

Weekly contest...

Enter to win 2 tickets to college basketball.
AZTECS MBB vs. Air Force
See page 5

AutoMatters & More

Join Jan Wagner this week for Lunar New Year at Disney Adventure Park.

See page 17

Concerts

Super Love Jam, Circa Survive, Ready for the World, Leroy Sanchez, Tank

See page 23

Navy Marine Corps Coast Guard Army Air Force

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See story on page 16

Future USS Rafael Peralta delivered to the Navy



The future USS Rafael Peralta (DDG 115) successfully completed acceptance trials after spending two days underway off the coast of Maine. Navy photo

BATH, Maine - The Navy accepted delivery of future guided-missile destroyer USS Rafael Peralta (DDG 115) during a ceremony Feb. 3.

Rafael Peralta is the first Arleigh Burke-class destroyer constructed at the General Dynamics-Bath Iron Works shipyard since the program was restarted in 2010. DDG 115 is the second restart ship to deliver to the Navy, following delivery of future USS John Finn (DDG 113) from Huntington Ingalls Industries in December 2016.

The Navy accepted delivery of Rafael Peralta following a series of at-sea and pierside trials which demonstrated the ship's operational readiness.

"Arleigh Burke-class destroyers continue to provide the most critical warfighting technologies to our Sailors, equipping them with the capabilities they require to meet our missions at sea," said Capt. Casey Moton, DDG 51 class program manager, Program Executive Office (PEO) Ships. "As the 65th Arleigh Burke-class destroyer to join the fleet, Rafael Peralta will continue the proud legacy of this class."

Rafael Peralta is equipped with the Aegis Baseline 9 Combat System, which includes an integrated air and missile defense (IAMD) capability incorporating Ballistic Missile Defense 5.0 Capability Upgrade and Naval Integrated Fire Control-Counter Air. The ship's IAMD radar will provide increased computing power and radar upgrades which improve detection and reaction capabilities against modern air warfare threats. The Aegis Combat System will enable the ship to link radars with other ships and aircraft to provide a composite picture of the battle space and effectively increase the theater space.

The destroyer honors Sgt. Rafael Peralta, one of the most heralded Marines from 2004's Battle of Fallujah. In November 2010, Peralta pulled a grenade tossed by insurgents towards himself and absorbed most of the blast with his body, thus saving the lives of two fellow marines. He was mortally wounded from the grenade blast. Future USS Rafael Peralta will officially join the fleet during a commissioning ceremony in San Diego later this year.

As one of the Defense Department's largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, and boats and craft.

Future USS Rafael Peralta will officially join the fleet during a commissioning ceremony in San Diego later this year

Navy Medicine encourages Sailors, Marines to protect their hearts

by MC3 Stephane Belcher
PORTSMOUTH, Va. - The human heart pushes blood packed with oxygen, hormones, nutrients and cells throughout your body.

Taking care of this vital organ now will help ensure it remains healthy as long as possible.

Providers throughout Navy Medicine's regions of care are encouraging Sailors, Marines, and their families to make healthier choices not only during February's Heart Health Month, but throughout the year.

"A healthy lifestyle goes a long way in preventing heart disease," said Capt. Nicole McIntyre, a Naval Medicine senior medical officer, "and Navy Medicine has innovative resources to keep the Navy and Marine Corps family heart healthy."

Navy Medicine's health care facilities offer patients a variety of programs, tools, and health care experts to help patients maintain heart health.

Fitness enhancements and weight management programs, like ShipShape, and a smoking cessation program are some of the ways Navy Medicine health care teams are helping Navy and Marine Corps families protect their hearts. Preventive health screenings - blood pressure, fasting lipoprotein (cholesterol and triglycerides), body weight, blood glucose - are available to determine early risks. Patients also have access to nutritionists, dieticians, fitness experts, and physical

see **Heart Month, page 9**



First Navy SEAL to become admiral, former Oceanside mayor, dies at 93

Admiral Richard 'Dick' Lyon, USN, Ret. passed away on Feb. 3 at his home in Oceanside at the age of 93. Lyon was the first Navy SEAL to earn the rank of admiral and was a long time resident and two-term mayor of Oceanside (1992 and 1996).

Born in the summer of 1923, in Anaheim, Dick Lyon was destined to become an extraordinary waterman. Initially, while only a junior in high school, he became the #1 nationally ranked swimmer in the 50- and 100-yard freestyle. In 1940, Dick made the US national Olympic team. Mentored by the formidable Yale coach Bob Kipphuth, it's no surprise that Dick entered Yale in the fall of 1941.

He enlisted in the Navy on October 9, 1942 while an engineering major at Yale, and entered the accelerated program, graduating after only two years and nine months. While taking a tough course load, Dick never let up on his training in the pool. He capped off his swimming career by captaining Yale to the NCAA Division 1 National Championship



Retired Admiral Richard 'Dick' Lyon passed away on Feb. 3. He was the first Navy SEAL to become admiral. US Navy file photo circa 1975.

in his senior year.

After graduating with honors in 1944, Dick went on to Columbia Midshipman School in New York City for three months. After the first month he was selected to take command of the entire regiment (2,400 midshipmen). Three weeks before he was to graduate as a 90-day-wonder he saw a notice "Wanted: Volunteers for Special Warfare Unit Involving Demolition of Explosives. Must

see **Lyon, page 21**

SAIL suicide prevention program launches Navy-wide

WASHINGTON - The Navy's 21st Century Sailor Office announced Feb. 6 that the suicide prevention program Sailor Assistance and Intercept for Life (SAIL) is now available Navy-wide at all Fleet and Family Support Center (FFSC) locations.

SAIL, which was launched as a pilot program last August in the Pacific Northwest, is designed to provide rapid assistance, on-going risk assessment and support for Sailors who have exhibited suicide-related behavior. It is aimed at supplementing existing mental health treatment by providing continual support through the first 90 days after suicide-related behavior.

"We are excited that we are able to bring this important program to the fleet ahead of schedule," said Capt. Michael Fisher, Director, Navy Suicide Prevention Branch. "Having SAIL available across the Navy is a great addition to the ongoing work that commands are doing to promote help-seeking behavior, self-care, and support

for our Sailors who reach out for assistance. Instilling hope is the hallmark of SAIL and we believe those Sailors who take advantage of this terrific program will see its benefit."

The Chief of Naval Personnel's Suicide Prevention Branch is partnering with the Navy's Bureau of Medicine (BUMED), CNIC, and SAIL case managers who are serving as FFSC counselors to run this new program.

SAIL is not designed to replace clinical treatment for any suicide related behavior. However, upon receiving information from commands about a Sailor who has demonstrated suicide-related behavior, Suicide Prevention Coordinators (SPC) will work with CNIC.



Boatswain's Mate 2nd Class Mark Bonner, vice president of the Pearl Harbor Coalition of Sailors Against Destructive Decisions (CSADD) chapter, participates in a Suicide Prevention Month gate awareness event at Joint Base Pearl Harbor-Hickam. The event was held to bring light to the Navy's Everyday Sailor, Every Day campaign, "1 Small Act." The campaign is designed to encourage dialogue and provide early resources to prevent suicide with simple, everyday actions that can ultimately save lives using the Navy's "ACT" (Ask Care Treat) bystander intervention model. Navy photo by MC2 Class Johans Chavarro

In turn an FFSC case manager, whose responsibility will be to reach out to the individual Sailor to see if they would volunteer to participate in the SAIL program. Case managers will contact Sailors in the 90 days following suicide-related behavior.

Suicide Prevention is a cooperative Navy-wide effort that takes engagement, awareness, and action at all commands and ranks. N1, BUMED, CNIC work together to provide a range of resources to include mental health

treatment, spiritual counseling, personal wellness counseling, crisis intervention as well as financial education.

The Military Crisis Line offers confidential support for active duty and reserve service members and their families 24 hours a day, 7 days a week. Call 1-800-273-8255 and Press 1, chat online at <http://www.militarycrisisline.net> or send a text message to 838255.

For more information, visit <http://www.suicide.navy.mil>.

Navy decommissions 'The Big E'

by MC2(SW) Kevin F. Johnson

NEWPORT NEWS, Va. - USS *Enterprise* (CVN 65) was decommissioned in the ship's hangar bay Feb. 3.

The ceremony not only marked the end the ship's nearly 55-year career, it also served as the very first decommissioning of a nuclear-powered aircraft carrier.

Capt. Todd Beltz, commanding officer of *Enterprise*, addressed the ship's company, former commanding officers and distinguished visitors and spoke of where the true spirit of "The Big E" comes from.

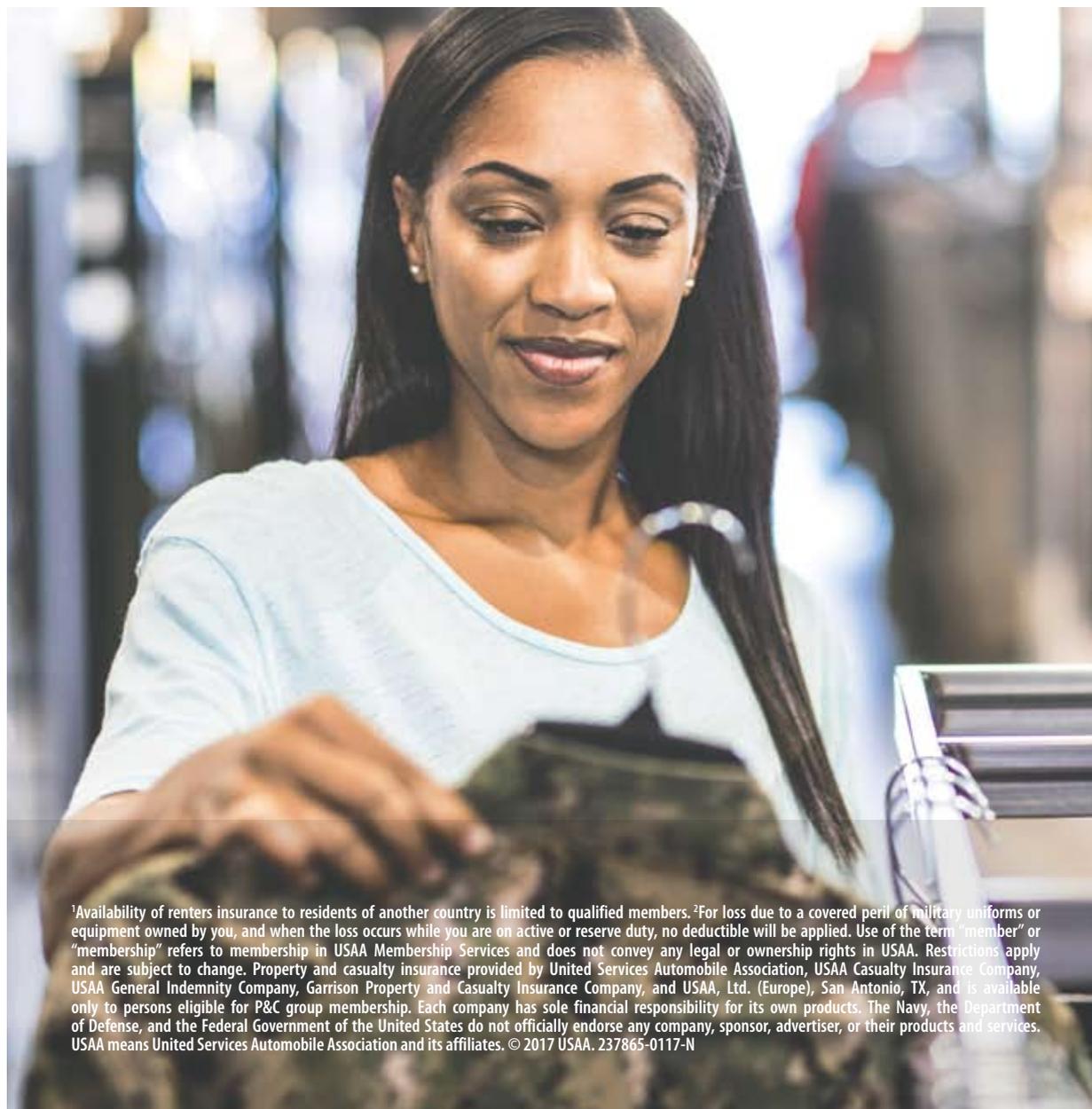
"For all that *Enterprise* represents to this nation, it's the people that bring this ship to life," said Beltz. "So as I stand in this ship that we all care so much about, I feel it's appropriate to underscore the contributions of the thousands of Sailors and individuals that kept this ship alive and made its reputation. We are 'The Big E.'"

Enterprise was the eighth naval vessel to carry the name. It was built by the Newport News Shipbuilding Co. and was christened Sep. 24, 1960. The ship was put to sea in 1961 and safely steamed more than 1 million nautical miles on nuclear power over its entire career of more than 50 years.

Keynote speaker Rear Adm. Bruce Lindsey, commander, NAF Atlantic, used his own experiences aboard *Enterprise* to emphasize the unmatched adaptability and capability of not just this ship but of all nuclear-powered aircraft carriers.

"One cannot influence world events if you are not on station and stay on station; in other words: to be where it matters, when it matters," said Lindsey. "Nuclear carriers are tough and no other country can match us in this respect."

"As this ship retires," Beltz recited, "we know the memory will live beyond her and we - the Sailors, the shipbuilders, the supporters of *Enterprise* - we are that link to the next *Enterprise*."



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Mattis says U.S. remains committed to defense of Japan

by Terri Moon Cronk

WASHINGTON - The United States remains committed to the defense of Japan and stands ready to enhance its alliance for regional peace, prosperity and freedom, Defense Secretary Jim Mattis said Feb. 4 in Tokyo.

In a joint press conference with Japan's Minister of Defense Tomomi Inada, the secretary said much has changed in Japan since he was stationed there as a young Marine Corps lieutenant.

"But one thing is certain: The alliance between the U.S. and Japan is enduring and will remain as the cornerstone of peace and security in the Asia-Pacific region," he said.

"As the Japanese people know so well, jointly we face many security challenges in this region; from the threat of nuclear missile provocations by North Korea to increasingly confrontational behavior by China in the East and the South China Sea, [and] we recognize the changing security situation," Mattis said.

In their earlier joint meeting, the two defense leaders confirmed their intention to



Defense Secretary Jim Mattis walks with Japanese Defense Minister Tomomi Inada during a pass in review at the Ministry of National Defense in Tokyo Feb. 4. DoD photo by Sgt. Amber I. Smith

continue close coordination on those security issues and others, he said.

The secretary said he also expressed to Inada the United States' appreciation for Japan's stabilizing and strengthening efforts with its Southeast Asian partners, which contribute to regional peace, prosperity and freedom.

"The U.S.-Japan alliance is critical to ensuring that this region remains safe and secure, not just now, but for years to come," he said.

The United States' 2015 defense guidelines and Japan's peace and security legislation

"lay the foundation for us to do much more together to increase interoperability between our forces, and to bolster Japan's capabilities from peacetime to contingency, if needed," Mattis said.

The secretary said the coming years will see important strides on both sides toward realizing their mutual goal of a strong defense of Japan and a stable regional environment in which all nations, based on broadly accepted international rules, can prosper free from fear."

The United States is invested in the alliance by deploying its most-advanced capabilities to Japan and by maintaining

a robust force structure, Mattis said.

"The United States also remains committed to mutually agreed-upon realignment plans. These include relocating Marines to Guam and reducing our footprint on Okinawa while maintaining the capabilities needed to keep Japan and the region secure," he said.

Mattis and Inada also agreed their mutual efforts to build the

Futenma replacement facility will continue, since "it is the only solution that will enable the United States to return the current Marine Corps air station on Futenma to Japan."

Japan has made many noteworthy contributions to regional security and to the alliance, and the United States "deeply appreciates" them, he noted.

"But make no mistake: In my meeting with Japanese

leaders, both of our nations recognize that we must not be found complacent in the face of the emerging challenges," the secretary said.

"As our alliance grows," Mattis said, "it will be important for both of our nations to continue investing in our defense personnel and capabilities. In this manner, we will ensure that we are true partners today and in the years to come."

ISIL fighters trapped in Western Mosul, spokesman says

by Lisa Ferdinando

WASHINGTON - As Iraqi security forces continue the push to liberate Mosul, terrorists with the Islamic State of Iraq and the Levant find themselves trapped in the city's west, a Pentagon spokesman said Feb. 7.

"At this point, ISIL fighters are stuck in Mosul," DoD's director of press operations, Capt. Jeff Davis, told reporters. With Iraqi forces closing in and bridge access to eastern Mosul severed, the terrorists in the western quadrant are unable to resupply and reinforce, he said.

"The fighters who remain in west Mosul face a choice between surrendering or annihilation, as there's not a place to retreat," Davis said.

It's nearly impossible to cross the Tigris River, which separates east and west Mosul, since access to the five bridges that spanned the river is closed

off, Davis pointed out.

"Without the ability to resupply or reinforce, [ISIL] is in a situation where their loss is certain," Davis said.

The coalition continues its strikes in support of the shift to western Mosul operations, he said, noting since the push for Mosul began in mid-October, the coalition has conducted 10,850 strikes in support of operations to liberate the city.

"We know going into western Mosul that they are more dug in there; they have had more time to place encampments and firing positions [and] fighting positions," Davis said, adding ISIL used its best fighters in eastern Mosul.

To read this story in its entirety, go to <https://www.defense.gov/News/Article/Article/1075109/isil-fighters-trapped-in-western-mosul-pentagon-spokesman-says>

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Mattis: U.S. will overwhelmingly respond to any nuclear weapons use

by Cheryl Pellerin

WASHINGTON - The United States will defeat any attack on the homeland or on its allies and will meet any use of nuclear weapons with an effective and overwhelming response, Defense Secretary Jim Mattis said Feb. 3 in Seoul.

Mattis, on his first official visit as defense secretary to South Korea and Japan, spoke in advance of a meeting with South Korean Defense Minister Han Min-ko.

In Seoul, the two leaders stood on a stage at separate podiums against a backdrop of U.S. and South Korean national flags. Mattis's remarks were translated consecutively.

"North Korea continues to launch missiles, develop a nuclear weapons program and engage in threatening rhetoric and behavior," the secretary said.

"We stand with our peace-loving Republic of Korea ally to maintain stability on the peninsula and in the region. America's commitments to defending our allies and to upholding our extended deterrence guarantees remain iron clad," he added.

North Korea's threatening rhetoric and destabilizing behavior has prompted the United States and Korea to deploy terminal high-altitude area defense anti-ballistic missile systems, which Mattis called "highly effective," to South Korea to

protect its people and the 28,500 U.S. troops there who stand beside the U.S. allies.

According to the Missile Defense Agency's website, THAAD is an element of the Ballistic Missile Defense System that can intercept and destroy ballistic missiles inside or outside earth's atmosphere during the final, or

terminal, phase of flight.

Mattis said the United States and South Korea also are committed to expanding trilateral venues of cooperation with Japan.

"The mutual defense of our nations is best served through teamwork," the defense secretary said, noting that today he and Han will discuss other ways to make sure "our militaries are always ready to protect this republic."

Yesterday and this morning Mattis met with South Korea's acting president and prime minister, Hwang Kyo-ahn, National Security Advisor Kim Kwan-jin

and Minister of Foreign Affairs Yun Byung-se.

"From those meetings," the defense secretary said, "I gained a deeper sense of the trusted bonds between our countries built on shared interests and values."

The United States stands by its commitments and with its allies, he added.

"Our alliance is a testament to mutual commitment and respect," Mattis said, "and it is a linchpin of peace and stability in the Asia Pacific region."

Mattis is on a four-day trip to meet with defense leaders in Japan and South Korea. The trip underscores the U.S. commitment to its enduring alliances with the two nations and strengthens cooperation among all three.

Navy seeks enlisted women for Submarine Force

WASHINGTON - The Navy released NAVADMIN 025/17, Feb. 6, reminding female Sailors that the third cycle selections for conversation to Submarine Force ratings closes April 1.

