event has visited Sacramento, California and Atlanta, Georgia.

This year dual events were staged almost simultaneously at CAL EXPO in Sacramento and here at SDCCU Stadium in San Diego, both beginning in November, 2017 and running on selected dates through Sunday, January 7, 2018. San Diego was chosen because it is a popular international travel destination, typically with a pleasant, moderate climate year round.

The original inspirations for Lulu – the creative genius responsible for Global Winter Wonderland – were the traditional Chinese lantern festivals that date back over 2,000 years and are fondly remembered from her childhood. Since then she has travelled to many countries and has experienced many diverse cultures. Through Global

be sufficiently resilient in the event of high winds or an earthquake. Each structure has a rigid metal framework and is firmly secured to the parking lot.

In addition to the lanterns, there is also a multi-cultural “Circus of Light” featuring acrobats from around the world, including Africa, China, Europe and right here in San Diego. Performances include fire juggling, human pyramids, balancing on towers of precariously stacked chairs and more.

Elsewhere, a Guinness world record-holding team of five motor-

Global Winter Wonderland arch at San Diego entrance

cycle stunt riders enters a gigantic sphere constructed of thick metal grating attached to a rigid framework. Then they ride all around it, in all directions, in a precisely choreographed exhibition of incredible skill. In China the number of riders increases to 12 within a globe that is only one meter larger in diameter!

A variety of beautiful, handmade crafts and other artwork can be found in the international marketplace; and in the spa-

rious food court, a wide assortment of taste-tempting foods is prepared for your enjoyment. There is also a large, bustling carnival midway, with games of chance and lots of fun rides.

While this year’s event is almost over as of this writing, it will return later this year – when darkness falls in the late afternoon once again. Efforts are being made to bring it back to San Diego and Sacramento, and at least one other host city has already been confirmed (hint: I’ll bet you know which city is world famous for its bright lights, massive depictions of iconic landmarks and around-the-clock action). For the latest news, visit GlobalWonderland.com.

One day is not enough to take in everything. I tried to but, much like what happened with Cinderella’s coach when the clock struck midnight, at closing time (10 P.M.) most of the lanterns’ lighting was switched off. That made for a rather interesting, added challenge in the maze!

Send your comments and suggestions to AutoMatters@gmail.com. To see many more photos go to www.drivetribe.com, search for “AutoMatters & More” and click on TRIBES.

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

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1/19 THE FINAL YEAR



Chris Hemsworth ("Thor," "The Avengers" films) and Oscar nominee Michael Shannon ("Revolutionary Road," "Nocturnal Animals") star in "12 Strong," a powerful new war drama from Alcon Entertainment, Black Label Media and Jerry Bruckheimer Films. Based on the book best-selling book Horse Soldiers, it is story of heroism based on true events that unfolded a world away in the aftermath of 9/11.

Genre: Drama

THE FINAL YEAR

THE FINAL YEAR is a unique insiders' account of President Barack Obama's foreign policy team during their last year in office. Featuring unprecedented access inside the White House and State Department, THE FINAL YEAR offers an uncompromising view of the inner workings of the Obama Administration as they prepare to leave power after eight years.

Genre: Documentary

THURSDAY EVENING

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (8)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory (N)	Young Sheldon	Mom (N) (CC)	Life in Pieces (N)	S.W.A.T. "Seizure" (N) (CC)	News	News	Late Colbert	Late Colbert
KFMB2 (8.2)	The Dr. Oz Show Night-mare neighbors.	Judge Judy (N) (CC)	Judge Judy (N) (CC)	News 8 at 7 (N)	Seinfeld (CC)	23rd Annual Critics' Choice Awards Honoring cinematic and TV achievement. (N) (CC)		News 8 at 10 (N)		Seinfeld (N) (CC)	2 Broke Girls (N) (CC)	2 Broke Girls (N) (CC)	2 Broke Girls (N) (CC)	2 Broke Girls (N) (CC)
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Child Support (N) (CC)	Truth and Lies: The Tonya Harding Story	Tonya Harding opens up about her life. (N)	10News at 11pm	Jimmy Kimmel	Jimmy Kimmel	Jimmy Kimmel	Jimmy Kimmel	Jimmy Kimmel
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N)	Ken Kramer's	A Growing Passion	1915 Expo Cen	Crossing South	Midsomer Murders (N) (CC)	Midsomer Murders (N) (CC)	Midsomer Murders (N) (CC)	Midsomer Murders (N) (CC)	Midsomer Murders (N) (CC)
KNSD (69)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Superstore (N) (CC)	The Good Place (N)	Will & Grace (N)	Great News (N)	Chicago Fire (N) (CC) (DVS)	NBC 7 News	NBC 7 News	NBC 7 News	NBC 7 News
DISN	Andi Mack	Bizaardvark (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Raven's Home (N) (CC)	Andi Mack	Stuck in the Middle	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	Andi Mack	Stuck in the Middle
ESPN	Women's College Basketball	College Basketball Clemson at North Carolina State. From PNC Arena in Raleigh, N.C.	College Basketball Clemson at North Carolina State. From PNC Arena in Raleigh, N.C.	College Basketball Clemson at North Carolina State. From PNC Arena in Raleigh, N.C.	College Basketball Clemson at North Carolina State. From PNC Arena in Raleigh, N.C.	College Basketball Clemson at North Carolina State. From PNC Arena in Raleigh, N.C.	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter With Scott Van Pelt (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)
ESPN2	College Basketball	College Basketball Wichita State at East Carolina. (N) (Live)	College Basketball Wichita State at East Carolina. (N) (Live)	College Basketball Wichita State at East Carolina. (N) (Live)	College Basketball Wichita State at East Carolina. (N) (Live)	College Basketball Wichita State at East Carolina. (N) (Live)	College Basketball Utah at UCLA. From Pauley Pavilion in Los Angeles. (N) (Live) (CC)	College Basketball Utah at UCLA. From Pauley Pavilion in Los Angeles. (N) (Live) (CC)	College Basketball Utah at UCLA. From Pauley Pavilion in Los Angeles. (N) (Live) (CC)	College Basketball Utah at UCLA. From Pauley Pavilion in Los Angeles. (N) (Live) (CC)	Basketball	NFL Live (CC)	NFL Live (CC)	NFL Live (CC)
TLC	Four Weddings "... And a Texas Showdown" Four women judge one another's weddings.	My 600-Lb. Life "Laura's Story" (N) (CC)	My 600-Lb. Life "Supersized: Rena & Lee's Story" Rena and Lee struggle; insider facts.	My 600-Lb. Life "Supersized: Rena & Lee's Story" Rena and Lee struggle; insider facts.	My 600-Lb. Life "Supersized: Rena & Lee's Story" Rena and Lee struggle; insider facts.	My 600-Lb. Life "Supersized: Rena & Lee's Story" Rena and Lee struggle; insider facts.	Family by the Ton (N) (CC)	Family by the Ton (N) (CC)	My 600-Lb. Life (N) (CC)	My 600-Lb. Life (N) (CC)				
USA	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Damnation (N) (CC)	Damnation (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)

