

Weekly Contest

Enter to win a voucher for 4 to see the Harlem Globetrotters at Valley View Casino Center. **See page 4**

Movies on base

Star Wars: The Last Jedi, The Greatest Showman, Pitch Perfect 3, All the Money in the World. **See page 5**

Around Town this weekend

Farmers Insurance Open Golf Tournament, Sunroad Marina Boat Show, Stories in Time, S.D. Cat Show. **See page 18**

Navy Marine Corps Coast Guard Army Air Force

ARMED FORCES DISPATCH



AT EASE

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FIFTY SEVENTH YEAR NO. 28
THURSDAY, JANUARY 25, 2018

February Monthly Observances

- Adopt A Rescued Rabbit
- AMD/Low Vision Awareness
- American Heart Month
- Bake for Family Fun Month
- Barley Month
- Beat The Heat Month
- Declutter For A Cause
- Dog Training Education
- Fabulous Florida Strawberry
- Feline Fix By Five Month
- Free/Open Source Software
- From Africa to Virginia
- Grapefruit Month
- Int'l Boost Self-Esteem
- Int'l Expect Success Month
- Int'l Hoof-care Month
- Int'l Black Women in Arts
- Int'l Prenatal Infection Prevention Month
- Library Lovers Month
- Love The Bus Month
- Marfan Syndrome Awareness
- Marijuana Awareness
- Nat'l African American History
- Nat'l African American Read-In
- Nat'l Bird Feeding Month
- Nat'l Black History Month
- Nat'l Care About Your Indoor Air
- Nat'l Cherry Month
- Nat'l Condom Month
- Nat'l Children's Dental Health
- Nat'l Haiku Writing Month
- Nat'l Hot Breakfast Month
- Nat'l Laugh-Friendly Month
- Nat'l Mend A Broken Heart
- Nat'l Parent Leadership
- Nat'l Pet Dental Health
- National Prevent A Litter
- Nat'l Teen Dating Awareness
- Nat'l Weddings Month
- Nat'l Women Inventors
- North American Inclusion Month (NAIM)
- Pet Dental Health Month
- Plant the Seeds of Greatness
- Pull Your Sofa Off The Wall
- Relationship Wellness
- Responsible Pet Owner's
- Return Shopping Carts to the Supermarket Month
- Spay/Neuter Awareness
- Spunky Old Broads Month
- Sweet Potato Month
- Wise Health Care Consumer
- Worldwide Renaissance of the Heart Month
- Youth Leadership Month



Hornet glow

AT SEA (Jan. 24, 2018) - Marines move an F/A-18C Hornet on the flight deck of USS Theodore Roosevelt in the Persian Gulf as the aircraft carrier supports security efforts in the 5th Fleet area of responsibility. Navy photo by Petty Officer 3rd Class Spencer Roberts



Machinist's Mate 1st Class William Vest, from San Diego, talks to local media during the homecoming of the future amphibious transport dock ship USS Portland. Navy photo by MC2 Jesse Monford

The future USS Portland arrives in San Diego

by MC2 Jesse Monford

SAN DIEGO - Future amphibious transport dock ship USS Portland (LPD 27) arrived at its new homeport of San Diego, Jan. 22.

Portland's arrival to her new Southern California homeport concluded a six-week transit from her building site at Huntington Ingalls shipyard in Pascagoula, Miss.

The ship departed Pascagoula Dec. 14 and made port visits to eastern U.S. Naval bases, such as Key West and Mayport, Fla., as well as a visit to Guantanamo Bay, Cuba.

During the transit, the ship also conducted various training operations to include certifying landing craft air cushion (LCAC) operations with Assault Craft Unit 5, and experiencing first-time moments, like passing through the Panama Canal and conducting a "crossing the line" ceremony when the Portland crossed the equator.

"Going out to sea on a new ship is always a challenge, especially with a new crew," said Yeoman Chief Petty Officer James Chaney. "Through teamwork and perseverance, the crew mastered our new equipment, conducted numerous training evolutions to build proficiency and set a standard of excellence."

Omaha completes maiden voyage, arrives in San Diego

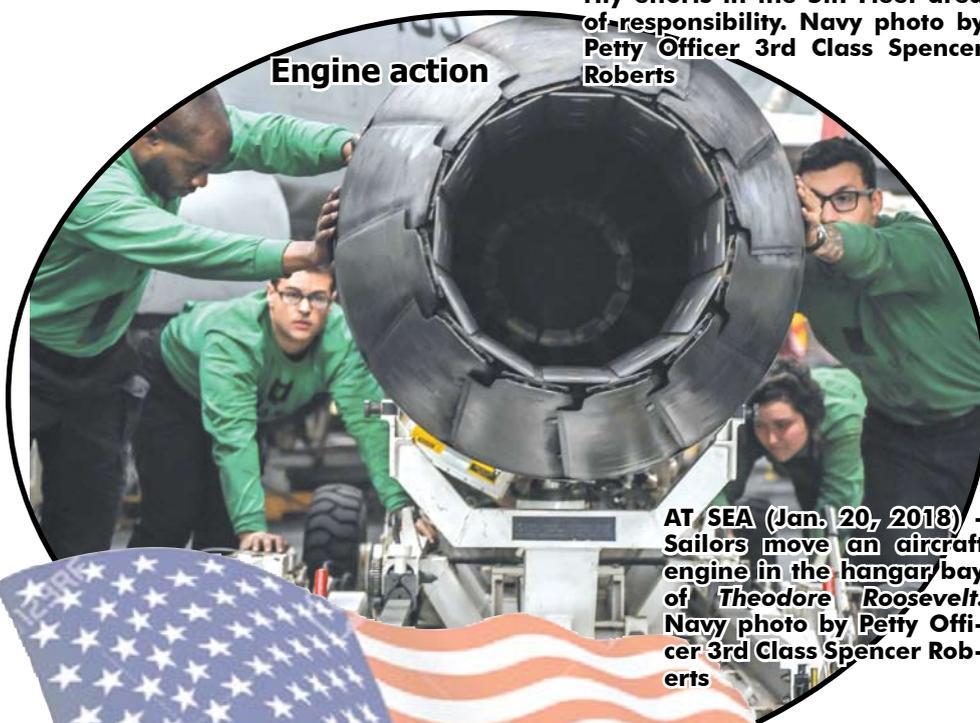
by Lt. Jordan Sugars

SAN DIEGO (Jan. 19, 2018) - The newest Independence-variant Littoral Combat Ship and future USS Omaha (LCS 12) arrived Jan. 19 after successfully completing her maiden voyage from Mobile, Alabama.

Following construction and acceptance trials at the Austal USA shipyard in Mobile, the ship completed a rigorous schedule that included vendor training, various crew and ship certification events, several maintenance availabilities and a Panama Canal transit.

"I couldn't be prouder of the hard work and dedication Omaha's crew has exhibited over the last eight months away from our homeport and bringing our ship to life," said Cmdr. Michael Toth, Omaha's commanding officer. "Their efforts have safely brought Omaha to homeport and set a culture of pride, professionalism and excellence which will endure in the years to come."

Omaha sailed from Mobile, Alabama to Mayport, Fla.; Norfolk, Va; Guantanamo Bay, Cuba and Manzanillo, Mexico before arriving in San Diego. Omaha will be commissioned in downtown San Diego on Feb. 3.



Engine action

AT SEA (Jan. 20, 2018) - Sailors move an aircraft engine in the hangar/bay of USS Theodore Roosevelt. Navy photo by Petty Officer 3rd Class Spencer Roberts



AMERICA

USS Fitzgerald arrives in Pascagoula for restoration

WASHINGTON - Arleigh Burke-class guided missile destroyer USS *Fitzgerald* arrived in Pascagoula, Miss., Jan. 19, aboard heavy lift vessel MV Transshelf inward bound from Yokosuka, Japan.

Fitzgerald is expected to spend several days in the Port of Pascagoula as the heavy lift ship will commence the reverse operation of unfastening, lowering and guiding the ship off the platform. The ship will then be taken to its designated pier space at Huntington Ingalls Industries shipyard.

Due to the extent and complexity of the restoration, both repair and new construction procedures will be used to accomplish the restoration and modernization efforts. Various Hull Mechanical and Electrical (HM&E); Command, Control, Communications, Computers and Intelligence; and Combat System equipment, including the electronic warfare suite, radar, switchboard, gas turbine generator and air condition plant, require repair and/or replacement. *Fitzgerald* will also receive HM&E; Combat System; and Command, Control, Communications, Computers, Collaboration and Intelligence; upgrades that were originally planned for installation during a fiscal year 2019 availability.

Work on the ship is expected to occur on a land level facility throughout 2018 and one to two quarters of 2019, followed by an extensive test and trials period to ensure all systems and spaces are restored to full functionality and operational capability. The entire restoration and modernization effort is expected to complete approximately 24-months post work commencement on the ship.

Fitzgerald was involved in a collision with the Philippine-flagged ACX Crystal June 17. Seven Sailors lost their lives and the ship was damaged on the starboard side above and below the waterline. The Navy released a comprehensive review of the incident Nov. 1.

iLab: See where Sailors and innovation meet

Like any other organization, the Navy is not perfect. Many times Sailors ask why things must be done a certain way. Often, they're convinced they know a more effective way. Sometimes, they're right. The Innovation Lab, better known as the iLab, gives Sailors a chance to take those ideas and possibly turn them into reality.

"We believe that [for] many of problems that Sailors are experiencing right now, there are solutions," said Lt. Cmdr. Chris Keithley, iLab's military advisor. "Unfortunately, they're nascent inside of the Sailors' heads, and getting to the point of actually developing a prototype and testing that idea is rather difficult. What we do here is try to take in these ideas, show it to our staff here at [Submarine Force Pacific], and propose how we can proceed forward with it."

Established in 2016, the iLab is located at the Naval Submarine Training Center Pacific. Although the room is small in size, it's jam-packed with the latest virtual and augmented reality technology. The iLab team also offers tours in hopes of inspiring Sailors to come up with and share ideas to improve the fleet.

Featured technology at the iLab include: a virtual map for the undersea environment; a 3D



Sailors test VR technology at the iLab, where they have the opportunity to make their ideas for innovation into reality. Navy photos

display that allows users to use a special pen to practice maintenance on equipment used on ships; and a system that virtually places users in aircraft, ships, or submarines using holographs.

"We've had about 550 Sailors through the iLab in its first nine months of operations," said Chris Bretz, iLab's team lead. "We got about 70 or 80 ideas, [and] the staff has reviewed and picked half a dozen to focus on and build out as prototypes. The mission of the lab is exactly that; capture ideas from the Sailors [to fix] their problems that they see in ship's operations, training and maintenance, and apply cutting-edge technology to make it better, faster, cheaper and more effective."

One prototype that is being tested is an unmanned aerial vehicle can track Sailors who accidentally fall into the ocean while out to sea.

That technology is the unmanned aerial vehicle, commonly referred to as UAV, which Keithley wants to utilize to save Sailors' lives during man overboard drills.

As a submarine officer, Keithley is aware of the challenges when a Sailor goes overboard. The entire ship is called

into action to ensure the missing sailor is identified and found before too much time has passed. Keithley himself has performed numerous man overboard drills. His idea came to him when he was learn-

"We offer tours to Sailors. We've had foreign navies come through and tour the iLab. It's a good chance to take a tour that is more exciting than a typical tour; where you actually get to play with some things that aren't commercially available and see some of the cutting edge stuff that you may not see in the fleet for a few years."

- Chris Keithley

ing about UAV technology and the many things it can do.

"It can be very difficult to find low profile objects from a submarine, especially when you're using your own eye balls to cue in and find the guy and drive your ship toward him," said Keithley. "The idea came out of that. Why don't we have a UAV that could launch, go find the guy and automatically keep over him and provide visual cuing so the boat can drive toward that UAV?"

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Installations and commands exercise force protection

WASHINGTON - Navy installations within the continental United States will conduct Exercise Citadel Shield-Solid Curtain 2018 Jan. 29-Feb. 9.

Citadel Shield-Solid Curtain 2018 is a two-part anti-terrorism force protection exercise conducted by Commander, Navy Installations Command in conjunction with Commander, U.S. Fleet Forces Command on all CONUS Navy installations.

Citadel Shield is a field training exercise led by CNIC from Jan. 29-Feb. 4. Solid Curtain is a command post exercise portion

co-led by USFFC and CNIC from Feb. 5-9.

This annual exercise is designed to enhance the readiness of Navy Security Forces and ensure seamless interoperability among the commands, other services and agency partners. This exercise is a regularly-scheduled exercise and is not in response to any specific threat.

Citadel Shield-Solid Curtain 2018 is of vital importance to our ability to execute the Navy's mission in support of homeland defense and to protect our people, equipment and facilities in



In this Feb. 4, 2017 file photo, Sailors and civilians assigned to Navy Expeditionary Combat Command along with the Virginia Beach, Va., Police Department participate in an active shooter training exercise. photo by MC2 B. Woody

situations that pose a significant and immediate threat.

Measures have been taken to minimize disruptions within local communities and base operations but there may be times when the exercise causes increased base traffic or delays in base access. Area residents may also see or hear security activities associated with the exercise. Advanced coordination has taken place with local law enforcement and first responders to minimize any inconveniences.

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National Defense Strategy a 'good fit for our times,' Mattis says

by Jim Garamone

WASHINGTON - The new National Defense Strategy is a good fit for the times, emphasizing the return of great power rivalry, yet still addressing other threats that abound in the world today, Defense Secretary James N. Mattis said Jan. 18.

The secretary unveiled the strategy at the Paul H. Nitze School of Advanced International Studies and stressed that the strategy is not merely a defense strategy, but an American strategy. The school is a division of the Johns Hopkins University based in Washington.

The strategy - the first new strategy in a decade - is based on the National Security Strategy President Donald Trump announced in December.

"Today, America's military reclaims an era of strategic purpose and we're alert to the realities of a changing world and attentive to the need to protect our values and the countries that stand with us," the secretary said. "America's military protects our way of life and I want to point out it also protects a realm of ideas. It's not just about protecting geography. This is a defense strategy that will guide our efforts in all realms."

Threats have changed since the last strategy. There is increasing global volatility and uncertainty with challenges from Russia and China coming to the fore. "Though we will continue to prosecute the campaign against terrorists that we are engaged in today, but great power competition, not terrorism, is now the primary focus of U.S. national security," the secretary said.

The strategy will provide the American people the military required "to protect our way of life, stand with our allies and live up to our responsibility to pass intact to the next generation those freedoms that all of us enjoy here today," Mattis said.

The strategy expands the U.S. military's competitive space, prioritizes preparedness for war, provides clear direction for significant change at the speed of relevance and builds a more lethal force to compete strategically.

In forming the strategy, officials had to make tough choices, "and we made them based upon a fundamental precept, namely that America can afford survival," Mattis said.

"We face growing threats from revisionist powers as dif-



Defense Secretary James N. Mattis announces the new National Defense Strategy at the Paul H. Nitze School of Advanced International Studies, a division of the Johns Hopkins University based in Washington. Official photo

ferent as China and Russia are from each other, nations that do seek to create a world consistent with their authoritarian models, pursuing veto authority over

position of strength and giving allies confidence in us. This confidence is underpinned by the assurance that our military will win should diplomacy fail."

"In this time of change, our military is still strong, yet our competitive edge has eroded in every domain of warfare: air, land, sea, space and cyberspace, and it is continuing to erode."

Mattis said the supremacy of American military is not preordained. "It is incumbent upon us to field a more lethal force if

other nations' economic, diplomatic and security decisions," he said.

The threat from rogue regimes like North Korea and Iran persist. And even though ISIS's physical caliphate is no more, the group - and other extremist organizations - continues to sow hatred.

Sixteen years of war, rapid technological change, defense spending caps, and seemingly continuous continuing resolutions "have created an overstretched and under-resourced military," he said. "Our military's role is to keep the peace; to keep the peace for one more year, one more month, one more week, one more day; to ensure our diplomats who are working to solve problems do so from a

our nation is to retain the ability to defend ourselves and what we stand for," Mattis said. "The defense strategy's three primary lines of effort will re-

store our comparative military advantage."

The strategy commits the department to build a more lethal joint force. It calls for strengthening old alliances and building new ones. "At the same time, we'll reform our department's business practices for performance and affordability," the secretary said.