This cycle's conversions will be for the 2018 initial enlisted integration of USS *Ohio* (SSGN 726) submarine crews in Bangor, Washington.

The Submarine Force is seeking hard charging, motivated female applicants from all ratings and ranks, seaman recruit to senior chief petty officer, to apply for conversion.

Applications are due by April 1, with selection process beginning in May.

For additional information on application requirements and selection process, visit: <http://www.navy.mil/ewis>.

Trump: America will stand with those who stand for freedom

by Jim Garamone

WASHINGTON - The United States will stand with those who stand in the defense of freedom, President Donald J. Trump told service members at MacDill Air Force Base, Fla., Feb. 6.

The president visited Central Command and Special Operations Command personnel and received briefings from Gen. Joseph L. Votel and Gen. Raymond Thomas.

The two commands work hand-in-hand to protect America and its vital interests. Special Operations Command has a worldwide mission. U.S. Central Command is especially focused on the threats emanating from the Middle East and Central Asia.

Trump visited the base to express his and the nation's gratitude to the men and women of the commands. He also wanted to recognize the military families and spouses who shoulder the burdens of war. "I want every military family in this country

Mattis, Mexican military leaders discuss bilateral relationship

WASHINGTON - Defense Secretary Jim Mattis spoke by phone with Mexican military leaders Feb. 7, Pentagon spokesman Capt. Jeff Davis said.

In a statement summarizing the call, Davis said Mattis' introductory conversation with Defense Secretary Gen.

to know that our administration is at your service," he said. "We stand with you 100 percent. We will protect those who protect us, and we will never, ever let you down."

The president also thanked the representatives of the 52 nations in the coalition that work with personnel at Centcom. He said the nation is "very proudly standing with you."

Each and every one of you is central to that mission. The men and women serving in Centcom and Socom have poured out their hearts and souls for this country.

President D. Trump

Protecting the United States and its vital interests was at the heart of Trump's remarks at the base. He said he has no higher responsibility than the protection of the American people.

The sacrifices that service members and their civilian support make are real, the president said. "You've shed your blood across continents and oceans," he said. "You've engaged the

enemy on distant battlefields, toiled in the burning heat and bitter cold and sacrificed everything so that we can remain safe and strong and free."

He promised to not forget those sacrifices, and to provide the tools, equipment, resources, training and supplies needed to accomplish the missions given to the commands. "We're going to be making a really historic

investment in the armed forces of the United States and show the entire world that America stands with those who stand in defense of freedom," Trump said.

The United States will support its allies, but the president said he also wants partner nations "to pay their fair share."

Trump added, "We strongly support NATO. We only ask that all the NATO members make their full and proper financial contributions to the NATO alliance, which many of them have not been doing."

Salvador Cienfuegos Zepeda and Navy Secretary Adm. Vidal Soberón Sanz focused on the importance of the U.S.-Mexico defense relationship.

The defense leaders stated their commitment to the North American Defense Ministerial process and to working with Canada to address mutual North American defense challenges, Davis said.

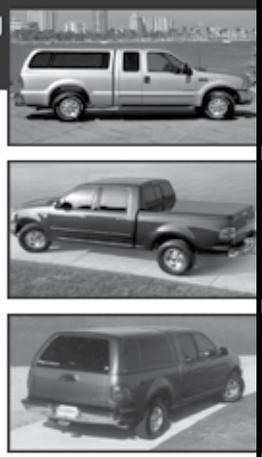
Mattis lauded Mexico's growing leadership in the region and commended Mexico's

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Peters named to veterans committee for 115th Congress

WASHINGTON, D.C. - This week, Congressman Scott Peters (CA-52) was recognized for his leadership on veterans issues in Washington and selected to serve on the House Committee on Veterans' Affairs in the 115th Congress.

The committee has jurisdiction over the Department of Veterans Affairs, VA hospitals, veterans cemeteries, and legislation in Congress that affects veterans and their families.

During his time in Congress, Peters has introduced and passed legislation to enable VA medical centers to hire more mental health professionals, increase collaboration in the federal government to end veterans homelessness, and encourage the hiring of veterans for military construction projects.

Peters has a strong record of supporting bipartisan reforms to increase accountability at VA hospitals, and helped launch zero8hundred, which is becoming a national model for helping veterans successfully transition to civilian life.

"From being a long-time partner to the veterans community in San Diego, to working on and

passing legislation in Washington, standing up for veterans and their families has been one of my top priorities throughout my career in public service," he said. "I'm honored and excited to bring this experience to the Veterans' Affairs Committee to continue fighting for San Diego's veterans."

Peters said, "Every year,

SVAC hearing for VA secretary nominee

FLEET RESERVE ASSOCIATION - The Senate Veterans Affairs Committee recently held a confirmation hearing for the president's nominee for Secretary of the Department of Veterans Affairs Dr. David J. Shulkin, the current VA Under Secretary for Health.

During the hearing he said, "Creating a seamless experience for veterans, accessing benefits and services is critical to fulfilling our mission.... the VA is a unique national resource that's worth saving, and I'm committed to doing that. I want to be especially clear on is that the VA has many dedicated employees across the country, and our vets tell us just that every day."

"If confirmed, I intend to build

Brings long track record of bipartisan victories for vets

15,000 Sailors and Marines transition out of the armed forces in San Diego, and about half of them stay here to begin civilian life. San Diego has the third largest population of veterans in the country, and we owe it to them

and every veteran to ensure they have a good-paying job, an affordable place to live, and access to the healthcare and benefits they have earned. I will bring the innovative approaches that have worked for us in San Diego to

a system that puts veterans first, and allows them to get the best possible health care and services wherever they may be, in the VA or in the community," said Shulkin.

"I've demonstrated my commitment to moving care into the community where it makes sense for the vet. We'll work closely together to extend and reform the Choice Program to ensure veterans are able to seek the care in the community they need."

FRA supports the VA Choice program that provides funding to pay for non-VA care for veterans who live 40 or more miles from a VA facility or have been experiencing wait times for care of more than 30 days.

"We need legislation to allow us to reform the outdated

appeals process," he said. "We must continue the progress we made in reducing veterans homelessness and modernize our IT systems to improve our services and efficiencies. We have to address infrastructure issues and take a closer look at facilities that no longer serve a useful purpose."

"We must explore expansion of public-private partnerships, rather than continue to build medical centers that have large cost overruns and take too long to build."

FRA supports efforts to eliminate the backlog of claims at the VA and supports reform of the antiquated Veterans' Benefits Administration (VBA) claims system. SVAC has scheduled a vote on the nomination for Feb. 7.

the Veterans' Affairs Committee, and continue working across the aisle to increase accountability at the VA and keep our promises to our veterans and their families who have given so much in service to our country."

Peters will now serve on both the House Energy and Commerce Committee and the House Committee on VA for the duration of the 115th Congress.

Congressman Peters serves the 52nd District of California which covers much of central San Diego County including Poway, Coronado, and large portions of the City of San Diego. He is a member of the House Energy and Commerce Committee and the House Veterans' Affairs Committee. The Congressman is a former environmental attorney, City Council President, and Port Commission Chairman.

What's going on at The Veterans Museum at Balboa Park

Feb. 11: Civic Chorale of Chula Vista free concert (1-3 p.m.)

Feb. 14: Free Tuesday at the museum for all San Diego County residents (all day)

Feb. 18: Vietnam veterans of America to host Agent Orange town hall meeting (9 a.m. to noon)

Feb. 25: United Veterans Council meeting (9:30-11:30 a.m.)

Feb. 25: San Diego monthly memorial service (noon)

Feb. 25: Musical Potpourri free concert (2-4 p.m.)

Save the date - Mar. 3-4: San Diego in WWI Congress of History Conference

Save the date - Mar. 11-12: Thursday Club Rumage Sale

Save the date - Mar. 23: Military Women's History month reception and speaker panel

Save the date - April 21-23: "Vets at Home: A Showcase of Short Plays"



For online information about the Tuskegee Airmen, go to <http://tuskegeeairmen.org/>.

For an online resource about the Buffalo Soldiers of the American West, go to <http://www.buffalosoldiers-amwest.org/history.htm>.



San Diego County Veterans Service Offices

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

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

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Rules: Fill out the entry form below and send it to us at: Dispatch Newspaper/Aztecs Basketball, P.O. Box 600600, San Diego, CA 92160. Entries must be in our office by Wed., Feb. 15, 2017. One entry per family. Must show ID upon pickup. Entries may also be submitted via e-mail to contest@navydispatch.com, Subj: Aztecs Basketball. Include all information requested below in online entries. Winners notified by telephone.

Armed Forces Dispatch Newspaper/Aztecs Basketball
 Wednesday, Feb. 15, 2017, at noon.
 Please answer all questions to be eligible.

Name _____
 Address _____
 City, state, zip _____
 Phone _____
 What radio station do you listen to? _____
 Active duty military (which base): _____
 Military spouse/family member
 Civilian
 Retired military _____

Navy establishes four new ratings

The Navy announced Wednesday the establishment of four new ratings for active duty Sailors, yeoman submarine (YNS), logistics specialist submarine (LSS), culinary specialist submarine (CSS) and fire controlman Aegis (FCA) in NAVADMIN 021/17.

This realignment was made to improve management of ship manning and personnel inventory for both the Surface and Submarine ratings.

The new ratings will be effective:

- Sept. 2, 2017, for E-6
- Oct. 17, 2017, for E-7 through E-9
- Nov. 28, 2017, for E-1 through E-5

Sailors serving as Aegis fire controlman and yeoman, logistics specialist, culinary specialist submarine Sailors will be converted to their applicable service ratings by enlisted community managers with no action needed from the member.

The new ratings are for active duty Sailors and billets and will not be applied to the reserve component. Additionally, there will be no changes to Sea/Shore flow resulting from the new ratings.

An advancement exam will be created for each new service rating. The first E-7 exam for these ratings will be given in January 2018. For E-4, E-5 and E-6 exams for these new ratings will be given in March 2018.

More information and complete details can be found in NAVADMIN 021/17 found at www.npc.navy.mil.

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

Navy ORM app gives fleet more options

The Navy released its new mobile Operational Risk Management (ORM) app designed to make annual training requirements more accessible to Sailors, Feb. 1.

The Naval Safety Center, ORM staff, worked closely with Navy Education and Training Center (NETC), Sea Warrior Program (PMW 240), and TRACEN Technologies to develop the app.

Sailors can complete required training on the ORM app and access related resources and policies. The app gives Sailors an alternative to completing their General Military Training (GMT) requirements.

Upon completing the training, Sailors and Department of the Navy civilians will be given instruction on how to automatically update their electronic training jackets. Completions should be visible in the ETJ after two days.

The ORM app features:

* **Policy/Guidance:** Includes Joint, Department of Defense, Navy and Marine Corps Policies; to include OPNAV Instruction 3500.39 and Marine Corps Order 3500.27.

* **Training:** Features links to three computer-based training modules, as well as information on courses offered by the Naval Safety Center. This includes the courses listed below designed

to educate the Navy and Marine Corps' military and civilian workforce on associated ORM topics.

1) Individual Managing Your Risk (CIN -- CPPD CPPD-ORM-MYR-1.0). This training has a mandatory triennial completion requirement for all DON Personnel.

2) Supervisor Managing Your Team's Risk (CIN -- CPPD-ORM-MYTR-1.0). This training is required with every increase in responsibility, such as from team leader to work center supervisor to shift supervisor, etc.

3) GMT Time Critical Risk Management (CIN -- CPPD CPPD-GMT-ORMTC-1.0). This training instructs the user in applying ORM at the point of beginning or executing a mission or task at the time-critical level. This is an alternate means for commands to complete required

annual training.

Future versions of the ORM app will include Manager Directing Your Command's Risk Management (CIN -- CPPD CPPD-ORM-DYCRM-1.0) and Assisting Leading Risk Management Integration (CIN -- CPPD-ORM-LRMI-1.0).

* **Awareness:** Features links to general presentations on ORM topics, printable ORM handouts, Risk to Mission, Risk to Force templates and downloadable posters for use in the fleet.

* **DoD HFACS Section:** Features valuable information, presentations, and documents regarding the DoD Human Factors Analysis and Classification System (HFACS) is used to assist mishap investigators in root cause analysis; this feature allows users to see many precondition considerations cited in Navy and Marine Corps mishaps.

Commander, Naval Safety

Center is the ORM model manager. The ORM Directorate personnel serve as the subject matter experts for the Navy's ORM program. They assist assessment and evaluation commands and activities in standardization of fleet ORM training and evaluation. They maintain, educate, and update the latest policy, training, education, tools, and resources available to fleet personnel. Coordinating with Commander, Naval Education and Training Command (NETC) to provide course curriculum and standardized ORM training to manage organizational and individual risks worldwide.

Android and iOS users can find the free Navy ORM app by searching "ORM" or "Navy ORM Training" in the app stores or web browser. Fleet users can find this app and many others in the Navy App Locker at <http://www.applocker.navy.mil/#/apps>.

County Library offers high school diplomas online

by Tracy DeFore

High school graduation is a rite of passage for many but sometimes circumstances prevent students from getting a diploma.

"A lot of them say life happens, they had to drop out for whatever reason, start working and the next thing you know, it's 10 to 20 years later," said El Cajon Library branch Adult Services Manager Josh Mitchell.

But now the San Diego Coun-

ty Library is offering adults 19 years and older a way to graduate with a program called Career Online High School. The program is a partnership between the County and state libraries, and a company called Gale that provides educational and research resources to libraries.

The County's El Cajon branch started offering courses in early 2016. Students accepted into the program receive a full scholarship. A limited number of openings are still available.

"Students have seen this as their golden ticket," said Mitchell. "They can do this from home and adapt school work to their own lifestyles, which is especially important for people who have children."

Any resident of San Diego County can apply for the program. Students can transfer up to 14 credits from their former high school and complete the online courses in five to 18 months. They may also work toward a career certificate in any of eight different fields.

The County library acts as

an intermediary between the Career Online High School and the student. Library staff directs would-be students to an online self-assessment and prerequisite course, and then conducts in-person interviews before accepting applicants. Once enrolled, the student is provided with an online academic coach to help guide the student to be successful.

The program doesn't award a general education diploma, known as a GED, but an actual high school diploma.

"A high school diploma offers more opportunities than a GED," said Mitchell. "Graduates are more likely to qualify for higher education and job opportunities."

Robert Johnson of Lemon Grove saw an opportunity with Career Online High School and ran with it. Johnson, 55, spent 34 years as a trucker and at one point had his own business but both went by the wayside.

"You don't get anywhere by giving up," said Johnson.

SEE **Diploma**, page 14

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E-MAIL: rprecruiting.com

School Directory

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A Great San Diego View During The Navy's Bay Bridge Run/Walk! Save \$ ~ register early! The Navy's 31st Bay Bridge Run/Walk, presented by SDG&E, Northrop Grumman and Unified Port of San Diego, is Sunday, May 21, 2017. Your only chance to walk across the Coronado Bridge! Register today at www.navylifsw.com/bridgerun. Early Bird prices are good through Feb. 28, 2017.

Sit Up, Pull Up & Push Up Competition Thursday, Feb. 9, 11 am-1 pm, FREE Show what you've got! Divisions: lightweight: 149 lbs. and below, middleweight: 150-169 lbs., light heavyweight: 170-199 lbs., heavyweight: 200 lbs.+, and open women's weight class. Prizes on the line for each division! Participation available at three NBSD Fitness Centers: Admiral Prout Field House, Bldg. 3279, Harborside Sports & Fitness Complex, Bldg. 3477 and The Olde Gym, Bldg. 223. For more details and to register call 619-556-9509.

Temecula Winery Tour Saturday, Feb. 11, 9:30 am-6:30 pm, \$35 (21 yrs.+), includes educational tour, transportation and snacks **BACK BY POPULAR DEMAND**, enjoy breathtaking scenery, good eats, and great wines. Lunch and extra tastings not included. Pick up locations: 9:30 am Silver Strand Youth Center/10 am Admiral Baker Picnic Area. Registration required: NAB 619-437-3190, NBPL 619-553-9138, NBSD 619-556-9597

Heartbreak Hill Challenge Tuesday, Feb. 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.navylifsw.com. For more information call 619-524-5532.

Red, White & Blue 5-Mile Endurance Run Thursday, Feb. 16, 8 am, FREE Event T-shirt to those who pre-register and participate. Register online at www.navylifsw.com. Event proudly sponsored by USAA. See you at the NBSD Admiral Prout Field House track behind Bldg. 3279. For more information call 619-556-7444.

San Francisco Weekend Trip open to enlisted active duty and a guest, 18+. Friday-Monday, Feb. 17-20, 8 am, \$220 Tour one of California's most beautiful cities! Sign up today! Visit your base Liberty Center or call 619-545-3331. Cost includes three nights lodging, admission to Alcatraz, Hearst Castle, snacks, and one night's dinner.

Fit Family Boot Camp Saturday, Feb. 18, 9:30 am, FREE Peak Performance Fitness Center, NAB, Bldg. 170 Enjoy an hour-long, fun morning workout with your family led by an MWR fitness professional. The interval-based workout is for all fitness levels and



**Tue., Feb. 28
5 pm FREE**

Mardi Gras

For info: 619-556-9597

NBSD Waterfront Community Recreation Center

ages featuring low impact circuit exercises. Register online today at www.navylifsw.com. For more information call 619-437-2982.

Harlem Globetrotters Trip Friday, Feb. 17, 5:30 pm, \$35 (2 yrs.+), Meet at Valley View Casino Center Box Office Witness the ball handling wizardry, basketball artistry and one-of-a-kind family entertainment that thrills fans of all ages. A special Globetrotter Meet & Greet on the court before the game is included. Registration required: NAB 619-437-3190, NBPL 619-553-9138, NBSD 619-556-9597

Borrego Springs Camping Trip Saturday-Monday, Feb. 18-20, \$55 Liberty patrons/\$70 all others Depart from NBPL, Main Base, The Clubhouse, Bldg. 546 Experience the wonders of nature, among them sweeping vistas, desert flowers and ever-fascinating animal life. Wilderness areas and exceptional hiking trails provide miles of smiles to make this a can't-miss adventure. Registration required: NAB 619-437-3190, NBPL 619-553-9138, NBSD 619-556-9597

NBC's Got Talent Friday, Feb. 24, Auditions 3-10 pm and Saturday, Feb. 25, LIVE Show 6-9 pm, NASNI, Lowry Theater, Bldg. 650 Show

Get into the Fat Tuesday spirit with a party featuring LIVE music, snacks and refreshments.

off your talent within a variety of categories; sing, dance, magic, comedy. Be sure to register early for a space in the Friday auditions. Cash prizes: \$500 for 1st, \$200 for 2nd and \$100 for 3rd place in Saturdays LIVE show! Registration required: nbccr@navylifsw.com

Breakfast with Fairytales Saturday, Feb. 25, 9-11 am, \$19 adults/\$13 kids (3-12 yrs.) NBSD Anchors Catering & Conference Center Boys and girls (adults, too), get ready for an enchanted morning filled with a delicious breakfast, your favorite fairytale characters, a fun craft and a photo booth. Register: 619-556-9597

Mardi Gras Celebration Tuesday, Feb. 28, 5 pm, FREE NBSD Waterfront Community Recreation Center Get into the Fat Tuesday spirit with a party featuring LIVE music, snacks and refreshments. Info: 619-556-9597

Family FUNancial Festival Saturday, March 4, 11 am-2 pm, FREE Presented by the Navy's Fleet & Family Support Center, this fun, informational family event raises financial awareness - all in a casual, festival atmosphere! Kid games, food, music, prizes and more! Plus, free expert advice from personal financial managers. Murphy Canyon Youth Center, 4867 Santo Road, San Diego.

HAPPENINGS LISTED FROM PREVIOUS ISSUES....

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

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

Junior Golf Every Saturday • 9-11 am • \$20 A great sport for kids and parents to play together! Each Saturday session includes instruction and lunch. For more details contact the Naval Base Golf Performance Center at 619-556-7502.