JANUARY 11, 2018

FRIDAY EVENING

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (8)	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	MacGyver "CO2 Sensor & Tree Branch"	Hawaii Five-0 (N) (CC)	Blue Bloods "The Brave" (N) (CC)	News	News	Late Colbert	Late Colbert	Late Colbert	Late Colbert
KFMB2 (8.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N) (CC)	Judge Judy (N) (CC)	News 8 at 7 (N)	Seinfeld (CC)	Crazy Ex-Girlfriend (N) (CC)	Penn & Teller: Fool Us "50/50 Chance"	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls (N) (CC)	2 Broke Girls (N) (CC)	2 Broke Girls (N) (CC)	2 Broke Girls (N) (CC)	2 Broke Girls (N) (CC)
KGTV (10)	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Child Support (N) (CC)	Marvel's Agents of S.H.I.E.L.D. (N) (CC)	20/20 (N) (CC)	10News at 11pm	Jimmy Kimmel	Jimmy Kimmel	Jimmy Kimmel	Jimmy Kimmel	Jimmy Kimmel
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N)	Washington Week	Roundtable	Doc Martin (N) (CC)	Doc Martin (N) (CC)	Doc Martin (N) (CC)	Doc Martin (N) (CC)	Doc Martin (N) (CC)	Doc Martin (N) (CC)	Doc Martin (N) (CC)
KNSD (69)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Blindspot "Hot Burning Flames" (N) (CC)	Taken "S.E.R.E." (Season Premiere) (N)	Dateline NBC (N) (CC)	NBC 7 News	NBC 7 News	NBC 7 News	NBC 7 News	NBC 7 News	NBC 7 News
DISN	Andi Mack	Bizaardvark (N) (CC)	K.C. Undercover	Stuck in the Middle	Another Cinderella Story (2008) Selena Gomez, Drew Seeley. (N) (CC)	A Cinderella Story: If the Shoe Fits (2016, Fantasy) Sofia Carson, Jennifer Tilly. (N) (CC)	Another Cinderella Story (2008) Selena Gomez, Drew Seeley. (N) (CC)	Another Cinderella Story (2008) Selena Gomez, Drew Seeley. (N) (CC)	Another Cinderella Story (2008) Selena Gomez, Drew Seeley. (N) (CC)	Another Cinderella Story (2008) Selena Gomez, Drew Seeley. (N) (CC)	Another Cinderella Story (2008) Selena Gomez, Drew Seeley. (N) (CC)	Another Cinderella Story (2008) Selena Gomez, Drew Seeley. (N) (CC)	Another Cinderella Story (2008) Selena Gomez, Drew Seeley. (N) (CC)	Another Cinderella Story (2008) Selena Gomez, Drew Seeley. (N) (CC)
ESPN	NBA Basketball Golden State Warriors at Milwaukee From BMO Harris Bradley Center in Milwaukee.	NBA Basketball Golden State Warriors at Milwaukee From BMO Harris Bradley Center in Milwaukee.	NBA Basketball Golden State Warriors at Milwaukee From BMO Harris Bradley Center in Milwaukee.	NBA Basketball Golden State Warriors at Milwaukee From BMO Harris Bradley Center in Milwaukee.	NBA Basketball Golden State Warriors at Milwaukee From BMO Harris Bradley Center in Milwaukee.	NBA Basketball Golden State Warriors at Milwaukee From BMO Harris Bradley Center in Milwaukee.	NBA Basketball Houston Rockets at Phoenix Suns. From Talking Stick Resort Arena in Phoenix. (N) (Live)	NBA Basketball Houston Rockets at Phoenix Suns. From Talking Stick Resort Arena in Phoenix. (N) (Live)	NBA Basketball Houston Rockets at Phoenix Suns. From Talking Stick Resort Arena in Phoenix. (N) (Live)	NBA Basketball Houston Rockets at Phoenix Suns. From Talking Stick Resort Arena in Phoenix. (N) (Live)	SportsCenter (N) (Live) (CC)			
ESPN2	College Basketball VCU at Dayton. (N)	College Basketball VCU at Dayton. (N)	College Basketball VCU at Dayton. (N)	College Basketball VCU at Dayton. (N)	NFL Live (CC)	NBA Basketball: Rockets at Suns	NBA Basketball: Rockets at Suns	NBA Basketball: Rockets at Suns						
TLC	Untold Stories of the E.R. (N) (CC)	Untold Stories of the E.R. "Turtle Trouble"	Untold Stories of the E.R. "Turtle Trouble"	Untold Stories of the E.R. "Turtle Trouble"	Untold Stories of the E.R. "Turtle Trouble"	Dr. Pimple Popper (N) (CC)	Untold Stories of the E.R. "Turtle Trouble"	Untold Stories of the E.R. "Turtle Trouble"	Untold Stories of the E.R. "Turtle Trouble"					
USA	Law & Order: Special Victims Unit (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)	Modern Family (N) (CC)