An enemy will attack any perceived weakness, Mattis said. The American military, therefore, must be able to fight across the spectrum of conflict. "This means that the size and the composition of our force matters," he said. "The nation must field sufficient capable forces to deter conflict. And if deterrence fails, we must win."

Mattis added, "To those who would threaten America's experiment in democracy, they must know: If you challenge us it will be your longest and your worst day. Work with our diplomats: You don't want to fight the Department of Defense."

Alliances are key to American success, the secretary said. "In my past, I fought many times and never did I fight in a solely American formation," Mattis said. "It was always alongside foreign troops."

The American military must

be designed, trained and ready to fight alongside allies, he added. "History proves that nations with allies thrive, an approach to security and prosperity that has served the United States well in keeping peace and winning war," Mattis said. "Working by, with and through allies who carry their equitable share allows us to amass the greatest possible strength."

The third line of effort, he said, will be the foundation for the U.S. competitive edge: reforming the business practices of the department.

"We are going to have to be good stewards of the tax dollars allocated to us, and that means results and accountability matter," the secretary said. "The department will transition to a culture of performance and affordability that operates at the speed of relevance. Success does not go to the country that develops a new technology first, but rather, to the one that better integrates it and more swiftly adapts its way of fighting."

Deputy Defense Secretary Patrick M. Shanahan is already leading this effort. He expects it to leverage the scale of operations, driving better deals for equipping troops and modernizing systems.

This strategy means nothing if the resources are not in place,

Mattis said. "No strategy can long survive without necessary funding and the stable, predictable budgets required to defend America in the modern age," he said. "Failure to modernize our military risks leaving us with a force that could dominate the last war, but be irrelevant to tomorrow's security."

Mattis added, "Let me be clear. As hard as the last 16 years have been on our military, no enemy in the field has done more to harm the readiness of the U.S. military than the combined impact of the Budget Control Act's defense spending cuts, worsened ... by us operating, nine of the last 10 years, under continuing resolutions, wasting copious amounts of precious taxpayer dollars."

The military continues to work tirelessly to accomplish the mission with now inadequate and misaligned resources, simply because the Congress cannot maintain regular order, Mattis said.

"That we have performed well is a credit to our wonderful and loyal troops, but loyalty must be a two-way street," he said. "We expect the magnificent men and women of our military to be faithful in their service, even when going in harm's way. We must remain faithful to those who voluntarily sign a blank check, payable to the American people with their lives."

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Partnership to strengthen prevention of fraud, waste and abuse efforts

WASHINGTON - The Department of Veterans Affairs and Department of Health and Human Services Centers for Medicare and Medicaid Services announced Jan. 23 a partnership to share data, data analytics tools and best practices for identifying and preventing fraud, waste and abuse.



ability to investigate fraud and wrongdoing in VA programs.”

This newest partnership enhances ongoing efforts between the country’s two largest public-private health-care payment organizations to help America’s Veterans by leveraging the gains made by CMS.

“The VA-HHS alliance represents the latest example of VA’s commitment to find partners to assist with identifying new and innovative ways to seek out fraud, waste and abuse and ensure every tax dollar given to VA supports veterans,” said VA Secretary Dr. David J. Shulkin. “This effort marks another step toward achieving President Trump’s 10-point plan to reform the VA by collaborating with our federal partners to improve VA’s

CMS continues to focus on reducing and eliminating fraud, waste and abuse in Medicare, and in 2010, it established the Center for Program Integrity to help with this work. CMS estimates that its program integrity activities saved Medicare operations \$17 billion in fiscal 2015. Other HHS combined efforts - including law enforcement - contributed to greater program savings.

VA plans to capitalize on the advancements in analytics CMS has made by concentrating on its use of advanced technology, statistics and data analytics to improve fraud detection and prevention efforts. Additionally, in November 2017, VA invited industry experts to provide in-

formation on the latest commercial sector tools and techniques to enhance VA’s fraud detection capabilities. In April, VA will invite these industry experts to demonstrate their capabilities for detecting and preventing fraud, waste and abuse and recovering improper payments.

“We have a special obligation to keep America’s promise to those who have served our country and ensure that veterans receive high-quality and accessible health care,” said CMS

Administrator Seema Verma. “CMS is sharing lessons learned and expertise to support VA to identify waste and fraud and eliminate these abuses of the public trust. Using state-of-the-art data analytics, CMS is partnering with VA to better detect and prevent wrongdoing in its programs.”

By using CMS’ successes in its program integrity protocols, VA will be able to close existing gaps in its own claims payment process.

PTSD brain bank collaborates with PINK Concussions group

WASHINGTON - Department of Veterans Affairs (VA) announced Jan. 24 a collaboration between its National Center for PTSD and the nonprofit organization PINK Concussions, encouraging women to donate their brains for the purpose of research of the effects of traumatic brain injury and post-traumatic stress disorder.

“In the past, the focus of TBI and PTSD brain research has primarily been based on male brains - without any active recruitment for women,” said Dr. Carolyn Clancy, executive in charge of VA’s Veterans Health Administration. “We have a lot to learn about how the female brain deals with TBI and PTSD, which makes this effort long overdue.”

Katherine Snedaker, founder and executive director of PINK Concussions, and a brain injury survivor, also applauded the collaboration. “We’re so grateful to partner with VA to launch the first active recruitment of female Veterans, as well as active-duty members and civilian women to be a part of brain injury and PTSD research,” Snedaker said. “VA continues year after year to be one of our most valued partners in our ongoing mission to improve pre-injury education and post-injury care for women with brain injury.”

For more information about the effort, visit www.pinkconcussions.com/ or www.research.va.gov/programs/tissue_banking/PTSD/default.cfm.

Social Security Matters

by Russell Gloor

Ask Rusty - Losing benefits you have earned

Dear Rusty: I’m 73 years old and have finally decided to call it quits from working and start taking life easy. My wife is 72 and has never worked outside our home, but we’re both in good health and are looking forward to “the good life” just doing what we want to do. I haven’t taken my Social Security yet because I’ve been working, but now that I’m retired from work we’ll need the extra money to do the things we want to do. How and when should I apply for benefits? Signed: Finally Retired



Dear Finally: Oh my, yours is a classic example of why everyone should seek the advice of a qualified advisor before making Social Security decisions. And by qualified advisor I don’t mean a friend who thinks they know what you should do, or how you personally think the program works. I’m afraid that by not applying sooner you have forfeited a considerable amount of money because, even though you were still working full time, your Social Security benefit reached its maximum when you became 70 years of age, so you should have applied then. You should now immediately apply for your Social Security benefits and your wife should simultaneously apply for spousal benefits, which will be ½ of the benefit you were entitled to when you became 66, plus any COLA increases and benefit increases due to any higher earnings you had since that time.

Although you were eligible to take your benefits without reduction at age 66, waiting past that earned you 8 percent per year in delayed retirement credits, up to the time you turned 70 when your benefit was 32 percent higher than it was at 66. In fact, once you reached your full retirement age of 66 you could have applied for benefits and continued to work, and would not have been subject to Social Security’s “earnings limit”. Since your benefit reached its maximum at age 70, there was no advantage to you by waiting past that to file.

When you apply now, you and your wife should both set your benefit start date as six months prior to the date you apply, because Social Security will pay up to six months retroactive benefits. Unfortunately the 2 ½ years of benefit you didn’t take since you turned 70 are lost, as are the 2 ½ years of spousal benefits that your wife was entitled to as soon as you reached 70 - tens of thousands of dollars depending upon your benefit amounts. This is an unfortunate reality of the system: the onus to apply for benefits is on you and your wife; Social Security doesn’t automatically enroll you in the program at any time.

This is another example of how far too many people misunderstand how the Social Security program works and make decisions based upon incorrect assumptions. And the result is often many thousands of dollars in lost benefits.

The AMAC Foundation’s NNSA-certified Social Security staff provides free Social Security advisory services to AMAC members and the general public, expressly for the purpose of helping seniors avoid such costly errors. The information presented in this article is intended for general information purposes only. The opinions and interpretations expressed are the viewpoints of the AMAC Foundation’s Social Security Advisory staff, trained and accredited under the National Social Security Advisors program of the National Social Security Association. NNSA, the AMAC Foundation, and the Foundation’s Social Security Advisors are not affiliated with or endorsed by the U.S. government, the Social Security Administration, or any other state government. Furthermore, the AMAC Foundation and its staff do not provide legal or accounting services. The Foundation welcomes questions from readers regarding Social Security issues. To submit a request, contact the Foundation at info@amacfoundation.org.

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Broomball Family Night Sunday, January 28, 2-4 pm, \$5 NASNI, VADM Martin Fitness Center, Bldg. 1507 It's similar to floor hockey but with socks, brooms, and a ball. A perfect game for the whole family to have fun maneuvering the ball across the court into the net to score a goal! We'll divide the court into halves for youth and adult games. Registration required: 619-437-3190

Chili Cook-Off Thursday, February 8, 11 am-1 pm, \$15 team entry fee/\$5 for 6 tastings + cornbread NASNI, VADM Martin Fitness Center Field, Bldg. 1507 Sign up for a chance to win some cash! Cash prize determined by patron tasting fees collected, so tell all your friends. Not interested in cooking but would like to sample! Stop by, taste, and help determine our winner! Prizes awarded to the People's Choice, 1st & 2nd for Best Overall Chili and Vegetarian Chili. Registration required for teams/suggested for sampling: 619-437-3190

Paint Night Thursday, February 8, 6 pm, \$25 NBPL, Main Base, Oceanview at Ballast Point, Bldg. 501 Create a one-of-a-kind masterpiece with Paint 'N Vineyard. This step-by-step art instruction is perfect for a pre-Valentine's Day date night or a fun meet-up with friends. All instruction and supplies included. Beverages available for purchase. Registration required: 619-553-9138

Ice Skating Friday, February 9, 7:45-10 pm, \$12 San Diego Ice Arena, 11048 Ice Skate Place, San Diego, 92126 Ice skating in San



Big Bear Snow Weekend
Friday-Sunday, Feb. 9-11,
\$145 active/\$155 guest

Sign up at your local
Liberty Center or
call 619-532-8909.

Take a "SNOW DAY" with Liberty! Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Cost includes transportation, lodging, in-cabin meals and snow tubing. Ski/snowboard rentals and lift tickets are available on site for an additional fee.

Diego! You bet! Cost includes ice time and skate rental. Register: 619-556-9597

Swim Your Heart Out Wednesday, February 14, 5-8 am, FREE NBSD, Admiral Prout Pool, Bldg. 3279 Event T-shirt awaits participants, plus prizes for active duty male and female with the longest swim. Also enjoy a Health Fair complete with blood pressure checks and heart healthy and dietary information. Register online at navylifesw.com or call 619-520-3048.

Heartbreak Hill Challenge Wednesday, February 14, 11:30 am, FREE The name says it all! Can you conquer the hill! Find out at NBPL, Third Fleet Complex. Register online today at www.navylifesw.com. For more information call MWR Fitness at 619-553-7552.

Presidents Day 8K Thursday, February 15, 7 am, FREE NBSD, Admiral Prout Field House Track, Bldg. 3279 Register online at www.navylifesw.com or call 619-556-7444.

Sweethearts' Dinner Wednesday, February 14, 6-9 pm, \$50

NASNI, Island Club Catering & Conference Center, Bldg. X Enjoy a romantic, delicious dinner complete with a breathtaking view of the ocean. Cost includes dinner and live entertainment. Ask about our child care availability. Active duty may qualify for free care! Registration required: 619-437-3190

Anza Borrego Camping Trip Saturday-Monday, February 17-19, 10 am, \$60 MWR patron/\$50 Liberty Depart from NBPL, Main Base, The Clubhouse, Bldg. 546 Join us for an amazing camping trip at the base of Palm Canyon. Explore the desert landscapes and get a view of big horn sheep and babbling streams. Cost includes transportation, camping equipment, and five meals. Registration required: 619-553-9138

HAPPENINGS LISTED FROM PREVIOUS ISSUES...

LIBERTY

Night Paintball Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. VADM Martin Liberty, NASNI: 619-545-3331 Friday, January 26 4:30 pm \$45 active/\$50 guest Cost includes night game play, gun, tank, mask, belt pouch, 500 rounds and unlimited air. Sign up by 1/24.

Dinner and a Movie Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Q-Zone Liberty, NAB: 619-437-3190 Friday, January 26 5 pm Call for cost Enjoy dinner out then be one of the first to see Maze Runner: The Death Cure on the big screen.

Hollywood Sign Hike Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. VADM Martin Liberty, NASNI: 619-545-3331 Sunday, January 28 8 am \$5 Hike to the iconic Hollywood sign and enjoy the amazing view! Cost includes transportation, water and snacks.

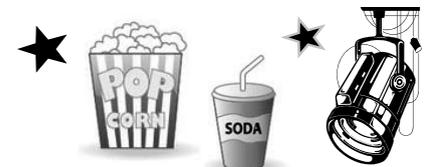
Explore San Francisco Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. VADM Martin Liberty, NASNI: 619-545-3331 Friday-Monday, February 16-19 7 am Call for cost Cost includes transportation, 3-night hotel stay and Alcatraz tour.

SPORTS & FITNESS

You are Worth It! An MWR massage is the perfect addition to your healthy body, mind and spirit routine. Call for an appointment today! NMCSD, Bldg. 26 1B, 619-532-7629 NBSD, Bldg. 223, 619-556-7450 NBPL, Main Base, Bldg. 1, 619-553-7552 NAB, Bldg. 162, 619-437-2186 NASNI, Bldg. 1507, 619-545-0237

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

MOVIES at the Bases



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

Thursday, January 25
6:00 PM Ferdinand
8:10 PM Three Billboards Outside Ebbing, Missouri

Friday, January 26
6:00 PM The Greatest Showman
8:10 PM All The Money In The World

Saturday, January 27
1:00 PM Jumanji: Welcome To The Jungle
3:20 PM Ferdinand
5:50 PM Star Wars: The Last Jedi
8:40 PM The Greatest Showman

Sunday, January 28
1:00 PM The Greatest Showman
3:20 PM Star Wars: The Last Jedi
6:20 PM Jumanji: Welcome To The Jungle
8:40 PM All The Money In The World

Monday, January 29
6:00 PM The Greatest Showman
8:10 PM All The Money In The World

Tuesday, January 30
6:00 PM Roman J. Israel
8:30 PM Just Getting Started

Wednesday, January 31
5:50 PM Pitch Perfect 3
8:00 PM Star Wars: The Last Jedi

Thursday, February 1
6:00 PM Just Getting Started
8:00 PM Jumanji: Welcome To The Jungle

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

Thursday, January 25
11:00 AM Shrek
5:00 PM Jigsaw

Friday, January 26
5:00 PM Flatliners (2017)

Saturday, January 27
11:15 AM The Wild Life
2:00 PM Geostorm
5:00 PM Crown Heights

Sunday, January 28
5:00 PM Tyler Perry's Boo 2!
A Madea Halloween

Monday, January 29
5:00 PM Lowriders

Tuesday, January 30
11:00 AM Shrek 2
5:00 PM American Made

Wednesday, January 31
5:00 PM A Beautiful Mind

Thursday, February 1
11:00 AM Shrek the Third
5:00 PM Happy Death Day

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

Thursday, January 25
5:00 PM Moana

Friday, January 26
5:00 PM Geostorm

Saturday, January 27
5:00 PM Star Wars: The Force Awakens

Sunday, January 28
5:00 PM Rogue One: A Star Wars Story

Thursday, February 1
5:00 PM The Holiday



★ **Jumanji: Welcome to the Jungle**
Genre: Action, Adventure, Comedy
Cast: Dwayne Johnson, Karen Gillan, Kevin Hart, Jack Black and Nick Jonas
Synopsis: Four teenagers are sucked into a magical video game, and the only way they can escape is to work together to finish the game.
Rated: "PG-13" for adventure action, suggestive content and some language
Length: 119 minutes

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

Thursday, January 25
5:40 PM Just Getting Started
7:30 PM Star Wars: The Last Jedi

Friday, January 26
5:50 PM The Greatest Showman
8:00 PM All The Money In The World

Saturday, January 27
12:40 PM Ferdinand
2:50 PM Jumanji: Welcome To The Jungle
5:50 PM The Greatest Showman
8:00 PM Star Wars: The Last Jedi

Sunday, January 28
12:00 PM Ferdinand
2:20 PM Star Wars: The Last Jedi
5:40 PM Jumanji: Welcome To The Jungle
8:00 PM All The Money In The World

Tuesday, January 30
5:50 PM The Greatest Showman
8:00 PM All The Money In The World

Wednesday, January 31
5:40 PM Star Wars: The Last Jedi
8:30 PM Pitch Perfect 3

Thursday, February 1
5:40 PM All The Money In The World
8:10 PM The Greatest Showman



The Greatest Showman
PG | 1h 45min
Biography, Drama, Musical

Celebrates the birth of show business, and tells of a visionary who rose from nothing to create a worldwide sensation. Stars: Hugh Jackman, Michelle Williams, Zac Efron



★ **Just Getting Started** Genre: Action, Comedy
Cast: Glenn Headly, Morgan Freeman, Rene Russo, Tommy Lee Jones, Jane Seymour
Synopsis: A two-hander action comedy in the vein of Midnight Run (1988), about an ex-F.B.I. Agent (Tommy Lee Jones) and an ex-mob lawyer in the Witness Protection Program (Morgan Freeman) having to put aside their petty rivalry on the golf course to fend off a mob hit. Rated: PG-13 for language, suggestive material and brief violence
Length: 91 minutes

About Your Health

Colds and flu: I'm sick, what should I do?