Free Bowling for Active Duty All active duty personnel bowl FREE every Tuesday from 11 am-1 pm at Sea 'N Air Lanes and Admiral Robinson Recreation Center. For more information call 619-545-7240 or 619-556-7486.

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

MOVIES at the Bases



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

Thursday - February 09, 2017
5:50 PM Rogue One: A Star Wars Story
8:30 PM Underworld: Blood Wars

Friday - February 10, 2017
6:00 PM The Bye Bye Man
8:00 PM Patriots Day

Saturday - February 11, 2017
1:00 PM Assassin's Creed
3:30 PM Patriots Day
6:10 PM Sleepless
8:10 PM Underworld: Blood Wars

Sunday - February 12, 2017
1:00 PM Sing
3:20 PM Hidden Figures
6:00 PM La La Land
8:30 PM The Bye Bye Man

Monday - February 13, 2017
5:50 PM Sleepless
8:00 PM Patriots Day

Tuesday - February 14, 2017
5:50 PM Sing
8:10 PM Assassin's Creed

Wednesday - February 15, 2017
6:00 PM Passengers
8:20 PM Sleepless

Thursday - February 16, 2017
6:00 PM Sing
8:10 PM Patriots Day

Hidden Figures (2016)

PG | 2h 7min | Biography, Drama, History | 6 January 2017 (USA)

Based on a true story. A team of African-American women provide NASA with important mathematical data needed to launch the program's first successful space missions.



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

Thursday - February 09, 2017
6:00 PM Assassin's Creed
8:20 PM Underworld: Blood Wars

Friday - February 10, 2017
5:50 PM Sleepless
7:50 PM Patriots Day

Saturday - February 11, 2017
12:50 PM Sing
3:00 PM The Bye Bye Man
6:00 PM SNEAK PREVIEW - Fist Fight
8:00 PM Patriots Day

Sunday - February 12, 2017
12:50 Pp Sing
3:00 PM Hidden Figures
5:50 PM Sleepless
7:50 PM The Bye Bye Man

Monday - February 13, 2017
6:00 PM Sleepless

Tuesday - February 14, 2017
5:50 PM Patriots Day

Wednesday - February 15, 2017
5:50 PM The Bye Bye Man

Thursday - February 16, 2017
6:00 PM Underworld: Blood Wars
8:00 PM The Bye Bye Man



Assassin's Creed [3D]

Genre: **Action, Adventure, Fantasy**
Cast: Michael Fassbender, Marion Cotillard, Jeremy Irons, Brendan Gleeson and Charlotte Rampling
Synopsis: When Callum Lynch explores the memories of his ancestor Aguilar and gains the skills of a Master Assassin, he discovers he is a descendant of the secret Assassins society.
Rated: "PG-13" for intense sequences of violence and action, thematic elements and brief strong language
Length: 115 minutes

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

Thursday - February 09, 2017
11:00 AM Moana (NDVD - Free Admission)
5:00 PM The Birth of a Nation (NDVD - Free Admission)

Friday - February 10, 2017
5:00 PM Bad Santa 2 (NDVD - Free Admission)

Saturday - February 11, 2017
11:00 AM Monsters University (NDVD - Free Admission)
2:00 PM Almost Christmas (NDVD - Free Admission)
5:00 PM Bleed For This (NDVD - Free Admission)

Tuesday - February 14, 2017
11:00 AM The Book of Life (NDVD - Free Admission)
5:00 PM The Girl on The Train (NDVD - Free Admission)

Wednesday - February 15, 2017
5:00 PM Doctor Strange (NDVD - Free Admission)

Thursday - February 16, 2017
11:00 AM Strange Magic (NDVD - Free Admission)
5:00 PM Bridget Jones's Baby (NDVD - Free Admission)



The Clubhouse - NBPL, Main Base, 619-53-9138, Bldg. 546

Thursday - February 09, 2017
5:00 PM Moana (NDVD - Free Admission)

Friday - February 10, 2017
5:00 PM Fantastic Beasts and Where To Find Them (NDVD - Free Admission)

Saturday - February 11, 2017
5:00 PM Arrival (NDVD - Free Admission)

Sunday - February 12, 2017
5:00 PM Manchester By The Sea (NDVD - Free Admission)

Thursday - February 16, 2017
5:00 PM Moana (NDVD - Free Admission)





Bucketful of love

my husband, Francis, and I manage to pop open a bottle of bubbly and exchange the obligatory cards with meaningful sentiments (scribbled in the car outside the 7-Eleven) we still have to fight back the urge to yawn once the clock strikes nine.

It all seems so contrived. As if a boardroom full of stuffy CEOs of corporate conglomerates who market greeting cards and heart-shaped balloons conspired to add more tasks to our daily "To Do" lists, all in the name of Valentine's Day profits.

Several years ago, I was complaining to a fellow military spouse friend about Valentine's Day complicating my schedule, when she told that she and her husband did something a little different to celebrate each year. My ears perked up, because this particular Navy couple seemed to have a great relationship, even though he deployed often.

I leaned in, and my military spouse friend told me their secret Valentine's Day tradition. "We don't give each other cards," she said. "No teddy bears or picture frames or ties or boxes of candy," she continued.

"Not even Whitman's Samplers?" I asked, astonished.

"Nope. No flowers, no fancy dinners, no balloons – none of that stuff."

"Then what DO you do on Valentine's Day?" I pried.

"We fill up our Hanky Panky Party Pail," she said with a devilish grin.

She explained that the Hanky Panky Party Pail was nothing more than a cheap purple plastic sand bucket, into which they unceremoniously threw items that would facilitate a Valentine's Day romp in the hay.

the meat and potatoes of life

Driving home from that visit with my friend, I thought, "Well, that's disgusting. No hearts? No candles? No flowers? What kind of marriage is that?" But, I knew in the back of my mind that my friend was onto something.

Essentially, there are two reasons our husbands buy us cards, flowers and chocolates on Valentines Day: 1. So we won't get mad at them, and 2. On the off chance they will get lucky. And the only reason wives cook and buy sweaters for our husbands is so that we can say we gave them something, even though we know it's not what they really want.

So why rush out in our salt-encrusted cars to buy silly pre-printed cards, then wrack our brains for something meaningful to write inside? Why search our closets for old gift bags that they have most likely seen before? Why bear the expense of babysitters so we can stand

in line for the Valentine's Day Chicken Quesadilla special at Ruby Tuesday? Why pressure our husbands to give us flowers when we know they will eventually wilt, drop petals everywhere, and leave that green slimy ring on the inside of the vase? Why expect heart-shaped boxes of chocolates when half of them are filled with nondescript fruity

fluff anyway?

Why not skip all the unnecessary holiday commercialism and get right down to business?

It's a win-win for both parties. Wives don't have to cook, clean or find time between orthodontist appointments and school projects, and husbands get what they always wanted.

And if your husband is anything like Francis, it only takes a few minutes.

USO San Diego 'Positive Parenting' workshop offered

USO San Diego is proud to collaborate with Jewish Family Service to offer a three session parenting workshop. Are you tired of bribing, yelling and demanding? Does your method of discipline fail to calm the chaos? Please join us on March 9, 16, and 23 from 5:30-7:30pm. Keep in mind, this is a 3-part series, so please plan to attend all three dates. Childcare and dinner will be provided!

JFS's Positive Parenting curriculum is based on Triple P America, a research-based program that has been shown to promote family harmony, reduce parent-child conflict, foster successful peer relationships, and prepare children for successful experiences at school. More than 30 years of research has demonstrated that the Triple P system:

- Improves parental skills, confidence, and well-being;
- Reduces disruptive behaviors in children; and
- Decreases incidences of child maltreatment/injuries and out-of-home placements.

PPP is here to help you find positive solutions to common childhood behavior issues. Our workshops consist of three, 90-minute seminars that cover a variety of topics. Whining, bedtime problems, sharing, tantrums – you name it, we can help! Learn how to:

- Manage common challenging behaviors positively and consistently
- Take care of yourself as a parent
- Make small changes that have a big impact
- Reduce stress and anxiety about parenting

We work with parents of children of all ages and all of our services are free of charge! Location: USO San Diego Downtown Center 303 A Street. Sign up at <http://www.signupgenius.com/go/10c0545a5a62ea7f49-positive1>.

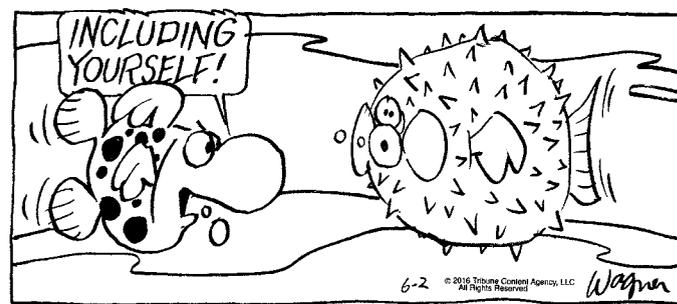
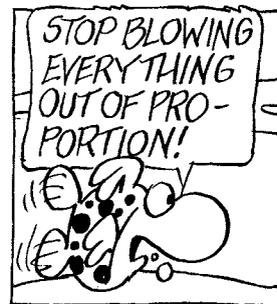
by Lisa Smith Molinari
Our youngest daughter is home from school with a concussion and a sprained ankle from a sledding accident. The steering on the minivan isn't working properly. The dog ate an entire jumbo rawhide bone in 10 minutes, and has been trying to wrutch it up on the carpeting. Two days ago, a pimple appeared on my forehead.

And of course, it's almost Valentine's Day.

Every year, it's the same thing. We're engrossed in the hectic pace of military family life. We're paying bills, deciphering homework assignments, cheating on diets, reprimanding teenagers, grocery shopping, car pooling, and shoveling snow.

When February 14th rolls around, you can almost hear a collective exclamation in the air -- "Oh crap, it's Valentines Day!" Then, we all rush around like maniacs to get the proverbial check in the heart-shaped box.

Mustering fresh romance after decades of marriage isn't easy. If



Places of Worship

Bayview Baptist Church

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

Canyon View Church of Christ

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

Christ Community Church

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Sundays at 8:45 am & 10:45 am with Children's Ministries for All Kids!
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9535 Kearny Villa Rd., Mira Mesa 92126; Located just off Miramar Rd. & I-15
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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

Del Cerro Baptist Church

5512 Pennsylvania Lane, La Mesa, CA. 91942 (619) 460-2210
Pastor, Dr. Mark S. Milwee
Sunday Services and Bible Classes: 9am and 10:30am,
Wed. Dinner and Bible Study 5:15-7:30pm
Wed. 6:30 pm AWANA Program for children
Cost: For Active Duty Families: \$4 per person, children under 5 free,
for more information: www.dcbc.org e-mail: julia@dcbc.org

Faith Bible Fellowship

9971 Mission Gorge Rd. Santee, CA
(Behind Pacific Western Bank)
Sunday School Classes 9am
Sunday Services 10am and 6pm
Awana Wednesdays 6:30 pm
fbfsc.org

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

Friends Christian Church

10925 Hartley Rd, Ste K
Santee, CA 92071
(619) 448-5950
Sunday Worship Service 10:00 am

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)
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www.lakesidepc.org

Lighthouse Baptist Church

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

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
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13230 Pomerado Rd, Poway CA 92064
www.mesaview.org (858) 485-6110

Mt. Moriah Christian Church

"Purpose Driven" Gospel Church
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Services on Sunday at 9 a.m. and 11 a.m. Near Miramar Base
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New military families are moving to San Diego every day. Invite them to worship with you in the Dispatch Church Directory. (619)280-2985

Saddleback Church

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Adults: 9 am & 11 am
Kids: 9 am & 11 am
Students: only 11 am
5951 Village Centerloop Rd., San Diego, CA 92130
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Can you recognize a heart attack or stroke?

How would you react to a medical emergency? When it comes to life-threatening conditions like heart attack or stroke, every minute counts. Get to know the signs and symptoms of these health threats. If you think you or someone else might be having a heart attack or stroke, get medical help right away. Acting fast could save your life or someone else's.

Heart disease and stroke are 2 of the top killers among both women and men in the U.S. Nationwide, someone dies from a heart attack about every 90 seconds, and stroke kills someone about every 4 minutes, according to the U.S. Centers for Disease Control and Prevention. Quick medical help could prevent many of these deaths. Fast action can also limit permanent damage to the body.

Heart attack and stroke are caused by interruptions to the normal flow of blood to the heart or brain—2 organs that are essential to life. Without access to oxygen-rich blood and nutrients, heart or brain cells begin to malfunction and die. This cell death can set off a series of harmful effects throughout the body. The changes ultimately lead to the familiar symptoms of a heart or brain emergency.

You might know the most common symptoms of heart attack: sustained, crushing chest pain and difficulty breathing. A heart attack might also cause cold sweats, a racing heart, pain down the left arm, jaw stiffness, or shoulder pain.

Many don't know that women

often have different heart attack symptoms than men. For instance, instead of having chest pain during a heart attack, women may feel extremely exhausted and fatigued or have indigestion and nausea.

"Many women have a vague sense of gloom and doom, a sense of 'I just don't feel quite right and don't know why,'" says Dr. Patrice Desvigne-Nickens, an NIH expert in heart health.

The symptoms of stroke include sudden difficulty seeing, speaking, or walking, and feelings of weakness, numbness, dizziness, and confusion. "Some people get a severe headache that's immediate and strong, different from any kind you've ever had," says Dr. Salina Waddy, an NIH stroke expert.



At the first sign of any of these symptoms, fast action by you, someone you know, or a passerby can make a huge difference. NIH-funded research has helped ensure

What to do when every moment counts...

that more people survive heart attacks and strokes every year. We now have medicines, procedures, and devices that can help limit heart and brain damage following an attack, as long as medical help arrives quickly.

If the heart is starved for blood for too long—generally more than 20 minutes—heart muscle can be irreversibly damaged, Desvigne-Nickens says. "You need to be in the hospital because there's a risk of cardiac arrest [your heart stopping]," which could be deadly. At the hospital, doctors can administer clot-busting drugs and other emergency procedures.

With stroke, Waddy says, "The longer you wait, the more brain

cells are dying," and the greater the chance for permanent damage or disability.

Emergency treatment for stroke depends on the kind of stroke. The most common type, ischemic stroke, is caused by a clot that clogs a blood vessel in the brain. The clot-dissolving drug tPA works best when given soon after symptoms begin. NIH research shows that patients who received tPA within 3 hours of stroke onset were more likely to recover fully.

Other strokes are caused by a hemorrhage—when a blood vessel breaks and bleeds into the brain. "The patient can have a larger hemorrhage within the first 3 hours," Waddy says. A hospital medical team can help contain the bleeding, so every moment counts.

Even if you're unsure, don't feel embarrassed or hesitate to call 9-1-1 if you suspect a heart attack or stroke. "You should not go get your car keys. Your spouse shouldn't be driving you to the hospital," advises Desvigne-Nickens. "The emergency crew is trained to treat these symptoms, and it could mean the difference between life and death."

Heart attack or stroke can happen to anyone, but your risk increases with age. A family or personal history of heart attack or stroke also raises your risk. But some risk factors for heart attack and stroke are within your control. Treating them can dramatically reduce your risk.

"If you have high blood pressure, high cholesterol, or diabetes, work with your doctor to get these conditions under control," Waddy says. "Know your numbers [blood

Know the Symptoms

Don't hesitate to call 9-1-1 if you see these symptoms of heart attack or stroke. Every minute counts.

Heart attack:

**Chest pain or discomfort
Pain, stiffness, or numbness in the neck, back, or one or both arms or shoulders
Shortness of breath
Cold sweat, nausea, dizziness**

Stroke:

**Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
Sudden severe headache, dizziness, confusion
Sudden difficulty with vision, balance, speech**

pressure, blood sugar, and cholesterol] and what they mean."

You can also prepare for a medical emergency, to some degree. A hospital may not have access to your medical records when you arrive. Keep important health information handy, such as the medicines you're taking, allergies, and emergency contacts. It would be important for the medical team to know, for example, if you've been taking anticoagulants to help prevent blood clots; these blood thinners put you at increased risk of bleeding. You might consider carrying an NIH wallet card that lists heart attack symptoms and has room for your personal medical information.

NIH researchers are studying new drugs and procedures to help the heart and brain repair themselves and improve organ function. "But there is absolutely nothing that will save both your time and health as well as prevention," says Dr. Jeremy Brown, director of NIH's Office of Emergency Care Research. Studies show that making healthy lifestyle choices

can help prevent these medical emergencies from happening in the first place. Eat a healthy diet rich in protein, whole grains, and fruits and vegetables, and low in saturated fat. Get regular physical activity and don't smoke.

"I think one of the most important things we can do is to take a basic CPR and first aid course," recommends Brown. "We know the majority of cardiac arrests happen outside of hospitals and of that many, many can be saved if we get people with basic training on the scene quickly. An ambulance can never get there as quickly as a citizen passing by."

Whether or not you're trained to offer help, if you see someone having symptoms of a heart attack or stroke, call for help immediately.

"If you're even thinking about calling 9-1-1, you should call," Desvigne-Nickens says. "Yes other conditions can mimic the signs and symptoms of a heart attack or stroke, but let the emergency physician figure that out in the emergency room."

HEART MONTH

Continued from page 1

therapists along with their primary care team and specialists such as cardiologists and internists.

Cardiovascular disease, including heart disease, stroke, and high blood pressure, is the number one killer in the United States and can be prevented in many cases with a healthy lifestyle.

According to the Centers for Disease Control (CDC), one in four people in the United States will die from heart disease every year. That's more than 610,000 deaths a year, making heart disease the number one killer in the U.S.

According to the American Heart Association, while heart disease is often viewed as something to worry about when a person gets older, approximately half of American adults who have heart disease are under the age of 60.

While heart disease is the leading cause of death for both men and women, according to the CDC, it is largely preventable.

"Healthy habits are critical in preventing heart disease," said McIntyre. "Don't smoke; and if you do smoke, stop. Maintain a healthy weight. Eat a healthy diet, starting with reducing saturated fat and limiting your salt intake. Exercise regularly, and be sure to prevent or treat your other health conditions - particularly high blood pressure, high cholesterol, and diabetes."

Patients are encouraged to take a first step to a healthier heart by having a discussion with their primary care manager about their cardiovascular health and risk factors.



NATIONAL HEART MONTH

HEALTHY HEART TIP

Limit foods with saturated fats, trans fats, cholesterol, added sugars, and refined grains. Instead, opt for whole grains and natural sugars found in fruits and vegetables.



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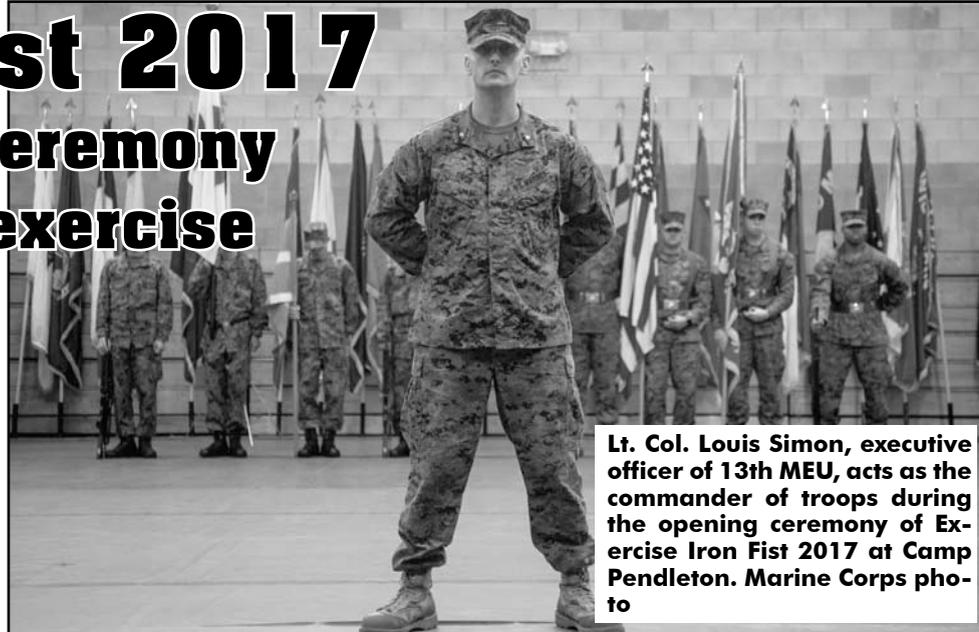
Iron Fist 2017 Opening ceremony kicks off exercise

by Lance Cpl.
Robert Alejandre

CAMP PENDLETON - "The purpose of the exercise is to enhance interoperability between U.S. and the Japanese Ground Self Defense Force, as well as to build amphibious capabilities for the JGSDF," said Col. Chandler Nelms, 13th Marine Expeditionary Unit commanding officer.