JANUARY 12, 2018

SATURDAY MORNING/AFTERNOON

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30	
KFMB (8)	Dr. Chris: Pet Vet (N)	Innovation Nation	The Inspectors	To Be Announced	College Basketball	College Basketball Florida at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live) (CC)	College Basketball Florida at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live) (CC)	College Basketball Florida at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live) (CC)	College Basketball Florida at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live) (CC)	College Basketball Florida at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live) (CC)	College Basketball Florida at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live) (CC)	College Basketball Florida at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live) (CC)	College Basketball Florida at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live) (CC)	College Basketball Florida at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live) (CC)	College Basketball Florida at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live) (CC)	College Basketball Florida at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live) (CC)	College Basketball Florida at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live) (CC)	College Basketball Florida at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live) (CC)	College Basketball Florida at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live) (CC)	College Basketball Florida at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live) (CC)
KFMB2 (8.2)	Dog Whisperer	Dog Whisperer	Dog Whisperer	This Old H.	Hidden Heroes (N)	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Impractical Jokers	Impractical Jokers	James Brown	RaceWeek (N) (CC)	Sports Stars	Hiring America (N) (CC)	Military Make-over
KGTV (10)	Good Morning	10News This Morning at 8am Saturday (N) (CC)	Jack Hanna	Ocean Treks	Sea Rescue (N) (CC)	The Wildlife Docs	Rock the Park (N) (CC)	Vacation Creation	Paid Program	Medical Discoveries	Paid Program	World of X Games (N)	30 for 30	Castle Investigating a museum curator's death.						
KPBS (15)	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (N) (CC)	I'll Have It My Way With Hattie Bryant End-of-life decisions. (CC)	R. Steves' Europe	This Old House (N)	Ask This Old House	Kimball's Milk Street	Simply Ming (N) (CC)	Cook's Country (N)	Martha Bakes (N)	Pati's Mexican Table	Family Ingredients	R. Steves' Europe	Crossing South	Crossing South	Crossing South	Crossing South
KNSD (69)	NBC 7 News To	The Voyager	Wilderness Vet (N)	Journey-Dreyer	Premier League Soccer Tottenham Hotspur FC vs Everton FC. (N) (Live) (CC)	Skiing USSA Freestyle International: Aerials.	Football Night in America (N) (CC)	NFL Football Atlanta Falcons at Philadelphia Eagles. The Falcons and Eagles meet in the divisional round with a spot in the NFC championship on the line. (N) (Live) (CC)	NFL Football Atlanta Falcons at Philadelphia Eagles. The Falcons and Eagles meet in the divisional round with a spot in the NFC championship on the line. (N) (Live) (CC)	NFL Football Atlanta Falcons at Philadelphia Eagles. The Falcons and Eagles meet in the divisional round with a spot in the NFC championship on the line. (N) (Live) (CC)	NFL Football Atlanta Falcons at Philadelphia Eagles. The Falcons and Eagles meet in the divisional round with a spot in the NFC championship on the line. (N) (Live) (CC)	NFL Football Atlanta Falcons at Philadelphia Eagles. The Falcons and Eagles meet in the divisional round with a spot in the NFC championship on the line. (N) (Live) (CC)	NFL Football Atlanta Falcons at Philadelphia Eagles. The Falcons and Eagles meet in the divisional round with a spot in the NFC championship on the line. (N) (Live) (CC)	NFL Football Atlanta Falcons at Philadelphia Eagles. The Falcons and Eagles meet in the divisional round with a spot in the NFC championship on the line. (N) (Live) (CC)	NFL Football Atlanta Falcons at Philadelphia Eagles. The Falcons and Eagles meet in the divisional round with a spot in the NFC championship on the line. (N) (Live) (CC)	NFL Football Atlanta Falcons at Philadelphia Eagles. The Falcons and Eagles meet in the divisional round with a spot in the NFC championship on the line. (N) (Live) (CC)	NFL Football Atlanta Falcons at Philadelphia Eagles. The Falcons and Eagles meet in the divisional round with a spot in the NFC championship on the line. (N) (Live) (CC)	NFL Football Atlanta Falcons at Philadelphia Eagles. The Falcons and Eagles meet in the divisional round with a spot in the NFC championship on the line. (N) (Live) (CC)	NFL Football Atlanta Falcons at Philadelphia Eagles. The Falcons and Eagles meet in the divisional round with a spot in the NFC championship on the line. (N) (Live) (CC)	NFL Football Atlanta Falcons at Philadelphia Eagles. The Falcons and Eagles meet in the divisional round with a spot in the NFC championship on the line. (N) (Live) (CC)
DISN	Vampirina (N) (CC)	Tangled: The Series (Season Finale) (N) (CC)	Stuck in the Middle	Stuck in the Middle	Andi Mack "Mama" (N) (CC)	Andi Mack (N) (CC)	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Raven's Home (N) (CC)	Raven's Home (N) (CC)	K.C. Undercover (N) (CC)	K.C. Undercover (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Stuck in the Middle			
ESPN	Postseason NFL Countdown (N) (Live) (CC)	College Basketball Kansas State at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live)	College Basketball Kansas State at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live)	College Basketball Kansas State at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live)	College Basketball Kansas State at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live)	College Basketball Kansas State at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live)	College Basketball West Virginia at Texas Tech. (N) (Live) (CC)	College Basketball West Virginia at Texas Tech. (N) (Live) (CC)	College Basketball West Virginia at Texas Tech. (N) (Live) (CC)	College Basketball West Virginia at Texas Tech. (N) (Live) (CC)	College Basketball West Virginia at Texas Tech. (N) (Live) (CC)	College Basketball West Virginia at Texas Tech. (N) (Live) (CC)	College Basketball West Virginia at Texas Tech. (N) (Live) (CC)	College Basketball West Virginia at Texas Tech. (N) (Live) (CC)	College Basketball West Virginia at Texas Tech. (N) (Live) (CC)	College Basketball West Virginia at Texas Tech. (N) (Live) (CC)	College Basketball West Virginia at Texas Tech. (N) (Live) (CC)	College Basketball West Virginia at Texas Tech. (N) (Live) (CC)	College Basketball West Virginia at Texas Tech. (N) (Live) (CC)	College Basketball West Virginia at Texas Tech. (N) (Live) (CC)
ESPN2	SportsCenter (N)	SportsCenter (N) (Live) (CC)	College Basketball Purdue at Minnesota. From Williams Arena in Minneapolis. (N) (Live)	College Basketball Purdue at Minnesota. From Williams Arena in Minneapolis. (N) (Live)	College Basketball Purdue at Minnesota. From Williams Arena in Minneapolis. (N) (Live)	College Basketball Purdue at Minnesota. From Williams Arena in Minneapolis. (N) (Live)	College Basketball Oregon at Arizona. From McKale Memorial Center in Tucson, Ariz. (N) (Live)	College Basketball Oregon at Arizona. From McKale Memorial Center in Tucson, Ariz. (N) (Live)	College Basketball Oregon at Arizona. From McKale Memorial Center in Tucson, Ariz. (N) (Live)	College Basketball Oregon at Arizona. From McKale Memorial Center in Tucson, Ariz. (N) (Live)	College Basketball Virginia Tech at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (Live)	College Basketball Virginia Tech at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (Live)	College Basketball Virginia Tech at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (Live)	College Basketball Virginia Tech at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (Live)	College Basketball Virginia Tech at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (Live)	College Basketball Virginia Tech at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (Live)	College Basketball Virginia Tech at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (Live)	College Basketball Virginia Tech at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (Live)	College Basketball Virginia Tech at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (Live)	College Basketball Virginia Tech at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (Live)
TLC	Four Weddings (N) (CC)	Four Weddings Heather; Aretha; Kelly; Mary. (N) (CC)	Four Weddings "... And a Drum Circle" (N) (CC)	Four Weddings Toni, Tamekia, Kat and Lauren.	Four Weddings "... And a Texas Showdown" Four women judge one another's weddings. (N) (CC)	NCIS A serial killer withholds information. (N) (CC)	NCIS A serial killer withholds information. (N) (CC)	NCIS A serial killer withholds information. (N) (CC)	NCIS A serial killer withholds information. (N) (CC)	NCIS A serial killer withholds information. (N) (CC)	NCIS A serial killer withholds information. (N) (CC)	NCIS A serial killer withholds information. (N) (CC)	NCIS A serial killer withholds information. (N) (CC)	NCIS A serial killer withholds information. (N) (CC)	NCIS A serial killer withholds information. (N) (CC)	NCIS A serial killer withholds information. (N) (CC)	NCIS A serial killer withholds information. (N) (CC)	NCIS A serial killer withholds information. (N) (CC)	NCIS A serial killer withholds information. (N) (CC)	NCIS A serial killer withholds information. (N) (CC)
USA	Caught on Camera	Larry King Bulletin	Paid Program	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)	NCIS A woman's body is found in a cell. (N) (CC)