It's that time of year, when colds and influenza spread across the country, bringing discomfort to many. And the flu is peaking earlier this year than usual, with widespread cases reported in every state across the continental U.S., according to the Centers for Disease Control and Prevention.

First, let's talk about colds. Then we'll talk about flu.

There is no cure for the common cold, which is caused by a virus. Antibiotics won't help; they don't work against viruses. Taking unnecessary antibiotics can also make it harder for your body to fight future bacterial infections.

To feel better when you have a cold, get lots of rest and drink plenty of fluids. (Yep, just like your mom told you.) Over-the-counter medicines might help ease your symptoms. But they won't make the cold go away any faster. Always read the label and use as directed. Be especially careful with children and cold medicine. Some medicines have ingredients not recommended for children.

Cold symptoms include sore throat, runny nose, coughing, sneezing, headaches, and body aches. Most people recover within about seven to 10 days. But people with weakened immune systems, asthma, or respiratory conditions might develop serious illness, such as pneumonia.

To reduce your risk of getting a cold:

- * Wash your hands often with soap and water. Wash for 20 seconds. Help young children do the same. If soap and water aren't available, use an alcohol-based hand sanitizer. Viruses that cause colds can live on your hands.
- * Avoid touching your eyes, nose, and mouth with unwashed hands.
- * Stay away from people who are sick.

To protect others, if you have a cold:

- * Stay at home while you're sick.
- * Avoid close contact with others, such as hugging, kissing, or shaking hands.
- * Move away from people before coughing or sneezing.
- * Cough and sneeze into a tissue, and then throw it away. Or cough and sneeze into your upper shirt sleeve. Either way, completely cover your mouth and nose.
- * Wash your hands after coughing, sneezing, or blowing your nose.
- * Disinfect surfaces and objects that you touch often (such as toys, doorknobs, light switches, faucet handles, keyboards, and cell phones).

Call your doctor, if you or your child has one or more of these:

- * Temperature above 100.4 degrees Fahrenheit
- * Symptoms that last more than 10 days
- * Symptoms that are severe or unusual.

* If your child is younger than three months of age and has a fever, always call your doctor right away. Your doctor can determine if you or your child has a cold, and can recommend therapy to relieve symptoms.

Now, on to influenza.

You might have the flu, if you have some or all of these symptoms: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes diarrhea and vomiting.

Most people with the flu have mild illness, and don't need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. Stay home for at least 24 hours after your fever is gone, except to get medical care or other necessities. Your fever should be gone without the use of fever medicine (like Tylenol). Stay home from work, school, travel, shopping, social events, and public gatherings.

While you're sick with flu: stay away from others, wash your hands often, and cover coughs and sneezes with a tissue. If you must leave home, wear a facemask if you have one.

People who are only mildly ill shouldn't go to the emergency room. If you go to the ER and you don't have the flu, you might catch it from people who do have it.

If you have flu symptoms and are in a high-risk group, or are very sick or worried about your illness, contact your doctor. High-risk groups include: young children (age younger than five, and especially younger than age two), people age 65 and older, pregnant women, and people with certain medical conditions (such as asthma, diabetes, or heart disease). High-risk patients should contact your doctor early in your illness. Remind them of your high-risk status for flu, and ask about antiviral treatment.

If anyone has any of these emergency warning signs of flu sickness, go to the ER:

- * **Children:**
 - o Fast breathing or trouble breathing
 - o Bluish skin color
 - o Not drinking enough fluids



- o Not waking up, or not interacting
- o Being so irritable that the child doesn't want to be held
- o Flu-like symptoms improve, but then return with fever and worse cough
- o Fever with a rash
- * **Infants: in addition to the signs above, get medical help right away for any infant who has any of these signs:**
 - o Unable to eat
 - o Trouble breathing
 - o No tears when crying
 - o Significantly fewer wet diapers than normal
- * **Adults:**
 - o Difficulty breathing or shortness of breath
 - o Pain or pressure in the chest or abdomen
 - o Sudden dizziness
 - o Confusion
 - o Severe or persistent vomiting
 - o Flu-like symptoms that improve, but then return with fever and worse cough

For 24/7 clinical advice, call the Nurse Advice Line at 800-TRI-CARE (800-874-2273).

You can also email your doctor for non-urgent issues, using Relay-Health secure email messaging. Go to the TRICARE Online Patient Portal at www.TRICAREonline.com or <https://mil.RelayHealth.com>. To find out more, visit CDC at www.cdc.gov/flu.



Places of Worship



Bayview Baptist Church

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

Canyon View Church of Christ

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

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!

Career & Education

Navy asks for feedback through Personal and Professional Choices Survey

The Navy announced Jan. 12, that it is soliciting feedback from Sailors through the biennial Personal and Professional Choices Survey set to open Jan. 17.

This secretary of the Navy-directed survey collects data and comments from Sailors across the Fleet to gauge the present-day impact of Navy policies on Sailors and their families. The survey touches on a wide variety of issues, including career development, work-life balance, adoption leave and family planning.

The 2018 iteration of the survey is scheduled to begin Jan. 17, and close Feb. 23. The survey will be sent to 80,000 randomly selected active-duty Sailors. Notification emails will be sent to participants from the survey platform Max.gov, urging Sailors to use this opportunity to provide their feedback to the Navy. Although participation is anonymous and completely voluntary, Navy leadership strongly encourages the selected Sailors to participate.

Results from previous surveys are available at www.public.navy.mil/bupers-npc/support/inclusion/Pages/Resources.aspx.

The 2018 survey results are expected to be released in August and will be posted on Navy's Inclusion and Diversity website.

Questions on the survey may be addressed to the Office of Inclusion and Diversity (OPNAV N1D) at ALTN_N1D@navy.mil.



PACIFIC OCEAN (Dec. 20, 2017) Sailors conduct aviation fire fighting drills on the flight deck aboard the amphibious assault ship USS Wasp (LHD 1). Wasp is transiting to Sasebo, Japan to conduct a turnover with the USS Bonhomme Richard (LHD 6) as the forward-deployed flagship of the amphibious forces in the U.S. 7th Fleet area of operations. (U.S. Navy photo by Mass Communication Specialist 3rd Class Levingston Lewis/Released)

Navy COOL and VOLED are coming to you

by Glenn Sircy

Navy Credentialing Opportunities On-Line (COOL) and Voluntary Education (VOLED) representatives plan to share important information about their respective programs with Sailors over the next upcoming weeks.

The geographic locations and dates the COOL and VOLED representatives will visit to brief Sailors include:

- 1) Jan. 22 - Joint Base Pearl Harbor-Hickam, Hawaii
- 2) Jan. 23 - Pacific Missile Range Facility Barking Sands, Kekaha, Hawaii
- 3) Jan. 24 - Marine Corps Base Hawaii, Kaneohe Bay, Hawaii
- 4) Jan. 24 - Naval Computer and Telecommunications Area Master Station (NCTAMS) Pacific, Wahiawa, Hawaii
- 5) Jan. 25 - Joint Base Pearl Harbor-Hickam, Hawaii
- 6) Feb. 5-6 - Naval Base Rota, Spain
- 7) Feb. 8-9 - Naval Air Station Sigonella, Sicily
- 8) Feb. 12-13 - Naval Support Activity Naples, Italy
- 9) Feb. 15-16 - Naval Support Activity Souda Bay, Crete, Greece
- 10) Feb. 19 - Camp Lemonnier, Djibouti, Africa
- 11) Feb. 21-22 - Naval Support Activity Bahrain, Kingdom of Bahrain

For the specific building locations and times, please contact your command or local career counselor.

The Navy COOL and VOLED offices regularly send representatives to specific geographic locations to brief their Navy programs to area Sailors at no cost to the hosting command. These briefs are normally one hour in length and the COOL representatives discuss and demonstrate the importance of credentialing and licensing during and after a Sailors Navy career. The team walks your Sailors through the Navy COOL website, Navy COOL mobile application, voucher submission processes, eligibility, and requirements for credential attainment. They will also discuss and emphasize the importance of the learning and development roadmaps (LaDRs), Navy advancement bibliographies, and the United Services Military Apprenticeship Program (USMAP).

This is a great opportunity to share the importance of the value of certification/licensure, and as many Navy leaders know, this information can enhance career development boards (CDBs), advancements, along with individual personal and professional goals.

Representatives from the Of-

fice of the Chief of Naval Operations, Navy Education Strategy and Policy Branch (OPNAV N127), will be available to discuss aspects of VOLED and tuition assistance, including recent changes to the Navy College Program and the GI Bill.

"These programs allow Sailors to develop themselves while on active duty and prepare for life after the Navy," said Thom Seith, Navy COOL representative. "It's really all about personal and professional development and I encourage all Sailors to take advantage of the opportunities that the Navy COOL and VOLED programs offer".

The Navy COOL and OPNAV N127 representatives are excited to share their programs with all Sailors to ensure they have the latest and greatest information.

Navy COOL is located with the Center for Information Warfare Training, which delivers trained information warfare professionals to the Navy and joint services, enabling optimal performance of information warfare across the full spectrum of military operations.

For more information about Navy COOL, visit www.cool.navy.mil/ or call (850) 452-6683.

Family



by Lisa Smith Molinari

My boots were there, sitting next to the front door, a gritty residue of evaporated slush encircling the soles. I would have loved to climb back into bed that morning with Moby our Lab, rather than face my salt-encrusted minivan and an excruciatingly boring To Do list. But I had to get out into the world. I pulled on the unflattering Michelin Man down coat I swore I'd never buy until we moved to "Rhode-Iceland," slipped into my water-stained boots, and opened the door to the cold January morning.

It may be different for the lucky military families stationed close to the Equator. But for the rest of us, winter — with its grey

Even in winter, ladies must lunch

dormancy and dreary disposition — has a way of making us retreat into our dens like hibernating bears. As soon as the sun abandons us for southern latitudes, humans tend to retract, curl up, nestle themselves away until spring's resuscitation.

On its face, this seems like a damned good idea. It's cold

arthritis, depression, anxiety, substance abuse, Alzheimers Disease, and dementia. Worse yet, loneliness and isolation can also cause early death. The study by researchers at Brigham Young University found that the subjective feeling of loneliness increases one's risk of death by 26 percent. Social isolation increases mortality by 29 per-

cents is essential for good health.

Military spouses may find that isolation is a natural response to frequent moves and a lack of community belonging, but the health risks are too serious to ignore. The same way it's important to drink enough water, eat veggies, exercise, and get your teeth cleaned every six months — it's important to get out and be with people.

During the work-ups leading to my husband's year-long deployment to Djibouti, a friend contacted me about forming a weekly "Lunch Bunch" with two other wives. I was a bit of a loner, but something told me that I needed this, so I agreed.

We met each week at different restaurants, using the alphabet as

our guide. The first restaurant name started with an A, the second started with a B, and so on. Initially, our lunches were typical housewife affairs with gossip and discussion about the latest hot dip recipes.

But soon, our rendezvous took on a rebellious quality, à la "Thelma and Louise." We whispered like middle schoolers, heckled waiters, talked over each other, and on many occasions, laughed until we cried about the absurd realities of marriage, sex, parenting, minivans, in-laws, and the latest Anna Nichole Smith drama. We started keeping a journal, chronicling the best and worst dishes, memorable quotes, cute waiters, and frequent moments of hilarity.

By the time my husband

returned from deployment, the Lunch Bunch had almost whizzed through the alphabet twice. We had guzzled more than one hundred Diet Cokes, eaten thousands of french fries, and laughed until we lost bladder control on countless occasions. I never wanted it to end, but military orders soon sent us overseas.

Despite all those french fires, the weekly lunches with my friends had kept me healthy during the deployment ... and apparently, alive!

So, even in winter, when everything looks dead as a doornail and the wind cuts like a knife, resist the urge to retreat into your cocoon. Put on your boots, open the door, and get out into the world.

the meat and potatoes of life

outside, so why not fire up the CrockPot, but on lounge pants and binge watch "Ozark" all day?

The problem is that humans aren't meant to be alone like bears.

According to a 2015 study in the journal "Perspectives on Psychological Science," social isolation and perceived loneliness are potentially damaging to one's health, with well-established risks of higher rates of cancer, infection, heart disease,

cent, and living alone shows a 32 percent increase.

Loneliness is subjective, however. In a 2012 study, three researchers at the University of California at San Francisco found that most subjects who felt lonely were married, lived with others and were not clinically depressed. While the quantity of relationships is a factor in loneliness, the quality of relationships is relevant, too. But regardless of whether one is actually alone, or just feels lonely, connecting emotionally with other human



Carl Vinson aviators complete 1000th trap

by MC2

Rebecca Sunderland

PACIFIC OCEAN - Two naval aviators aboard USS *Carl Vinson* (CVN 70) joined an elite group after achieving a major career milestone when they completed their 1,000th arrested landing on the aircraft carrier, Jan. 18.

Capt. Tom Barber, the commander of Carrier Air Wing (CVW) 2, and Cmdr. Jason Hutcherson, the commanding officer (CO) of Strike Fighter Squadron (VFA) 2, landed aboard the aircraft carrier together in an F/A-18F Super Hornet and accomplished the landing while fellow aviators and aircrewmembers watched from the flight deck.

"I hope that they recognize that getting 1,000 traps isn't just me," said Hutcherson, a naval flight officer (NFO). "It's the ship, it's the maintainers, and it's all the supporters that we have as aviators."

Since naval aviation began in 1911, more than 180,000 pilots have earned their wings, but less than 360 pilots and 120 NFOs have achieved the milestone of 1,000 traps. After Hutcherson joined the elite group of NFOs, he said



he understood the honor wasn't earned alone.

"It was great to see everybody from my squadron and the air wing up on the flight deck," said Hutcherson. "I was a department head of VFA 2 a couple of years ago and then to come back as the XO (executive officer), and now as CO, and to get 1,000 traps with the same squadron, it's been

pretty rewarding."

Barber said he was honored to complete the historic flight with Hutcherson and thanked the squadron and Hutcherson for allowing him to fly their aircraft named "Bullet 100."

"It was very special that two people were able to fly and reach this milestone together," said

Barber. "This would not have been possible if it wasn't for all the hard work of the Sailors of Carrier Air Wing 2 and USS *Carl Vinson*. Thank you."

For many who witnessed the 1,000th trap, the feat meant more than just an impressive number.

"I think it's reassuring to

know that we are being led with experience," said Lt. John Cushing, a pilot with VFA 2. "Especially moving forward into this deployment, it helps to know the guys leading the way have literally done it a thousand times before."

The *Carl Vinson* Strike Group is currently on a regularly scheduled deployment to the Western

Pacific. The strike group includes *Vinson*, CVW 2, gUSS *Lake Champlain*, USS *Wayne E. Meyer* and USS *Michael Murphy* from Destroyer Squadron 1.

The strike group's deployment marks the second time it is operating in the Indo-Pacific region under 3rd Fleet's command and control.

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San Diego's 79th Infantry Brigade Combat Team deploys to Kosovo on security mission

SAN DIEGO - Soldiers from the California Army National Guard's 79th Infantry Brigade Combat Team departed Jan. 23 for a nine-month NATO security and stability mission in Kosovo.