Exercise Iron Fist 2017 marks the 12th iteration of the annual event. Traditionally this exercise focused primarily on tactics and operation, but this year's focus is slightly different.

"The JGSDF Western Army Infantry Regiment is helping to shape an amphibious readiness



Lt. Col. Louis Simon, executive officer of 13th MEU, acts as the commander of troops during the opening ceremony of Exercise Iron Fist 2017 at Camp Pendleton. Marine Corps photo

defense brigade," said Nelms. "The Marine Corps is the only amphibious arm of the United States military that has expertise in amphibious operations."

The JGSDF will stand side-by-side with their U.S. coun-

terparts and train in planning and conducting amphibious operations.

"The JGSDF will get a good look at how our Marine Corps forces integrate with our Navy forces..., the joint warfare con-

struct and amphibious planning," said Nelms.

Iron Fist 2017 will enable continued subject matter expertise exchanges between U.S. forces and JGSDF, strengthening both militaries' technical and tactical proficiencies.

We have a lot to learn from this, especially the combined arms combat operations and we are ready to learn from the Marines here at Camp Pendleton, said Col. Ryuji Toyota, commanding officer of the Western Army Infantry Regiment.

Exercise Iron Fist will be held in Southern California on Camp Pendleton and other military installations from Feb. 6 to March 6. The exercise will include advanced marksmanship, amphibious reconnaissance, landing, and assault operations.



Members of the Defense industries show equipment to Marines from Camp Pendleton during the Marine West Expo, on Marine Corps Base Camp Pendleton, Calif., Feb. 1. The 2017 Marine West Exposition is a forum for defense contractors to display and promote their latest equipment and technology. Courtesy photo

Camp Pendleton hosts Marine West Expo 2017

CAMP PENDLETON - Camp Pendleton Marines, Sailors, and civilian personnel had a chance to preview the latest in military technology during the Marine West Expo here, Feb. 1-2.

The exposition is an event showcasing new gear, gadgets and equipment to Marines from hundreds of vendors from around the world. The event, now in its 25th year, also gives Marines a chance to provide feedback to members of the defense company in order to meet the needs of the warfighters on the ground.

"When I was growing up as a young Marine, we didn't have things like this," said Thomas Hazlett, Executive Director of the Marine Corps League. "We didn't have the knowledge that is displayed today. What we can expect to see, wear or ride in. So this is a great way for young Marines and Corpsman to see that the potential future is and help shape that future."

One of the highlights of this year's expo is a version of the Amphibious Combat Vehicle, or ACV 1.1, which is slated to replace the Amphibious Assault Vehicle, or AAV.

"We are the ones that are going to be operating these vehicles in combat," said Sgt. John Copleman, 3rd Amphibious Assault Battalion. "I think it is great for us to be able to meet the makers and let them see who will be using these. You can't get the right answer unless you meet the Marines who will be using them."

Hazlett added that this link between the younger Marines on the ground and the future of the Marine Corps is of vital importance to the success of the Marine Corps.

"Like any armed force, we need to have a vision of what the future holds," said Hazlett. "We don't know exactly what environment we will find ourselves ten years from now. Right here at this expo, some of this very equipment will be the equipment that our Marines will go into battle with in the future."

Marine West is one of three expositions hosted annually on Marine Corps installations. The Marine South Expo is scheduled for April 12-13, 2017, at Camp Lejeune, N.C., and the Modern Day Marine Expo will take place at Marine Corps Base Quantico, Va., Sept. 19-21.

Coronado wraps up training, ops at sea

by MC2 Amy M. Ressler

SEMBAWANG WHARVES, Singapore - Following a four-day underway in the South China Sea, USS *Coronado* (LCS 4) pulled into Sembawang Wharves in Singapore for a scheduled maintenance period, beginning Feb. 3.

At sea, the crew conducted training exercises designed to maintain operational proficiency while executing emergency procedures at sea. The crew flexed the ship's capabilities with unit-level training, casualty drills, flight operations, and engineering equipment operational testing.

"It's been an extremely productive few days at sea and the sense of enthusiasm on the deckplates was evident throughout," said Cmdr. Scott Larson, *Coronado* commanding officer. "The team completed essential training that will pay significant dividends during future operational tasking."

Specific events included small boat operations, live-fire gunnery exercises, damage control drills, and over 20 combined hours of manned and unmanned flight operations. "Warfighting is a perishable skill set, so every opportunity you get to flex those skills is needed," said Command Senior Chief Joseph M. Hanley, *Coronado*'s senior enlisted leader. "This underway was all about that, and the crew worked extremely hard fine-tuning their skills in a multitude of warfare areas.

Local Military news briefs NEWS

Ospreys from Makin Island reportedly involved in Yemen raid

In a report last week from the *Times of San Diego*, V-22 Osprey tilt-rotors from San Diego-based USS *Makin Island* were involved in a Navy SEAL raid Jan. 28 against terrorists in Yemen, according to news reports.

CNN reported Feb. 1 that Ospreys from *Makin Island* operating in the Gulf of Aden were sent to help evacuate the wounded after a firefight left Chief Petty Officer William Owens dead.

One of the Ospreys made a hard landing, which resulted in three service members being injured, none of them seriously. That aircraft was later destroyed to prevent its technology from falling into enemy hands. - Posted by Chris Jennewein

Hunter reopens quest for posthumous MOH heroic Marine

The *Times of San Diego* reported Feb. 7 that Rep. Duncan Hunter petitioned new Defense Secretary James Mattis to posthumously award the Congressional Medal of Honor to a San Diego Marine who died in Fallujah.

Sgt. Rafael Peralta is credited with saving the lives of four Marines during the bloody battle in 2004 by smothering a live grenade with his body.

"It is my firm belief that Pentagon bureaucrats, whether intentionally or not, created needless confusion with Peralta's nomination," wrote Hunter in a letter to Mattis.

He is buried at Fort Rosecrans National Cemetery.

USS America completes CSSQT

PACIFIC OCEAN - Sailors and Marines aboard amphibious assault ship USS *America* (LHA 6) completed the final phase of combat systems ship qualifications trials (CSSQT) and follow-on operation testing of the ship's weapons systems Feb. 2.

Command, control, computers, communications, combat and intelligence (C5I) department's CF division has been preparing for CSSQT since the ship completed its maintenance availability. This final phase included upload/download, dud/misfire and watch-team training on both the Mark 38, Mod 2 30mm gun and the close-in weapon system (CIWS).

The ship's crew engaged in various training exercises to ensure the ship's weapon systems is properly installed, functional, and can be operated safely.

Midshipmen to select first ships

GREAT LAKES - Naval ROTC midshipmen are scheduled to select their first ships Feb. 13-15, as they look to join the Navy's surface warfare officer community.

This selection process will feature NROTC midshipmen and officer candidates conducting their picks via live video conference. The video conference will broadcast on the Naval Service Training Command YouTube channel, allowing Sailors in the fleet, family, and friends the opportunity to share in this special moment at the commencement of a SWO's career.

More than 340 midshipmen at 73 units around the country have selected service in the fleet as SWOs. Each selecting midshipman is ranked according to their grade point average, aptitude scores, and physical fitness assessments.

Armed Forces Dispatch wants to make you a winner. Find the contest entry box on page 5. The rest is up to you.

Enter to WIN



Navy and Coast Guard students participate in a team trainer at Information Warfare Training Command San Diego, focusing on Ship Signal Exploitation Space (SSES) data and workflow processes. Members of Coast Guard Cryptologic Unit Texas and Navy Information Operations Command Texas are preparing for deployment to the 4th Fleet area of responsibility to combat drug trafficking in the region. Navy photo by Michele Diamond

Mid-cycle inspection takes center stage for USS America

by MC2 Kyle Hafer

PACIFIC OCEAN - Sailors assigned to amphibious assault ship USS America (LHA6) began revving up for its first Mid-Cycle Inspection (MCI) March 14-17 in preparation for deployment later this year.

MCI is a four-day readiness inspection which takes place every 2 1/2 years. The inspection is set in place to bridge the gap

between Board of Inspection and Survey and is used to inspect and assess the material condition of a ship, as well as ensure the ship will last its full life cycle.

"This affects 100 percent of the ship," said America's Main Propulsion Assistant and MCI Coordinator, Lt. Cmdr. Kevin Bacon. "It requires the entire ship's force to be engaged and make sure that we maintain a

high-level material condition."

To help maintain that high level of material condition, each department is responsible for developing and practicing their own procedures which will demonstrate the ship's readiness to the inspectors. This process can be time consuming, but the end result is a ship with fully-functional capabilities and is ready for the crew.

IWTC delivers cryptologic training to Coast Guardsmen

SAN DIEGO - Three Coast Guard students wrapped up a weeklong team trainer at Information Warfare Training Command (IWTC) San Diego, focusing on Ship Signal Exploitation Space (SSES) data and workflow processes, Feb. 3.

The Coast Guard students from Coast Guard Cryptologic Unit Texas worked alongside a Navy Information Operations Command Texas linguist through the course. The two commands are preparing for deployment to the 4th Fleet area of responsibility to combat drug trafficking in the region.

The SSES Team Training (Level 1) course provides realistic and measurable theater-specific scenario training for a ship's cryptologic work center. The course is the third in the series of four sequential waterfront courses designed to improve cryptologic fleet readiness.

Taught by IWTC San Diego and Naval Information Forces Stallion Trainer instructors, the training is designed to measure student performance in the areas of data integration, target signal prosecution, threat recognition and dissemination of significant



cryptologic information to tactical decision makers. This class was an opportunity for a Coast Guard unit-level SSES team to demonstrate proficiency of previously learned knowledge and skills.

"We were excited to have some Coast Guard Sailors come through our class," said Cryptologic Technician (Collection) 2nd Class Jacob Boettner, an instructor for the course. "The Coast Guardsmen gained a much better understanding of what our SSES teams do and how we do it, and we now have a better understanding of how the Coast Guard operates so we can teach our future SSES classes how to work with the Coast Guard ships that are in theater with them."

Boettner stressed that the class will help the Coast Guard

and the Navy work to increase efficiency through joint cooperation. The course also showed the effectiveness of web-based Stallion simulated training for Coast Guard personnel. Stallion is one tool used by the Navy's information warfare training community to replicate a real world scenario in a training environment.

"The Stallion trainer was absolutely beneficial to us and a much more practical way of refining our SSES operating skills," said Intelligence Specialist 2nd Class Samuel Hammond, one of the Coast Guard students.

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

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



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Caught on Camera: MPs enhance safety procedures with body cameras



A police officer with the Provost Marshal Office aboard Marine Corps Air Station Miramar returns an identification card to a base commuter Feb. 2. MCAS Miramar is the first military base to implement a body camera program and enforce it throughout the Provost Marshal Office. Marine Corps photo by Cpl. Harley Robinson

Military police recently step up safety procedures by using body cameras while on duty aboard Marine Corps Air Station Miramar.

MCAS Miramar is the first military base to implement a body camera program and enforce it throughout the Provost Marshal Office.

"Miramar PMO works closely with the San Diego Police Department," said Lt. Col. Scott Rooker, MCAS Miramar Provost Marshal. "They were one of the first in the nation as a major city to take on the body camera challenge. They talked to us a lot about their training, policies and procedures, and some of the great results they were seeing. We decided to get on board."

The main objective of the body cameras is to improve officer safety, added Rooker.

"I've seen a lot of occasions where the officers respond to a scene and just having the body cameras on helped defuse the situation. If the situation does not defuse, the camera captures everything."
- 2nd Lt. Christopher Rodriguez, a Miramar police officer and watch commander

If in an incident where the situation may escalate, officers will turn on the body cameras with the click of a button and record it.

"In the past, statements were taken for any incidents we were

involved in, and in that statement, the officer swears that it's true to the best of his knowledge," said Rooker. "Then the other party comes back and challenges that, then it's a 'he said she said,' and someone has to figure it out. When you have the video, it's a lot harder to dispute the truth."

PMO will take all videos collected and enter them as evidence, which officials can review later both as an investigative tool and for training purposes.

"Using the body cameras ... it allows us to go back and watch it from a third person perspective," said Rooker. "It's a very good training tool for them to be able to go back and assess how they handled the situation."

According to Rooker, the program is continuing to improve and demonstrate its value as a tool to both the SDPD and PMO.

"We've had several incidents that have made the camera well worth the time, effort and money we've invested," said Rooker. "They're better for officer safety, and they're better for documentation. It helps our force become better police officers."



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CAMP PENDLETON (Feb. 1, 2017) - A Marine with 15th MEU Maritime Raid Force stands by for transportation to the location of a simulated raid. This exercise affords the opportunity for Marines from supporting units begin training side by side with MRF in preparation for deployment. The pre-deployment training ensures the Marines and Sailors are prepared to answer the nation's call should the need arise. photo by Cpl. Timothy Valero



PACIFIC OCEAN (Feb. 2, 2017) - Command Master Chief Spike Call fist bumps a Sailor aboard USS Theodore Roosevelt (CVN 71) during a vertical replenishment. Theodore Roosevelt is off the coast of Southern California conducting routine training operations. Navy photo by MCSN Bill M. Sanders

NAVAL BASE CORONA-DO (Feb.3, 2017) - Sailors assigned to various regional commands conduct physical training at Gator Beach here Navy photo by MC2 Timothy M. Black



PACIFIC OCEAN (Feb. 4, 2017) - Aviation Ordnanceman 2nd Class Jamie Corbin, left, and Aviation Ordnanceman Airman Timothy Lamoureux, transport ordnance on the flight deck of USS Carl Vinson (CVN 70). The ship's carrier strike group is on a western Pacific deployment. Navy photo by MC3 Matt Brown

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Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4023	C40	12:00	MOUNTAIN HOME, ID(121), WHIDBEY(39)

FRIDAY, FEBRUARY 10, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4982	C40	09:00	NELLIS(121), WHIDBEY(36)
CNV 2542	C20	12:53	KANEOHE(26)

SATURDAY, FEBRUARY 11, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4282	C40	12:45	JACKSONVILLE(48)

SUNDAY, FEBRUARY 12, 2017

MONDAY, FEBRUARY 13, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 3961	C130	11:00	MCGUIRE(25)

TUESDAY, FEBRUARY 14, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 3382	C130	11:30	KALAELOA(25)

Harlem Globetrotters this weekend

The Original Harlem Globetrotters are preparing for their action packed 2016-2017 tour! A star-studded roster will have fans on the edge of their seats to witness the ball handling wizardry, basketball artistry and one-of-a-kind family entertainment that thrills fans of all ages. Join Globetrotter stars after the game where they will stay for an autograph, photograph and high five session for fans (subject to availability). This year marks the Globetrotters' historic 90th anniversary. Founded in 1926 by Abe Saperstein, the Harlem Globetrotters played their first-ever road game on Jan. 7, 1927, in Hinckley, Illinois. From the 1920s until his death in 1966, Saperstein was the greatest promoter in all of sports, making the Globetrotters into a championship team and global icons.



Feb. 10 & 17,
7 p.m. at
Valley View Casino Center
(Sports Arena)



Happy New Year! Gong Hei Fat Choy!

The 35th Annual Chinese New Year Food and Cultural Fair, will take place on February 11-12 (3rd Avenue and J Street) in San Diego's historic Chinatown district!

This year's fair celebrates the year of the rooster, is free to the public, and promises to be the best ever, filled with spectacular dance and cultural performances, and tantalizing street food that you might find at a lively Chinese night market. No passport or plane ticket needed – it's all right here.

To pull off this truly special event, this year's fair is being sponsored by the Chinese Consolidated Benevolent Association of San Diego, with the help of The San Diego Chinese Historical Museum and the San Diego Chinese Center.

So whether you were born in the Year of the Rooster or one of the other animals in the Chinese Zodiac Cycle, you and your family will be sure to have a great time (and a great meal) at this year's fair.

The Chinese Consolidated

Benevolent Association of San Diego, the San Diego Chinese Center, the San Diego Chinese Historical Museum, and the fair committee thanks everyone for their past support and invite you all to our upcoming Chinese New Year Fair on February 11th & 12th!

May the Year of the Rooster bear a year full of successes and good health to all!

See you there - Rain or Shine!

Diploma continued from page 6

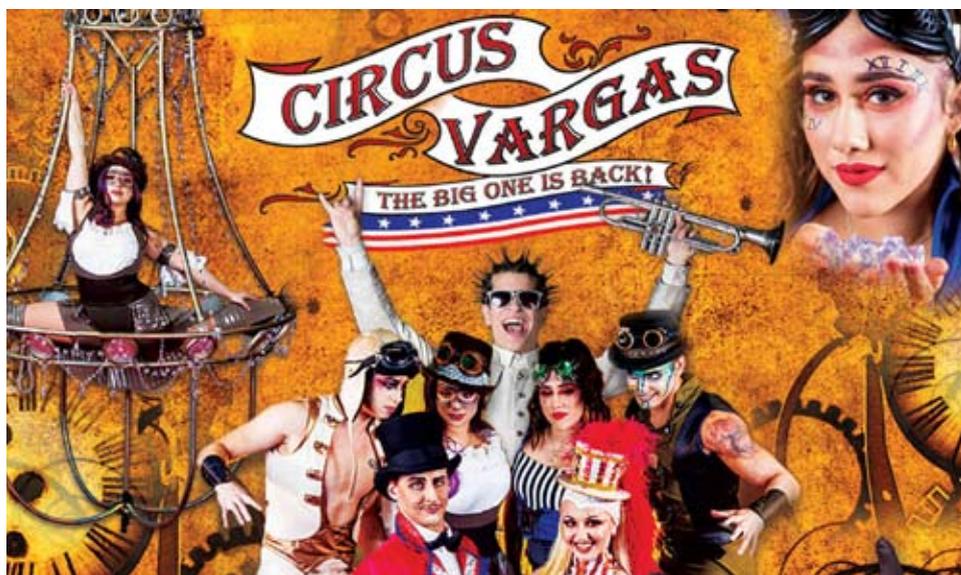
Johnson said he researched online courses and found the Career Online High School a good fit. He also won a scholarship.

"I thought it was phenomenal," said Johnson.

In addition to the diploma, he elected to take the courses for an office management certificate. He hopes to finish school in May or June. Once he's earned his career certificate and his diploma, Johnson says they will open up new doors of opportunity that he's never had before in terms of going to college and furthering his career.

"It was always a dark cloud over my head not having a high school diploma," said Johnson. "In the end, when this is behind me, it will be a great sense of accomplishment for me. I completed high school."

Retro-futuristic production, Steam Cirque!



Circus Vargas embarks on a brand new epic adventure under the big top! Goggles, gears, and gadgets set the stage for 2017's retro-futuristic production, Steam Cirque!

Join us on a journey of fantastic proportions where children of all ages will marvel at the wacky and wonderful cast of characters that come alive in this exciting steampunk, science-fiction fantasy inspired circus odyssey!