JANUARY 13, 2018

SATURDAY EVENING

	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
KFMB (8)	NFL Football Tennessee Titans at New England Patriots. (N) (Live) (CC)	CBS News 8 Special Edition (N)	Entertainment Tonight (N) (CC)	Judge Judy (N) (CC)	News 8	News	Blue Bloods	Blue Blood						

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street from the beach!!
• Vinyl wood flooring
throughout • Walk-in closets
• Most utilities included

CALL FOR MOVE-IN SPECIAL
619-424-3119

"Military Friendly" PACIFIC LEGACY PROPERTIES

1, 2 & 3 Bedrooms available
throughout San Diego County.
Online Rental Hotsheet
www.pacleg.com
619-423-7500

RENTALS CONDOS

CORONADO-2BD/2BA, unfurn third flr unit
w/ views of Bay & Bridge, panorama from
roof deck. Sauna, sec bldg., mostly owner
occupied \$2600. 619-368-4001

RENTALS HOUSES

CORONADO-3BR/1.5BA, 1127 sq ft.,
\$3800mo, fresh paint, large fenced yrd, w/d.
Contact agent Chris 619-417-4477

IMPERIAL BEACH-House in IB w/ views,
3BD/2BA, 2 car garage, 1/2 blk to beach.
183 EBONY AVE 91932 \$3200. Avail now;
Contact Janice 619-977-1778

OCEANSIDE-3BR/2BA, \$2150 by Camp
Pen. 951-295-4108. Call first, please don't
disturb tenant. [movoto.com/oceanside-
ca/1212-holly-st-oceanside-ca-92058/pid_
e1051dc48g/](http://movoto.com/oceanside-ca/1212-holly-st-oceanside-ca-92058/pid_e1051dc48g/)

RENTAL LOFTS

BILLBOARD LOFTS

Large one bedroom
lofts in the heart of
Little Italy!

Gated Community
Most utilities included
CALL FOR MOVE IN SPECIAL
619-295-8376

RENTALS ROOMS

ROOMATE WANTED-San Diego, close to
Paradise Valley & National City. \$500/mo
619-709-7389

OTAY RANCH/EASTLAKE-furn room in luxu-
ry house. Near Otay Ranch Mall. \$1250 all
utilities incld. 619-846-1177

PARADISE VALLEY-\$485 includes utilities,
no pets/drugs/smkg/alcohol. Nice & peaceful
neighborhood. 619-475-9831

SOUTH SAN DIEGO-1BR/1BA, \$625, shr
util, female pref'd, near all highways no drgs,
smkg, pets. 619-259-8184/hmares1@cox.net

RENTALS STUDIO

CLAIREMONT-Lrg studio apt, w/ kitch-
enette, close to bus, stores, laundry-mat,
no pets/smkg. Priv entry, inclds utils, wifi,
cable \$1300. 858-268-4743



NRL

continued from page 6

semiconductors and dielectric
materials," Giles said.

Naturally occurring boron
is comprised of two isotopes,
boron-10 and boron-11, lending
a 10 percent difference in atomic
masses. This difference results in
substantial losses due to phonon
scattering, limiting the potential
applications of this material.
The research team at NRL has
engineered greater than 99 per-
cent isotopically pure samples
of hBN, meaning they consist
almost entirely of either boron-
10 or boron-11 isotopes.

This approach results in a dra-
matic reduction in optical losses,
resulting in optical modes that
travel up to three times farther
and persist for up to three times
longer than natural hBN. These
long-lived vibrational modes not

only enable immediate advances
specific to hBN - near field optics
and chemical sensing - but
also provide a strategic approach
for other materials systems to
exploit and build upon.

"Controlling and manipulat-
ing light at nanoscale, sub-dif-
fractional dimensions is notori-
ously difficult and inefficient,"
said Giles. "Our work represents
a new path forward for the next
generation of materials and
devices."