The soldiers of the 79th will serve as the command element for a composite brigade, consisting of U.S. Army active duty, National Guard, and Reserve elements, as well as units from several NATO-member nations, tasked with supporting freedom of movement and a safe and secure environment for the people of Kosovo.

"This mission is important in ensuring that peace is maintained in the Balkans," said Col. Nick Ducich, commander of the 79th Infantry Brigade Combat Team. "Our soldiers are well trained professionals and are looking forward to assisting the institutions of Kosovo toward stability and sustainability

while strengthening our enduring relationships with Allies and Partners."

Kosovo was a province of Serbia until 1999, when it became a protectorate of the United Nations following the Kosovo War. Kosovo Force (KFOR), a multinational NATO peacekeeping force, was formed to bring safety and stability to the province, which declared independence from Serbia in 2008. Kosovo's independence is not recognized by a number of states, including China, Russia, and India.

The U.S. Army National Guard has been a major contributor of troops to the KFOR mission, which is the longest peacekeeping mission in NATO history.

California Army National Guard soldiers have participated in several KFOR rotations. The 79th IBCT will be part of the 24th rotation of U.S. troops into Kosovo.

The troops of the 79th will depart San Diego for Fort Bliss, Texas, where they will conduct a training exercise before heading to Ho-

henfels, Germany, for a final validation exercise, after which they will move on to Kosovo to begin their nine-month mission.



U.S., Canadian officials to address emerging threat from drug traffickers

Senior officials from the U.S. Coast Guard, U.S. Southern Command and the Canadian Armed Forces met on the pier today in San Diego to address new smuggling tactics by transnational organized crime networks in the eastern Pacific Ocean including vessels specifically constructed for purposes of smuggling narcotics and other illicit contraband.

On the heels of a record year of drug interdiction, the Coast Guard and its international partners are seeing historic drug flow from cocaine producing countries in South America coupled with new tactics and varying smuggling routes.

Gangs vying over drug smuggling routes and influence have led to epidemic murder rates in Central America. The Centers for Disease Control reported another rise in drug overdose deaths in the U.S. with more

than 64,000 people reportedly killed by drug overdose in 2017. Of those, over 10,000 were killed by cocaine overdose, an approximately 35 percent rise from 2016.

Among the leaders at today's media alert were U.S. Coast Guard Vice Adm. Fred Midgette, commander, Pacific Area; Royal Canadian Navy Rear Adm. Art McDonald, commander, Maritime Forces Pacific; Adam Braverman, U.S. Attorney, Southern District California; and U.S. Navy Rear Adm. Daniel B. Hendrickson, director, Network Engagement Team, U.S. Southern Command.

They discussed the tactics of transnational crime networks and international efforts to combat the threat posed by these criminal organizations.

Transnational organized crime networks smuggle more than 97 percent of cocaine

bound for the U.S. and Canada via some kind of illicit maritime conveyance in the first stage of movement from the source zone.

The drugs are smuggled in large quantities from source countries in South America to transshipment points in Central America and southern Mexico. The cocaine is then broken down into smaller loads for secondary and tertiary transits to smuggle across the U.S. Southern Border.

U.S. and international forces have seen the emergence of a variety smuggling vessels specially designed and constructed by transnational organized crime groups like self-propelled semisubmersibles and, more recently, low profile go fast vessels, which are a variant design from traditional go fast vessels.

These smuggling vessels are designed to elude authori-



Coast Guard Cutter Steadfast boarding team members intercept a suspected Low Profile Vessel with approximately 3,203 pounds of cocaine onboard in the Eastern Pacific Ocean Nov. 30, 2017. LPVs are designed to be low profile and colored to blend in with the ocean, making them difficult for law enforcement to detect. Official Coast Guard photo

ties using a low profile radar signature, camouflage and, in the case of low profile go fast vessels, speed. These vessels also carry massive quantities

of illicit cargo.

For example, an SPSS can carry up to 16,000 pounds of cocaine. A network of interna-

tional and interagency partners constantly patrol the approximately six million square mile drug transit zone used by smugglers using aircraft and vessels.

TR, French ship Chevalier Paul cross deck Sailors

by MC3 Alex Perlman

ARABIAN GULF - Twenty four Sailors assigned to the *Theodore Roosevelt* Carrier Strike Group (TRCSG) recently participated in a "cross deck" event with personnel assigned to the French Horizon-Class destroyer FS Chevalier Paul (D621), while deployed in the Arabian Gulf.

Cross decking is an exchange which allows sailors from both navies to experience life aboard a foreign vessel, as well as learn from coalition partners operating together.

"We cross deck to foster good working relationships between our allies," said Lt. Michael Kumm, assigned to carrier *Theodore Roosevelt*. "It gives the Sailors a chance to see something that they've never experienced. It's a good deal to check out another ship and see what it's like to sail with them."

Kumm added that learning about U.S. coalition partners helps build a common understanding of what each Navy's mission is and how it is executed together.

"It shows that we have the ability to work together effectively in a time of war," said Kumm. "It gives us the ability to demonstrate that we're working together and we're operating out here together."

Lt. Cmdr. Scott Sulich, assigned to Carrier Strike Group (CSG) 9, added that the cross deck fostered easier integration between navies, increased understanding of foreign platforms, and demonstrated a multilateral commitment to the fight against violent extremists.

"The French sent their ship to the Arabian Gulf to contribute to maritime security in the region," said Sulich. "They're a NATO partner and one of our oldest allies. That continued international cooperation is really important because it gives both countries a peace of mind in that we can both count on each other's forces in whatever situation we may need."

Chevalier Paul is currently under command CSG9 for a three week period, and they serve the same role as many of the other destroyers in the *Theodore Roosevelt* Strike Group.

"Their role is to defend the flag ship, which is us, and they are very cognizant of that," said Lt. j.g. Chris Hallissy, assigned to Destroyer Squadron 23. "Our mission on TR is to launch planes into a combat zone and finish whatever mission calls for us out here. Their mission is to help defend the *Theodore Roosevelt*. They are usually only a couple miles away from us at any given time, just like the other ships from CSG9."

While aboard Chevalier Paul, U.S. Sailors toured the ship's bridge, foc'sle, combat systems spaces, state rooms, lounge areas, and food services.

"I felt like my favorite part may have been the meal, but interacting with the sailors there was really great too," said Hallissy. "They were all super welcoming and friendly. The French sailors seemed really fired up. They seemed happy to be here and happy to help in whatever capacity they were needed."

This cross deck event was one of many training opportunities that *Theodore Roosevelt* CSG Sailors will experience during the current deployment in the Arabian Gulf, said Sulich.

"In the near future, we're going to continue to expand the opportunity to cross deck Sailors and see what it's like to be on another country's ship," said Sulich. "I just hope they have the event of a lifetime."

The *Theodore Roosevelt* Strike Group's deployment to the 5th Fleet area of operations supports Operation Inherent Resolve and signals the continued commitment to defeat and destroy ISIS. The strike group is conducting maritime security operations to reassure allies and partners, preserve freedom of navigation, and maintain the free flow of commerce.

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NEW LOCATION!

PMW 770 modernizes to reflect warfighter capabilities

by Giovanni Modica

SAN DIEGO - The former Undersea Integration Program Office has been renamed the Undersea Communications & Integration Program Office (PMW 770) effective Jan. 19.

The name change and associated logo update reflect the program office's efforts to provide hardware procurement and integrated communication capabilities into the undersea domain.

The new logo places a larger focus on the undersea aspect of the organization's mission and reflects the importance of the tactical grid-a network of small communications links that tie all units operating in one tactical area together regardless of agency or function. It also highlights PMW 770's role in the future of undersea communication by incorporating undersea unmanned vehicles.

"PMW 770 provides program-of-record capability and also integrates other programs into the undersea communication domain. We produce and integrate tools that are important to the warfighter," said Capt. Michael Boone, PMW 770 program manager. "We've changed our name to better reflect our role within the undersea acquisition community."

PMW 770 delivers vital command, control, communications, computers and intelligence (C4I) capabilities to the Navy by connecting the architecture of undersea vehicles, both manned and unmanned, and mobile communication in support of Nuclear, Command, Control and Communications (NC3), to maximize joint warfighting capability.

PMW 770 meets its unique and challenging mission by

integrating products from partner program offices to provide C4I system-of-systems communication architectures



to the warfighter. PMW 770 not only develops undersea communication systems, but also performs communication system hardware and software integration, modernization and sustainment.

The program office supports both land and sea assets that play a role in undersea systems

Pacific Partnership 2018 planning conference concludes

by MCC Jackey Smith

SAN DIEGO - Pacific partnership staff and partner nation representatives met on board USNS *Mercy* (T-AH 19), Jan. 16-19, for the final planning conference leading to Pacific Partnership 2018.

The four-day conference provided a forum for discussion to ensure the host nations and mission staff is aligned in all efforts leading to the upcoming mission.

Pacific Partnership 2018 will be led by Commander, Destroyer Squadron (DESRON) 31, embarked aboard *Mercy*. The Spearhead-class expeditionary fast transport ship USNS *Fall River* (T-EPF 4) will join the mission shortly after *Mercy* departs San Diego.

"The exceptional commitment to excellence from our host and partner nations was evident this week," said Capt. David Bretz, commander DESRON 31. "The valuable exchange of information coupled with the dedication to work out each detail leading

communication.

To learn more about PMW 770's mission and top programs, visit http://www.public.navy.mil/spawar/PEOC4I/Documents/TearSheets/PMW770_FactSheet_2017_DistroA.pdf.

The parent organization of PMW 770, the Program Executive Office Command, Control, Communications, Computers and Intelligence (PEO C4I) provides integrated communication and information technology systems that enable information warfare and command and control of maritime forces. PEO C4I acquires, fields and supports C4I systems which extend across Navy, joint and coalition platforms.

More information can be found at <http://www.public.navy.mil/spawar/PEOC4I/Pages/default.aspx>.

to the mission is what I call true partnership."

Throughout the week, senior delegates representing Australia, Canada, France, Indonesia, Japan, Malaysia, New Zealand, Palau, Peru, Philippines, Sri Lanka, Thailand, and Yap took the opportunity to participate in a ship tour and talk with the crew.

Created in response to the 2004 tsunami that devastated parts of Southeast Asia, Pacific Partnership continues to maintain engagements with regional partners in the Pacific Theater to provide humanitarian assistance and readiness for disaster response.

The mission has evolved over the years from primarily a direct care mission to an operation focused on enhancing partnerships through host nation subject matter expert and civil-military exchanges. Pacific Partnership also capitalizes on multilateral cooperation and partnerships between government and non-government organizations to increase capabilities in humanitarian assistance and disaster relief (HA/DR) and preparedness for natural and man-made disasters.

Pacific Partnership 2018 brings together civilian and military personnel from 14 partner nations to exchange knowledge and best practices during seven port visits, improving disaster response preparedness in the Indo-Asia Pacific region.



Vice Adm. Richard A. Brown relieves Vice Adm. Thomas S. Rowden as Commander, Naval Surface Forces and Commander, Naval Surface Force, Pacific Fleet. The turnover was conducted at the SURFOR headquarters on Naval Amphibious Base Coronado. Official photo

Brown assumes command of Naval Surface Forces

by MC2 Lenny LaCrosse

SAN DIEGO - Vice Adm. Richard A. Brown relieved Vice Adm. Thomas S. Rowden as commander, Naval Surface Forces (SURFOR) and commander, Naval Surface Force U.S. Pacific Fleet, Jan. 18.

The turnover was conducted at SURFOR headquarters.

"It has been an honor to serve with you," Rowden told the SURFOR staff. "I am proud of all of you and all you do to keep our nation free."

Brown assumed command of SURFOR after having served as commander of Navy Personnel Command (NPC) and deputy chief of naval personnel. A native of Lowell, Mass., Brown graduated from the U.S. Naval Academy in 1985 with a Bachelor of Science in Mathematics. He holds a Master of Science in Operations Research from the Naval Post Graduate School and a Master of Arts in National Security and Strategic Studies from the Naval War College.

"I am honored to assume command of Naval Surface Forces and command of Naval Surface Force, U.S. Pacific Fleet," said Brown. "I am humbled by the opportunity to lead the Surface Force and its brave Sailors."

With the mission of warfighting and winning at sea, commander, SURFOR provides combatant commanders with lethal, ready, well-trained, and logistically-supported Surface Forces to assure, deter and win at sea.

USNS Hershel Williams completes Integrated Trials

SAN DIEGO - USNS *Hershel Williams* (T-ESB 4) completed the first Integrated Trials for an expeditionary sea base ship Jan. 19, sailing from and returning to General Dynamics National Steel and Shipbuilding shipyard in San Diego.

Integrated Trials combine Builder's and Acceptance Trials, allowing for the shipyard to demonstrate to the Navy's Board of Inspection and Survey the operational capability and mission readiness of all the ship's systems during a single underway period. During trials, the shipbuilder conducted comprehensive tests to demonstrate the performance of all of the ship's major systems.

"During the trials we were able to conduct a number of tests including full power propulsion, steering and anchoring," said Capt. Scot Searles, strategic and theater sealift program manager, Program Executive Office, Ships. "ESBs are versatile platforms, and the ship handled extremely well demonstrating its readiness for delivery."

Hershel Williams is the second platform of the ESB variant. ESBs have a maximum speed of 15 knots and range of 9,500 nautical miles. The ship can hold 100,000 gallons of potable water and 350,000 gallons of JP-5 jet fuel.

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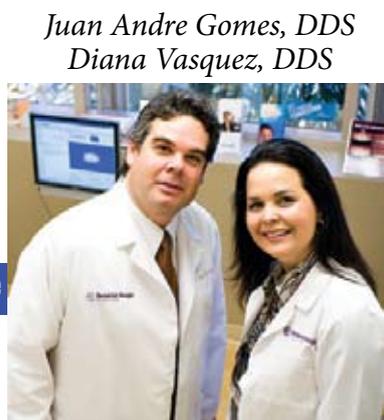
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PACIFIC OCEAN (Jan. 18, 2018) - Sailors perform maintenance on an E-2C Hawkeye assigned to the Black Eagles of Carrier Airborne Early Warning Squadron (VAW) 113 on the flight deck of USS Carl Vinson (CVN 70).

Navy photo by MC3 Dylan M. Kinee



PACIFIC OCEAN (Jan. 18, 2018) - Sailors assigned to USS Anchorage (LPD 23) help NASA engineers guide back the Orion test article towards the ship. Anchorage is underway to support NASA's Orion spacecraft Underway Recovery Test 6 (URT-6).

Navy photo by MC3 Natalie Byers



PACIFIC OCEAN (Jan. 20, 2018) - USS America (LHA 6), front, transits the Pacific Ocean next to USS Carl Vinson (CVN 70). Carl Vinson Strike Group is currently deployed and operating in the Pacific. Navy photo by MC2 Sean M. Castellano



CAMP PENDLETON (Jan. 16, 2018) - Soldiers with the Japanese Ground Self-Defense Force conduct Marine Corps intermediate swim qualifications as part of Exercise Iron Fist 2018. Exercise Iron Fist brings together U.S. Marines from the 11th Marine Expeditionary Unit and Soldiers from the Japanese Ground Self Defense Force, Western Army Infantry Regiment, to improve bilateral planning, communicating, and the conduct of combined amphibious operations. photo by Lance Cpl. Dylan Chagnon

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5K Paw Walk in the Garden

There's only one day of the year when you can take your dog into the San Diego Botanic Garden and it's coming up soon. The Sixth annual "5K Paw Walk in the Garden" will take place on Saturday, Feb. 17, 2018 from 8 to 11 am. Your Rancho Coastal Humane Society (RCHS) and the San Diego Botanic Garden (SDBG) will join paws to raise funds that support people, plants, and pets.

"Saturday is the perfect time to take your dog for a walk and the San Diego Botanic Garden is the perfect place to go," says RCHS Events Coordinator Kelly Peters. "The 5K Paw Walk gives people an opportunity to do something they're already planning to do on the only day of the year they can walk with their pets through the Garden."

"The 5K Paw Walk in the Garden has grown so much and so fast," says Sam Beukema, Education and Events Manager for the Garden. "It's the walk that every dog is begging to go on. Dogs love it. They get excited just driving past the entrance to the Garden."

It's not a race. Walkers can cover the full 5 kilometer / 3.1 mile course, but that's optional. You don't need a dog to participate. There are plenty of dogs there to pet.