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CIRCUS LOCATIONS :

SAN DIEGO
Mission Bay Park
FEB 2 - 13

NATIONAL CITY
Westfield Plaza Bonita
FEB 16 - 27

ESCONDIDO
Westfield North County
MAR 2 - 13

TEMECULA
Promenade Temecula
MAR 16 - 27

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11:00 AM | Saddleback Kids & Students (JH & HS) available
saddleback.com/sandiego



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If you are always trying to be normal, you will never know how amazing you can be.

-Maya Angelou

Free tax software, support available for military

by Lisa Ferdinando

WASHINGTON, Feb. 1, 2017 — With the tax season upon us, service members and their families can access free tax-filing software and consultations to help them navigate the task of submitting their annual taxes.

Military members and their families can visit the Military OneSource website or call 1-800-342-9647 for the no-cost "MilTax" software, explained Erika Slaton, a program analyst with Military OneSource.

The Defense Department recognizes military members and their families have unique filing situations with deployments, relocations and various deductions and credits, she said.

The MilTax software, previously known as "Military OneSource Tax Services," was created with the military situation in mind, Slaton said.

Tax consultants are available via phone through Military OneSource, Slaton said. In-person tax

filing assistance can be accessed at military installations at a Volunteer Income Tax Assistance location.

The tax consultants can inform eligible users about the unique tax benefits available to service members and their families, Slaton said.

Tax laws change each year, Slaton pointed out, adding MilTax consultants are experts on the nuances of the law and can help users get the tax credits they earned and deserve.

"That's why it's such a great program because it is a program that is specifically designed for those unique military tax situations," she said.

MilTax is confidential and secure, Slaton said. The online filing program allows users to submit a federal return and up to three state tax returns, she said.

Those eligible for MilTax include members of the Air Force, Army, Navy, Marines and National Guard. Coast Guardsmen serving

under Title 10 authority are entitled to the services as well. Retired and honorably discharged members are authorized for up to 180 days past their separation. Spouses, dependent children and survivors are able to use the free services as well.

Calculations are backed by a 100-percent accuracy guarantee, Slaton said.

The deadline to file taxes this year is Tuesday, April 18. The traditional tax deadline day is April 15, but it falls on a Saturday this year, and the following Monday, April 17, is Emancipation Day, in the District of Columbia -- a legal holiday -- according to the IRS.

Slaton wants the military community to know about the range of services and resources available at no cost through the Defense Department-funded Military OneSource, including related to health, family relationships, education, employment, financial issues, deployments and transitions.

"We encourage service members and their families to learn more about Military OneSource, MilTax and all of the services that are available because it is a benefit that they deserve," she said.

South Bay Sustainability Fair slated for Feb. 16

The National City Chamber of Commerce (NCCC) is excited to host the inaugural South Bay Sustainability Fair on Feb. 16 from 10 a.m. to 2 p.m., at the National City Chamber of Commerce Courtyard (901 National City Blvd., National City, CA 91950).

The South Bay Sustainability Fair is a free public event hosting non-profits, government agencies, vendors, and related organizations promoting programs, products, and services that support sustainability.

The NCCC is bringing this fun, educational event to our South Bay community residents, adults and children; it's never too early or too late to learn how to make a positive impact on our environment! We also encourage businesses and professionals to come learn about ways to save money by implementing sustainable practices through various programs and rebates offered by agencies in attendance. Most importantly, this event is a platform to showcase the many benefits of reducing our carbon footprint by living a clean, healthy, and conscious lifestyle driven by sustainability. The goal is to positively contribute towards

the achievement of California's Climate Strategy to reduce greenhouse gases and move toward a clean, sustainable future.

Among the many exhibitors, SDG&E and TechniArt will be on site offering 8 pack LED light bulbs for only \$10 (limit 5 packs per customer)! EDCO will be promoting their recycling program, Dickinson Farm will be selling freshly harvested produce grown right here in National City, we will be signing up businesses to take advantage of a no-cost energy and water evaluation, Freshly Prepped will be offering healthy

and sustainable lunch options, and many organizations will be showcasing what they are doing in our community to help us be more sustainable!

"The sustainability fairs build on the collective strength of Community Partners to provide regional resources that support San Diego's sustainability goals. It is critical that our communities continue their commitment to protect the viability of both our businesses and our environment." - Jacqueline Reynoso, President/CEO of the National City Chamber of Commerce.

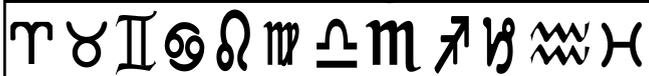
Veterans Museum honors legacy of African American military service

The Vietnam War saw the highest proportion of blacks ever to serve in an American war. During the height of the U.S. involvement, 1965-69, blacks, who formed 11 percent of the American population, made up 12.6 percent of the soldiers in Vietnam. During this time, many black service members fought for freedoms they would not have once returning to the states. Each war we've seen more and more African Americans step into service roles and step up to defend their country. We honor the service and sacrifice of those who have fought for our freedoms at times even when they did not have them for themselves.

Our military ranks are made strong by their diversity. Throughout the years the military have welcomed many minorities into service and by doing so, they have added to their knowledge, vision and cultural wealth. Our military would not be the greatest in the world without its African American service members.

The Veterans Museum at Balboa Park is located at 2115 Park Blvd., San Diego, 92101 is open Tuesday through Sunday 10 a.m. -4 p.m. (619) 239-2300. www.veteranmuseum.org.

Omarr's weekly Astrological forecast



ARIES (March 21-April 19): Apply spit and polish to your public image. Your resourcefulness and flair for originality can bring you attention or recognition in the upcoming week. You might find an excellent opportunity to make key changes.

TAURUS (April 20-May 20): Stake a claim to a square in the quilt of lifelong ambitions. In the week ahead you may have a chance to sew up a deal that furthers your career. You might not see the results until everything is finally pieced together.

GEMINI (May 21-June 20): Plant seeds of kindness to harvest good will. In the week ahead someone might give you very good advice or guidance. Even if it isn't a good time to make a change it can be a good time to change the way you think.

CANCER (June 21-July 22): Feather your nest. Your week ahead can be fruitful especially if you focus on being logical. Avoid upsets with a partner by overreacting to demands or requests. Embrace an opportunity to make more money.

LEO (July 23-Aug. 22): You can do anything. Your determination to succeed with business or career may reach new heights as this week unfolds. Put the finishing touches on major undertakings and follow through on networking strategies.

VIRGO (Aug. 23-Sept. 22): Be part of something bigger than yourself. In the week ahead you could improve the environment. Install water saving devices, recycle newspapers, or just reuse a paper bag. Find ways to make the world a better place.

LIBRA (Sept. 23-Oct. 22): Stay on an even keel. When things go too fast you might apply the brakes too strenuously and cause even more problems. Avoid drastic reactions. Your judgment will be at its best in the middle of the week.

SCORPIO (Oct. 23-Nov. 21): Take a second look. Your partner or loved ones have some very special qualities that you have been ignoring. Passing events in the week to come might remind you of why you hooked up in the first place.

SAGITTARIUS (Nov. 22-Dec. 21): Aspire to be inspired. Someone may challenge you to think things through and develop a plan of action. Answer the call when an opportunity knocks on your door this week rather than hiding behind the peephole.

CAPRICORN (Dec. 22-Jan. 19): It pays to remain patient. Don't let past experiences stop you from doing things you want to do when the time is right. Once you have made up your mind in the week ahead nothing can block your path.

AQUARIUS (Jan. 20-Feb. 18): Do your best to be your best. You may receive kudos for your leadership qualities in the week ahead. If you do what makes you happy you will excel. Your financial prospects will take a step in the right direction.

PISCES (Feb. 19-March 20): You may find joy by joining in. Don't be shy about accepting invitations in the week to come. Unusual ideas or exotic people can brighten a social event. To enhance your reputation remain true to financial commitments.

ASYMCA hosts 11th Annual Father Daughter Dance

On Friday, February 10, the Armed Services YMCA San Diego (ASY) will host the 11th Annual Father Daughter Dance supporting military family bonding among active duty dads and their daughters. The night will be a Daddy and little princess theme with live entertainment, a magic show, candy bar, and keepsake photos to remember their special night. The event is from 5:30 p.m. to 8:30 p.m. and will be located at the Town and Country Resort, 500 Hotel Circle N, San Diego, CA 92108.

The Father Daughter Dance creates a special opportunity for fathers to connect with their daughters. Family relationships are especially difficult for military families balancing deployment, relocation, an injured service member or retirement.

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All-Marine Running Team selects new coaches for 2017

by Tami Faram

QUANTICO, Va. - The U.S. Marine Corps' All-Marine Running Program, managed by the Marine Corps Marathon Organization, has selected two new coaches for the elite running team.

Coach William Stearns and Dave Davis both of Stafford, VA will be with U.S. Marine runners this weekend as the runners compete in the Armed Forces Cross Country Championship in Bend, OR. The Cross Country Championship occurs Feb. 4 and includes elite runners from all branches of the military services.

"Bill Stearns and Dave Davis are both seasoned coaches who have guided runners from high school to Olympic-level competitions," says MCM Director Rick Nealis. "They are sure to be of great assistance to our All-Marine athletes throughout the 2017 season."

Throughout the year, All-Marine athletes represent the U.S. Marine Corps in national and international running events.

This year, All-Marine Runners will compete in the International Military Sports Council (CISM) in Ottawa, Canada in May; the Warriors of the Sea Competition in England in June; and in both

the Armed Forces and Challenge Cup competitions that will be held within the 42nd Marine Corps Marathon this October. In addition, many of the All-Marine runners will participate in the Marine Corps 17.75K on March 25 in Prince William County, VA and at the Marine Historic Half on May 21 in Fredericksburg, VA.

Any Marines interested in being part of the All-Marine Running Team should contact Team Manager Mark Williams atmark.williams@usmc-mccs.org

Interested Marines can obtain the All-Marine Team application

form at: <https://cloud.mwr.army.mil/apprac/atwsc/apprac.wsc/wb1000.html?wbp=7>.

The Marine Corps Marathon is voted the "Best Marathon in the Mid Atlantic" and "Best Marathon for Spectators." The MCM honors the dedication, sportsmanship and patriotism of its participants. Also known as "The People's Marathon," runners from all walks of life participate in the MCM, the largest marathon not to offer prize money. The 42nd MCM will be held on October 22, 2017 in Arlington, VA. No federal or Marine Corps endorsement is implied. #RunWithTheMarines

Those wanting to qualify for the All-Marine Running Team must meet one of the following distances and minimum finish times within the past 24 months:

Event	Finish Time	Pace Per Mile
Men		
5k	17:00	5:29
10k	35:00	5:38
10 mile	58:00	5:48
Half marathon (13.1 miles)	1:18:00	5:57
Marathon (26.2 miles)	2:48:00	6:24
Women		
5k	20:00	6:27
10k	41:00	6:37
10 mile	1:08:00	6:48
Half marathon (13.1 miles)	1:32:00	7:02
Marathon (26.2 miles)	3:15:00	7:27

Petco Park site of 'Celebrate San Diego Rally' for all things sports in town

Join local San Diego sports teams, elected officials and community leaders on Saturday, February 11 at Petco Park for the Celebrate San Diego Rally from 10 a.m. - 3 p.m. This free public celebration in Park at the Park will feature special appearances by athletes and leaders who call San Diego home, including Padres Hall of Famer Trevor Hoffman, Padres Manager Andy Green, former Chargers Nick Hardwick and Rolf Benirschke and many more.

The Celebrate San Diego Rally is a collaboration between the San Diego Padres, San Diego Gulls, San Diego Sockers, San Diego State Aztecs, University of San Diego Toreros, University of California, San Diego Tritons and the City of San Diego, celebrating what it means to be part of America's Finest City.

Gates to Park at the Park (Gaslamp Gate on 7th Avenue at K Street, East Village Gate on 10th Avenue) will open at 10

a.m. Padres Season Ticket Members will have access to a dedicated Member line at each gate by showing their Member card. Standard Petco Park event security measures, including walk-through metal detectors and bag checks will be in place for this event.



All guests in attendance will receive a commemorative Celebrate San Diego hat compliments of Sycuan. Adult and youth sizes will be available upon entry while supplies last.

Enjoy live music, interactive games, a Kids Zone, photo booths, games on the wiffle ball field, photos with local mascots and the Padres Hall of Fame. A San Diego Craft Beer Garden will be open for guests 21 and older. A selection of Petco Park concession stands will be open for food and drink purchases, while standard Petco Park policies will be in place for those who wish to bring in outside food. The rally will get underway at 1:00 p.m.

Parking is free in Padres controlled lots around the ballpark: Lexus Premier Lot, Tailgate Lot and Padres Parkade. Parking will fill up quickly and you are encouraged to arrive early and take public transportation.

Don't forget your Chargers apparel! Exchange one piece of Chargers clothing or a Chargers hat for a \$25 credit at the Padres Majestic Team Store good through May 4, 2017. This offer is good for one (1) Chargers item exchanged for one (1) store credit per adult (aged 18 and older). Multiple exchange locations will be open in the Park at the Park, but you are encouraged to line up early to minimize wait times. The Padres will distribute donated clothing items to charitable partners that support our neighbors in need.



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AutoMatters & More: Happy Lunar New Year 2017

AutoMatters™ & More



by Jan Wagner

In Chinese, Vietnamese and Korean cultures, 2017 is the Year of the Rooster. Public celebrations in Southern California were held at Disney California Adventure and San Diego's Qualcomm Stadium.

So what is the Year of the Rooster? According to www.LunarNewYearFestival.org – the website for the San Diego event – the Chinese Zodiac consists of a repeating cycle of 12 years based on the lunar calendar. The rooster is the tenth animal in the Chinese Zodiac. Other Years of the Rooster are 1921, 1933, 1945, 1957, 1969, 1981, 1993 and 2005. It is said that people who are born in the Year of the Rooster are attentive, determined, brave, confident, neat, meticulous, practical, resourceful, observant, analytical, straightforward, trusting, honest and conservative. Rooster people are deep thinkers and good speakers. They are compatible with Ox or Snake.

Disney explains that the Chinese Lunar New Year (also called “Spring Festival”), the Korean event (“Seollal”) and the Vietnamese Lunar New Year (“Tet Nguyen-Dan”) are all celebrated on a different date each year – usually between late January and mid-February, marking the arrival of spring based on the lunar calendar. Whereas the Chinese New Year is celebrated over two weeks, “Seollal” is three days and “Tet Nguyen-Dan” is seven days. Reflections about ancestors and the past are common to all three, as are good wishes for the future. These are festive occasions of renewal.

Chinese rituals include the preparation of special food, cleaning the home thoroughly, wearing new clothes, paying respect to one's elders and lighting firecrackers to chase away evil spirits. The season culminates with a Lantern Festival.

Korean families feast, wear traditional costumes, play games, visit a fortune teller and give youngsters paper money when they bow to their elders as a sign of respect. Drums or gongs are banged to wish Happy New Year.

Vietnamese families exchange gifts, paint and clean their homes, plant a tree, honor their ancestors, and set off firecrackers or play gongs to welcome the New Year.

At San Diego's Lunar New Year Festival we played the game of Jenga – a game of skill where players take turns trying to remove a block from a tall tower built of 54 wooden blocks, without causing the tower to topple. Prizes included a chocolate coin for good luck and a ceramic rooster bank, courtesy of Wells Fargo. Special foods included fried quail, grilled pork

lunch at Wine Country Trattoria. The chef endeavors to accommodate special dietary requests, and prepared an absolutely delicious salmon entrée. Dessert consisted of a large sampler plate with Trattoria Tiramisu, European Macarons, Caramel Chocolate Panna Cotta and a Lemon Cream Puff. Those were as incredible as they sound. Online reservations are highly recommended.

The Lunar New Year celebration ended with the “Hurry Home” Lunar New Year waterscape pre-show – with fireworks – and then “World of Color,” followed by quickly hustling over to Disneyland just in time to enjoy the return of

Playing Jenga in San Diego at Lunar New Year Festival 2017



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Mulan & Mushu

the Main Street Electrical Parade.

Join in the conversation. Send your comments and suggestions to AutoMatters@gmail.com.

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on skewers and fresh squeezed sugarcane juice. Entertainment ranged from traditional song and dance, to hard rock on the big stage.

At Disney California Adventure the Lunar New Year celebration was, as expected, a spectacular extravaganza, with themed activities and scheduled live performances throughout the day and into the evening at the “World of Color” water show. Disney offers several fixed price packages that include an evening show ticket and a multi-course meal at one of their three high-end restaurants. The food and service (thanks Sami!) were so good that it would be well worth the price for the meal alone. Think of the ticket as a bonus. Otherwise pick up a (free) Fastpass for “World of Color.”

For those on a budget, try the

In Mulan's Lunar New Year Procession, located in Paradise Gardens, Mulan, Mushu and many performers, including Chinese umbrella dancers, welcomed the Year of the Rooster.

Guests could enjoy traditional music on the Paradise Garden Bandstand. Nearby they could have their name written in Chinese calligraphy and add wishes to a wishing wall. Kids delighted in meeting Mickey, Minnie, Mulan, Mushu and others; have their faces painted; and color and assemble paper lanterns.

At several daily performances on the Paradise Park Stage, the award-winning “Acrobats of China” performed incredible acts of athleticism and balance.

A variety of traditional foods from Korea, China and Vietnam could be purchased at Marketplace kiosks.

Dining Directory



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TV Listings

WEEKDAY MORNING/AFTERNOON

TVData®	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	
XETV 6	CW6 News in the AM			San Diego Living	Varied Programs	The 700 Club	The Doctors	Judge Faith	Paternity Court	Judge Mathis	The Robert Irvine Show	Maury	CW6 News at 4pm							
KFMB 8	CBS This Morning			Let's Make a Deal		The Price Is Right	CBS News 8 at 11AM		Judge Judy	Bold/Beautiful	The Young and the Restless	The Talk	Dr. Phil	Judge Judy	Judge Judy					
KGTV 10	Good Morning America			LIVE with Kelly		The View	10News Midday		The Chew	General Hospital		T. D. Jakes	RightThis-Minute	RightThis-Minute	10News: The Now San Diego					
KPBS 13	Ready Jet Go!	Nature Cat	Curious George	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Sesame Street	Dinosaur Train	Peg Plus Cat	Super Why!	Thomas & Friends	Sesame Street	Dinosaur Train	Wild Kratts	Arthur	Nature Cat	Ready Jet Go!	Odd Squad	Odd Squad	
KNSD 35	Today			Today's Take		Today	NBC 7 News Midday		Days of our Lives	Access Hollywood Live		Steve Harvey	The Ellen DeGeneres Show		NBC 7 News at 4					
DISN	Stuck in the Middle	The Lion Guard	The Lion Guard	Mickey Mouse	Mickey Mouse	Mickey Mouse	Elena of Avalor	Sofia the First	Sofia the First	Doc Mc-Stuffins	Doc Mc-Stuffins	PJ Masks	PJ Masks	Suite Life of Zack	Suite Life of Zack	Phineas and Ferb	Star vs. Forces	Jessie	Girl Meets World	
ESPN	First Take			SportsCenter		Outside the Lines	NFL Insiders	NFL Live	Varied Programs	NBA: The Jump	SportsNation	Varied Programs	Questionable	Around the Horn	Pardon the Interruption	SportsCenter	Varied Programs			
ESPN2	SportsCenter		SportsCenter		The Dan Le Batard Show With Stugotz		First Take		Varied Programs	NFL Live	Varied Programs	NBA: The Jump	Varied Programs	Questionable	Around the Horn	Pardon the Interruption	College Basketball			
TLC	What Not to Wear	Varied Programs			Hoarding: Buried Alive		Hoarding: Buried Alive		My 600-Lb. Life	My 600-Lb. Life		Long Island Medium	Varied Programs	Long Island Medium	Long Island Medium	Say Yes: ATL	Say Yes: ATL			
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		Law & Order: Special Victims Unit				

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

2/17 THE GREAT WALL

2/17 FIST FIGHT

The Great Wall



When a mercenary warrior is imprisoned within the Great Wall, he discovers the mystery behind one of the greatest wonders of the world. As wave after wave of marauding beasts besiege the massive structure, his quest for fortune turns into a journey toward heroism as he joins a huge army of elite warriors to confront the unimaginable and seemingly unstoppable force.