Contributors to this research
include scientists from the Uni-
versity of California San Diego,
Kansas State University, Oak
Ridge National Laboratory,
Columbia University, and Van-
derbilt University. Full details of
this research entitled "Ultralow-
loss polaritons in isotopically
pure boron nitride," can be found
in the Dec. 11, 2017 edition of
Nature Materials (doi:10.1038/
nmat5047).

Marriage

continued from page 7

Presented by Paul Friedman, founder of The Marriage Founda-
tion, a San Diego based non-profit organization.

Paul's talk will wrap up around 11am. There will be time after-
wards to meet him, get a book signed, and mingle with others.

Saturday, Jan. 20, 10am-11:30am at the Point Loma Assembly,
3035 Talbot St, San Diego, CA, 92106. Free with registration on
website. **Website:** [https://themarriagefoundation.org/effective-
communication-marriage/](https://themarriagefoundation.org/effective-communication-marriage/) **Email:** [support@themarriagefounda-
tion.org](mailto:support@themarriagefounda-
tion.org)

Does this sound like your marriage? * Not feeling heard or
understood at home. * Feeling disconnected from your spouse. *
Being off track from when you first got married.

About The Marriage Foundation: Since 2003, Paul Friedman
has worked with thousands of couples to identify principles that
have allowed them to rebuild their marriages like never before.
In 2009, he established a non-profit organization, The Marriage
Foundation, as a conduit to share his marriage system worldwide,
through books and online video courses. To date, TMF has assisted
secular and non-secular clients in 27 countries.

Love is a four legged word

MY PET WORLD: The right music may soothe dog on car rides

by Cathy M. Rosenthal

Dear Cathy,
I dog-sit my daughters lovable Yorkypoo occasionally. He happily jumps into my car, but makes the most horrendous ear-splitting noises, barking, howling, all during the drive. Having him strapped in or in his kennel, having my husband hold him in his lap, makes no difference. Could he be car sick? Any idea on how we can make car travel less stressful for a very cute and smart little Brizzly. - Brigitte, Hauppauge, NY

Dear Brigitte,

Occasionally, a dog might howl or bark if car sick, but mostly they just look like they want to throw up. Clearly, Brizzly is experiencing something, and it's either car sickness or anxiety related to the car ride. Here are a few things to try.

First, put him in an Anxiety Wrap or Thundershirt. Both garments can help reduce canine anxiety. Next, place him in a small airline kennel for transport, and drape a towel over the top of it, making sure that at least one side is open to fresh air. He will feel more secure in a kennel than sitting on your husband's lap. Also, crack open the back window a little, so fresh air circulates in the car.

There are over-the-counter car sickness supplements you can try. If that doesn't work, a veterinarian can provide something stronger for the ride.

If these things don't work, music might be the remedy. Research shows that classical music can reduce canine stress behaviors, like barking and whining. Some classical music may be too stimulating for dogs, so I recommend "Through a Dog's Ears," a canine classical music series created by psycho-acoustic expert Joshua Leed, concert pianist Lisa Spector, and veterinary neurologist Dr. Susan Wagner. According to Spector, the music in this series has lower toners, slower tempos and simple rhythmic patterns, which appeals more to dogs.

Let me know what works for Brizzly.

Dear Cathy,

I have a one-year-old rescue dog named Ted. He is a Wheaten Terrier. I don't know his past. He is very social with other dogs but is extremely shy with people. He wants to approach others but darts away if they try to pet him. This includes my family who he sees him on a regular basis.

I have tried to research how to handle this, but all the suggestions recommended giving him treats. Ted will not take treats when he is stressed around people. I have noticed improvement in his behavior when I am walking him on a leash and we pass strangers on the sidewalk (he used to strongly tug on his leash to get away), but it would be nice to get some advice on how I can help my dog relax around those I consider friends in my own house. It is very discouraging to my family that Ted will not let them pet him. I want them to love him as much as I do. - Karen, Las Vegas, NV

Dear Karen,

Most trainers recommend

tossing treats to dogs, so they make a connection between yummy treats and meeting new people. But stressed dogs often refuse treats making this a difficult training method to use. So, let's not worry about making him happy around people; let's just try to reduce his overall stress around people.

Ideally, the more a dog interacts with people, the more social they become, but he may not have learned social skills as a puppy and so is a nervous and shy dog now. Ted may always be a bit nervous and shy, but you can do things to build his confidence.

First, ask family and friends to not reach out to Ted anymore. He needs to know he can visit with people without people assuming that he wants to be approached or petted. The only time any dog should be petted is if the dog approaches and appears to invite the person to do so. And, the only time Ted will let people pet him is if he feels comfortable and confident in his surroundings.

Next, put Ted in an Anxiety Wrap or Thundershirt, too. In fact, he can wear it all the time if it relaxes him. Combine this with some plug-in dog pheromones around the house, so he connects the relaxed feeling with a soothing scent.

Finally, there are chewable calming aid supplements often produced in treat form. These supplements are mild, but when combined with body wraps and scent, can reduce stress and rebuild his confidence around people.

Search online for "anxiety supplements for dogs," and keep me informed on his progress.

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



Beau is a five year old neutered Doberman Pinscher/Rottweiler mix who weighs 78 lbs. He is a gentle giant who enjoys going for walks, being petted, and brushed. Beau is good with other dogs and older children, but is a bit nervous at the shelter. Sadly still seems to be looking for his previous owner, so he's hoping to find a new forever

family soon. With some quality bonding time, he will surely be the most loyal companion you could hope for. Meet Beau by asking for ID#A1816275 Tag#C191. He can be adopted for \$35.



Ginny is one year old spayed sweetheart with white & tabby markings. She arrived at the shelter as a stray and no one has come to claim her. Ginny is a sweet girl who enjoys hanging with her humans but also likes to play with toys and look for mischief if she can find it. She will make a wonderful addition to any

household and will be a good lap warmer in the colder months of the year. Meet Ginny by asking for ID#A1822212 Tag#C976. She can be adopted for \$58.