You can see the course from a dog's eye view. We put a camera on a dog and walked him through the Garden. <https://vimeo.com/195553612>

There will be pet products, food (for people), treats (for dogs), information and displays for animal lovers, a pet first aid station, and (of course) dogs.

There are only a few rules. Here they are.

- * Dogs must be kept on leash at all times.
- * No leashes longer than 6 feet (including retractable leashes.)
- * No dogs in heat.
- * Owners must clean up after their dog. (There will be poop bags available.)
- * Limit two dogs per person. Really. We mean it. No more than two.
- * Dogs must be up to date on vaccinations.

Register yourself, your team, or for a virtual 5K Paw Walk in the Garden online. <http://5kpawwalk.org/>

Day of event registration starts at 7:30 am and paws cross the starting line at 9.



Photo credit: Mike Aguilera/SeaWorld San Diego

SeaWorld San Diego unveils Electric Eel ride

Electric Eel (topping out): On Wednesday Jan. 17, 2018, SeaWorld San Diego celebrated the completion of steel installation for Electric Eel, which is slated to open summer 2018, by placing an American flag at the highest point. Electric Eel will be San Diego's tallest, fastest coaster, accelerating to more than 60 mph and soaring nearly 150 feet.

SeaWorld unveil the ride car for Electric Eel Jan. 17 and celebrated topping-out for completion of steel installation on San Diego's tallest and fastest coaster

Electric Eel, where riders will soar 150 feet and accelerate to more than 60 mph, is on track to open this summer at SeaWorld San Diego.

Electric Eel will feature an exhilarating triple-launch experience with high-energy twists, heart-pounding loops and the only

upside-down view of Mission Bay. This new coaster will EELectrify even the bravest thrill seekers making them feel like an eel as they slither and dart around the track. The Electric Eel area will also feature an interactive learning experience called Mission: Deep Discovery. A habitat with mysterious moray eels, which was opened as part of the new Ocean Explorer attraction in summer 2017, is adjacent to the tallest and fastest roller coaster in San Diego's history.

PALA'S February free events

Pala Casino Spa & Resort will continue its FREE Events series in February featuring the 60+ Club at 1 p.m. on Tuesdays and the underground wine CAVE on weekends. Due to construction of Pala's \$170 million expansion and renovation, no tribute concerts or performances in Luis Rey's lounge are scheduled. The 60+ Club will be held in the Pala Events Center.

The FREE February entertainment schedule includes:

60+ Club
1 p.m., Tuesday, February 6, The Legends, Rock and Roll Revue.
1 p.m., Tuesday, February 13, Kenny Hale, a tribute to

Neil Diamond
1 p.m., Tuesday, February 20, High Tide, The Beach Boys Show
1 p.m., Tuesday, February 27, The Alley Cats, America's Premier Doo Wop Show

CAVE
7 p.m., Friday, February 2, Friends, Acoustic Pop
7 p.m., Saturday, February 3, Friends, Acoustic Pop
5 p.m., Sunday, February 4, Friends, Acoustic Pop
7 p.m., Friday, February 9, Dove & Reno, Variety/Instrumental
7 p.m., Saturday, February 10, Dove & Reno, Variety/Instrumental
5 p.m., Sunday, February

11, Dove & Reno, Variety/Instrumental
7 p.m., Friday, February 16, Chris James, Energy Acoustic Pop/Rock
7 p.m., Saturday, February 17, Desert Rose, Spanish Classical
5 p.m., Sunday, February 18, Chris James, Energy Acoustic Pop/Rock
7 p.m., Friday, February 23, Chris James, Energy Acoustic Pop/Rock
7 p.m. Saturday, February 24, Desert Rose, Spanish Classical
5 p.m., Sunday, February 25, Desert Rose, Spanish Clas-

sical
Additional Shows and Events Coming to Pala in February:

Frankie Valli & The Four Seasons, 7:30 p.m., Friday, February 23, 2018, Events Center. Tickets, \$100, \$90, \$80, at www.startickets.com

Styx, 7:30 p.m., Saturday, February 24, 2018, Events Center. Tickets, \$75, \$65, \$55, at www.startickets.com.

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by Jan Wagner

means is a stress free, worry free vacation on those beautiful beaches in the Caribbean. Sandals is adults-only, so you won't have kids running around. However, if you decide to travel with the family or the kids we have a second in that camera so they talk to you. They're talking to you and introducing themselves to you so that you understand where they're from. I think it highlights something that is terribly missing in our lives, and that is just eye contact

The San Diego Travel & Adventure Show is an annual tradition. It helps you explore the wide world of vacation possibilities, near and far, by bringing together industry experts on a wide range of travel options and related activities, at one time and in one place – the San Diego Convention Center. Here you can explore new destinations and thousands of vacation options; plan your vacation by meeting face-to-face with travel experts; learn, in informative workshops, how to save money and travel better; meet travel celebrities; uncover expert travel tips; save money with exclusive show-only travel deals; and experience faraway cultures through culture, food, dance and demonstrations. Attendees may enter to win one of many valuable, travel related prizes. You could even ride a camel!



Travel to Thailand

In the informative and entertaining "Travel Matchmaking Game Show with Cruise Planners," a representative from Celebrity Cruises explained that "one great thing about Celebrity or about cruising in general is that you do get to see a ton of destinations while you are aboard. You do really get to immerse yourself into the culture. We do offer a ton of overnight experiences ... so you will have time to explore the nightlife. The best part is you get to go onboard and eat your meals, and perhaps indulge in some beverages too, that are already paid for; and you only have to unpack one time, so that is a plus as well. We do go to all seven continents."

For a different kind of cruise experience, Alma Waterways spoke about river cruising. "We embark in the heart of the city, so you get to just go and walk right into a local village. Everything's included: breakfast, dinner, all the excursions. If you like bicycling, we have bikes onboard that are complimentary, so you get to experience local culture."

Sandals and Beaches Resort are located in the Caribbean. "The beauty of an all-inclusive resort is that you can immerse yourself in the culture of that island that you've on. ... Your meals and drinks, your land, water sports, tips, taxes, gratuities – you don't even need to rent a car because we pick you up at the airport, plus we take you back. What that

brand which is Beaches. That has the waterparks, the kids' camp – where they can go out and enjoy themselves as well as be a family, but have a vacation separately. We also cater to kids with special needs. We have one-on-one service for kids with special needs. We include everything for everyone at a Sandals and Beaches vacation."

Samantha Brown shared her insight into the making of her popular PBS program "Places to Love," and by extension helps us make more effective travel videos. To better engage her audience with the locals who she features on her program, she endeavors to have them make eye contact with the camera: "What I'm asking them (to do) is really hard. They have to look down the barrel of a camera. It is so intimidating. I'm asking them to put their eyes right

and listening to one another, and enjoying each other's company. And so you listen, you are a part of the show. The locals tell you how they feel about where they live. This really shows how unique each destination is."

An integral part of travel is enjoying the local cuisine. The San Diego Travel & Adventure Show has that covered too through something called the Culinary Fight Club. Two local chefs square off against each other in a timed, 60-minute competition to see who could better impress the two judges with their culinary talents, all the while being encouraged by entertaining "CHEFEREE" Anthony Martorina.

For more information on Travel & Adventure Shows in cities throughout the year, visit www.TravelShows.com.

Send your comments and



Ride a camel!

suggestions to AutoMatters@gmail.com. To see many more photos go to www.drivetribe.com.

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TV Listings

WEEKDAY MORNING/AFTERNOON

	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30	
KFMB (8)	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM		Inside Edition	Bold/Beautiful	The Young and the Restless		The Talk		Dr. Phil		Judge Judy	Judge Judy	
KFMB2 (8.2)	News 8 Morning Extra			The 700 Club		Maury		Dr. Phil		Judge Faith	Judge Faith	Judge Mathis		The Robert Irvine Show		Paternity Court	Paternity Court	Couples Court	Couples Court	
KGTV (10)	Good Morning America			Live with Kelly and Ryan		The View		10News Midday		The Chew		General Hospital		Pickler & Ben		Dateline		10News: The Now San Diego		
KPBS (15)	Cat in the Hat	Nature Cat	Curious George	Curious George	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Sesame Street	Super Why!	Dinosaur Train	Peg Plus Cat	Sesame Street	Splash and Bubbles	Curious George	Arthur	Nature Cat	Wild Kratts	Wild Kratts	Odd Squad	
KNSD (39)	Today			Megyn Kelly Today		Today With Kathie Lee & Hoda		NBC 7 News Midday		Days of our Lives		Access Live		Steve		The Ellen DeGeneres Show		NBC 7 News at 4		
DISN	Transylvania	The Lion Guard	Mickey Mouse	Mickey Mouse	Mickey Mouse	Roadster-Racers	Puppy Dog Pals	Vampirina	PJ Masks	Puppy Dog Pals	Elena of Avalor	Varied Programs	Sofia the First	Bunk'd	Jessie	Stuck in the Middle	Liv and Maddie	Raven's Home	Stuck in the Middle	
ESPN	First Take			SportsCenter		Outside the Lines		NFL Live		NBA: The Jump	SportsNation	Questionable	Around the Horn	Pardon the Interruption	SportsCenter With Michael and Jemele		College Basketball			
ESPN2	SportsCenter			SportsCenter		First Take		Varied Programs		Jalen & Jacoby	Varied Programs	NFL Live		Intentional Talk	Coll. Football Live	Questionable	Around the Horn	Pardon the Interruption	Varied Programs	
TLC	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Varied Programs			Hoarding: Buried Alive			Hoarding: Buried Alive			My 600-Lb. Life		My 600-Lb. Life		Say Yes to the Dress	Say Yes to the Dress		
USA	Varied Programs			Law & Order: Special Victims Unit			Law & Order: Special Victims Unit			Law & Order: Special Victims Unit			Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit			

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

2/2 A FANTASTIC WOMAN

2/2 SCORCHED EARTH

A Fantastic Woman

Marina and Orlando are in love and planning for the future. Marina is a young waitress and aspiring singer. Orlando is 20 years older than her, and owns a printing company. After celebrating Marina's birthday one evening, Orlando falls seriously ill. Marina rushes him to the emergency room, but he passes away just after arriving at the hospital. Instead of being able to mourn her lover, suddenly Marina is treated with suspicion. Marina is a trans woman and for most of Orlando's family, her sexual identity is an aberration, a perversion. So Marina struggles for the right to be herself.



Genre: Art House & International, Drama
Cast: Daniela Vega, Francisco Reyes, Luis Gnecco

Scorched Earth

The planet has suffered an environmental collapse; the air became dangerous to breathe, the water became toxic, and billions of people died. Generations later, mankind has finally re-established a rudimentary society, in an attempt to pick up the pieces that continue to blister in the sun.

Genre: Action & Adventure, Science Fiction & Fantasy
Cast: Gina Carano, John Hannah, Ryan Robbins

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	MVP: Most Valuable Performer (N) (CC)	Big Bang Theory	Young Sheldon	S.W.A.T. "Miracle" (N) (CC)	News	Late Colbert			
KFMB2 (8.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (N) (CC)	Supernatural Donna's niece is kidnapped.	Arrow "We Fall" Clayden launches his plan.	News 8 at 10 (N)	Seinfeld (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)	Grey's Anatomy "Personal Jesus" (N) (CC)	Scandal "Good People" (N) (CC)	How to Get Away With Murder (N) (CC)	10News at 11pm	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	Midsomer Murders	Start Up (N) (CC)		
KNSD (39)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Superstore (N)	The Good Place (N)	Will & Grace (N)	Great News	Chicago Fire "Slamigan" (N) (CC)	NBC 7 News	Tonight Show		
DISN	Bizaardvark (N)	Bizaardvark (N)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	Andi Mack	Stuck in the Middle	
ESPN	College Basketball Michigan at Purdue.	2018 Pro Bowl Skills Showdown (Taped)	Winter X Games Aspen. (Live)	From Aspen, Colo. (N)	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	Women's College Basketball	College Basketball Central Florida at Wichita State. (N) (Live)	College Basketball BYU at Saint Mary's (Calif.) (N) (Live)	Winter X Games Aspen. From Aspen, Colo. (N Same-day Tape)	My 600-Lb. Life "Wedding SOS" (N) (CC)	My 600-Lb. Life "Amber's Story" (N) (CC)	My 600-Lb. Life "Supersized: Alicia's Story" Alicia's boyfriend threatens to leave. (N) (CC)	Family by the Ton (N) (CC)	My 600-Lb. Life (N) (CC)					
TLC	Say Yes, Dress	Say Yes, Dress	Law & Order: Special Victims Unit "Blast"	Law & Order: Special Victims Unit "Taboo"	Law & Order: Special Victims Unit "Gone"	Law & Order: Special Victims Unit "Gone"	Law & Order: Special Victims Unit "Gone"	Law & Order: Special Victims Unit "Gone"	Law & Order: Special Victims Unit "Gone"	Law & Order: Special Victims Unit "Gone"	Law & Order: Special Victims Unit "Gone"	Law & Order: Special Victims Unit "Gone"	Law & Order: Special Victims Unit "Gone"	
USA	Law & Order: Special Victims Unit "Blast"	Law & Order: Special Victims Unit "Blast"	Law & Order: Special Victims Unit "Blast"	Law & Order: Special Victims Unit "Blast"	Law & Order: Special Victims Unit "Blast"	Law & Order: Special Victims Unit "Blast"	Law & Order: Special Victims Unit "Blast"	Law & Order: Special Victims Unit "Blast"	Law & Order: Special Victims Unit "Blast"	Law & Order: Special Victims Unit "Blast"	Law & Order: Special Victims Unit "Blast"	Law & Order: Special Victims Unit "Blast"	Law & Order: Special Victims Unit "Blast"	

JANUARY 25, 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	Bruno Mars: 24K Magic Live	Hawaii Five-0 (N) (CC)	Blue Bloods Danny considers retiring. (N)	News	Late Colbert				
KFMB2 (8.2)	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (N) (CC)	Crazy Ex-Girlfriend (N) (CC)	Jane The Virgin (N) (CC)	News 8 at 10 (N)	Seinfeld (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				
KPBS (15)	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N)	Washington Roundtable	Doc Martin "Hazardous Exposure" (CC)	Live at the Belly Up	Soundbreaking "The Art of Recording" (N)					
KNSD (39)	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Blindspot A search for a missing person.	Taken "Hammurabi" (N) (CC)	Dateline NBC (N) (CC)	NBC 7 News	Tonight Show				
DISN	Bizaardvark (N)	Bizaardvark (N)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Andi Mack	Andi Mack	K.C. Undercover	K.C. Undercover	K.C. Undercover	Jessie (N) (CC)	Andi Mack	Stuck in the Middle	
ESPN	NBA Basketball Houston Rockets at New Orleans Pelicans. From Smoothie King Center in New Orleans. (N)	Winter X Games Aspen. From Aspen, Colo. (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)					
ESPN2	College Hockey Notre Dame at Minnesota. From Mariucci Arena in Minneapolis, Minn. (N) (Live)	Untold Stories of the E.R. "Plastered!" (N)	Untold Stories of the E.R. "Cop-Shocker" (N)	Untold Stories of the E.R. "Shredded!" (N)	Untold Stories of the E.R. "Wipeout!" (N)	Untold Stories of the E.R. "Hooked" (N) (CC)	Untold Stories of the E.R. "Size Matters" (N) (CC)	Untold Stories of the E.R. "Hooked" (N) (CC)	Untold Stories of the E.R. "Hooked" (N) (CC)					
TLC	Law & Order: Special Victims Unit "Cage"	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	
USA	Law & Order: Special Victims Unit "Cage"	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	