Genre: Action, Adventure, Fantasy
Cast: Matt Damon, Jing Tian, Pedro Pascal

Fist Fight

On the last day of the year, mild-mannered high school English teacher Andy Campbell is trying his best to keep it together amidst senior pranks, a dysfunctional administration, and budget cuts that put jobs on the line. But things go from bad to worse when he accidentally crosses his much tougher and deeply feared colleague, Ron Strickland, who challenges Campbell to an old-fashioned throwdown after school.

Genre: Comedy
Cast: Ice Cube, Charlie Day, Tracy Morgan

THURSDAY EVENING

TVData®	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	
XETV 6	The Insider (N) (CC)	The Middle (CC)	Mike & Molly (CC)	Mike & Molly (CC)	2 Broke Girls (CC)	2 Broke Girls (CC)	Supernatural "Regarding Dean" (N) (CC)	"Regarding Dean" (N) (CC)	Riverdale "Chapter Three: Body Double"	CW6 News at 10pm (N)		Seinfeld (CC)	Seinfeld (CC)		
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	The Great Indoors	Mom (N) (CC)	Life in Pieces (N)	Training Day "Tehrangeles" (N) (CC)	News	Late-Colbert		
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Grey's Anatomy (N) (CC)	Scandal Cyrus' fate is sealed. (N) (CC)	How to Get Away With Murder (N) (CC)	10News at 11pm	Jimmy Kimmel				
KPBS 13	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Ken Kramer's	Reflect (N)	Savor San Diego (N)	Kings of the Craft	Endeavour on Masterpiece (DVS)	Mineral Explorers				
KNSD 35	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Superstore (N) (CC)	Powerless (N) (CC)	Chicago Med "Theseus' Ship" (N) (CC)	The Blacklist "Isabella Stone" (N) (CC)	NBC 7 News	Tonight Show				
DISN	Liv and Maddie	L & M: Cali Style	Bunk'd (CC)	Bizaardvark (CC)	K.C. Undercover	Good-Charlie	Stuck/Middle	Good-Charlie	Liv and Maddie	Liv and Maddie	Bunk'd (CC)	Bunk'd (CC)	Jessie (CC)	Jessie (CC)	
ESPN	College Basketball North Carolina at Duke. (N) (Live)		College Basketball Oregon at UCLA. From Pauley Pavilion in Los Angeles. (N) (CC)		SportsCenter (N) (Live) (CC)		NFL Live (CC)		Basketball		Jalen & Jacoby	College Basketball			
ESPN2	College Basketball Purdue at Indiana. (N)		College Basketball Southern Methodist at Temple. (N) (Live)		SportsCenter (N) (Live) (CC)		NFL Live (CC)		Basketball		Jalen & Jacoby	College Basketball			
TLC	Project Dad "It's Showtime!" (N) (CC)	My 600-Lb. Life "Joe's Story" (CC)	My 600-Lb. Life "Brittani's Story" (CC)	My 600-Lb. Life "Supersized "Erica's Story" Abandoned by her family; insider facts. (N) (CC)	Extreme Weight Loss "David" (CC)	My 600-Lb. Life: Super-sized									
USA	Law & Order: Special Victims Unit (CC)		Law & Order: Special Victims Unit (CC)		Law & Order: Special Victims Unit (CC)		Law & Order: Special Victims Unit (CC)		Law & Order: Special Victims Unit (CC)		Law & Order: Special Victims Unit (CC)		Law & Order: Special Victims Unit (CC)		

FEBRUARY 9, 2017

FRIDAY EVENING

TVData®	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
XETV 6	The Insider (N) (CC)	The Middle (CC)	Mike & Molly (CC)	Mike & Molly (CC)	2 Broke Girls (CC)	2 Broke Girls (CC)	The Vampire Diaries "What Are You?" (N)	Reign Queen Mary tests James' loyalty.	CW6 News at 10pm (N)		Seinfeld (CC)	Seinfeld (CC)		
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	MacGyver "Magnifying Glass" (N) (CC)	Hawaii Five-0 "Poniu 1 Ke Aloha" (N) (CC)	Blue Bloods "Lost Souls" (N) (CC)	News	Late-Colbert			
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Be My Valentine, Charlie Brown	Shark Tank (N) (CC) (DVS)	20/20 (N) (CC)	10News at 11pm	Jimmy Kimmel			
KPBS 13	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Washington Week	Roundtable	The Coroner "The Salcombe Selkie" (N)	The Tunnel (CC)	Live at the Belly Up (N)				
KNSD 35	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Grimm "Breakfast in Bed" (N) (CC)	Emerald City The wizard attacks a village.	Dateline NBC (N) (CC)	NBC 7 News	Tonight Show				
DISN	Liv and Maddie	L & M: Cali Style	Bunk'd (CC)	Bizaardvark (CC)	K.C. Undercover	Good-Charlie	Stuck/Middle	*** Cars (2006, Comedy) Voices of Owen Wilson, Paul Newman, Bonnie Hunt. (CC)	Stuck/Middle	Jessie (CC)	Jessie (CC)			
ESPN	NBA Basketball Indiana Pacers at Washington Wizards. From Verizon Center in Washington, D.C. (N) (Live)		NBA Basketball Chicago Bulls at Phoenix Suns. From Talking Stick Resort Arena in Phoenix. (N) (Live)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		E:60 (N) (CC)		Jalen & Jacoby	NFL Live (CC)		
ESPN2	College Basketball		Basketball	Outside the Lines (CC)	SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		E:60 (N) (CC)		Jalen & Jacoby	NFL Live (CC)		
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Paranormal Lockdown (CC)	Paranormal Lockdown (CC)	Paranormal Lockdown (CC)	Paranormal Lockdown "Malvern Manor & Franklin Castle Unlocked" (N) (CC)	Paranormal Lockdown "Malvern Manor & Franklin Castle Unlocked" (N) (CC)		Paranormal Lockdown (CC)			
USA	Law & Order: Special Victims Unit (CC)		Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)

FEBRUARY 10, 2017

SATURDAY MORNING/AFTERNOON

TVData®	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	
XETV 6	Dog Whisperer	CW6 News in the Morning Weekend (N)				Save Our Shelter (N)	Vacation Creation	Dinner Spinner (N)	Save to Win (N)	Paid Program	Wall Street Secrets	Paid Program	Best Pan Ever!	Wall Street Secrets	Arthritis Pain? (N)	Wall Street Secrets	Perricone MD	Championship Wrestling		
KFMB 8	Dr. Chris: Pet Vet (N)	Innovation Nation	The Inspectors	Hidden Heroes (N)	The Open Road	College Basketball Kentucky at Alabama. From Coleman Coliseum in Tuscaloosa, Ala. (N) (CC)		PGA Tour Golf AT&T Pebble Beach Pro-Am, Third Round. From Pebble Beach Golf Links in Pebble Beach, Calif. (N) (Live) (CC)		Fortunes in Flipping		Inside Edition	Judge Judy (CC)	Judge Judy (CC)						
KGTV 10	Good Morning	10News This Morning at 8am Saturday (N) (CC)	Jack Hanna	Ocean Treks	Sea Rescue (N)	The Wildlife Docs	Rock the Park (N)	Outback Adventures	Paid Program	Paid Program	World of X Games (N)		Shall We Dance on Ice Kristi Yamaguchi and Robert Herjavec. (N) (CC)		Castle "Swan Song" A guitarist is murdered. (CC)					
KPBS 13	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Ready Jet Go! (E) (EI)	Forever Painless With Miranda Edmonde-White (CC)	R. Steves' Europe	This Old House (N)	Ask This Old House	Moveable Feast	The Mind of a Chef	Test Kitchen	Martha Bakes (N)	Pati's Mexican Table	Savor San Diego	R. Steves' Europe	Crossing South			
KNSD 35	NBC 7 News To	The Voyager	Wilderness Vet (N) (CC)	Journey-Dreyer	English Premier League Soccer Liverpool FC vs Tottenham Hotspur FC. (N) (Live) (CC)	FIS Alpine Skiing World Championships: Men's Downhill. (Taped) (CC)	Track and Field Millrose Games. From New York City. (N) (Live) (CC)		L King Report (N) (CC)		Open House (N) (CC)	Naturally, Danny Seo	Give (N) (CC)							
DISN	The Lion Guard (CC)	Roadster-Racers	Roadster-Racers	Elena of Avalor	Zhu Zhu Pets	Gravity Falls (CC)	Star vs. Forces	Stuck in the Middle	Stuck in the Middle	*** Cars (2006, Comedy) Newman, Bonnie Hunt. (CC)	Voices of Owen Wilson, Paul Newman, Bonnie Hunt. (CC)	Stuck in the Middle	Bunk'd (CC)	Bunk'd "Fog'd In" (CC)	Bunk'd "Fog'd In" (CC)	Bizaardvark (CC)	Bizaardvark (CC)			
ESPN	SportsCenter (N)	College GameDay (N) (Live) (CC)	College Basketball Kansas State at West Virginia. From WVU Coliseum in Morgantown, W.Va. (N)		College Basketball Kansas at Texas Tech. From United Supermarkets Arena in Lubbock, Texas. (N)		College Basketball Ohio State at Maryland. From XFINITY Center in College Park, Md. (N) (Live)		College Basketball Florida State at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)											
ESPN2	30 for 30	SportsCenter (N) (Live) (CC)	College Basketball Texas A&M at Florida. From Stephen C. O'Connell Center in Gainesville, Fla. (N)		College Basketball Miami at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (Live)		College Basketball Texas at Oklahoma State. From Gallagher-Iba Arena in Stillwater, Okla. (N) (Live)		College Basketball Oklahoma at Iowa State. From Hilton Coliseum in Ames, Iowa. (N) (Live)											
TLC	Four Weddings (N)	Four Weddings "... And a Wax Museum" (CC)	Four Weddings "... And a Rainbow" (CC)	Four Weddings "... And a Surprise Bride" (CC)	Four Weddings "... And a Drum Circle" (CC)	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	
USA	Paid Program	Paid Program	Paid Program	Chrisley Knows	*** The Back-up Plan (2010) Jennifer Lopez, Alex O'Loughlin. A single woman becomes pregnant, then meets her ideal man.	*** What to Expect When You're Expecting (2012, Comedy) Cameron Diaz, Jennifer Lopez, Elizabeth Banks. Premiere.		*** Easy A (2010) Emma Stone. A high-school student uses the rumor mill to her advantage.		*** Little Fockers (2010, Comedy) Robert De Niro, Ben Stiller.		*** Miss Congeniality (2000, Comedy) Sandra Bullock, Michael Caine, Benjamin Bratt.		*** The Proposal (2009) Sandra Bullock. A woman pretends to be engaged to evade deportation.		Colony "Company Man" (CC) (DVS)				

FEBRUARY 11, 2017

SATURDAY EVENING

TVData®	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
XETV 6	American Ninja Warrior (CC)	American Ninja Warrior (CC)	The Insider (N) (CC)	The Middle (CC)	Mike & Molly (CC)	Mike & Molly (CC)	2 Broke Girls (CC)	2 Broke Girls (CC)	CW6 News at 10pm (N)		Tonight in San Diego			
KFMB 8	CBS News 8 at 5pm (N) (CC)		Weekend News	News	Entertainment Tonight (N) (CC)	Ransom "Celina" (N) (CC)	48 Hours (N) (CC)		48 Hours (N) (CC)		News	Blue Bloods		
KGTV 10	NBA	NBA Basketball Golden State Warriors at Oklahoma City Thunder. (N) (Live) (CC)	News		World News	RightThis-Minute (N)	The List (N) (CC)	20/20 (CC)	10News at 11pm	Sports XTRA				
KPBS 13	NewsHour Wk	KPBS Spectrum	The Lawrence Welk Show (CC)	Keeping Up	Blandings (CC)	The Doctor Blake Mysteries (N) (CC)	Max Raabe & Palast Orchester: Let's Do It Max Raabe performs.	R. Steves' Europe	Globe Trekker (CC) (DVS)					
KNSD 35	Heart of a Champion	Nightly News	NBC 7 News at 6	Paid Program	Wheel of Fortune	Jeopardy! (CC)	Dateline NBC (N) (CC)	Saturday Night Live (CC)	NBC 7 News	Saturday Night Live				
DISN	K.C. Undercover	K.C. Undercover	K.C. Undercover	Bunk'd (CC)	Stuck/Middle	Liv and Maddie	K.C. Undercover	Bizaardvark (CC)	*** Cars 2 (2011, Comedy) Wilson, Larry the Cable Guy. (CC)	K.C. Undercover	Bizaardvark (CC)			
ESPN	College Basketball Gonzaga at Saint Mary's. From McKeon Pavilion in Moraga, Calif. (N)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)			
ESPN2	College Basketball South Carolina at Mississippi State. (N) (Live)		College Basketball California at Arizona. (N) (Live)		E:60 (CC)		Basketball	SC Featured	Outside the Lines (CC)					
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress
USA	*** Little Fockers (2010, Comedy) Robert De Niro, Ben Stiller.		*** Miss Congeniality (2000, Comedy) Sandra Bullock, Michael Caine, Benjamin Bratt.		*** The Proposal (2009) Sandra Bullock. A woman pretends to be engaged to evade deportation.		Colony "Company Man" (CC) (DVS)							

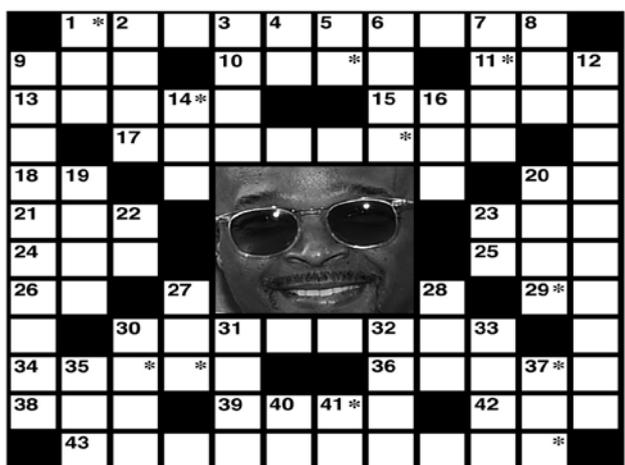
FEBRUARY 11, 2017

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

SUNDAY MORNING/AFTERNOON																	FEBRUARY 12, 2017																												
TVData@	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																										
XETV 6	Paid Program CW6 News in the Morning Weekend (N)					Paid Program L King Report					Paid Program The Neighborhood SD					Paid Program Lifestyles San Diego					Perricone MD					Movie					Raw Travel (N) (CC)					Raw Travel (N) (CC)									
KFMB 3	CBS News Sunday Morning (N) (CC)			Face the Nation (N)			PBR Bull Riding			College Basketball Michigan at Indiana. From Simon Skjold Assembly Hall in Bloomington, Ind. (N)			PGA Tour Golf AT&T Pebble Beach Pro-Am, Final Round. From Pebble Beach Golf Links in Pebble Beach, Calif. (N) (Live) (CC)			Paid Program			60 Minutes (N) (CC)			Grammy Red (N) (CC)																							
KGTV 10	Good Morning 10News This Morning at 8am Sunday (N) (CC)			This Week With George Stephanopoulos (N)			Joel Osteen (CC)			Paid Program Perricone MD			Paid Program NBA Basketball San Antonio Spurs at New York Knicks. From Madison Square Garden in New York. (N) (Live) (CC)			Paid Program			Chronic Pain?			Castle Castle and Beckett protect a witness. (N)																							
KPBS 31	Daniel Tiger			Splash and Bubbles			Curious George			Nature Cat (CC)			Ready Jet Go! (E) (EI)			Washington Week (N)			KPBS Roundtable			Charlie Rose			Inside CA Education			Start Up (N) (CC)			Travelscope			How to Stay Young (N) (Part 1 of 2) (CC)			How to Stay Young (N) (Part 2 of 2) (CC)			NOVA The Seven Seas Explorer. (CC) (DVS)			Ken Kramer's S.D.'s Historic Places		
KNSD 35	NBC 7 News To			Meet the Press (N) (CC)			Politically Speaking			FIS Alpine Skiing World Championships: Women's Downhill. (N) (CC)			Action Sports From Fort Lauderdale, Fla. (N)			NHL Hockey Detroit Red Wings at Minnesota Wild. From the Xcel Energy Center in St. Paul, Minn. (N) (Live) (CC)			Paid Program			Graham Bensinger			Talk Stoop			Access Hollywood																	
DISN	The Lion Guard (N)			Roadster-Racers			Roadster-Racers			Elena of Avalor (N)			Zhu Zhu Pets			Gravity Falls (CC)			Star vs. Forces			Stuck in the Middle			K.C. Undercover			*** Cars 2 (2011, Comedy) Voices of Owen Wilson, Larry the Cable Guy, Michael Caine. (N)			Stuck in the Middle			Stuck in the Middle			Girl Meets World Behind the scenes of the series.			Girl Meets World (N) (Live) (CC)			L & M: Cali Style		
ESPN	SportsCenter (N) (Live) (CC)					PBA Bowling Players Championship. From Columbus, Ohio. (N) (Live)					Crossfit Games From Carson, Calif.					College Basketball Cincinnati at Southern Methodist. From Moody Coliseum in Abilene, Texas. (N)					SportsCenter (N) (Live) (CC)																								
ESPN2	Rugby Americas Championship -- Brazil vs United States. (Taped)					Women's College Basketball From the Sun Dome in Tampa, Fla. (N) (Live)					Tulane at South Florida. From Breslin Center in East Lansing, Mich.					Women's College Basketball Maryland at Michigan State.					Women's College Basketball Baylor at TCU. (N) (Live)					Crossfit Games From Carson, Calif. (CC)					Crossfit Games From Carson, Calif. (CC)														
TLC	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			My 600-Lb. Life "Laura's Story" (N) (CC)			My 600-Lb. Life "Erica's Story" Erica regrets not keeping a promise. (N)			My 600-Lb. Life "Gideon's Story" (N) (CC)			My 600-Lb. Life Struggling with weight loss.			My 600-Lb. Life "Susan's Story" (N) (CC)			Law & Order: Special Victims Unit "Burned"											
USA	David Jeremiah (N)			In Touch			Joel Osteen (CC)			Colony Will returns to an unfamiliar workplace.			Suits Rachel receives a letter. (CC) (DVS)			Law & Order: Special Victims Unit "Double" (N)			Law & Order: Special Victims Unit "Weak" (N)			Law & Order: Special Victims Unit (N)			Law & Order: Special Victims Unit "Fault" (N)			Law & Order: Special Victims Unit (N)			Law & Order: Special Victims Unit (N)														

CROSSWORD PUZZLE



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

- ACROSS**
1. "Survivor"
 9. Fem. title
 10. "Anna and the King of ___"; Rex Harrison movie
 11. Head topper
 13. ___ pie
 15. Aspirin alternative
 17. Thomas Gibson's "Criminal Minds" role
 18. Series for Eriq La Salle, once
 20. Meredith Grey or Alex Karev; abbr.
 21. Actor McBride
 23. "___ the Bounty Hunter"
 24. Skirt's edge
 25. "People ___ Funny"
 26. "___ Femme Nikita"
 29. "Just Shoot ___"
 30. Series for Goran Visnjic
 34. Phillips, once of "Dateline NBC"
 36. Actor Nolan
 38. ___ Paulo
 39. Meander
 42. Guitarist Paul
 43. Series for Tom Selleck (2)
- DOWN**
1. Role on "Black-ish"
 2. "___ Dawn I Die"; James Cagney movie
 3. "___ She Great"; 2000 Bette Midler film
 4. "___ Joe: The Rise of Cobra"; 2009 Dennis Quaid movie
 5. Ming-___ Wen
 6. "___ For All Seasons"
 7. Pitcher
 8. Five hundred four, to Caesar
 9. Series for John Ross Bowie
 12. "CSI" actor (2)
 14. E-mail provider for millions
 16. Actor Cariou
 19. Actress on "Cheers"
 20. Student's home, perhaps
 22. "___ Not Rappaport"; 1996 Walter Matthau film
 23. 1988 Martin Sheen movie
 27. Ice-T's role
 28. Oahu or Maui; abbr.
 30. Tim "The ___ Man" Taylor
 31. Parisian mother
 32. Red Muppet
 33. Auctioneer's cry
 35. Mr. Hunter
 37. "Say ___ to the Dress"
 40. Initial for actor Bean
 41. Actor Molinaro