Bring some love into your life by adopting a forever friend to share your home! Dogs and puppies can be adopted for just \$69. Adult dogs and cats over 5 years old can become a member of your family for just \$35. If you're a senior yourself, or disabled, you can make any pet your forever companion for just \$35. Rabbits can be adopted for just \$25, so be sure to visit our bunny room too! All adoption fees should be confirmed once you get to the shelter, and include spaying or neutering, basic vaccinations, and a 1 year license for dogs. You can visit these animals and their many other friends at our Central County Shelter, 5480 Gaines Street, San Diego between the hours of 9:30AM to 5:30PM, Tuesday through Saturday. Visit <http://www.sddac.com> for more information and contact the shelter with questions and for holiday hours.

Omarr's weekly Astrological forecast



ARIES (March 21-April 19): Apply brainpower to business ideas or projects and employ the latest technology. Email and software can be valuable tools. You may lose ground if you are too competitive or aggressive in the week ahead.

TAURUS (April 20-May 20): Every attraction does not constitute true love. A casual flirtation that seems quite fascinating now might repel you by the end of the week or cause some sort of disruption. Focus on work rather than your co-workers.

GEMINI (May 21-June 20): Your mind spins with original ideas and you are happy to discuss them. You may be pushed to make a key decision but should wait until things settle down late in the week. Consider funding via a social media website.

CANCER (June 21-July 22): Those in close connection may be focused on climbing the ladder of success as this week unfolds. Don't distract partners by promising more than you can deliver or inadvertently waste someone's precious time.

LEO (July 23-Aug. 22): Under some conditions in the week ahead you may be tempted to take unreasonable risks with your money and heart. Avoid taking drastic steps or letting your passions rule your head. Avoid confrontations and disputes.

VIRGO (Aug. 23-Sept. 22): Brilliant is as brilliant does. In the week to come you might be given a chance to show off your intelligence and high ideals. Avoid spending too much on entertainments or hobbies, just to compete with others.

LIBRA (Sept. 23-Oct. 22): A good relationship can outlast a brief skirmish. Strive to create harmony rather than letting a minor clash of opinions put you and a loved one at odds. Displaying flirtatious ways can cause jealousy in the week to come.

SCORPIO (Oct. 23-Nov. 21): Don't lecture to an empty auditorium. Something that strikes you as important and activates your enthusiasm could encourage you to drag out the soapbox. Your preaching might fall on deaf ears in the week ahead.

SAGITTARIUS (Nov. 22-Dec. 21): Sit still and hold on tight. Your financial boat might rock in the coming week, so don't go overboard. Ingenious ideas or new technologies might seem feasible but could be too expensive to implement.

CAPRICORN (Dec. 22-Jan. 19): Don't scratch an itchy trigger finger. A valuable relationship might be turned topsy-turvy by an issue that will turn out to be a mere tempest in a teacup. Strive for cooperation, not aggravation, this week.

AQUARIUS (Jan. 20-Feb. 18): Stick to what you know. You might have the urge to experiment with something new or try innovative methods just for fun. With investment issues in the week ahead, don't test the waters, but get advice from partners.

PISCES (Feb. 19-March 20): Go ahead and make contact. The attractive person who is on your mind might be thinking about you as well. In the week ahead tighten your belt where spending is concerned and buy only things of solid value.

THURSDAY, JANUARY 11, 2018 www.armedforresidspatch.com 17



Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow." -Mary Anne Radmacher



Around Town

Full Moon Fishing at Lake Jennings Saturday, January 13, 6 a.m. to 10 p.m. \$2 - \$9 Do you miss the summertime night fishing? You're in luck! The lake will be open from 6 a.m. to 10 p.m. Full-sized lanterns are required after 5 p.m. CA State Fishing License is required. Boat rentals will be available on a first-come first-served basis. Camping is available as well. Info: 619-390-1623. Lake Jennings, 9535 Harritt Road, Lakeside, 92040.

Skyline Swap Saturday, January 13, 8 a.m. to 1 p.m. \$2 Clean out your home and find items to swap. You can swap anything but large furniture items. Drop off your items in advance or bring them on the swap day. Donations are greatly appreciated, or you can freely take the same number of items from the swap. If you come without items to swap, it's \$1 per item. Skyline Wesleyan Church, 11330 Campo Road, La Mesa, 91941.

Mystic Mission Dam Free Saturday, January 13, 8:30 a.m. to 10 a.m. Saturday, January 27, 2018, 8:30 a.m. to 10 a.m. Always picturesque and changing in appearance centuries-old Mission Dam is a centerpiece of fervent beauty. Whether swelled by winter rains or stilled by low waters it complements the charm of time spent in nature. Join our fun and informative naturalist-led walk and experience real magic. Meet by flag poles at Kumeyaay Campground entry station. Kumeyaay Lake Campground, Two Father Junipero Serra Trail, San Diego, 92119.

Join us at The New Children's Museum as we celebrate our 10 year anniversary with Jason Hackenwerth. Hackenwerth will be our artist in residence in the Innovators LAB from Jan. 7-15, 9 a.m. to 4 p.m. Crystal Cortex is his latest commission, which will hang in the museum's atrium through April 2018. Museum visitors will be able to watch the sculpture, made from over 14,000 balloons, being built and slowly raised to hang in the large atrium. In addition, Hackenwerth will lead hands-on workshops for member families to introduce his practice. Come take a peek at our newest interactive art installation. The New Children's Museum, 200 W. Island Avenue, San Diego, 92101.

Youth Fishing Clinic at Chollas Lake Free Ongoing until Monday, Dec. 31, 2018 Sundays, 10am-2pm Saturdays, 10am-2pm This kids-only fishing clinic is open to children 15 years and under, Saturday and Sunday year-round. No experience or equipment necessary. Fishing lessons, bait, and fun provided. Chollas Lake, 6350 College Grove Drive, San Diego, 92115.

Green and Gorgeous Gorge Jan. 13, 14, 17, 27, 28, 31, 9:30 a.m.-11 a.m. Free. Winter rains bring seasonal greenery that steadily blankets the park. For resident animals it cues the New Year's reproductive calendar as adults feast in preparation. Take in the sights and sounds of renewal, stroll its sage and chaparral domains as your Mission Trails Regional Park trail guide reveals the secrets of life in Mission Gorge.