JANUARY 26, 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	College Basketball North Carolina State at North Carolina. (N) (Live) (CC)	College Basketball Virginia at Duke. From Cameron Indoor Stadium in Durham, N.C. (N) (CC)	PGA Tour Golf Farmers Insurance Open, Third Round. From Torrey Pines South Course in La Jolla, Calif. (N) (Live) (CC)	Judge Judy (N) (CC)	Judge Judy (N) (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	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program
KGTV (10)	Good Morning	10News This Morning at 8am Saturday (N) (CC)	Jack Hanna	Ocean Treks	Winter X Games Aspen. From Aspen, Colo. (N) (Live)	Sea Rescue (N)	The Wildlife Docs	Castle Beckett invites Deming to assist. (N)											
KPBS (15)	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Dr. Perlmutter's Whole Life Plan Holistic lifestyle program. (N) (CC)	R. Steves' Europe	This Old House (N)	Ask This Old House	Kimball's Milk Street	My Greek Table	Cook's Country (N)	Martha Bakes (N)	Pati's Mexican Table	Family Ingredients	R. Steves' Europe	Crossing South		
KNSD (39)	NBC 7 News To	The Voyager	Wilderness Vet (N)	Journey-Dreyer	Mecum Auto Auctions "Kissimmee" (N) (CC)	International Auto Show From Detroit. (N) (CC)	Figure Skating Taipei, Taiwan. (N Same-day Tape) (N) (CC)	Four Continents Championships. From Taipei, Taiwan. (N Same-day Tape) (N) (CC)	Horse Racing Pegasus World Cup Invitational. (N) (Live) (CC)	LifeLock Protection	Open House	Naturally, Danny Seo	Give (CC) (DVS)						
DISN	Vampirina (N) (CC)	Transylvania	Tangled: The Series	Stuck in the Middle	Stuck in the Middle	Andi Mack (N) (CC)	Andi Mack (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)	Jessie (N) (CC)	Stuck in the Middle	Stuck in the Middle			
ESPN	SportsCenter (N)	College GameDay (N) (Live) (CC)	College Basketball Baylor at Florida. From Stephen C. O'Connell Center in Gainesville, Fla. (N)	College Basketball Oklahoma at Alabama. From Coleman Coliseum in Tuscaloosa, Ala. (N) (Live)	College Basketball Texas Tech at South Carolina. From Colonial Life Arena in Columbia, S.C. (N)	College Basketball Mississippi at Texas. From the Frank Erwin Center in Austin, Texas. (N) (Live)	College Basketball TCU at Vanderbilt. From the Memorial Gymnasium in Nashville, Tenn. (N) (Live)	College Basketball Oklahoma State at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N)											
ESPN2	2018 Australian Open Tennis Women's Final. From Melbourne, Australia.	College Basketball Texas Tech at South Carolina. From Colonial Life Arena in Columbia, S.C. (N)	College Basketball Mississippi at Texas. From the Frank Erwin Center in Austin, Texas. (N) (Live)	College Basketball TCU at Vanderbilt. From the Memorial Gymnasium in Nashville, Tenn. (N) (Live)	College Basketball Oklahoma State at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N)														
TLC	Lottery Changed	Young Americans "Miami Beach" (N)	Hoarding: Buried Alive "Losing Half Myself" (N) (CC)	Hoarding: Buried Alive (N) (CC)	Hoarding: Buried Alive Tim could lose his home.	Hoarding: Buried Alive "Just Tear It Down" (N)	Hoarding: Buried Alive "It's a Rat's Nest" (N)	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress		
USA	Try Yoga	Try Yoga	Paid Program (CC)	Chrisley Knows	Chrisley Knows	*** Blood Father (2016) Mel Gibson. An ex-con must protect his daughter from a vicious cartel.	*** GoodFellas (1990, Crime Drama) Robert De Niro, Ray Liotta, Joe Pesci. Premiere. An Irish-Italian hood joins the 1950s New York Mafia.	*** Brave (2012, Children's) Voices of Kelly Macdonald, Billy Connolly. (N)	*** Mad Max: Fury Road (2015, Action) Tom Hardy, Charlize Theron, Nicholas Hoult.										

JANUARY 27, 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)	CBS News 8 at 5pm (N) (CC)	Weekend News	News	Entertainment Tonight (N) (CC)	NCIS A petty officer is found murdered. (N)	SEAL Team "Rolling Dark" (N) (CC)	48 Hours (N) (CC)	News	Blue Bloods					
KFMB2 (8.2)	Don't Blink	Engagement	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	American Ninja Warrior (CC)	American Ninja Warrior (CC)	Seinfeld (N) (CC)	Impractical Jokers	Impractical Jokers	Impractical Jokers	Impractical Jokers	Impractical Jokers
KGTV (10)	NBA	NBA Basketball Boston Celtics at Golden State Warriors. From Oracle Arena in Oakland, Calif. (N) (CC)	News	World News	RightThis Minute (N) (CC)	The List (N) (CC)	20/20 (N) (CC)	10News at 11pm	Sports XTRA					
KPBS (15)	NewsHour Wk	KPBS Spectrum	The Lawrence Welk Show (N) (CC)	Antiques Roadshow	Antiques Roadshow	The Doctor Blake Mysteries (N) (CC)	Ethan Bortnick: Generations of Music (N) (CC)	R. Steves' Europe	Globe Trekker (N) (N) (CC)					
KNSD (39)	Champ Within	Nightly News	NBC 7 News at 6	Paid Program	Wheel of Fortune	Jeopardy! (N) (CC)	Will & Grace (N)	Saturday Night Live Will Ferrell; Chris Stapleton performs. (N)	Saturday Night Live (N) (CC)	NBC 7 News	Saturday Night Live			
DISN	Andi Mack	Andi Mack	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	*** Monsters, Inc. (2001) Voices of John Goodman. (N)	*** Brave (2012, Children's) Voices of Kelly Macdonald, Billy Connolly. (N)	Andi Mack	Walk the Prank (N) (CC)	Lab Rats (N) (CC)					
ESPN	College Basketball	Winter X Games Aspen. From Aspen, Colo. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)					
ESPN2	College Basketball Virginia Tech at Notre Dame. (N) (Live)	College Basketball Valparaiso at Illinois State. From Redbird Arena in Normal, Ill. (N)	Basketball	30 for 30 Shorts	Winter X Games Aspen. From Aspen, Colo. (N Same-day Tape)									
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress (N) (CC)	Say Yes to the Dress (N) (CC)	Say Yes to the Dress "I'm Having a Moment" Courtney wants to look at every dress.	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	
USA	Mad Max: Fury Road	*** Men in Black (1997, Action) Tommy Lee Jones, Will Smith, Linda Fiorentino.	*** Twister (1996) Helen Hunt, Bill Paxton. Storm chasers race to test a new tornado-monitoring device.	Falling Water Taka traces Shadowman.	*** Blood Father (2016) Mel Gibson.									

JANUARY 27, 2018

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TV Listings

SUNDAY 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	CBS News Sunday Morning (N) (CC)	Face the Nation (N)	Lucky Dog "Shadow"	The Open Road	College Basketball Michigan State at Maryland. From XFINITY Center in College Park, Md. (N)	PGA Tour Golf Farmers Insurance Open, Final Round. From Torrey Pines South Course in La Jolla, Calif. (N) (Live) (CC)	Grammy Red Carpet Live (N) (Live) (CC)	Grammy Awards												
KFMB2	Paid Program	Mark T. Barclay	Catholic Mass	Face the Nation (N)	Paid Program	San Diego Luxury	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Make: Television (N)	HouseCalls	Designing Spaces	P. Allen	Small Town Big Deal (N)	Great Escapes	Raw Travel (N) (CC)	Don't Blink	
KGTV	Good Morning	10News This Morning at 8am Sunday (N) (CC)	Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos (N)	Postseason NFL Countdown (N) (Live) (CC)	Washington Week (N)	Washington Week (N)	Washington Week (N)	Washington Week (N)	Time Scanners "Machu Picchu" (N) (CC)	2018 Pro Bowl AFC vs NFC. From Camping World Stadium in Orlando, Fla. (N) (Live)	Secrets of the Dead The Great Pyramid of Giza.	NOVA A city of stone. (N) (CC) (DVS)	Home Pro Show	Rock the Park (N)	Castle Beckett's relationship with Demming. (N)	Ken Kramer's S.D.	1915 Expo Centennial		
KPBS	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Washington Week (N)	KPBS Roundtable	Washington Week (N)	Growing Bolder (N)	Time Scanners "Machu Picchu" (N) (CC)	2018 Pro Bowl AFC vs NFC. From Camping World Stadium in Orlando, Fla. (N) (Live)	Secrets of the Dead The Great Pyramid of Giza.	NOVA A city of stone. (N) (CC) (DVS)	Home Pro Show	Rock the Park (N)	Castle Beckett's relationship with Demming. (N)	Ken Kramer's S.D.	1915 Expo Centennial		
KNSD	NBC 7 News To	Meet the Press (N) (CC)	Politically Speaking	Star of the Hit TV	Paid Program	Incredible Dog Challenge National Finals (N)	Skiing USSA Freestyle Cup: Aerials. (N) (CC)	2018 NHL All-Star Game A 3-on-3 tournament format with four teams - one for each division. From Amalie Arena in Tampa, Fla. (N) (Live) (CC)	Raven's Home (N)	Raven's Home (N)	K.C. Undercover	K.C. Undercover (N)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Stuck in the Middle	Stuck in the Middle		
DISN	Vampirina (N) (CC)	Transylvania	Tangled: The Series	Stuck in the Middle	Stuck in the Middle	Andi Mack (N) (CC)	Andi Mack (N) (CC)	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Raven's Home (N)	Raven's Home (N)	K.C. Undercover	K.C. Undercover (N)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Stuck in the Middle	Stuck in the Middle	
ESPN	SportsCenter (N)	SportsCenter (N) (Live) (CC)	2018 Pro Bowl Skills Showdown	Postseason NFL Countdown (N) (Live) (CC)	2018 Pro Bowl Skills Showdown	Postseason NFL Countdown (N) (Live) (CC)	2018 Pro Bowl Skills Showdown	2018 Pro Bowl Skills Showdown	2018 Pro Bowl Skills Showdown	2018 Pro Bowl Skills Showdown	2018 Pro Bowl Skills Showdown	2018 Pro Bowl Skills Showdown	2018 Pro Bowl Skills Showdown	2018 Pro Bowl Skills Showdown	2018 Pro Bowl Skills Showdown	2018 Pro Bowl Skills Showdown	2018 Pro Bowl Skills Showdown	2018 Pro Bowl Skills Showdown	2018 Pro Bowl Skills Showdown	2018 Pro Bowl Skills Showdown
ESPN2	2018 Australian Open Tennis Men's Final. From Melbourne, Australia. (Taped) (CC)										Winter X Games Aspen. From Aspen, Colo. (N) (Live)					Women's College Basketball Notre Dame at Florida State. (N) (Live)				
TLC	Four Weddings (N)	Four Weddings Aimee; Megan; Angie; Erica. (N)	Four Weddings Tulisa, Crystal, Erica and Alli.	Four Weddings "... And a Leprechaun" (N) (CC)	Four Weddings "... And a Candelabra Hat" (N) (CC)	Four Weddings "... And a Go-Kart Race" (N) (CC)	My 600-Lb. Life "Alicia's Story" Alicia fears her food addiction. (N) (CC)	My 600-Lb. Life "Janine's Story" An obese woman is nearly immobile. (N) (CC)												
USA	David Jeremiah (N)	In Touch	Joel Osteen (CC)	Law & Order: Special Victims Unit "Charisma"	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit "Fault" (N)	Law & Order: Special Victims Unit "Informed"	Law & Order: Special Victims Unit "Infiltrated"	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	

JANUARY 28, 2018

CROSSWORD PUZZLE



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

ACROSS

- Role on "Kevin Can Wait" (2)
- Medicore (hyph.)
- Bedspring
- Role on "Madam Secretary" (2)
- "___ Have This Dance?"; Anne Murray song
- Cabrera; role on "Kevin (Probably) Saves the World"
- FBI crime lab evidence
- Actor Ken
- Monogram for author Milne
- Bullring cries
- Crow's remarks
- Hairpiece
- Bread spread
- Enemy
- Josh Randall's "Ten Days in the Valley" role
- Rob Lowe's age
- Actor on "Speechless" (2)
- Pod veggie
- Word with sight or quarters
- News magazine series (2)

- Hunt or Lavin
- Ms. Verdugo
- "___ Wonder" (1985-89)
- One of the Kettles
- "I ___ Number Four"; 2011 sci-fi movie
- Orange tuber
- Contented sound
- Lassie, for one
- 1986 Sigourney Weaver movie
- "The ___ Al Show" (1997-98)
- "___ Married an Axe Murderer"; Nancy Travis film
- Mondale's monogram
- 5053 doubled
- Colorful lizard
- Asian language
- "Agents ___ S.H.I.E.L.D."
- Apr. or Aug.
- "The Man with the Golden ___"; Frank Sinatra film
- President Taft's monogram



DOWN

- Role on "Happy Days"
- Actor John and his family
- Portable bed
- Sore
- Yogi's little buddy, for short

SUNDAY 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	The 60th Annual Grammy Awards Excellence in the recording industry. (N) (Live) (CC)													
KFMB2	News 8 on the CW San Diego at 5pm (N)	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	Forensic Files (N)	Forensic Files (N)	Forensic Files (N)	Forensic Files (N)	Seinfeld (N) (CC)	Impractical Jokers	Just for Laughs	Engagement	
KGTV	10News at 5pm	World News	10News at 6pm	RightThisMinute (N)	America's Funniest Home Videos (N)	America's Funniest Home Videos (N)	America's Funniest Home Videos (N)	America's Funniest Home Videos (N)	America's Funniest Home Videos (N)	Shark Tank A guilt-free sweet treat. (N)	Shark Tank (N) (CC) (DVS)	10News at 11pm	Sports XTRA	
KPBS	NewsHour Wk	SciTech Now (N)	Father Brown "The Standing Stones" (N)	Victoria on Masterpiece	Victoria on Masterpiece	Victoria on Masterpiece	Victoria on Masterpiece	Victoria on Masterpiece	Victoria on Masterpiece	Queen Elizabeth's Secret Agents (CC)	Penelope Keith at Her Majesty's Service			
KNSD	Access (N) (CC)	Nightly News	NBC 7 News at 6	Paid Program	Dateline NBC (N) (CC)	Dateline NBC (N) (CC)	Dateline NBC (N) (CC)	Dateline NBC (N) (CC)	Dateline NBC (N) (CC)	*** Neighbors (2014, Comedy) Seth Rogen, Zac Efron, Rose Byrne. (N)	NBC 7 News	Sportswrap		
DISN	Andi Mack (N) (CC)	Andi Mack (N) (CC)	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	*** The Good Dinosaur (2015) Voices of Jeffrey Wright.	Stuck/Middle	Andi Mack (N) (CC)	Andi Mack (N) (CC)	K.C. Undercover	Stuck/Middle	Bunk'd (N) (CC)	Bunk'd (N) (CC)		
ESPN	NBA Basketball	Winter X Games Aspen. From Aspen, Colo. (N) (Live)					SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)					
ESPN2	College Basketball Connecticut at Temple. From the Liacouras Center in Philadelphia.						2018 Pro Bowl Skills Showdown	Super Bowl	Super Bowl	ESPN FC (N) (CC)	2018 Madden Club Series Championship (Taped) (CC)	Championship	NFL's Greatest	
TLC	Seeking Sister Wife "Risky Business" (N)	Sister Wives A bridal shower for Mykelti.	Sister Wives A bridal shower for Mykelti.	Sister Wives A bridal shower for Mykelti.	Sister Wives "Meri's Crazy Idea" Meri talks about the bed and breakfast. (N) (CC)	Seeking Sister Wife (N) (CC)	Sister Wives "Meri's Crazy Idea" (N)	Sister Wives "Meri's Crazy Idea" (N)						
USA	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)		

JANUARY 28, 2018

MONDAY 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	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition	Kevin Can Wait (N)	Man With a Plan (N)	Superior Donuts (N)	9JKL (N) (CC)	Scorpion "Wave Goodbye" (N) (CC)	News	Late-Colbert		
KFMB2	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (N) (CC)	Supergirl "For Good" (N) (CC)	Valor Nora is prepared to confess. (N)	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls (N)				
KGTV	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Bachelor (N) (CC)				The Good Doctor "Oliver" (N) (CC)	10News at 11pm	Jimmy Kimmel		
KPBS	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Antiques Roadshow "New Orleans" (N)	Antiques Roadshow "Knoxville" (CC)	The Greeks Western civilization. (N) (CC)	Independent Lens "I Am Another You" (N)					
KNSD	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Wall Steve and Nick vie for the prize.	Better Late Than Never (N) (CC)	The Brave "Close to Home: Part 2" (N)	NBC 7 News	Tonight Show				
DISN	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd "Fog'd In" (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover	Andi Mack (N) (CC)	Stuck/Middle	Bizaardvark (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	K.C. Undercover	Stuck/Middle
ESPN	College Basketball Notre Dame at Duke.	College Basketball Kansas at Kansas State. From Bramlage Coliseum in Manhattan, Kan.					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)		
ESPN2	SportsCenter Special From Minneapolis. (N) (Live)						Basketball	NFL Live (CC)		Super Bowl	Super Bowl	Super Bowl	Super Bowl	
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress (N) (CC)	Say Yes to the Dress (N) (CC)	Say Yes to the Dress (N) (CC)	Family by the Ton (N) (CC)	Family by the Ton (N) (CC)	Family by the Ton "One Step at a Time" (N) (CC)	Family by the Ton (N) (CC)	Family by the Ton (N) (CC)	Family by the Ton (N) (CC)	Family by the Ton (N) (CC)		
USA	NCIS "Sins of the Father" (CC) (DVS)	NCIS A storm causes power outages. (N)	NCIS A storm causes power outages. (N)	NCIS A storm causes power outages. (N)	NCIS A deep-sea diver is murdered. (N)	WWE Monday Night RAW (N Same-day Tape) (N) (CC)					Modern Family (N)	Modern Family (N)		