SUNDAY EVENING

SUNDAY EVENING																	FEBRUARY 12, 2017									
TVData@	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												
XETV 6	Horizon		Just for Laughs		Just for Laughs		Just for Laughs		Just for Laughs		The Middle (CC)		Mike & Molly (N)		Mike & Molly (N)		2 Broke Girls (N)		2 Broke Girls (N)		CW6 News at 10pm (N)		Seinfeld (N) (CC)		Seinfeld (N) (CC)	
KFMB 3	The 59th Annual Grammy Awards Excellence in the recording industry. (N) (Live) (CC)																	The 59th Annual Grammy Awards Excellence in the recording industry. (N Same-day Tape) (CC)								
KGTV 10	10News at 5pm		World News		10News at 6pm		RightThis-Minute (N)		America's Funniest Home Videos (N) (N)		*** The Blind Side (2009, Drama) Sandra Bullock, Tim McGraw. A well-to-do white couple adopts a homeless black teen. (N)		10News at 11pm		Sports XTRA											
KPBS 31	NewsHour Wk		SciTech Now (N)		Victoria on Masterpiece (N) (CC)		Home Fires on Masterpiece (N) (CC)		Mercy Street "Southern Mercy" (N) (CC)		Victoria on Masterpiece (N) (CC)		Tales From the Royal Bedchamber (CC)		Secrets of the Six Wives (CC)											
KNSD 35	Access Hollywood		Nightly News		NBC 7 News at 6		Paid Program		Dateline NBC (N) (CC)		*** Fast & Furious 6 (2013, Action) Vin Diesel, Paul Walker. Premiere. Hobbs offers Don and crew a full pardon for their help. (N)		NBC 7 News		Jerome Sports											
DISN	L & M: Cali Style		L & M: Cali Style		Descendants		Descendants		Descendants (2015, Comedy) Dove Cameron, Kristin Chenoweth, Sarah Jeffery. (N)		Descendants		L & M: Cali Style		Stuck/Middle		Bunk'd (N) (CC)		K.C. Undercover		Bizaardvark (N)					
ESPN	30 for 30		30 for 30		Shorts		SEC Storied (N)		SportsCenter (N) (Live) (CC)		SportsCenter (CC)		SportsCenter (CC)		SportsCenter (CC)											
ESPN2	O.J.: Made in America A look at the life of O.J. Simpson. (N) (CC)																									
TLC	Long Lost Family (N) (CC)		Long Lost Family (N) (CC)		Long Lost Family: Countdown to the New Season (N) (N)		Long Lost Family "There's No Easy Way to Say This" (Season Premiere) (N) (N)		Long Lost Family (N)																	
USA	Law & Order: Special Victims Unit (N)		Law & Order: Special Victims Unit "Wildlife"		Law & Order: Special Victims Unit "Zebras"		Law & Order: Special Victims Unit (N)		Law & Order: Special Victims Unit "P.C."		Law & Order: Special Victims Unit (N)		Modern Family (N)		Modern Family (N)											

MONDAY EVENING

MONDAY EVENING																	FEBRUARY 13, 2017											
TVData@	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														
XETV 6	The Insider (N) (N)		The Middle (CC)		Mike & Molly (N)		Mike & Molly (N)		2 Broke Girls (N)		2 Broke Girls (N)		Supergirl Metallo breaks out of prison.		Jane the Virgin "Chapter Fifty-Five"		CW6 News at 10pm (N)		Seinfeld (N) (CC)		Seinfeld (N) (CC)							
KFMB 3	CBS News 8 at 5pm		Evening News		News		Ent. Tonight		Inside Edition (N)		Kevin Can Wait (N)		Man With a Plan (N) (CC)		Superior Donuts (N)		2 Broke Girls (N)		Scorpion "Keep It in Check, Mate" (N) (N)		News		Late-Colbert					
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)		World News		10News at 7pm (N)		The List (N) (CC)		The Bachelor (N) (CC)		Antiques Roadshow "Indianapolis" (N)		Smokey Robinson: The Library of Congress Gershwin Prize		Independent Lens Man tries to forge racial conciliation. (N) (CC)		10News at 11pm		Jimmy Kimmel							
KPBS 31	KPBS Evening		Nightly Business		World News		KPBS Evening		PBS NewsHour (N) (CC)		The Wall "Matt and Jean" (N) (CC)		The New Celebrity Apprentice (N) (CC)		Timeless "Public Enemy No. 1" (N) (CC)		NBC 7 News		Tonight Show									
KNSD 35	NBC 7 News at 5		Nightly News		NBC 7 News at 6 (N)		Wheel of Fortune		Jeopardy! (N) (CC)		The Wall "Darnell and Dion" (N) (CC)		This Is Us "Jack Pearson's Son" (N)		Chicago Fire "Trading in Scuttlebutt" (N) (N)		NBC 7 News		Tonight Show									
DISN	Liv and Maddie		L & M: Cali Style		Bunk'd (N) (CC)		Bizaardvark (N)		K.C. Undercover		Good-Charlie		Stuck/Middle		Good-Charlie		Liv and Maddie		Liv and Maddie		Bunk'd (N) (CC)		Bunk'd (N) (CC)		Jessie (N) (CC)		Jessie (N) (CC)	
ESPN	College Basketball		College Basketball Louisville at Syracuse.		College Basketball West Virginia at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		Nacion ESPN		NFL Live (CC)											
ESPN2	Women's College Basketball		Women's College Basketball South Carolina at Connecticut. (N) (Live)		Basketball		Women's College Gymnastics Georgia at Florida. (Taped)		Nacion ESPN		NFL Live (CC)																	
TLC	Say Yes, Dress		Say Yes, Dress		Say Yes, Dress		Say Yes, Dress		Say Yes, Dress		Say Yes, Dress		Outdaughters (N)		Counting On "All About Jinger" (N) (N)		Suddenly Rich "Culinary Cash Out" (N)		Counting On "All About Jinger" (N)									
USA	Law & Order: Special Victims Unit (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		WWE Monday Night RAW (N Same-day Tape) (N) (CC)		Friday Night Tykes "We All Failed Him"															

TUESDAY EVENING

TUESDAY EVENING																	FEBRUARY 14, 2017											
TVData@	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														
XETV 6	The Insider (N) (N)		The Middle (CC)		Mike & Molly (N)		Mike & Molly (N)		2 Broke Girls (N)		2 Broke Girls (N)		Tough Mudder: The Challenge Within (N)		The Flash "Untouchable" (N) (CC)		CW6 News at 10pm (N)		Seinfeld (N) (CC)		Seinfeld (N) (CC)							
KFMB 3	CBS News 8 at 5pm		Evening News		News		Ent. Tonight		Inside Edition (N)		NCIS Abby is found to possess a real bomb.		Bull "It's Classified" (N) (CC)		NCIS: New Orleans (N) (CC) (DVS)		10News at 11pm		Jimmy Kimmel									
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)		World News		10News at 7pm (N)		The List (N) (CC)		The Middle (N) (N)		American Housewife		Fresh Off the Boat		The Real O'Neals		Marvel's Agents of S.H.I.E.L.D. (N) (CC)		10News at 11pm		Jimmy Kimmel					
KPBS 31	KPBS Evening		Nightly Business		World News		KPBS Evening		PBS NewsHour (N) (CC)		Billy Connolly's Tracks		American Experience "Ruby Ridge" (N) (N)		Independent Lens Shooting at the University of Texas. (N) (N)		Life on the Line											
KNSD 35	NBC 7 News at 5		Nightly News		NBC 7 News at 6 (N)		Wheel of Fortune		Jeopardy! (N) (CC)		The Wall "Darnell and Dion" (N) (CC)		This Is Us "Jack Pearson's Son" (N)		Chicago Fire "Trading in Scuttlebutt" (N) (N)		NBC 7 News		Tonight Show									
DISN	Liv and Maddie		L & M: Cali Style		Bunk'd (N) (CC)		Bizaardvark (N)		K.C. Undercover		Good-Charlie		Stuck/Middle		Good-Charlie		Liv and Maddie		Liv and Maddie		Bunk'd (N) (CC)		Bunk'd (N) (CC)		Jessie (N) (CC)		Jessie (N) (CC)	
ESPN	College Basketball		College Basketball Ohio State at Michigan State.		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		The Fab Five (CC)													
ESPN2	College Basketball		College Basketball Texas at Oklahoma. From the Lloyd Noble Center in Norman, Okla. (N)		Basketball		The Announcement (CC)		The Fab Five (CC)																			
TLC	Say Yes, Dress		Say Yes, Dress		Say Yes, Dress		Say Yes, Dress		My Big Fat Fabulous Life (N) (CC)		My Big Fat Fabulous Life: Extra Fabulous		My Big Fat Fabulous Life (N) (N)		Tattoo Girls "Tattooing Your Entire Face"		My Big Fat Fabulous Life (N)											
USA	NCIS A showdown with an arms dealer.		Modern Family (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)		WWE SmackDown! (N Same-day Tape) (N) (CC)		Modern Family (N)		Modern Family (N)		Modern Family (N)		Modern Family (N)									

WEDNESDAY EVENING

WEDNESDAY EVENING																	FEBRUARY 15, 2017									
TVData@	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												
XETV 6	The Insider (N) (N)		The Middle (CC)		Mike & Molly (N)		Mike & Molly (N)		2 Broke Girls (N)		2 Broke Girls (N)		Arrow City Hall is attacked. (N) (CC)		The 100 Tensions rise in Arkadia and Polis.		CW6 News at 10pm (N)		Seinfeld (N) (CC)		Seinfeld (N) (CC)					
KFMB 3	CBS News 8 at 5pm		Evening News		News		Ent. Tonight		Inside Edition (N)		Hunted "A \$250,000 Gamble" (N) (CC)		Criminal Minds "Spencer" (N) (N)		Doubt "Pilot" (Series Premiere) (N) (CC)		News		Late-Colbert							
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)		World News		10News at 7pm (N)		The List (N) (CC)		The Gold-bergs (N)		Speechless (N)		Modern Family (N)		blackish (N) (N)		Match Game Adam Carolla; Ana Gasteyer.		10News at 11pm		Jimmy Kimmel			
KPBS 31	KPBS Evening		Nightly Business		World News		KPBS Evening		PBS NewsHour (N) (CC)		Spy in the Wild: A Nature Miniseries (N)		NOVA The art of origami. (N) (N)		City in the Sky (N) (N) (Part 2 of 3) (CC)		Secret Life of Growing Up (N) (CC)									
KNSD 35	NBC 7 News at 5		Nightly News		NBC 7 News at 6 (N)		Wheel of Fortune		Jeopardy! (N) (CC)		Blindspot "Borrow or Rob" (N) (CC)		Law & Order: Special Victims Unit (N) (N)		Chicago P.D. "Seven Indictments" (N) (N)		NBC 7 News		Tonight Show							
DISN	Liv and Maddie		L & M: Cali Style		Bunk'd (N) (CC)		Bizaardvark (N)		K.C. Undercover		Stuck/Middle		Good-Charlie		Liv and Maddie		Liv and Maddie		Bunk'd (N) (CC)		Bunk'd (N) (CC)		Jessie (N) (CC)		Jessie (N) (CC)	
ESPN	NBA Basketball Indiana Pacers at Cleveland Cavaliers. (N) (Live)		NBA Basketball New York Knicks at Oklahoma City Thunder.		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		College Basketball Duke at Virginia. From John Paul Jones Arena in Charlottesville, Va.		SportsCenter (N) (Live) (CC)		30 for 30 Shorts		NFL Live (N) (CC)		Basketball		NBA Basketball: Knicks at Thunder													
TLC	My 600-Lb. Life: Where		My 600-Lb. Life: Extended "Erica's Story" Eating is an emotional crutch. (N) (N)		My 600-Lb. Life: "Diana's Story" Diana is a prisoner to her body. (N) (N)		Too Close to Home "Mercury" (N) (N)		My 600-Lb. Life "Diana's Story" (N)																	
USA	NCIS "Corporal Punishment" (N)		NCIS "Cabin Fever" (N) (CC) (DVS)		NCIS A murder victim living under an alias.		NCIS A storm causes power outages. (N)		NCIS A deep-sea diver is murdered. (N)		Suits Harvey and Mike partner. (N)		Modern Family (N)		Modern Family (N)											

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Love is a four legged word

My pet world: How to get a dog to like all family members

by Marc Morrone

Q: Four years ago we got our dog Cindy. At first she was very skittish but she has gotten better over the years. When we first got her my dad was working on our kitchen and making a lot of noise. Now she is still scared of my dad and barks at him whenever he enters and leaves the house. She also does not like to play ball with him unless my mom and I are in the room. Why is she scared of him? - Tiffany Brady, Chicago, IL

A: Only Cindy herself knows why she feels the way she does toward you father, but if she does play ball with him while you are in the room then she is not really fearful of him. However, she barks at him when he is leaving because in her mind she is chasing him away and that little bit of power makes her feel good.

One method that might work is when your dad leaves the room and Cindy begins to bark for him to go back to the room and sit with her. If he sits and talks to her in a nonthreatening way, then she will likely stop her behavior.

If all her encounters with your dad result in no drama then her opinion and resulting behavior should change.

Q: My mother's Chihuahuas just died and she wants to get an Airedale puppy, like the one she had when she was a child. However, she had one more than 60 years ago and it happened on a farm in rural Iowa. I am trying to talk her out of it without any luck and was wondering if you had some points I could use in my arguments. - Ron Simon, Pittsburgh, PA

A: I actually like Airedale's very much, so there is nothing bad I can say about the breed. But the puppyhood of any terrier breed - let alone a large one like an Airedale - is always full of drama in an urban or suburban setting. Airedale's are active and full of energy, and I certainly no longer have the drive or patience to keep up with such an active dog while it is a puppy.

Another issue is that their coat needs to be plucked regularly and if your mother cannot do this herself she needs to have a groomer do it. On top of that, it is rare to find a groomer that like to work

on such large breeds and the ones who do, likely charge a premium price for the service.

If she has her heart set on an Airedale then a good alternative would be to find an Airedale rescue group that could provide your mother with an older dog that is mature enough and not so active.

Q: We have lots of those green quaker parrots living in our town in this warm weather. Now that the weather is nice, I wonder if I could start to take my baby grey parrot outside to enjoy the fresh air and sunshine. However how warm does it need to be? I'm concerned 50 or 60 degree days might be too cold. - Janet Smith, Westport, CT

A: The quakers have acclimated to the cold weather, so you really cannot compare them with your indoor bred.

However, after Hurricane Sandy hit New York, I was caring for hundreds of displaced birds in my store that had no heat at for eight days. During that time, I learned firsthand that pet parrots can do just fine at 50 and 60 degrees.

So if it is a nice spring day with the sun shining and there is no wind, then it should be fine to take your bird out on a 60 degree day. However, please be sure that the bird's wing feathers have just been trimmed or it is in a secure carrying cage, otherwise your next letter to me will be how to get your grey parrot down from a 100 foot tree.

Q: There is a male cardinal that keeps trying to come into my living room through the windows and he is there all day pecking at the glass. How can I tell him that doing that to my house is not an option? - Jay Duffy, Chicago, IL

A: Just put some cardboard on the outside of the windows, from the base of the window and up about 8 inches and he will no longer see his reflection, which is likely why he is pecking at the glass in the first place.

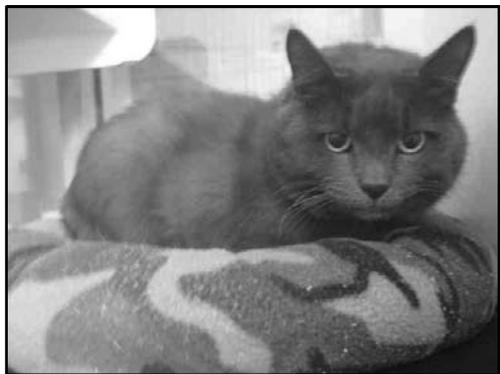
Be sure to place the cardboard on the outside of the glass. If you put it on the inside then he will still see his reflection.

Dexter is a four year old neutered Pit Bull mix who weighs 53 lbs. He is a goofy loverboy, and you will surely fall head over heels for this handsome guy, just in time for Valentine's Day! Dexter is highly treat-motivated and will be easy train to perform new behaviors and tricks. He loves his tennis balls almost as much as he enjoys hanging with his human pals, so this guy



is ready for lots of playtime with an equally active family. Meet Dexter by asking for ID#A1741035 Tag#C334. He can be adopted for \$69.

Dumpling is a four year old spayed blue cat who weighs 16 lbs. She lives up to her name, and is a lovable round furry ball of all good things. She arrived to the shelter as a stray but hopes to leave



with a forever family who will shower her with love and affection for many years to come. Meet Dumpling by asking for ID#A1758869 Tag#C119. She can be adopted for \$58.

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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

LYON

Continued from page 1

Swimmer." The assignment to the Scouts and Raiders (forefathers of today's Navy Seals) was just his calling.

Sent to Ft. Pierce, Florida, Dick went through Class 8 of the Scouts and Raiders along with 56 other tough naval officers. Scouts and Raiders was the Navy's first special warfare unit, developed to conduct reconnaissance on potential invasion beaches. They were soon followed in 1942 by NCDU's (navy combat demolition units), and in 1943 by "frogmen", the Underwater Demolition Teams (UDT's), who were responsible for blowing up natural (reefs) and man-made obstacles on beaches to clear a path for invasion forces.

The Scouts and Raiders were the first to endure such trials as "hell week", a week with almost no sleep or rations, which is today a standard part of training for Navy SEALs that prepares them to find ways to survive on their

own behind enemy lines. Three months later, Class 8 were sent to Europe, the China-Burma-India (CBI) theater, and the Pacific. Dick landed on the Pacific side, where he joined the Administrative Command Amphibious Force Pacific Fleet.

Hopping from island to island primarily in the Philippines, Dick got to do his first reconnaissance mission of the war at a beach a little bit outside of Davao, one of the larger cities on Mindanao. Dick found and reported that it was clear of natural and man-made obstacles, a good place for a landing. Exactly five days after he did the recon, the first atomic bomb dropped on Japan.

The Amphibious Force picked up elements of the Army's 33rd Infantry Division, then went on to Japan's Honshu Island. There, inside Sagami Wan, a large curved bay west of Tokyo Bay, near the village of Wakayama, Dick did another recon of a beach. The town looked abandoned, but as Dick

looked out of the water towards the small town center he saw three people walking down the main street to the beach. It soon became clear they were waiting to talk to him. So, Dick walked out of the water and up the beach towards the men. The leader of the little group said in clear English, "I want to let you know that I and the people of this city are so glad that this war is over." Somewhat surprised to have met his first Japanese, and one who spoke English so well, Dick said he was glad the war was over too, "And I think you will find the occupation a peaceful one." His new acquaintance replied, "I am sure you will find that the case in Wakayama."

After several minutes, Dick asked how he spoke such good English. The Japanese man said, "I'm a graduate of Harvard."

Not one to let that slip, Dick immediately expressed his regrets, "Well my heart goes out to you, because Yale always beats Harvard at football."

They made an appointment to meet again on the beach in three days, and his now Japanese friend brought Dick to his house as a guest, where they had a delightful evening. Dick's gift of two cartons of Lucky Strikes could not have been more enthusiastically received, and as he left he was presented with a portfolio of 23 antique prints with detailed hand appliques of Samurai warriors...priceless!