Borrego Springs Film Festival

Thursday, January 11, 2018, 4 p.m.
Friday, January 12, 2018, 10 a.m.
Saturday, January 13, 10 a.m.
Sunday, January 14, 2018, 10 a.m.
Monday, January 15, 2018, 10 a.m.

Borrego Springs Performing Arts Center,
590 Palm Canyon Drive, Borrego Springs.
borregospringsfilmfestival.org

Buy an all-festival pass for \$125 to attend every event or get a film-block pass (\$10) to attend a specific screening block.



A juried, five-day film festival of narrative, documentary, animation, and Latino features and shorts. Films will be screened at the 180-seat Borrego Springs Performing Arts Center. Networking events and parties occur at local resorts throughout the weekend. The promoters say, "We're an old-school film festival. Packed houses and a raucous Q&A are part of the event."

Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos, 92119.

Del Mar Gem Faire, Fri-Sun, Jan 12-14 (Fri noon-6; Sat-Sun 10-5). \$7. Fine jewelry, precious and semi-precious gemstones, millions of beads, crystals, gold and silver, minerals. 70+ exhibitors. Jewelry repair and cleaning. Hourly door prizes. Del Mar Fairgrounds, 2260 Jimmy Durante Boulevard, Del Mar, 92014

Winter Festival. Free. Fri-Sat Jan 12-13, Fri 5-9pm, Sat 3:30-8:30pm. Build a snowman, sled down a snow hill, roasting marshmallows by the campfire, skate the synthetic skate rink. 858-668-4671. Poway Community Park and Auditorium, 13094 Civic Center Drive, Poway.

San Diego Sockers The Sockers pursue another Ron Newman Cup. Friday, January 12, 2018, 7:35 p.m. Sunday, January 21, 2018, 5:05 p.m. Friday, February 2, 2018, 7:35 p.m. Sunday, February 11, 2018, 5:05 p.m. Saturday, March 3, 2018, 7:05 p.m. Valley View Casino Center (Sports Arena) 3500 Sports Arena Boulevard, San Diego, 92110

Multicultural Festival. Sat, Jan 13, 11am-5pm. Free. Family-friendly festival aims to showcase San Diego's "rich cultural diversity and traditional heritage" with storytelling, ethnic vendors, dance performances, children's activities (drum circles, face painting, crafts), and entertainment from Native American, Asian, Cajun, Latin, jazz, and Afro-Cuban bands. Ruocco Park, 585 Harbor Lane, downtown San Diego, 92101

Harbor Seal Talk and Walk. Ongoing Saturdays 2-3:30pm thru March 24. Free. It's Pupping Season for La Jolla Harbor Seals. The Seal Society of Sierra Club San Diego Chapter docents presents an educational talk followed by a short walk to Casa Beach (aka Children's Pool) to view the newborn pups and nursing mothers in their nearshore

habitat every other Saturday during pupping season. Free but donations accepted. 858-551-9553. Images of Nature Gallery, 7916 Girard Ave, La Jolla, 92037

Martin Luther King Jr. Day of Interfaith Service

Free. Monday, January 15, from 8:15 a.m. to noon
West Balboa Park,

Quince and Balboa
Join people of different faiths and cultural backgrounds in interfaith community service



in Balboa Park, part of the National Day of Service in memory of Martin Luther King Jr. Help beautify a local treasure, Balboa Park, during a morning of hands-on community service, fun, and fellowship. Registration begins at 8:15 a.m. at the corner of Quince Street and Balboa Drive. The group will work outdoors clearing and hauling brush, mulching, and planting. You are invited to stay for musical entertainment and complementary picnic lunch of hot dogs and chips at 11:30. 10th annual event.

Movies at the Bases

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

Thursday, January 11
5:50 PM Coco (PG)
8:10 PM Justice League (PG-13)

Friday, January 12
5:50 PM Ferdinand (PG)
8:00 PM Star Wars: The Last Jedi (PG-13)

Saturday, January 13
1:00 PM Coco (PG)
3:20 PM Star Wars: The Last Jedi (PG-13)
6:30 PM Star Wars: The Last Jedi (PG-13)

Sunday, January 14
1:00 PM Star Wars: The Last Jedi (PG-13)
6:00 PM ADVANCED SCREENING - 12 Strong (R)
8:30 PM Ferdinand (PG)

Monday, January 15
5:50 PM Ferdinand (PG)
8:00 PM Star Wars: The Last Jedi (PG-13)

Tuesday, January 16
6:00 PM Ferdinand (PG)
8:10 PM Wonder (PG)

Wednesday, January 17
5:50 PM Coco (PG)
8:10 PM Ferdinand (PG)

Justice League

Genre: Action, Adventure, Fantasy, Sci-Fi
Cast: Ben Affleck, Gal Gadot, Jason Momoa, Ezra Miller, Ray Fisher, and Henry Cavill

Synopsis: Fueled by his restored faith in humanity and inspired by Superman's selfless act, Bruce Wayne enlists the help of his newfound ally, Diana Prince, to face an even greater enemy.

Rated: "PG-13" for sequences of science fiction violence and action.

Length: 120 minutes

Genre: Animation, Adventure, Comedy

Cast: Voices of Anthony Gonzalez, Gael Garcia Bernal, Benjamin Bratt, Jaime Camil and Alanna Ubach

Rated: "PG" for thematic elements.

Length: 105 minutes

★ **Synopsis:** Aspiring musician Miguel, confronted with his family's ancestral ban on music, enters the Land of the Dead to find his great-great-grandfather, a legendary singer.