JANUARY 29, 2018

TUESDAY 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	CBS News 8 at 5pm (N) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	Super Bowl Greatest Commercials 2018 (N)	To Be Announced	To Be Announced	Ent. Tonight	Inside Edition	News	Late-Colbert	
KFMB2	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (N) (CC)	The Flash "Honey, I Shrunk Team Flash"	Black Lightning (N) (CC)	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls (N)				
KGTV	10News at 5pm (N) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	Fresh Off the Boat	Fresh Off the Boat	To Be Announced			10News at 11pm	Jimmy Kimmel	
KPBS	KPBS Evening	Nightly Business	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	We'll Meet Again (N) (CC)	American Experience "Triangle Fire" (N)	Frontline "North Korea's Deadly Dictator"	NHK Special: Lt. Onoda's Return				
KNSD	NBC 7 News at 5	Nightly News	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	State of the Union 2018 The president addresses the nation. (N) (Live) (CC)	Ellen's Game of Games (N) (CC)	The Wall (N) (CC)	Dateline NBC (N) (CC)	NBC 7 News	Tonight Show			
DISN	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover	Andi Mack (N) (CC)	Stuck/Middle	Bizaardvark (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	K.C. Undercover	Stuck/Middle
ESPN	College Basketball Teams TBA. (N) (Live)	College Basketball Vanderbilt at Kentucky. From Rupp Arena in Lexington, Ky. (N) (Live)					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)		
ESPN2	College Basketball Teams TBA. (N) (Live)	College Basketball Baylor at Oklahoma. (N) (Live)					Basketball	NFL Live (CC)		E:60	Super Bowl	Super Bowl		
TLC	Say Yes, Dress	Say Yes, Dress	Four Weddings Uniting fish and family. (N)	My Big Fat Fabulous Life (N) (CC)	My Big Fat Fabulous Life (N) (CC)	My Big Fat Fabulous Life (N) (CC)	My Big Fat Fabulous Life (N) (CC)	I Am Jazz Jazz explores dating girls. (N)	Seeking Sister Wife "Risky Business" (N)	My Big Fat Fabulous Life (N) (CC)	My Big Fat Fabulous Life (N) (CC)	My Big Fat Fabulous Life (N) (CC)		
USA	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	WWE SmackDown! (N Same-day Tape) (N) (CC)				Chrisley Knows	Chrisley Knows	Modern Family (N)	Modern Family (N)	

JANUARY 30, 2018

WEDNESDAY 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	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition	The Amazing Race "The Claws Are Out" (N) (CC)	SEAL Team "Getaway Day" (N) (CC)	Criminal Minds "Miasma" (N) (CC)	News	Late-Colbert				
KFMB2	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (N) (CC)	Riverdale (N) (CC)	Dynasty "Promises You Can't Keep" (N)	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls (N)				
KGTV	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Goldbergs (N) (CC)	Speechless (N) (CC)	Modern Family (N)	American Housewife	Match Game (N) (CC)	10News at 11pm	Jimmy Kimmel		
KPBS	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Animals With Cameras. A Nature	NOVA "The Impossible Flight" Two pilots fly a solar-powered airplane. (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Chicago P.D. "Chasing Monsters" (N) (CC)	NBC 7 News	Tonight Show			
KNSD	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Blacklist "Tommy Wattles" (N)	Law & Order: Special Victims Unit (N) (CC)	Chicago P.D. "Chasing Monsters" (N) (CC)	NBC 7 News	Tonight Show				
DISN	Bizaardvark (N) (CC)	Bizaardvark (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	K.C. Undercover	Andi Mack (N) (CC)	Stuck/Middle	Bizaardvark (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	K.C. Undercover	Stuck/Middle
ESPN	NBA Basketball New York Knicks at Boston Celtics. From TD Garden in Boston. (N) (Live)	NBA Basketball Dallas Mavericks at Phoenix Suns. From Talking Stick Resort Arena in Phoenix. (N) (Live)					SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)		
ESPN2	College Basketball Louisville at Virginia.	College Basketball Missouri at Alabama. From Coleman Coliseum in Tuscaloosa, Ala.					SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	NFL Live (CC)	NBA Basketball: Knicks at Celtics				
TLC	My 600-Lb. Life "Milla & Charity" (N)	My 600-Lb. Life "Alicia's Story, Part 1"	My 600-Lb. Life "Alicia's Story, Part 2"	My 600-Lb. Life "Liz's Story" Liz cannot get out of her bed. (N) (CC)	Family by the Ton (N) (CC)	My 600-Lb. Life "Liz's Story" (N) (CC)	Family by the Ton (N) (CC)	My 600-Lb. Life "Liz's Story" (N) (CC)	My 600-Lb. Life "Liz's Story" (N) (CC)	My 600-Lb. Life "Liz's Story" (N) (CC)	My 600-Lb. Life "Liz's Story" (N) (CC)	My 600-Lb. Life "Liz's Story" (N) (CC)		
USA	NCIS McGee's girlfriend asks for help.	NCIS "Troll" A Navy ensign is murdered.	NCIS Agent DiNozzo's identity is stolen.	NCIS A Marine falls to her death. (N)	NCIS The team investigates an abduction.	NCIS "Pay to Play" (N) (CC) (DVS)	NCIS British prisoners flee stateside. (N)							

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Videoview

by Jay Bobbin

STARTING THIS WEEK: "TYLER PERRY'S BOO 2! A MADEA HALLOWEEN": Though it's well past trick-or-treat season, writer director and star Perry's brassy female alter ego supplies laughs as Madea tries to retrieve teenage Tiffany (Diamond White) from a fraternity gathering at a campground that allegedly is haunted. Aunt Bam (Cassi Davis), Hattie (Patrice Lovely) and Joe (Perry again, thanks to the movie magic that also enables him to play Tiffany's father Brian) join Madea in the attempt, and they get their share of supernatural surprises along the way. DVD extras: two "making-of" documentaries; deleted scenes; outtakes. *** (PG-13: AS, P) (Also on Blu-ray and On Demand)

"PROFESSOR MARSTON AND THE WONDER WOMEN": After the character Wonder Woman fueled one of the most successful movies of 2017, her creator is profiled in writer-director Angela Robinson's drama. Luke Evans ("Beauty and the Beast") portrays Harvard psychologist William Moulton Marston, one of the inventors of the lie detector - and the person who devised the comic-book heroine, a move that brought him considerable criticism. Much of what went into Wonder Woman was inspired by his relationships with his wife (Rebecca Hall) and a woman who was involved with them both (Bella Heathcote). Oliver Platt ("Chicago Med") and Connie Britton ("Nashville") also are featured. DVD extras: two "making-of" documentaries. *** (R: AS, P) (Also on Blu-ray and On Demand)

"LAST FLAG FLYING": Three very notable performers - Steve Carell, Bryan Cranston and Laurence Fishburne - are teamed as Vietnam War veterans in this serio-comic tale, directed by Richard Linklater ("Boyhood"), who co-adapted it with Darryl Ponicsan ("The Last Detail") from the latter's novel. The former military men reunite to accompany the casket of the Carell character's Marine son, who is destined for burial in New Hampshire. Along the journey, the men deal with their memories of combat and try to come to terms with their current lives. Cicely Tyson also appears. DVD extras: two "making-of" documentaries; deleted scenes; outtakes. *** (R: AS, P) (Also on Blu-ray and On Demand)

"VICTORIA: THE COMPLETE SECOND SEASON": Jenna Coleman reprises the role of the young monarch in this PBS "Masterpiece" drama, currently being televised - and continuing there through the month of February returns as the British queen, which means those who purchase this set upon release can see a number of episodes before they're televised. Now a mother, Victoria deals with others who would have preferred that she had a son, while the Anglo-Afghan War and the Irish potato famine also impact her rule. Meanwhile, Prince Albert (Tom Hughes) is preoccupied with the Industrial Revolution. Diana Rigg joins a cast that also includes Rufus Sewell, Nell Hudson and Ferdinand Kingsley. *** (Not rated: AS)

"RAY DONOVAN: THE FIFTH SEASON": Already guaranteed a sixth year, this round of the Showtime series uses its later episodes to set up the drama's forthcoming move to New York as a principal setting. It also has a highly notable guest star in Susan Sarandon, playing a Hollywood studio chief who hires fixer Ray (Liev Schreiber) - and she's not the only one in that business who needs his help, since actress Natalie James (Lili Simmons) also seeks him out. Mickey (Jon Voight) wants his own connection to moviemaking, and it involves Daryll (Pooch Hall). Rhys Coiro and C. Thomas Howell have guest stints here as well. Paula Malcomson and Katherine Moening also continue their roles. *** (Not rated: AS, N, P, V)

Love is a four legged word

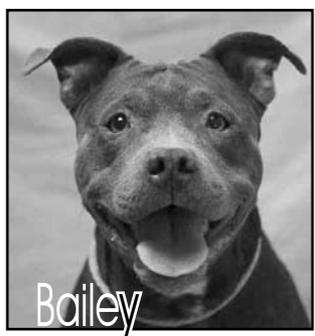
My pet world: Feral friend may be happier staying outside

Maui is a three year old spayed brown Tabby whose previous owner could no longer care for her. She has beautiful tabby markings and a wonderfully soft coat. Maui is a friendly gal who will happily greet you at the door after a long day and want to hear all about your day at work. She's at the perfect age too - grown out of the rambunctious kitten stage but with a great balance of play and nap time with her humans. Meet Maui by asking for ID#A1595054 Tag#C156.



She can be adopted for \$58.

Bailey is a six year old female blue Pit Bull Mix who weighs 56 lbs. She arrived to the shelter as a stray and would love nothing more than to leave with a forever family of her own. Bailey is active but settles down nicely to hang out with her humans. So she'll really enjoy walks and playtime, but will also gladly keep you company lounging on the couch for a Netflix binge session. Meet this wonderful gal by asking for ID#A1818429 Tag#C253. Bailey can be adopted for \$35.



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.



Being challenged in life is inevitable, being defeated in life is optional.
- Roger Crawford

Dear Cathy,
I have been feeding a very feral cat since last March. Gradually, he has progressed to living on my deck. In July, I trapped him and had him neutered and treated for fleas, worms and mites. He has gained weight, and is extremely charming. He was a skeleton when I first saw him.

He can be very aggressive, however, and I have the scratches to prove it. He loves to be petted and has come to trust me, but when I go inside, he gets very upset and sometimes tries to scratch me. This behavior has lessened as time goes on. He appears to be very lonely and stares at my five indoor cats through the sliding doors. The other day I left the door open a few inches, and he acted very aggressive to one of my indoor boys.

I have provided him with an outdoor house with straw to keep him warm, and an outdoor heating pad. Both under a covered picnic table to keep everything dry. Is it possible he may eventually stop being so aggressive to my cats? I feel very bad for him as he appears to want to come in. He's probably been outside his whole life and has never had a human friend until me. - Janice, Eastport, NY

Dear Janice,
You may not realize it, but you're already providing him with a good home where he knows he will be fed and looked after every day. The outdoor shelter you are providing with the straw bed sounds great, and I am glad he lets you pet him sometimes. He obviously trusts you, and could someday warm up to the other cats through the sliding glass door, but don't push the issue. While a few cats cross the threshold from feral to indoor cat, it can be very difficult to make this transition with five

cats already in the home. Cats are very territorial.

If, at some point, you feel he could cross the threshold, then bring him inside and close him in a room for a few days so all the cats can get to know each other better through scent and some under the door paw play. But please don't feel you need to do this, since cats are very territorial, and this will be very stressful for all your cats, too. If he is "a very feral cat" then he is likely happier outside with the food, shelter and friendship he gets from you.

As for your scratches, he may be showing what's called "redirected aggression," which means he scratches you because he is frustrated by another stimulus, like seeing your indoor cats. Maybe wear boots or long socks when you are with him to protect your legs.

Dear Cathy,
We have a seven-pound Chi-

huahua mix that we found roaming the streets six years ago. We absolutely love our dog, but he has one particular habit that absolutely drives us crazy. He constantly licks. If he's on any piece of furniture, he licks. When not sleeping, he licks. I've brought this to the attention of several veterinarians, but no one has an answer on how to resolve this habit. It seems like it has gotten worse the older he gets. If you have any suggestions, it would be very much appreciated.
- Vicki, La Grange, IL

Dear Vicki,
While dogs naturally lick themselves, excessively licking can indicate a health or behavior problem. If your veterinarian ruled out health issues, then licking is likely the result of boredom or stress, and manifested into an obsessive-compulsive disorder. There are a few things you can try.

First, tell your dog "no lick," and give him a treat if he re-

sponds to your command. Then replace the old behavior with a new one to give his mind something new to do. Puzzle and treat toys are excellent sources of mental stimulation for your dog that might help break his licking habit. (It's like a smoker chewing on a lollipop when they are trying to quit smoking.)

Next, introduce exercise, like a walk around the block, or a 10- to 15-minute playtime session daily to relieve some of his boredom or stress. Keeping your dog active throughout the day can reduce obsessive-compulsive behaviors.

Finally, there are products, like Bitter Apple, that you can spray onto your dog's paws to discourage licking, or you can talk to your veterinarian about anti-anxiety medications. Keep in mind, it's not usually one strategy, but a combination of strategies that eventually changes a bad habit.

Omarr's weekly Astrological forecast



ARIES (March 21-April 19): Plan to exercise poise. A significant other might surprise you with a touch of the exotic or a friend may present a sudden change of plans. In the week ahead work behind the scenes to enhance your reputation.

TAURUS (April 20-May 20): Drift along with the crowd as a sightseer. The urge to be outrageous and shocking will fade as you get back into regular routines. As this week unfolds you may want to be pampered but practical at the same time.

GEMINI (May 21-June 20): Practice makes perfect. Put extra effort into fulfilling existing obligations in the week to come. Pass up invitations to community events so that there is more time to tend to family based goals and activities.

CANCER (June 21-July 22): The road to pennilessness is paved with good intentions. Follow through on financial commitments and don't waste your resources by overpaying for luxury items. You can be creative without being extravagant.

LEO (July 23-Aug. 22): Push the envelope not the paperwork. You may prefer to be an entrepreneur rather than a traditionalist. If you show you know "what's what" others will quickly develop confidence in your abilities in the week ahead.

VIRGO (Aug. 23-Sept. 22): Play by the rules. Problems that appear may reflect a lack of foresight in the past. Take pains to make corrections immediately so that you won't be held accountable in the future. Focus on joint financial security.

LIBRA (Sept. 23-Oct. 22): Achieving goals should be at the top of your list in the week ahead. You are sometimes so challenged by unexpected expenses and financial outlays that you forget the real reason you have so much overhead.

SCORPIO (Oct. 23-Nov. 21): Going overboard by showering someone with presents might do your heart good, but won't do much for your wallet. In the week to come you must try to be sensible when dealing with business and financial affairs.

SAGITTARIUS (Nov. 22-Dec. 21): You may brim with ideas, but someone may dampen your ardor by asking detailed questions. Your creative urges could be bogged down when you must deal with practical considerations in the week ahead.

CAPRICORN (Dec. 22-Jan. 19): Focus on following advice obtained from partners and elders in the week ahead. Any small impulsive changes you make now could affect your finances or your relationships in an unexpected manner.

AQUARIUS (Jan. 20-Feb. 18): Too much of a good thing can be good for you. Money may slip through your fingers in generous amounts, but for some reason the expenditures will prove to be for a good cause. Pamper a partner this week.