Still not able to return home because he had so few points, Dick

was somewhat at loose ends. Then he heard through the grapevine that the Commander of the 7th fleet based in Shanghai wanted a Scout intelligence officer on his staff. He spent the next year in northern China reporting on the activities of Mao Tse Tung's armies on the Shantung Peninsula in an effort to hold off a Chinese civil war, an incredible experience for a very junior officer.

Leaving active duty after that assignment, Dick joined the Naval Reserves and had completed his first year of a Stanford MBA when he was recalled for Korea. Reporting in 1951 to Beach Jumper Unit 1, he again volunteered for NavSpecWar, UDTRA Class 2, and as a Navy Lieutenant became a Plank Owner (original commissioning member) of Underwater Demolition Team 5. That grueling training that UDT5 experienced was the beginning of what is now the 55-week SEAL training. Since then 281 additional classes have endured the training, and in early 2012 Class 287 will graduate.

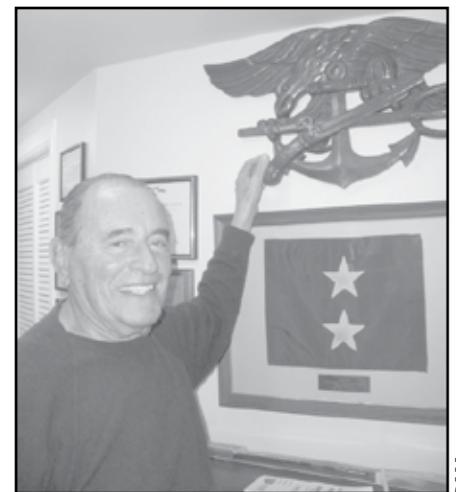
After just a three-month training, UDT5 was sent immediately to Korea. For the first time they took mission responsibility beyond the mean high-water mark. In fact, UDT5 went in and blew up rail lines and tunnels. Dick worked in North Korea, above the 38th parallel, inside Won San harbor, recovering a new type of anti-amphibious assault mine. His job was to dive in 36-degree water in a dry suit (be-

fore SCUBA and wetsuits existed), under fire, swim under the mine, and cut its mooring line with a pair of 24" bolt cutters. After 20 minutes he had to be pulled out due to the cold. Working out of a little yellow raft with the explosive ordinance disposal expert, they would tow each mine to an island within the harbor and "render it safe" (defuse it). The mines were then sent back to Indian Head, Maryland,

Navy Mine Warfare Headquarters, where all were determined to be Russian-made!

Dick eventually attained the rank of two-star Admiral in 1974, the first special warfare (SEAL) officer to do so. In this rank he was recalled for three more years of active duty as Deputy Chief of Naval Reserve, the senior reserve officer in the Navy. He has the distinction of holding the title "BullFrog 1". "BullFrog" is that active-duty SEAL with the longest tenure in special warfare.

Retiring from the Navy after nearly 41 years of service, Dick became actively involved in community affairs. He was a founder and trustee president



Dick Lyon recalling some of his adventures for the WWII History Project.

of Children's Hospital, Orange County (CHOC). He also became mayor of Oceanside, California for eight years. A proud representative of the Scouts and Raiders, Dick lives on the beach and still swims in the ocean in the summer. He enjoys a very full family life with wife Cindy, nine children, 12 grandchildren and two great-grandchildren.

Lyon is survived by his wife of 41 years Cynthia, nine children, 14 grandchildren and two great-grandchildren.

New Venture Christian Fellowship in Oceanside will host a service honoring Lyon's life on Saturday, Feb. 11 at 11 a.m. The venue is located at 4000 Mystra Way, Oceanside, CA 92056

Around Town

Events subject to change. Please confirm details before attending!

Tesla Interactive Recruitment Workshop. Thurs, Fri 9, 3:30-7:30pm. Free. We are looking for Transitioning Military service members to work at our Tesla factory locations in Fremont, CA & Sparks, NV. Pacific Views Event Center, San Jacinto Rd, Oceanside

Lunar New Year Celebration. Thurs, Feb 9, 3-6pm. Free. Cultural performances, food, and live music. Prescott Promenade, 201 E Main St, El Cajon

Prom Night. Fri, Feb 10, 6-10pm. Join us and experience the Prom Night designed to have you fall in love again. Admiral Kidd Catering & Conference Center, 33050 Mc Donough Rd, San Diego

Sweets for Sweets Valentines Mixer. Fri, Feb 10, 7-11pm. \$35-\$45. 21+. Whether you're happily single or just dating, check out our Valentine's Day Single Mixer for the best place to be a party of one. Crush, 437 S. Highway 101, Solana Beach

Chocolate Decadence Event. Fri, Feb 10, 7-10pm. \$55-\$75. Enjoy an array of chocolates and pastries while sampling a variety of wines, with live music. Pechanga Resort & Casino, 45000 Pechanga Pkwy, Temecula

Valentine's Day "Classic Date Night". Fri-Tues, Feb 10-14, 7am-9pm. \$15.50. In honor of Valentine's Day, Ruby's Diner will be hosting a special four-day promotion for all couples! Ruby's Diner, 1 Oceanside Pier, Oceanside

Harlem Globetrotters. Fri, Feb 10 & 17, 7pm. \$16-\$147. New this season, for the first time ever, the Globetrotters debut basketball's first 4-point line. Valley View Casino Center, 3500 Sports Arena Blvd, San Diego

Oceanside Valentine Bike Ride. Sat, Feb 11, 9am. \$40-\$65. 2 fun and beautiful courses that tour the beachfront, the Oceanside Pier, Mission San Luis Rey and the Prince of Peace Abbey. Music/Beer Garden/ Food/ Expo

Mardi Gras Run. Sat, Feb 11, 7-10am. \$45-\$85. Exotic Eye Mask Finisher's Medal, Mardi Gras T-Shirt, Feather Boa station- Bead Station and Mardi Gras Photo Ops, Jazz Music and more! Mission Bay

Wine Festival. Sat, Feb 11, 1-5pm. \$65-\$85. Sip and savor, with live music. Pechanga Resort & Casino, 45000 Pechanga Pkwy, Temecula

Valentine's Craft Fair. Sat, Feb 11, 10am-4pm. Free-\$6. Shop with local small businesses while your kiddos do some Valentine themed crafts. Park Boulevard Catering, 734 Park Blvd, San Diego

Run For Love 5k and 1 Mile Run/Walk. Sat, Feb 11, 7:30am-12pm. \$9-\$32. All proceeds will go directly to the NMCSD Fisher House. Poway High School, 15500 Espola Rd, Poway

L.I.N.K.S. For Couples. Sat, Feb 11, 9am-4pm. Free. Learn to work together as a team in balancing family needs while meeting Marine Corps expectations. MCAS Miramar, Bldg 2273, LINKS House, San Diego

Chinese New Year Food & Cultural Fair. Sat-Sun, Feb 11-12, 10am-5pm. Free. Filled with spectacular dance and cultural performances, and tantalizing street food. Third Ave & J St, Downtown

Coronado Valentine's Day 10K, 5K & 1 Mile Fun Run. Sun, Feb 12, 6-10am. Tideland Park, 2000 Mullinex Dr, Coronado

Oakosis Sunday Stroll. Sun, Feb 12, 10am-12pm. Free. This is a nice and moderately challenging walking opportunity that the whole family can enjoy. Oakosis COUNTY Preserve, 12620 Wildcat Canyon Rd, Lakeside

Valentine's Day Doggie Brunch. Sun, Feb 12, 10am-2pm. Free. Biggest dog party yet! Pet photography, pet caricatures, raffle prizes, bloody mary and mimosa bar, and dog adoptions! Bub's At the Ballpark, 715 J St, San Diego

Expo. Sun, Feb 12, 12-5pm. \$5. Local Vendors Showcase: Venues, Catering, DJ's, Photo booths, Cakes, Limousines, Flowers Hair & Makeup Photographers & more. Jacob Center, 404 Euclid Ave, San Diego

International Dance Festival. Sun, Feb 12, 12-5pm. Free. Dance exhibitions and participation dancing, and vendors selling food and international dance related items. Balboa Park Club, 2144 Pan American Rd W, San Diego

Valentine's Tea Party for Kids. Tues, Feb 14, 3:30-4:30pm. Free. Celebrate Valentine's Day with tea and refreshments as well as a story and beautiful crafts. La Jolla Library, 7555 Draper Ave, San Diego

Red Orchid Valentine's Day Gala. Tues, Feb 14, 4-9pm. 21+. For singles and couples. Live band, open bar, games and contests, casino tables, dancing. Hilton San Diego Mission Valley, 901 Camino Del Rio S, San Diego

Valentine's Outdoor Movie: Bonnie & Clyde. Tues, Feb 14, 6-9pm. Free. Bring blankets and chairs, a few friends, or that special someone. The Headquarters, 789 W. Harbor Dr, San Diego

MilSpouse Employer Connection Lunch & Hiring Event. Wed, Feb 15, 11am-3pm. Free. Open to military spouses, family members, active duty and veterans. Camp Pendleton, Pacific Views Event Center, Bldg. 202850 - San Jacinto Rd, Oceanside

VA Loan Seminar. Thurs, Feb 16, 3:30-5pm. Free. Learn how to get the most out of your hard-earned benefit! Use your BAH towards a personal investment and stop wasting money on rent. VFW Post 2422, 557 Orange Ave, Coronado

San Diego Sockers vs. El Paso Coyotes. Thurs, Feb 16, 7:35pm. \$11-\$27. The Sockers pursue another Ron Newman Cup. Valley View Casino Center, 3500 Sports Arena Blvd, San Diego

San Diego Comic Fest. Fri-Mon, Feb 17-20 (Fri 5-10pm; Sat-Sun 10am-11pm; Mon 10am-5pm). \$25-\$50. Friendly comic convention with a casual atmosphere. Four Points by Sheraton,



Valentine's Day Doggie Brunch.

Sun, Feb 12, 10am-2pm. Free. Biggest dog party yet!

Bub's At the Ballpark, 715 J St, San Diego

Pet photography, pet caricatures, raffle prizes, bloody mary and mimosa bar, and dog adoptions!

8110 Aero Dr, San Diego
Monster Jam. Sat, Feb 18, 7pm. \$15. Petco Park, 100 Park Blvd, San Diego

Discover Daley Ranch. Sat, Feb 18, 7am. Free. Meet Naturalist William Sherrard for a slow to moderately paced hike on the trails. Daley Ranch, 3024 La Honda Dr, Escondido.

Bird Walk. Sat, Feb 18, 8am. Free. Walk around the Visitor Center vicinity looking for the common birds of our desert. All birding levels welcome. Meet in the Visitor Center parking lot. 200 Palm Canyon Dr, Borrego Springs

5K Paw Walk in the Garden. Sat, Feb 18, 8am-12pm. \$14-\$21. Dogs are encouraged to bring their owners to enjoy the 5K walk as well as pet products, doggie treats, and more. San Diego Botanic Garden, 230 Quail Gardens Dr, Encinitas.

The Ultimate Wine Run. Sat, Feb 18, 2-9pm. Come and enjoy wine, a rocking live DJ, a dance floor, amazing food trucks, and intriguing, fun rides. NTC Park, 2455 Cushing Rd, San Diego

Winter Brew Fest. Sat, Feb 18, 7-10pm. \$50. 21+. Live local music, food, and other vendors. The San Diego Hall of Champions in Balboa Park, 2131 Pan American Plaza, San Diego

Jump Start Your Heart 5K Walk/Run. Sun, Feb 19, 7:30am-1:30pm. The annual 5K Run/Walk to raise research funds and awareness for the Children's Heart Foundation. Tecolote Shores North Park, 1740 E Mission Bay Dr, San Diego

Family Fun Friday. Fri, Feb 24, 2-6pm. Free. There will be shopping from over 20 local vendors plus a bounce house for the kids. 1275 Broadway, El Cajon

San Diego Gulls vs. Texas Stars. Fri, Feb 24, 7pm. Valley View Casino Center, 3500 Sports Arena Blvd, San Diego

Montgomery Waller Community Park Carnival. Fri-Sun, Feb 24-26 (Fri 5-11pm; Sat-Sun 1-11pm). Come for the fun of it! Carnival rides, games, snacks, and a computer portrait novelty booth. Montgomery Waller Community Park, 3020 Coronado Ave, San Diego

Run/Walk For Independence. Sat, Feb 25, 8am-12pm. \$20-\$40. Family fun zone, music, face painting, field day games, children's play area, and more. De Anza Cove, 3000 North Mission Bay Dr, San Diego

Run To The Max 5k. Sat, Feb 25, 9-11am. \$20-\$30. Join us for a run or walk, some music, games, opportunity drawing, and community Balboa Park. Morley Field Sports Complex, 2221 Morley Field Dr, San Diego

Karamu. Sat, Feb 25, 1-3pm. Free. A celebration of African-American History Month. Crafts, performances and more. Spring Valley Library, 836 Kempton St, Spring Valley

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Concerts

February

The Green. Thurs, Feb 9, 7pm. Reggae. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Ready for the World. Sat, Feb 11, 6:30pm. Soul/Pop. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

Super Love Jam. Sat, Feb 11, 7:30pm. Soul/Funk. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

Leroy Sanchez. Sat, Feb 11, 7pm. Pop. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Tank. Tues, Feb 14, 9pm. R&B. Saban Theatre, 8440 Wilshire Blvd, Beverly Hills

Twenty One Pilots. Wed, Feb 15, 7pm. Alternative Hip-Hop. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.hondacenter.com

Reel Big Fish. Fri, Feb 17, 6:30pm. Ska/Punk. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Bonnie Raitt. Sat, Feb 18. Country/Blues. Fantasy Springs Resort Casino, 84-245 Indio Springs Pkwy, Indio (760) 342-5000

R Kelly, Erykah Badu, Ja Rule, Ashanti. Sat, Feb 18, 12pm. R&B. The Observatory, 3503 South Harbor Blvd, Santa Ana (714) 957-0600

Circa Survive. Wed, Feb 21, 6:30pm. Alternative/Rock. House



Carter Winter
Fri, April 7, 7pm.
Country
House of Blues
1055 Fifth Ave.,
San Diego
(619) 299-2583

of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Mary J Blige. Fri, Feb 24, 8pm. R&B. Fantasy Springs Resort Casino, 84-245 Indio Springs Pkwy, Indio (760) 342-5000

JoJo. Fri, Feb 24, 7pm. Pop. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Creedence Clearwater Revisited. Fri, Feb 24, 9pm. Classic Rock. Harrah's Rincon, 777 Harrah's Rincon Way, Valley Center. (760) 751-3100.

Social Distortion. Tues, Feb 28, 7pm. Punk/Rock. House of Blues Anaheim, 400 W Disney Way, #337, Anaheim (714) 778-2583

March

Stevie Nicks. Thurs, March 2, 7pm. Rock. Viejas Arena at Aztec Bowl San Diego State University. 5500 Canyon Crest Dr, San Diego

Chase Rice. Sun, March 5, 7pm. Country. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Red Hot Chili Peppers. Sun, March 5. Alternative. Valley View

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

Bon Jovi. Sun, Mar 5, 7:30pm. Rock. Viejas Arena at Aztec Bowl San Diego State University. 5500 Canyon Crest Dr, San Diego

Korn. Sun, March 5, 7pm. Rock. House of Blues Anaheim, 400 W Disney Way, #337, Anaheim (714) 778-2583

Charlie Wilson, Fantasia, Johnny Gill. Wed, March 8, 7pm. R&B/Soul. Microsoft Theater, 777 Chick Hearn Ct, Los Angeles

G Love and Special Sauce. Thurs, March 9, 8pm. Hip-Hop. Troubadour, 9081 California Route 2, West Hollywood (310) 276-1158

Ghostface Killah. Fri, March 10, 7pm. Hip-Hop. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Salt N Pepa, Mark McGrath, Biz Markie, and Coolio. Fri, March 10, 8pm. Hip-Hop. Microsoft Theater, 777 Chick Hearn Ct, Los Angeles

Blake Shelton. Sat, March 11, 7:30pm. Country. Valley View

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

Daya. Sun, March 12, 7:30pm. Pop. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Andrew McMahon. Mon, March 13, 7pm. Alternative/Pop. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

The Cadillac Three. Thurs, March 16, 7pm. Southern Rock. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Flogging Molly. Fri, March 17, 7pm. Punk Rock. The Forum, 3900 W. Manchester Blvd, Inglewood. (310) 330-7300

Wu Tang Clan. Fri, March 17, 8pm. Rap/Hip-Hop. House of Blues Anaheim, 400 W Disney Way, #337, Anaheim (714) 778-2583

311. Sat, March 18, 7:30pm. Rock/Alternative. House of Blues Anaheim, 400 W Disney Way, #337, Anaheim (714) 778-2583

Yellowcard. Sat, March 18, 8pm. Rock/Punk. Observatory North Park, 2891 University Ave, San Diego. (619) 239-8836.

Death Cab for Cutie. Sun, March 19, 7pm. Punk/Rock. House of Blues Anaheim, 400 W Disney Way, #337, Anaheim (714) 778-2583

MØ. Wed, March 22, 7pm. Electropop. Observatory North Park, 2891 University Ave, San Diego. (619) 239-8836.

Common. Fri, March 24, 7pm. R&B. Observatory North Park, 2891 University Ave, San Diego. (619) 239-8836.

Alan Jackson. Fri, March 24,

9pm. Country. The Show - Agua Caliente Casino, 32-250 Bob Hope Dr, Rancho Mirage (760) 321-2000

Panic! At the Disco. Sun, March 26, 7pm. Emo/Rock. Viejas Arena at Aztec Bowl San Diego State University. 5500 Canyon Crest Dr, San Diego

Ariana Grande. Thurs, Mar 30, 7:30pm. Pop. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.honda-center.com

April

Gnash. Tues, April 4, 7pm. Hip-Hop/R&B. Observatory North Park, 2891 University Ave, San Diego. (619) 239-8836.

Shinedown. Tues, April 4, 7pm. Alternative/Rock. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Jeezy. Thurs, April 6, 7pm. Rap/Trap Music. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

The Damned. Fri, April 7, 6pm. Punk/Gothic. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Carter Winter. Fri, April 7, 7pm. Country. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Green Day with Against Me! Sat, April 8, 6:30pm. Alternative/Rock. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

A Perfect Circle. Tue, April 11, 8pm. Alternative/Rock. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

Aaron Lewis. Wed, April 19, 7pm. Rock/Metal/Country. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Bayside / Say Anything. Sat, April 22, 6:30pm. Punk/Alternative. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Anthony Hamilton, Keith Sweat & Dru Hill. Sat, April 29, 8pm. R&B. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

Future

Lionel Richie/Mariah Carey. Mon, May 8, 7pm. R&B. Viejas Arena at Aztec Bowl San Diego State University. 5500 Canyon Crest Dr, San Diego

Chris Tomlin. Tues, May 9, 7pm. Christian/Worship. Viejas Arena at Aztec Bowl San Diego State University. 5500 Canyon Crest Dr, San Diego

New Kids On The Block, Boys II Men & Paula Abdul. Thurs, June 1, 7:30pm. Pop/R&B. Viejas Arena at Aztec Bowl San Diego State University. 5500 Canyon Crest Dr, San Diego

Def Leppard, Poison, Tesla. Fri, June 16, 7pm. Rock. Sleep Train Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.

Third Eye Blind. Fri, June 21, 7pm. Rock/Alternative. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

Shawn Mendes. Fri, July 14, 7:30pm. R&B. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.



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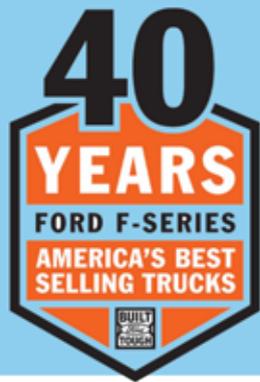


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Retail Customer Cash.....-\$1,000
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