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

Thursday, January 11
5:50 PM Just Getting Started (PG-13)
7:40 PM Last Flag Flying 125 min

Friday, January 12
5:30 PM Star Wars: The Last Jedi (PG-13)
8:30 PM Star Wars: The Last Jedi (3D) (PG-13)

Saturday, January 13
1:00 PM Star Wars: The Last Jedi (PG-13)
5:50 PM ADVANCED SCREENING - 12 Strong (R)
8:20 PM Star Wars: The Last Jedi (PG-13)

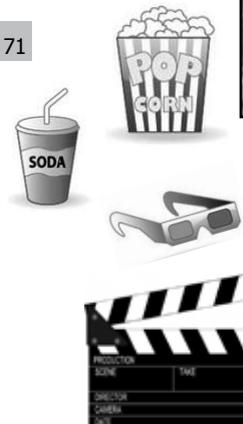
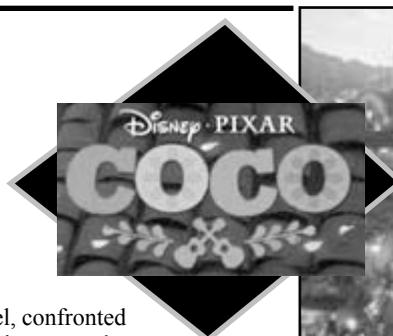
Sunday, January 14
12:30 PM Coco (PG)
2:40 PM Star Wars: The Last Jedi (PG-13)
5:50 PM Ferdinand (PG)
8:00 PM Star Wars: The Last Jedi (PG-13)

Monday, January 15
5:50 PM THEATER Closed

Tuesday, January 16
5:40 PM Ferdinand (PG)
7:50 PM Star Wars: The Last Jedi (PG-13)

Wednesday, January 17
5:40 PM Star Wars: The Last Jedi (PG-13)
8:30 PM Three Billboards Outside Ebbing, Missouri (R)

Thursday, January 18
5:50 PM Ferdinand (PG)
8:00 PM Roman J. Israel (PG-13)



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

Thursday, January 11
5:00 PM The Lion King (G)

Friday, January 12
5:00 PM Blade Runner 2049 (R)

Saturday, January 13
5:00 PM Jigsaw (R)

Sunday, January 14
5:00 PM American Made (R)

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

Thursday, January 11
11:00 AM The Good Dinosaur (PG)
5:00 PM Alien: Covenant (R)

Friday, January 12
5:00 PM American Made (R)

Saturday, January 13
11:15 AM Penguins of Madagascar (PG)
2:00 PM Tyler Perry's Boo 2! A Madea Halloween (PG-13)
5:00 PM Happy Death Day (PG-13)

Sunday, January 14
5:00 PM Diary of a Wimpy Kid: The Long Haul (PG)

Monday, January 15
5:00 PM No Movie ~ Happy Holiday

Tuesday, January 16
11:00 AM Ice Age: The Meltdown (PG)
5:00 PM King Arthur: Legend of the Sword (PG-13)

Wednesday, January 17
5:00 PM Guardians of the Galaxy Vol 2 (PG-13)

Thursday, January 18
11:00 AM Ice Age: Dawn of the Dinosaurs (PG)
5:00 PM All Eyez On Me (R)

Concerts

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

January

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

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

February

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

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

The Oak Ridge Boys. Age 21+. Sat, Feb 3, 5 & 8 p.m. Country. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon,

Arena Blvd., San Diego. (619) 224-4171.

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

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

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

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

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

839-4438.

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

Los Lobos. Fri, March 16, 8pm. Latin/Rock. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

Michael Schenker Fest. Sun, March 25, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. www.grove-of-anaheim.com

Future

Martin Luther King, Jr. Community Choir. Wed, April 4, 7pm. FREE. Standards., California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Berkley Hart: Wreck 'N' Sow. Sat, April 14, 8pm. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

Nightwish. Sat, April 14, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. www.grove-of-anaheim.com

Tao Drum Hart. Fri, April 27, 8pm. Acoustic/World. Poway Center for the Performing Arts, 15498 Espola Rd., Poway. (858) 748-0505.

Joey Alexander Trio. Sat, April 28, 7:30pm. Jazz. 13-year-old Grammy nominated pianist. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

Lisa Sanders & Karen "Brown Sugar" Hayes. Wed, May 2, 4 & 7pm. FREE. Blues/Country. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Kamelot. Sat, May 5, 8pm. Hard Rock. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. www.grove-of-anaheim.com

Lise Lindstrom & Greer Grimsley. Sat, May 5, 7:30pm. Classical/Opera/Standards. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

Priti Gandhi. Sun, May 13, 3pm. Classical/Opera/Soprano sensation. \$13-\$40. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Celtic Woman: Homecoming Tour. Fri, May 18, 7:30pm. Folk/World. Civic Theatre, 1100 Third Ave, downtown San Diego. (619) 570-1100.

Natalia Lafourcade. Fri, May 25, 7:30pm. Latin/Pop. \$20-\$80. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Pink. Mon, May 28, 7:30pm. Pop. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

Hammerfall. Fri, June 15, 8pm. Metal. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. www.grove-of-anaheim.com

Shania Twain. Fri, Aug 3, 7:30pm. Staples Center, 1111 S. Figueroa St, Los Angeles, CA 90015. www.staplescenter.com

Weezer and the Pixies. Sat, Aug 11, 7:30pm. Alt/Rock. Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

Niall Horan. Fri, Aug 17, 7:30pm. Pop. (One Direction). Mattress Firm Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.



May 28
7:30pm

Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

92019. (619) 445-6002.

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

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

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

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

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

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

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

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

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

New Breed Brass Band. Wed, Feb 28, 2018. 8-11pm. Hip-hop/Rap/Jazz/World. \$30. UCSD Price Center, 9500 Gilman Dr, San Diego 92023. (858) 534-6467

March

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

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

Celebrating David Bowie. Tues, March 6, 7:30pm. Covers. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

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

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

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

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

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

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Lease for **\$298** PER MONTH PLUS TAX 36 MONTHS*

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ZERO DOWN

2018 Subaru WRX



Lease for **\$299** PER MONTH PLUS TAX 36 MONTHS*

*1 at this payment, VIN #459540 Model #JFF 14. \$299 plus tax monthly for 36 months with \$0 due at signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer document preparation charges, any electronic filing fee. Security deposit not required. On approved above average credit through JP Morgan Chase. Offer expires 1/31/18.

ZERO DOWN

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Lease for **\$329** PER MONTH PLUS TAX 36 MONTHS*

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ZERO DOWN

2018 Subaru Outback Limited 3.6R Eyesight



Lease for **\$339** PER MONTH PLUS TAX 36 MONTHS*

*1 at this payment, VIN #264247, Model #JDK 23. \$339 plus tax monthly for 36 months with \$0 due at signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer document preparation charges, any electronic filing fee. Security deposit not required. On approved above average credit through JP Morgan Chase. Offer expires 1/31/18.

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