PISCES (Feb. 19-March 20): Produce the product. You could be riding high on a wave of popularity this week, but people may be unwilling to take your promises at face value. Concentrate on important projects while energy levels are high.

Boggle BrainBusters!

By David L. Hoyt and Jeff Knurek

INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE POINT SCALE	YOUR BOGGLE RATING
3 letters = 1 point	151+ = Champ
4 letters = 2 points	101-150 = Expert
5 letters = 3 points	61-100 = Pro
6 letters = 4 points	31-60 = Gamer
7 letters = 6 points	21-30 = Rookie
8 letters = 10 points	11-20 = Amateur
9+ letters = 15 points	0-10 = Try again

Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST EIGHT FLOWERS in the grid of letters.

I	E	I	D	T
S	R	H	U	Y
O	C	I	L	S
A	E	A	N	I
L	A	Z	P	L

Around Town

Cal State San Marcos Cougars vs. Sonoma State Seawolves Women's Basketball at Cal State San Marcos, Jan. 25, 5:30pm. www.csusmcougars.com

Cal State San Marcos Cougars vs. Sonoma State Seawolves Men's Basketball at Cal State San Marcos, Jan. 25, 7:30pm. www.csusmcougars.com

Liz Vice at The Loft at UC San Diego, Jan. 25, 8pm. www.artpower.ucsd.edu

Farmers Insurance Open Golf Tournament at Torrey Pines Golf Course. Jan. 25-28 www.farmersinsuranceopen.com

San Diego Sunroad Marina Boat Show at Sunroad Resort Marina & Yacht Center. Free boat rides. Jan. 25-28 www.bigbayboatshow.com

Disney on Ice presents Follow Your Heart at Valley View Casino Center. Jan. 25-28 www.disneyonice.com

San Diego Repertory Theatre presents Vietgone at Lyceum Theatre. Jan. 25-Feb. 18 www.sdrep.org

Cloud Tectonics at New Village Arts Theatre. Jan. 26-Feb. 25 www.newvillagearts.org

San Diego Musical Theatre presents The Full Monty at Horton Grand Theatre. Jan. 26-Feb. 25 www.sdmt.org

Stories in Time at Copley Symphony Hall. Jan. 26, 28 www.sandiegosymphony.org

Scholastic Surf Series: Orange County Middle School Divisions 1 & 2 at South Oceanside Pier. Jan. 27 www.surfsss.org

San Diego State Aztecs vs. UNLV Rebels Women's Basketball at Viejas Arena, Jan. 27, 1pm. www.goaztecs.com

UC San Diego Tritons vs. Sonoma State at UC San Diego, Jan. 27, 5:30pm. www.ucsdtritons.com

UC San Diego Tritons vs. Sonoma State at UC San Diego, Jan. 27, 7:30pm. www.ucsdtritons.com

The Roots of Rhythm at Copley Symphony Hall, Jan. 27, 8pm. www.sandiegosymphony.org

San Diego Cat Show at Del Mar Fairgrounds. Jan. 27-28 www.sandiegocat.org

Scholastic Surf Series: San Diego High School Divisions 1 & 2 at South Oceanside Pier. Jan. 28 www.surfsss.org

NFL Pro Bowl at Camping World Stadium in Orlando, Fla. Jan. 28 www.nfl.com

Evan Diamond at Ignite Bistro & Wine Spot. Jan. 28 www.ignitecarlsbad.com

Pacific Coast Horns Brass Quintet at California Center for the Arts, Escondido, Jan. 28, 2pm. www.artcenter.org

The Rose Ensemble presents American Roots: Harmonies That Shaped a Nation at St. James-by-the-Sea Episcopal Church, Jan. 28, 4pm. www.sjbts.org

Bliss (or Emily Post is Dead) at Moxie Theatre. Jan. 28-Feb. 25 www.moxietheatre.com

www.moxietheatre.com

Seeger at North Coast Repertory Theatre, Jan. 29, 7:30pm. www.northcoastrep.org

Los Angeles Clippers vs. Portland Trailblazers at Staples Center, Jan. 30, 7:30pm. www.nba.com/clippers

Roland Auzet at Mandeville Auditorium, Jan. 31, 7:30pm. www.artpower.ucsd.edu

Groundhog Day is Feb. 2

San Diego Sockers vs. RGV Barracudas at Valley View Casino Center, Feb. 2, 7:35pm. www.valleyviewcasinocenter.com

San Diego Gulls vs. Tucson Roadrunners at Valley View Casino Center, Feb. 3, 7pm. www.valleyviewcasinocenter.com

Monster Jam at Petco Park, Feb. 3, 7pm. www.monsterjam.com

NFL Super Bowl LII at U.S. Bank Stadium in Minneapolis, Minn. Feb. 4 www.nfl.com

Join us for the 2018 El Centro Airshow as The amazing Blue Angels roar into town for exciting action! Saturday, March 10 Gates open at 9 am! Don't forget about all the exciting events leading up to the 2018 El Centro Airshow!

- Blue Angel's 10K Run Saturday, March 3, Race starts at 8 am
- Blue Angel's Half Marathon, Saturday, March 3, Race starts at 8 am
- Entertainment & Food Festival Friday, March 9, Gates open at 5:30 pm NAF El Centro, Hanger 6.

Port Of San Diego's 2018 Day At The Docks Celebrates San Diego Sportfishing on Sunday April 15th

The Port of San Diego's Day at the Docks® on Sunday April 15, the FREE waterfront festival that celebrates the official start of San Diego's spring saltwater sportfishing season will take place against the colorful backdrop of San Diego's fleet of 70 sportfishing boats on San Diego Bay.

It is the largest sportfishing festival in the country and celebrates the world's largest and most modern sportfishing fleet.

From 9am to 5pm, Day at the Docks® will feature open house aboard fleet vessels, boat rides around the bay, casting contests, prizes, displays of fishing tackle, boats, apparel and art. There are fishing seminars, cooking demonstrations, marine retailers, a FREE stocked fishing area for children, a hands-on marine art contest for kids, music, food and live entertainment.

Admission to the festival is absolutely FREE! There is free parking on Shelter Island with free, frequent shuttles to and from the festival.

Complete information is available on the website: www.sportfishing.org

Harbor Seal Talk and Walk Free Ongoing until Saturday, March 24, Saturdays, 2pm-3:30pm 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. Info: 858-551-9553. Where: Images of Nature Gallery, 7916 Girard Avenue, San Diego, 92037.

Healing Meditation Class Free Ongoing until Saturday, April 7, Saturdays, 1:15pm Join meditation instructor Aurelia Valentin for this free biweekly Healing Meditation Class. Aurelia will teach the class breathing exercises and meditation to quiet the mind, body, and spirit. Info: mervin.jensen@nationalcitylibrary.org. National City Library, 1401 National City Boulevard, National City, 91950.

Huey Lewis and the News in concert, May 26, at PALA

Huey Lewis and The News, widely recognized as one of America's great rock and roll bands, will perform in concert at 7:30 p.m., Saturday, May 26, at the Starlight Theater at Pala Casino Spa & Resort.

As they enter their 39th year together, their contagious brand of music has outlasted countless trends, and is as fresh today as ever. Formed from two rival Bay Area bands in 1979, they continue to thrill audiences worldwide, selling over 20 million albums in the process and earning them the right to mark their place on the pop history map. These Grammy Award winners have written and performed such classic Top Ten Hits as "Heart of Rock & Roll", "Stuck With You", "I Want A New Drug", "If This Is It", "Hip To Be Square" "Do You Believe In Love" and "Workin' For A Livin'". The group also wrote and performed "The Power of Love" and "Back in Time" for the hit film Back To The Future. "The Power of Love", nominated for an Academy Award, went to #1 on Billboard's singles chart, and was a smash hit worldwide.

Huey Lewis and the News 7:30 p.m., Saturday, May 26, Pala Casino Spa & Resort, Starlight Theater Tickets: \$80, \$70, \$60. Tickets on sale, with no service charge, at the Pala Box Office in the casino, call 1-877-WIN PALA (1-877-946-7252) or visit www.palacasino.com. Tickets also are available at Star Tickets, 1-800-585-3737, or www.startickets.com

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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, CA. 92019. (619) 445-6002.

Staples Center, 1111 S. Figueroa St, Los Angeles, CA 90015. www.staplescenter.com

Tyler, the Creator. Fri, Feb. 2. Hip-hop/rap. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

Lil Uzi Vert. Fri, Feb 2. Shrine Auditorium, 665 West Jefferson

dido. (760) 839-4438.

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

6002.

Erykah Badu with Thundercat. Tues, Feb 13. Shrine Auditorium, 665 West Jefferson Blvd, Los Angeles. AXS.com 888-929-7849

Los Caminantes. Wed, Feb 14, 8pm. Age 21+. Latin. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon, CA. 92019. (619) 445-6002.

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.

Little Anthony & the Imperials. Fri, Feb 16, 8pm. Age 21+. Blues/funk/pop. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon, CA. 92019. (619) 445-6002.

Jackie Evancho. Fri, Feb 16, 8pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345.

YG & Friends (DJ Mustard, Lil Pump, more). Sat, Feb 17. Shrine Auditorium, 665 West Jefferson Blvd, Los Angeles. AXS.com 888-929-7849

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

Queens of the Stone Age. Sat, Feb 17, 7pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741

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

Air Supply. Sat, Feb 17, 8pm. Age 21+. Harrah's Resort SoCal,

777 Harrah's Rincón Way, Valley Center. (760) 751-3100. Soft Rock. Age 21+. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

Pam Tillis. Sat, Feb 17, 8pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345.

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.

One Night of Queen. Sun, Feb 18, 7pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345.

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

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

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

Warrant and Quiet Riot. Fri, Feb 23, 8pm. Age 21+. Rock. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon, CA. 92019. (619) 445-6002.

Frankie Valli & The Four Seasons. Fri, Feb 23, 7:30pm. Pala Events Center, 11154 Hwy 76 Pala CA 92059 • 877-WIN-PALA (877-946-7252)

Styx. Sat, Feb 24, 7:30pm. Pala Events Center, 11154 Hwy 76 Pala CA 92059 • 877-WIN-PALA (877-946-7252)

G-Eazy with Trippie Redd, Phora & Anthony Russo. Sat, Feb 24. Shrine Auditorium, 665 West Jefferson Blvd, Los Angeles. AXS.com 888-929-7849

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.

Lunar New Year Concert. Sat, Feb 24, 8pm. Age 21+. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

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



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

Shakira. Fri, Feb. RESCHEDULED WED, SEPT 5. Latin/pop. Valley View Casino Center (Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

tobyMac: Hits Deep Tour with Danny Gokey. Thurs, Feb 8, 7pm. Hip-hop. Viejas Arena at SDSU, 5500 Canyon Crest Dr, San Diego, CA. (619) 594-6947.

Miranda Lambert: Livin Like Hippies. Sat, Feb 10, 7pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741

Los Temerarios. Sun, Feb 11, 8pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741

Brian McKnight. Sun, Feb 11, 8pm. City National Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. citynationalgroveofanaheim.com

Los Angeles Azules. Thurs, Feb 15. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

88 Rising Double Happiness: Rich Chigga, Joji, Keith Ape, Higher Brothers. Sat, Feb 10. Shrine Auditorium, 665 West Jefferson Blvd, Los Angeles. AXS.com 888-929-7849

Poco and Pure Prairie League. Sun, Feb 11, 7pm. Age 21+. Country/rock. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon, CA. 92019. (619) 445-

Eric Johnson. Sat, Jan 27. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Darius. Sat, Jan 27, 7:30pm. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.

Pepe Aguilar. Sat, Jan 27, 8pm. Staples Center, 1111 S. Figueroa St, Los Angeles, CA 90015. www.staplescenter.com

Pepe Aguilar y Familia presentan: Jarriepo Sin Fronteras. Sun, Jan 28, 7:30pm/Viejas Arena at SDSU, 5500 Canyon Crest Dr., San Diego, CA. (619) 594-6947.

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.

Bldv, Los Angeles. AXS.com 888-929-7849

America. Fri, Feb 2, 8pm. Cerritos Center, 12700 Center Court Dr. Cerritos, Orange County. (800) 300-4345.

Gerardo Otiz. Sat, Feb 3, 8pm. The Forum, 3900 West Manchester Blvd, Inglewood. (212) 465-6741

Shakira. Tue, Feb 6. RESCHEDULED FOR AUG 31. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. http://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, CA. 92019. (619) 445-6002.

Jessica Fichot. Wed, Feb 7, 4 & 7pm. FREE. World. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escon-

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TOYOTA

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866.217.1866
www.franktoyota.com

NEW 2018 TOYOTA YARIS IA

LEASE FOR 4 CYL., AUTOMATIC

\$199

PLUS TAX PER MONTH FOR 36 MONTHS



*1 at this payment. Stk # 52716 Vin # JY305875, Model # 6262. Net capitalized cost \$16,009.49. \$199 plus tax monthly for 36 months with \$3,400 due at lease signing. Includes \$1250 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$80 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 1/31/18.

NEW 2018 TOYOTA COROLLA SE

LEASE FOR 4 CYL., AUTOMATIC

\$210

PLUS TAX PER MONTH FOR 36 MONTHS



*1 at this payment. Stk #: 53365 VIN: JP786770, Model #: 1864. Net capitalized cost \$19,283.21. \$210 plus tax monthly for 36 months with \$2750 due at lease signing. Includes \$1250 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$80 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 1/31/2018.

NEW 2018 TOYOTA CAMRY LE

LEASE FOR 4 CYL., AUTOMATIC

\$249

PLUS TAX PER MONTH FOR 36 MONTHS



*1 at this payment. Stk #: 53516 VIN: JRU11080, Model #: 2532. Net capitalized cost \$22,766.23. \$249 plus tax monthly for 36 months with \$2,750 due at lease signing. Includes \$1250 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$80 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 1/31/18.

HYUNDAI

3150 NATIONAL CITY BLVD.
866.542.8238
www.frankhyundai.com

HYUNDAI USED CARS

2008 Acura TSX Sedan



\$7,777

2012 Hyundai Sonata GLS



\$9,777

2014 Nissan Sentra SV



\$9,777

2016 Ford Fiesta S



\$9,777

2010 Honda Accord EX-L



\$14,777

2014 Hyundai Genesis 3.8



\$14,777

2010 Infiniti G37 Conv.



\$16,777

2015 Honda Fit EX-L



\$17,777

2016 Ford Mustang V6 Convert



\$19,995

2015 Infiniti QX60



\$30,777

Prices exclude government fees and taxes, any finance charges, \$80 dealer documentation preparation charge, any electronic filing charge, any emissions testing charges and any optional equipment. All offers expire 1/31/18.

2018 Subaru Impreza 5 Dr. 2.0i CVT



Lease for **\$239** PER MONTH PLUS TAX 36 MONTHS*

ZERO DOWN

*1 at this payment, VIN # 720878. Model # J1D 11. \$239 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.

2018 Subaru Forester 2.5i Premium CVT



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

ZERO DOWN

*1 at this payment, VIN # 459540 Model # JFF 14. \$298 plus tax monthly for 36 months with \$0 due at signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer document preparation charges, any electronic filing fee. Security deposit not required. On approved above average credit through JP Morgan Chase. Offer expires 1/31/18.

2018 Subaru WRX



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

ZERO DOWN

*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.

2018 Subaru Outback Limited 2.5i Eyesight



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

ZERO DOWN

*1 at this payment, VIN # 237179. Model # JUN 01. \$329 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.



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

4-WHEEL ALIGNMENT

\$89⁹⁵ + tax

~~WAS \$119⁹⁵~~



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

Toyotas, Hyundais or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 1/31/18.

ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

Frank Motors is now hiring part-time & full time employees. Apply on-line www.FrankToyota.com

Military Special Only

OIL & FILTER CHANGE

\$29⁹⁵ + tax

~~WAS \$39⁹⁵~~

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

Synthetic, V6 & V8 additional. Toyotas, Hyundais or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write-up. Offer expires 1/31/18

FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL

\$50 OFF

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

Toyota, Hyundai or Subaru only. Most models. Must present coupon. Not valid with any other offer or discount. Valid only at Frank Auto Motors locations. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 1/31/18

PLUS **10% OFF**

Any recommended Services or Repairs May not be combined with any other special.

WE HONOR OUR MILITARY!!